



ACT 36 Returns

by Morgan McPartland
Head Editor

The LHS ACT prep class started up again last Monday, Jan. 23. ACT 36 is a course designed to help high school students improve their ACT scores and prepare for the all-important test before the required testing day on April 24, 2012. LHS has offered this course for a fee of \$290 for many years and the class has proven to be successful.

The first session began on Jan. 23 and will meet each Monday through March 19, except for a few holidays. The second session will meet every Wednesday from Feb. 1 through March 21. Beginning at 6:30 p.m., the two hour class will cover one topic a week, including the five subjects on the ACT: English, math, reading, science and writing.

At the end of both sessions, the students enrolled in the course will be required to take a practice ACT exam. All LHS students who have perfect attendance at the end of the eight-session program will receive a \$50 rebate.

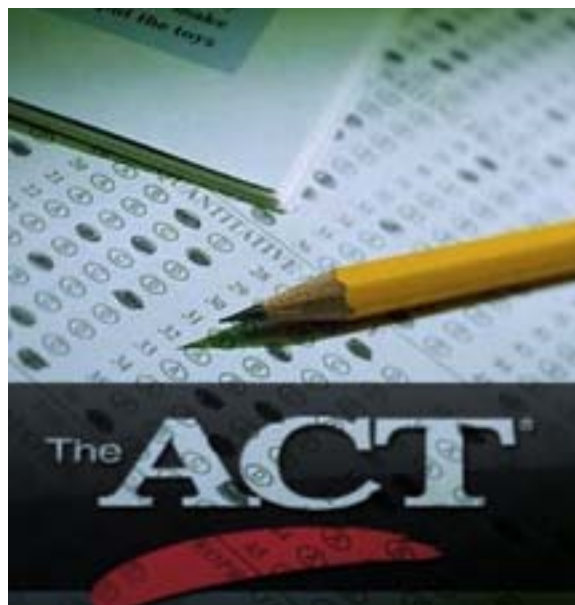
However, if any students miss a course due to a scheduling conflict or illness, they will be able to make up the class; LHS students will still be eligible for the rebate on the registration cost.

ACT 36 does not necessarily teach students the material that will be on the ACT; rather, its goal is to provide students with useful strategies necessary to score their personal highest on the exam.

"It helped me learn a few tricks that I never knew," said senior Mikey Walus, who took the ACT 36 course in 2011. "[The class] helped me use those tricks to save time and find the right answers."

Along with helping students master strategies for the ACT, ACT 36 was designed to "build students' confidence," according to LHS Data Analyst Kathy Brockett.

All trained and certified instructors will review tips for each subject, specifically timing for the reading portion of the ACT, English and mathematics. "Every test is like a game, and [students] have to know the game plan. That's what the course is for," said Brockett.



photos by Luke Whittingham

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WINTER SPIRIT WEEK

by Nicole McKevitt
News writer

Juniors, do you want a second chance to win spirit week? Seniors, do you want to keep your winning title? Sophomores and freshmen, are you up for the challenge of beating the upper-classmen? If you answered yes to any of these questions, you have the chance to succeed during this year's winter spirit week.

Winter spirit week will take place Feb. 6-10. The winter assembly will take place on Thursday, Feb. 9, a blue day.

Music teacher and activities director Matthew Doherty said, "The traditional assembly schedule (found in the student handbook on page 5) will be followed on this day."

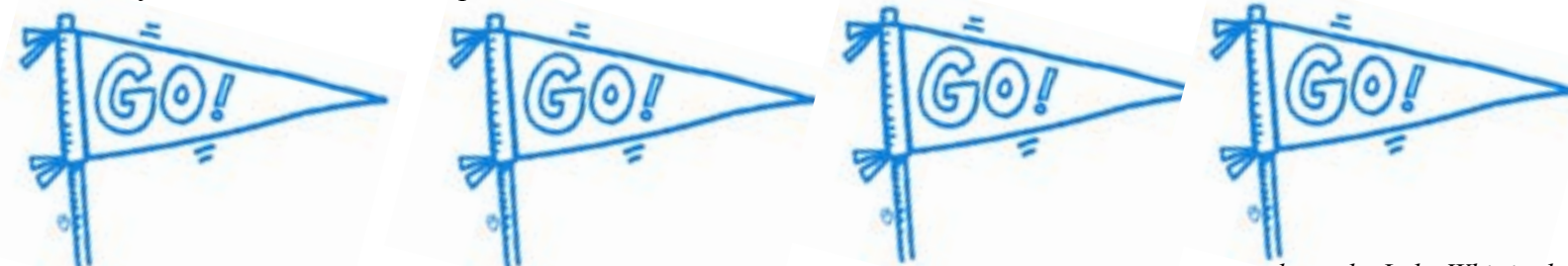
Monday is Favorite Band/Concert T-shirt Day, Tuesday is Sports Apparel Day: freshmen are the Blackhawks, sophomores are the Bears,

juniors are the Bulls, and seniors are the Sox or the Cubs. Wednesday is Tie-Dye Day, Thursday is Class Color Day (freshmen are orange, sophomores are red, juniors are green and seniors are black), and Friday is Blue and Gold Day.

This year, each day has a class that has chosen the theme and will choose the music. No club is necessarily in charge of the spirit week since Mission Possible, who in previous years ran the week, joined this year with CSFE to form Interact.

Like Homecoming, you can sign in on spirit day mornings in the commons to earn your class points. The games will take place during the winter assembly, and winning the games will earn your class spirit points.

Get ready LHS to have some competitive fun!



photos by Luke Whittingham



Go Ahead, Take My Heart

by Marisa Mars
News writer

With Valentine's Day right around the corner, a lot of focus is being placed on that mass of cardiac muscle lodged inside your chest. This year, after giving away your heart to that special someone, consider

giving it care through the free Cardiac Screenings Lemont High School will be offering.

The Midwest Heart Foundation's Young Hearts for Life screening program will be offered at Lemont High School on Thursday, March 1. On this day, students who have permission from parents or guardians will be screened for the possibility of serious heart conditions.

Parents and guardians can register their children by going to <http://www.midwestheart.org/young-hearts-for-life/registration-and-results> and following the on-screen steps. The screenings are available to all students. Boys and girls will be screened in separate areas. The registration deadline is Friday, Feb. 17.

Through the use of a simple EKG test, serious heart conditions can be detected, according to LHS Communications Director Tony Hamilton. EKG tests are conducted by recording the heart's electrical activity through electrodes attached to the skin. According to Hamilton, an EKG can detect approximately 60% of the markers of heart conditions associated with sudden cardiac death. Consequently, it is recommended young people have an EKG every two years until age 25.

"It is very important that all students participate in the heart screening process," Athletic Director John Young said. He believes all students should receive the screening in order to detect any abnormal heart conditions. Health teacher John Coneset agrees, saying, "This is a great idea. The cardiac screening will identify any abnormalities, and help prevent a life-threatening situation."

Junior Jessica Halper feels, "they're a good idea. There are so many people who don't know they have heart conditions." She also hopes the screenings will catch people's attention.

There are also many volunteer positions available. To volunteer, one does not need to have a medical background; one just needs to attend the volunteer training session on the evening of Wednesday, Feb. 29. Those interested in volunteering can download the volunteer form and email it to lhsheartsscreen@gmail.com.

Additional information concerning the screenings can be found at <http://www.lhs210.net/athletics/yh41/default.aspx>.

The EKG screening can detect a broken heart in the regards of improper functioning, which may just come in handy after Valentine's Day.



photos by Luke Whittingham

FAKE & BAKE

by Cara Dohse
Editorialist

April is right around the corner and we all know what that means: prom. And with prom brings concentrating on appearances for the big night. It seems to have become a priority for some girls to go tanning because being "pale" at prom is not acceptable. For those who find paleness a sin, many often turn to "fake & bake." For such people, looking like you just rolled around in a pile of Doritos for hours is considered beautiful.

L.A. Tan prices range from \$5-\$25 depending on the treatment you request for your tan. It comes off as a pretty good deal at first. But what happens when the tan fades away and the temptation comes to go back for another tan? It does add up to be very costly. If one goes tanning every week for an entire month you could be end up spending \$100 on a tan for just ONE month. Imagine how much that adds up over time and what else you could be using your money for.

The prices shouldn't be the only thing that worries you, but also how you look. Your baked skin looks disgusting. Being baked in a fake tan takes away the natural beauty of the skin you were born in. The idea of being tan should never be a concern or thought in your mind that it isn't good enough. You are beautiful just the way you are.

It is pretty well-known that fake & bake can cause skin cancer, but are you aware of the statistics? Do you actually know what the numbers are? In a published review of research that was published on the July 29, 2009 issue of "The Lancet Oncology," it is concluded that tanning beds increase the risk of deadly melanoma skin cancer by 75% for people who begin using them before the age of 30. Is tanning worth it for the result of cancer?

Show up to prom this year pale and proud! Don't waste your well-earned money on those tanning beds, have disgusting baked skin and risk your body for future health. Your beautiful smile and confidence is all that is needed on prom night to have a memorable time.



photos courtesy of Google



Ed.: Throughout the year, the Tom-Tom will occasionally publish letters to the editor discussing issues of concern for the reading public. These letters may be edited for content, grammar and style. Thanks for the submissions and keep them coming!

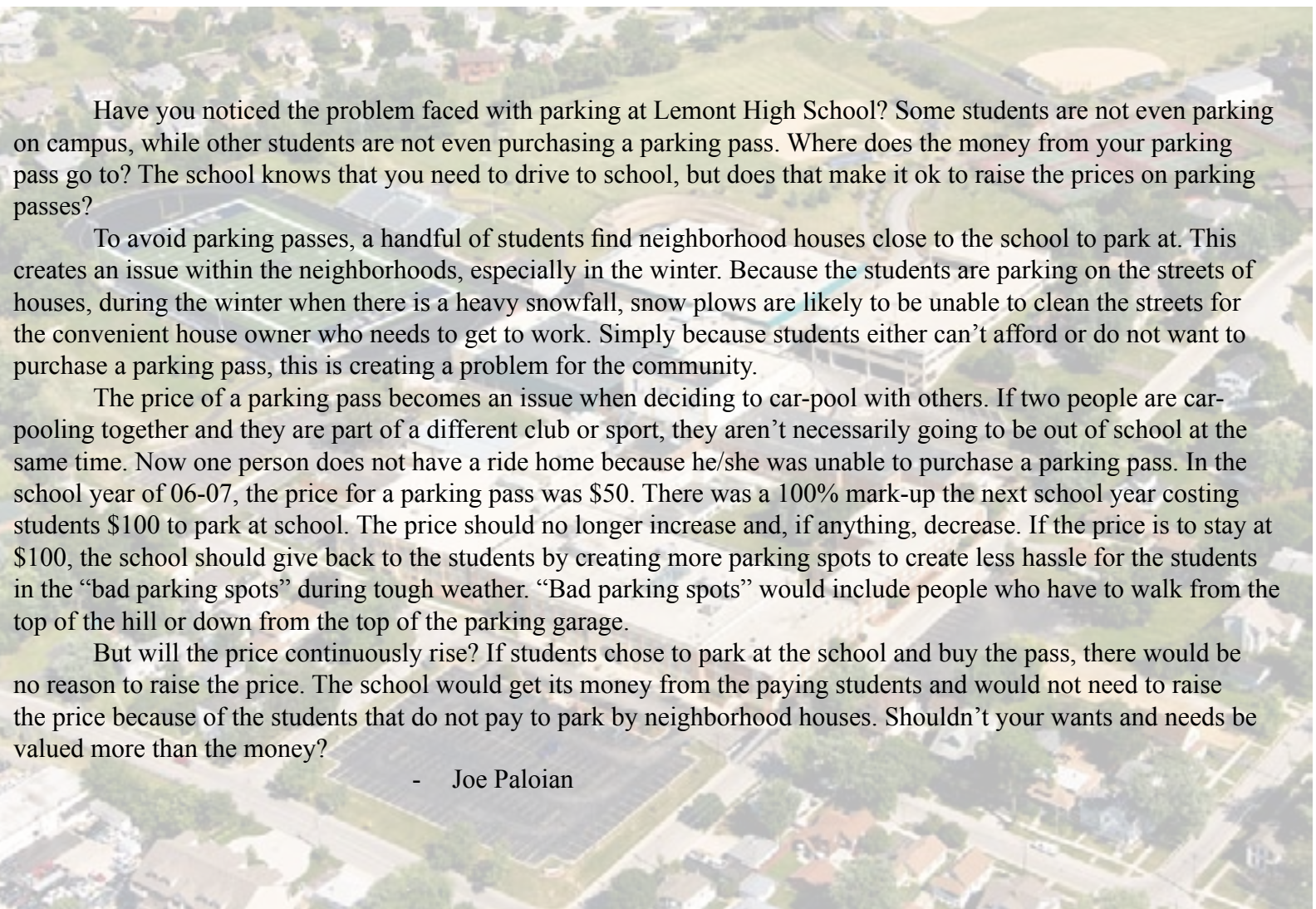


Tom-Tom Talks: Staff Style

by Mallory Christine
Features Editor

Tom-Tom Talks is back—and this time, we’ve presented the bi-monthly question to Lemont High School’s pearls of wisdom: our staff members. Check back in a couple weeks for the next Tom-Tom Talks!

This week’s question: If you could have anything named after you, what would it be?



Have you noticed the problem faced with parking at Lemont High School? Some students are not even parking on campus, while other students are not even purchasing a parking pass. Where does the money from your parking pass go to? The school knows that you need to drive to school, but does that make it ok to raise the prices on parking passes?

To avoid parking passes, a handful of students find neighborhood houses close to the school to park at. This creates an issue within the neighborhoods, especially in the winter. Because the students are parking on the streets of houses, during the winter when there is a heavy snowfall, snow plows are likely to be unable to clean the streets for the convenient house owner who needs to get to work. Simply because students either can’t afford or do not want to purchase a parking pass, this is creating a problem for the community.

The price of a parking pass becomes an issue when deciding to car-pool with others. If two people are car-pooling together and they are part of a different club or sport, they aren’t necessarily going to be out of school at the same time. Now one person does not have a ride home because he/she was unable to purchase a parking pass. In the school year of 06-07, the price for a parking pass was \$50. There was a 100% mark-up the next school year costing students \$100 to park at school. The price should no longer increase and, if anything, decrease. If the price is to stay at \$100, the school should give back to the students by creating more parking spots to create less hassle for the students in the “bad parking spots” during tough weather. “Bad parking spots” would include people who have to walk from the top of the hill or down from the top of the parking garage.

But will the price continuously rise? If students chose to park at the school and buy the pass, there would be no reason to raise the price. The school would get its money from the paying students and would not need to raise the price because of the students that do not pay to park by neighborhood houses. Shouldn’t your wants and needs be valued more than the money?

- Joe Paloian

“THE SCHOOL KNOWS THAT YOU NEED TO DRIVE TO SCHOOL, BUT DOES THAT MAKE IT OKAY TO RAISE THE PRICES ON PARKING PASSES?”

photos by Tony Hamilton



“A building.” –*Craig Nelson, buildings and grounds*



“The international orange-peeling contest.” –*Brent Gagnon, dean*



“Definitely a theater, a school or a writing center.” –*Patty Melei, Writing Center Director*



“A flavor of ice cream. The Vabi Delight.” –*Kathie Vabalaitis, deans’ secretary*



“A Gatorade flavor. [The flavor would be] a combination of other Gatorades.” –*Jon DeGuzman, English teacher*



“A disease.” –*Roy Nees, German teacher*

photos by Tony Hamilton and Maddy George



15 Ways to Stay Warm During the Winter

by Sonia Vavra
Features writer

To most LHS students' disappointment, January has finally brought us snow and freezing temperatures. Instead of walking out the front door and feeling 50 degree air hit our face, we are greeted by icy cold air biting at our faces and snow crunching under our feet.

But why should we suffer miserably through the rest of the winter? Instead of mourning the warm weather, happily enjoy the January air by staying warm with these helpful tips:

1. **Bundle up:** It seems like common sense to wear layers during the winter, but as soon as we hit the Chicago air we wish we had an extra jacket. This step is simple. Easily add another scarf or sweater and you're set!
2. **Security blanket:** Whenever you're sitting down watching TV or doing homework, snuggle up with a cozy blanket. (Snuggies work quite nicely as well).
3. **Tasty hot drinks:** Try drinking some hot tea, coffee, cider or hot chocolate for a sweet treat that warms you up fast.
4. **Slippers:** Pop on a pair of slippers to keep your feet toasty warm.
5. **Fireplace:** Got a fireplace? Curl up in front of the fire while doing homework to warm up quickly.
6. **Soup:** Prepare a can of soup or make your own homemade version.
7. **Take a nap:** Curl up under the blankets and have a snooze. Naps can relieve stress and give you an extra energy boost.
8. **Bake some sweets:** Bake brownies, cupcakes, cake or any other treats to hit your sweet tooth. Share some with others and make their day as well!
9. **After baking:** Leave the oven open a crack. It releases heat from the oven and lets it into the kitchen, warming up the room.
10. **Wear an extra pair of socks:** An easy fix to those frozen toes when walking outside.
11. **Have some company over:** More bodies in a room means more heat is given off. Invite some friends over and do something fun indoors.
12. **Use a space heater:** If you have one, plug in a space heater. It warms up the room fast!
13. **Use flannel sheets:** Flannel sheets are more heavily insulated than regular sheets. They are also very soft, giving you a cozy night's rest.
14. **Mittens and gloves:** Instead of shoving your hands in your pockets, keep your fingers toasty by wearing gloves.
15. **Hot shower:** Cleans you up and keeps you warm. Or enjoy a relaxing bubble bath instead!

Freezing to death is no fun. Show winter you're the boss and that you'll never succumb to turning into an ice cube.

photos by Michael Gaytan



MONROE MADNESS

by Maddy George
Features writer

My Week with Marilyn is a star-studded new film that delves into the intrapersonal thoughts and feelings of the infamous Marilyn Monroe.

The film is centered on Monroe but follows Colin Clark: a young aspiring British director who escorted Monroe on the set of *The Prince and the Showgirl*, a 1957 film in which Monroe starred.

While many Monroe-based films have been made, *My Week with Marilyn* takes a unique angle by presenting Monroe in a different light, one much more personal.

Based on Clark's memoir of his time with Monroe, Clark's personal relationship with the starlet is featured and her secret thoughts and feelings about herself and her career are revealed. Viewers may be surprised by the vulnerable, self-conscious side of Monroe. The girl currently featured on the big screen is one who second guesses her talent, relationships and looks.

Not only is the film well written, but the cast does an excellent job portraying their characters and all their complexities. Michelle Williams as Marilyn Monroe is an incredible tribute to the late star and English new-comer, Eddie Redmayne is a natural on screen. *Harry Potter* star Emma Watson also holds a small role in the film as Lucy, a stagehand who ends up heartbroken by Clark.

Whether or not you're a Monroe fan, you're sure to enjoy this honest, unseen depiction of the '50s star. The film was released Nov. 23, 2011 and is still being shown in theatres around the country.

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— 1960 —





LEMONT BOYS CONTINUE TO DOMINATE

by Effie Tounas
Sports writer

The Lemont boys' basketball team is "ballin'" as they are off to great start to the second half of the season, with only two losses for the overall season, and a record of 16-2.

Junior point guard Juoas Balciunas (25), a recent transfer from St. Joseph, has led the boys' team this season as top scorer. He continued to maintain his title by assisting Lemont to a victory against Joliet Catholic Academy on Tuesday, Jan. 17, with a final score of 55-42.

Going into Tuesday's game against Providence Catholic, the boys felt anxious. "It's our most important game of the year," said junior shooting guard Joey Hehir (3). Senior Paulius Otruskevicius (33) also commented that they needed to win this game for the playoffs.

Players expressed positive energy into the first quarter, as Balciunas hit two three-pointers and started off the game with an eight point player total. Although in the lead, Providence began to catch up in the second quarter, yet Lemont managed to stay ahead with a 40-26 score at half time.

By the third quarter, Balciunas acquired a 23 point player total, while Hehir was not far behind with an 18 point player total. Intensity increased in the game as both Lemont and Providence had 10 total team fouls.

In the fourth quarter, with 1:20 minutes left to go, Providence made a remarkable comeback with a score of 66-55, although Lemont was still in the lead. With 10 seconds left, Lemont's Joe O'Brien (44) fouled Providence player Jay Ramadurai (23), who shot two free throws, scoring each of them.

Lemont claimed victory over Providence with a final score of 70-65. With playoffs beginning in March, this win was an important asset to the boys' team.

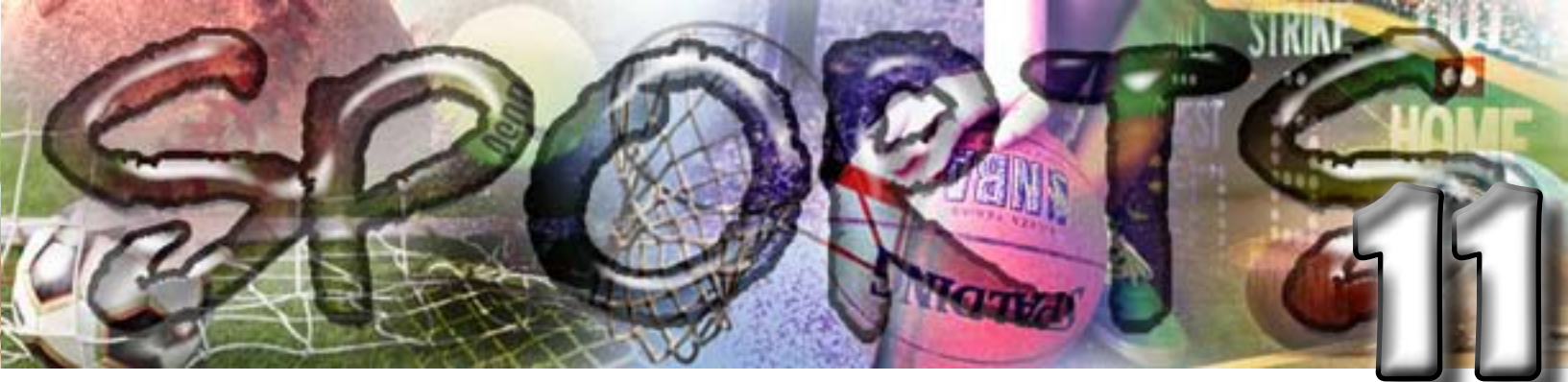
"Our team can do a lot of great things when no one cares who takes the credit," Otruskevicius said of the team this year. Senior Matt Lipowski (20) also said that they have become much of better of team than last year's varsity.

The boys play again Friday, February 3rd at home against Tinley Park. Their record is now 16-2.

Photo by Tony Hamilton



Juoas Balciunas going for a basket



BLACKHAWKS: Inconsistently Awesome

by Kurran Buck
Sports writer

The Chicago Blackhawks, tied for the league lead with 64 points, have shown that although occasional mediocrity is never acceptable, a team can be good. They have streaky players such as forward Patrick Kane and goalie Corey Crawford, but have managed 28 wins so far this season. What happens if their streaky players continue their merely decent play?

If the Hawks want to continue on their road to the playoffs, consistent play is needed, especially from their top players. Kane is one of their top offenders, often having streaks of seven or eight games without scoring a point. Crawford can have a decent amount of

nights where he allows the opponent to score more than three goals.

There still are players that maintain a good consistency with their performance from game to game. Forwards such as Jonathan Toews and Patrick Sharp always seem to manage at least a point or two in each game they play, when they're healthy. And if not, they can provide a big defensive play that shifts the momentum to the Hawks.

What needs to happen then? "The Hawks need to buckle down and focus on trying to get consistent and stay consistent and work to get more pucks to the net and in the back of the net while keep up the strong defense," said former Romeville Huskies hockey and current Lemont lacrosse player Matt Kowalczyk. But hopefully they can at least maintain a strong performance in each of their games, whether it's a win or a loss.

The Hawks have shown that they could potentially be a perennial contender for the playoffs, even if they have their periods of poor play. "I believe that the Hawks can be so inconsistent, but still lead the league because none of the other teams are that consistent either and when the Hawks need to win they can and do. They also have solid goaltending this year that is helping to keep them on top of the points," said Kowalczyk.

If and when the Hawks reach the playoffs, we will know how much they have improved on everything. They may even streak to the Stanley Cup finals.



Photos courtesy of Google



Chicago Fire: Offseason

by Ryan Peraino
Sports Editor



On a quest back to the MLS Playoffs, the Chicago Fire has had a busy week resigning players, a new sponsor and drafting players too.

After a disappointing 2011 season, in which the Fire broke the MLS tie record and didn't make the MLS Playoffs, the the team looks to improve.

Last week the Fire took a big step in the right direction as they resigned defensive midfielder Pavel Pardo.

"Pardo really controls the game in the midfield and is a great leader on the field. He really knows how to play the game and makes the team better," said senior Connor Cunningham.

After the Fire started the season out poorly last year, they fired coach Carlos de los Cobos, hired Frank Klopas, and signed three players including Pardo. Their impact was obvious as the Fire fought back and only missed the playoffs by one point.

This offseason the Fire has also resigned captain Logan Pause and coach Klopas. These moves look to be beneficial for the team.

The team also released their new jerseys with their new sponsor Quaker Oats. This is a good move for the team as it should give them more money for players and other team needs.

With the MLS draft last week, the Fire drafted Austin Berry from Louisville, Hunter Jumper and Lucky Mkosana. The team is very excited about Berry and the potential he brings to the team.

"Austin Berry is a player we know very well," Fire head coach Frank Klopas said in a conference call with reporters on Thursday afternoon. "He's played in our PDL program, he's trained with the first team, and we've had an opportunity to see him many times."

Because of the way that the Fire fought back last season, there is much hope for the Fire and they look to be a top competitor in the MLS.

"I'm excited for the season because the team finished so well last year," said senior Sydney Goushas. "I've been pleased with the offseason transactions."

This season looks promising for the Fire as they look to make it back to the MLS Playoffs for the first time since 2009.

Photos courtesy of Google



Four in a Row?

by Eric Gruber
Sports writer



Varsity cheerleaders performing during assembly

Lemont has only won state in one sport in the history of the school. Cheerleading has not only won state once, but they have won three years in a row.

Each year, the Indians have won with a lot of underclassmen on the team. This year, the team is comprised of six freshmen, five sophomores, seven juniors and only two seniors on the team. Senior captain Nicole May said, "It's difficult at times having so many underclassmen, but I was in their shoes at one point too when I was the only freshman on varsity. Having a team with majority underclassmen only requires more from the upperclassmen to help them out as much as possible."

Leadership by upperclassmen is a major factor for winning state. Junior Katie Howe has been on varsity since she was a freshman and won two state titles. "I believe winning state my first two years was a big accomplishment and has helped me prepare for this year greatly. It's going to be a challenge

this year and I know we'll try our best and hopefully Lemont High School cheerleading will once again, win IHSA state."

Lemont sophomore Maddy Detres was on varsity last year as a freshman and came in to make an impact immediately. "Being on any varsity sport as a freshman was an accomplishment itself, but to win state was icing on the cake. Especially because of the back to back title we've held previously, [it] made all seven of us work even harder to get a three-peat."

Lemont cheer continues to be a powerhouse in the state of Illinois. Winning state in any sport is extremely difficult, but winning three years in a row is almost unheard of.

One of the hardest things on the team for Lemont is having freshmen come into such a huge role on varsity after a state title. Freshman Samantha Palumbo is on varsity already and said, "I knew that going into varsity cheerleading as a freshman was going to be a challenge but I feel lucky to be on a cheer team with such an amazing past."

The pressure to repeat as state champs is very hard and that is where senior leadership comes in. "I always tell my teammates that it's harder to stay on top than to get there and it is true when it comes to IHSA cheerleading. It's hard to show the judges that we still deserve our title when our competition is constantly improving their game so we can't stay where we are," said May.

Being close as a team is a big key in having success. "Like every team there [are] bumps in the road but at our core, we're a tight group that has each other's back and that is extremely helpful when we hit the floor," said May.

For the last two years, Lemont has and will go down to state as the defending state champs. This can put a lot of pressure on all of the cheerleaders, especially some underclassmen that don't have that much experience.

Sophomore Gianna Turek was a big part of the team winning state last year as a freshman and said, "It felt unreal, and too good to be true."

Lemont will look to add more to the trophy collection this year with a fourth consecutive state title.

Photo by Tony Hamilton



Super Bowl XLVI

by Adrian Kalata
Sports writer

It's 2008 all over again. A Manning will be playing in Indianapolis after all. Eli Manning, that is. The New York Giants will face the New England Patriots at Lucas Oil Stadium and look to repeat their success during Super Bowl XLII, where the Giants beat the Patriots 17-14.

The New England Patriots moved on to the Super Bowl after their sketchy victory over the Baltimore Ravens during the AFC Championship when kicker Billy Cundiff shanked a 32-yard field goal with 11 seconds left.

The Patriots won regardless of the poor effort of quarterback Tom Brady, who threw for 239 yards and had two interceptions. For the first time in 36 games, Brady had no touchdown passes. The Patriots' defense saved the team with their play. The Baltimore Ravens, had a chance to tie the game, as they lined up for the field goal, which would have sent the game into overtime. Cundiff missed this kick thus sending the Patriots to the Super Bowl.

The NFC Championship lived up to the hype it created. With neither team keeping a larger lead than seven, the Giants



clinched the game in overtime. Kyle Williams was stripped of the ball during a punt return, which brought the Giants to San Francisco's 24-yard line. And only three minutes later, New York's Lawrence Tynes nailed a 31-yard field goal to bring his team to their second Super Bowl in five seasons.

This year's Super Bowl is set to kickoff on Sunday, Feb. 5, 2012 at 5:30 p.m., with Kelly Clarkson leading in singing the National Anthem and Madonna performing during the halftime show. Aside from football, many fans are anticipating this year's commercials, which are valued at \$3.5 million for every 30 seconds, which is 17% higher than last years. For that cost, no wonder the commercials are fun to watch. But one thing's for sure: this year's Super Bowl you would not want to miss.