



South Suburban Science Competition

by Marisa Mars
News writer

Science is
competitive?

On March 14,
Lemont High School
will welcome
competitors for the
South Suburban
Science Competition.
Participating schools
include Bremen,
Eisenhower, Evergreen
Park, Hillcrest,
Lemont, Oak Forest,
Oak Lawn, Reavis,

Richards, Shepard, T.F. North, T.F. South and Tinley Park.

Each school is allowed two participants for each category. There are several
categories, including acid base titration, mousetrap car, forensics, chemistry exam,
electromagnetic race and egg drop, among others.

The event sponsors will determine the scores for each category. The sponsors
will be using handwritten answer sheets in order to make scoring easy to read. 1st,
2nd, and 3rd place winners of each event will receive individual medallions the 1st
place team will be awarded a team plaque and all-conference certificates will be
sent to all participants' sponsors after the event.

Participants should be dropped off at the main entrance on Porter Street and will
register in the commons.

The schedule for the day is as follows, according to Tony Hamilton:

4 p.m. - Sponsors may begin setting up for competitions

4:45-5:30 p.m. - Registration and refreshments

5:15-5:30 p.m. - Sponsors' meeting

5:30-6:15 p.m. - Session 1

6:20-7:05 p.m. - Session 2

7:10-7:50 p.m. - Session 3

Lemont High School wishes the competitors good luck!



photo by Luke Whittingham

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What College Should I go to?

by: Nicole McKevitt

Editorials editor

For most seniors, now is the time to decide which college they will be attending next year. The deadline to commit to a college is May 1, which is less than two months from now. For some, this decision can be easy. But for most students, this decision can be one of the hardest they will ever have to make.

When making this decision, there is a lot to consider.

Does the student prefer to be near a city or in a rural setting? Should the student seek out a private or public school? How far is the student willing to go from home? Is religious affiliation important?

Students have to consider if the college they like has the major they decide on going into. A primary consideration that a student should consider early though is what college options can their families afford, and what aid will the college provide?

Students also need to decide if they want to go to a large, medium, small, and or community college.

Only being a junior, I am already starting to feel the stress of making college choices. I am still deciding if I want to play college soccer, or simply just go to the school that is most appealing to me.

To help answer some of my questions, I sought out some advice of former LHS student, Molly Mazur, who is a freshman at ISU. Molly shared the following insights.

“Taking tours definitely helped me decide to go to ISU. I also chose to take notes on the tour so later I could organize my thoughts and weigh out my options for each college. Things I considered were housing quality, tuition, ideal school size, and whether or not they had my desired major. When it came down to it, ISU was a nice medium size with a lot of options for housing, a great price, and has a lot of major options to choose from...GO REDBIRDS!”

Mazur’s strongest advice for seniors who are still deciding where they’re to going college is, “Don’t procrastinate and don’t let the stress get to you. Schedule a lot of college visits before you make your decision because as you start to realize (if you haven’t done so already) there are TONS of schools out there, each with their own unique combination of qualities, so with a little time, there is definitely the perfect school out there for everyone”

One last piece of advice Mazur offered was, “Don’t freak out! If you don’t know your major or don’t know what you are looking for, ask friends what they like about colleges they are thinking about going to or already attending!”

She also shared something she heard as she was touring campuses; “The most common major entering college is ‘undecided’ – finding your way is what college is supposed to be about.”

As we all try to find our way, having the opportunity to get ready for college is simply a building block. I know for sure that making such a huge life choice at 17 or 18 does not have to be permanent. Let’s just hope we can all minimize our do-overs and simply embrace the days of discovering what lies ahead.





ARE ART CLASSES IMPORTANT

by Cara Dohse
Editorialist

Art classes are awesome aren't they? Homework is barely ever assigned and there are never papers to write. You get to talk the whole class with the buddy next to you and it's a "blow off" class. Some of these things may be true, but fine art classes are never a blow off class. Even though it may be difficult to realize or understand, there is so much importance and beauty in the fine arts.

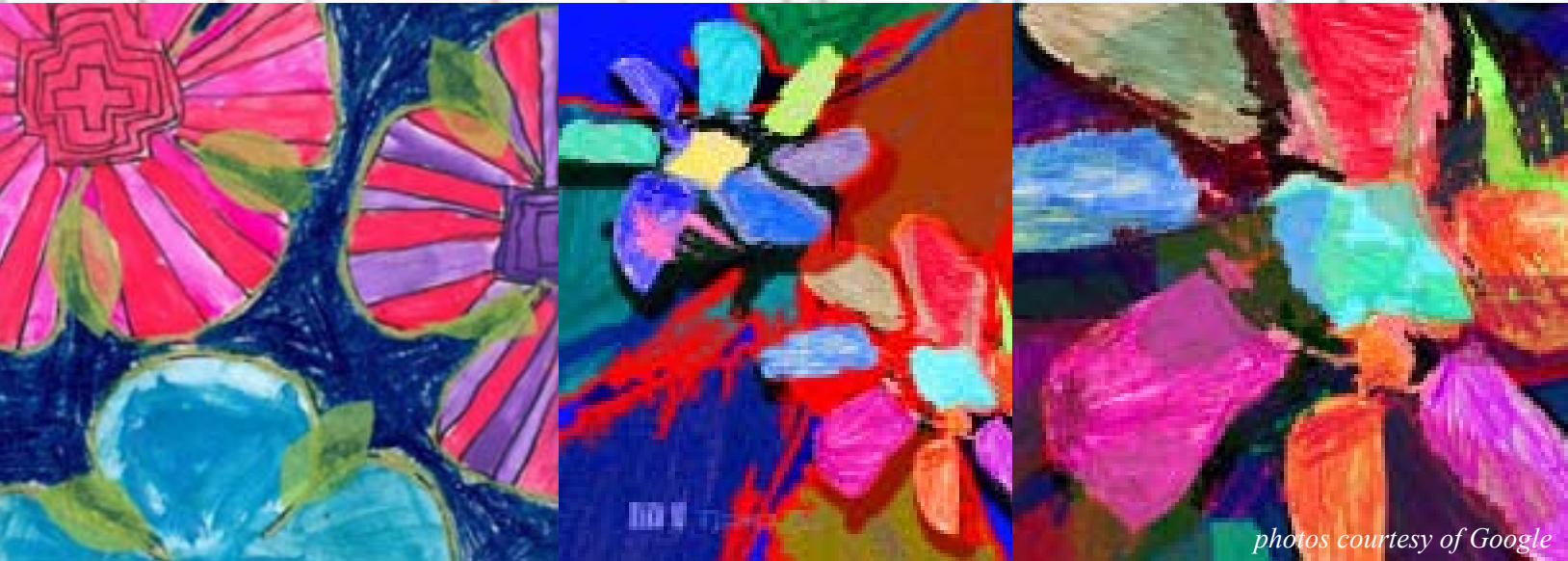
"Art is important because it is a form of expression; it is an alternative to verbal communication. Everyone has art in their homes, art decorates walls for aesthetic purposes and there is also art that is functional. Art is all around us from the chairs we sit in, to the cars we drive, to the buildings we live and work in. Artists create drawings, which are all renderings and interpretive visualizations of all the objects we use daily" said art teacher Ryan Hennebry.

Entering these classes you learn how to expand on your artistic ability with teachers always willing to help. Art allows your mind to take off and use your imagination, thoughts, ideas, and make it into something beautiful. There are never guidelines with art; it's that one class where there aren't right or wrong answers.

Art class may be more laid back, but it is truly a wonderful thing where you can take your creativity to places you have never been. What other class do you get to express yourself? Not many. Art classes are great opportunities to let your mind explore and express yourself through art work. These classes are just as important as any other class.

Some see art class as a "blow off" but they are far from it. Hennebry said, "Any class can be a 'blow-off'- it's what you put into it. Any student with this negative outlook has a poor attitude and this lack of effort will be reflected in his/her grade- even talented art students have gotten low grades because they lacked effort."

There is much that can be taken away from art class. "I want students to come away from my class with an appreciation for art. I want students to be familiar with art throughout different cultures and art in our contemporary society. I want students to grow and improve their technique, but more than that I want them to express themselves in a original way," said Hennebry.



MEDICATING CHILDREN

by Ryan Kahle
Editorialist

He just will not stop screaming. I seriously just can't take it. The daycare institution called twice last week and recommended we look into other care facilities. It's not like we can keep him at home with us all day.

These days, any exchange between parents similar to the above usually results in a trip to the family psychiatrist. Trends in medication of children have been on the rise as of late. Diagnosing children with bipolar disorder is decidedly "a fad," states Dr. David Shaffer, chief of Child Psychiatry at Columbia University Medical Center.

Some doctors argue that bipolar disorder has been present in children for years but that it has simply been misdiagnosed as ADHD. Unfortunately, this longstanding chain of misdiagnosis only points to the probability of these new diagnoses being incorrect as well.

Side effects of anti-anxiety and anti-psychotic medications have been researched thoroughly, for adults. As more new age parents are incapable of "dealing" with their spawn, they resort to stunting their offspring's psychological and cognitive growth to smooth their life.

Correctly diagnosing a case of bipolar disorder takes years of careful evaluation; some doctors claim to be able to diagnose a child by age eight.

Starting a child on medication developed for adults can have severe repercussions. Physical ties and uncontrolled bodily functions often result as side effects.

Medicated children live a dissipated, decentralized life. Pharmaceuticals take away much of what it means to be a child. Stop medicating children.



photos courtesy of Google



Fun On Two Wheels

by Sonia Vavra
Features writer

With spring almost finally in the air, the only thing I anticipate most is hopping on my bike and going for a spin around town.

Bike riding is an easy way to escape the house, go sight-seeing, enjoy the fresh air and be active all at once. A simple invention made up of two wheels wouldn't be the first thing to bring joy to any one person's head, but there are many incredible things a bike can give to you.

First off, bicycles save a rather large chunk of change. Cars constantly need to be refilled with gas, and as gas prices rise, the money in your pocket depletes. Once you have a bike, going for a ride is completely free.

Bikes are also much greener than cars—as in, they don't pollute as much as cars. Cars constantly release harmful gases that hurt the ozone layer, leading to global warming. Every time you ride your bike, the earth is secretly saying thank you for not killing it a little bit more.

While riding a bicycle, it is much easier to get around. No more waiting in traffic just to get home. When you're on a bike, anything is possible—from breaking traffic laws to darting around cars stuck in rush hour and pedestrians on the sidewalk.

Sometimes I get questioned as to why I love bikes so much. I often wear a bicycle necklace. I ride my cruiser around town any chance I can get. I love the thrill of bike riding. I love suddenly racing downhill, the wind through my hair. I love how bike riding is faster than walking and an easy way to go on an adventure and enjoy the weather.

"In my mind, bike rides are a little escape from the chaotic world we live in," said junior Amanda Kolar. "They can show a person how beautiful the outdoors actually is and how nice the fresh air feels." The enjoyment of riding bikes is universal—plenty of people find it just as lovely as I do. Although, I admit, sometimes I am at a loss as to where to ride.

There are plenty of places in Lemont that are perfect biking distance. For example, riding through the Quarries is perfect to get some scenic enjoyment and take in the fresh, spring air that is so soon to come. Or, why not ride your bike to a nearby coffee shop and sip on some coffee with a friend? After all, joyously sipping on coffee is one of the few little merriments that can possibly make a bike ride that much better.

"Sometimes I like to take my iPod on rides with me, sometimes I prefer just to hear nature. And other times I invite a friend along for the trip," said Kolar. "No matter where the location or how long I'm gone, I always enjoy myself when I go for a bike ride."



Photo courtesy of Google



RAP ATTACK

by Luke Whittingham
Features writer

Screaming, swearing, yelling, and violence . . . what are you putting in your head when you pop in your ear buds? Rap music has been growing as a genre since the 1970's. Today, artists like Lil' Wayne and Gucci Mane are top selling artists and many are leading the music industry. But as these new artists are "rising to the top," no one questions their ethics.

The lyrics that make songs like "Rack City" by Tyga and "Ni**as in Paris" by Jay Z and Kayne West famous have truly demeaning connotations. Homophobic and sexual references are the norm and few are speaking out against them. What messages are being sent to the young listeners, the most popular purchasers of rap music?

"Rap music is degrading to women. Most of the time, it sends out a message to both males and females that women are just an object," said Lemont High School graduate Aiste Seskaite. LHS senior Danielle Wilk also speaks out against the lyrics, "Give me the dope beats and talk about something other than how much money you have, how many women you've had, how many drugs you used to sell, how much drugs you do" Wilk argued, "and quit thinking you're above the law."

The blending of these angry messages and a celebrity status give these rap stars an edge that allows them to more easily deliver these vulgar messages. Choosing songs carefully can eliminate the hate from your life. You don't have to hate the player just hate the game.



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Sportsmanship Say What?

by: Effie Tounas
Sportswriter

Hitting the first homerun of her career, Sara Tucholsky of the Washington Oregon University softball team began to run the bases, but only made it to first-base before she collapsed with a knee injury. Unable to run to home plate, first-base coach said the hit would only count as a single if her teammates helped her run the rest of the course of the bases. Opponents of the Central Washington University team then rushed to help carry Tucholsky around the diamond to home plate. The umpire declared there to be no rule against it.

As said by Central Washington coach Gary Frederick, the game between Western and Central was said to be one that displayed unbelievable sportsmanship. These teammates threw away the stress of competition in order to help their opponent achieve the homerun she deserved. They showed that one of the most important goals of sports is to promote good sportsmanship.

How Good is Good Sportsmanship?

Good sportsmanship is reached when each teammate, official, coach, and fan is treated with respect. Now that does not necessarily mean each and every person will be guaranteed to be treated fairly; it is a rule to be carried out. For instance, if a basketball player cannot expect to punch an opponent and get away with it. For violent actions, there are consequences that abide with the rules of sportsmanship.

According to the NCAA, unsportsmanlike behavior is to “act in a manner unbecoming fair, ethical, honorable individual.” It also has been said to go along with the Golden Rule: treat others as you expect to be treated. Fair play and ethical behavior should be evident in every sporting event.

There may be set rules that players are expected to follow, but the act of sportsmanship is just common knowledge to all players. Showing good sportsmanship, though, is not always the easiest: it may be tough to congratulate the winning team after losing an important game. But learning to do it will benefit a player’s mind and his or her appearance to others.

Everyone Plays a Role

Whether one’s in the game, on the court, on the bench, or coaching the team, they are responsible for displaying good sportsmanship. The Federation’s Sportsmanship, Ethics and Integrity Committee have identified at least nine groups liable to set the example. Some are:

Players. Due to their admiration, their actions and behavior are the example to all peers, parents, and spectators. What they do on and off the court is observed by each and every person at that event. Not only during the event should they display good sportsmanship, but during school hours and after hours they should as well for everyone may look up to the athletic star.

Coaches. Although players may have a great influence, the coaches bear the greatest for their attitude and behavior towards the players is essential to the event. Their words and actions may either promote the team or create a negative image. Coaches also bear the responsibility of representing one’s school, city, or from wherever the team comes from. A negative image of the coach and team will leave fans with a negative outlook on the town or school for



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“Sportsmanship” continued from page 9

whom they play for.
Fans. They are a necessity to a team’s spirit for they help promote confidence to the players. Obnoxious fans, however, should not be tolerated for they too can demote a team’s image. Their behavior reflects on the players, and can either help boost a team’s ego or put them down.
State Officials. Officials must make good sportsmanship their first priority for their calls may affect the outcome of an event. They should penalize unethical behavior, poor sportsmanship, and all other actions that violate the NCAA rules.

The Pressure of Stress

High school and college sporting events may be a thrill to play, but the greatest factor that comes along with it is the amount of stress loaded onto the players. Most of the time, stress comes from a parent or coach. It may even come from remarks from the fans. However, stress also comes from inside too, when the players are really hard on themselves. Senior Lemont baseball player, Giovanni Schmitt, said that stress plays a tremendous factor in his games. “Our games are very competitive. The high stress from coaches and fans makes me on edge because we don’t want to lose,” Schmitt said.
Fans and cheerleaders play an important role in keeping players attitudes upbeat. Sophomore Lemont cheerleader, Gianna Turek, commented on how cheering helps boost players’ confidence. “We help out [the team] so they do well. We revolve around the team, in a way,” Turek said.
It may be tough for student athletes to juggle the mounds of stress they attain, not only from their sporting events, but from school, work, and other things they need to focus on. The best way athletes can cope with stress is by positively self-talking themselves and escaping the negative thoughts. Another great way to not become too stressful is to escape the pressure: just leave it alone.
Bad Sport Bad
Keeping one’s cool when losing a game is very tough for athletes. And an athlete’s negative behavior can affect the team’s behavior as well. It can also cost a team a game or match is displayed profoundly.
Senior Lemont wrestler, Eric Kirkman, told of how his brother, Mark Kirkman, swore and hit a kid in two separate tournaments, costing the team the third place title. “I also lost a close match in the conference and I felt like freaking out, but I remembered to stay calm and kept my cool,” Kirkman commented.
Student athletes aren’t always going to be the nicest. But it is the team’s duty, as a whole, to get past the rude remarks and comments, and continue to maintain a positive attitude that may serve as a role model.
“Girls sometimes have the rudest attitudes. But when the team’s not upbeat, we help encourage one another to boost our self esteem,” senior volleyball player, Katie Pellegrine, said.

Good Sportsmanship Rules

If an athlete is ever worried about whether their actions were positive or negative during their sport, they should follow these simple rules to ensure acceptable behavior.

- The Golden Rule. Do unto others as you would have others done unto you.
- Have an understanding and appreciation of the rules.
- Enjoy one’s self and encourage enjoyment for others.
- Take responsibility for one’s own actions.
- Recognize and appreciate good performance, especially by opponents.
- Exhibit respect for the officials.
- Expect proper behavior from teammates.

A positive attitude will equal a positive game and a positive image for the team. Don’t let an individual’s behavior affect the sport.

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When asked, 5 out the 5 Lemont student athletes reported on never being kicked out of a sporting event. This positive role model not only can create a positive image of the community, but it can also display a positive look to the officials.
We Have a Winner
Every sportsmanship statement revolves around the same concepts: respect officials and players, and play by the rules. It is then that athletes are expected to keep their positive attitude while on the field or court during their sporting event. Who’s to promise, though, that they will keep it? Frustration and anger all build up inside a player’s, or even coach’s, mind. Losing is never an option or an athlete. Some may be able to cope with losing better than others, but that doesn’t mean they are keen to the idea.
Every time one is out and playing, they are being watched. Their behavior is being observed; whether it is by a parent, friend, or official, it will determine how well of an example and role model they appear to be.
Different situations and environment do affect players’ behavior. And it’s not only affecting student athletes. In 2003, Tampa Bay football player, Warren Sapp, was fined \$50,000 for shoving and using abusive language to officials. Fans, then, will relate the “freak out” to Tampa Bay’s team, giving them a negative image.
Every athlete will need to learn to cope with the pressure of stress from fans and coaches in order to play well. It is just a matter of how they personally cope with it, whether it be encouraging others, cheering others on, or even a handshake at the end of a game. All of these behaviors show signs of acceptable sportsmanship, the kind of sportsmanship the NCAA promotes.
Treat others as you want to be treated. That one line can go a long way in an athlete’s career.

BOYS TENNIS

by: Adrian Kalata
Sports writer

Team sports seem to outweigh individual sports by a good amount. Unlike team sports, individual sports give an athlete the opportunity and the self-motivation to get better as the season progresses.
Tennis is one of the few individual sports that Lemont High School offers. Although not as popular as basketball or football, tennis is a sport of self-improvement that can only be achieved through your desire to be better.
A lot goes into Lemont’s tennis program. The athletes must stay conditioned, but also need time to practice for upcoming meets and tournaments.
Boys coach Jon Deguzman likes to run his practices by assigning veteran captains, who “are not only instructed to lead warm-ups and stretches through core-conditioning, strength-training, and footwork, but we also implement drill-games to keep practices fun and practical for our sport.”
Junior Jake Smagacz is one of the four captains this year. Smagacz says that “being a captain for your sport is a key motivator. It helps me improve as well as help my teammates improve.”
Like all sports, the challenges of maintaining a team are alike: “keeping everyone fit, healthy, injury-free, and mentally ready for the demands of our season.” Although the athletes each compete for themselves, they recognize themselves as one team for competitions.
The team welcomes back many of last year’s players, including seniors Jonathan Pacheco, Josh Young, Tom Folliard, and juniors Jake Smagacz and Alex Vasic. Freshman Nick Urban, a USTA tournament player, also looks to join and add depth to the varsity line up this year.
Reviewing last year, Deguzman says he would like to “have a strong finish at the Conference Tournament, and have our top starters represent us well at Sectionals.” On top of that all, Deguzman says the real goal is to “see all the players improve individually.”

“Sportsmanship” continued on page 11

Photo courtesy of Google



THE REAL SUPER-FAN

by Ryan Peraino
Sports writer

A super fan is someone who devotes his life to the team. He never misses a game and puts almost nothing ahead of the team. He doesn't have to be the loudest, but he sure has to be the most dedicated.

This describes LHS senior Eric Gruber. Gruber hasn't missed a boys varsity basketball game (home and away) since his sophomore year. "There are some players who can't say they've been to every game in the last two years," said Coach Rick Runaas. Gruber played basketball his entire childhood and it was his love. He decided to stop playing after his freshman year because he wanted to focus on golf.

Even though he stopped playing the game, he couldn't stay away from the court. He went to many of the sophomore and varsity basketball games in Runaas's first year. He even forced his parents to drive him to away games because he didn't have his license yet. "Some of those games last year were hard to sit through," said Runaas. "I didn't even want to be there through some of them." It was after his sophomore year that he made the promise.

"I promised (senior) Matt Lipowski that I would be at every one of his varsity games," said Gruber. And that he did. Gruber went to every one of Lipowski's games on the varsity team. "It means more than I can put into words that Gruber has come to every one of my varsity basketball games," said Lipowski. "He is the epitome of a super fan."

He has made many sacrifices to achieve this promise. "I have missed multiple DePaul basketball games (Gruber is a season ticket holder), parties and other events just to watch the team," explained Gruber. Although most of the time Gruber usually plans his schedule around Lemont games, he did have one really close call. It occurred this season on Dec. 14 against Addison Trail for the Lincoln Way Tournament championship. Gruber's aunt passed away days before the game and the family planned the funeral on this day. Didn't they know there was a basketball game that night? As a result, Gruber left the funeral (in Wisconsin) early to drive home four hours so he could make it in time for the game. "It shows that Eric was a committed supporter from the beginning as opposed to those who started coming after we started winning," said Runaas. "I really did think Gruber would be at every game. Not only does he love basketball but he is one of my closest friends," says Lipowski. Gruber is the only student not on the basketball team to attend every game this year. He's challenging someone to break his record of going to over 60 games in a row. Will you be next?



Eric Gruber celebrates a basket with other Lemont fans

Photo courtesy of Chicago Tribune



Lin-sanity is Taking Over

by Kurran Buck
Sports writer

Jeremy Lin, point guard extraordinaire for the New York Knicks, has garnered almost too much attention for the entire National Basketball Association (NBA), let alone New York. His stardom and rise to fame has hit the sports world by storm within the last month. So what has this kid done that is so special?

Recent Success

Well to start, Lin was a backup point guard, coming in to play very few minutes for an already good team in the Knicks. Then, by the suggestion of Knicks guard Carmelo Anthony to Coach Mike D'Antoni to put him in more in a game against the New Jersey Nets, Lin exploded for 25 points and seven assists. This performance led to him becoming the starting point guard, and he continued to turn in games of 20 or more points and seven or more assists, which helped to bring forth a 7-game winning streak.

Streaking this much allowed Lin to be invited to play in the All-Star Freshmen vs. Sophomores game in Orlando, Florida on Feb.23. It created enough attention to have puns attached to his last name, such as "Lin-sanity" and "Lin-trest". But how in the world did this happen for a kid that just a few weeks earlier had been cut by both the Golden State Warriors and the Houston Rockets? It looks like he may have had some practice.

College and Early NBA Career

His dominance began as a point guard for the Ivy League Harvard Crimson, scoring a league record 1,450 points while adding 400 assists and 200 steals in his college career. But there were still those questions as to whether Lin was a good enough player to play in the NBA, where there are players that are mostly coming from Division 1 schools, whereas he came from a Division 3 school.

Lin was selected by, well nobody, until the Dallas Mavericks signed him as an undrafted free agent to play for their summer league team, in 2010. He averaged only 9.8 points, 3.2 rebounds and 1.8 assists per game. The Mavericks, like previous critics, thought he was just a good player that may have the potential to score in this league. But his performance was not enough, so they cut him from the team.

He signed on with the Golden State Warriors, playing his rookie year in a backup role for them, and was sent down to the D-League three times during the 2010-2011 season. After the season his entire time on their D-League team until he was waived by the Warriors on Dec. 9, 2011, the first day of training camp. He was picked up three days later by the Houston Rockets.

His time with the Rockets was even shorter than that of the Warriors, only spending two preseason games with them until he was waived on Christmas Eve of 2011. He was claimed by the New York Knicks, again three days later, on Dec. 27, 2011. This is where his rise truly began because his play, not only in short shifts on the court but in practice, impressed



Photo courtesy of Google

"Lin-Sanity" continued on page 14



“Lin-Sanity” continued from page 13

Carmelo Anthony and eventually Coach D’Antoni.

Rise of a Christian Star

This rise, Lin said, can be attributed to the fact that he is a devout Christian, where his beliefs and play have been recently closely aligned with Denver Broncos quarterback Tim Tebow. He said that his commitment to God in recent months has helped him achieve the success that has his jersey the most wanted item on NBA.com. Being the first Taiwanese NBA player might help with that, too.

He is a fan of God, and he uses this fandom to not only inspire those around him, but he puts it to use in his foundation named the Jeremy Lin Foundation. He reaches out to those that are underprivileged and are in need of assistance, whether that be financial, spiritual, or educational. He has done this type of work mainly in the Bay Area of California, where he grew up before going to Harvard and the NBA, where his fame has let him return the favor to his home.

His recent achievements have not only brought attention to himself and the Knicks, but also to the NBA and Harvard. Lin is the first Harvard player to play in the NBA since Ed Smith in 1954, which has given more attention to Division 3 players’ potential to play in the NBA. His success while with the Knicks has also created a fan-base back home in Taiwan and in China not only for him but for the NBA as well.

His Future

What lies ahead for this newly-made superstar? Well that all depends on how he plans on continuing the scoring that made him the icon he is now. Within the last couple of weeks, he has faced All-Star veteran point guards like the Nets’ Deron Williams, the Spurs’ Tony Parker, and the Bucks’ Brandon Jennings, and all were able to score on and defend him well. Monday he faced our very own Bulls point guard Derrick Rose, whom we may be able to use as an example for someone else who had a meteoric rise in the NBA.

Lin’s rise to stardom has right now has been a quick one, and he hasn’t really proven anything quite yet, compared to that of the players listed above. He needs to finish this season and continue into next season with the strong performances in order to even be considered among the caliber of these players. He needs to again make the changes he has made to even get to this level, and go beyond that.

These changes would be to lower his turnovers, because he has averaged at least 3.5 of them every game he has been in thus far, and they are on an upswing. This means he may need to improve his passing and dribbling, so that if he faces a team with a superstar point guard or a generally defensive team, he can beat them.

Jeremy Lin is a star to watch for in our future, because talent like this doesn’t die easily. Let’s just say there is a storm coming, and Lin is in control.



Photo courtesy of Google



A Season For the Record Books

by Eric Gruber
Sports writer

Lemont shares the conference title with Hillcrest for the first time in 24 years. For many years, Lemont basketball hasn’t even come close to a 20-win season. Lemont finished the year at an impressive record of 25-3.

There have been many different reasons for the success of the Indians this year. Every single player has accepted his role on the team and fit into it perfectly in order to win as many games as they have.

“There were many keys to success this year. The transfer of Juozas was obviously big, the development of the players that were already in the system and the sacrifice that our seniors made for the team,” said head coach Rick Runaas.

Yes, basketball is definitely a team sport, but a team cannot be successful unless each player does his individual job to ultimately get to the team goal. Lemont only had two losses in the regular season this year coming by a total of five points. “The biggest turnaround from last year’s team to this year’s team was the attitude of the team and the commitment the players put in each and every day,” said Runaas.

The addition of junior Juozas Balciunas this year really made Lemont a different team than previous years. “Transferring to Lemont was one of the best decisions I made because of the great season we had,” said Balciunas.

Tournaments

Lemont was in two tournaments this year. The Lincoln Way Classic to start off the year ended in the Indians holding up the trophy after a victory against Addison Trail. “Winning a tournament this year definitely meant a lot to the team because there were many good teams in it,” said Balciunas.

The other tournament that Lemont played in was the Romeoville tournament over Christmas break. They took third in that with a tough four point loss in the semi-finals to a Crane team that was ranked in the top 20 at the time.

One of the major statements Lemont made this year was against Tinley Park. The Indians started off the game down 21-3 early in the first quarter. Lemont responded with a 27-0 run to take a nine point lead and never looked back.

That game summarizes how this record-breaking year has gone for Lemont. There has been much adversity to overcome over the years for these players and they have done that this year.

All the seniors, Matt Lipowski, Joe O’Brien and Mike Lambert have been through the good and bad times in their Lemont basketball careers. Senior leadership was a major key to success this year. “I tried to really bring the team together this year. I wanted to be a leader on and off the court,” said Lipowski.

Lipowski and O’Brien have been playing basketball together since they were in elementary school.

They have been through all their basketball ups and downs together and it has finally paid off. “I think it was a wonderful feeling to have this record-breaking season after struggling my first three years at Lemont. It feels good to stick with it especially seeing how bad we were. It was a lot of fun and an experience I will never forget,” said O’Brien.

Sometimes to have success, you have to go through the bad times of losing – which Lemont has done. “The seniors had



Lemont fans storm the court after conference win

Photo courtesy of Chicago Tribune

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a lot of leadership and commitment. They were on board with the plan of the team and they led by example; it was like having more coaches on the floor," said Runaas.

Biggest Win in School History

This highlighted season has been spotlighted by many memorable performances but the one game that sticks out to all is the Hillcrest win. Lemont trailed at half by 16 and all the momentum was going to Hillcrest. Lemont made a big run to be down by one with 30 seconds left.

With 13 seconds left, Joey Hehir made a layup to go up one. Lemont led 58-57 and the Indians just needed one stop for the share of the conference title. "It was a really awesome feeling to know I made the shot. It really isn't about just that shot because it was a team effort and everyone stepped up huge in the game which is the reason we were even in that position in the first place. I'm just lucky that I got the opportunity to take that shot and it's something I will never forget," said Hehir.

Hillcrest called a timeout with 8 seconds left. They had two chances at the end to win the game and the Indians celebrated the dramatic win. "The Hillcrest win just summed up what kind of season that this team had. We had the confidence that we could beat any team we played against," said Balciunas.

Hillcrest has been the team to beat in the conference ever since they joined. That has been the team that everybody goes out to beat and is a dominant school every single year.

Lemont beat Hillcrest on senior night for the first time in school history. "It was a good sign of support when the gym started to fill up. This win really validated the feelings and hopes of the players" said Runaas.

Playoffs

In the first playoff game for Lemont, they faced off against Corliss. The game was close the entire game and a surprise to some people considering Lemont had a much better seed. The Indians in the end pulled off the victory 59-55 led by Balciunas' 22 points.

In the regional championship game, Providence faced off against Lemont. Providence got off to a fast start with a 19-12 lead at the end of the first quarter. Lemont trailed by 16 at half and everything seemed to be going Providence's way.

The third quarter was a different story though; the Indians came out shooting well and cut the deficit to four at the end of the third. At one point in the fourth quarter Lemont tied it up.

The Indians didn't seem to have enough as Providence pulled away for the ten point win 63-53. "After the loss, I just looked back and remembered all the good times that we had together and just tried to stay positive even though it couldn't have been harder," said Lipowski after his final game at Lemont.

Wrap Up

Although Lemont's season ended earlier than they had hoped, this season was still definitely a success to the school and the community.

Senior Ryan Peraino was the leader of the student section this year, going to almost every game and organizing what everybody would wear, where they would sit and the chants the fans would say. "It made going to games more enjoyable; it is tough to do chants and get the crowd going when your team is losing night in and night out. Everybody loves winning and it brought the school together," said Peraino.

Lemont made a lot of history this year and this team will be remembered forever.



Juozas Balciunas going for a basket