

Wildcat Chronicle

West Chicago Community High School

326 Joliet Street West Chicago, IL

January 9, 1996

Volume 27 Issue 5

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Say goodbye to Bean, and check out her final article.

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Sorry, no new News about coach Bruce Donash. The school board has yet to announce their plans with Donash's resignation.

Dance Production, a Revolution

By Jenny Wagenaar

A revolution is about to happen here at West Chicago, a dance revolution that is, when the ladies of the Dance Production class once again will put on their annual show.

Dance Revolution will be performed this week on Thursday January 11 and Saturday January 13 beginning at 7:30 P.M. in the auditorium here at West Chicago.

The girls of Dance Production have been preparing their 23 dances they will perform on Thursday and Saturday night since the beginning of the school year. Dance Revolution is said to have more of a variety of dances compared to last year's show.

"The dances will range from jazz, modern, tap, ballet, all the way to hip hop," Dance Production teacher Helen Zmrhal said. The dances will consist of a few solos, duets, trios, and of course group performances. "It's been a hard year," senior Katie Leitherer said, "we had to put a lot together so fast."

"The dances, compared to last year's show, are more prone for the audience," senior Bridget Horgan said, "There are more partner stunts this year."

A few dances that are certain to catch the eyes of the audience are the *Send Me an Angel* (senior

dance), *Best Things in Life are Free*, and *Who's Bad*. "The senior dance has some really good new moves in it," senior Mary Stuart said, "I think the audience will like it."

Senior Jenni Seaholm added that the *Best Things in Life are Free* dance will "rock the house." And the *Who's Bad* dance is one that tells a story, which the girls said was a really fun dance to learn. These are only three of the 23 dances that are to be performed on Thursday and Saturday.

Not everything was all fun and games, plenty of hard work was put into these dances. The girls were required to choreograph all of their dances and they spent many long hours practicing to perfect them.

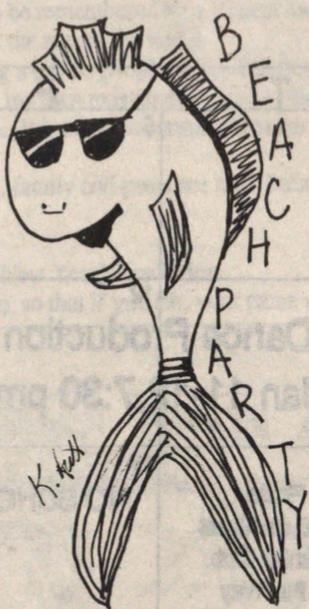
"Everyday during class the girls practiced and during November we began to have evening practices as well," Zmrhal said. The evening practices lasted for about three hours. The girls also practiced over Winter Break and are planning to have a dress rehearsal today.

"We had a lot of things to learn this year and we needed the practice to compensate," senior Renee Levine said. All that practice should have paid off.

There should be a lot to expect from the performances. Senior Patience Tannenbaum said that the strobe lights, black lights, and back rounds add a nice touch to all

the dances.

Dance Production is a semester class that counts as a P.E. credit. It is also an auditioned class and auditions are held in February.



Winter Beach Party

Well, we are all missing those warm August days, sitting here in January, ankle deep in snow, and student council has empathized with us.

They are throwing us a huge winter party. On Friday, January 26, from 7-10 P.M. in the cafeteria student council, being the great group they are, will sponsor a casual dance.

Admission is \$5 per person at the door, or tickets may be purchased the week before during all lunches.

The theme for the dance is, you guessed it, a beach party. So you can wear your swimsuits and cut-offs, and bring your sunglasses and beach hats.

Come and join the fun of an evening of summer reminiscing. There will be dancing

and sun bathing (not really, but wouldn't it be nice).

And if you don't like to dance dances like "the swim", you can just listen to the music. Student council did some fishing around and came up with a dive of a D.J.

Bring your S.C.U.B.A. gear and wet suits and flippers and well see you at the beach. (Actually the cafeteria, but wouldn't the beach be nice?)

Happy Birthday to the King

By Sarah Kennebrew

"I have a dream that one day this nation will rise up and live out the true meaning of it's belief, and that all men should be created equal."

Martin Luther King Jr. said these famous words before his death. More than 200,000 people marched from the Washington Monument to the Lincoln Memorial to hear King's "I Have A Dream" speech.

King was an African American civil rights activist born on Janu-

ary 15, 1929. King was a pastor of the Dexter Avenue Baptist Church in Montgomery in 1954.

King received a Ph.D. in Theology and graduated from Morehouse

College, and then completed advanced studies at Crozer Theologic Seminary at Boston University in 1955. Also in 1955 King began

his civil rights crusade striving for racial harmony.

Unfortunately King's life was ended, by a s s a s i n James Earl Ray, on April 4, 1968, however, King's civil rights

movements continued.

In the past, Chicago Mayors Harold Washington, Eugene Saw-

yer, and Richard Daley have annually hosted an interfaith breakfast to honor Martin Luther King Jr.

Today thousands of people celebrate January 15th, remembering King as a great man in the civil rights movement in the United States.

In many states across the nation King's birthday is recognized as an official holiday giving people the day off from school and work in recognition a brilliant man.

"I have a dream..."
-MLK

Final Exam Schedule

Tuesday, January 16: 1st hour final from 7:55-9:25, all other classes are shortened.

Wednesday, January 17: 2nd hour final from 7:55-9:25

3rd hour final from 9:40-11:10

4/5/6th hour final from 11:25-12:55.

Thursday, January 18: 6/7/8th hour final from 7:55-9:25

9th hour final from 9:40-11:10

10th hour final from 11:25-12:55.

Students will get a 15 minute break in between finals on Wednesday and Thursday.

Student Exchanges

The Coasta Ricans are comming, the Coasta Ricans are coming!

The Coasta Rican exchange students arrive in West Chicago on January 8th. A reception is being held for them in the L.R.C. at Community High School on January 10th, at 3:40.

Club Notes

Guidance News

Financial Aid Workshop on January 18th at 7:00 p.m. in the LRC at Community High School led by Nancy Douglas, entitled: Step by Step Through F.A.F.S.A

Student Council

Committee meetings on Fridays at 7:15. Student Council exchange with Stag High School on January 24th. Stag representatives will travel to We-go.

National Honors Society

All N. H. S. members are reminded that they must complete 5 hours of service for the school.

Spanish Club

Roller skating outing at Fun Way with Costa Ricans on Thursday January 18th.

A letter from the President

A letter from School Board president Gerald L. Landis was sent out on January 2nd addressed to Whom it may concern:

A regular Board of Education meeting of Community High School District 94 will be held on TUESDAY, JANUARY 23, 1996 at 7:15 p.m. in the Richard M. Kamm Library and Resource Center, Community High School District 94, 326 Joliet Street, West Chicago, Illinois.

January 1996 to February 10

S	M	T	W	T	F	S
31	1	2	3	4	5	6
Winter Wonderland Week						
Jan 22-26						
7	8	9	10	11	12	13
		Half Way Day School Bd. 7 pm LRC	Key Club Park's rm 3:40	Dance Production Jan 11-12, 7:30 pm		
14	15	16	17	18	19	20
NO SCHOOL MEMORIAL DAY		1st hr. Final Regular dismissal	Finals 12:55 Dismissal	Finals 12:55 dismissal Spanish Club at Fun Way	NO SCHOOL	
21	22	23	24	25	26	27
2nd semester begins Senior T-shirts on sale		School Bd. 7:15 LRC			Winter Casual Beach Party 7-10 pm	
28	29	30	31	1	2	3
Winter Play Performances				Winter Play Performances 7:30 pm	12:55 dismissal Groundhod Day	Metro Math Club Conf. 9 am
4	5	6	7	8	9	10
		Feb. 1, 2, 3 at 7:30 pm				

We-Go students pass their own bills

Simulation gives students feel for actual government

By Steve Berezney

Most of the classes that are required by the state for graduation are not the most interesting or exciting classes in the world, but one standout, American Government is worth staying awake for.

Held twice a year, once for each semester, the American Government class basically turns into one big simulation. The class models itself after the government run by our state. Elections are held for the major positions like Speaker of the House, Floor Leaders, and Committee Chairmen in which you have to kiss up to people to get them to vote for you.

The whole process begins when you feel strongly about an issue. Then you and a small group select a issue that you would like to see make a difference and take that to be your bill. With this bill, you have to research this topic for the next few months to have it pass and become a law, just like the real process.

After all your research is done, the fun begins. You then start the legislative process by trying to get your bill passed in your committee. There are two places that you have to pass your bill to make it into a law, through committee and through full session. If your bill fails in committee, then you are

done and then have to concentrate on helping or destroying other bills.

In these committees, a group of about twenty people sit around a table and just talk about the issue at hand. It turns into a fairly strong debate where you can get all of your feelings across.

Moving on from committees, we get to the full session. This is where all of the people involved in the simulation meet to have the final discussion and vote on these bills. The session is separated by party, Democrats and Republicans, and each side selects who they want to speak on a certain bill.

This is where things start getting a little crazy. Some people get really involved in the simulation, which is a good thing, but a few of those people start taking it a little too seriously, almost like it is getting personal. Then shouting begins and it turns to mayhem for a few moments, but when all is said and done everyone leaves and everything goes back to normal. It is so intense that it takes some people a few days to get over what happened in the simulation.

This is one of the most beneficial classes because you actually learn through experience, not

through a boring textbook. It's basically hands on experience which many people feel is the best way to learn.

Another reason that this is a great class is because this is the only class that you can totally speak your mind and not get in trouble for it. The teachers, Steve Arnold and Mary Rash, actually encourage you to give your opinion. Just as long as you give your opinion respectfully, they have no problem with what you have to say, which many students thought was a big plus.

This class is offered in summer school, but I strongly suggest that you take it during the school year. The simulation is not held in the summer class, you spend your time learning from the dreaded textbook. Sure you get it out of the way, but you miss out on the great experience of learning first hand on how it is done.

The whole key to this class is your personal effort. What you get out of it is exactly what you put into it.

It's much more enjoyable if you put forth a lot of effort and try to have a good time. Even if government is not your thing, at least you will come out of the class knowing how our system works. Overall, it is a unique and worthwhile class that will stay with you longer than most of the classes you might take.

Zombies, Pyros, Asylums- sounds twisted enough

By Hannah Kenny

One of the biggest concerts of the year was seven hours long and featured eight alternative bands. The proceeds went to benefit local suicide prevention programs, Contact Chicago and Loss.

After a lot of promotional talk from Q101 personalities such as Lance and Stoley, Zoltar, and Whipping Boy, Tripping Daisy opened up the show. The songs from *I Am an Elastic Firecracker* are not about him or anyone he knew, they are just little stories he made up in his head, said the lead singer.

GooGoo Dolls were next on stage. They were promoting their new album, *A Boy Named Goo* while they have been on tour since early February. When they performed their hit "Name", people go their lighters out in force, which is something to be proud about, or something to cringe at.

By far the youngest band there, Silverchair was next on the list. Playing songs like "Tomorrow", "Pure Massacre", and "Isreal's Son", their performance sounded like Q101 airing a half hour of prerecorded Silverchair.

Porno For Pyros debuted new songs from their new album *God's Good Urge*, which hasn't been released yet. Lead singer Perry Farrell, formally of Jane's Addiction, said that they were not there to play radio hits, but to play for themselves and if they audience liked it, that was good too. All of them were not there, though. One band member couldn't make it because his girlfriend was having her baby.

Dressed in fake black fur, Alanis

Morrisette made her appearance. She said that she was, "overwhelmingly happy" about the way things are going for her and *Jagged Little Pill*, her breakthrough album. Except for the ones that were screaming "you suck" and "go home", it was absolutely quiet when she sang the phrase "Why are you so petrified of silence?" from "All I Really Want". The crowd went wild when she jumped on the back of one of the guitarist, and again when she puffed on her harmonica.

Although they were stuck in Minneapolis because of bad weather, Soul Asylum made it and was the fifth band to play. They performed almost all of their popular songs except "Runaway Train". They did play, "Black Gold", "Misery", and "High Hopes" turning in one of the better performances of the night.

Oasis played songs from their new album, (*What's the Story?*) *Morning Glory*. They performed the title track, "Wonderwall" and "Live Forever", which was on their last album.

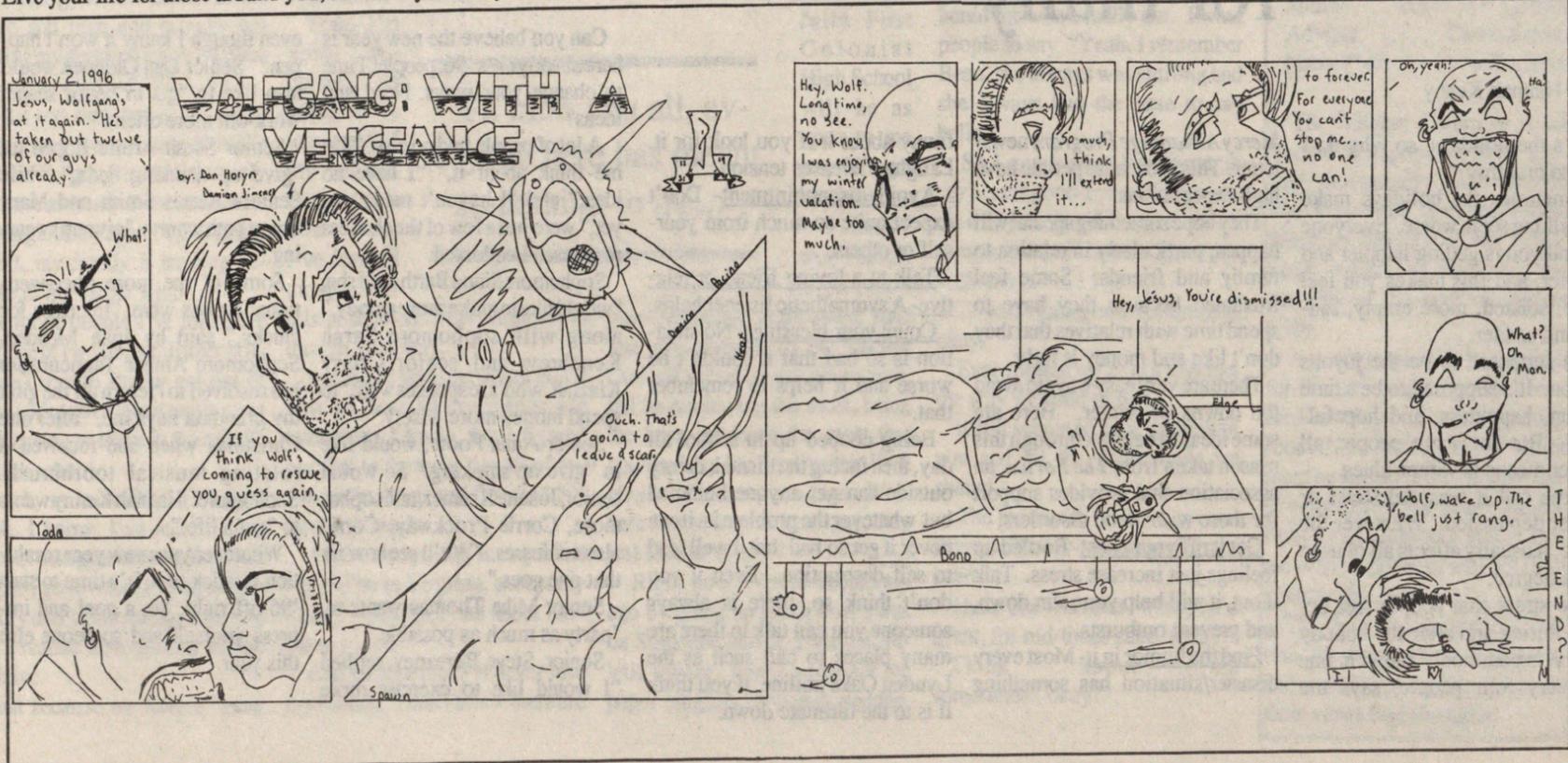
Playing the longest, about a hour, White Zombie was the last on stage. After running around the stage for five minutes when he came out, Rod Zombie was out of breath and wheezed through the first song. The moshing was more frenzied and frantic then it had been all night. They were big band of the night, and they lived up to every expectation.

Over all, all the bands did considerably well, and it was one Christmas present I wouldn't return.

Will I be remembered?

By Dan Horyn

Like the grain of sand on an island in the sea of world, we are very small. Most of us will live nameless lives and walk the streets unnoticed. We will live, toil, then die, only to be remembered by a meager handful of friends. Our dust will be scattered and life will go on for the rest of the world. Seems pointless, then, to be among a billion people; what difference can one human make? Perhaps not much, but as I ponder my own existence, I come to the realization that it matters not what the entire world thinks of me. It is of no importance that the United States knows who I am. Or even Illinois.. All I care about is how my friends, family and peers see me. Because, after all, they are the handful that will remember me. And what will they say? I challenge you to make that your New Year's resolution. Live your life for those around you, so that if you die, your name will not.



Finals around the corner, time to study the right way

Dealing with Death

By Kristi Ault

Okay all you procrastinators, do you know what time it is? Yup, you guessed it, Finals are just around the corner, only one week away. "Goodness, I'll start studying tomorrow," most of you will say, and some of us will actually start. However, a majority of us will wait until the night or two before final exams to start last minute studying, better known as cramming.

Cram <'kram> verb 1: To prepare hastily for an examination. 2: To study hastily for an imminent examination. 3: Last minute study for an examination.

Get the point? Are you a crammer, one of thousands every semester who frantically try to temporarily absorb and learn all they can to pass semester finals? Are there any organizations to help people with such problems? CA, Crammers Anonymous sounds feasible, doesn't it?

Well, if you do tend to cram the weekend before, here are some helpful hints that might get you a B+ instead of a C-:

Location, Location, Location!

If you want to remember the material you are studying, you'll need an environment that you can comfortably study in. A quiet environment is usually the best, light music in the background helps too. I find when the silence is irritating, I play some classical music or opera. Anything without words usu-

ally works, so I don't start singing a verse while going over the solubility rules of different compounds. It is most important that you are relaxed while studying. Your little brother rolling over your books with his new Tonka Dump Truck will most likely drive you insane and make studying anything impossible.

RECOMMENDED: A study environment that is peaceful and relatively quiet. Get away from loud rock music, annoying family members and all other distractions. If you can get uninterrupted study time, you're on the right track.

Where to start?

Well the caterpillar from *Alice in Wonderland* put it best, "Start at the beginning, it's a very good place to start you know." Start with material from the very beginning of the semester, and gradually work your way to the end. Most teachers give out a study guide, and believe it or not, they don't just do this for fun or to waste trees, they *are* trying to help you. Work your way through the study guides and know the material inside and out, often times some of the exact same questions that appear on the test are right from the study guide. Go over all the material starting from the beginning and leafing through the material. Don't take on too much at a time either, try anywhere from 25 to 60 minutes. Any longer than an hour (brain fry) and you won't

remember anything. At the beginning of each study session review from the beginning all you have studied, this will help you recall the information. At the end of each session do a quick review of all material you studied that session.

RECOMMENDED: Study for a half hour and then take a ten minute break to relax and let the material soak in. During such breaks you may wish to sit on your books hoping you'll gain a little more information through osmosis.

Things to know:

Most teachers aren't trying to trick you, they really do want you to pass their class, so don't think of finals as cruel revenge for all the times you have slept through a lesson. If you plan to blow off studying for a final, be sure you know how much the final is worth. If a final is worth 55% of your final grade, chances are you don't want to blow that one off. At the beginning of the year each teacher hands out a syllabus on which are dates percent make up of final exams. Make sure you know how important the exam is to your desired final grade. Go in and talk to your teachers if you're not sure, they'll clarify everything for you.

RECOMMENDED: Don't blow off any finals. At the very least go over the study guide and know the basics and carry your four leaf clover in your pocket, your horseshoe bracelet, and your rabbit foot chain for good luck.

By Josette Kramer

My friendship with Roxanne started in fifth grade. We knew each other pretty well but in fifth grade we had all the same classes. So we became really close even after we met new people. We became best friends!

In seventh grade, we went to different schools but still kept in touch everyday. I looked to Roxanne as a sister. My eighth grade graduation dance Roxanne came with. We spent the whole weekend together.

After that, we fell out of touch for a while. But one night, we went out for dinner. She told me she was so happy we were best friends, and hoped we never drifted apart again. We made a promise that no one would ever take each others place. We talked for hours catching up on the time we spent away from each other. The next day I received a call: My best friend had died in a car accident.

After this I was in total shock. I couldn't believe something like this could happen to her. I wanted to bring her back. I wished it was me that was in the car. I became very angry with myself, family, and friends. More or less, I was looking for a reason of why this happened. I withdrew from everyone even the people that were trying to reach out to help me. I blamed everything on myself even though I wasn't with her and had no control over what happened.

Then I accepted that it wasn't my fault and that there wasn't anything I could do to bring her back. Of course this didn't happen overnight, it took time, a lot of time. I realized I had to continue on with my life. I knew it was important to her that I graduated high school and reached all my goals. So when I feel like giving up I don't, because she keeps me motivated. Yes, I still have my burst of sadness but I'm able to control my emotions a lot better than at first.

I understand how hard it is losing someone important in your life. Everyone will go through this or already has and everyone handles their situation differently than others. The most important thing is to reach out for help and don't hide your emotions. You are not expected to be able to handle this by yourself. Talk to family, friends, teachers, counselors, social workers, or any one that will give you comfort. Someone that's willing to lend an ear to listen to you and also someone you are not afraid to show all your emotions to.

According to We-Go's social worker Vivian Walsh, "Be kind, gentle, and patient with yourself. Grief and healing takes time, expect to feel angry and sad. Understand grief has a normal cycle but it does not go on forever. You will heal and there is hope for a full and happy life."

Another year of resolutions and the ones we break

Winter not all fun and frolic for many

By Colleen Roberg

By Hannah Kenny

"It's the holidays, so why do I feel so crummy?"

Sometimes the holidays make everything seem worse. Everyone around you is getting happier and happier, and this makes you feel more isolated, more empty, sadder and sadder.

It's supposed to be the joyous season. It's supposed to be a time of fun, happiness, and hopefulness. But for some people, all winter means is winter blues.

Some call it seasonal stress or winter depression. Whatever the name, it usually affects all of us to some degree.

The stress that people feel before, during and after the holiday season is commonly found in one in every four people, says the

Mercy Advantage Program newsletter. This is because people have high expectations.

They hope something special will happen, particularly in relation to family and friends. Some feel frustrated because they have to spend time with relatives that they don't like and money is tight.

There are very easy ways to avoid the downs of winter. Here are some ideas to help get through this season taken from *The Forum*, an association that provides support for those with mood disorders.

Get it off your chest. Bottled up feelings just increase stress. Talk it out, it will help you calm down, and prevent outbursts.

Find the humor in it. Most every disaster/situation has something

funny about it if you look for it. Laughter releases tension.

Avoid disappointment. Don't expect quite so much from yourself or others.

Talk to a loving friend or relative. A sympathetic listener helps.

Count your blessings. No situation is so bad that it couldn't be worse and it helps to remember that.

Being cooped up in school all day, then facing the dismal, dreary outside can get anyone bummed but whatever the problem is, it can never get so bad that it will lead to self destruction. Even if you don't think so, there is always someone you can talk to there are many places to call such as the Lynden Oaks hotline, if you think it is to the ultimate down.

Can you believe the new year is here already? It's '96, people! Time to change your ways. Need any ideas?

A lot of people had no clue. "Let me think about it," "I have no idea," and "I haven't made one yet," were just a few of the clueless responses I collected.

Sophomore Siana Barth, said she, "would like to make more money," along with sophomore Sarah Kenebrew and senior Crissy Kizziah, who's responses were "to spend money more wisely."

Senior Auna Foote, would like to "give up smoking." So would senior, Josette Kramer, and sophomore, Corrie Prockway. Corrie also confesses, "We'll see how far that one goes."

Senior Mike Thomas wants to, "party as much as possible."

Senior, Steve Berezney, replied "I would like to exercise more

even though I know it won't happen." Senior Dan Oklepek would also like to "get in better shape, work-out more often."

Senior Sarah Arthur hoped to, "give up drinking soda," while Seniors Alexis Smith and Mary Stuart both want to, "give up swearing."

Some of the more unconventional replies were, "to cruise for chicks," said by Juan Mendez. Sophomore Amber Tannenbaum has resolved to "return all the gifts my grandma buys me," after one Christmas when she received a rotating musical toothbrush. Sophomore, Hannah Kenny wants to "get a life."

Whatever your new year resolution is, stick to it. It's time to start '96 off right. Set a goal and impress yourself and someone else this year.

Maybe this year...

By Kristin Dieter

New Years is the time when people make resolutions. Maybe the school as a whole should make a few resolutions as well. Here are some ideas:

1. Parapros - vow to stop demanding ID's at lunch time. It is understandable that ID checking is for our safety, but most of the students in this school are trustworthy.

There are always a few bad students in every school. Don't hassle the good ones. Treat us like mature adults and don't task us to flash plastic just to get to our one place of freedom: lunch.

If you must ask for an ID, please ask for it nicely. Try not to demand it!

2. Administrators - take the time in the new semester to learn one more student's name. A lot of administrators are familiar with the troubled students and the highly involved students.

Get to know a new face. Most of the students would appreciate it.

3. Students - show more school spirit. Get out there and support your athletic teams! Most of the teams work hard and have exceptional athletes - girls and boys alike.

The players would appreciate full stands and supportive voices. Vow to fit a game or a match into your schedules.

4. Students - Those of you who clump together, gabbing in the middle of busy hallways during passing periods, try not to!

There are people rushing to get to their classes from the other end of the building. It doesn't matter if you want to socialize - go ahead. Just not in the middle of the hallway!

5. Students - Most of us have done it at one point or another. Maybe it's just part of being a kid, but back stabbing needs to stop.

If you have a problem with someone, tell it to their face. Everyone is tired of hearing what someone really thinks about them from their friend who heard it.

from her boyfriend who heard it from someone else. Cut back a little in the New Year.

6. Teachers - Try something new, add a little twist to class. More students will stay awake during class if you make it more enjoyable. Lose those old worksheets and let the creative juices flow. Also smile because if you're not smiling, neither are we.

7. Cafeteria staff - By special request of the students and teachers, make more of those cookies and bread sticks.

It seems there is never enough and everyone seems to love them. Soplease stock pile a mess of them for us in the New Year!

8. In general - All athletic teams should be treated equally. No one sport should be treated better than others.

Fall and Winter sports receive pep assemblies to kick off their seasons. What about Spring sports? There is a wide range of athletic activity in the spring. Maybe a Spring sports assembly?

Bosnia in your own backyard

By Tracy Morris

Women are brutally raped, starving children lose their lives, and those who seek aid in hospitals become victims of vicious bombings.

Sound like a glamorized Hollywood movie? For the people in Bosnia, it's much too real.

With the first United States troops landing in Bosnia on Monday December 11 as part of a NATO peace plan, much interest and many questions have come about in America.

People in every part of our nation have asked if it's really necessary to send our troops into a war zone across the world.

Others ask why we have to get involved in matters that others just can't work out for themselves.

The truth is, we send American soldiers to foreign lands to fight for freedoms we in America strive to protect.

However, when we as Americans second guess the actions of our government in sending troops into battle, I don't think we really think things through and put ourselves in the Bosnian's position.

If a person or group of people came to us and told us that a civil war was dividing their country, what would we say?

How would we be able to turn away from these people and tell them we've got "problems of our own?" These situations in the world are concerning the human race and mankind as a whole, not just individual countries.

By turning away, turning off the television, and ignoring the war, no problems will ever be solved.

There are risks involved in every decision and sometimes sacrifice comes with protecting the

rights of human beings everywhere.

If our country was being torn apart, we would hope that other nations would come to our rescue.

We as high school students should not feel that we are unaffected by this ordeal in the former Yugoslavia.

When you hear about it on the news or see it in a headline in the daily newspaper, listen to it or read about what's going on.

Maybe there aren't any soldiers knocking down our doors, shooting at us on our way to school, or tearing our family apart everyday, but what if there were?

Real lives have been, and are being taken by real human beings for the last four years, and many people, especially our generation, are just becoming aware of it because we are finally getting involved.

It doesn't hurt to be aware of a conflict that may not directly involve you. If troops from our country are going to be sent to Bosnia, the least we can do is understand what they are fighting for.

If you haven't listened to the developments in the war in Bosnia, you have no right to complain about our government's decisions. At least their opinions are educated ones.

So, before you go ranting and raving about the United States fighting in yet another foreign war, educate yourself, and put yourself in the Bosnian's shoes.

Imagine concentration camps set up in our country, bombs exploding outside your window interrupting your sleep, and your loved ones being raped or killed right before your eyes.

A new year, a new you

By Kristi Ault

I will not eat chocolate until Easter.

Ok, I will not eat chocolate until Groundhog's Day.

Well, maybe I won't eat chocolate all week.

Sound familiar? Sounds like a New Year's resolution that seemed like a good idea, but never really happened. I will quit swearing, quit smoking, be a better parent, be a better student, practice harder...

According to CNN, 50% of all Americans make New Year's resolu-

tions but after one week only 38% are still sticking to them, and fewer than 15% have kept to their resolutions after six months.

Why do we make such great promises to ourselves that we seldom keep? Is it because we feel guilty, or do we want to impress someone? If you give it serious thought, it's a peculiar tradition.

Nobody really knows why people make New Year's resolutions. It's most likely because we are starting a new year and want a

fresh start. We are looking forward to a new year and want to make it better than the last by improving ourselves.

If you haven't made a resolution for this year, or any year for that matter, and want to, start with something small. Setting goals is a good idea, but if you start off with something tremendous, your success rate may not be so high.

Try and set some goals for yourself for your personal improvement and have a good year.

Starting over, all over

By Elizabeth Feltes

As the new year begins everyone thinks about starting over. And this year it will be even more so for me.

I always imagined walking across the gym floor amidst all the white and blue and proudly accepting my diploma as part of West Chicago's Class of '97.

This was only one of the many memories I was waiting to make here at We-go. But unfortunately I'll have to make these memories in Virginia Beach. Like many others, my family is moving because of my father's job.

A lot of people I've told have said one of two things. Either how lucky I was to finally get out of West Chicago or that it really must suck having to leave in the middle of high school.

Lucky to leave West Chicago? Yeah, I know, I've had my fair share of being put down when I tell people I go to West Chicago. But I really don't care, because people don't realize how good a school we have.

Just because we have a "gang

problem" (where?) doesn't mean that all of our students are druggies and gang members. We've got some of the best students and best people here that I've ever had the opportunity to meet.

Yeah, I'm upset because I'm going to be leaving all of my friends, but if there is one thing I've learned through all of this is to work with whatever is thrown your way.

I could be whining about how I have to leave all my friends and everything I know, but I figured out that in the long run all of my temper tantrums and fits wouldn't be worth much.

When everything is unpacked I'd still be in Virginia, except my family would feel bad about having to move.

And I know that I'll never lose my friends. Yeah I know there are

a few hundred miles between here and Virginia, but there is this nifty thing called the post office.

So I've taken a positive look on it. I'm going to go out there and try my hardest to be myself. Hopefully First Colonial High School will be as open to me as We-go has been.

I know I won't be recognized there for being on the paper staff and my chances to be Student Council president are about zero, but its not having the most, being the best, or doing the most that counts. Like Joe Pesci said in *With Honors*, "You try too hard. Winners forget they're in a race, they just love to run."

Right now I could inflate my ego by going on about how I was on Student Council, I was an athletic trainer, how I wrote for the paper (slightly obvious), yaddah,

yaddah, yaddah. But that is not what's important.

When all is said and done I don't want people saying "Oh, I remember Bean, she taped my ankle once." I want to be remembered for who I really am. I want people to say "Yeah, I remember Bean, she always was smiling and she always had the time to say hello."

So I guess what I'm trying to say here is good-bye. I'll miss you all, everyone here has meant something to me and I want to leave you with this poem I found:

"Think about me sometimes, okay?"

Even though we're not together the way we used to be,

it still seems so easy to think of you and all the good times we shared.

The memories of those special times will stay and never disappear.

I have one wish that I wish you'd grant, for old-times sake, today:

Think about me sometimes...okay?"

"I'll miss you all, everyone here has meant something to me..."

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The *Wildcat Chronicle* is the student newspaper at West Chicago Community High School. The views and opinions of the *Wildcat Chronicle* do not necessarily reflect or represent the majority of the staff or student body.

Any suggestions or comments for the newspaper can be delivered to Advisor Carrie Kostro in room 319. Letters to the editor must be signed if they would like to be printed. The paper has the right to exclude any letters that are inappropriate or will not fit in a particular issue.

The *Wildcat Chronicle* is a forum for freedom of expression and encourages readers to express their views and thoughts.

Father of the Bride delivers laughs

By Candy Estrada

If you saw *Father of the Bride*, you'll definitely want to see the sequel, appropriately called *Father of the Bride Part II*, starring Steve Martin, Diane Keaton, Kimberly Williams, and Martin Short.

After finally coming to terms with his daughter's marriage, George Banks (Martin) is ready to get on with life. Unfortunately, his daughter, Annie (Williams), has some news for him. She's pregnant!

Shocked by the news, George suddenly feels older and worn out. So, to deal with this little mid-life crisis, he dyes his white hair and buys chic new suits.

Along with the new look comes a renewed desire for his wife, Nina (Keaton). Predictably, this one night of spontaneity develops into (uh oh!) another baby.

Distraught by the news of a new child and the idea of becoming a grandfather, George now feels that he cannot possibly go through parenthood again at his age ("Well, look at it this way. When we all decide to go to the movies, it'll be a lot cheaper for one child and two seniors!")

Soon after, George and Nina bump into the hilarious decorator Franc (Short). Of course, Franc insists on giving the two pregnant women an extravagant baby shower and redecorating the babies rooms.

Throughout the rest of the film, the characters are on 24 hour call for any sign of labor. George is made to wait on the two women in his life hand-and-foot and has to deal with the annoying, yet outrageous, Franc.

The plot continues to thicken with predictable repercussions and comical screw-ups, including numerous false alarms.

The movie draws to an end with mother and daughter having their babies at the same time. This wasn't exactly surprising, but it was quite touching.

George eventually gets over the age dilemma and decided that the best thing to concentrate on now is his new little girl and grandson.

The movie is filled with humorous moments like when Franc gives George sleeping pills which knock him out for the first half of his daughter's labor.

Besides some amusing little punchlines here and there, the film isn't all that different from its predecessor. It definitely isn't too hard on the brain, but is quite familiar and fun.

Even so, the witty combination of Martin Short and Steve Martin, who we all remember from the golden years of *Saturday Night Live*, give the film personality and keep it from getting dull and repetitive.

I wouldn't exactly recommend anyone to rush out and see this film. It is a bit of a tear-jerker and is highly recommended for lovers of the first one. Of course, if you happen to be bored on a weekend and decide to see this, you definitely won't be sorry.

Hot time in the old town tonight

By Steve Berezney

One extraordinary cop. One criminal mastermind. Two of the best in their respective fields clash in the new action movie *Heat* directed and written by Michael Mann.

Los Angeles Police Department detective Vincent Hannah (Al Pacino) is put on the chase of a group of criminal professionals.

Neil McCauley (Robert De Niro) is the boss of a small group of thieves which includes his friend Chris Shiherlis (Val Kilmer).

McCauley runs a gang that is not only tight, but is as sharp as a tack and knows everything before it is going to happen. They are always two steps ahead of whoever is trying to catch them.

After a series of robberies by McCauley's group, LAPD puts Hannah on the case. Hannah has made police work his entire life, while throwing away three marriages in the process.

During Hannah's pursuit, he finds McCauley dozens of times but is always one step away from arresting him because of technicalities.

One memorable part of the movie is when Hannah pulls over McCauley and instead of hassling him, asks him out for a cup of coffee.

While the two adversaries share a drink, they discuss why they have the jobs they have. They talk about their lives and about the next hit McCauley is planning.

Their relationship changes after this meeting, becoming a friendly

rivalry instead of pure hatred for one another. They want to see who can do their job better.

After this meeting, the gang pulls off what is to be their last job but their getaway turns sour when Hannah's boys turn up.

This turns into a ten block long shootout in which everyone in the area dies except the three stars of the film. Go figure.

The rest of the movie is spent planning out their getaway and paying back a few old buddies.

The performances from the entire cast were incredible. Pacino plays the perfect cop while De Niro is always a great criminal.

It was surprising to see Kilmer take a supporting role after the success of his hit *Batman Forever*. I would have expected him to take a lead in his follow-up picture.

Other actors in this film were Henry Rollins, Tone Loc, and Cerrano from *Major League*. These aren't just a bunch of no-names. With all of the famous people in this film, I was surprised that this movie was not very well publicized.

With all of the action, the plot, and the performances of the actors, I would have to give *Heat* three stars. It has been better than most of the movies that have been out the last couple of months.

This isn't a total must see, but I do recommend this film if you are already going to a movie and aren't sure what you want to see. Check this one out. There is almost something in it for everyone.

Osborne relishes Grammy nominations

By Elizabeth Feltes

What does it take to get nominated for a grammy on your first album? Ask Joan Osborne, because she has done just that.

The album *Relish* has already gotten her nominations for two Grammys, including best new performer.

But what has set this nose-ringed singer apart from the others? She sure is no Hootie.

Well, one thing is her voice. The sweet and almost reediness of it brings life to older songs like *Man in the Long Black Coat* by Bob Dylan.

The smash hit *One of Us* was a surprise to many. Why would people listen to a song about God?

Obviously they have though, because *One of Us* has been on the top of the charts since it came out.

While *One of Us* and *St. Teresa* both deal with religion, this album should not be classified as Christian.

Some of the other songs are the powerful *Lumina* and the thrilling *Right Hand Man*.

By far I'd have to say that *Right Hand Man* is one of my favorites. The strong lyrics and throaty quality of her voice are reminiscent of Melissa Etheridge.

So, I would highly recommend *Relish*. Osborne's voice and her soulful expressions make this album a winner.

Let's just wait and see what they think when they present the Grammy Awards.

What do the stars say for you in 1996?

By Kristi Ault

Happy Birthday Capricorn!

If you had the good fortune to be born during the Holiday season, your luck has just begun. You will have a season full of romance. Drop that special someone a few not so subtle hints, they need they need the extra encouragement.

Bring in the new year the right way with a kiss at midnight, no sleep, and a day full of football. A close friend will help you out with your money fiasco.

Don't go nuts and blow all your birthday cash as soon as you get it, put it towards something you've been wanting since Halloween. Don't be a push over, stand up for what you want, it is your birthday.

Don't succumb to your mother's wishes that you keep that ugly, expensive sweater from your great aunt that you'd never wear. Return it and buy yourself something you want.

Capricorn (Dec. 22-Jan. 19):

You will be getting two sets of presents this month, birthday and Christmas unless you are one of those lucky few who get a combination birthday and Christmas present. Happy Birthday and enjoy your celebrations. Your lucky days are the 2, 17, and 29, on your

lucky days wear the color red and you'll get the attention you desire.

Aquarius (Jan. 20-Feb. 18):

You feel like going swimming this month, what the heck, go for it. If you feeling like going a little crazy this month, it's understandable, there will be a full moon this month. Take some heed of consequences, but disregard most figures of authority and go wild.

Pisces (Feb. 19-March 20):

Something fishy is going on this month, and you are involved. Don't be alarmed, just go ahead as usual and everything will work out. Stick to the schedule and you can pull off anything, your lucky days are the 9th and 13th.

Aries (March 21-April 19):

Don't go ramming your head into walls over your final exams. Study hard and all will work out for the best in the end. For some helpful hints, check out the cramming article in the features section.

Taurus (April 20-May 20):

Your attitude has improved greatly with the new year. You have a positive outlook on life and are looking forward to the new year. If you play your cards right, this year will be just bully. Your

lucky days this month are the 18th, 22nd, and 31st, and your lucky color is aquamarine.

Gemini (May 21-June 21):

We'll just call you Don Juan this month because your romantic opportunities have shot through the roof. The love Gods Venus and Eros are keeping their eyes and arrows on you.

Seize the day and approach that certain someone with savoir-faire and confidence, you can't go wrong.

Romantic opportunities are lurking behind every door and in every corner, where you would least expect it, romance is there. Any even or odd day can be your lucky day if you so desire.

Cancer (June 22-July 22):

Vitamin C is what you need to stay healthy this month. Eat well, get plenty of rest and stock up on the vitamins. There is a nasty flu and cold going around that you'll want to avoid. Take care of yourself and you should be fine. Your lucky, germ free days this month are the 15th and the 21st, but beware and stay inside on the 20th.

Leo (July 23-Aug. 22):

This year is going to come in like a lion and possible go out like

one too. Have fun this month, and in the midst of all the parties, don't forget to study for finals. Being grounded due to poor grades doesn't have the greatest roar to it.

Virgo (Aug. 23-Sept. 22):

Have fun this month, but beware because someone is watching you and will be evaluating your performance in certain areas. Take the opportunity to enrich yourself this month. It is a good time to get in touch with many cultural events. Your lucky days are the 15th, 19th, and the 23rd.

Libra (Sept. 23-Oct. 23):

You really got into the holiday spirit and you haven't lost your good will towards men. You're feeling quite generous this month so when issuing money, gifts, or grades, go a little overboard.

The stars are in alignment for you the week of the 25th, give love a chance and if your relationships seem a little rocky, confide in a good friend and follow your heart.

Scorpio (Oct. 24-Nov. 21):

For a long time things have been going against you and you really need a break; unfortunately, you'll be going against the grain for a while still. There will be some bright spots in your future, enjoy

them. Don't get too down, things will turn around.

Find a strong friend who will look out for you and keep your spirits up, more than anything now you need a friend. Don't give up, remember somebody always believes in you even if you don't. You're favorite color this month is midnight blue to match your mood. Try something in a luscious red for a change.

Sagittarius (Nov. 22-Dec. 21):

You have everything working in your favor this month. Employment opportunities are up as well as stocks and bonds. Take advantage of all financial opportunities this month, all risks should pay off.

You should play the market in the game of life and have fun. Your lucky numbers are 1, 5, 10, and 20 and your lucky color is cash green.

*Members of the Wildcat Chronicle are not responsible for anyone taking these pretend horoscopes seriously. Any actions taken in response to these horoscopes are the choice of the individual.

Purple reign ends in Pasadena

By Candy Estrada

It came unseen; leaving in its wake a group of players, coaches, opposing teams and fans alike utterly speechless.

Fame and glory came quickly to the underdogs of college football, better known as the Northwestern Wildcats. By beating Michigan, Notre Dame and Penn State, the Wildcats were able to show that they meant business and were headed toward the 82nd Rose Bowl.

On January 1, a crowd of 100,102 fans, more than half dressed in purple, assembled in Pasadena, California, to witness the Wildcats of Northwestern going head-to-head with the Trojans of Southern California.

USC managed to show their viciousness in a second-quarter touchdown, bringing the score up to 24-7, when USC defensive back Daylon McCutcheon scooped up a fumble meant for NU receiver Brian Musso.

The game went downhill from there. Trailing 34-32 in the fourth period, USC's Jesse Powell intercepted the throw by NU quarterback Steve Schnur and returned it 41 yards.

In the end with a final score of 41-32, USC's exceptional passing abilities and wide receiver Keyshawn Johnson's big plays dragged the Cats down which led to eventual defeat.

To many, the outcome of the

Rose Bowl came as a total shock. The once-ranked #3 team in the nation were thoroughly caught off guard.

"I was really disappointed because they had a really good season and had finally made it to the Rose Bowl," remarked freshman Andre Garcia.

Despite the devastating loss, most fans still see a pretty good chance for the Cats next year.

"They're a really hard working team. They went from being nobody to being on top of it all. I definitely think they'll do it again next year," said freshman Fabian Estrada.

Yes, the Northwestern Wildcats were outscored and brought down

by USC, but the important thing is that they never listened to those who said they couldn't make it. Justice prevailed and the Cats got what they hadn't had for 46 years, respect.

Not surprisingly, the hype of the Rose Bowl overshadowed other bowl games. Here are the results:

Thursday, December 14
Las Vegas Bowl at Las Vegas: Toledo 40, Nevada 37

Monday, December 25
Aloha Bowl at Honolulu: Kansas 51, UCLA 30

Thursday, December 28
Alamo Bowl at San Antonio: Texas A&M 22, Michigan 20

Friday, December 29
Sun Bowl at El Paso: Iowa 38,

Washington 18

Saturday, December 30
Liberty Bowl at Memphis: East Carolina 19, Stanford 13
Peach Bowl at Atlanta: Virginia 34, Georgia 27

Sunday, December 31
Sugar Bowl at New Orleans: Virginia Tech 34, Texas 10

Monday, January 1
Gator Bowl at Jacksonville: Syracuse 41, Clemson 0

Citrus Bowl at Orlando: Tennessee 20, Ohio State 14
Cotton Bowl at Dallas: Colorado 38, Oregon 6

Orange Bowl at Miami: Florida State 31, Notre Dame 26

Tuesday, January 2
Fiesta Bowl at Phoenix: Nebraska 62, Florida 24

Hot Shots: Tall Aspirations

By Kristi Ault

Standing about three feet tall, with dreams a mile high, Hot Shots participants learn the game of basketball.

Hot Shots is an organization sponsored by the West Chicago Park District which allows kids from the community to learn about basketball, play on teams, and compete at a fun level.

Hot Shots serves as a feeder program for Wildcat basketball. First through eighth graders, both girls and boys alike, can join the program.

"I help out to carry on a tradition. When I was younger, I played in Hot Shots and learned the game from guys like Tyrone Parks," commented Justin Coletti, a member of the boys sophomore basketball team, who works with Hot Shots.

"We show them how to shoot and dribble," added Coletti.

Coletti along with some of his teammates, Jeremy Adams, Jim Callahan, Jesus Delatorre, Anthony

McGhee, Justin McLoughlin, and Mike Splawski all work with the kids teaching them the basic skills of the game.

"We want We-go basketball to become better in the future," commented Delatorre.

These guys do get paid for working with the kids but they aren't there for the money. Splawski explained that the money isn't a lot, the true rewards are the kids.

Coach Larry Adamczyk is Hot Shots organizer and can be found surrounded by kids on the court during a Hot Shots session.

Garrett Welch, a first grader in Adamczyk's group said what he liked about Hot Shots. "I like to dribble and shoot hoops. I like it when the big kids pick me up and let me put the ball into the hoop."

These kids dream of making up We-go's basketball teams. Together Adamczyk, Adams, Coletti, Callaghan, Delatorre, McGhee, McLoughlin, and Splawski are working to bring these dreams closer to becoming true.

By Tracy Morris

I walk out onto the softball field, glove in hand, the spring wind blowing and slightly smeared chalk laid on the foul lines.

I grip the ball in my mitt, spit on my already moistened hands, and prepare to deliver the ball.

One last deep breath goes through my lungs as I prepare to make the pitch of a lifetime.

Man, I love pitching batting practice!

That's it for me. I just love playing the game. I don't care what phase of the game it is, if it's open gym, practice, or the deciding game of the DVC championship. The whole thing is a rush that I feel as an athlete.

That's a feeling I never want to lose. If I ever lost the competitive edge that I have gained from athletics as I have grown up, it wouldn't be me.

When my team won the championship slow pitch softball game in P.E. class first quarter, you would have thought we just won the World Series.

When a lined shot was belted into the outfield by the opposing team's best hitter, my heart pounded. I left my feet so fast when the outfielder caught the pitch I had allowed to be hit so far.

No matter who is around or what type of atmosphere I'm in, when there is a clutch situation, I'm all for it. The adrenaline starts to flow and I feel like I'm on top of the world.

Of course, with happy endings in sports, there's always a sad tale to be told.

You're always let down by the loss in the last game of the season, or striking out to end the game when a simple hit past the infield could have decided the victory. Losing just goes along with winning. There's no way around it, unless you're perfect.

In all the years I've been involved in athletics, I've never met a person who has not suffered a gut wrenching loss.

There's a certain exhilaration that comes from competing in the sport or event that you love. You dedicate your time to it, sacrifice your social life for it, and what do you get? The thrill of competing!

You're willing to deal with the losses in order to earn those wins. Athletes pay their dues in practice to get out and prove to someone, if even themselves, what they've worked so hard for. The big pay off is the game or competition.

I love waking up on game day. It never fails to make me look forward to the day ahead. I think about it, visualize it, eat, sleep, and breathe the game.

Every subject in school seems to relate to the game in some way. You think a good grade on a test points to a promising performance and that you'll gain some kind of edge over the girl on the other team who had a perfect day with her boyfriend while you fought with yours all day. What she doesn't know is that you've got an edge. That catcher's mitt is your boyfriend's face and you're throwing smoke at him.

That's what it's all about. I always thought of sports as an outlet for stress. They shouldn't be the cause of more headaches, but instead they should relieve the trauma of the seven or eight hour school day.

I realize that's not how it always turns out though. Your coach wants you up at five in the morning to run sprints for basketball, or you have seven o'clock practice on the Saturday when vacation starts because your teammates's schedules conflict and no one wants practice to interrupt their entire day.

My sports season is never worry free. I don't necessarily think the world of all my teammates on every day at every practice. I don't always want to be at team meetings and I don't always agree with what the coach says.

When I step on the field at game time, that doesn't matter. I feel like nothing can bring me down, I'm on top of the world. I'm in my groove, I'm unstoppable, and I've got the attitude that I control the game.

I make the pitch, hit the spot that I worked on all last week in practice, and the number one hitter in the conference takes me down town!

For a minute I get that rush through my body again, the one that makes my heart feel like it's about to burst open. Then I remember I blew that one and I'm going to have to face my coach.

Isn't competition great?

Up coming sporting events:

Boys Basketball @ Glenbard South
Friday Jan. 12, at 7:30

Girls Basketball @ Glenbard South
Thursday Jan. 11, at 7:30
and

Saturday Jan. 13, here at We-Go at 3:00

Boys Wrestling (home) vs. Glenbard South
Friday Jan. 12, at 7:30

Boys Swimming @ Schaumburg
Saturday Jan. 20, at 9:30

Boys basketball faced tough weekend

By Jenny Wagenaar

They gave it their all, but this time the Wildcats weren't tough enough to keep the Rams of Glenbard East from grazing over their territory.

On Saturday January 6, the boys basketball team suffered a hard loss to Glenbard East 68-60, after coming out strong in the first half of the game.

It was a man to man situation almost through the entire game, both teams played tight defense. Pressure was basically what the whole game was about. The Rams put on full court pressure in the very beginning of the game. Although it didn't seem to cause much trouble in the early minutes of the game, the pressure caught up with the Wildcats later on in the third and fourth quarters.

The Cats came out strong in the first quarter, gaining a 5-0 lead. Junior Eric Daniel started the Cats out by hitting a pair of free throws, and senior Brian Bowen answered back by hitting a three pointer which got the fans of West Chicago up and cheering. Daniel continued to add points to the scoreboard while Bowen proceeded to dish out passes, one which was a beautiful scoop pass inside to Daniel for an easy bank shot for the big man.

The Cats left the Rams trailing

16-12 heading into the second quarter.

The second quarter was a scoring battle between the Wildcats and the Rams. It seemed every time the Cats would score a bucket, the Rams would come back and score one of their own.

In the second quarter, the Cats met the Rams' John Williams and Damario Trent who managed to keep the Rams within reach of the Wildcats with their scoring and defensive ability.

Bowen and the Rams' Kevin Fitzgerald had a scoring battle going on in the last minutes of the first half. When Bowen hit a three pointer bringing his team up by three, Fitzgerald came back and imitated Bowen by doing the same, hitting a three pointer to tie up the game, 29-29.

The Wildcats managed to step ahead of the Rams 34-31 when Bowen hit three free throws after being fouled on a three point shot attempt.

The battle continued into the third quarter and the Wildcats played hard to keep the Rams from gaining the lead.

Bowen and senior Eric Hall both hit three pointers while Daniel and senior Tony Berg battled down low adding eight points to the Wildcats score.

Coming into the fourth quarter the Wildcats led the Rams 53-49. The Rams picked up the tempo and put the pressure on hard. The Wildcats seemed to have a hard time handling the ball because turnovers became very noticeable.

With 6:36 left in the game, West Chicago trailed 53-55 and Glenbard East added two more points to the score leaving the Cats back by four.

Senior Bill Dujmovic hit a big three pointer which brought his team within one point of the Rams. Daniel and Berg both added two points to the score, but this wasn't enough, time was running out. With 0:43 seconds left the Cats trailed 60-63 and never scored again.

The Wildcats were outscored 7-19 in the fourth quarter, which was the determining factor of the game.

Leading scorers for the Wildcats: Bowen with 16 points-three 3 pointers, Daniel with 13 points, Hall with 10 points-two 3 pointers, and Berg with 8 points.

The basketball weekend was a tough one for the Wildcats who also lost to Naperville Central 44-38 on Friday January 5. Even with these two losses the teams' record has improved a great deal since last season.

West Chicago plays at Glenbard South this Friday January 12 at 7:30 P.M.

Getting fit in '96

By Elizabeth Feltes

Getting back into shape and losing weight are two New Year's resolutions that comes up year after year. So what can you do to stick to this resolution this year?

Experts agree that to lose weight, you not only have to eat correctly, but you have to exercise on a regular basis. It is important to first work on your cardiovascular strength, that is the ability for your heart to pump oxygenated blood to the rest of your body. What good will all that weight lifting do if you can't run more than 100 yards without getting winded?

The best type of cardiovascular exercise is aerobic exercise. Any type of exercise that involves continuous movement that gets your heart pumping is aerobic exercise. Some great forms of aerobic exercises are cycling, running, aerobics, swimming, walking, and even skipping rope.

If you are one of those people who can't seem to motivate yourself, try team sports. Basketball, soccer, hockey, and canoeing are also terrific aerobic exercises.

So how do you go about doing these exercises? First of all don't go crazy. Many people begin by doing a lot, thinking that it will take them less time to get into shape.

Aerobic exercise is the most important thing you can do, but weight training with aerobic exercise is good too. Weights can help you tone and strengthen your new found muscles.

And don't worry girls, you're not going to bulk up like Arnold Schwarzenegger if you take it lightly. Instead of lifting all the weight you can, lift about 25% of what you can, but do more repetitions.

The best way to go about an

exercise program is to workout at least three times a week for 30 minutes. If you can't find 30 minutes, Stanford University suggests that 15 minutes, 5 times a week will also bring you results. The important thing is that you get your heart rate up to 120-170 beats per minute.

One important thing to remember when you workout is to stretch. Stretching before and after a workout will help you avoid injury and soreness from cramping.

Make sure that you drink a lot of water before, during and after your workout. It's important to keep your body hydrated, and skip the sports drinks. Unless you're a competitive athlete, your body really won't need those extra carbs. If you plan to take any aerobics classes, try low intensity. Low-intensity workouts won't cause as much stress to your body and are good if you have ankle, knee, or hip problems.

Those warp speed workouts aren't generally the best. If you are going so fast that you can't follow along, you aren't fully extending your legs and arms, so they don't get the workout they deserve.

Hopefully your workout will be a part of your daily regimen, but if you do stop, all that muscle will turn into fat.

And if you do continue, change your workout around. If exercise become to easy, pick up the pace. And change the type of exercises you do. Your body needs some variety to keep it going too.

But what will all this exercise do for you? Studies have shown that not only will it help you fit into that cute bathing suit, but you will sleep better and feel better.

Who knew some jumping jacks could lead to so much?

Girls basketball team on a winning streak

Six games and not one loss

By Steve Berezney

After starting out conference play without a win in their first three games, the girls basketball team has come back to win their last six games.

Saturday January 6, the Cats went up against Glenbard East, another DVC competitor. In a hard fought match, with a few close calls, the Cats ended up defeating the Rams 57-53.

Going into the fourth quarter with a ten point lead, the Cats almost blew it when the Rams came to within one point. Fourth quarter foul trouble was the reason for the comeback but a few late free throws by juniors Angela Barnes and Natalie Fijalkowski iced the game for the Cats.

Coach Kim Wallner said, "This was not the prettiest game, but it has given us some momentum. We have to learn to keep the lead and improve on our half court offense and defense."

Wallner also mentioned that the play of junior Sarah McQueen, who has come back from an ankle injury, helped the Cats with their latest run. McQueen finished the Rams game with a team high 16

points.

While the rest of the student body was enjoying their Christmas break, the Cats were out dominating the Plainfield Tournament. Playing three games in three days, the Cats seemed to throw aside opponents one by one winning all three games they played.

On the first day of the tournament, the Cats defeated Joliet Catholic for a 57-53 win. The next day, they absolutely crushed Argo killing them 75-33. On the last day of the tournament, they finished off their run defeating Morton West 49-41.

Getting individual recognition were Fijalkowski and senior Michelle Rapinchuk, who were awarded with All-Tournament honors.

The whole winning streak began with a 69-22 win against Geneva on Tuesday December 19. Ever since then, things have been looking up for these Cats who still want to stay focused for the remainder of the season.

One of the reasons for the success of this team was teamwork.

Wallner, Rapinchuk, and Barnes all stated that the reason for the team doing so well is that they are finally playing as a team. That was not the case in the three losses at the beginning of conference play, but now that they have started playing together, it has worked really well for them.

As for upcoming games, the Cats have to go one game at a time, but the one game that they are ready for is the Naperville North game.

In order to finish well in the conference, the Cats have to defeat this team because no other team in the DVC has defeated them. This will be an away game on Thursday January 18. As for the next home game for the Cats, they will match up against Wheaton North this Saturday, January 13.

In these final nine games for the Cats, Wallner said, "We have to realign our goals. We are looking for some consistency to get us through the remainder of the season."

If the Cats stay consistent from now on, they should be right in the race to win the DVC and have a strong regional showing.

The staff of the
Wildcat Chronicle
want to wish the entire
student body and staff
here at West Chicago,
a Happy New Year!