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The turkey competition got students talking about the "human turkey." Read about the experience on page 2.



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Do you believe the moment of silence is wasting your time? Or do you enjoy quiet time to start your day? Find out what we think on page 6.



### Center Spread

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Read about the struggles students endure with a sibling fighting overseas on page 11.



### Entertainment

Guitar Hero 3 proves its success with upgraded playlists and the same tactics. Read the review on page 12, then experience it for yourself!



### Sports

Boys wrestling has been working to measure up to last year's success. See what they've done on page 13.



# MRSA invades halls

*Officials say students should not worry about the infection*

By Greg Vodicka

Despite pre-emptive strikes to sanitize the building to avoid MRSA, one case was reported.

A student was recently diagnosed with the methicillin-resistant staph aureus (MRSA) staph infection.

In a press release sent to parents and staff, Principal Moses Cheng said, "The student who has MRSA is currently responding well to antibiotics and has been cleared by medical officials to attend school."

Cheng also said that the custodial staff has disinfected the school in accordance with the health department guidelines.

Cases of the staph infection have been reported in a half dozen other schools in Naperville, Rolling Meadows, Gurnee, Huntley, Streamwood, Schiller Park, Bellwood, Woodstock, and Joliet Township.

Holy Angels Catholic School in Aurora closed after a confirmed case of MRSA at the school.

The Illinois Department of Public Health defines Staphylococcus aureus (staph) as an infection that is usually carried

on the skin or nose. About 30 percent of the world carries the staph.

It can be treated using antibiotics methicillin or penicillin and cephalosporins.

About 1 percent of people with a staph infection have the type of staph that cannot be treated by these antibiotics. This type is called MRSA, which takes different antibiotics to treat.

According to school nurse Beth Jones, the infection starts out looking like a red bug bite. Within a day or two it begins to swell, and then comes to a head like a pimple where puss oozes.

"Anytime we see a rash on a student we send them home from school," said Jones. "If the rash looks serious enough, we send them with a note that needs to be signed by a doctor before they can come back to school."

The Illinois Department of Public Health said more serious staph infections can also cause pneumonia and infections of the blood and joints.

The staph can be spread by unwashed hands, contact with infected skin, and contact with

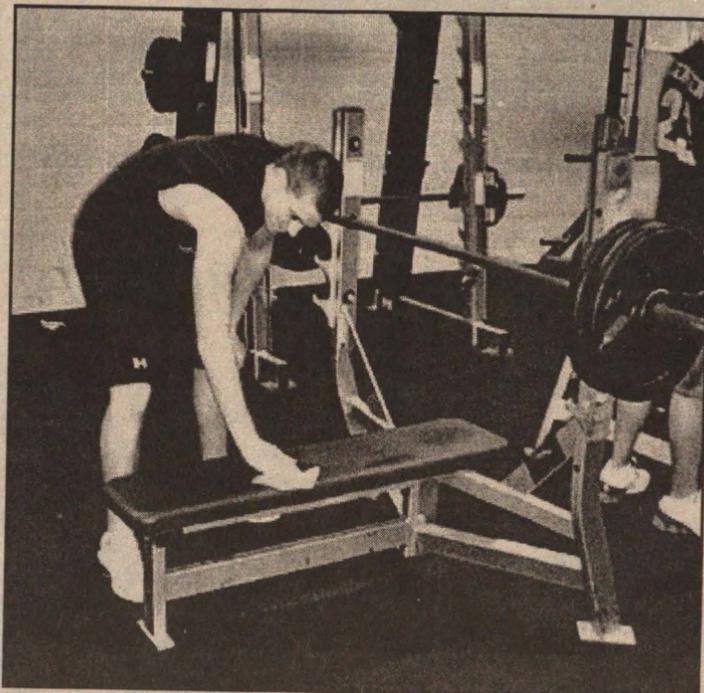


Photo by Greg Vodicka

Junior Patrick Stremel uses disinfecting wipes to sanitize the weight room equipment after working out.

contaminated objects and surfaces.

With everyone nervous about this "super virus" students need to take simple precautions like washing hands to avoid getting the infection.

Jones says MRSA is not spread easier, it is just more difficult to treat.

Athletic director Bob Stone said the maintenance staff is taking appropriate safety measures to prevent the staph.

"We disinfected both team locker rooms and P.E. locker rooms with a fogger that kills

all germs," said Stone. "We also send out our football equipment every year to be cleaned after the season, and twice a day we clean the wrestling mats."

Stone also recommends that students avoid sharing towels or workout clothes, and they should wash their hands as often as possible. He also encourages everyone, especially athletes, to shower as soon as they finish working out.

"As serious as it is, it's like trying to prevent the common cold," said Stone.

# Selling homemade goods banned

By Jacob Wucka

Do not anticipate homemade treats being sold outside commons during lunch hours anymore because bake sales have been banned.

"The administrative staff

made the decision this year along with following the guidelines the health department suggests, not to sell any food that is homemade. The reason is the chance for food poisoning or food allergies

and the liability that goes along with that," said division head of activities and athletics Kim Wallner.

Treats that contain peanut butter, such as puppy chow, could be fatal if a student with a peanut allergy consumed it.

According to Principal Moses Cheng, another potential threat that comes with bake sales is the possibility of spreading disease.

"With bake sales, we have no guarantees of how the food was made. We don't know the cleanliness of the place it was made," said Cheng.

Bake sales could have the threat of spreading sicknesses, such as E. coli which can be caused by using contaminated utensils, or spoiled products, said the Centers for Disease Control and Prevention.

The sale of prepackaged goods is still allowed since the

administration and students can monitor the contents easier.

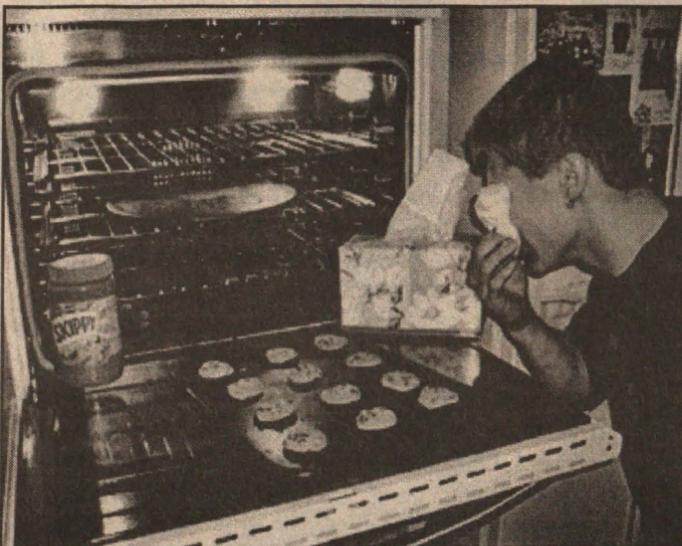
However these new rules will hurt some groups such as the National Honors Society (NHS).

"We don't have money in the account to purchase the food in order to make a profit," said math teacher and NHS adviser Kristina Mallon.

Still, if NHS were to hold a bake sale it would not be during any of the lunch hours due to a contract between lunch staff and the administration.

This would mean that clubs would have to sell treats before or after school, which would produce less of a profit.

With the ban of bake sales taking away some groups main fundraisers, Cheng encourages and anticipates seeing more creative and resourceful fundraisers.



Staged photo by Jacob Wucka

Sophomore Jon Smagacz shows the threats in sanitation that homemade goods pose to students who consume them.

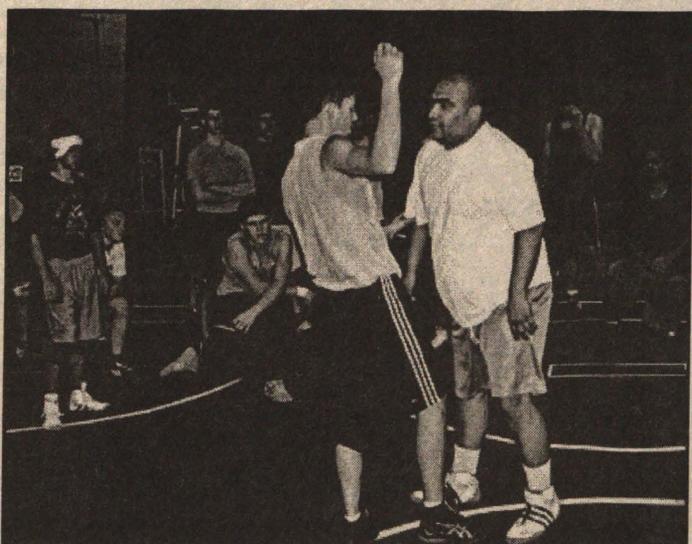


Photo by Jacob Wucka

Reunited with the team, coach Mike Pineda teaches valuable techniques to senior Kurt Shilka.

## Back in the ring

By Jacob Wucka

Wrestling coach Mike Pineda is back in the ring after the Board of Education reconsidered their position on hiring him for the season. "I realize there were some mistakes made, and I'm going to correct those, meanwhile keeping the same motivation and enthusiasm," said Pineda.

According to Assistant Supt. Kim Chambers, the board was confronted with concerns involving Pineda. The board then investigated, and determined that it would be in the wrestling team's best interest if Pineda was rehired.

Pineda was hired for the season at the Nov. 20 meeting. Wrestlers, coaches, and parents celebrated his return.

"I'm happy he's back because he's a good coach," said sophomore Mike Thiede.

At the Sept. 18 Board of Education meeting, the members decided to not rehire Pineda.

Then at the Oct. 2 meeting, wrestling coach James Phillips with about 20 wrestlers and parents appealed Pineda's release.

"It was nice seeing the parents and wrestlers' support. I know the team is happy he's back," said wrestling coach James Phillips.

## ACT scores keep falling

By Jacob Wucka

High schools throughout the United States are scoring higher on the ACT. However, West Chicago and Illinois high schools are failing to meet previous scores.

Since 2004, West Chicago's averages for English, math, reading, and science reasoning have decreased by an average of .35 points, with the overall composite decreasing .3 points.

Still, the class of 2006-07 had higher scores compared to the class of 2005-06, increasing by an average of .25 points, and increasing .3 points.

Guidance counselor Jill Holubetz believes that no matter what the circumstances are, ACT scores will fluctuate yearly.

"Every class is different. The current senior class could be very different from the class the came before them," said Holubetz.

Holubetz also stated the practice that the students have in advisory and other classes will be beneficial when ACT testing approaches.

Nevertheless Holubetz does not want students to believe once the ACT is completed, they are done with school.

"We don't want students to believe that they just take

Area	2004-05	2005-06	2006-07
<b>English</b>			
CHS	19.6	18.9	19.3
State	19.9	20.2	20.2
Nation	20.4	20.6	20.7
<b>Mathematics</b>			
CHS	20.8	20.1	20.7
State	20.2	20.3	20.4
Nation	20.7	20.8	21.0
<b>Reading</b>			
CHS	20.3	20.0	20.1
State	20.3	20.6	20.5
Nation	21.3	21.4	21.5
<b>Science</b>			
CHS	20.9	20.2	20.1
State	20.4	20.4	20.4
Nation	20.9	20.9	21.0
<b>Composite</b>			
CHS	20.5	19.9	20.2
State	20.8	20.5	20.5
Nation	20.9	21.1	21.2

English, math, reading, and science scores from the ACT have dropped a composite of .3 since 2004. Graph is courtesy of Supt. Lee Rieck.

a test and nothing else," said Holubetz.

With the juniors stressing over the ACTs, Supt. Lee Rieck is already discussing possibilities to help ensure that all students will be prepared for the tests.

"I believe they're planning special programs in advisory,

and other preparation programs that they've been running for the past two years. Also we've been encouraging teachers to use ACT questions in their curriculum," said Rieck.

Plans to work with freshmen advisories are being made.

## Talking turkey with teachers

By Kym McDaniel

Select teachers dug into Thanksgiving early by donating the turkey suit.

The contest had teachers and students donate change to nominate the teacher they most wished to see in a turkey costume.

The total amount of money earned was about \$500.

"We're going to split the money between the Humanitarian Service Project and WeGo 2 Africa," said Student Council adviser Chris Lukas.

Math teacher Kevin Gimre was supposed to wear the suit Nov. 15 but the WeGo Thru the Tube program misplaced the suit.

"I incorrectly assumed the students had returned the suit to Student Council," said English teacher and WeGo Thru the Tube adviser Dave Jennings. "They had instead

kept it hidden in the room off the back of my classroom in which we record Air-Wego

the suit.

Collections ended Thursday after 6th hour.

"Nick Kempfski (English teacher) was leading due to the large collection from Mr. Chisholm's class," said Lukas. "After the announcement was made at 2:55 p.m., Mr. Taylor brought down an even greater sum of money looking to support Mr. Chisholm wearing the suit."

Although social studies teacher John Chisholm wished to decline in participation since he won last year, Kempfski, Taylor, and Chisholm wore the suit on Nov. 16th.

Kempfski wore the suit hours 1 to 5; Chisholm 6 to 7; and Taylor 8th.

"I am proud to be a turkey man for 2007," said Kempfski. "It was entertaining for the staff and students and it was for a good cause."



Photo by Jessica Bergmann

and also house costumes and various outfits used during tapings of WeGo Thru the Tube."

Jennings found the suit Thursday afternoon, allowing Friday winners to wear

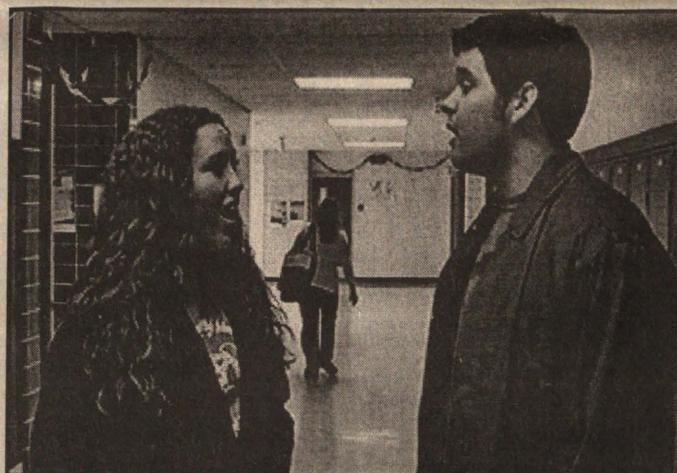


Photo by Jessica Bergmann

Singing for a cause: Senior Suzy Nowicki and junior Ethan Dean will perform a song at the variety show.

## Night of excitement benefits community

By Kym McDaniel

While break dancing and donating to the March of Dimes may seem uncorrelated, variety show participants are accomplishing both.

"We hope to get a full house so we can donate all proceeds," said FBLA adviser Maria Wirth.

Wirth said that they try not to base auditions on talent, but on variety. About 24 acts auditioned for the show and 14 were accepted.

"We have all different acts," said Wirth. "It is a place where some kids who normally don't have a stage to show their interests can show someone on an open stage."

Participants are seniors Francis Beifuss, Natalie Ckuj, Mike Dalton, Oscar Grajeda, Rachel Jefferson, Seth Kelley, John Malandrucolo, Suzy Nowicki, Jayne Zenker; juniors Ethan Dean, Jack McCormack, Sara Smolucha, Amy Volk, Jeremy Werle; sophomores Steven Balmer, T.J. Hahs, Alexis Hosticka, Kelsey King, Brendan McCormack, Dayrle Thomas, Yasmine Quinons; freshman Precious Dannus, Josh Foster, Nadia Pelletier, Shawn Staton, and retired janitor and security guard Benny Orzo.

The show is Thursday at 4 p.m. for \$2 and 7 p.m. for \$3.

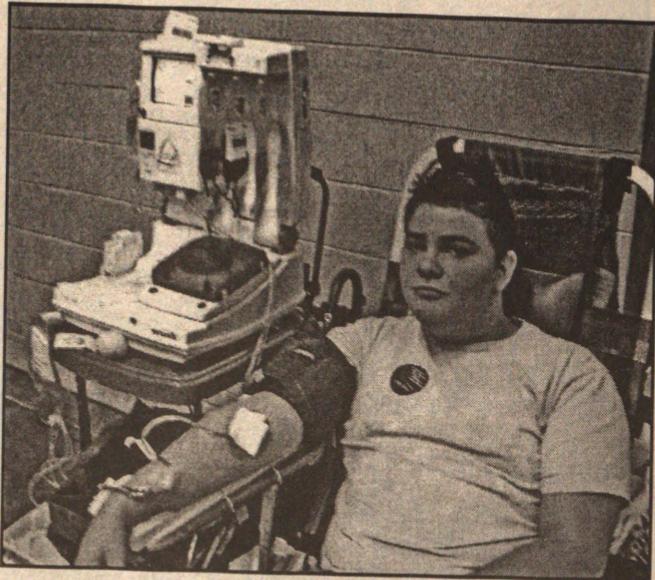


Photo by Jacob Wucka

Students donated 154 units of blood at the Nov. 2 blood drive. Junior Ivan Desfassiaux did his part.

## Record short by units

By Kati Siembieda

About 462 people showed up to donate 154 units of blood making the Nov. 2 blood drive exceed expectations.

Ward Rau, Key Club adviser and coordinator of the event, hoped for 140 units and exceeded 14 units.

Even though the blood poured in, the students still had trouble with not eating or drinking before giving their donation. Although many people knew the instructions to eat before giving blood there were still issues with lightheadedness.

"We need to find a different way to tell the students to eat and drink enough before the donations," said Rau. "If you ask a student if he has eaten they will say yeah but what he really means is a pop-tart."

Other reasons people were turned away was because of their personal travels and having a piercing or tattoo in the last year.

"Places like South America and even other cities have different germs than here," said Rau.

The next blood drive will be in April.

## Dedication helped Jim Miner become the October Student of the Month

Student of the Month is based on a solid academic history, commitment in extra-curricular activities, and community involvement. Students must be nominated by at least one staff member, and the final selection is made by the student activities director and a committee made up of additional staff members.

By Oscar Grajeda

Continued involvement in sports and clubs over the course of four years and his exceptional grades made senior Jim Miner a perfect choice for Student of the Month.

**What are your high school accomplishments?**

Being captain and named All-Conference in football, being ranked first in the senior class, and being inducted into NHS.

**Who is your favorite teacher and why?**

I would have to say that Mr.

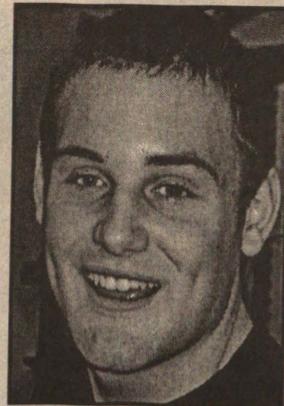


Photo by Kym McDaniel

Caltagirone and Mr. Gimre because they both made it extremely fun to be in class and also made it easy to learn.

**What clubs are you involved in?**

I am in football, SADD, Ambassador Club, and NHS.

**What do you plan on majoring in?**

I hope to major in pre-med.

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

My favorite memory from high school would have to be all of my football seasons because a strong camaraderie is built on the field and we have a lot of fun together.

**Do you plan to do any extra curricular activities in college?**

I plan on playing football.

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

I believe I was chosen as Student of the Month because I'm a good student involved in many activities who has a good relationship with any peer I get to know.

## Board looking to leave DVC by June

By Jacob Wucka

After 30 years of competing in the DVC, the Board of Education unanimously voted to join a new conference as soon as the district finds an appropriate conference.

"Basically, they approved a resolution that allows the administration to look for an alternative to the DVC," said Principal Moses Cheng.

Although the resolution stated that West Chicago will leave the DVC when another conference is found, the school has not completely parted ways with the DVC.

The resolution is worded so that the conference does not interpret that West Chicago has fully withdrawn.

Under conference regulations, if a school is going to leave they must give a two-year notice. If West Chicago withdrew now without finding a new conference, the school would be without an

athletic conference.

Since the administration has officially been given the green light to look for another conference, Cheng and athletic director Robert Stone have begun talking with other schools.

A newly formed conference, the Western Sun Conference, has been explored but this particular conference may not be ready to accept another team.

If another conference is not found in a reasonable time, West Chicago may consider creating a new conference with other schools. Nevertheless, relocating will be a difficult task.

"There are a lot of opportunities that could come up that we wouldn't be aware of," said Cheng.

The administration has been asked to make a final recommendation for conference change by June 2008.

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### CORRECTION

Wrestling coach Mike Pineda's contract is seasonal and is not automatically renewed, as was stated in the October issue. The Wildcat Chronicle regrets the error.

## Go green with recycling

*Club Green members hope to spread environmental awareness*

**By Jessica Bergmann**  
Concerned environmentalists now have a place to share

their ideas and speak their minds with the formation of Club Green.

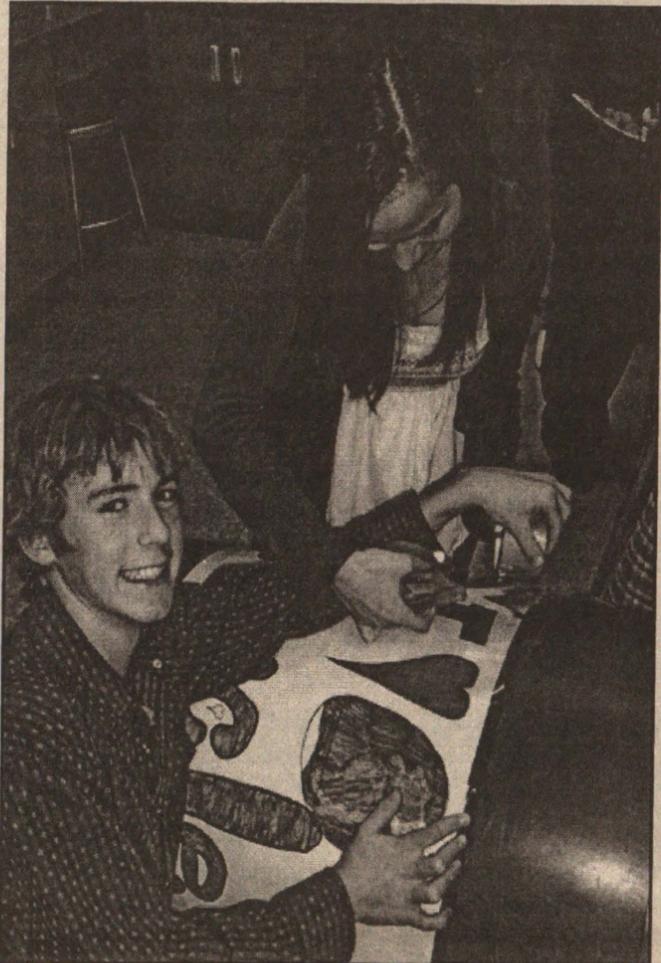


Photo by Jessica Bergmann

To help promote recycling, freshman Joe Wais and sophomore Jessica Demas helped decorate recycling bins.

Biology teachers Suzanne Burchacki and Brianne Ferreira formed the club in order to raise awareness about what is happening to the environment.

"We have the responsibility to help with the overall health of the planet," said Burchacki. "It is important that we protect our natural resources because they are priceless."

Club members are planning on planting trees and cleaning up outdoor areas in the community. They have also begun a recycling system in commons, where students are encouraged to recycle plastic and aluminum cans in the blue containers.

"It was a ton of fun to decorate the recycling bins and I really hope that people will use them," said sophomore Jessica Demas.

Members also hope to move on to bigger issues, such as energy efficiency with sensor lighting in classrooms.

"Overall, we want the school to become a "greener" place and to get students involved in this. We want to increase awareness about environmental issues," said Burchacki.

Listen to announcements for when the next meeting is.

## Book club renewed

**By Oscar Grajeda**

With plenty of changes this year, Bagels & Books Book Club is sure to be a fun time for students.

One change to the club is that there will not be a theme for every month.

"Students will be able to choose what they want to read this time around so hopefully that draws more kids in," said club adviser and English teacher Katie Wood.

Wood also mentioned that breakfast will be provided.

"We changed it this year so it is more of a breakfast

food club and besides food is always a good motivator," said Wood.

The next meeting is on Dec. at 7:15 a.m. in the LRC. Members are reading "Five People You Meet in Heaven."

"We are going to do more than just discuss books. We are trying to plan a book drive in which we can hand books out to the underprivileged residents in West Chicago," said Wood.

If students have any questions they can contact Wood or Donna Leahy in the LRC.

## Raffle gets students interested in reading

**By Jake Bradley**

Students have the opportunity to win tickets to see "Phantom of the Opera" on Dec. 18 by reviewing books for the LRC's first Book Review Raffle.

"(The LRC) tries to find ways to have people read and discuss opinions on books," said LRC Director Eric Bodwell.

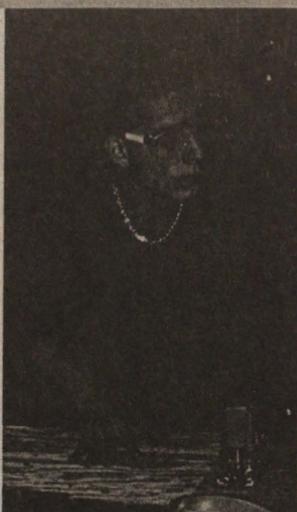
The raffle takes place through Dec. 10 with the

drawing on Dec. 11, when all the book reviews will be folded and a winner randomly chosen.

Students who are interested in submitting their reviews can do so online through the school's website.

Summaries should include their full name, title and author of book, a short review of the book and a couple sentences why other students should read the book.

**A successful future doesn't necessarily mean working in a cubicle!**



**2001-02 Construction Trades program**  
College major: Construction Management  
Today: Pre-construction Engineer, Holden Construction (Atlanta, Phoenix, Costa Rica)



**2003-05 Automotive Technology program**  
Today: Majoring in Automotive Technology and International Business at Southern Illinois University  
Goal: To work in the international automotive market



**2005 Medical & Health Care Careers program**  
At TCD: Earned 25 hours of college credit  
Earned 7 medical certifications  
Today: Pre-med/Biology major  
Loyola University at Chicago

**Visit Technology Center of DuPage**

**Community Open House**

**January 23, 2008**

**7:00—8:30 p.m.**



**1996-98 Multimedia program**  
Today: Cinematographer  
Owner: Visions of Light, Inc.

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## Twins named September Students of the Month

*Student of the Month is based on a solid academic history, commitment in extra-curricular activities, and community involvement. Students must be nominated by at least one staff member, and the final selection is made by the student activities director and a committee made up of additional staff members.*

**By Jake Bradley**

In a joint effort helping in the assistant principal's office for a total of 1,000 hours, twin sisters Stephanie and Liliana Perez are September's Students of the Month.

**What are your high school accomplishments?**

**Stephanie:** Receiving a blue ribbon in advanced algebra, making the National Honor Society, and receiving

help me, and I liked the way she taught.

**What clubs are you involved in?**

**Stephanie:** Just joined Key Club, NHS, and Ambassador.

**Liliana:** I'm involved in Key Club, Student Ambassador, Leadership Academy, and Wellness Committee.

**What do you intend on majoring in?**

**Stephanie:** Business or foreign service.

**Liliana:** Business.

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

**Stephanie:** Being honored at the Board of Education meeting for Student of the Month.

**Liliana:** When Mr. High-



Photo by Jacob Wucka

Student of the Month.

**Liliana:** My major accomplishment was being nominated as September student of the month.

**Who is your favorite teacher and why?**

**Stephanie:** Mrs. Wirth because she made the class interesting and challenging.

**Liliana:** Mrs. Wood because she would always try to

land asked me if I could be part of the board meeting.

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

**Stephanie:** For the assistance I provided in the assistant principal's office for the school.

**Liliana:** I'm an honest person, I care about others, and I'm always willing to help.

## Gaming for Wego 2 Africa

**By Sara Fouts**

Halo III became a wildly popular game among teens all across the nation, and now students will have a chance to show off their Halo skills.

English teacher Brian Turnbaugh's advisory class plans to host a Halo III tournament to raise money for We-Go to Africa 3, and to have fun.

Students will participate in teams of four in a single elimination style tournament. The tournament will cost \$20 per team and if enough teams sign up, the winners will receive prizes, such as a Nintendo Wii for the first place team.

Even though technical availability and student interest is unknown, Dec. 12 is the pending date.

"We're hoping to have the

tournament the way we want with a unique playing environment. Hopefully we get enough students interested, make all the cords work, and get the systems hooked up to two big screens in the American Studies room," said Turnbaugh.

Details will be announced in flyers and possibly on We-Go Through the Tube.

"We do realize the irony of playing a war game while raising money for a city that has been destroyed by war, but all we want to do is bring people together to have fun and make some money for a great cause," said Turnbaugh.

For further information or to sign up as a team, contact Turnbaugh after school in room 178.

## Treasure within 'Pirate's Rest'



Photos by Kym McDaniel

A secretive plot was finally revealed on Nov. 15 in the fall play "Pirate's Rest." Director Mary Hafertepe wanted to keep the plot a secret until opening night. The play provided many laughs for the audience and was a huge success as the plot unfolded. In the play, two couples visited The Pirate's Rest hotel in North Carolina. The discovery and deciphering of the secret message led to a hidden treasure inside the hotel. A singing finale with an accordion wrapped up the comedic play.

## Senior elected as vice president of SkillsUSA

**By Ashley Pineda**

"Fire up with Matt," won the votes of the 250 SkillsUSA members to elect senior Matt Ziffra as the organization's vice president for Illinois. Ziffra was an officer last year as a parliamentarian and enjoyed the experience.

"I felt like I got a lot out of it," said Ziffra.

He then decided to run for office.

"Mrs. Kozlowski asked me and encouraged me. I'm always up for a challenge," said Ziffra.

In order for Ziffra to run for office, he first had to register as a candidate and turn in letters of recommendation. He had to write a speech and deliver it to SkillsUSA members.

"It helps to campaign. Everyone needs to know your name," said Ziffra. "I gave out atomic fireballs along with my slogan."

As vice president, Ziffra had to attend meetings about SkillsUSA, attend leadership conferences, conduct himself professionally, and give speeches.

"It is a true joy to work with a student who is so dedicated, dependable, and fun," said family and consumer sci-

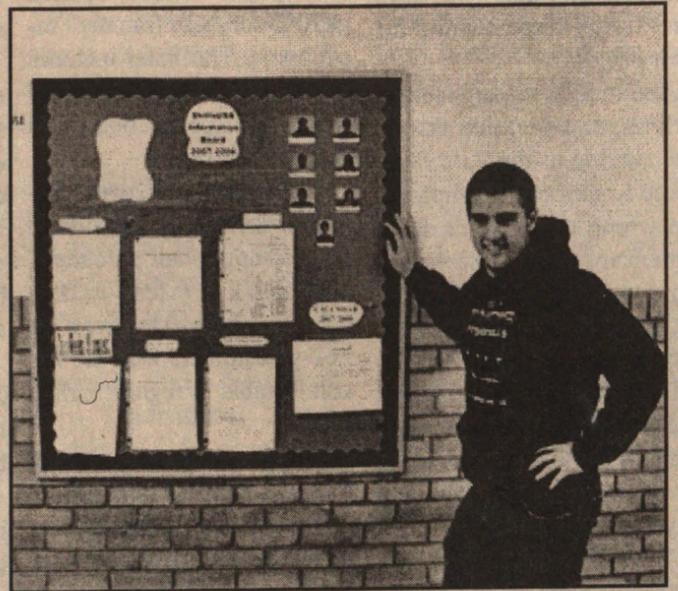


Photo by Jacob Wucka

**Senior Matt Ziffra is the new vice president of the Illinois Chapter of SkillsUSA. He checks out the SkillsUSA board.**

ence teacher and SkillsUSA adviser Patti Kozlowski.

SkillsUSA includes over 80 contests in skill areas including culinary arts, cosmetology, technical and architectural drawings, and more. Students can train with their teachers or sponsors for the competitions.

Students compete in Springfield, and if they place first they move onto nationals in Kansas City, Mo.

"There is no limit as to how far you can go. I would recommend it to anyone," said Ziffra.

SkillsUSA is will be holding a food drive starting in December. The food is given to families in the community who need it during January and February. If students donate food, it could benefit them in classes. Students will be able to get a detention written off or a P.E. make up for bringing in three canned goods.

The drive is a competition between advisories and the class with the most food will receive a pizza party. For more information, see Kozlowski in room 106.

— Our View —

## Moment of silence, religion not connected

For some students, the newly mandated moment of silence is just an excuse to fool around before class gets started. For others, it happens to be an extra 30 seconds to finish the homework they forgot to do the previous night.

But the state is encouraging students to use the 30 seconds of silence for silent prayer to start their school day. In other words, it is a compromise for religious practice to take place in public schools.

The Silent Reflection and Student Prayer Act allowed schools to choose whether to take part in the act if they wanted to. However, legislation was changed, making it mandatory.

At first, Gov. Rod Blagojevich vetoed the legislation because he did not think it agreed with the people's constitutional rights. However, lawmakers

overrode the veto.

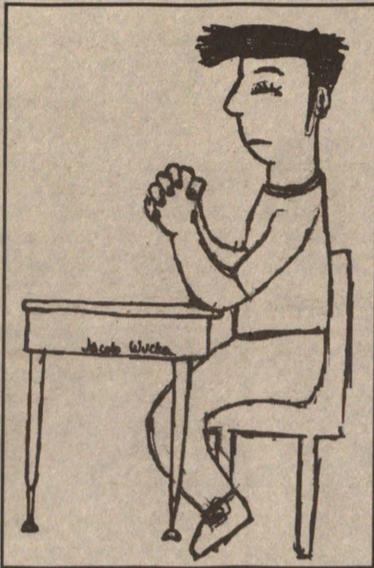
The First Amendment of the United States Constitution states that "Congress shall make no law respecting an

establishment of religion, or prohibiting the free exercise thereof." start their day, but what about those who do not practice a religion? Does the new law directly violate their constitutional rights?

The answer is no. The legislation is called the Silent Reflection and Student Prayer Act, where students are not forced to engage in prayer but can instead use the time for reflection, if they choose to use the time at all.

The state made sure to cover all its bases in anticipation of the controversy that would arise. By adding the bit about silent reflection, people can no longer say it is just a scheme to integrate religion into schools.

However, people still have the right to choose how to spend their silent time, whether in prayer or finishing homework.



establishment of religion, or prohibiting the free exercise thereof."

For some students, a moment of prayer is a good way to

## Bigger is not always better

In a world where Big Macs and inactivity control society, it is about time that Americans start taking responsibility for their health.

Automobile manufacturers, airlines, and vacation resorts are catering to the 23 million obese Americans. Companies are wrong to oblige to obese Americans when these Americans are not doing physical activity in the first place to help improve their health.

In 2005, 75 percent of teens did not meet recommended levels of physical activity while 15 percent did not have any physical activity at all.

According to tribe.net, the

Freedom Paradise resort website, Freedom Paradise resort in Cancun, Mexico, opened in 2005 for "size friendly" vacationers. The hotel includes big rooms with railings, extra large, reinforced beds and double wide doors.

To get to the resort, overweight visitors can take airlines which supply belt extenders. Websites like extend-its.com offer seatbelt extenders for heavy customers who are not comfortable in regular airline belts.

Why are companies catering to needs of these Americans? Companies are further encouraging the fact that it is okay for

Americans to be overweight.

Obesity can cause hypertension, stroke, diabetes and some cancers.

Of course, adults who cannot control their weight should not be blamed in this epidemic. Sufferers of these diseases should be helped, but those who are in control of their health and choose to be unhealthy should not be catered to.

A national health goal for 2010, according to cdc.gov, is to reduce obesity among adults by 15 percent.

Unless companies start taking responsibility, this goal is unrealistic.

## Students Speak

Do you think you overeat during the holiday season?



Freshman

Brent Noesges

"Yeah, I eat a lot; I make myself sick."



Senior

Linnea Detrick

"Yeah, I mean come on who doesn't like turkey?"



Junior

Rebecca Cisoski

"Yes, the smell wafting throughout the house is overwhelming."



Sophomore

Kyle Hunter

"I only overeat if they cook more - whatever is there, I'm eating it"

## Letter to the Editor

Lou Malnati's pizza needs more credit

wife to Lou Malnati's on our first ever date. Or I may just be an impassioned pizza eater.

I wish to express my strong displeasure with the recent unfavorable review of Lou Malnati's pizza published in the otherwise upstanding Wildcat Chronicle.

Those arguments notwithstanding, I challenge Mr. Grajeda to give a Lou's pie one more chance before souring the impressionable young minds of wildcats and kittens everywhere with his statements of first-take finality.

Mr. Grajeda's opinions were the direct result of his having only sampled each of the pies in question on one particular occasion - a testing that by no means warrants the derision of a pizza chain that has provided me with many an evening of caloric enjoyment and warm, full-stomached memories.

He would do well to dial in a small pan with butter crust, sliced tomatoes, and light pepperoni.

Perhaps my sensitivity stems from having taken my

If it doesn't change his life, he deserves a full dismissal from his post as Chronicle food critic, and I will gladly fill the vacant position.

A Concerned Third Floor Reader,  
Mr. Jennings

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



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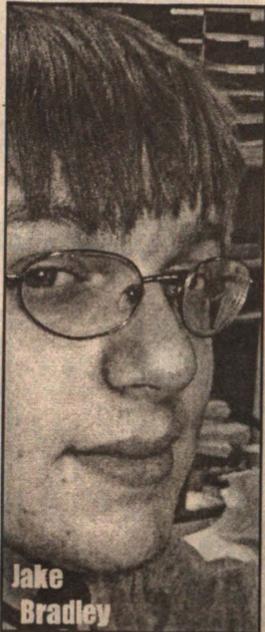
THE WILDCAT CHRONICLE is the student newspaper at Community High School. It is a public forum for freedom of expression and encourages readers to express their views. The chronicle publishes eight times a year, with the student editorial board making the decisions concerning paper's content. Unsigned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

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

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# WHO IS TO BLAME ?

*Wildcat Chronicle editors share their opinions about gun violence in schools*



Jake Bradley

## Perspectives

Some teenagers grow up to be responsible, independent young adults. But others choose a different path; doing what is cool or what the "in" thing is.

Sometimes, younger kids decide to look up to these reckless teens and think what they are doing is right. They join gangs, do drugs, or beat up fellow peers.

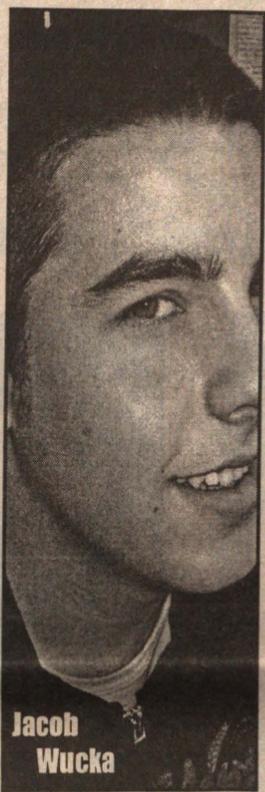
So, the older generations of teens are to blame for any kind of violence, especially when it involves a younger child.

Some younger children look up to their older brothers and sisters because in their eyes they can be good role models. But if that brother or sister is dropping out of school or destroying someone else's property, what does the younger child think?

What are the good choices that child can make? Their parents tell them one thing but their older siblings can be doing something different.

All of a sudden, the child is thrown into confusion and does not know what is right or wrong.

The older generation needs to straighten up their act and set a good example.



Jacob Wucka

## News

The National Rifle Association (NRA) follows the slogan "Guns Don't Kill People, People Kill People."

Supporters of lax laws against guns, such as the NRA, should be held responsible for gun related deaths.

It's obvious that if there were stricter laws against these weapons, the death rate would decrease dramatically.

Still the NRA argues that the second amendment protects the right to own and distribute guns. This law is used as a shield to protect these people from anti-gun politicians who want reform.

In 2000, the Centers for Disease Control and Prevention (CDC) said that there were 52,447 violence-related, nonfatal gunshots in the United States, along with an uncountable amount of fatal ones.

It's time that the government steps up and declares that gun laws need to be stricter to ensure that no one will fall victim to gun violence.



Kym McDaniel

## Center Spread

If schools had zero tolerance policies, students would think twice about committing violent acts.

School violence should be blamed on the school. In 2003, the National Center for Education Statistics showed 20 percent of public school students experienced one or more serious crimes like rape or sexual assault.

According to usatoday.com, 91 percent of schools have zero tolerance policies for bringing a gun to school, yet the zero tolerance policy is a joke. In these schools, students can bring in notes from parents to exempt them from a detention or suspension.

Zero tolerance should mean immediate expulsion from school if the student is violent in school, brings guns or fights.

According to School Violence Prevention at reason.org, teacher unions are discouraging teachers to enforce discipline and are pushing for greater security measures like metal detectors. Students will never take teachers seriously if they cannot administer punishment.

A serious zero tolerance policy needs to be in effect for students.



Oscar Grajeda

## Entertainment

Violence in schools has increased since the Columbine shooting in 1999.

Since then it seems like there is a shooting every other week, whether it is at school or on school grounds.

Everyone has their opinion on who is to blame, but it seems that the relationship between parents and the media contribute to the problem.

Parents tend to give in to a child's needs now more than ever.

Let's face it, parents are the source for a child's money, and all a kid needs to do is ask.

Parents buy games and movies like "Grand Theft Auto," "Power Rangers," or "Pirates of the Caribbean," that have violence. Children pick up the violence that they see on the screen, and think it is a normal thing to do.

With parents having a harder time disciplining kids, and TV shows not really showing kids being disciplined, kids believe they have freedom.

With no discipline the child does not understand that bringing a gun to school and firing at another student is wrong.



Jessica Bergmann

## Editor in Chief

Teenagers are to blame for violence in schools. Teenagers are still not mature enough to stop bullying kids who do not fit into the norm, and usually when it happens once it does stop.

The only way victims feel like they can retaliate is by inflicting harm on their persecutors, usually by the most reliable means possible: a gun or other weapon.

Kids who show up to school with weapons do not do it without a reason. Teenagers do not act unless provoked. If they are being bullied, most will not simply sit around and wait for their next attack; they will act back.

Calling kids names and pushing them around might boost a bully's confidence, but next time he or she should really think twice about watching what they say.

As for victims, fighting violence with violence should no longer be a solution to the problem either. Both need to think before they act.



Greg Vodicka

## Sports

With the increase in violence in schools, people begin to look for someone to blame.

Who better to point the finger at than the people responsible for your well being through your teenage years?

Parents are the ones who have this responsibility and are at fault when it comes to violent children.

Parents are present from birth until the day a child leaves home and begins their own family, and are some of the most influential people in a child's life.

From feeding and clothing their offspring, to walking them to the bus stop each morning, parents are a critical factor in each child's life.

When a student makes a violent choice, there is a direct connection to their parents. What morals are instilled in their lives at a young age?

Their behavior at home should be the same as it is in the school.

The kinds of things kids are getting away with at home are leaking into our halls and classrooms.

Parents need to take the blame and start discipline in their homes.

## Epidemic fueled by food

By Greg Vodicka

Super sized life styles do more than quench super sized appetites; they are fueling an epidemic of obesity.

Ten years ago, being overweight was not nearly the concern it is today.

According to teenshealth.com, overweight is defined as eating more calories than can be burned off. These extra calories begin to store as fat.

Of course, this does not become a serious issue until it is a regular occurrence, and fat begins to build up and cause serious problems.

Doctors do not use the term "obese" until the fat build up has a negative effect on a person's health.

Concerns like diabetes and heart disease are linked with obesity.

Being overweight can also affect a person's joints, breathing, sleep, mood, and energy levels.

Other problems from obesity include high blood pressure, high cholesterol, arthritis, asthma, and depression.

According to certified athletic trainer Pam Denhof, students who are overweight are much more likely to pull muscles.

Denhof also said they might have breathing problems, and stresses on the body, like feet and knees.

"Some kids do not make teams just because of the fact that they are overweight and out of shape," said Denhoff.

The amount of unhealthy foods that are easily available does not help.

With fast food chains on every corner, the option to choose a healthy apple over a \$1 cheeseburger has become difficult.

"The fact that as a society, we choose fast food rather than cooking ourselves, we end up eating much more

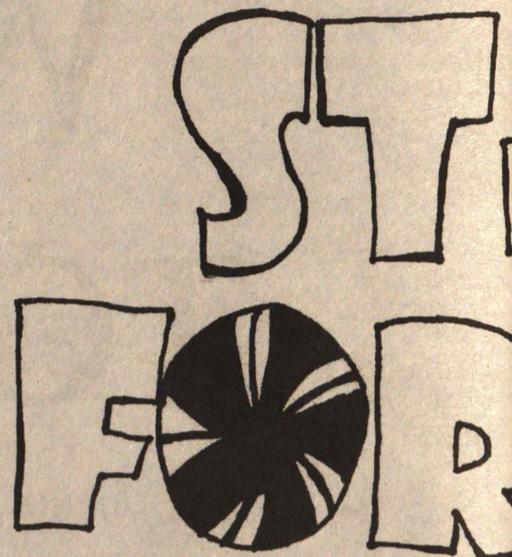
processed foods than natural foods," said Denhof. "How many of us actually choose the small salads offered at some fast food chains?"

In some cases, obesity is genetic. According to obesityinamerica.org, some people burn calories at a slower rate, directly contributing to weight gain.

Sometimes, people turn to food for emotional reasons according to teenshealth.com. People may be unaware that they are guilty of it, but often when they are stressed, upset, or even bored, they begin to slowly snack on whatever they can get their hands on.

Another explanation for teens being overweight is the amount of time spent at the computer, in front of the TV, and playing video games.

"Video games are taking over when kids used to just go out and play," said Denhof.



Obesity has grown in America to 32.9 percent. Being aware of your health is one step in turning



Senior Sarah Pierpoint



Sophomore Ally

### HOW TO READ A NUTRITION LABEL

Ever stared at the nutrition label and said huh? Here is a how-to guide on reading how the body benefits from food.

Nutrition Facts	
Serving Size 100 grams	
Servings Per Size 1 piece	
<b>Amount Per Serving</b>	
<b>Calories 265</b>	
<b>% Daily Value*</b>	
<b>Total Fat</b> 13 g	19%
Saturated Fat 3g	15%
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 211 mg	8%
<b>Total Carbohydrates</b> 37g	12%
Dietary Fiber 0g	
Sugars 0g	
<b>Protein</b> 2g	4%
<b>Vitamin A</b> 1%	● <b>Vitamin C</b> 2%
<b>Calcium</b> 0%	● <b>Iron</b> 6%
*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

The serving size is the number of servings in each piece. The size of the serving influences the number of calories.

The number of calories eaten is correlated to serving amount. 40 calories is low; 100 is medium; 400 or more is considered high.

The Daily Values are nutrient suggestions for a 2,000 calorie diet. The Daily Values helps determine if food is high or low in nutrients.

Eating these nutrients can improve health and limit possibilities of diseases.

## From calipers to

*Body mass index calculated in*

By Jacob Wucka

Being pleasantly plump was once desired, but in today's society being overweight is unacceptable. So how do you know when you've crossed the line?

According to www.healthchecksystems.com, the recommended amount of fat for men is 8 to 14 percent, and for women is 20 to 21 percent. Yet the average, not including those with a 30 plus percentage, is 15 to 19 percent for men, and 22 to 25 percent for women.

Body fat percentage is based on the body mass index.

The body mass index states those with less than the recommended amount are underweight. Those who are drastically less than the average may have an eating disorder.

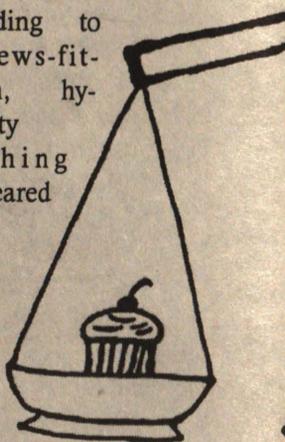
Those who are over the average body mass index are considered overweight.

Finally, those who are drastically overweight are obese.

Body mass index can be calculated by several ways including mathematical equations and numerous tests.

Two of the most known tests are hydrodensity weighing, and the use of calipers to measure skin fold measurements.

According to www.news-fitness.com, hydrodensity weighing first appeared in the early



1900s, when investigators wanted to find a way to find the oil content in fish without destroying the fish. That same technique is used today.

First, a person is weighed outside of a tank. Then, the person is submerged in a tank filled with water and weighed.

This technique accurate-

# teen health



Jessa Brinkman



Freshman Matt Iannacco



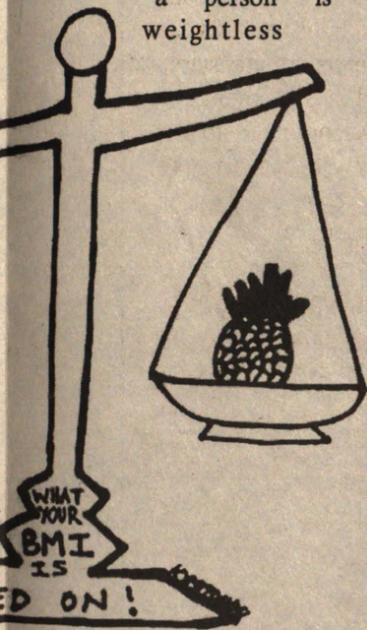
Senior Heather Knoll

## o underwater dunking

### different ways

ly predicts the amount of body fat. When weighed on land, everything is weighed: fat, muscle, and bones.

When underwater, a person is weightless



except for bones and muscles.

If a person weighs more underwater, then they have more bone and muscle. This means they have a higher body density, thus having a lower percentage of fat.

However, if a person weighs less underwater, then they have less bone and muscle, body density, and a higher percentage of fat.

The body density and volume is calculated, and the fat percentage is determined using equations.

Still, there are interferences that could distort the results.

For instance, an athlete's fat percentage may be underestimated compared to a non-athlete because athletes have denser bones and muscles.

Also, the fat percentage of seniors may be overestimated if that person has osteoporosis.

Another factor is the amount of air left in a person's lungs when submerged.

The leftover air could create a distortion among the results.

Calipers are also used to measure fat percentage.

The calipers measure the skin fold thickness in three to seven different areas of the body.

Then, the body mass index is based off the sum of the measurements.

This form of body fat analyzing assumes that the subcutaneous fat, found under skin folds, replicates the entire body.

Depending on the person's body, this may or may not be true, which could ruin the results.

Also, news-fitness.com said that depending on a person's ethnicity or age, results could vary.

There are 3,500 formulas used for predicting the percentages of children and certain backgrounds to further the accuracy of the tests.

The main mistake made when working with calipers is the accuracy of measurement, and the caliper's quality.

Yet when making the choice on which test would be most beneficial, remember these tests are not free.

Hydrodensity weighing sessions can cost anywhere from \$10 to \$75. In some cases, skin fold tests can be costly with prices ranging between \$179 to \$400.

To calculate body mass index at home, go to [www.nhlbisupport.com/bmi](http://www.nhlbisupport.com/bmi). Although not as accurate, the results are free.

## Overeating poses problem in teens

By Jake Bradley

It is not very hard to come by a good price on food today. McDonald's has the Dollar Menu, Jewel has the preferred card savings and Costco sells all of their products in groups of five.

With all of these deals, finding out that many Americans suffer illnesses because of overeating is not surprising.

Over five million Americans are affected by an eating disorder; some are life-threatening like anorexia nervosa.

But some Americans are unaware that they are overeating.

Overeating is not the same as obesity, as many people think. A person can overeat, and not be overweight. If they exercise daily, they burn off those extra calories they took in,

and their weight would be constant.

Also, an average person can maintain a healthy weight but may

be eating too many unnecessary foods.

Overeating can start in childhood where children's eating habits are first formed.

According to [www.brown.edu](http://www.brown.edu), nutrition professors at Brown University

state that food calms down harsh feelings in a small child.

When the child starts to grow up, they rely on food to fix problems.

Others can start to overeat because of worrying about their weight and how much food they are taking in.

"It is a problem contributing to heart disease, diabetes and cancer," said Bruce Donash, physical education and health teacher.

"And obesity is second to smoking in causing preventable premature death."

He recommends educating ones self on the benefits of a low fat, high fiber eating plan, and small changes in an exercise routine.

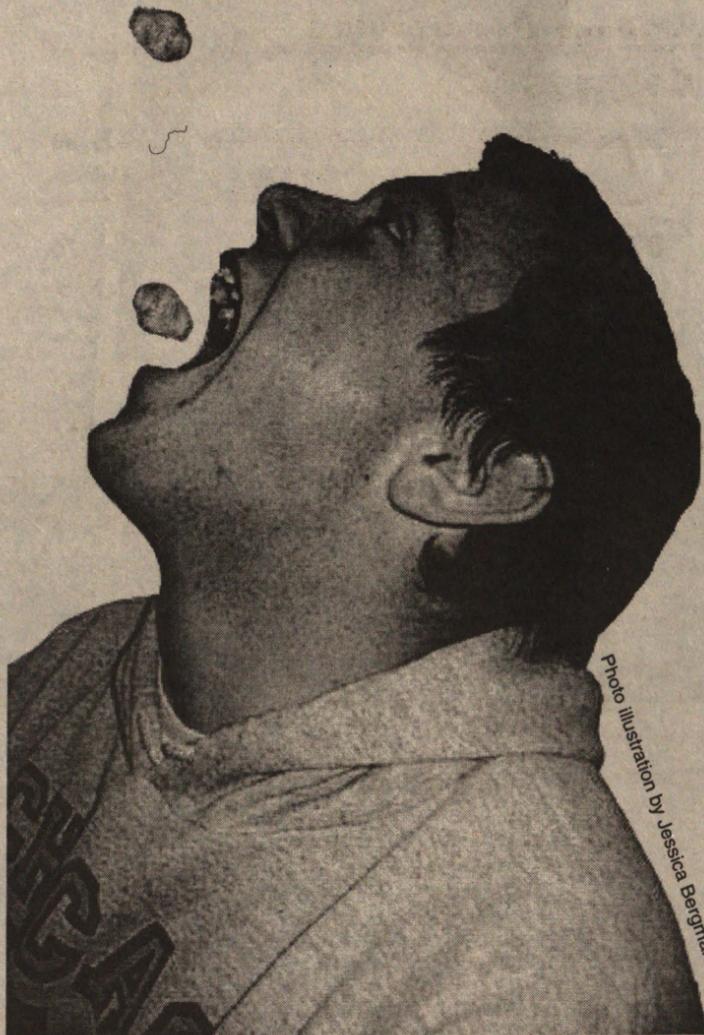


Photo illustration by Jessica Bergmann

## Male teachers exchange ties while starting fashion trend

By Oscar Grajeda

Male teachers are showing the female teachers that they are capable of a fashion statement.

Dean Pete Martino and Principal Moses Cheng proposed the idea of male teachers providing ties for each other, and the tie consortium was born.

A list of rules is taped on the rack where the ties are located in the closet by Assistant Principal Josh Chambers' office.

Teachers are allowed to wear the ties from 7 a.m. to 4 p.m.

"It all started with a conversation between Martino and Cheng and how they liked each other's ties," said Chambers.

Martino got the ball rolling and brought in 22 ties of his

own adding to the collection of over 100 ties.

"I'm sick of wearing the same ties over and over. The consortium provides an adventure to choose a different tie every day," said Martino.

With eight teachers already involved, the number keeps growing daily.

"Word is spreading through word of mouth and there is a new member every day," said Chambers.

Even though teachers bring in ties, Martino recommends that teachers leave their best ties at home and bring in their "okay" ties.

"I left three or four at home because I don't want other people wearing those ties, so I brought what I considered my okay ties," said Martino.

English teacher Dave Jennings is not a current member

but is looking to join soon.

"Women have many dress options, they have cute tops and dresses and all men have are their ties," said Jennings.

Jennings also said that special education teacher Catherine Thielberg is starting a scarf club.

"I think it is ridiculous and they are just trying to copy the males," said Jennings.

Thielberg started the scarf consortium to make fun of the men who are involved in the tie consortium.

Although Jennings disagrees with the scarf consortium, Chambers feels it is a good idea.

"If the female teachers want to wear scarves that is great, and if they want to join in on the tie club then they are more than welcome," said Chambers.

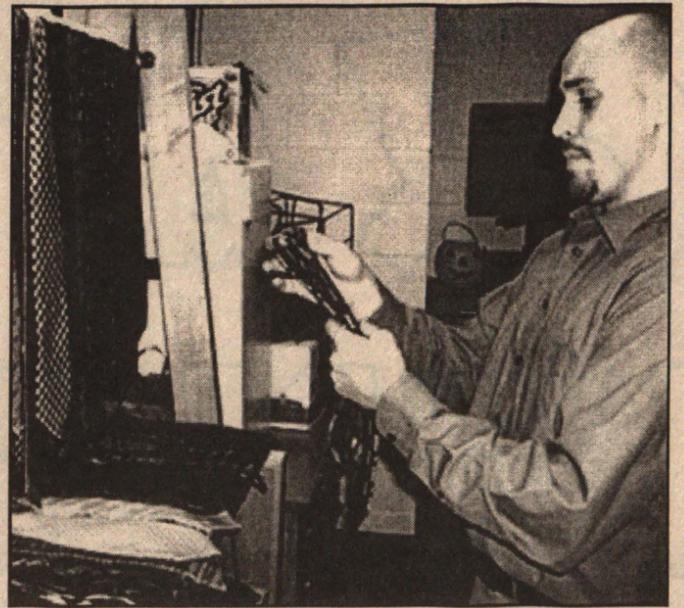


Photo by Oscar Grajeda

Dean Pete Martino, being one of the creators of the tie consortium, returns his borrowed ties to the rack of hundreds.

Current member and dean Antonio Del Real is glad the consortium began.

"I think this is a really good idea, I already brought 12 but Martino keeps bugging me and wants me to bring more," said Del Real.

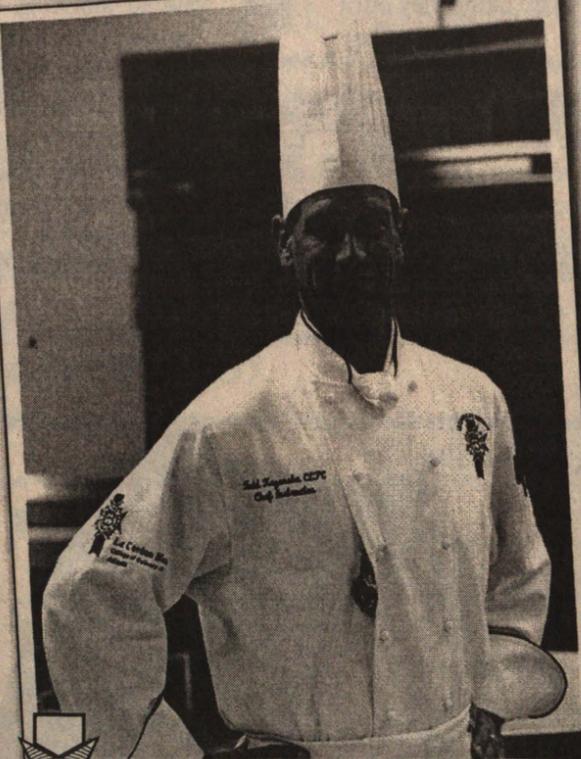
Martino's rule is teachers must bring in at least 20 ties to get in the exclusive club.

Some male teachers agree that this just broadens the tie selection and makes it easier to get ready in the morning.

Although some teachers say a new tradition has begun due to the growing popularity, Jennings considers the consortium as a new fashion opportunity for the male teachers.

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# WAR TORN:

## Students experience life changes as their siblings fight the war in Iraq

*Ashley Pineda tells her story of separation and the changes she saw in her brother after he enlisted in the Army*

By Jacob Wucka

Since joining the Army, a strain has occurred between Eddie and his sister, senior Ashley Pineda.

"I love my brother and I find it sad that the distance between us has changed our relationship so much," said Ashley.

Eddie graduated high school in 2002, and went onto Robert Morris College to major in art. However he dropped out after being recruited by the Army.

"He told us he was going to a place and do all these tests, and one night he came back and said 'I'm in,'" said Ashley.

The Pineda family had different reactions to the news. Ashley and her parents were angered by his enlistment, mainly because they felt Eddie was on a good track with school, and was tricked into joining because he was prom-

ised money.

However Ashley's brother Adam ('05), was jealous of Eddie's enlistment because he felt he would perform better in the Army.

Eddie left on April 22, 2005; a day that Ashley says her family will always remember.

*I'm most worried about the fact that he can die while he is out there.'*

-- Ashley Pineda

"He was going to leave on Adam's birthday, but something happened and it got cancelled and he left the next day," said Ashley.

Eddie had basic training at Fort Benning in Georgia and Washington, and finally he left for a year of training in

Germany.

Before returning home, Eddie was offered to either come back to the United States for more training, or to stay with his unit and head to Iraq. Eddie decided on Iraq and returned to the United States before heading off.

When he returned home from Germany, Ashley noticed changes in her brother's behavior and treatment of her.

"He's become mean. We still talk but he likes spending time with Adam and his buddies more, because he's too mature for me," said Ashley.

Still, Ashley hopes to rebuild the relationship when Eddie returns from Iraq, although that date is still unknown.

"He wants to come home for his birthday, or Christmas, but he doesn't know if he can," said Ashley.

Ashley wants Eddie to

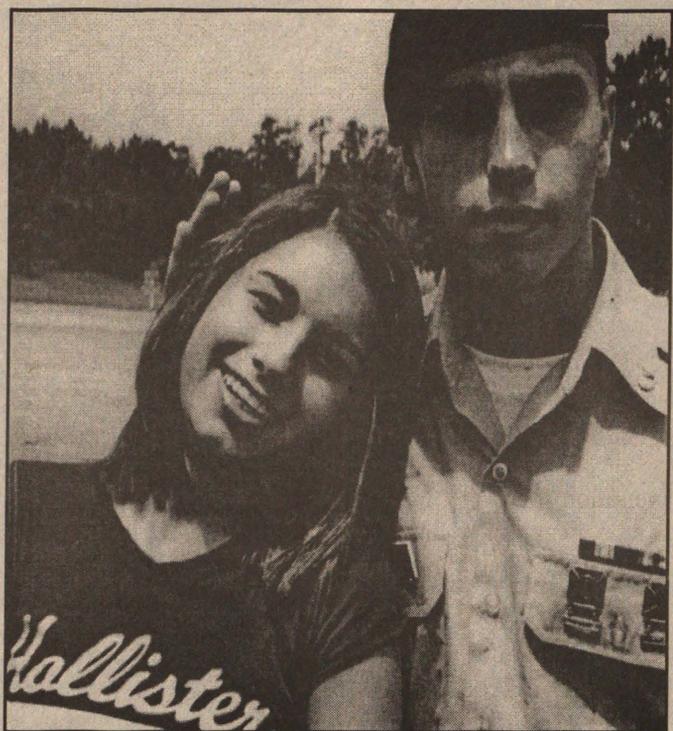


Photo courtesy of Ashley Pineda

**Senior Ashley Pineda continues to support her brother Eddie although she did not approve of him joining the Army.**

come home soon and move back in with the family, but she has doubts he will since he is 22 and could have his own home.

However, Ashley said that it does not matter where Eddie lives as long as he is out

of harm's way.

"I worry about him everyday of my life. I'm most worried about the fact that he can die while he is out there. I think that's the worst possible thing that could happen in my life right now," said Ashley.

## Jared and Morgan Marshall share the anticipation for their brother's return

By Joann Kaczmarczyk

After his first tour of seven months in Iraq, 20-year-old Andy Marshall is finally coming home. When

exactly he will arrive is still uncertain.

"He is supposed to be home within the next few weeks, in time for Christmas," said his

brother, senior Jared.

The date is approaching and Andy's family is anxious to see him, after so much time apart.

"Everyday I come home hoping he's there," said Andy's sister, sophomore Morgan.

Andy joined the Marines his junior year, though he had been planning to do so his entire life. He picked the Marines because "they are the best of the best," said Jared.

He began infantry training in California before summer, but returned to attend the graduation ceremony at West Chicago. His family also flew to California to view his graduation from boot camp.

Andy spent three months training in California, after which he came home for a short time. He went back to California for advanced infantry training in a desert called 29 Palms.

Before he finished training, President Bush started a surge which included Andy. He returned home to say goodbye

to his family and friends, and then he was sent overseas. His first stop was Germany, then Kuwait, followed by Green Zones in Iraq, and finally Romadi, Iraq, where he was stationed. Green Zones, also called International Zones, are where U.S. occupation authorities live and work.

Andy signed up for four years in the Marines, which includes two tours of duty, each seven to nine months. Andy will return to 29 Palms after six weeks at home for the holidays, and from there he will be redeployed, probably in August or September of 2008.

"I don't want him to go back to Iraq, but it's better than being sent to Iran. Afghanistan would be the best, because it's all Green Zones," said Jared, of where Andy might be sent to next.

Leslie Marshall, Andy's mother, has always known he would join the military, but hoped he would pick something safer, like the Navy.

"Andy always talked about

it, but I never took him too seriously until he signed up for early entry his junior year," said Leslie.

Leslie did not agree with Andy's decision to join the infantry at first. Also called grunts, the infantry soldiers are the front line, and therefore have the highest death rates.

According to Staff Sgt. Kathleen T. Rhem of the American Forces Press Service, 67 percent of combat deaths in Vietnam were infantry.

Once she saw Andy's commitment to his decision, Leslie accepted it and supported him completely. His family supports him, but they worry about him constantly, and are ready for him to be home.

In the meantime, they e-mail him on a daily basis, and wait for Andy to call.

Both Morgan and Jared are proud of their older brother.

"He's doing something to help our whole country. That's impressive," said Morgan.

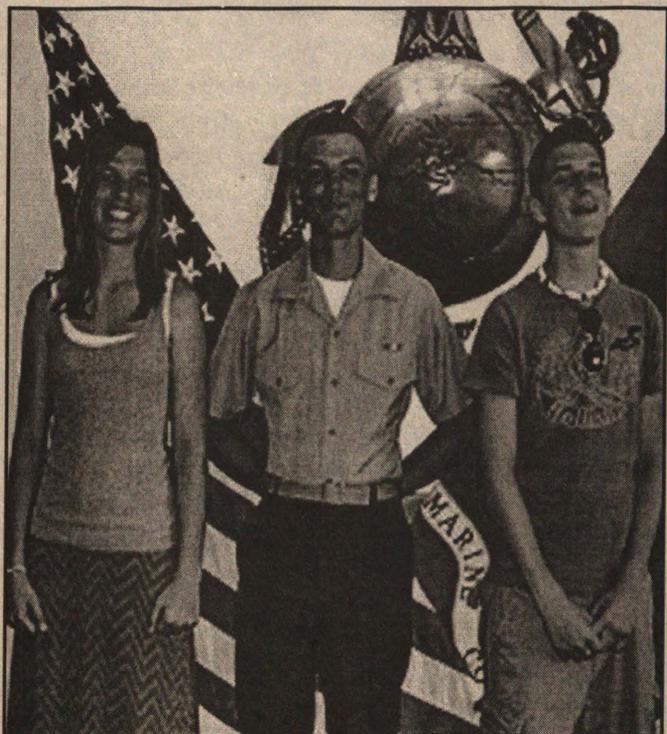


Photo courtesy of Morgan Marshall

**After graduating from boot camp in California, Andy shared a moment with siblings Morgan and Jared before he embarked to serve overseas with the Marines.**

## Comedian Dane Cook: not 'Rough Around the Edges'

By Oscar Grajeda

After a 45 minute delay and numerous chants, Dane Cook made his thunderous entrance into the United Center on Nov. 3.

Chicago was Cook's second stop on his 25 city tour, which began in early November and ends Dec 9.

Before the 45 minute delay, anticipating fans waited in line for doors to open.

During the delay, music was played. There was not a variety, it was the same four songs.

The much anticipated arrival of Cook was mistaken for the entrance of his assistant as he placed Cook's stool on stage.

Before his entrance, a five minute video played about the history of his signature trademark, Su-Fi; the advanced formation of the middle finger.

The history of Su-Fi is from a skit he performed, claiming that the middle finger had

lost its spark.

Cook made his entrance and the crowd exploded out of their seats.

An hour long routine and a 35 minute encore performance made his tour, "Rough Around the Edges," a night filled with laughs.

His interactive performance was filled with visual jokes that everyone could enjoy due to the circular stage.

The show was filled with some new material but he also threw in a couple of old jokes for his dedicated fans.

Some of the more popular jokes of the night were his several shots at talk show host, Oprah Winfrey.

Cook took aim at what he claims are Winfrey's "dual personalities."

He also poked fun at Winfrey's outrageous giveaways.

"Oprah's gifts are just getting ridiculous, next thing you know she's going to start giving out schools, you get a school, you get a school, ev-

erybody gets schools!" was part of his routine.

Other successful jokes for Cook were the ones of his life that he relates to with people in the audience.

"He has a way of relating things back to people and that is why I like him," said senior Sarah Pierpoint.

One of his more memorable jokes of the night was about a story on an attempted murder plot.

"I recently heard about this story where a man tried to kill his wife with a turkey so he could eat the evidence. That's smart but what would he tell the cops when they come in. [While yawning] I don't know what happened she was like that when I saw her. Look around, some people are confused but don't tell them what is going on, these jokes aren't for everyone, just for the sexy people," said Cook.

In his encore performance one lucky fan went on stage

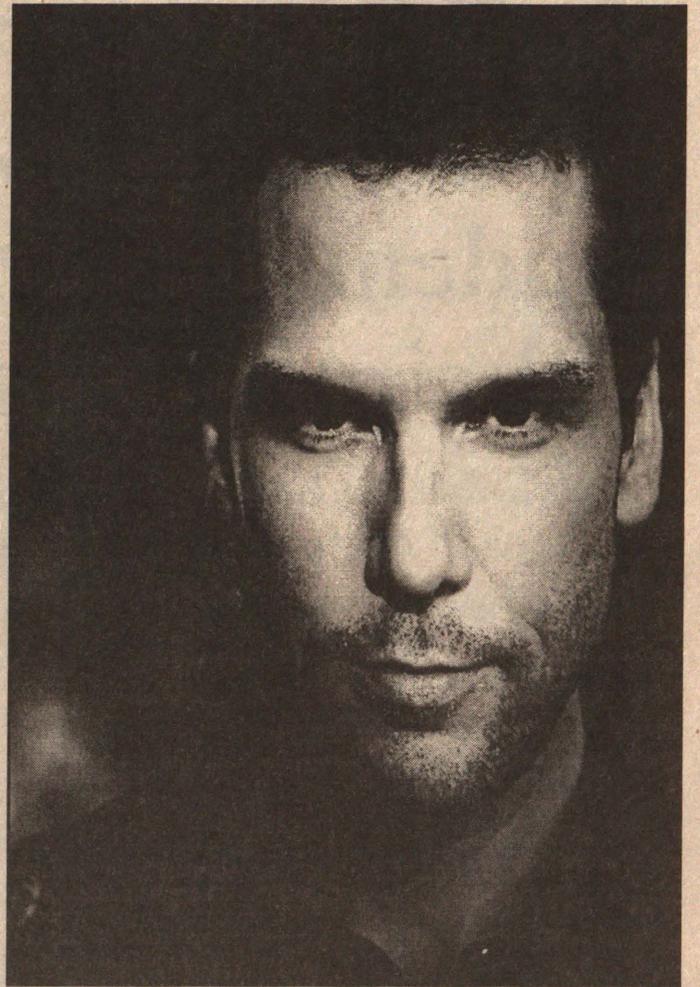


Photo Courtesy of Anna Babbitt

Dane Cook performed on Nov. 3 at the United Center.

with Cook to perform the famous Kool-Aid skit.

The energized duo made a hilarious combo.

Cook also mentioned that Chicago was one of his more supportive cities.

"The reason I came back to

Chicago was because of my show at the Allstate Arena. I had never seen so much support than the one I was shown here," said Cook to the audience.



## Third time is a charm

By Amanda Rathe

Once Guitar Hero I and II hit the market, they became a staple in teens' basements all over the country, and now "Guitar Hero" has returned for round three.

"Guitar Hero III: Legends of Rock" is consistent with the first two in style, but the playlist received an upgrade.

Favorites include "Paint it Black" by the Rolling Stones, "When You Were Young" by the Killers, and "Same Old Song and Dance" by Aerosmith.

Further into the game, the songs become much harder to perform.

"I have two songs left to

beat on expert, 'Raining Blood' and the guitar battle against Lou," said junior and "Guitar Hero" buff Ryan Krage.

Although Krage is only two songs from beating the game, it took him 2 days to get to that point.

Beginners can rock on the easy setting while more seasoned players may embrace the challenge of medium, hard, or expert.

Good performances on the third game come much more naturally to some players than to others.

"It was fairly easy for me. I got four or five stars on most of the songs up until

the second to last set. Why is "Raining Blood" so hard?" said Krage.

Constant arguing over which "Guitar Hero" has the greatest songs is often heard.

"I think the song selection on 'Guitar Hero 2' was the best so far," said Krage.

With the better song selec-

*The ladies love a man who can beat 'Free Bird' on expert'*

*--Ryan Krage*

tion, it gives the feel of a true rockstar.

"'Guitar Hero' is as close as I can get to being a rock star. Plus, the ladies love a man who can beat 'Free Bird' on expert," said Krage.

"Guitar Hero" is great to play with friends and at parties. Players can go head-to-head. This feature is unique to the third game and allows users to compete for the coveted title, "Guitar Hero."

The game is available for Playstation 2 and 3, Nintendo Wii, and Xbox 360. With the controller it costs \$90.

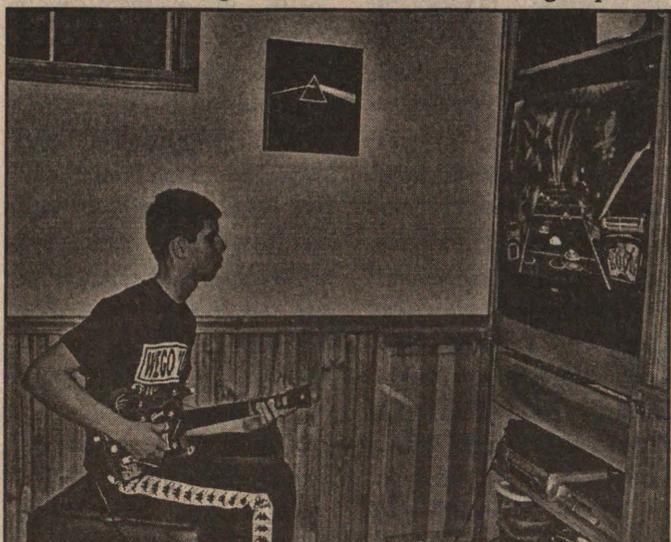
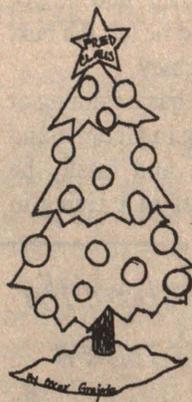


Photo courtesy of Ryan Krage

Junior Ryan Krage begins with a warm-up to prepare for "Raining Blood," and the battle with Lou on expert.



## 'Fred Claus' is a sure failure

By Sarah Berger

Certainly not proven to go down

in history as a holiday classic like "Home Alone," or "The Polar Express," "Fred Claus" still delivers catchy jokes and plenty of wit to its audience.

Vince Vaughn plays Fred, the older brother of Santa Claus, played by Paul Giamatti. When Fred gets in trouble with the police, little brother Santa bails him out.

The only way Fred can pay off his debt is if he works at the North Pole for the holiday season.

When Fred arrives, Christmas is turned upside-down and the holidays will never be the same again.

Coincidentally, at the same time Fred arrives, so does another character, Clyde (played by Kevin Spacey).

Clyde has the power to shut down Santa's entire toy-making-gift-giving-sleigh-ride-cookies-and-milk operation. All it takes is three strikes.

Strike three is when Fred decides to stamp every kid on

the naughty list nice because he feels that there is not a difference between naughty and nice kids. Because of Fred's actions the elves do not have enough toys for everyone.

Can Fred change his naughty ways? Can Santa save Christmas? These are the questions that the audience starts to ask, just as the movie starts to slip into the predictable holiday ending.

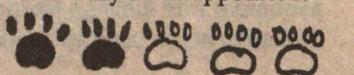
One of the highlight characters of the movie by far is a little elf named Willie.

Little kids and teenagers alike will learn to love Willie and his quest to win over Charlene.

Willie's story is a little random considering the rest of the storyline, but funny nonetheless.

The actors seemed like they were made for the roles they played, which made it more natural to watch.

"Fred Claus" may fill you with holiday spirit, but it will not keep a smile on your face for long. Don't expect this movie to amount up to "Elf." You'll only be disappointed.



## Call of Duty 4 a success

By Jake Bradley

One of the most anticipated first-person-shooters of this year is now out on Xbox 360 and Playstation 3.

"Call of Duty 4: Modern Warfare," moves away from "World War 2: European Theatre" for the first time, and takes place in today's world as a rebel group kills Middle Eastern leaders in an attempt to start a new government.

But U.S. military forces, along with the British Special Ops., try to put down the rebellion, using modern-day weapons and tactics.

The game starts out like many shooter games, with a training field, but after the player finishes, one gets put right into the action infiltrating a cargo ship with parts to a weapon of mass destruction. As for the rest of the single player campaign, it is filled with action packed raids and intense cut scenes.

As for multiplayer, it did not disappoint.

Up to 16 players can face-off in more than 10 different modes,

including the original free-for-all and team death match.

Players can also play different, objective based modes including the most popular "Headquarters" and another game called "Search and Destroy" where two teams of six face off to attack or defend two points on the game board and you only have one life to finish the task.

A new ranking system is also included online where the player receives experience points and can level up to 55, or five star general.

And the action does not stop at level 55. Players can then decide to trade in their rank number for a new emblem and go all the way back up to 55, or they can just stay where they are at.

Along the way, the player can unlock new weapons, in-game challenges, and new "perks."

Perks include three extra grenades, a UAV jammer, and a new feature called Last Stand.

"Call of Duty 4: Modern Warfare" receives:

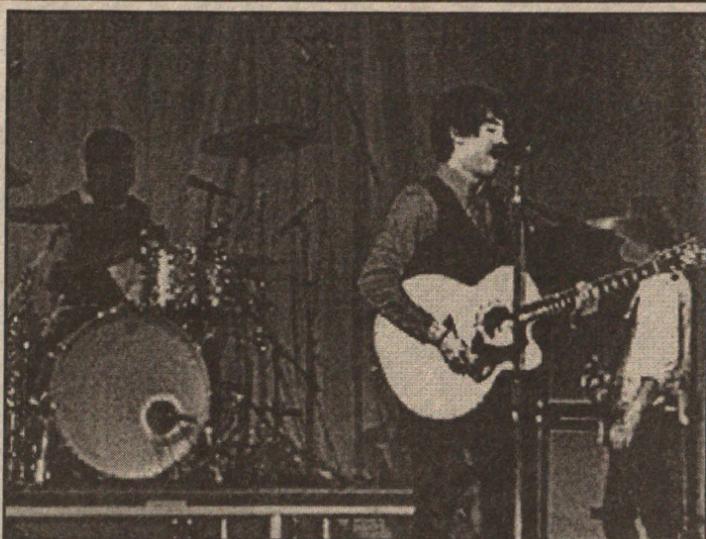


Photo by Mike Dalton

After making it big, Plain White T's performed "Hey There Delilah," at the Young and Wild Things tour on Oct. 29.

## Plain White T's come back home

By Mike Dalton

Lately it seems impossible to find a radio station not playing that love song about a college girl named Delilah.

The Chicagoland band from Villa Park, Plain White T's has been taking the alternative music scene by storm.

Starting off playing in every Chicago club, the band gained a small fan base.

Three years after struggling from show to show, the band was signed to Fearless Records in 2002.

In the fall of 2006, "Every Second Counts" was released.

With the new album came the re-release of the "Hey There Delilah" EP.

Instantly hitting number one on the Billboard.com top 100 songs over the summer of 2007, Plain White T's are finally a well-noticed name.

Although they are primarily an alternative rock band, "we've always had acoustic songs on our albums," said lead singer Tom Higgenson

in an interview with Billboard.com.

With the success of "Delilah," the band will be more open to a new acoustic sound on their next album.

"I definitely think there will be some more acoustic stuff...and the rockin' stuff will be more rockin' than it's ever been," said Higgenson in the same interview.

Getting ready to head overseas with the Young and Wild Things tour, Plain White T's stopped home for the 74th annual Thanksgiving Day Parade.

Sitting in foldable chairs in a side street of the parade route, Higgenson and lead guitarist Steve Mast sang everyone's favorite tune, "Hey There Delilah" to the parade goers.

Although everyone listening to the love ballad had already heard it countless times, all were still singing along with the two band members.

Once they come back to the U.S., the band will start work on their next album.

Hopefully, with the new album will come another hit that can put "Delilah" to rest for awhile and give a new song the chance to take over the radio waves.

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## Wild team looks for new wild fans

*Wheaton West Wild searches for a consistent fan base from the three feeder schools they represent*

By Sara Fouts

Wheaton West Wild hockey is off to a strong start with a record of 3-3-2, and is looking for more fans to celebrate with.

The team is made up of students from West Chicago, Wheaton North, and Wheaton Academy high schools.

The team agrees that a bigger fan base would make the games even better.

President of the Wheaton West hockey club Tony Brinkman said, "I am trying to increase awareness of the club. While the club has players from Wheaton North and Wheaton Academy, the majority of the players attend CHS, 19 out

and arms swinging," said head coach Kerry Stair about the final seconds of the game.

Offensive player Kevin Brown said, "It was a game we should have won, but it was still pretty killer."

Coaches and teammates agree that this could be a winning season.

"I think we have a great team this year, and I wouldn't be surprised if we take first or second in the league. Because the majority of the team has played together since freshman year, we have built up a very strong symmetry that will take us far," said defenseman Matt Molitor.

"We're early in the sea-



Photo by Sara Fouts

Wheaton West Wild's senior Kevin Brown faces off Guerian-Nazareth with support from assistant captain Cameron Daboll.

of 32."

At the Chicago Thanksgiving Classic Tournament, the team tied for third out of 14 teams.

A recent game against Guerian-Nazareth proved Wild hockey is anything but dull when the team showed perseverance through the last seconds.

Wheaton West was tied with Guerian in the third period up until there was 1:45 left, and Guerian scored to take the lead 3-4.

Tensions were high as the clock wound down, but in the last .4 seconds assistant captain Cameron Daboll was able to put one in the net to tie the game with a final score of 4-4.

"There were guys flying

son but already you can feel there is vast potential. We as a coaching staff are hoping we can tap into that. If we can it will be awesome," said Stair.

Home games are usually on Sunday nights at Center Ice of DuPage in Glen Ellyn. The next game at Center Ice is Sunday at 7 p.m. The complete fall game schedule is posted on the team's website, [www.wheatonwesthockey.com](http://www.wheatonwesthockey.com).

"Wild hockey is just that, 'wild.' From the drop of the puck to the final buzzer we are going 110 percent. Come out and watch, but don't say I didn't warn you. You might find yourself going a little 'wild'. Cold steel on ice. Get wild!" said Stair.

## Tuneup opportunity for boys basketball

By Alex Lima

With a last place finish at the Marmion Invite, the boys basketball team looks to bounce back.

"We have a lot of strengths. The kids have a good sense of playing as a team, and are shooting well. Also the team is working really well, and a lot of the players are playing well," said coach Kevin Gimre.

However, the team will learn from their mistakes to get ready for the conference games.

"We always look forward to rivalry games such as Glenbard North, and Wheaton North games," said Gimre.

Returning varsity player junior Clark Hudmon has his own opinion about the team.

"Coming back feels good, because I have more experience playing varsity, and I feel more like a leader. Also I have become more confident," said Hudmon. "We are really good even though we lack in experience, but we have a lot of heart, and we will play till the end of the game."

Hudmon believes that the tournament was a small step for the team, because it will

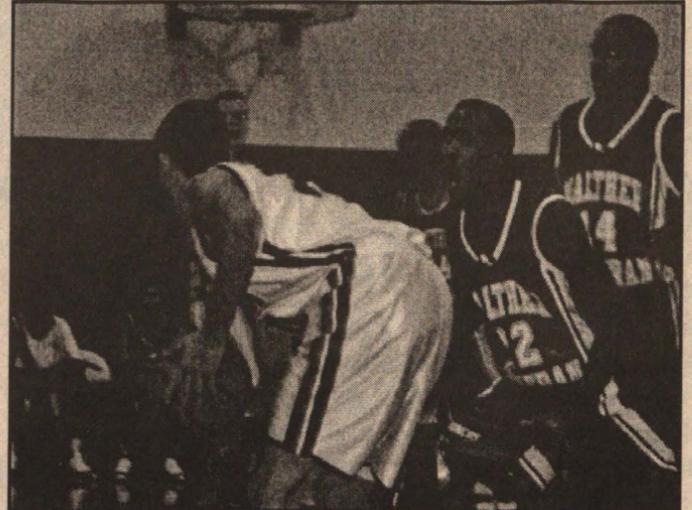


Photo by Alex Lima

Senior Jon Reyes looks to score in the triple threat position at the Marmion Invite Nov. 19.

help the team determine how they have progressed throughout the off-season, and what they will need to work on.

He hopes that both he and the team will learn the new offense and improve, so that they can win.

Sophomores Chad Driscoll and Tyler Griffith were overwhelmed when they found out that they made the team.

"It is an honor, and a privilege playing a big role and I can go nowhere but up," said Driscoll, with Griffith agreeing.

With the season already started, Driscoll believes the team is in a good position to

win games.

"We have a disadvantage in size, but we have good work ethics. We work really hard on defense, and we are working hard doing the essentials we need to win games," said Driscoll.

Aside from the games there are personal goals.

"Our goals this year are to build team chemistry and be in position to win games, especially conference games," said Driscoll.

Gimre is looking for senior Jon Reyes, and juniors Tony Quarto, Elijah Asani, Tyler Wrzesinski, and Rhett Gunderson to contribute.

## Previous success leads to high hopes for inexperienced team

By Oscar Grajeda

After a successful season last year, girls basketball coach Kim Wallner is optimistic about the upcoming season.

With a team of three seniors, three juniors, three sophomores, and a freshman playing JV and varsity, Wallner feels optimistic about the team's competitive level.

"Right now we are in the beginning stages, but with time, I feel that the girls can only get more competitive," said Wallner.

In a recent tournament during Thanksgiving break, the team lost every game they played. The team played Nazareth and lost 49-32.

"I was proud of the girls. We ended up coming back and beat them in the second half; I mean instead of being down we came back and fought," said Wallner.

Leading scorer for the game was junior Chrissi Ro-

vatar with 12 points.

Freshman Emily Pashke has caught Wallner's eye.

"Right now she will play JV, but as the season goes, you never know, she might make it up to varsity. She has outstanding potential," said Wallner.

The current goal that Wallner has is for the team to improve every game.

"Right now we are working hard every practice. For the two hours I try to push the girls to their full potential and they are working hard," said Wallner.

Even though Wallner has only one returning varsity player, she says that the rest of the girls gradually moved up the program.

"The only person coming back is Kayla Radloff. I have two other seniors but they played JV last year," said Wallner.

Tough teams such as Lyons Township, Downers Grove

South, and all of the DVC teams are up next.

"We're going to have tough teams coming up, I think our toughest competition is going to be Naperville Central, West Aurora, and Wheaton North and South," said Wallner.

She also said the main reason why they were going to be tough was because all of the DVC teams have varsity players coming back.

The three seniors, Radloff, Meghan Peterson, and Rachel Jefferson, were named captains.

"I feel that with time the team will get a lot better. As a captain, I am going to try and be a leader on and off the court," said Peterson.

Next up for the team is the away game against Glenbard East Thursday and home game against Bartlett on Saturday. Varsity will play at 7:30 p.m. on Thursday and at 3 p.m. on Saturday.

# Managing the madness

*Athletes with the potential to make an impact this basketball season are recognized, on and off the court, as the real deal*

By Greg Vodicka

Playing shooting guard for his third season with the Wildcat basketball team, junior Tony Quarto is a key contributor to the program.

Prior to high school ball, he played in several park district programs along with Winfield Middle School.

Giving credit to his neighbor for getting him involved in the game, Quarto said that he used to watch his neighbor, a big basketball fanatic, play.

## Tony Quarto

Photo by Greg Vodicka

to just go out with him to play as often as possible," said Quarto

He admits that he did not get too serious about the game until his 6th grade season but after 10 years committed to this sport, Quarto acknowledges that he is becoming a great shooter, but still needs to work on penetrating the lane.

He said that his favorite season had to be his freshman year while he was on the freshman B team.

"That team had great chemistry," said Quarto. "(Freshman coach David) Sayner was also our coach. He knows a lot about the game and the right way to teach it to kids."

Now at the varsity level, things are getting tougher.

"The games are a lot faster, and I'm playing against much more athletic kids," said Quarto.

To get to the level he is at today, he played in numerous off season leagues and summer camps in addition to lifting four days a week.

"It makes it all worth it when I feel the adrenaline when I have the ball ready to shoot a three pointer to get my team in the lead," said Quarto

As a teammate, he is a perfect example of a team player.

"Tony is very committed and a hard worker," said varsity basketball coach Kevin Gimre. "He will do any drill, anytime in practice."

Gimre also commented on Quarto's effort saying that he does his best he possibly can in everything he does, giving 100 percent effort.

"He does everything with a smile on his face because he is just happy to be there," said Gimre.

Making practice a top priority, Quarto said he treats every practice like he is playing in a game saying, "I give it all I got."

One of his strong points, according to Gimre, is taking criticism well because "he just wants to get better."

Gimre also added that Quarto is very easy to get along with, which helps him as a teammate and a leader by example.

This season he plans to do his role for the team, providing leadership when it is needed. He hopes to play ball in college, with no preference in school as long as he can continue to play the game.

With a smile stretched across his face, Quarto replied, "It's my life! I love it because it's just so much fun to play."

By Trevor Bodie

Standing as the only returning senior, Kayla Radloff will be filling big shoes during the basketball season.

Radloff began playing basketball with the park district in grade school and her love for the game carried her into middle school making the basketball teams in 7th and 8th grade.

"I played because I wanted to stay active. It was fun and I liked to do it," said Radloff

Radloff continued to play through high school where she stands now.

For two years Radloff has seen, learned, and progressed at the varsity level.

Now in her third year playing varsity, Radloff is taking the driver's seat with a new and young group of girls.

When asked about the predictions for the year, Radloff said, "I think we'll start off a little rough because our players will be getting used to a varsity game."

The young team will have their struggles since the team graduated seven girls from last season.

However, having a young team does not begin to build nerves in head coach Kim Wallner. "This is a rebuilding year. We will get better as the year goes on and we will establish some varsity experience," Wallner said.

Wallner believes in Radloff saying, "From a coaching perspective, she is a dream player. She is a team leader and leads by example on and off the court."

Radloff has established a 4.0 GPA through her ju-

## Kayla Radloff

Photo by Trevor Bodie

nior year and has received the scholar athlete award as well as being on the high honor roll since freshman year.

However, what she does off the court mirrors what she has done on the court. Radloff is the senior point guard who keeps her cool. She talks continuously on the court and is a role model for younger players in the program.

Radloff has worked for the success she has seen by going to summer camps and working hard in the off-season.

Radloff has established herself as a captain, but with the name comes responsibility. Radloff believes she will need to take care of a young team and get them ready for varsity basketball.

When asked what Radloff's weaknesses were, Wallner said, "She does not have any weaknesses. She is conscientious, a hard worker, a team player, very unselfish, and a positive influence on other players."

Radloff explained, "If we practice badly we will run. If we lose in a game then we'll have an intense practice the next day and work on things we didn't do well in the game."

Radloff does not mind the conditioning because she has adapted to conditioning throughout her high school career.

The season looks hopeful for Radloff and her group of girls. "We will be building as the year goes on and developing an understanding of what it takes to be successful at the varsity level," Wallner said.



# Wrestling looks to pin the rest of the season

By Jacob Wucka

The bar has been set high and the wrestling team has taken notice.

After 2007 graduate Tim Kirincic won the state championship last year, the wrestling team spent summer working hard to prepare themselves for tough competition, and possibly another state title.

Wrestling coach James Phillips expects his players to exert all the effort they can, thus boosting the team's position among other schools.

"I want us to win more individual matches and place higher in turn, and qualify more kids to state; to have a better team GPA," said Phillips.

The wrestlers also have

strong expectations for the season, such as junior Johnny Padilla who has set his standards high.

"I want to get past regionals, beat Glenbard North, and get down to state," said Padilla.

As of now, the team believes they are looking good enough to fulfill Padilla's dream win against Glenbard North.

Senior Austin Hall believes that if the team keeps up the good work and maintains a positive mentality, the team will succeed.

"So far we have a good team; we just need to continue to be dedicated. We can't have a negative mindset and feel like we can't do it," said Hall.

Phillips agrees with Hall, and knows the negative attitude wrestlers may get. He acknowledged that mindset as one of the biggest problems the team may have.

"Wrestling is a mental sport, and the wrestlers have to withstand the mental aspect. The biggest problem the kids could have may be themselves," said Phillips.

Yet sophomore John White thinks that the team's small size and the hard work keep him motivated, so that he will have a positive outlook.

"We are working really, really hard. Wrestling is a hard sport, and we don't have that many members so we need to work that much harder," said White.

The hard work is paying

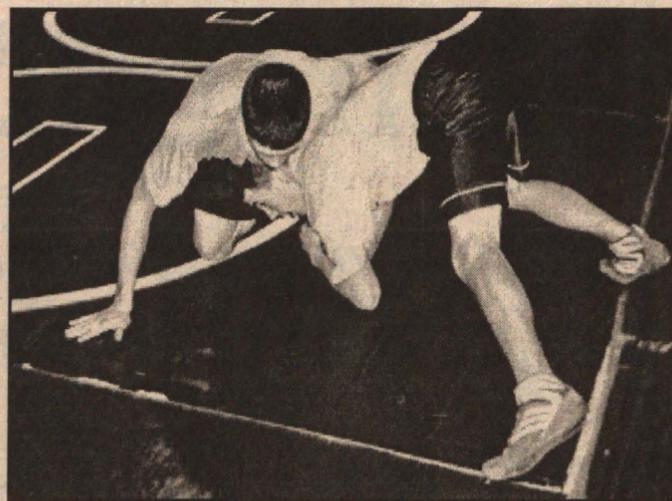


Photo by Jacob Wucka

Junior Calvin Hold and sophomore Nick Carnot practice for their first meet Thursday.

off.

Phillips admits that the team has a smaller amount of wrestlers compared to other schools, but that the team's experience is growing each year.

One wrestler hoping to boost her experience, and prove that she can be as strong as the guys is sophomore Jessica Kassanits.

"It's hard to say how I'll do because starting off sophomore year I've had less practice, but I should do okay if I practice just as hard as everyone else," said Kassanits.

Kassanits doesn't feel any animosity from the male wrestlers for being the only female; in fact she has received a lot of support from the wrestlers and coaches alike.

"I'm sure some people don't like the idea of me wrestling because they think girls aren't strong, but no one has made fun of me or put me down. Everyone's been really supportive," said Kassanits.

Since the team is small and the sport takes a strong mentality, the wrestlers know that when in doubt, it feels good to have the team as a support system.

"I'm going to try my hard-

est to get people to stick to this sport, and I'm going to help those who struggle. We all have to stick together," said Hall.

With the start of the season underway, the wrestling team

*'Wrestling is a mental sport, and the wrestlers have to withstand the mental aspect.'*

-- James Phillips

is excited to see what their competition has to offer; especially Hall, who is eager to take one of West Chicago's biggest disadvantages, and use it as an advantage

"I guess one of the disadvantages is everyone's negative views about Wego. But the advantage is that we have something to prove," said Hall.

In an opportunity to prove themselves, the team has their first match against Wheaton North, at home on Thursday at 6 p.m.



Photo by Jacob Wucka

Senior Austin Hall practices with sophomore Jose Pasindo by showing him proper form and technique to help him win his next match.

## Making a bad name for athletes

Breaking news: People in London speak English!



Greg Vodicka

Who knew? Obviously not Miami Dolphin's lineback-

er Channing Crowder.

During week eight of the National Football League's schedule the Miami Dolphins and the New York Giants flew to London, England to play a regular season game.

During an interview with the Palm Beach Post, Crowder openly admitted that he did not know where London was or whether or not they spoke English there.

"I couldn't find London on a map if they didn't have the names of the countries," said Crowder. "I don't know what nothing is. I know Italy looks like a boot. I learned that."

Crowder added that he did know (Washington Redskins linebacker) London Fletcher.

"We did a football camp together. So I know him... That's the closest thing I know to London. He's black, so I'm sure he's not from London. I'm sure that's a coincidental name."

Does he suffer from a lobotomy or is he just plain dumb?

Looks like his University of Florida education paid off in geography.

Whether you are disgusted by this or not, the truth is in the sports world we do not

value intelligence.

Athletes are some of the most gifted people in the world. There are many who are not only talented but have brains too.

It is guys like Crowder who ruin the title "athlete" for everyone.

How many times have you thought of a jock as a narrow minded meat head?

In the sports world, intelligence is not valued nearly as much as who can run the fastest and jump the highest.

However, being able to read another team's defense or visualize a play before it

happens proves that athletes are among some of the most intelligent people in society.

Athletes should take it upon themselves to want to be smarter than your average toothpick.

With the motivation and effort it takes to be a successful athlete, we could channel some of this sweat and blood into the classroom.

That way, when we have to pick out a country on a map, we will not only remember that Italy is shaped like a boot.