



Waste DRIVE

by Laura Harding
News writer

On Saturday Mar. 10, the National Honor Society (NHS) will be partnering with ACME Refinery to host an Electronic Waste Drive from 9 a.m. to 12 p.m. at Lemont High School.

According to NHS sponsor Marek Dron, "Because of the components of many technological tools electronics need to be disposed of safely." By hosting an e-recycling event, Lemont residents can help reduce the amount of toxic materials being put into landfills.

Electronics that will be accepted range from cell phones to small appliances. Anything fitting within a four feet-by-four feet box will be accepted for recycling. "If you can plug it in (or it takes batteries), we'll take it," said Dron.

Lemont residents participating in the event can bring their recyclable items to the front entrance of LHS (the "Arch"). By filling out a general information sheet, residents can hand the recyclables over to volunteers to properly dispose of them.

In addition to the event open to the public on Mar. 10, students can bring their electronics to recycle before school and during lunch periods on Mar. 9.

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REGIONAL DRAFTING AND DESIGN COMPETITION

by Laura Harding
News writer

On Friday Mar. 2, juniors Bryan Shamasko and Syzmon Krzeptowski-Mucha attended the Illinois Drafting Educators Association (IDEA) Regional Drafting Competition, hosted by Joliet Junior College.

Krzeptowski-Mucha took first place in the Architectural Board division, making it the fourth time in five years that an LHS student won a first place title at the competition.

Shamasko scored a 51 on the 3D Auto CAD drafting test, the highest score being a 66. "It was a good competition," said Shamasko.

On Apr. 14, Krzeptowski-Mucha will attend the state competition hosted by Illinois State University. Club sponsor Scott Duensing "couldn't be happier."

"I am excited to make the trip back to the state competition," said Duensing.

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Downtown Death

by Sarah Newton
News writer

Lemont has seen its fair share of dress stores, ice creams shops and restaurants with temporary stays on Canal Street. Currently, the downtown area has six empty buildings, and that number doesn't even travel past Illinois Street.

With the building of the Lemont Bridge, trafficking through Historic Lemont has rapidly decreased, invariably decreasing the amount of people who walk into the downtown shops. Then, when I-355 was built, traffic on Lemont Road became virtually non-existent.

The blame is not all on new road ways; the tough economic times are helping to destroy businesses. "I don't think that Lemont [administration] does a good job of out reaching to small business to keep them around," commented junior Alyssa Fitzgerald. "I think if we kept the small business, Lemont might be a larger spot on the grid."

However, Lemont is trying to help stimulate the downtown area with the new 3/50 project. The Chambers of Commerce asks that Lemont residents pick three shops downtown that they want to see prosper and spend \$50 a month in that store. The 3/50 Project stated that "\$68 of every \$100 spent in independently owned stores returns to the local community through taxes, payroll and other expenditures." On the other side of the spectrum, for every \$100 spent at a chain store, like McDonald's or Jewel, only \$43 is returned to the community (350project.net). Local businesses are constantly fighting with the national stores.

Chain stores are not the only obstacle that the local businesses face; the cost to own or rent buildings in Historic Lemont is quickly climbing.

According to, Local Realtor, Cathy Litoborski commented, "It is very expensive for business to rent space and it becomes challenging to make a profit." With buildings in Lemont ranging from the mid \$200,000 to the upper \$500,000, purchasing a space is beyond the budge of many small business owners.

Litoborski also points fault to the lack of business variety the downtown offers. "[We] could use more of a variety of business in town. It seems that we have too many of the same types of business which makes it hard to succeed."

Lemont is struggling in its current state and unless a major change is made by community members and the Chambers of Commerce alike, small business will continue to close.

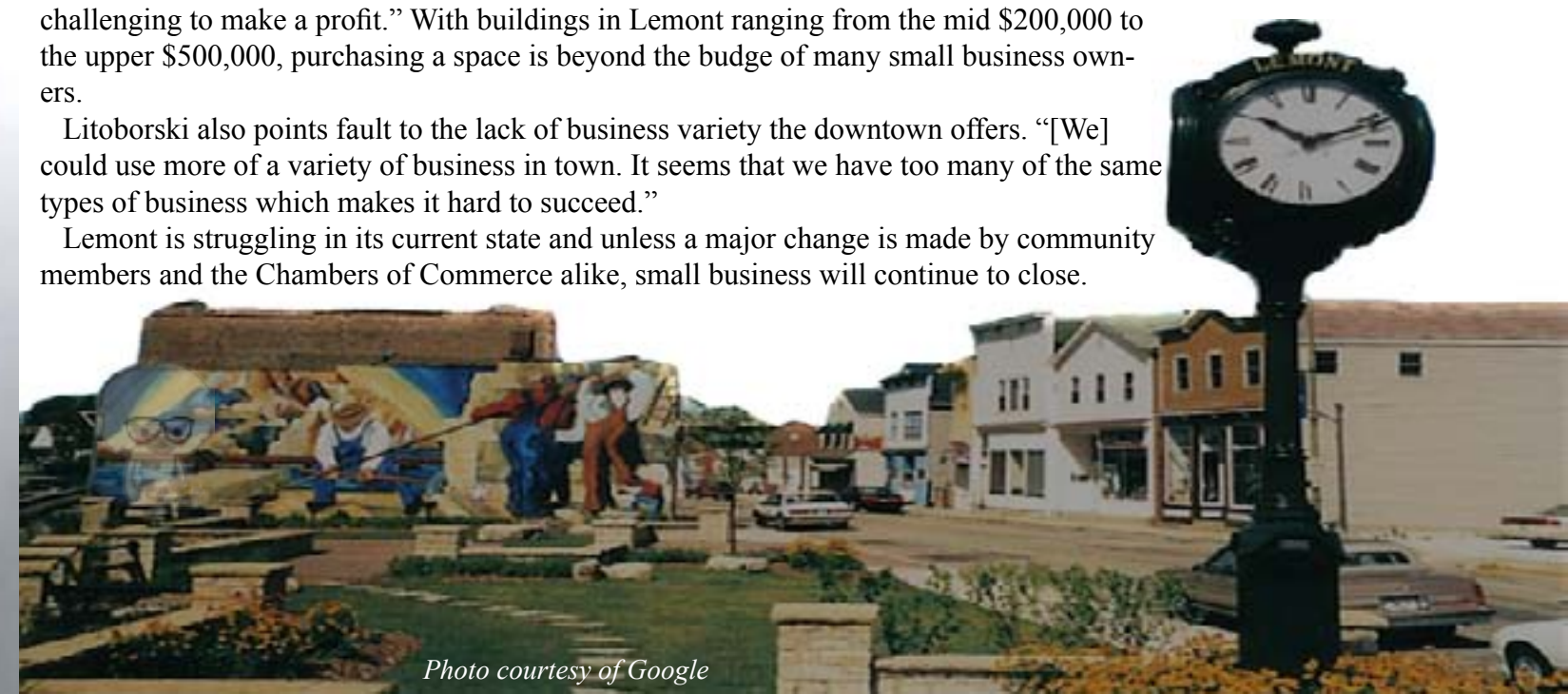


Photo courtesy of Google



A BITE TO EAT:

THE VAULT

by Ashley Murphy
Features writer

In the tiny town of Lemont, restaurants come and go like complimentary breadsticks. Where the restaurant Seamus McGee's used to be, now stands the new restaurant, The Vault. Classy, yet affordable for a girl who lives on minimum wage, The Vault" is a great place to go for a bite to eat.

My experience there was one like many others. The Vault is just an average restaurant with a small variety of food. The place is small, but very warm. Because of the size, their menu is very limited. That doesn't make the food bad, though. Restaurant owner, Bach Sulemani said, "We brought a chef from downtown and looked at the place. He chose American cuisine." He went on to saying how he didn't know how the last restaurant had such a large menu. He just wanted to keep the menu small. The food is made fresh and just looking at it makes your senses tingle. The simple menu includes salads, sandwiches, paninis, wraps, and portioned appetizers with small deserts.

With all of these foods comes a great reward. The food is reasonably priced and tastes fantastic. I had a Chicken Pomodori Panini which included pesto mayo, grilled chicken, spinach, sweet peppers, fresh basil and provolone on crusty, warm Italian bread. It also came with fresh French fries. This filling, but simple meal only cost me ten dollars.

Although this business only started a few short months ago, The Vault in downtown Lemont had gotten a lot of customers. Bach also added, "I'm confident we will stay in business." The restaurant has been rated five and half stars on yelp.com not only for its simple food, but for its welcoming atmosphere.

Kevin K. from Tinley Park states, "The lighting is nice and soft and the music is low but appropriate. We went with a larger group of friends and as we were laughing and having a good time, we didn't feel as though we were being too loud for the other patrons."

I'd have to agree. As soon as I walked in, I knew there was a lot of hard work put into the place. The bar looks up to par and the whole room is welcoming. The Vault is located on 308 Canal Street in Lemont, Illinois. For a restaurant that just opened up, it's safe to say that they're doing a fantastic job.



Photo courtesy of Google



Happiness According To...

by Maribeth Van Hecke
Editorials Editor

Sometimes pain grips us by the nape of the neck. Disappointment seems to follow us, tracking us down. And anxiety takes charge of our blood flow.

Pure happiness is difficult to obtain, maybe even impossible. Truth is, we don't have control over everything. But there are ways to "keep your head up" even when everything is looking down.

Of course, we don't necessarily want to be happy all the time. It's just not healthy. There are appropriate times to be sad or even stressed out. Psychologist Daniel Gilbert points out, "It's not good to feel happy in a dark alley at night." There's nothing natural about it. Gilbert goes on, "Happiness is a noun, so we think it's something we can own. But happiness is a place to visit, not a place to live."

The trick is to be satisfied, no matter the circumstances.

"But Happiness Buys..."

I think most of us can remember a time when we've said to ourselves, "If I just have this ... I'll be happy." And then, of course, we eat the cookie or buy the new phone and expect happiness. We are "satisfied" for the moment, but we don't feel any different in the long run.

Ronal Inglehart, a political scientist at the University of Michigan, argues that in high-income countries' "political freedom and social tolerance" are more important to people's happiness than their economic situation. That is to say, we only need enough "economic comfort" to be comfortable. After that, very few *things* make us happy.

I am not saying you can't find happiness in cookies. I'm just saying it only lasts with as many bites as you take.

Healthy Habits and Happiness

Now, maybe cookies bring you temporary happiness, but giving your body what it needs, will make your body happy with you.

We want to make sure we are energizing our bodies with food naturally designed to energize and improve our mood (for those of you that forget, that means proteins, carbohydrates, fats, fruits AND vegetables). And then we can eat the cookie.

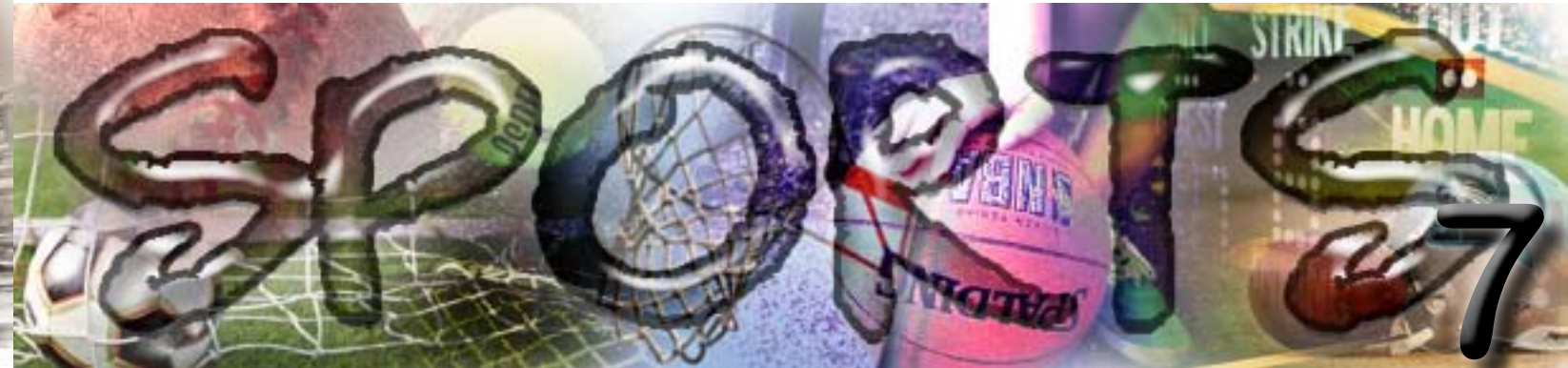
According to naturalnews.com editor, Mike Adams, two things to avoid are refined sugars (sorry cookies) and caffeine (I know, coffee friends, it's going to be okay). The problem is these compounds pump energy into our systems, increasing our mood, which then drops drastically.

Another healthy habit is to stay "in shape." Staying active reduces stress and allows us to express ourselves. When we exercise, special endorphins release from our brains. These natural chemicals reduce pain and actually increase positive feelings. Nicknamed the "runners-high," endorphins can reduce stress, improve sleep, prevent anxiety and depression as well as boost self-esteem, according to webmd.com.

Now don't forget the last part: your Z's. Nancy Etcoff, an evolutionary psychologist, says sleep has a huge effect on how you feel.

So don't skimp on a healthy diet, on your exercise routine or on a good night's sleep, or your body will be unhappy with you, and you will be unhappy with your body.

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You've Got a Friend in Me

Gilbert says the first key to happiness is “we can’t be happy alone.” Friendship is a part of human nature; we need to know we have people backing us up and encouraging us. Relationships, whether friends, family or a significant other, support us and keep us confident.

Etcoff says intimate relations and socializing are at the top of the “list of positives” in everyday life. We are a social people; we want to interact with others.

However, it is important to keep healthy, encouraging relationships. When you are in the company of manipulative or abusive relationships, the opposite effect occurs. Although it’s easier said than done, when your relationships are doing more harm than good, you need to get out of the situation.

It's Half Full (My Secret to Happiness)

Now, here’s the thing: happiness is more than a math equation. If you add together economic comfort, health and close friends, you don’t necessarily come up with “pure happiness.” Happiness is all what you make out of a situation.

The Law of Happiness, written by Dr. Henry Cloud, says we focus too much on the negative sides of life. The books estimates 40% of our happiness comes from our “behaviors, thoughts and intentional practices.” This means almost half of our happiness comes with what we do and how we think.

Marketing Professor Jennifer Aaker, asked her “Designing Happiness” class to “take at least one photo of a happy moment every day for 30 days,” then rate each photo one to ten. The class discovered “meaningful experience (acquiring a new skill, volunteering, or spending time with family) often makes people happier than moments of pure pleasure.”

So what does that mean—“Finding happiness through meaningful experience”? People feel more worthwhile when they accomplish a daunting task or help another. Our own human instinct challenges us to challenge ourselves and when we accomplish such goals, we are fulfilled.

But it can also be how we approach a situation. In many ways, appreciating is the way to being satisfied. As overly optimistic as it sounds, looking at a bad situation in a positive light works. We know we can’t be happy all the time, it just doesn’t happen, but we can be content even in negative situations.

Now, remember happiness isn’t never-ending. Bad things happen and suck us down again. But the important thing is not to take the quick fix, but rather focus on long-term happiness.

And, most importantly, don’t go looking for things that aren’t there and lose sight of what’s important. The Law of Happiness accounts for people on the wrong track, “in going for what they thought was going to make them happy, they lost the things that really do.”



Photo by Jousha Shubert

What a Joak!

by Ian Stratta
Sports editor

The NBA trade deadline is coming up and center Dwight Howard is still a part of the Orlando Magic. There have been rumors of a Howard-to-Chicago trade possibility.

Howard is one of the premiere rebounders in the league. He currently leads the NBA in rebounds per game with 15 per game; furthermore, a trade for Howard would have to include a mix of promising young talent and draft picks.

Such a trade would probably have to include the likes of Chicago center Joakim Noah or promising three-year forward Taj Gibson.

For what it is worth, here is my bid for Bulls general manager John Paxson to stay put with the team they currently have.

As mouth-watering as it is to think of Chicago guard Derrick Rose throwing alley-oops to Howard game in and game out, trading away Noah or Gibson would infer that Chicago needs to win now; however, with the average age of the team being about 27 and the face of the franchise (Rose) being only 23 years of age, the Chicago Bulls have their best years ahead of them.

Why then should the Bulls make a win-now trade and get rid of their future? With their current roster, Chicago could be a force to reckon with for years to come.

The Bulls have the perfect roster at the moment. When forward Carlos Boozer leaves the team, Gibson will be ready to take over the open starting power forward spot. Rookie Jimmy Butler will mature enough by the time guard Rip Hamilton will either retire or leave the team. Chicago has the man-power to get to the NBA championship for at least the next six years.

Noah started the year off slow, but he has picked up the pace of late and averages nearly a double double (9.7 points per game and 10.2 rebounds per game) on the year. Noah is extremely important to the Bulls defensively as he leads the team in blocks per game with 1.28.

I have been steadfast in my belief that New Jersey is the best fit for Howard. However, when Nets center Brook Lopez fell to injury early in the season, the trade seemed impossible. Now that Lopez is back, the trade may happen; however, I think Orlando will ultimately keep Howard throughout the remainder of the regular season.



Photo courtesy of Google



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GET MAD

by Ethan Parafink
Sports writer

A crazy year in college basketball concludes with the annual NCAA Tournament, beginning Mar. 13. However, the madness officially begins Mar. 11 on Selection Sunday, when the 68 teams to compete in the tournament are chosen by the NCAA committee.

With no undefeated Division 1 teams, there is no clear favorite to win it all, but there are a couple powerhouse schools that have all but clinched number-one seeds. Kentucky and Syracuse both have just one loss and have been dominant all year.

Kentucky's lone loss came to Indiana by a last-second three-pointer by Indiana's Christian Watford. Freshman Anthony Davis, a Chicago-native, will lead the Wildcats into the tourney, and is one of the top candidates for player of the year.

Meanwhile, Syracuse comes into the tournament with its only loss against Notre Dame on Jan. 21. The Orange, led by senior Kris Joseph, have a balanced and deep team that should take them far into the tournament.

Another top team is Kansas, which is led by Davis' primary competition for player of the year - junior Thomas Robinson. He averages nearly 18 points and 12 rebounds per game and has led the Jayhawks to the number three ranking in the country.

Other good teams include Duke, Missouri, Michigan State, North Carolina and Murray State.

Mid-major Murray State has only one loss and has faced some tough competition. It looks like a team that could make a long run, much like fellow mid-major schools Butler and Virginia Commonwealth did last year.

VCU is considered a bubble team this year and is hoping to just make the tourney.

Another bubble team, Northwestern, is looking for its first tournament appearance in school history. The Wildcats beat Michigan State earlier this year, but a poor Big Ten record hurts their resume. However, two of their losses came to Michigan in overtime and they recently lost to Ohio State in the last seconds.

One team that has all but guaranteed it won't get an invitation is Illinois. After starting the season 10-0, coach Bruce Weber's Illini have gone 7-13, including a 1-9 stretch.

Although he has a very talented team, including projected future lottery pick Meyers Leonard, a sophomore big man, Weber has had yet another disappointing season and his days in Champaign appear to be over soon.

March Madness promises to be as exciting as ever this year, so get your brackets filled out and watch the madness play out.

Photo courtesy of Google

Girls' softball

by Paul Grossi
Sports writer

preview

With winter on its way out, a majority of the high school winter sports are over and now the sport that's going to get a lot of attention is the girls softball team, led by Chris Traina. The team is hoping to have another great season.

The Tom Tom had the chance to speak with Traina in regards to the season to come.

Tom Tom- What are you doing to prepare your team for the season?

Traina- "The softball program has been conditioning since the end of October. Tryouts will start on Feb. 27 with regular practices following."

TT- What do you hope to accomplish this season?

Traina- "A team that will be competitive in and out of conference play and one that goes deep into the post season."

Traina also said, "Every year you lose some players that have made an impact on your program and team. It is up to the coaches and players to step up to the challenge of filling the open position and adding to the team."

Last year the varsity team won its regional and ended up with a 26-8 record. Some players that stick out to Traina would be seniors

Lexie Valone, Alyssa Stube, Carli Kavanagh, and junior Carly Jaworski.

The team has had many great seasons, especially last season. A big reason for their success would have to be the players on the team.

A particular player getting a lot of attention is Stube, who is planning to attend Cardinal Stritch University. She is now the second Lemont player this year to announce her college plans.

Stube had limited playing time as a sophomore but managed to do very well when given the opportunity to go out and play. She received more playing time junior year, hitting .258 with 14 runs batted in and 11 runs scored. Hopefully the success continues this season for Stube.

Tryouts begin Feb. 27 with regular practices to follow. The team's first game is a conference game against Shepard High School on Mar. 19. Come support the team!

Photo courtesy of Google



Photo by Tony Hamilton



SuperMann-ings

by Tom Folliard
Sports writer

Peyton or Eli? Five years ago this question was a no-brainer. Peyton Manning, a four time NFL MVP trumped his little brother Eli, who was still fighting for his starting spot in New York. Since then, Eli has won two Super Bowls and two Super Bowl MVP awards, all while his brother Peyton sat on the sideline with an injured neck. Now the question presents itself again, Peyton or Eli?

As far as the regular season goes, Peyton dominates. He has been the Most Valuable Player four times during his fourteen-year career and named to the Pro-Bowl roster eleven times. He has also started 208 straight regular season games, owns the largest touchdown to interception differential at 201 and became the first quarterback to defeat all other 31 teams in the league during the regular season.

Eli on the other hand has not had much success in the regular season. He has not come close to any single-season records or been up for an MVP discussion. His passer rating has been in the bottom half of the league in four of his eight seasons, but he hasn't had a losing record since his rookie season in 2004.

"Wins over stats. If one player has two times as many titles as another player that's saying something, in any sport. If you ask any fan if they would rather have their team's quarterback win MVP or their team wins the Super Bowl, every single person would pick the Super Bowl," said senior Matt Gondek. "A quarterback is the leader and takes most of the blame for a team's loss, so they certainly deserve credit for a win. Eli all the way."

Eli won his second Super Ring in Indianapolis, also adding his second Super Bowl MVP. To top it all off Peyton sat in a press box at his own stadium, watching his little brother win his second Super Bowl. "Despite having double the Super Bowl titles than one of the greatest quarterbacks of all time Peyton Manning, Eli is not in that conversation . . . yet. End of story," said senior Brian Hennig.

A quarterback who wins Super Bowls is a Hall of Fame quarterback. A quarterback who wins multiple MVP awards is a Hall of Fame Quarterback. Both of the Mannings should end up in the Hall of Fame one day, but who deserves it more?

"Peyton has four MVP awards. Four. Not a single person who has played the game of football can say that," said senior Michael Walus. In Peyton Manning's prime he was like an adult playing on the playground with schoolboys. He dominated. Every time he touched the ball magic happened. Eli on the other hand hasn't had a standout year until this past one.

The part of these quarterback's games that separates them the most is what they do behind the scenes. Peyton is known for his dedication to the film room. Not a single quarterback outworks him in scouting defenses. He knows every angle, every aspect and every player's instincts.

Eli can still be a rookie when it comes to knowing the other team. He makes sloppy passes and game-ending mistakes when he is put under pressure. Eli has proven to his haters that he can be clutch at times, as he was in both of his Super Bowl winning drives. What Eli also needs to work on is his arm strength.

His passes may be accurate, but a late pass leads to an incomplete pass or an interception. Eli's ball seems to lack that zing



Photo courtesy of Google

Continued on from page 10....

that Peyton's has. His ball doesn't come off as clean or as fast. Although Eli's arm is not weak by any means, he has to hit the weight room if he wants to get into that elite quarterback discussion.

Hype is something both of these quarterbacks have lived up to. Both were taken as the first overall pick in their respective drafts, Peyton in 1998 and Eli in 2004, and they have lived up to every second of it. That strong arm is what has made Peyton as decorated of a quarterback as he is.

However, when it comes down to the most important aspect of a player's performance, Eli may have the edge over Peyton. The playoffs are where Eli has made his name. He has more Super Bowl rings and more Super Bowl MVP's. He now has the record for the most road playoff wins in NFL history.

Eli's playoff record is remarkable. He currently stands at 8-3, whereas Peyton is only 9-10. This is a stat that seems to hide in the shadows for fans. Not many people realize how big of a difference Peyton and Eli have performed in the playoffs. Peyton's game seems to degrade to a below average quarterback, and Eli grows every round he advances in.

These quarterbacks have different decorations that make them the quarterbacks they are today. At the end of the day, it matters how a quarterback should be evaluated. Do you denote a quarterback based off his clutch plays and championships? Or do you define one based on their awards, stats and consistency?

Peyton or Eli?

by Ian Stratta
Sports editor

Funny how the absence of one single season can change the minds of millions.

Before the 2011-2012 NFL season, Peyton Manning was seen as one of the best, if not the best, quarterbacks ever. His battles with New England quarterback Tom Brady are unparalleled among other notable quarterback battles of the last decade.


However, one injury made NFL fans all over the world forget about how good Peyton really is.

Peyton's younger brother Eli happened to win the second Super Bowl of his career, and now countless sport reporters are bringing up the question of which Manning brother is the greatest of all time.

The main argument of the Eli-side of the argument is the fact that Eli has won two Super Bowls while Peyton has won only one.

However, this theory would mean that, for example, New York Giants rookie linebacker Greg Jones is a better linebacker than Chicago Bears star Brian Urlacher because Jones owns one more Super Bowl ring.

The theory is absurd. Peyton is still the better Manning brother (in terms of playing quarterback) in my book.



Drawing by Charmaine Balalisia

NEW TOM-TOM FEATURE

FIND TOM-TOM

the thumb monkey

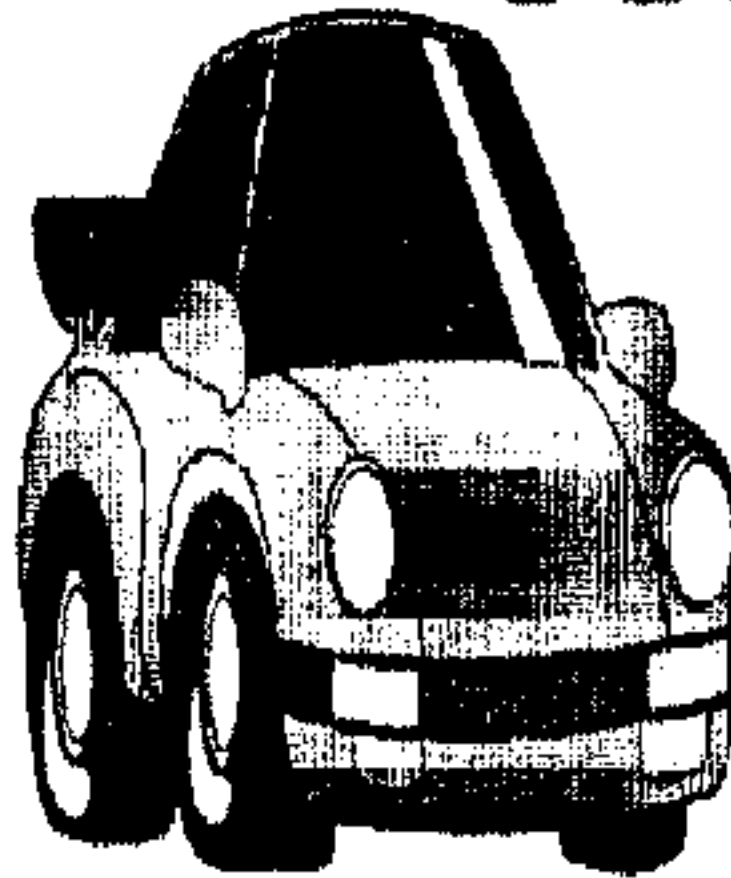
Be the first Tom-Tom reader to email Mr.Clark, with the page number and location, of our new mascot: Tom-Tom! He will be hiding in every issue, send emails to SEANC@lemont.k12.il.us to win a prize!

GOOD LUCK!

[RULES] The following may not participate in the search: all the members of the Tom-Tom staff and their family members. The winner of an issue may not participate in "Find Tom-Tom" in the next two issues. Be very specific in terms of location of the thumb monkey.

Continued on to page 11....

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