



## New Librarian

Learn more about the new librarian Eric Bodwell.  
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## Girls basketball

After a long season, girls basketball team loses in regional championship.  
PAGE 15



## Jazz combo

The jazz combo may come to an end after this year, but not after doing some good.  
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## Chemical spill leads to trouble for nurses' office

By Katie Taylor

Two tablespoons of mercury spilled in the nurses' office Jan. 29, costing an estimated \$25,000-\$35,000 to clean up.

The spill occurred when a sphygmomanometer, which is used to measure blood pressure, broke.

The cause of the break is unknown, but assistant superintendent Gary Grizaffi speculated that painters working in the school that weekend might have disrupted the area and could have caused the break.

School nurse Beth Jones discovered the spill when she entered her office at 4 p.m. on Jan. 29, and she called Grizaffi. Grizaffi alerted the West Chicago Fire Department, and was advised to contact an environmental management company.

Hazardous material specialists arrived on the scene at 9:15 p.m., and removed all contaminated materials, including a file cabinet and bookshelf from the nurses' office.

"The hardest part is losing all the files that I've accumulated," Jones said. "We lost years of work."

They also stripped some tiles and dry board because the mercury leaked into the cracks in the floor and behind the ground molding.

An insurance claim was filed to cover the cost of the cleanup.

The nurses were temporarily relocated to room 122, but the nurses' office was decontaminated and functioning by Feb. 1.

Hazardous material specialists are still cleansing the contaminated materials taken from the office at their lab.

"It's frustrating because your schedules are interrupted," Jones said. "We're behind on a few things, but we'll get caught up."

The remaining sphygmomanometers in the nurses' office will be replaced because of their potential danger.

"We had three, but all of them are going," Jones said. "We're getting the new digital kind."

## Author to lecture about personal tragedy

Dave Pelzer, writer of "A Child Called It," will talk about the abuse he suffered and how he survived it

By Sabrina Potirala

Dave Pelzer, the author of "A Child Called It," is a survivor of the third most extreme case of child abuse ever reported. On May 13, students at West Chicago will be able to hear Pelzer retell his frightening experience in person.

Pelzer's speech is expected to help teenagers draw inspiration to get through their troubles.

"We're hoping to connect our students with a real life author for them to see the power of one's story. We're also hoping they respond to

Dave's call for personal empowerment to succeed despite devastating odds," said Judith Minor, one of the teachers who worked to bring Pelzer to school.

Pelzer's mother was a severe alcoholic who, as a result of her addiction, used Pelzer as a punching bag as well as inflicted severe emotional torture.

Pelzer's speech includes the necessity to find personal empowerment away from such things as drugs, alcohol, and peer pressure.

"I got the chance to hear Dave speak at West Aurora a few years ago. The experience was amazing," said Minor.

Pelzer's message also describes how he overcame the severe physical torture of his youth, the difficulties of survival in various foster homes, the temptations he himself had, along with some scrapes with the law, and making a success out of himself.

The cost to get Pelzer to speak at the school is around \$8,000 plus expenses.

So far, the school has man-

aged to raise \$6,000 in donations from student council, the Youth Commission, the Rotary of West Chicago, the CHS Education Foundation, and the grant through the PE department.

To raise the rest of the money, the school is planning on having a book sale.

Minor and Kozlowski have done much to fund bringing Pelzer to the school.

"We've written letters, telephoned people, done presentations, and in the case of the state application, we took time out of our vacation," said Minor.

Minor hopes to have a book signing session after the presentation.

Kozlowski is planning on having a contest that will allow the winner to take a picture with Pelzer and have the picture posted around the school. To qualify, a student must donate money towards the fund, and a donor's name will be randomly drawn.

Any money left over from funding will be used to start a scholarship for people that help around the community.

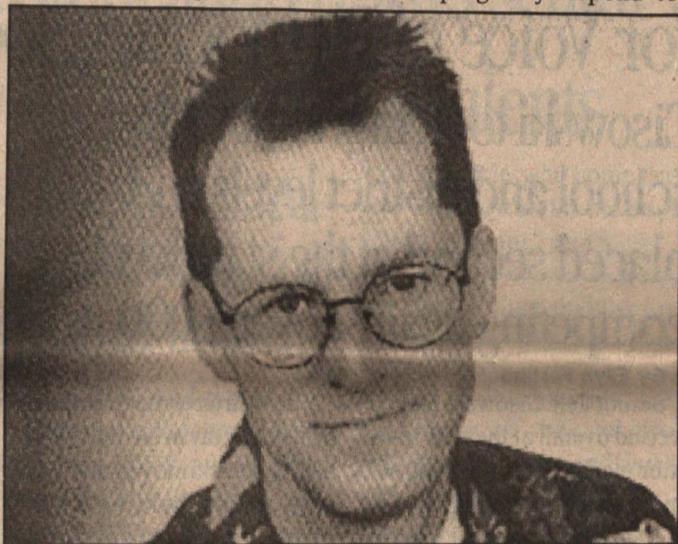


Photo courtesy of Google

David Pelzer, author turned motivational speaker, will be coming to Community High School to share his experiences.

## Future looks bright for McCann as he moves on

McCann will be leaving the school after being offered the position of assistant superintendent in Elmhurst

By Brittany Blanchard

After 16 years of dedication to the school, Thomas McCann is preparing for a new challenge as he leaves West Chicago at the end of this school year for good.

McCann is currently both the assistant principal for curriculum and instruction and the English department chairperson. However, when an opportunity to become an assistant superintendent came up, McCann jumped at the chance.

"I've always liked my job here, but this will be a new challenge," McCann said.

McCann applied for the assistant superintendent position at Elmhurst District 205 last November.

The job appealed to McCann for many reasons, but what attracted him most was the proximity of the school district to his home.

"The school district is in the community where I live so it will be nice to work in and contribute to the schools in the area where I am a resident," McCann said. "It will also shorten my commute by about an hour each day."

McCann will be working with many of the same topics as assistant superintendent as he does currently as assistant principal, such as staff development, curriculum review, assessments of student learning, developing district improving plans and the induction and mentoring of new teachers. However, he still anticipates many differences between the current and future position.

"The most obvious difference is that I will be involved and working with 13 different schools (as opposed to one)," said McCann. "But I've also

spent my whole career in the high school setting and now I will be working with children aging from preschool to twelfth grade."

During McCann's time here he has had numerous significant accomplishments, one of which included his involvement with the English department.

"Being a member of a team of teachers in the English department, (I helped) develop

an English curriculum to be one that is organized in a coherent way around big themes," McCann said.

Over the decade and a half that McCann has been at West Chicago he believes that the school has upheld its good reputation.

"West Chicago has always been a very good school and I think we've continued tradition in maintaining a standard of excellence," said McCann.

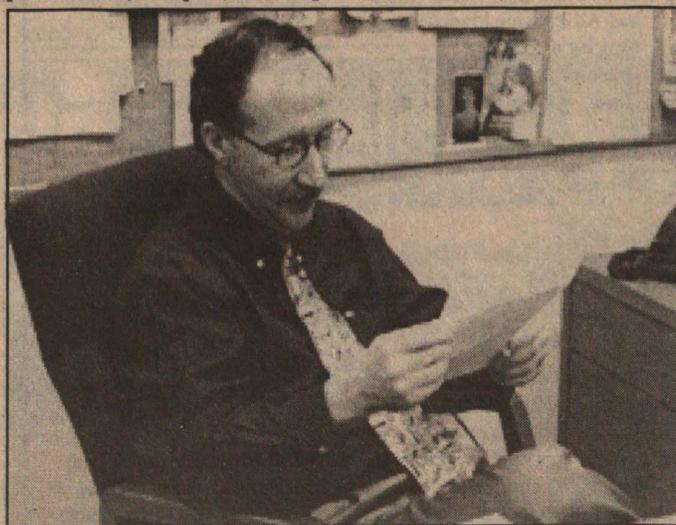


Photo by Brittany Blanchard

Thomas McCann has been involved with the school for 16 years now, but will be leaving at the end of this year to take an assistant superintendent position at District 205.

## Grant provides students with new gym classes

Students will have more classes to choose from for gym as the school is adding 11 kayaks along with other new equipment and trainers

By Sabrina Potirala

New P.E. equipment will arrive due to a grant for \$287,000 that the school recently received.

The money is expected to be spread out between three areas.

These areas include better equipment, personal trainers, and a new sound system.

"The P.E. department wants to see these things happen," said head of the department, Dan Johnson.

A terrain for rope climbing is in the process of being built for students with hopes that P.E. classes will become more adventurous.

"We wanted P.E. classes to shift towards a more adventurous environment, and make it more challenging for the students," said Johnson.

Swimming classes are going to change as well. The school has ordered 11 kayaks for students that take swimming as a P.E. class.

"Not only will they be able to do activities in the water, they will be able to experience something new," said Johnson.

The school would also like to remodel room 169 over the summer and turn the room into a classroom full of bicycles for spinning.

To accompany the new equipment, personal trainers have also been hired to help students get fit.

"We wanted to make the school more like a health club. Trainers will help you individually with a plan of your own, whether you want to lose weight or just get fit," said Johnson.

Some of the new trainers include staff members Dina Klancir, Brett Maguire, Pete Martino, and Jamie Philips.

"I applied for the position because I have concerns for the health of students. I know that there are many students that want to get in better shape and feel better about themselves. However, many just don't have the opportunity or knowledge about how to accomplish it," said Maguire.

This program is offered to everyone, not just athletes. Anyone that goes to see the trainers will have their own plan mapped out for them whether they would like to condition for a sport or even lose weight.

"The center has become a great success and we see it only getting better once we get our new equipment and machines in," said Maguire.

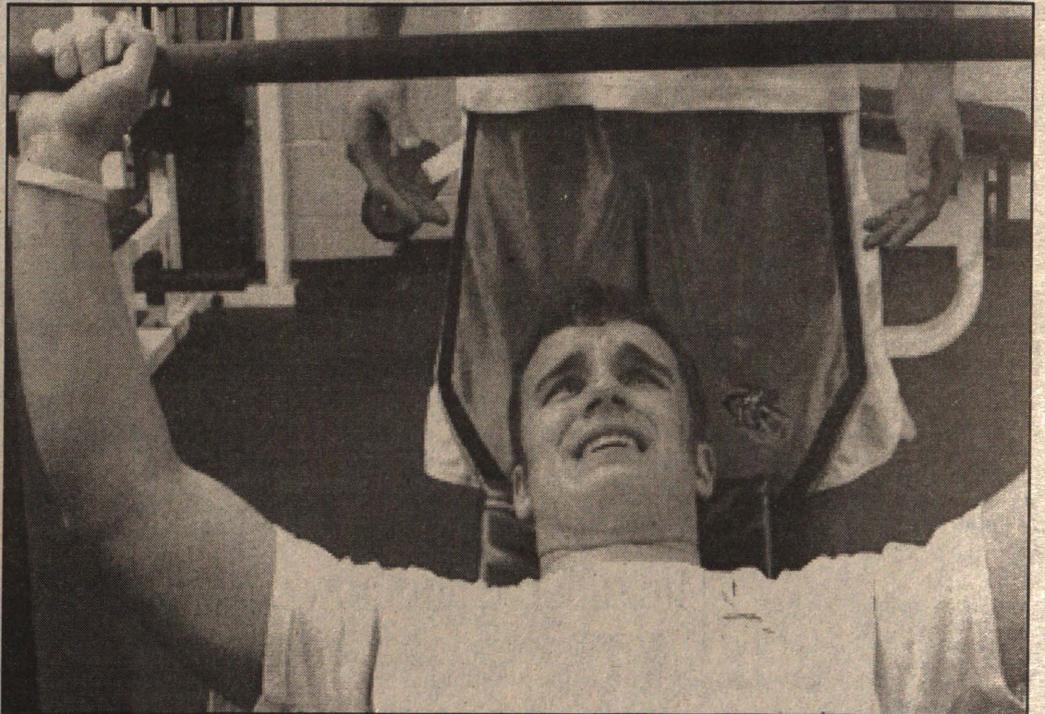


Photo by Sabrina Potirala

Next year, students like Tim Valaski will have the benefit of new equipment and trainers in the weightroom to help kids get healthier.

## Jeff Cisowski displays his true colors for Voice of Democracy speech contest

Cisowski took first at both the school and district levels and placed second at the state level, competing against over 5000

By Ellyn Fortino

Senior Jeff Cisowski placed second overall at the state level after placing first at the school and district levels in the Voice of Democracy contest held in Springfield.

all.

The district competition was held in Batavia, at the VFW hall. Cisowski moved on to the state competition, held Feb. 11-12.

The first place national win-

"I am disappointed," Cisowski said of his second place finish. "But I am grateful for the opportunity to compete."

However disappointing the finish was, Cisowski was competing against over 5,000 other speeches.

Cisowski, along with the 26 other students who entered the competition from Community High School received their Voice of Democracy awards during the Board of Education meeting on Feb. 15 from representatives from VFW post 6791.

"I am very happy that I won this year's Voice of Democracy contest for our school. I would encourage everyone to participate in the contest. Even though it takes time and thought to write. It's worth it," said Cisowski.

*"The main key isn't the prize or how well written the essay is, it is honoring the veterans and what they did for us."*

The Voice of Democracy is an annual contest, which is designed to foster patriotism, and allows students the opportunity to voice their opinion in a three to five minute tape recorded essay based on a yearly theme. This year's theme was "Celebrating Our Veteran's Service."

"The main key isn't the prize or how well written the essay is, it is honoring the veterans and what they did for us," said Cisowski.

The three part application criteria awards 40 points for originality, 40 points for content, and 20 points for delivery.

Students may submit entries each year, from ninth through 12th grade, with the opportunity to win scholarships towards higher learning.

After winning at the school level, Cisowski participated in the district competition on Jan. 8, where he placed first over-

ner receives a \$25,000 scholarship, and the chance to meet President George W. Bush.

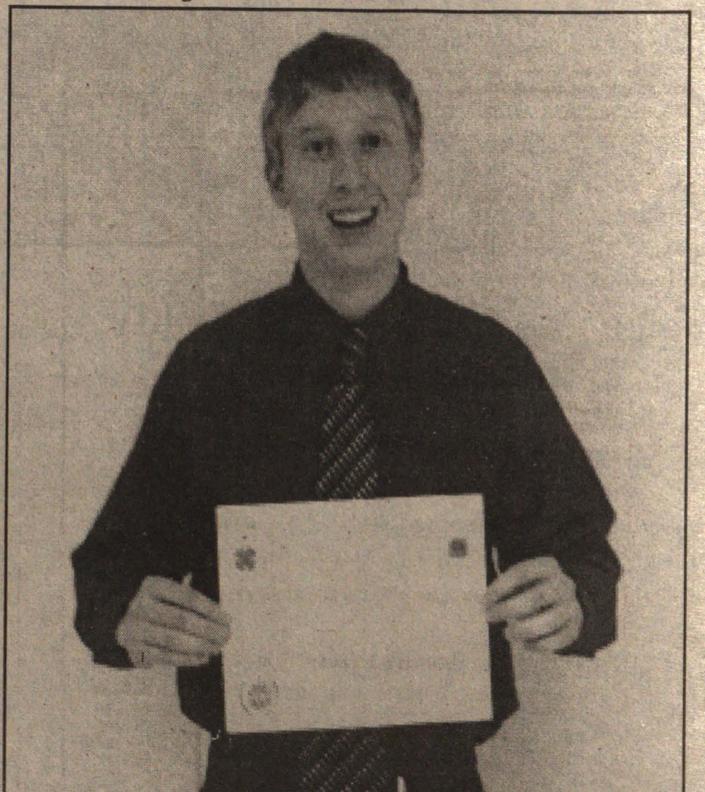


Photo by Ellyn Fortino

Because of his performance at both the local and state levels, Jeff Cisowski took home second place at state.

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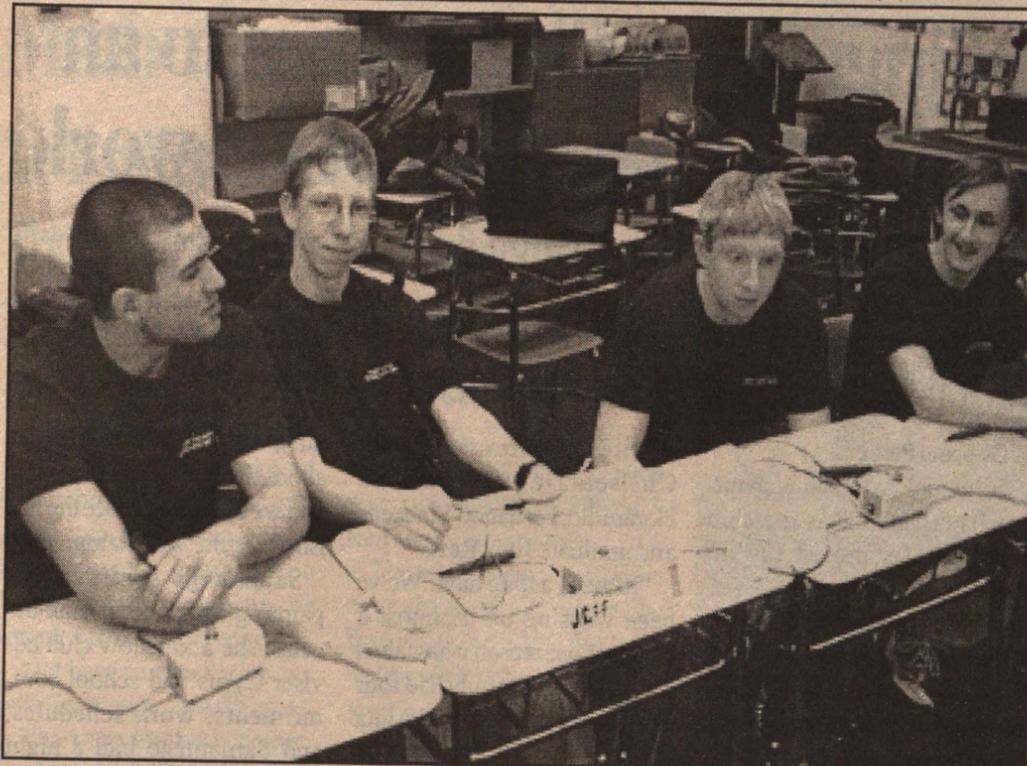
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The Wildcat Chronicle is the student newspaper at West Chicago Community High School. It is a public forum for freedom of expression and encourages readers to express their views. The Chronicle publishes eight times a year, with the student editorial board making the decisions concerning the paper's contents. Unsigned editorials represent the views of the majority of the staff. Letters to the editor are welcomed and will be published as space allows. Letters must be signed, although the staff 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.



Seniors Chris Carrington (from left), Jeff Burgess, Jeff Cisowski, and Tom Harwood have led to a respectable record and a chance to win at the state tournament.

## Scholastic bowl tries for best record in years

The team has the best conference record in recent years and looks to challenge state champions Wheaton North at the regional tournament

By John Jennings

This year's scholastic bowl team looks to make its mark during the upcoming regional tournament on March 19.

Being in one of the most competitive conferences in Illinois, the team has shown flashes of what it can do when the state competition begins.

Most recently, they beat a solid Naperville Central team, never letting the lead slip away from question number one.

The team will have a rematch with Naperville Central in the first round of the conference tournament and looks to face Naperville North and Wheaton North in later rounds.

The team's head coach Nick Caltagirone said, "When you keep in mind that we have the state champion in our conference along with teams like Naperville North, Wheaton South, and Naperville Central, we have done fairly well this year."

With an overall record of 3-11, and a conference record of 3-4, the varsity team has already surpassed the number of conference wins that they had last year.

"I am not too disappointed with our conference record of 3-4, but I would have liked to have done better at our tournament. We were missing a lot of kids though and we had to play a lot of junior varsity, so we were at half strength," said Caltagirone.

The team has had tough losses including one against conference rival West Aurora on the last question, but the team has played well and combined for a total team effort.

"As far as this year, it has been a solid team effort. Every match everyone is contributing and someone new always steps up," said Caltagirone.

The team is looking to do well at the regional matches because of the competition that they will be facing. In the regional competition other local teams are included making the field easier, because the teams that are in the DuPage Valley Conference are some of the best in the state.

As to the team's goals Caltagirone said, "We hope to do well for the rest of the season and compete in the conference tournament. We are not going to win the regional tournament, but we will go far."

Caltagirone has been surprised this season with some of the outstanding performances turned in by his team.

"I am extremely happy with the junior varsity's performance. They are 2-5 in conference this year, and they had no wins in conference all of last year.

Also, senior Jeff Burgess stepped up and played well at the tournament when we were at half strength," he said.

In a scholastic bowl match, teams use five players go head-to-head answering academic questions in math, science, geography, literature, and many other categories. Each player on each team has a buzzer.

The first team to ring the buzzer and give the correct answer receives 10 points and the opportunity to answer bonus questions. After 30 questions the scores are tabulated and the team with the most points wins.

## Mr. Wildcat competition draws senior boys to show off their special talents

To be crowned the next Mr. Wildcat 10 senior boys will have to show off their talent along with their brains

By Brittany Blanchard

The throne is ready to be passed. Who will succeed Andy Dameron and be crowned as 2005's Mr. Wildcat?

Auditions for the cheerleading fundraiser, Mr. Wildcat, were held on Feb. 17. Eleven senior guys auditioned

for the 10 allotted spots.

Every year the cheerleaders produce the show to raise money for their squad. Adviser Eva Silva says not only do the cheerleaders raise a lot of money, but it's also fun for everyone involved.

"It's a good fundraiser for the cheerleaders and a lot of fun

for the people who come out and watch it and for the boys who participate," said Silva.

The show consists of a series of events in which the boys are able to show off their personalities.

After an introduction, the boys show off their talents, model eveningwear, and finish with a question and answer session.

A panel of judges ranging from past winners to members of the community then selects the winner.

*"I am doing Mr. Wildcat because I am looking for something fun to do and entertain the senior class."*

Mr. Wildcat is scheduled for Friday, March 18 in the auditorium.

Senior Nick Lelito is just one of the many boys hoping to win the competition and earn the title of Mr. Wildcat.

"I'm doing Mr. Wildcat because I am looking for something fun to do and entertain the senior class," Lelito said.

Lelito's act will perform a skit from the movie "Napoleon Dynamite," most notably, a dance number.

"I decided to be Napoleon because I dressed up as him for Halloween, and people told me that I looked a lot like him and that I should do the dance that he does in the movie," said Lelito.

All the boys who auditioned for Mr. Wildcat made the cut and will perform.



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Photo by Brittany Blanchard

Nick Lelito hopes to compete for the title and the prestige of Mr. Wildcat along with nine of his fellow senior boys.

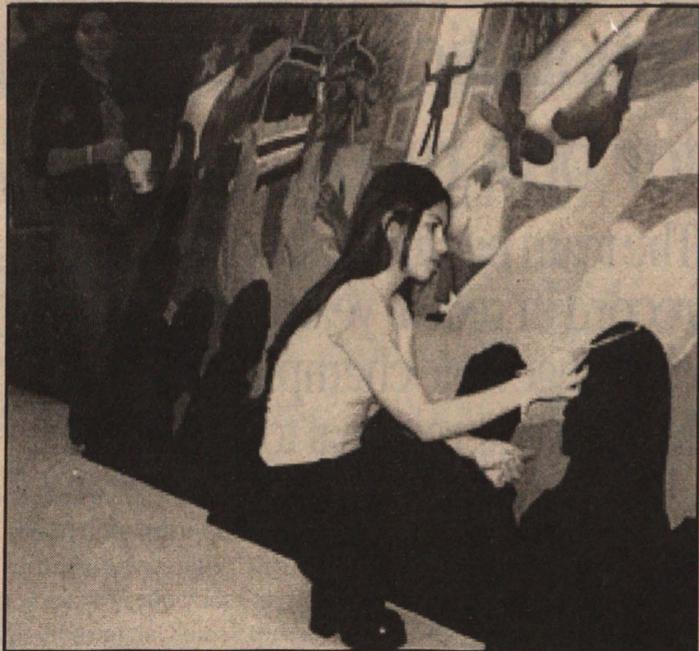


Photo by Maria Perez

Because of lack of participation, the Bilingual Art Club will be ending, but they will leave the school with a mural about immigration.

## International Week gives students a look at world

Thanks to a grant from Target, the school will dedicate a week to other cultures from around the world

By Maria Perez

Students will get a taste of the world during International Week in March.

"International Week is a celebration of the arts and cultures of many countries. Part of it is to understand and celebrate the contribution that these arts and cultures have made to the United States," said community relations coordinator Mary Randle.

International Week will be held March 7-11. During the week there will be different programs for students to see, such as a traditional northern Indian dancer; Jali Morigeba Kouyate, a musician and historian from Senegal, West Africa; international folk dancing by Mady Newfield; and Ballet Folklorico Quetzalcoatl. Additional small group presentations will be held in the study hall room.

Consumer science teacher Patty Kozlowski will present Kamishubai storytelling. Kamishubai is a form of pictorial storytelling that originated in India and spread to China and Japan.

Student Naiya Panchal will present some authentic Baruthnathum dances from southern India, along with native clothing, food, and she will inform people about the religious practices. Also Mary Daneels will share her experiences as an ESL teacher in China through stories, pictures, hands on activities, and she will compare the Chinese and American culture. Students will be able to see the

performers during different parts of the day if their teachers sign up for the assemblies. Other performances will be held after school or in the evening.

International Week was funded through a \$2,000 Target Foundation Arts Grant through the Warrenville Target.

Randle said that she had to prepare a grant proposal and after receiving the grant, a number of people and departments cooperated in planning the week.

"We have a lot of different cultures in our school and we wanted to celebrate the diversity of our school throughout the whole week," said bilingual coordinator Norm Kane.

Randle said that they have been wanting to do something multicultural for several years in order to give students an awareness of other cultures around the world and what the contributions of their cultures were.

Principal John Highland agrees that International Week will help celebrate the rich diversity of the school and community.

Highland is even trying to involve the cafeteria staff in the celebration.

He asked the cafeteria personnel to focus on different countries or a different ethnic food each day of the week, but it hasn't been finalized yet.

"I think it's fantastic and something that we discussed and talked about for a couple of years and it is finally becoming a reality," said Highland.

## Bilingual Art Club comes to an end with final piece of art work

Started last spring by the Bilingual Art Club, an immigration mural will be unveiled during International Week

By Maria Perez

Bilingual Art Club is painting its last stroke as the club finishes its last project, the immigration mural.

"We have been working on the mural since the spring of 2004. We worked on it once a week during the summer," said the club's adviser Lorena Samaniego.

The club started to meet before Christmas break in 2003 to plan what to put in the mural, including deciding what images to use, and how to overlap them. In March 2004 they started to paint.

The club kept on painting through the summer including students Maria Concepcion

Benitez, Adriana Perez, Chelsea Deitz, Fernando Haramillo, Fernando Vincens and graduate Judy Reza.

"It's been a long haul. We've been working on it almost a year and one reason it has taken so long is that we only had four dedicated students," said Alina Cyrus.

Samaniego said that it was hard to find the time to work on the mural for long periods of time.

"The hardest part of the mural was learning how to paint as you paint," said Samaniego.

Now, after a year of painting, the Bilingual Art Club is preparing to finish the mural

by the time the school holds its International Week March 7-11. The mural will be placed by entrance C near the Welcome Center.

"I feel good about the mural. I think we all feel proud about the way it's turning out and we're excited to see the finished result," said Samaniego.

Samaniego said that the painting took a long time because she and fellow club adviser Cyrus had school commitments, work schedules, and Samaniego had a night class. That caused the club to meet once a week.

Due to those conflicts Samaniego said that the Bilingual Art Club is ending. Also, there was low attendance with the club. Samaniego still encourages students to come to the regular Art Club held every Thursday so they can work on art projects.

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## Math team prepares for state competition

Though the team has had a rough seasonal record, they look to send a few members to state competition

By Doug Sieder

This year's math team's goal is to send at least five events downstate and if that goal is accomplished coach Aaron Hayes said he would be tempted to shave his head.

"I'd have to check with my wife first though," Hayes joked.

The team has been preparing for regionals that are taking place at Lewis University in Romeoville on Saturday.

Hayes said the team has been practicing five days a week, instead of the normal two.

"Everyone practices on Mondays for the subject matter and are responsible for

working on it the rest of the week. The team competitions meet twice a week over the next four days," said Hayes.

The team has grown smaller over the year for regionals. Hayes said they pared down the team from 50 people to 25. The team is sending nine freshmen, two sophomores, seven juniors, and six seniors to the university.

He also said that the team has done much better this year than the previous year.

Hayes said it is from a more dedicated team. "It comes from having a more dedicated group of kids and a strong fresh-



Photo by John Jennings

The math team has not had one of its best seasons, but the freshmen class has provided a few bright spots to the season.

man team," he said.

Hayes also feels the team has been doing better this year because they have been more consistent.

"We have a larger group who comes to every practice and

meet than we've had in the past," said Hayes.

Hayes also mentioned some standouts this year. He said the freshman class has had a great season so far.

"David Musick and Ian Letts

have had great seasons scoring well for the freshman level," Hayes said.

In addition to those students Hayes added that Nick Bonerak had a perfect paper in their last meet.



Photo by Jennifer Konewko

Michele Lovel has been working to create equality in school as she and her friends have petitioned for a Miss Wildcat competition.

## Miss Wildcat coming soon

By Jennifer Konewko

Mr. Wildcat has been a tradition for more than 25 years, and pretty soon, a Miss Wildcat will grace Community High School.

"I think it would be fine if it is done in a classy, dignified manner," Principal John Highland said.

Michele Lovel is the most vocal about the equality of a Miss Wildcat. "It is just about being fair, whatever is offered to the boys, should be an option for the girls," Lovel said. "And our school should be open to new ideas and opinions of others."

Right now, the girls have to find a club or organization willing to back them, and then to raise funds for the event. Art Club will make posters and help raise money.

"They must fundraise and find a date for the auditorium," Mr. Highland said. "And they fill up fast."

Lovel hopes to have the competition arranged for March or April.

Some girls have taken notice of the new show and signed up. Besides Lovel and Amanda Massiah, Athena Olsen and Angela Mahr will participate in the Miss Wildcat competition.

Lovel wants to do the competition not for the stereotypical girl. She is doing this for the average female.

The one who is not really skinny, the girl without the huge chest, just the average girl you see in the halls every day Lovel said.

"I'm not tall, or skinny, or large chested," Lovel said. "But I'm doing this because I want to."

Senior females who are interested in representing the school in the first ever Miss Wildcat should contact Lovel.

"If I can do it then anyone can," Lovel said.

## Candidates compete for positions on Board of Education in March

Many board members are seeking another term, but there are a few first-time runners for the positions

By Sabrina Potirala

New members for the Board of Education are expected to be voted in on April 5.

Tony Reyes is one of the many people planning on running for a chair on the Board of Education.

Reyes is currently a member of the Board of Education, and hopes he will keep his seat.

Reyes' original reason for joining the board was to help the students receive the best education possible.

"It is the most important thing for someone to give back to the school, and help children that don't have things other children have," said Reyes.

Something Reyes is concerned about is where the money from taxes will go to help the school.

"We need to watch how much money we will spend. Funding is provided by property taxes, and I want to make sure we have enough money and we are careful about what we spend it on. We need to spend it on the most current technology to help teach kids," said Reyes.

Somebody that agrees with Reyes' outlook on the school, would be first-time runner Bill Brown.

Brown first became inter-

ested in running for a seat because of education.

"I was a researcher at the University of Minnesota and taught a class there. I have an interest in quality education for students, and I believe that I can bring in a different perspective on some issues," said Brown.

Brown hopes that he will be able to add to the board because of his background.

"I currently work for the county government so I understand how grants work and how rules are structured," said Brown.

Other members that are running include Rich Nagel, Gordon Cole, Martin Swinney Jr. and Brown are the only first-time runners.

"It is always a bittersweet time when candidates are running for the Board of Education, because typically you lose really good people that have contributed over the years. But on the other hand, new people are able to bring things to the board," said Supt. Dr. Lee Rieck.

There are some changes that the Board of Education will need to make for the school.

"There are a number of things that we will need to consider changing because of the

'No Child Left Behind' act," said Rieck.

Some changes that are in the process of being made include: classes that better prepare students for testing, strengthening reading and math programs, and reconstruction of curriculum and schedule.

"We have been discussing a new schedule for the school day for about three years, but what works for Geneva might not work here," said Rieck.

Despite all the excitement of candidates, current board member Maria Owens will not be running for another term. Owens has been a part of Community High School's Board of Education for 12 years.

"I first became involved because I wanted to give back to the community," said Owens.

There were a number of issues that concerned Owens when she first joined the board.

"One of those issues would be education, I wanted to help give students the best education as possible. I also wanted to create a program that helped them go to college or prepare them to enter the work force," said Owens.

Despite these issues, Owens felt that it was finally time to retire.

"I am just glad that I got to give back to the community for so long," said Owens.

The seats for the members of the Board of Education are held in four-year terms.

## Our View

# Using the word 'retard' with negative connotations is disrespectful and cruel

Sticks and stones can break your bones, but words can hurt you too, especially misuse of the word "retard."

This misuse has spread like an epidemic around Community High School, which makes many ask if people really know what they are saying when they use it.

"Retard" has come to represent something stupid or silly, which is not what the word really means.

It originated from the Latin word "retardare", meaning slow. In Webster's Dictionary, "retarded" is described as something slow or delayed. For example, a depressant would "retard" your heart rate.

As developmentally disabled persons became identified in society, they became described as mentally retarded, literally meaning slow in the mind, because of their characteristic slowness in intellectual development.

So why do people mock this disorder?

Social rejection of people with disabilities is evident throughout history; ancient Roman and Greek cultures viewed persons with physical disabilities as burdens on society and as less than human.

This negative attitude was passed on through generations, and the word "retard" is currently derogatory slang.

Many high school students admit they use the

word, but claim they don't mean to offend anyone. "It is commonly accepted at our school," said one student. "It just slips out and I don't even think that I'm offending anyone."

The phrase has even caught on in the entertainment

world. So where does the flagrant misuse stop? It is understandable that some might be offended having to change their language; political correctness can get annoying. Even the Oscar's have been changed by our politically correct world; no longer "the winner is..." but "the Oscar goes to..." because the word "winner" supposedly makes the other nominees "losers" which apparently sends a bad message to children.

But at some point, people have to think of whom they are hurting when they say "retarded" negatively: family members, loved ones, friends, teachers of developmentally disabled persons, and most importantly the developmentally disabled who have a harder time standing up for themselves than most.

So when a hip-hop group sings "Let's get retarded in here," during a nationally broadcast performance on MTV, someone needs to stand up.

Let's not get retarded, let's get informed. There are plenty of words out there to use instead of "retarded", and there are people in the world that don't think that "retard" is a funny word.

The old saying, "Sticks and stones can break your bones but words will never hurt you" is simply not true.

Words do hurt; especially when the person using them doesn't care or even know that they are offending people.

Sometimes what a word means to one person...



...might feel like sticks and stones to another.

world. Teen actress Lindsay Lohan recently called reports of her ongoing feud with fellow actress Hillary Duff "retarded" and replied, "That's retarded" on rumors that she had breast augmentation.

## *Alcohol abuse at colleges across the nation poses a major threat to students' health and safety; preventative action must be taken*

Around the country, thousands of college students each week attend parties and drink alcoholic beverages.

Now, this is no secret, but a recent spike in this dangerous activity has prompted campus officials to launch a necessary attack on this plague affecting thousands of college students.

On Sept. 16, 2004, Lynn Gordon Bailey Jr., freshman at the University of Colorado, gulped gallons of wine and liquor as part of a hazing ritual for his fraternity. Bailey died the following morning.

Surveys suggest that 8 out of 10 college students drink alcohol, and considering that at least half of all college students are under 21, there is a large occurrence of illegal activity. Further, there are 1,400 alcohol-related deaths of students on college campuses each year.

These alarming statistics along with the horror stories like that of Bailey's have prompted several universities to crack down on this harmful behavior.

The University of Oklahoma has gone so far as to ban alcohol from campus housing, fraternities and sororities.

The University of Colorado at Boulder, along with about 350 other colleges, now forces incoming freshmen to pass a test through an online alcohol education program before beginning the school year.

University of Colorado administrator Ron Stump,

quoted in a Denver Post article, said, "If you're coming here to party, we don't want you. And if you come here to party, sooner or later, you're going to be gone."

On the other hand, the University of Illinois at Urbana-Champaign allows students of only 19 years of age to enter bars, and though they technically cannot drink, a majority of these underage students are easily able to obtain alcoholic beverages.

Though some argue that allowing this activity discourages even more potentially dangerous house par-

ties, harmful activity such as underage drinking cannot possibly be combated by admitting 19-year-olds into bars.

The student body vice president at University of Illinois agrees. He said that these bars "put some students in dangerous situations...and the school should be responsible for offering more alternatives to the bars."

So, though strict alcohol policies may sound tough and overbearing, these regulations are necessary considering the current eruption of negative alcohol-related consequences.

Yes, college is the ultimate form of independence for many teens, but with independence inevitably comes choices, choices that many college students wish to make on their own, especially concerning alcohol.

However, when the choices made with this newfound independence are so poor that they lead to the termination of a human life, intervention is necessary.

Until college students are capable of making the right decisions regarding alcohol, their freedom to make these decisions without consequences should be confiscated.

True, we live in America, country of the free, but when freedom leads to the death of 1,400 college students a year, something needs to be done.



## Point/Counterpoint

### Death penalty saves lives

By John Jennings

Beginning with the emphasis on human rights over the last few decades, the death penalty has been a heavily debated topic. While most of the people in the United States agree with the use of capital punishment, both of the extremes to the left and right of the political spectrum have proffered many problems with the use of the death penalty.

The death penalty should be put to use in every state and it should be used more often than it is. I believe that there should be a mandatory death sentence for anyone convicted of murder. The reasons for this are simple. The use of the death penalty not only provides punishment for a brutal crime, but it also serves as a deterrent for future crime and violence.

Some claim that the death penalty is racist, however, the U.S. Bureau of Justice Statistics found that since 1976, white inmates make up more than half the people on death row. Also, in 2002, out of the 71 people killed, only 18 of them were African-American, while 53 were white. A study done by Cornell University found that African Americans represented 41.3 percent of those sentenced to the death penalty, but they committed 51.5 percent of all the homicides.



Some figures do suggest that the death penalty costs more than keeping an inmate in prison for the rest of his life, but why should we be cheap about punishment? Should we choose one punishment over another simply because it is less expensive? That just isn't fair to the families of victims, and as Thomas Eddlem wrote, "Justice isn't up for sale to the lowest bidder."

As to the argument that we could sentence innocent people to death, the single, hard fact remains that after reviewing 23 years of death penalty cases, a study by Columbia University could not find a single instance when someone innocent was executed.

Finally, many opponents of the death penalty say it does not fulfill its purpose of deterring crime. A study by the University of Colorado found that each execution reduces homicides by five or six, and a study at Emory University found that each execution results in 18 fewer murders, with a margin of error of 10 on either side. Similar studies by other universities have come to the same conclusion. The death penalty does deter murder.

For those who worry about innocent lives on death row, they should know that each person can appeal multiple times so that every possible detail is looked at by the courts to find any proof of innocence.

The mantra that I live by when it comes to the death penalty is a quote from John McAdams, a professor at Marquette University, which says, "If we execute murderers and there is in fact no deterrent effect, we have killed a bunch of murderers. If we fail to execute murderers, and doing so would in fact have deterred other murders, we have allowed the killing of a bunch of innocent victims. I would much rather risk the first."

### Death penalty deceives

By C.J. Hinojosa

Life is something that no authority can just take from a person. Nobody should be able to play God and make arrangements for someone's death, it's unethical on every level. No evidence has shown that the death penalty reduces crime. If anything, it increases it slightly. The death penalty is a harsh punishment, but it is not harsh on crime.

"Scientific studies have consistently failed to find convincing evidence that the death penalty deters crime more effectively than other punishments," wrote Oxford Press member Roger Hood in a 2002 study for the United Nations.

And if you're for the scare tactic effect, you could always be an abolitionist nation in practice, and have the death penalty as law but don't execute.

If the majority believes that the best way to achieve peace is through more violence, they have the wrong idea. Gandhi, perhaps the greatest peace activist besides Jesus, did say, "An eye for an eye makes the whole world blind."

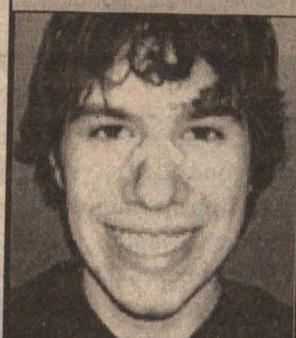
My father's cousin's husband, Juan Raul Garza, was executed in 2001 as only one of two federal deaths since 1963. The other? Timothy McVeigh. I grew up playing with his sons and daughters, my cousins, and I can't fathom what that's done to them, growing up without a father. Knowing he

was alive but in prison must've been a lot more comforting than the final realization that he was dead at the hands of the government. The death penalty is justice at its finest? Hardly. It represents justice at its most warped and sadistic level. Of course you're going to be devastated as a relative of a victim, but why would you want to cause the other family the same grief? Whatever happened to the golden rule, "do unto others..." etc. If all these Southern, self-proclaimed Christians claim to follow God, maybe they should double-check their fundamental beliefs and ethics before they go all love-fest over the death penalty.

Thirteen U.S. states allow executions of mentally disabled people. In 1992, when Bill Clinton was Governor of Arkansas, he visited a brain-damaged Arkansas man whose last meal included a piece of pie for dessert. Upon leaving his cell to his death, he told a guard that he wanted to save the pie for after the execution. He didn't know he was going to die. Do you really think he could distinguish right from wrong?

Apparently, the way to solve major problems in 38 states is to kill them, literally.

The death penalty is a shameful practice and does the complete opposite of what it intends. Stopping crime is great, yes! But not when humans match these murders with murders of their own. In 2000 Utah Sen. Orrin Hatch, Republican chair of the Judiciary Committee, so boldly said, "Capital punishment is our society's recognition of the sanctity of human life." Sorry, Orrin. You've got it all wrong. Killing is not holy; Forgiveness is divine. It's just tossing gasoline into the already burning flames.



Get Your War On, By C.J. Hinojosa

### Fast food for fast times is threatening health

I'm not Catholic, but I have decided to participate in the festivities of Lent this year anyway. I'm terribly original; I gave up soda. I think I can hold off the bubbly for 40 days, no problem. I've tried the whole Lent thing before, giving up things like doing homework, until I realized that my teachers didn't appreciate that a great deal and told me that wasn't really Lent. Oh snap, yo.

But no, I'll expand on the soda boycott. In addition, I will not eat fast food of any kind. I rarely eat the stuff, maybe once a week or every other week, but I figure it is for a good cause to get rid of it altogether.

Ever since I saw "Super Size Me" recently, I pick up a Whopper and get wicked bad chest pressure. It's probably all in my head, but then again, it really isn't a good idea to be eating that in the first place. I've talked to vegetarians and "at-home" half-vegetarians, and thought about becoming one myself. But I guess that can wait until my late twenties. Maybe. "Yes, I

eat cow, I am not proud..." as the late Kurt Cobain once sang.

This won't be that difficult, see, because the food served at Wendy's, Burger King, and your token neighborhood fast-food establishments doesn't even taste good. Just taking a bite, one feels a huge rush of, "Where is my mind?" Instead of contributing to the corporations causing obesity, why not take care of yourself?

If you stick a helping of McDonald's smiling yellow french fries in a jar and keep it there for oh, two months, nothing will happen to them. They'll be ready-to-eat processed potatoes, just as they were when you purchased them. Now put those unbreakable fries in your stomach. I know, right?

But of course, it's goofy to sue a fast food restaurant for making you overweight. That's your own fault, and your personal responsibility to eat whatever you want. In our Nourishment Nation of Convenience, though, fast food is seen as the quickest, most inexpensive way to get full. Health has taken a backseat.

The Center for Disease Control isn't kidding around when it says that 59 percent of Illinois adults are obese. And with 13,602 McDonald's (just one franchise) locations throughout the U.S., becoming Rubenesque seems almost inevitable. And think about that Double Quarter Pounder with cheese before ingesting it: it's not just one cow, but hundreds, that make it what it is. Humane? Not exactly.

The late 400-pound street artist Wesley Willis once lamented, "(McDonald's) serves Quarter Pounders. They will put pounds on you." True, but hey, you know. Everything in moderation. Except for stuff that's awesome.

If you are having trouble giving up the processed, flash-fried, battered and flat-out unsanitary foods you can get down with on virtually any street corner, read "The Jungle." Or visit a slaughterhouse. In a fast food nation, life grows love handles.

## Stress causes students to deliver poor performances

Grades are the leading cause of stress among teens

By John Jennings

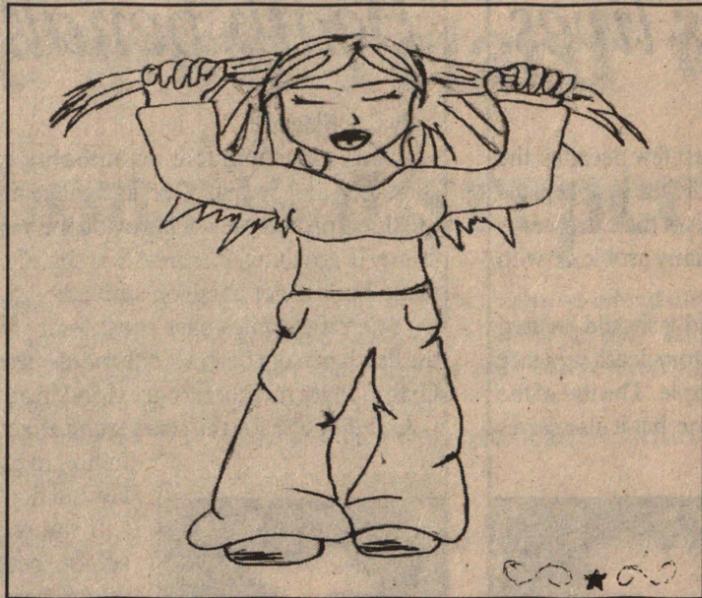
Stress could be the toughest mental problem that teenagers have to deal with. Every day at school the word stress can be heard throughout the halls, whether it is a huge math test, finals week, or college admissions.

The biggest problem stress presents is that it takes the focus off the problem the person is trying to deal with and can create multiple health problems.

Psychology teacher Barbara Laimins said, "Stress is the biggest reason why kids don't do well in school. They can't concentrate on anything because they are too busy concentrating on what is stressing them. If you feel all of that pressure, how can you do well?"

From trying to fit in at school, to academic pressure, to relationship problems, teens lead some of the most stressful lives. Luckily though, there are ways to treat stress.

Teenagers must learn to talk to people who can give good advice and who are good listeners. Of-



ten, students turn to their peers, but do not receive good advice, and sometimes end up feeling more stressed. Students should seek out teachers or counselors who can help and advise them.

Laimins teaches that seeking social support is just one of the many effective coping strategies that psychology suggests in addition to active coping, acceptance, turning to religion, venting emotions, suppression of competing activities, or positive reinterpretation.

Active coping requires the person to take some action to solve the problem that is causing stress. Seeking social support using

peers, elders, or even God to share feelings with has also been proven to relieve stress.

In addition to the pressure and anxiety created by stress, it also leads to many serious health conditions and other diseases.

According to MSN.com, the natural response to stress is called the stress response, better known as "fight or flight response." When someone is stressed the body undergoes changes such as the heart beats faster, blood pressure rises, blood flow is diverted from other parts of the body to the brain, breathing speeds up, and

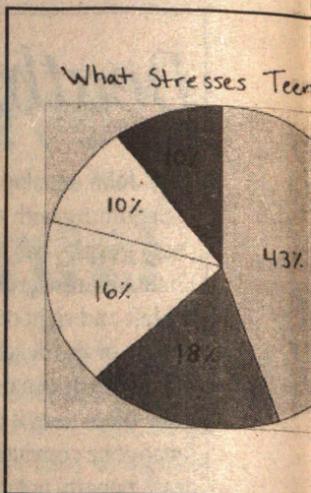
adrenaline is released.

As for diseases, stress can cause high blood pressure, heart disease, ulcers, and it also factors into cancer, chronic pain problems, and many other health problems.

According to MSN.com, personality types help determine a person's level of stress, and it is important to learn who is more at risk. Typically, Type A personalities are ones that love competition, and are impatient and hostile. These people are at a much higher risk for stress, and therefore more health problems. Type A people often react to situations with hostility and anger, and it is these traits that have been found to increase the risk of coronary heart disease.

Stress can also cause damage to a person's mental health. Those who experience high levels of stress may experience anxiety, depression, and phobias. These people become irritable, socially withdrawn, and emotionally unstable.

"The biggest piece of advice I have for teens is to lighten your load. Focus on a few things, talk to someone who gives good advice, help yourself, and do not add to your own stress level," said Laimins.



## Hotlines to

Depression

1-800-784-2345

1-630-482-9000

Overeaters

1-505-891-3000

Eating Diso

and Prevent

1-800-931-3000

American A

Bulimia As

1-212-575-0000

## Obesity increases among teenagers in the U.S.

P.E. department strives to keep students healthy through new fitness programs

By Katie Taylor

Obesity among American teens is reaching epidemic proportions. About 15 percent of teens, almost nine million, are overweight according to the National Center for Health Statistics.

Obesity is defined as increased body weight in relation to height, and can be caused by a variety of factors.

A changing environment has broadened food options. Pre-packaged foods, fast food restaurants, and soft drinks are very common in American diets. While such foods are fast and convenient, they also tend to be high in fat, sugar, and calories.

Portion size has also increased. This results in increased calories.

According to the American Obesity Association, physical activity plays a key role in obesity. If the body does not burn off the extra calories it consumes, weight gain occurs.

Many time and labor saving



products, including cars, elevators, computers, dishwashers, and televisions, caused an all time low of physical activity in the U.S., resulting in an increased amount of overweight teens.

"It's something that we are addressing in the P.E. department in a huge way," said Dan Johnson, head of the P.E. department.

Johnson added that they will start adding a workout focus to P.E. classes next year.

"We aren't going to wait for people to tell us our students are unhealthy. We are getting ahead of the curve," he said.

According to the American Obesity Association, obesity increases teens' risk of developing conditions such as high blood pressure, diabetes, heart disease, stroke, and cancer of the breast, prostate and colon.

Obesity can also weaken self-confidence, which can lead to social disabilities that cause stress and mental illness.

## Eating disorders become

Girls as young as 6-years-old can be diagnosed with an eating disorder

By Sabrina Potirala

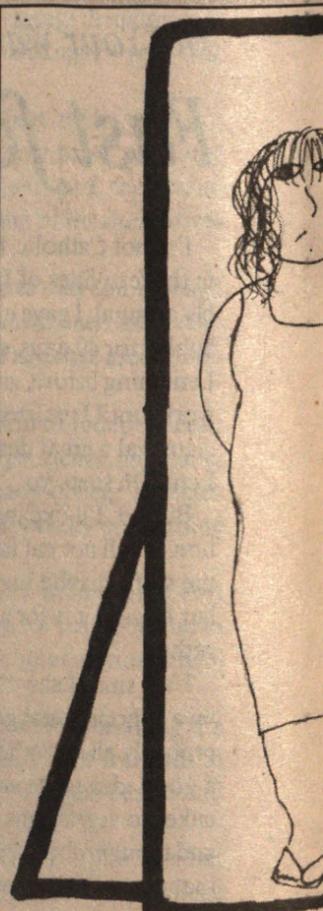
Every year, thousands of women develop eating disorders. According to ANRED, one out of every 100 young women will develop a disorder known as anorexia nervosa, and four out of every 100 college-aged women will suffer from bulimia.

Individuals with anorexia nervosa are unwilling or unable to maintain a body weight that is healthy for their age and height. Most individuals with this disorder typically display a fear of weight gain and of becoming fat although they are dramatically underweight.

Anorexia nervosa has two subtypes of the disorder that describe two distinct behavioral patterns. Individuals with the restricting subtype maintain their low body weight by restricting food intake and increased activity. Those with the binge-eating/purging subtype restrict their food intake but also regularly engage in self-induced vomiting in hopes of losing weight, ANRED said.

One way of recognizing anorexia nervosa would be if the person in question is disturbed by the

way in which their body weight or shape is experienced. "People need to learn to love and accept their body for what it is. People with eating disorders have



# Factors complicate lives

## Diagnosis of ADHD helps people move forward in life

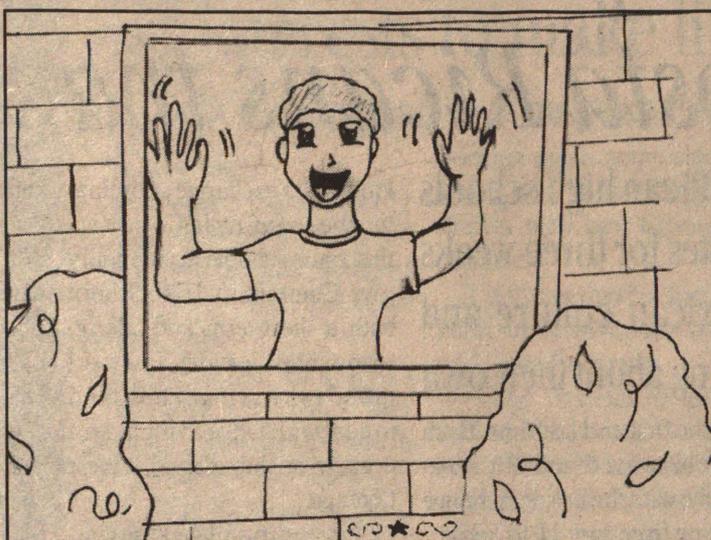
### Two to three times more boys are affected than girls by ADHD

By Ellyn Fortino

Imagine living in a fast-moving kaleidoscope, where sounds, images, and thoughts are constantly shifting. Feeling easily bored, yet helpless to keep your mind on tasks you need to complete. Distracted by unimportant sights and sounds, your mind drives you from one thought or activity to the next. Perhaps you are so wrapped up in a collage of thoughts and images that you do not notice when someone speaks to you.

For many people, this is what it is like to have Attention Deficit Hyperactivity Disorder, or ADHD.

Some of the symptoms that affect people with ADHD are talking excessively, losing things (school assignments, toys, and books), difficulty organizing tasks and activities, being forgetful, and fidgeting. Many individuals with ADHD have at least



six symptoms of inattention and at least six symptoms of hyperactivity-impulsivity.

According to Quad-City Times, ADHD affects 3 to 5 percent of all children, perhaps as many as two million American children. Two to three times more boys than girls are affected. On average, at least one child in every classroom in the United States needs help for the disorder. ADHD often continues into adolescence and adulthood, and can cause a lifetime of frustrated dreams and emotional pain.

About one-fourth of ADHD children or teens feel anxious. They feel worry, tension, or un-

easiness, even when there's nothing to fear. Because the feelings are scarier, stronger, and more frequent than normal fears, they can affect the child's thinking and behavior. Others experience depression. Depression goes beyond ordinary sadness. People may feel so "down" that they feel hopeless and unable to deal with everyday tasks. Depression can disrupt sleep, appetite, and the ability to think.

ADHD can be described as a barrier to the nervous system; an invisible shield that prevents normal levels of stimulation from getting through. The nervous system dislikes sensory depriva-

tion, this is why people with ADHD have the excessive need for any information or event.

However, not all children or adults with inattention have ADHD. Inattention can result from low IQ or when kids with high intelligence are placed in academically unchallenging environments. Also, some rebellious children and teenagers resist tasks that require self-application because of an unwillingness to conform to demands, according to the "Times."

Stimulants, whether Ritalin or amphetamines such as Dexedrine or Adderall, all have benefited people with ADHD. Stimulants increase the brain's ability to inhibit itself. This allows the brain to focus on the right thing at the right time, and to be less distracted and impulsive.

They will also increase both gross motor coordination and fine motor control.

ADHD can be harmful if untreated. A correct diagnosis lets people move forward in their lives. Once the disorder is known, they can begin to receive educational, medical, and emotional help they need.

## Counselors encourage students to seek

### professional help for their depression

#### Learning to cope with changes helps to deal with certain types of depression

By Maria Perez

Depression is not something to be taken lightly.

"I think that it is very important for people to know about anxiety and depression," said student Ingrid Briseño, who was diagnosed with depression and an anxiety disorder.

Social worker Connie Sosa said that about 20 years ago depression among teenagers was almost unknown, but is growing quickly.

"I think that depression is hard to detect in teens because as you are growing up you demonstrate behaviors such as withdrawal, antisocial, and negativity. All these characteristics are associated with depression, yet are normal when you're growing up," said Sosa.

School psychologist Lee Steffanus said that depression is serious among teens because they may not have the support of family and friends in understanding their feelings and may not have the understanding of what is going on with their feel-

ings and experiences.

Depression is a severe mood and emotion disorder that can involve the body's biochemical components. When depression occurs, the normal chemical state is severely disrupted.

Depression can lead to extreme sadness, hopelessness, helplessness, lack of interest, overeating or no appetite for eating, desires to sleep excessively, a lack of energy, and no motivation.

There are different levels of depression such as agitated depression, where people are extraordinarily anxious and have a lot of energy that they use in disruptive ways, or depressive depression where all energy and moods are very low, feeling sad, and fa-

tigued.

There is also clinical depression, where it is severe enough that it requires medical intervention like counseling or regular medication.

"Everyone experiences periods of depression from time to time, but most are not clinically depressed," said Steffanus.

By understanding the circumstances that bring on the depression, learning to accept changes in one's life or circumstances, and getting the biochemical balance normalized, depression can be cured.

"Depression is a curable disease if they seek psychiatric help. The sooner people seek help for anxiety or depression the faster they will heal," said Briseño.



## Call for help

Hotlines-  
433  
696  
Anonymous  
664  
Eaters Awareness  
on  
237  
Anorexia/  
Association, Inc.  
200

## Common in teenage girls

a hard time doing that," said counselor Barbara Brennan. Most individuals that suffer from anorexia also suffer from bulimia. Bulimia is an eating disorder where individuals engage in discrete periods of overeating, which are followed by attempts to compensate for overeating and avoid weight gain.

An episode of overeating is characterized in two different ways. One would be eating an amount of food that is definitely larger than most people would eat during a similar period of time and under similar circumstances. Another characterization is if a person has a lack of control over eating during the episode and cannot stop no matter how much they are consuming.

Not all people with bulimia compensate for eating by self-induced vomiting. An individual may also fast or engage in excessive exercise.

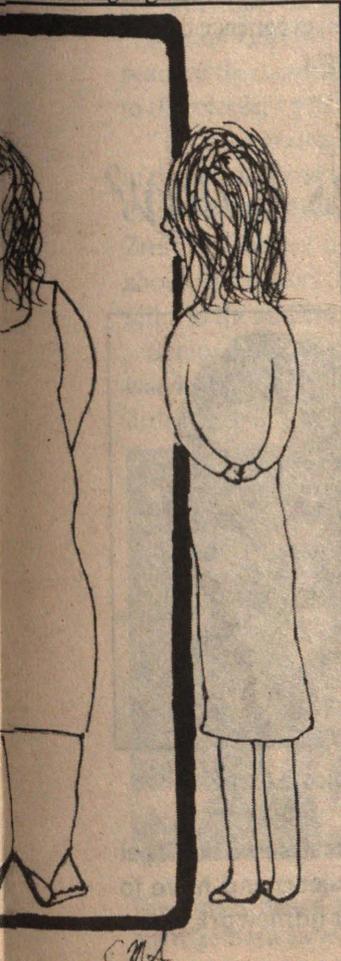
Anorexia and bulimia affect primarily people in their teens and 20s, but studies done by ANRED have also shown it can start as young as 6-years-old and affect people as old as 76.

If you or anyone you know is suffering from an eating disorder, the best thing to do is get help.

"Support groups are very effective. They are good for people currently struggling with an eating disorder and for those who have experienced it in the past," said school nurse Beth Jones.

Brennan also suggests getting involved in a support group if you have an eating disorder.

"They are wonderful groups, but the counselors are always here to support people," said Brennan.



## Students open their homes to twice as many Costa Ricans than in past years

Students from two Costa Rican high schools traveled to the United States for three weeks to experience the American culture and teach their hosts something about their own

**By Kellie Virnich**  
A simple scheduling mistake turned into a hectic, but successful exchange with not one, but two Costa Rican high schools

for the first and last time. Each school arrived and left separately, with the entire exchange lasting from Jan. 11 to Feb. 3.

According to Susan Jun-

kroski, the exchange coordinator, the company in Costa Rica that pairs schools accidentally gave Community High School both a short-term and a long-term school, leaving Junkroski to find twice as many hosts and to deal with twice as many students when they arrived at West Chicago.

"It was stressful, but I'm glad they got to come here and expe-

rience our culture," she said. "We do these exchanges so students realize that the world doesn't begin and end with DuPage County, and that not everyone does things the way we do."

One of the biggest differences that both the Americans and Costa Ricans noted was the difference in stress levels, and that the hosts tended to always be moving, dragging their guests reluctantly behind.

Daniela Sancho said, "People seem to think that we either live on the beach or in a jungle, but we have cities just like yours. And just because we don't live in the United States does not mean we're poor."

The Costa Ricans followed their hosts throughout the day to get the feel of an American school. They also took tours of a local elementary school and attended a reception in their honor after school on Jan. 18. Principal John Highland welcomed the students from each school in both English and Spanish, and presented the teachers with We-go memorabilia. He commented on his pride at all the friendships made in such a short time, and asked that students from both countries take this opportunity to learn as much as they could about each other's cultures.

The exchange students also experienced much of United States culture with numerous trips to Chicago, including Navy Pier, the Art Institute, and the Field Museum.

They were surprised at the size of the city, as well as how many people and buildings there are.

Gustavo Vargas, also from Napo, said, "Everything is bigger here, and there is so much beauty and culture everywhere. I think I'll miss the museums the most."

They left in two groups of tearful goodbyes, many with plans of visiting again soon, and all with an experience they will never forget.

*"People seem to think that we live either on a beach or in a jungle, but we have cities just like yours."*

"Here, the students are more responsible about school, and always busy," said Las Americas teacher Nathalia Borgen. "In Costa Rica, they are not as motivated about going to all their classes or participating in clubs and sports."

Several guests also expressed how they felt about how people who live in the United States call themselves "Americans" when they feel that everyone in North, Central, and South America are considered American. They wanted students to realize that while their country may not be as big or powerful, it is still a civilized society with business and culture.

Napoleon Quesada graduate

## Inspired by practical lessons, Bridget Geraghty earns Student of the Month for January

**By John Jennings**  
From school plays to forensics, Bridget Geraghty has been involved in many school activities while keeping an outstanding academic record, which is why she is January's Student of the Month.

**What are your high school accomplishments?**

I am the captain of the forensics team. I was also chosen as both the English and Spanish Student of the Year as a junior. I was also student director of "Arsenic and Old Lace," the play picked for Theaterfest.

**Who has been your favorite teacher?**

Honestly, I cannot choose just one, but I can narrow it down to the troublesome trio who are Mr. Kling, Mr. Caltagirone, and Mr. Turnbaugh. All three taught me so much and were very entertaining in the process.

**What has been your favorite**

**class in high school?**

The classes taught by Mr. Kling, Mr. Caltagirone, and Mr. Turnbaugh. I use the concepts learned in philosophy, AP English 3, and modern media almost daily, whether it's contemplating the origin of life, writing a letter to the governor, or recognizing the true message the media sends to viewers.



Photo by Ellyn Fortino

**What is your favorite school activity?**

Forensics. It is so much fun and the people are crazy in a good way. Plus the coaches are

always entertaining.

**What is your favorite memory of high school?**

One day during forensics practice, Mr. Kellner "wowed" us all with a round-off out of the room. Priceless.

**Where do you plan to go to college?**

I won't know for sure until May, but I am accepted at Georgetown University in Washington D.C. I am still waiting for the others.

**What do you want to major in?**

Good question. Ask me in two years and I will answer.

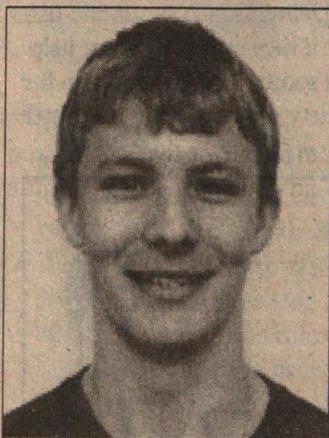
**What do you want to do for a living?**

Have fun. Although I don't think that's really a plausible career, so I guess I don't know.

**Why do you think you were chosen as Student of the Month?**

I love learning, and I apply myself in my classes, do my homework, and work hard.

## Q&A: What health issue do you think most affects teens today?



Chris Jelen  
Junior

Stress because we all have too much going on at once.



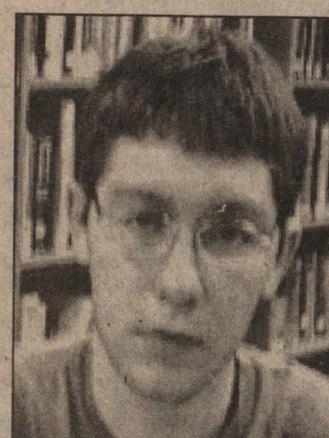
Chelsea Steck  
Freshman

Drugs because everyone seems to be doing them.



Jenny Linsenmeyer  
Junior

Sleep deprivation because we all go to bed too late and wake up too early.



Alex Grinash  
Sophomore

Drugs because so many people die from them.



Nicole Franz  
Senior

Stress because we don't get enough sleep and have to do all our homework.

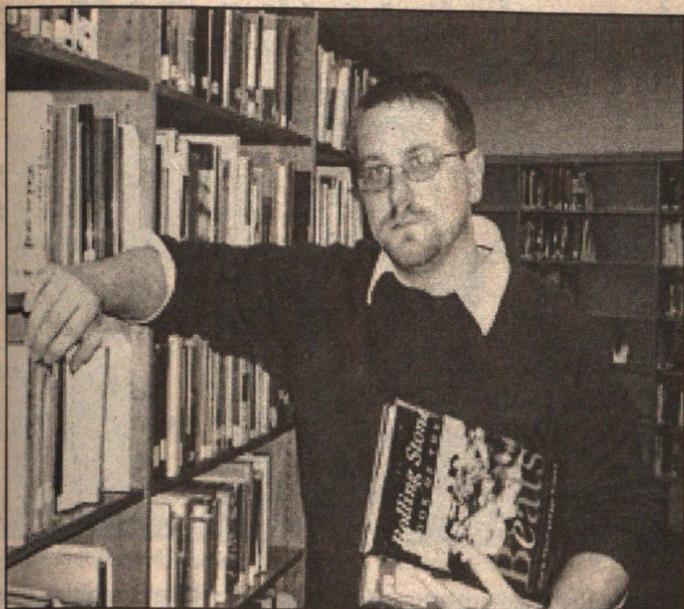


Photo by Kellie Vornich

New head librarian Eric Bodwell feels well-qualified for his job because of his love for reading and varied taste in books.

## New librarian reads into student needs and interests to make library more fun

One of Bodwell's goals is to make students want to use the library

By Katie Taylor

Librarians are usually thought of as quiet, stuffy old ladies in glasses and cardigans enforcing the "silence is golden" rule.

Community High School's new LRC director Eric Bodwell is anything but that. In fact, his goal is to make the library more fun for students and to make the library a place where students want to spend time.

"We want the library to be a place where students want to come to hang out and read," he said. "We're like an alternative to commons."

One of Bodwell's jobs is to buy new books for the library. He uses review journals when selecting books, but also buys a lot of books that have been recommended to him by students.

"We want to make sure things are up to date," Bodwell said. "We're trying to make the library more friendly for students."

Bodwell recently started

stocking up on graphic novels and is busy filling the library shelves with new fiction and nonfiction.

It is fitting that Bodwell is a librarian because he enjoys a wide range of genres.

"I like all kinds of books," he said. "but I read a lot of fiction." Bodwell also reads a lot of young adult novels because he works with many teenagers at Community High School.

and teachers are really nice," Bodwell said.

He previously worked at Oak Forest High School and Fenton Community High School in Bensenville.

Before he became a librarian, Bodwell received a bachelor's degree from the University of Georgia, and earned his master's in library information science from the University of Indiana.

The LRC website has also become more useful since Bodwell made updating it one of his priorities. He posts student book reviews and information to help teachers refer their students to certain books for research projects.

Whenever students come to the library, whether to work on a project or just to avoid the noisy commons, Bodwell is always willing to help. Even when it comes down to the small job of checking out a student's books, Bodwell does it with a smile on his face, simply saying, "It's my job."

*"We want the library to be a place where students want to come to hang out and read."*

Though he only started working at the LRC this year, Bodwell already feels at home. "It's my favorite place I've worked so far; all the students

## Grooveology dance show ends semester with a standing ovation

Girls work all season to prepare for show

By Brittany Blanchard

The school's best dancers got their groove on last month during dance production's showcase, Grooveology.

Dance director Helen Zmrhal said that the show was an overall success.

"I think the shows went extremely well. We had a wide variety of dances with some great choreography. I was very pleased," Zmrhal said.

In order to produce such performances, the dancers started preparing early in the school year for the annual show.

"We start in the fall improving dance skills. Then we begin choreographing dances; larger group dances first, then solos, duets, and trios," Zmrhal said.

After the girls make up the dances, they are assigned to others, who learn each perfectly.

Zmrhal believes it was the practice that contributed most to the excellent performances.

"The students were confident in their dances and could show that in each performance," said Zmrhal. "Instead of worrying about (the dance), they could sell it to the audience."

Senior Emily Gherke, who was in seven of the 26 dances, didn't mind the extra time

needed for a successful show.

"Everyone had to give up time and be dedicated to practicing and meeting deadlines, but it was also creativity, originality, hard work, and having fun that contributed to the successful showcase," said Gherke.

This year was unique for the dance program due to opportunities a dance grant provided.

West Chicago was one of six school's given the opportunity to work with Hubbard Street Dance Co., a professional dance company in Chicago.

Zmrhal was also given 70 tickets to take her dancers to the Hubbard Street show in April, and for Hubbard Street Too, the company's understudy program to perform at the school first semester.

"Working with Hubbard Street was a great opportunity," said Gherke. "It was insightful, and all of us got a peek into the world of professional dance."

The grant will expire at the end of the school year, but Zmrhal will apply again in the spring for another grant.

Although the program will lose 10 of its seniors this year, dance fans can count on an exciting group of dancers next year grooving all semester long.

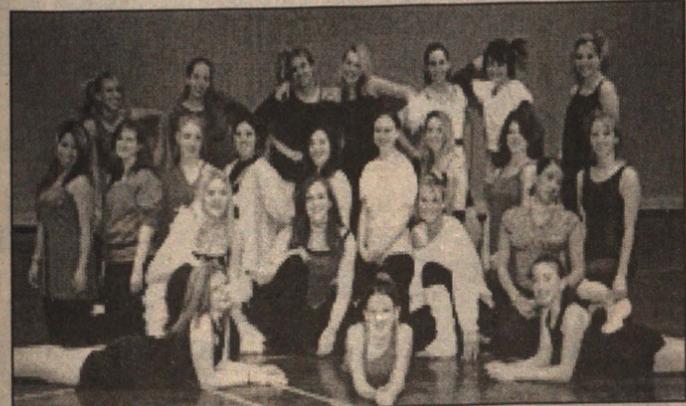


Photo courtesy of Helen Zmrhal

The girls in dance production worked hard all first semester to put together a variety of dances for the final show, Grooveology.

## College Column...

### Students and parents must now concentrate on FAFSA and getting financial aid for college

By John Jennings

After filling out piles of applications to various schools, seniors can now look forward to filling out even more paperwork. During February, seniors should focus on the Free Application for Federal Student Aid, or FAFSA.

This form was deemed important enough for the counseling department to hold a meeting about it for all seniors' parents. The counselors met with parents on Jan. 19 and dispensed information as to what FAFSA does for you, how to fill it out, and when to fill it out.

For those who have not started or thought about the FAFSA form, it is possible to fill it out online or in a hard copy form.

Head counselor Maura Bridges said, "If you are looking for any type of financial aid, you need to fill out the FAFSA form."

The FAFSA makes a stu-

dent eligible for government aid, and colleges usually require it in order to give aid as well. Also, some scholarships require to see it, especially those awarded on need-based aid.

As to when to fill out the FAFSA, counselor Ward Rau said, "Students could not have applied before Jan. 1, so it is best if they get their tax information together and send it in, because otherwise they will have to estimate their income which may change, which will create problems, and it can wind up a disadvantage. Students should watch priority dates of all the schools they have applied to and meet the first priority date."

The priority date means the date at which, if you have sent a finished FAFSA form in, you can receive full consideration for all aid.

In order to help pay for college, all students are encouraged to apply for scholarships. Seniors should be looking for "Se-

nior News" which is a bulletin sent in the mail by the school alerting students to upcoming scholarships. February and March are the busiest time for scholarships said Bridges.

Bridges also urges that seniors apply for the many local scholarships available as there is less competition for them and the applicant has a better chance of being awarded the scholarship.

"Students should continue to fill out the scholarships and not give up. All of the little scholarships add up in the end," said Bridges.

The counseling department is also hosting a Junior Parent Night Thursday to discuss choosing a college, college visits, and everything else a junior should be preparing themselves for. In addition, counselors will be meeting individually with juniors in March and April to talk about college.

## Dedication and effort earn Heidi Colliander December's Student of the Month title

By John Jennings

Heidi Colliander was selected as December's Student of the Month because of her dedication to academic excellence in school and her individual achievements and effort spent in many of the school's activities.

**What are your accomplishments during your time at We-go?**

My greatest accomplishment during my time at We-go would be competing for FBLA at a national level.

**Who has been your favorite teacher in high school?**

The best teachers at We-go are Miss Blume and Mrs. Wirth.

**What has been your favorite class in high school?**

My favorite is AP calculus. **What is your favorite**



Photo courtesy of Heidi Colliander

**memory during high school?** I can't choose a single memory, but my best memories

usually come from lunch times with my friends.

**Where do you plan on going to college?**

I plan on going to the University of Iowa and study in a science-related field.

**What do you want to do for a living?**

After college I plan to attend medical school and become a pediatrician.

**What is your favorite pastime?**

I couldn't live without bowling.

**Why do you think you were chosen as Student of the Month?**

I think I was chosen because I have always been involved in school and put my best effort forth in my classes.

## A peek into the past...



Photo courtesy of the West Chicago Historical Society

Pep Club started out as an all-girls activity with every girl in the school as a member. The club sponsored parties for football and basketball and sold candy and megaphones to raise money.

## Students take it upon themselves to carry on the school's jazz tradition

### Jazz combo preserves music appreciation

By Kellie Virnich

Carrying on the school's tradition of jazz enthusiasts, students Sara Earhart, Matt and Dustin Westrom, Mike Smeraglia, and Brad Rathe comprise the new jazz combo. Senior Gil Valenzuela serves as their artistic director and mentor.

"Gil's helped us through a lot of hard times," said Earhart. "He lets us express our artistic frustrations."

The combo is a separate group from the jazz band, though all of its members are in both. These students are more dedicated to studying jazz, spending time practicing after school in addition to class time with the larger band.

"I have a passion for jazz. It's the music of my soul," said junior Matt Westrom.

Earhart, the unofficial leader of the band after the graduation of Brett Palmer, agreed, saying that it provided an outlet for her artistic frustrations. She first discovered jazz in freshman year, when former student Hans

Moscieke encouraged her to join the jazz band. She fell in love with it immediately, and now plans to major in jazz studies when she graduates.

The combo usually plays with the jazz band, though they did not attend their last event because of the weather.

Their next concert is an independent one which Smeraglia is hosting in order to become an Eagle Scout. They will play on March 5 at Corpus Christi Catholic Church in Carol Stream. Instead of paying to get in, patrons must bring clothing to donate. After the concert he will donate all the clothes to a local charity.

The members of the combo realize that theirs is a fading group, one which will probably become nonexistent after they graduate, because few other students in the school show the same dedication.

Dustin Westrom said, "You have to be willing to spend the time. Jazz is like a lovely lady that you don't want to let go of."

## The cast of the winter play pulls it off

### The actors and crew of "Daisy Pulls It Off" band together to make each day's show scrummy for the audience

By Sabrina Potirala

Female actors got their chance to shine in the winter play, "Daisy Pulls It Off."

William Vega, one of the stage directors, expected three great performances from the actors performing in the play, and he said that he did not feel let down.

The play is about a girl named Daisy who earns a scholarship to attend an elite all girls' school.

Some of the wealthy girls that attend do not want to accept Daisy, and try to get her expelled. The play is set in England in the 1920s.

This play has a cast of mostly girls, which is one of the reasons why the production was chosen.

"It has a lot of roles for girls which is rare to find, but it gave us an opportunity to let them shine in this production," said Vega.

Both cast and crew put a lot of time and effort into preparing for the play.

"It is a lot of hard work for all of us involved. There are many parts that were very in-

tricate. For example, the field hockey match where the girls had to memorize many lines to make the game seem like the audience is a part of the action," said Vega.

Something that is expected for the people within the play, is that they are dedicated to rehearsals and the production.

"The play is only as good as the people who are there every day memorizing lines and stage direction," said Vega.

People were assigned their roles based on which character their personality seems to fit. In this case, the lead for the main character, Daisy, was chosen based on singing ability.

*"The play is only as good as the people who are there every day memorizing lines and stage direction."*

"I was very excited when I

found out I made the lead. This has been my first major role in a play," said Daisy's actress, Jazmine Martinez.

Something the actors had to do was listen to dialect tapes the first two weeks of rehearsal to get their British accents down.

"It was a new experience, but I enjoy being someone I'm not, even though I can easily relate to Daisy," said Martinez.

Martinez believed that the girls performed wonderfully.

"There were a lot of new girls that have never acted before so it was a new experience for them as well. But I think that they did a good job because they were all very excited," said Martinez.

Martinez has been taking acting classes in Chicago since freshman year.

"Acting is definitely something I would like to pursue later in life. It is something different and exciting because you get to play a different character and meet many new people," said Martinez.

Martinez would like to encourage anybody to try out for a play if they really want to.

"Don't be afraid and try your best. If you know that you have what it takes then go head and go for it. Try your hardest and don't ever give up," said Martinez.



Photo by Kellie Virnich

Jazz combo members don't spend all their time goofing around. They practice after school for concerts with jazz band.

## Big band shows that retirement from high school teaching is not Guter's swan song

After his retirement as band director at Community High School, Jim Guter realizes his dream of directing his own big band

By Lauren Krage

For many, retirement means plenty of free time to kick back and relax after enduring years of hard work. However, for James Guter, former band director at Community High School, retirement is simply a new stage on which to continue

his musical career.

Though he does enjoy the luxury of waking up late every morning, Guter simply cannot stay away from his musical roots, even though his teaching days are over.

In October 2004, just five months after his retirement,

Guter founded Jim Guter's Big Band, a project that continues to leave little time for relaxation.

"I've always wanted to have a big band," Guter said, "but I didn't have time while I was teaching."

Consequently, retirement reawakened Guter's dreams, so he quickly took advantage of his newfound free time and put it towards his goal. He began to advertise in local papers and radio stations, attracting over 60 instrumentalists and seven vocalists to the auditions, held in early October.

Eventually, only 20 instrumentalists and two vocalists were chosen to become members of the original Jim Guter's Big Band.

Identifying himself as "the old man of the group," Guter describes the band members, largely made up of thirty-some things, as "a fun group of people to work with."

The group practices two

hours a week and performs every fourth Tuesday at the Courtyard Banquet Hall in Warrenville.

The first performance of Jim Guter's Big Band on Jan. 25 went "extremely well," according to Guter, speaking very highly of his band's skill level.

"The difference between this band and the high school band is that they can sight read almost anything," Guter explained. For example, the last practice before performing at the Courtyard, the band was given a lengthy, difficult piece of music and was able to play it well the first time.

Guter is also pleased that his trumpet players can reach notes an octave higher than the high school band's trumpets. "At the end of songs, the trumpets can just go up there and wail," he explained with enthusiasm.

However, despite the success of Jim Guter's Big Band, Guter stressed that creating and maintaining such a group is a diffi-

cult endeavor.

"It's hard to do a big band," Guter said, citing time consumption and costly expenses as drawbacks.

But he does urge anyone interested in beginning a musical career or hobby to "go out and hear music as much as possible...to get excited about music," in order to be willing to make sacrifices for it.

However, despite the success of his new band, Guter does not fail to mention the students he left behind at Community High School.

"The most important things I miss are the kids," Guter reminisced. "I had a good group."

Though Guter loves to teach and will never forget his experiences at Community High School, he feels retirement is the next step in his career. So although he no longer stands atop his podium and conducts the high school band, the music plays on in Guter's life and will continue to do so indefinitely.

## Kym McDaniel is no pawn Freshman places at prestigious chess championship in Chicago

By Sabrina Potirala

Kym McDaniel, a freshman, performed outstandingly at the Illinois Chess Coaches Association Grade Championships at Navy Pier in January.

To qualify for the tournament, players must be involved in chess team and pay an admission fee. The school covered the cost for admission and for the trip to Chicago.

There were five rounds in the tournament, and each player competed with one person per round.

As McDaniel progressed, she found herself facing more challenging players.

"If you won a round, you would have to play someone harder. Just like if you lost a round you would face someone easier than yourself. I just kept winning," said McDaniel.

The rounds were determined based on division depending on age.

"It was separated into freshman, sophomore, junior, and senior divisions so I only had to play people my age," said McDaniel.

She eventually placed fifth in the freshman class and received a plaque for her accomplishments. She also received a trophy for first place in the best female player category.

"I was surprised when I had found out I won. In a way I was suspecting it, but I wasn't com-

pletely sure I would win. I was really happy," said McDaniel.

The tournament is an experience McDaniel will never forget, and will most likely be playing chess for many more years to come.

"The best part of it is the accomplishment of winning and

knowing you did well. I enjoy many things about chess, and I am also looking forward to next year because one of my friends will be joining the chess team at our

school," said McDaniel.

She has been actively playing chess on a team for seven years.

"I first started when I was in second grade. I knew the chess coach, and my parents were the ones that first got me to go. I was also persuaded by a friend of mine," said McDaniel.

Chess is a hobby that takes a lot of patience and skill to play, as McDaniel soon discovered. "It helped me to become more patient. Sometimes it will take the person you are playing about 20 minutes to make their move," said McDaniel.

Despite the patience it takes to play chess, McDaniel would still recommend the hobby to anyone with a lot of free time on their hands.

"Playing chess is hard at first, but once you get used to playing it can be really fun and interesting," said McDaniel.

*"The best part of it is the accomplishment of winning and knowing you did well."*

## Lauren Krage deemed February's Artist of the Month for band

By Bridget Geraghty

After playing the clarinet for seven years, Krage gets recognition for her achievement.

**What instrument do you play?**

I played the B Flat clarinet for eight years, the marching baritone for eight months and tenor saxophone in jazz band for four months.

**Have you won any awards?**

I've been selected to the IMEA district band for two years and I've been first chair clarinet in the symphonic band the past two years.

**How did you first become interested in music?**

In fifth grade, the band company brought instruments to school for us to try. I was immediately attracted to the clarinet, and when I played it I fell in love. From that point on, I could never give it up.

**Is there an artist or type of music that has influenced your work?**

My clarinet teacher has in-

fluenced me a lot. She taught me that playing music goes beyond what's written on the page and that you have to play a piece musically in order to really make it interesting.



Photo courtesy of Lauren Krage

**What type of music do you listen to?**

I like every type of music except extreme rap and rock.

**Do you have any musical aspi-**

**erations you have not yet reached?**

I want to get a superior ranking at the solo and ensemble contest for a solo.

**Do you plan to study music after you graduate?**

I don't plan to major in music, but I definitely will play in as many bands and ensembles as possible.

**Is there anything else you enjoy doing?**

I play volleyball and love to write.

**Is anyone in your family interested in music?**

Not really. My dad enjoys listening to music, but no one in my family can play an instrument or sing at all.

**Do you have any advice to give students who are interested in music?**

Pick up the instrument and practice! The more time you put into music, the better you will be able to play. I guess that goes for most everything in life, but it seriously works!

## Grupo político local ayuda a los inmigrantes

### Latinos Organizados Por Justicia trabaja para asistir y apoyar a los inmigrantes para obtener una vida mejor en los Estados Unidos

Por María Pérez

Todos quieren justicia especialmente, los inmigrantes que buscan una vida mejor con la ayuda de una organización dedicada a ayudando inmigrantes.

"Nuestras metas son ayudar a nuestros hermanos y hermanas a participación completa e igual en esta sociedad," dijo miembro Hermana Connie Probst.

Latinos Organizados Por Justicia (LOPJ) se formó en 2000. La organización tiene de 20- 30 miembros de West Chicago y Warrenville.

"Originalmente empezó por conseguir amnistía y luego trabajamos para licencias de manejar para los inmigrantes y así Latinos Organizados Por Justicia empezó," dijo Probst.

LOPJ trabajan para pasar licencias para indocumentados en Illinois, derechos de labor para inmigrantes, y folletos de declarado trasladados al español.

La organización también pelea por derechos laborales como el caso de labradora de Gloria Guzmán cuando la despidieron de su trabajo.

Guzmán dijo que en el 2002 la suspendieron del trabajo,

pero ella trabajó en esa compañía desde 1993. Después de su retiro emplearon a más gente de la agencia de empleo.

Guzmán dice que la razón que no le dieron trabajo es por que no le gustaba a la mayordoma. La mayordoma siempre le daba a Guzmán los trabajos más difíciles.

"Yo pensaba que en hacer todo lo que me decían era bastante para tener mi trabajo seguro. Era lo contrario, me sacaron de mi trabajo," dijo Guzmán.

Otro caso de labor que tiene LOPJ es de Concepción Fernández.

Fernández trabajaba para una compañía por 27 años. Ella dijo que trabajó cómoda en la fábrica y con los mayordomos.

Hasta que llegó el nuevo ma-

yordomo y la despidió. El trató mal a Fernández por que le hablaba en manera altanera y la mandaba alrededor, Fernández dijo.

Ambos casos están en el sistema de tribunal.

"Nuestra motivación es buscar justicia y terminar la explo-

marginados por su estado inmigratorio," dijo miembro Tom Tawney.

Proyectos que LOPJ han tenido en el pasado fue una ordinance de ciudad con estandarizaciones de pagos de cabina para eliminar la explotación de personas que no tenían licencias.

Otro fue regulación de agencias de labores del día para terminar explotación de trabajadores, dijo Tawney.

"Las dos ordinances que tuvimos mas levantaron la conciencia en la comunidad que políticos y el gobierno no responderá a Mexicanos-Americanos que se organizan juntos," dijo Tawney.

LOPJ ha tenido problema con el lenguaje porque algunos miembros de la organización nada más saben hablar ingles y otros nada más saben hablar español.

También la gente no está acostumbrada a hacer esto, dijo Probst.

Otra cosa que LOPJ tiene que batallar es la mentalidad de que si algo esta escrito oficialmente personas no pueden hacer nada para cambiarlo.

Luego hay gente que tiene miedo de confrontar sus problemas por su lenguaje y estatua inmigratorio y hay gente que no tiene tiempo para ayudar porque trabajan dos trabajos.

Leyes también complican los proyectos del grupo para igualdad como la nueva ley propuesta llamada Real ID Act, que requiere que personas tengan documentos para obtener una licencia.

Probst dijo que esa ley no es justa porque hay casos donde gente va a Michigan o Wisconsin para obtener una licencia sin problemas, porque esos estados no requieren prueba de residencia como en Illinois.

Luego en Nueva York hay 9 a 10 personas usando un numero de seguro social para obtener licencias, dijo Probst.

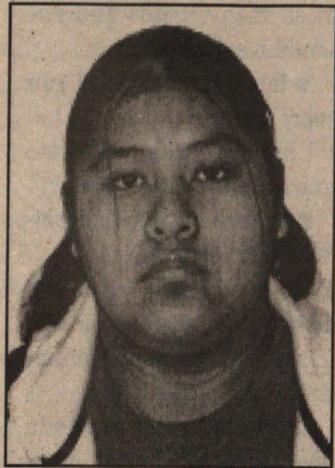
Y esta ley está tratando de pasar un estándar federal en vez de dejar a los estados decidir a quién le deben dar licencias, dijo Probst.

Cuales sean la razón o los problemas LOPJ están trabajando para asegurar que los inmigrantes tienen un nivel de vida mejor aquí en West Chicago y en los Estados Unidos.



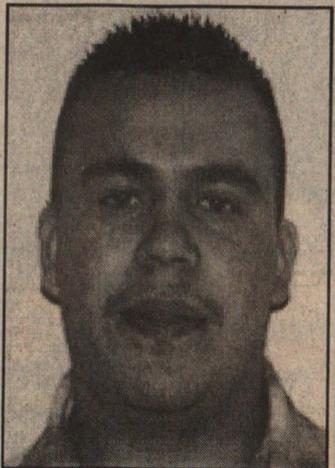
## Pregunta y Respuesta:

### ¿Crees que el gobierno ayuda a los inmigrantes?



Imelda Tecuatl

No, porque no les dan el permiso para licencias de manejar y en todos los lugares necesitan papeles. Es injusto porque supuestamente este país es para todas las personas que quieren progresar.



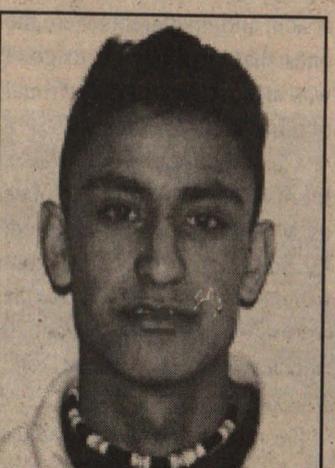
Valentín Borjón

A la mayoría de los inmigrantes, especialmente las mujeres, les ayuda porque cuando están embarazadas les ayudan en el hospital dándoles ayuda medica gratis o sin ningún costo.



Maria Perez

No, porque si el gobierno quisiera ayudar a los inmigrantes les daría, más trabajo, y más oportunidades en este país para sacar a su familia adelante.



Agustín Durán

Sí, porque a mucha gente les ayuda. Como las mujeres que tienen sus hijos y son indocumentados reciben ayuda del gobierno. Con cupones para leche y otras cosas que vienen del gobierno.



Vareliana Ballines

Sí, porque hay muchos programas donde les pueden ayudar a familias. Por ejemplo el Welcome Center que les ayuda a familias durante días festivos.

## Lady Wildcats finish up the season with a bang

By Lauren Krage

The Lady Wildcats refused to go down without a fight in the regional championship game versus Oswego Feb. 17, losing a close match 52-48.

The showdown marked the final game of the season and the departure of four senior girls: Dana Hernan, Peggy Saul, Megan Forbrook and Sam Corriero.

"They were a great group of girls to work with," said coach Kim Wallner. "They will surely be missed."

However, a strong group of underclassmen, led by junior Jessica Crawford and sophomores Kate Norton, Melissa Olsen, and Kelsey Monroe, provide a strong outlook for the future of the team.

"Next season, with our returning players, we hope to win a conference championship and get further in the state tournament," said Wallner.

As for this season, Monroe and Hernan each earned all-conference honors, and the team finished 18-12 overall and 7-7 in conference to capture fourth place in the DVC.

The regular season was

capped by a senior night win against Wheaton North with a score of 59-28, and included a win over longtime rival Naperville Central that broke the dynasty's 51-game win streak.

The Lady Wildcats also won their first regional game against Morris 51-37.

"We played a really good game, and everybody on the team was able to step up and play well," said Forbrook.

The loss against Oswego,

however, was unsatisfying for the team.

"Oswego was a game we really should have won," Forbrook said. "It's really disappointing to lose so early when we know we should be going on."

But despite the season-ending loss, the girls achieved a sense of togetherness throughout the team.

"We are all very close," Corriero said. "We had a great team as a whole."

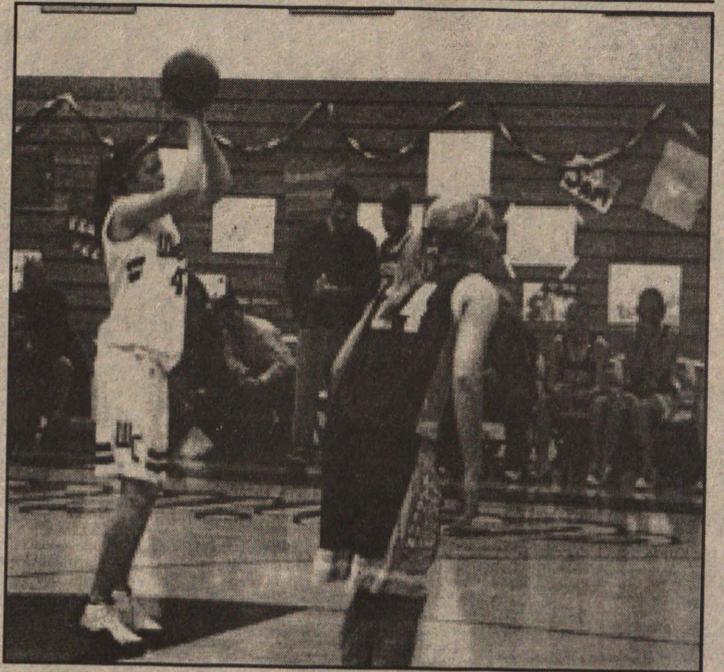


Photo by Andrea Bradley

Dana Hernan scored 13 points on senior night, leading her team to a 59-28 victory over Wheaton North.

## Cyclone hockey makes a name for itself

By C.J. Hinojosa

The Wheaton West Cyclones are 12-6-2, and were on top of the Illinois Suburban Hockey League Western Division until they lost their last four games in a row.

So who are the Cyclones? They're the official hockey team of not only West Chicago, but Wheaton North and Wheaton Academy as well. The team is made up of players attending all three high schools.

According to junior Quin Barclay, who plays center,

most people aren't aware of the team's existence because not many people play and the rinks are cold and remote.

"It'd be cool if a lot of people came to the games because one year we won the Cougar Cup and nobody knew about it," Barclay said.

The Cougar Cup is the ISHL state championship. The Cyclones won it two years ago and finished first last year in their conference.

They're consistent winners, minus the current four-game losing streak.

"It's hard to tell how we'll end this year because we have a tough lineup for the playoffs," said Barclay.

To get a feel of the team's attitude, Barclay described their

pre-game ritual: they "go to the bench and yell, 'schmantz!'"

The Cyclones play their home games at Center Ice in Glen Ellyn. Their first playoff game was Sunday.

## Workout club helps students get healthy

### Junior Fernando Moreno started an afterschool workout club to help kids stay fit and have fun

By Lauren Krage

Though it began with only a few students working out Saturday mornings, the unofficial afterschool workout club has blossomed into a group that attracts 25-40 Hispanic students every Monday, Wednesday and Friday.

Though it is deemed unofficial due to the lack of recognition by the Board of Education, this activity began towards the end of the last school year and was founded by bilingual education teacher Mark Poulterer, Fernando Moreno, and another graduated student.

Moreno decided to take on this endeavor due to the encouragement of his teacher.

"Mr. Poulterer motivated me by telling me that it would be something good...and better than staying home," Moreno said.

Originally, the group was composed of only three people and met only once a week, but now both these statistics have greatly changed.

Poulterer initiated meeting more than once a week because "I got sore every week so I decided that I should either stop doing it or come more often," he said.

In the end, they chose to meet more often, increasing the amount of workout days up to three: Mondays, Wednesdays, and Fridays.

The number of students also increased, eventually reaching about 40 people.

"It has grown because (the participating students) became motivated and they liked it," said Moreno. "It helps teenagers forget about the drugs and to concentrate on something better."

The unofficial club meets from 6:30 to 7:30 p.m. for a weight lifting session, followed by a game of soccer from 7:30 to 9 p.m. in the Bishop Gym.

Though most students wish to play soccer, the gym is available for anyone wanting to exercise their athletic abilities.

"All the students should participate because it betters their health and they don't waste time on other things that don't have any benefits," Moreno said.

This unofficial workout club offers an escape to any student from everyday pressures through a satisfying workout.

For Moreno, Poulterer, and all other students involved, this club is time well spent.

### Athlete of the Month

## Greg Callahan dribbles his way to February Athlete of the Month

By Doug Sieder

Who inspired you the most during the year?

I would have to say that my teammates have inspired me the most during the year because they have worked hard, and that keeps me motivated.

Do you play any other sports?

Yes, I also am a sprinter for track and this year I played wide receiver for football.

What sport do you enjoy the most?

I would have to say I enjoy basketball the most because I like how the crowd is right next to you screaming in your face during the games.

What plans do you have after high school?

I plan on attending the University of Illinois, but I'm still undecided.

What is your best sports

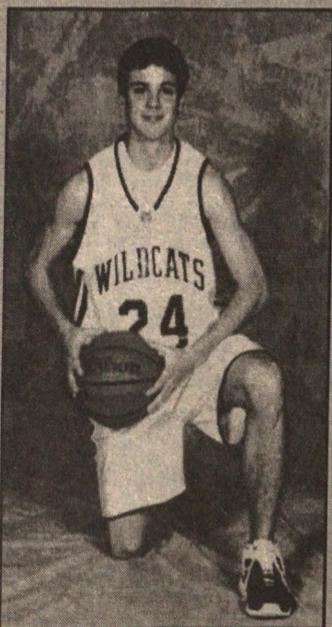


Photo courtesy of Greg Callahan

memory? My best sports memory is this year when I hit the game winning shot with .9 seconds left in the game to beat Timothy Christian to win the Christmas tournament.

What is the best part about basketball?

The best part about basket-

ball has to be winning.

What coaches have helped you achieve your goals throughout high school and how did they help you?

All my coaches have helped me in some way or another. They all have taught me something valuable.

How many years have you been involved in basketball?

I have been involved in basketball for about 12 years now.

What is your favorite sport other than basketball?

I enjoy both football and track.

Have you achieved any awards in those sports?

I went down to state last year in track and ran the hurdles.

Do you do anything special before each game?

I always have pizza with my teammates Nick Lelito and Doug Sieder before each game.

## Wildcat basketball hopes to snag second place

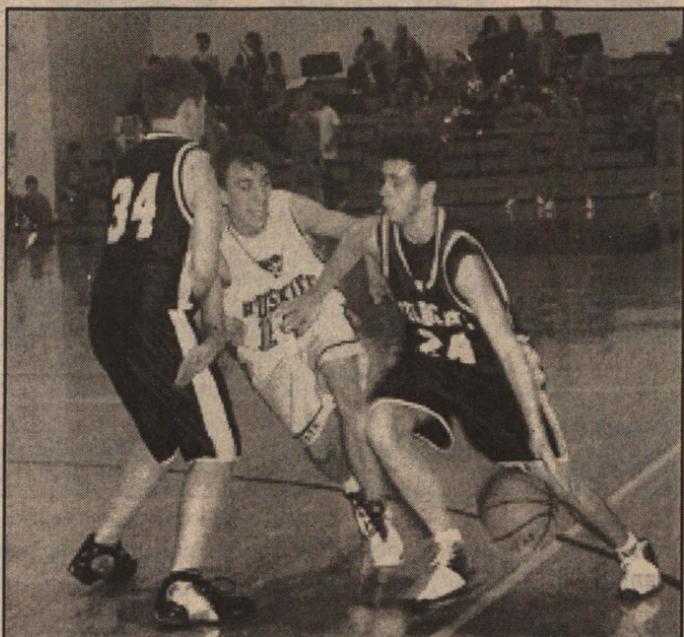


Photo by Sabrina Potirala

The boys basketball team is tied for second place in the conference, but still hopes to improve aspects of their game.

By John Jennings

The boys basketball team has one of the best records in recent history with a record of 17-5 and a 7-4 record in conference.

The season started off well with the team going undefeated for their first 12 games, putting them tied for second place in the DuPage Valley Conference.

Head coach Kevin Gimre said, "I think that they have probably exceeded expectations."

Gimre characterized the season as a successful one, saying that the perfect start to the season was outstanding and that his team has done a nice job so far.

Senior guard John Doeseckle said, "We have really exceeded our expectations. We were picked to finish last by some people, and now we are doing well."

Team play, along with stellar outside shooting, have led to many of the team's victories this season.

The team's guards, including Doug Sieder, John Doeseckle, and Greg Callahan, have been shooting lights out for most of the year.

No matter how good the team's record is, though, they are always looking to improve.

"I think that we need to improve both our rebounding and our team defense. These are the areas where we could use the

most improvement," said Gimre.

The team hopes to stay at the top of the DVC, hopefully placing second if not higher. After the conference games comes regionals where the team looks to do well and go far in the postseason.

Many of the seniors on the team have played big roles this year. Gimre said Sieder, Callahan, and Doeseckle, along with Luke Martin, Chris Jones, Nick George, Nick Lelito, and Austin Monroe have all done a good job this year.

"We expected them to do well this year, and they have not surprised us. They have all turned in good performances," said Gimre.

This year's team has a better record at this point than in previous years, making them one of the best teams in the school's recent history.

"This is the best record we have had in years. We are tied for second in the conference which is a major accomplishment, and we are playing well," said Gimre.

## Wrestling meets its goals for the season

Senior Adam Pineda and freshman James Shallcross led the wrestlers all season

By Maria Perez

Pineda led the wrestling team at regionals with a fourth place victory.

The wrestling team placed eighth at DVC with Pineda and Shallcross achieving the best records on the team throughout the season.

Overall, they achieved their goal for the season: to improve individual performance. Coach Marty Molina confirmed that a majority of the team members have accomplished just that.

This goal was achieved by training every day, practicing the moves, and making the

wrestlers competent in using the proper techniques when wrestling.

One goal that the wrestlers did not manage to meet, however, was to increase the amount of members. This season there were only 42 wrestlers to fill an available 56

spots.

But the wrestling team persisted.

"I want wrestlers to walk away with the knowledge that they dedicated themselves to getting better, stronger, and improving their wrestling skills," said Molina.

## Swim team kicks its way to fourth place

Senior Jeff Lesniak, along with the rest of the relay team, provide bright spots at conference meet

By Ellyn Fortino

Lesniak took first place in the 100-yard breast stroke, leading the Wildcats to a fourth place finish at the DuPage Valley Conference boys swimming meet.

Along with varsity, the junior varsity team also took fourth place in the conference, competing against Naperville Central, Naperville North, Wheaton Co-op, and West Aurora.

Lesniak also took third in the 200-yard individual medley. He, Matt Simon, Brett Simon, and Drew Weigand took fourth place in the 200-yard free relay and 200-yard medley relay.

Freshmen Greg Pelke and Brian Hummer competed in the 100-yard backstroke, placing fourth and sixth respectively.

"This year has been the biggest freshman team so far. The boys will lose four seniors next year, and that will definitely be hard," said coach Curt Herrin.

To train for the season, the boys lifted weights, cross trained, and tapered.

Tapering is a reduction in training intensity before a major competition to give the body and mind a break from the rigors of intensive training. The result is an increase of endurance and performance for the upcoming competition.

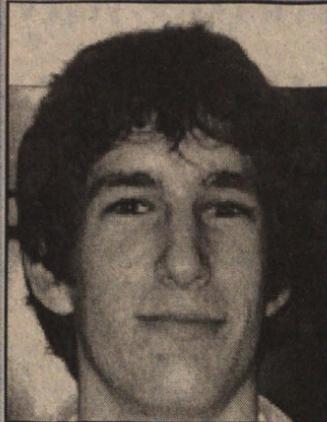
"This season has been a building year," said Herrin. "It has been very interesting."

With the season coming to an end, Herrin encourages anyone interested in swimming to join next year.

"It's a really fun experience," he said. "You get to make so many new friends."

## T.O. proves he's still on top

Terrell Owens exceeds expectations by playing well in the Super Bowl after surgery on his broken leg



By Doug Sieder

Terrell Owens shocked the world by playing as well as he did in the Super Bowl, and his performance under his unfortunate conditions might be one of the best in recent memory.

Owens, otherwise known as T.O., broke his leg six weeks before the Super Bowl, an injury that required surgery.

His team, the Philadelphia Eagles played the last two games of the regular season and all of the playoffs without their star receiver, who led the team with 14 touchdowns in 2004.

T.O. had surgery on his leg on Dec. 17 and wasn't ex-

pected to play again this season. But while his team rolled through the playoffs, the thought of playing in the Super Bowl was on Owens' mind.

After the Eagles beat the Falcons in the NFC Championship game, the question popped up faster than a hotel in Vegas about whether or not T.O. would be ready to play in the Super Bowl.

Only one person knew the answer to that question, at least that's what we all thought. Everyone wanted to know if Dr. Myerson, the man who performed the surgery on Owens, would clear him to play. Myerson gave the public his answer, saying that Owens was not ready to play, and if he did play there would just be a higher probability of him getting injured.

T.O., who is known for his attention-grabbing antics, just couldn't pass up a chance in the spotlight, so he played through the pain and risked the chance of injury that could possibly ruin his career.

Media week started, and reporters from around the world surrounded T.O. and his teammates asking, why is he playing?

And will he even be effective during the game?

Many football analysts thought Owens wouldn't make a difference, and at the time I agreed with them.

However, T.O. had one of the best performances in recent Super Bowl memory, especially considering he broke his leg only six weeks before. He came out and excelled against some of the greatest athletes in the world.

Owens finished the game with nine catches for 122 yards in a 24-21 loss to the New England Patriots. He was two catches shy of tying the Super Bowl record for the most catches, and he probably would have been MVP if his team had won.

If you remember one thing besides the Patriots winning the Super Bowl this year, it should be T.O.'s performance. It was one of the best displays I've seen in recent Super Bowl memory, and I feel he should be recognized for it even though the Eagles didn't win.