

Oh You've Got to Carry that Weight

by: Marisa Mars
News writer

You walk through the hallways of school, a full backpack on your shoulders and another textbook in your arms, lamenting the fact that your locker is on the other side of the school. You plop down in your desk, sighing, and wonder why the school hasn't recognized this problem or tried to fix it.

According to research done by the University of California at San Diego, heavier backpacks lead to disk compression and spinal curvature.

As iscoliosis.com states, a properly—worn backpack with low weight can actually build up the muscles in a student's back. However, the site also acknowledges that an overburdened backpack can do more harm than good. "A heavy backpack, for example, can pull a child backward, causing the child to compensate by either bending forward or arching their back." This action compresses the spine, causing damage to the 33 disks that compose the spine and leading to injury.

The maximum weight of a backpack should be no more than 10% of your body weight, according to usgovinfo.about.com, and many students' backpacks weigh far more than that (see sidebar for further information). Junior Hanna Richa says, "it [her backpack] is definitely too heavy!"

Fellow junior Shannon Burke agrees, "My bag is way too heavy." Burke uses a bag slung over one shoulder, which she says is "big enough to carry my books, but it hurts my shoulder." She used to use a standard backpack but switched because the shoulder bag has more room. However, she said that on a couple of occasions it has made her arm go numb and it often leaves her back and shoulder feeling sore.

What You Can Do

Some students have taken to using alternative methods in order to alleviate the weight of a backpack. Freshman Helen Kollarik tries to take frequent trips to her locker in order to keep her backpack light. However, this doesn't always work for her. "I don't usually have enough time to go to my locker and then get to class," Kollarik said.

Maha Longi, junior, also tries to keep books in her locker. Longi keeps the books she uses infrequently stored in her locker and asks to retrieve them when they are needed in class. "It helps keep my bag lighter," Longi said. "But some teachers get annoyed when I ask to go get my books."

Conor Matthews, a junior at Lemont, has discovered his own solution to overly heavy backpacks. Matthews uses a rolling backpack so he doesn't have to carry all his books. He began using this backpack so "[his] back and shoulders don't hurt".

photo courtesy of Google

continued on page 3

In This Issue

p. 3 Oh, You've Got to Carry
that Weight

p. 4 My Clicks Make a REAL
Difference, SERIOUSLY!;
Prom Dresses

p. 5-6 Relay For Life

p. 7 Pests and Their Pesticides

p. 8 Hungry for the Hunger
Games

p. 9-10 Appreciation

p. 12 Injuries Don't Stop Bulls
Winning

p. 13 Sox Training; Can Base-
ball Make the Hit?

p. 14 Head, Shoulders, Miss
That Free Throw

TOM-TOM STAFF

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EDITORIALS EDITOR

Morgan McPartland

FEATURES EDITOR

Mallory Christine

SPORTS EDITOR

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SUPERVISOR

Sean Clark

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Michael Gaytan
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Maddy George
Michael Gaytan

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Kurran Buck
Eric Gruber
Effie Tounas

NEWS WRITERS

Scott Salvatore
Marisa Mars
Nicole McKevitt

DESIGN ASSISTANT

Alexis Caspers



continued from front page

According to him, the backpack with wheels is effective and helps to eliminate the pain he previously felt. He says it's not an issue carrying it up stairs, and isn't a problem in hallways "except for when people don't see it and trip."

Tripping over a rolling backpack is an issue in the hallways that doesn't affect standard backpacks. But standard backpacks are still a tripping hazard.

A Different Type of Injury Can Occur

Overloaded backpacks can also be a threat in an often un-thought of way. The more books students put in their bags, the larger the bags become. In a high school like Lemont, where students are allowed and often expected to carry their bags around all day, backpacks become a tripping hazard. Backpacks left out in isles are easy to trip over, especially in crowded classrooms.

Tripping over backpacks can lead to a multitude of injuries, such as ankle or foot injuries. If the person falls, he can experience injuries to his arms or wrists, possibly even his face.

What Lemont High School is Doing

In truth, Lemont High School has been aware of the problem of increasingly heavy backpacks and is currently working towards solving this problem. Tony Hamilton, Communications Director, believes that the school would need to carefully consider certain aspects of the situa-

tion before moving away from "in-hand" textbooks. "While most students have access to computers or smartphones outside of the building, not all students do," Hamilton said. He continued that Lemont's Informational Technology staff is able to provide support for the school's computers, "but performing that same function for student devices (laptops, smartphones, etc.) would be a monumental task."

Hamilton adds that textbooks are expensive, so it is hard to keep the textbooks updated with the latest information. But he also said that it is very hard to keep the technology up-to-date as well, since "those items often become obsolete quickly."

Superintendent Dr. Sandy Doeberth said Lemont has "moved into this arena of electronic textbooks one step at a time as textbook companies have done so." She stated that while many textbook companies offer online versions of their books, purchase of hard copies are required in order to gain the code for the online book. So far, this is the approach Lemont has taken, though Doeberth said this could change.

"Electronic textbooks are continuously evolving, and I believe that as more become available and textbook companies figure out a way to offer them while still making their profit, LHS will have more and more access to them," she said. She, like Hamilton, is not keen on the idea of ridding the school of hard copies of books altogether, though.

Although things are still in early progress, Lemont High School is working on making backpacks lighter and lessen the textbook load. So maybe you won't have to carry that weight for a long time after all.

Backpacks are supposed to weigh around 10 percent of your body weight in order to be healthy. Anything over that poses a possible health risk. Rachel Miller is a sophomore at Lemont High School. Her backpack weighs 26 pounds, close to 30 percent of her body weight. Helen Kollarik, freshman, has a backpack weighing 13.7 pounds "on a light day." That is close to 20 percent of her body weight. Hannah Richa, junior, has a backpack weighing roughly 20 pounds, about 20 percent of her weight as well. Junior Nina Moeller's backpack weighs 26 pounds also, and is over 20 percent of her weight. Of all the students asked, not one had a backpack that was under or at 10 percent body weight.



My Clicks Make a **REAL** Difference, **Seriously!**

by Ryan Kahle
Editorialist

KONY 2012. As it stands, Invisible Children spent more of their 28 minute running time on Jason Russell and his son than on documenting suffering overseas. Add to this quite a few ignorant statements on the part of the founders and an alarming lack of financial transparency and an avenue for the apathetic to feel good about themselves opens.

Marketing to the individual behind the computer screen is a bad game plan for actually catalyzing change. Marketing to the individual an outlet for their emotional problems, the problems of the first world, can only end badly. First world problems shouldn't

be turned into outrage over third world issues said first-worlders are largely ignorant of.

Social media campaigns are fantastic for promoting awareness, but awareness is completely different from change.

Throwing money at something one doesn't understand does more harm than good. Inundating a society with government-subsidized handouts degrades the general work ethic. Why would an individual get a job when he could stand in line and receive free money instead?

People throw money all the same. The ease of "donating" through the

internet has become a one-click process. There is hardly a difference between making a donation and "liking" a status on Facebook in terms of physical exertion.

"Liking" or some other equally inconsequential action on a social media outlet does nothing outside of providing one with a feeling of moral superiority because the individual's friends have yet to like the "cause."

Unfortunately, words will always retain their power. Words offer the means to meaning, and for those who will listen, the enunciation of truth. And the truth is, there is something very wrong with social activism in today's society.

Prom Dresses

by Cara Dohse
Editorialist

You are inside the boutique. Beautiful dresses surround you all over the store. All sorts of different colors and designs make your head spin with excitement. After trying on dress after dress you find it; your prom dress. It's the dress that fits perfectly and was made for you. It really stinks to only be able to wear it once, doesn't it?

Prom dresses cost a huge amount and for teenagers; money definitely doesn't grow on trees. Some don't have a job or commitment to paying for a dress, because it's difficult to make that money up. With tickets and flowers, the big prom night all adds up to be one very expensive, but memorable prom. It's just never fun to spend so much money at once.

With school trends, dresses are usually different from junior year come senior year. You can't wear the same beautiful dress because there are pictures all over facebook with your dress from junior year. But, it shouldn't matter, your dream dress deserves more than just one night out.

Give that dress a few more dances at your next year's prom. It should never be seen as weird to wear the same dress twice. Besides, years from now no one will remember and it won't even matter.



photo by Luke Whittingham



Relay For Life

by Nicole McKeivitt
Editorials Editor

Cancer has touched the lives of many, whether it was someone you knew had it, survived it, or is still fighting the battle. Someone that I knew lost her battle with cancer, and I honor her memory every year at an amazing event called Relay for Life.

Why I Relay

Sheri Vantholen was my 7th grade math teacher at OQMS. Ms. Vantholen fought hard against ovarian cancer. Not only did she teach me math, but she taught me to never give up and to always have hope no matter how hard things get.

Ms. Vantholen was one of the strongest people I have ever known. When she was going through her agonizing chemotherapy, she still came to school with a huge smile on her face, which inspired me to become a better person. She showed me that having an optimistic attitude can truly help you get through anything.

Junior Tricia Flanagan says that, "Ms. Vantholen was such an up-beat teacher. Even when the cancer was at its worst, she would still come to

school and teach. She still to this day is one of the best math teachers I have ever had."

Junior Greta Zilyte also says that, "Ms. Vantholen was a very supportive person, and I felt like I could talk to her freely about any of my problems. No matter how tough things got for her, she never complained and faced every day with a positive attitude."

On July 5 2008, Sheri Vantholen lost her battle with ovarian cancer.

Every year, I celebrate her amazing spirit at Relay for Life in Lemont. Our team at the Relay is called Team VT to honor Ms. Vantholen's memory.

What is Relay for Life?

Relay for Life is a life-changing, overnight event that helps communities across the globe celebrate the lives of people who have battled cancer, remember loved ones lost, and fight back against the disease.

Each year, more than 3.5 million people in 5,000 communities in the United States, along with additional communities in 20 other countries,

gather to take part in this global spectacle and raise much-needed funds and awareness to save lives from cancer.

In order to stay the entire night and to get a t-shirt, you have to raise \$100. We all hope that these funds can help create a world with more cancer survivors.

What do you do at Relay for Life?

At the Relay, Junior Wendy Mazur says that, "We walk around the track all night long and have booths set up of food and things to buy at each of the teams' sites to raise money for the American Cancer Society. There are also fun games and activities throughout the night."

Junior Stephen Tuscher also says that, "At Relay for Life, all of the teams in the county get together and walk through the nights at the soccer field on Bell Rd. There are times for remembering all of those that cancer has taken from us, and there are also times to celebrate those that survived the battle. It is a fun night that you'll

"I honor her memory every year at an amazing event called Relay for Life."

photo courtesy of Google



continued from page 5
never forget!”

There is also live music from local bands and a DJ that perform all night long. There is Karaoke and other fun games to participate in such as frisbee, bags, face-painting, dancing, family games and activities, and of course walking around the track with your team and other teams.

Not only is Relay for Life about having fun, there is also a time to honor the memories of the ones who have lost their battle with cancer at the Luminaria Ceremony. Luminaria bags and candles are lit around the track with the names of the people who passed from fighting cancer. At the end of the ceremony, candles are placed on the bleachers to spell out the word “Hope,” which inspires us that someday there will be a cure for cancer.

There is also the Fight Back Ceremony that helps close the event. Relayers take a final lap around the track and pledge to take action and spread awareness of cancer research, treatments, and prevention.

Why you should sign up

Flanagan says that, “I participate in relay because I have seen what cancer can do to people and their friends and family. At the relay, I raise money before the actual event. During the event, I try to walk as much as I can so I can attempt to put myself in cancer victims’ shoes. Relay gives these people hope and that’s one of the best things to have during cancer treatments. I think people should sign up for the relay because it helps spread hope that one day, there will be a world with no cancer.”

Junior Moly Finnelly participates in Relay for Life because, “I do not want no one else has to endure the fight against cancer. Other people should sign up because it is a great cause and so much fun!”

Zilyte also says that, “I recommend that everyone should participate in Relay for Life because it is something that you will always cherish because you know that you helped make a difference in curing cancer.”

This year will be my 5th year participating in Relay for Life. I want to participate in Relay in Life every year because not only does it help raise awareness of this terrible disease, but I hope that all the work I do for the event can help give cancer patients hope, and it can help create a world with less cancer and more birthdays.



Pests and Their Pesticides

by Josh Shubert
Editorialist

Anyone who has attempted to grow organic foods knows the simple fact that using pesticides on your garden makes it not organic. Obvious, right? But then, much to your chagrin, you see your ignorant neighbor pumping up his spray tank of Round Up, ready to spray all over your garden, about to foil your organic dreams.

Pesticides, while generally only mildly harmful in low dosages, can cause much more severe effects such as vomiting, diarrhea, dissolved corneas and coma when ingested.

Obviously people aren’t straight-up consuming pesticides, but when sprayed in the proximity of a garden, the wind
“Eventually the entire plant has the pesticide in it.”

spreads the pesticides all over the garden, tainting everything in it.

These pesticides are dissolved in water, and thusly can be absorbed through the root system of plants. Eventually the entire plant has the pesticide in it.

Even worse is that those pesticides don’t just go away when the year is over. They can persist in the soil for many years after. In fact, in order for a farm to be labeled organic by the USDA, it must have had no contact with any pesticide for 3 years prior.

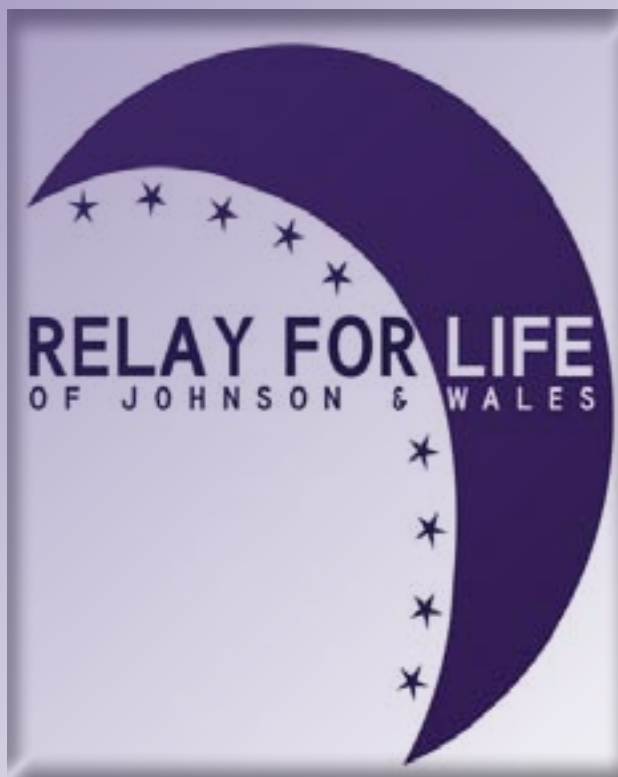
So when you see a neighbor doing the aforementioned very un-neighborly thing of poisoning your food, round-up him and his family and educate them of their foolish ways. They’ll be sure to thank you.

When is Relay For Life?

This year’s Relay is on July 13, starting at 6pm at the Lemont High School Sports Complex on Bell Road and it ends at 6 am the next morning.

How to sign up

To sign up for the Relay for Life event, go to relayforlifelemont.com. Then, sign up by starting a new team or by joining an existing team. Once you are on a team, you will then have your own profile that will help you collect your funds and you can also see how your other teammates are doing too.



photos by Luke Whittingham

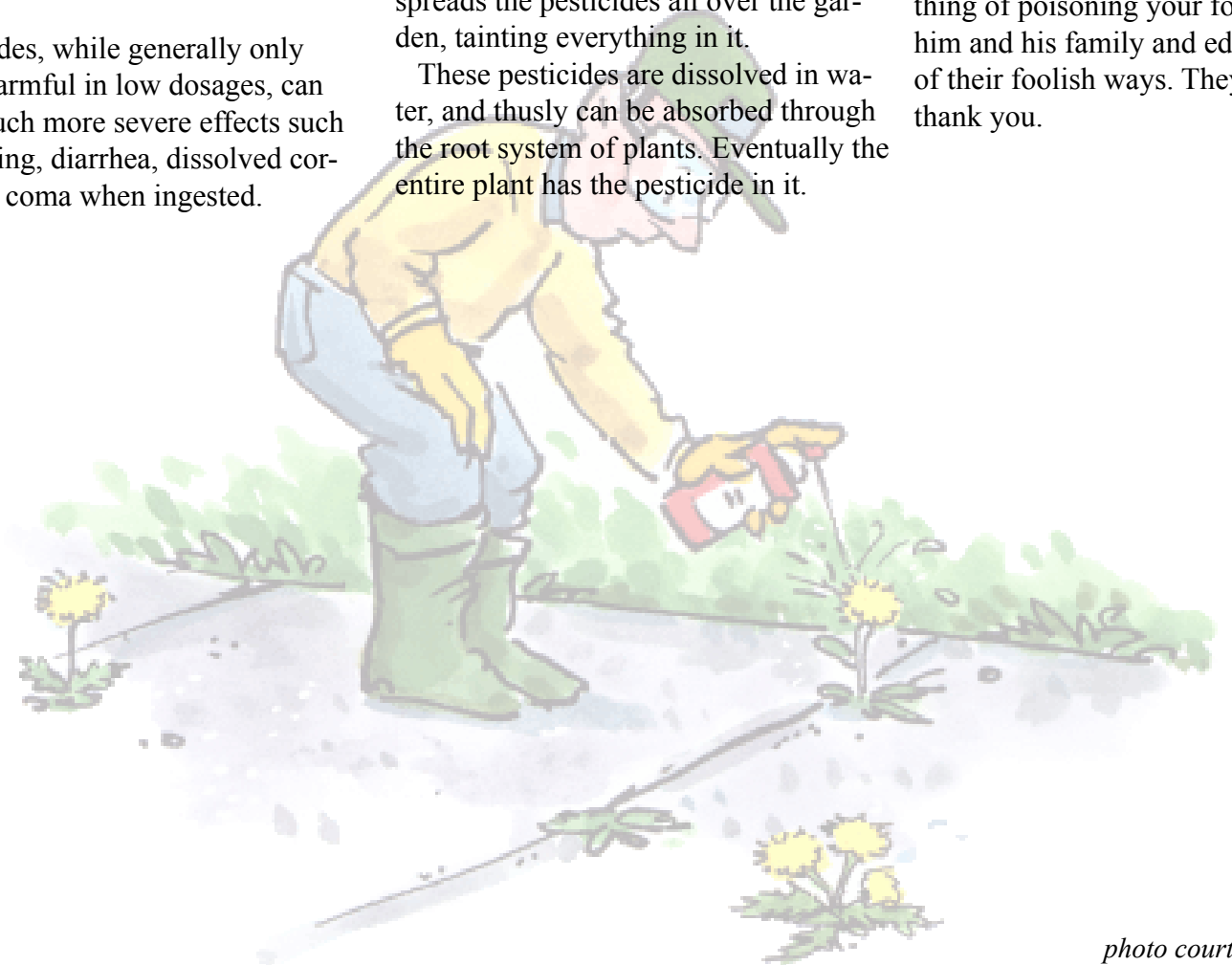


photo courtesy of Google



HUNGRY FOR THE HUNGER GAMES

by Maddy George
Features writer

On March 23, thousands of fans across the world attended the highly anticipated premiere of the hit book series, *The Hunger Games*.

Suzanne Collins, the author of this powerful trilogy, co-wrote the screenplay to be a brilliant representation of the book. One thing is for sure, fans will not be disappointed with the way Collins portrays her dystopian novel onscreen.

The premise of the first book in the trilogy and the one currently featured in theatres is set in a post-apocalyptic world in which Panem, a broken version of North America, is divided into twelve districts.

Every year, the Capitol (Panem's government) hosts "The Hunger Games," an ironic form of punishment for the districts that tried to rebel against the Capitol many years ago. The "games" themselves are brutal, dehumanizing and murderous. The Capitol picks a boy and girl from each district and throws them in an arena to fight to the death.

The rules of the "games" are that only one boy or girl from each district can survive; earning glory and sustenance for their starving district back home.

The main character and "Girl on Fire" is Katniss Everdeen, a sixteen year old who holds the responsibility of taking care of her mother and sister after her father's tragic death. She bravely takes the place of her younger sister in the "games" and is forced to go against everything she believes in to survive.

Katniss is played by the fierce Jennifer Lawrence (*X-Men: First Class*, *Winter's Bone*). Actor Josh Hutcherson (*Bridge to Terabithia*, *The Kids are All Right*) plays opposite Lawrence as Peeta, her opponent and eventual romantic interest.

Other stars in the film include: Liam Hemsworth (*The Last Song*) as her childhood friend, Gale; Lenny Kravitz (Musician and TV Writer) as the innovative District 12 clothing designer; and Woody Harrelson (*Zombieland*,

Friends with Benefits) as Katniss and Peeta's drunken mentor, Haymitch.

Devoted fans and movie-goers alike are sure to enjoy the intense plot, incredible visuals and unbelievably realistic characters.

LHS senior Erin McNeely said, "The movie was great! Even without reading the books, I was able to follow along just like anyone else apart of the phenomenon!"

The Hunger Games is now playing in theatres everywhere. *May the odds be ever in your favor.*



Photo courtesy of Google

APPRECIATION

by Sonia Vavra
Features writer

Appreciation is defined as *the act of estimating the qualities of things and giving them their proper value*. LHS AP Psychology teacher Ann Rafacz shared her definition of appreciation. "Appreciation can be a very individual perspective that has been highly influenced by our families, friends, and communities," said Rafacz.

Teenagers tend to have a different definition of appreciation. Sophomore Gabby Blinstrubaite shared her definition as well. "My personal definition of appreciation is being thankful and grateful for what is already present in my life, and for the things to come," said Blinstrubaite. "I don't know when those moments are going to end. Same goes for people. You never know when those people might leave your life, so you [should] appreciate the time you have with them."

Whether is it toward material items or people, we need to show appreciation. Showing appreciation towards something or someone shows that you recognize a value that object or person has. Rafacz said, "Socio-economics can directly impact how people view when and how appreciation should be displayed. Individuals that survive off very little material possessions and are showered with praise or attention may be far more appreciative that an individual that lives with many to all modern conveniences and is showered with attention and praise." If you do not acknowledge the qualities in people, they lack the feeling that you are thankful for them. They feel taken for granted.

Too often today do many people take what they have for granted, particularly teenagers. As a teen myself, I observe that we become so used to having a roof over our heads, or food on our plates, or someone to take care of us that we hardly even stop to realize how great we have it. Blinstrubaite said, "Right now, I always say I appreciate the majority of things, but then I look back and realize it's all talk. So really, I'm trying my best to appreciate all that I have." Instead of recognizing how much we have, we



Photo courtesy of Google

mope about not having the newest cell phone, or the best concert tickets, or the nicest clothes. "Teens are not alone in the failure to demonstrate appreciation," said Rafacz. "Many groups of people fail to achieve this today, because it seems we don't take the time to 'smell the roses' since we are so focused on ourselves." Both teenagers and adults are always wanting more and more, and better and better.

Particularly, teenagers do not appreciate what they've had their entire life. Family, for example: your family raised you since you were a baby, gave you food, clothes, water and shelter, and you didn't even ask. Not only that, but they also give you gifts on your birthday, holidays, and replace that old cell phone or mp3 player when a better one hits the market.

Teachers: they willingly try their hardest and devote their time to giving you education. Now, education may not be



“Appreciation” continued from page 9

the first thing to come up on your list of things to be grateful for, but think about it. School is almost obligatory, but have you ever considered how lucky you are to be educated? Education is a privilege. Consider this statistic: in the entire world, a total of 114 million children do not get a basic education. Think about that the next time you want to complain about a small homework assignment due the next day.

Ever gone out one day and became bored because nothing seemed interesting? There are never specific ways to learn how to appreciate your surroundings, but it is not that hard. The next time you walk outside, acknowledge the weather. If it’s a nice day, enjoy the fact that there is sunshine and warmth hitting your face. If it’s raining, don’t get discouraged to see cloudy skies; instead, be thankful that you’re alive and able to feel the raindrops hitting your face. Do not be bored with what the day has to offer based on something as unpredictable as the weather.

Life can be a wonderful experience if you simply sit back and appreciate what it has to offer. Author Wayne Dyer stated, “Life is never boring, but some people choose to be bored. Boredom is a choice.” If you walk through life every day waiting to be impressed by others, you are letting yourself down. It is a sad realization, but people will not just walk up to you and make your day special while you sit by waiting and watching it all happen. It will never happen. You have to make yourself happy. You have to enjoy the people and privileges you have, and the opportunities you will make for yourself. When you recognize and appreciate what you have, you will be significantly happier than if you did not appreciate anything at all.

Although it may be difficult to see every wonderful thing we have in life, it is most definitely not impossible. Life will always have its ups and downs, but you might as well enjoy the ride. Without appreciation, everything in life, whether it is

someone you love or a material item, will seemingly lack value in your eyes. “[Appreciation] is important because it keeps us down to earth and in touch with reality,” said Blinstrubait. “In the end, it keeps us sane.”

If we learn how to correctly appreciate what we have in life, we will have the ability to set a good example for future generations. “We must recognize the importance of showing appreciation for anything that is ‘gifted’ to us because of a simple thought behind the gesture,” said Rafacz. “Appreciation needs to be taught and modeled by not only parents but also community role models. Children [and] teens learn by observation.”

Appreciation is a simple yet seemingly complicated method of viewing life. When a happier mindset put to use, a happier feeling will ultimately set in. Being grateful for many aspects of your life is not a crime, so do not feel guilty for doing so.



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Injuries Don't Stop Bulls Winning

by Eric Gruber
Sports writer

Beating one of the best teams in the NBA without their best player and the MVP of the league really made a statement to everybody. The Chicago Bulls took down the Miami Heat with Derrick Rose watching from the sidelines with an injury.

Rose has missed many games this year due to a few injuries to his wrist, back and groin. He also, after a victory over the New York Knicks earlier this season, got in a car accident with his Bentley. “[I’ve] got to be the only superstar in the league that’s going through what I’m going through right now,” said Rose.

You would think that playing without their best player would slow the Bulls down; it did not at all, with the Bulls still having the best record in the NBA.

Rose is averaging just less than 23 points per game even with the array of injuries he has had this season. The MVP of the league is still having a very solid season.

Teacher at Lemont High School and big Bulls fan Mark Hollatz is very impressed by this season so far. “Despite all the injuries, I think it is great that they can rest some of their stars like Rose when they are less than 100 percent because of how deep their team is. Anybody can come in and help this team win games.”

There have been other key injuries throughout the season besides Rose. All-Star Luol Deng has missed a handful of games due to a sprained wrist. Off-season signing Richard Hamilton has also missed most of the season due to injuries.

The bench players have been huge this season for the Bulls because of all the injuries they have had. There have also been guys who played that weren’t



Photo courtesy of Google

expected to play at all at the beginning of the year.

The most talked about player to spark the Bulls this year was third string point guard John Lucas III. In Lucas’s first start of the year he had a career high 25 points to lead the Bulls to a win over the Washington Wizards.

In one of the biggest games of the year it showed that everybody on the team has to be ready to step up when his name is called. “We’re like a brotherhood. When one brother goes down, we have [his] back,” said Lucas.

Most notably Lucas came off the bench against the Miami Heat on March 14 when Rose was out with an injury. He came into the game with an immediate spark and ended up with 24 points on 9-12 shooting from the field.

The Bulls continue to try and push for that first seed in the Eastern Conference with more than half the season over. They have two big matchups left with the Heat which could maybe determine the outcome of the number one seed.



SOX IN TRAINING

by Kurran Buck
Sports writer

Baseball season is on again, and the Chicago White Sox are hard at work to start off the 2012 season strong. With new leadership in new manager Robin Ventura and a team looking to make improvements on their 79-83 2011 season, the Sox are on the path to something better.

Although the Sox have traded away one of their power hitters in Carlos Quentin to San Diego, they still have a solid team. With hitters like Alex Rios, Adam Dunn, and Paul Konerko, the Sox have a dependable lineup that should produce offensively. It comes down to how their pitching rotation performs.

“I believe he [John Danks] will be, he did not have a good year last year with wins and loses but the team did not score many runs for him[in the first place],” said LHS baseball coach Joe Rodeghero. This group lost their ace in pitcher Mark Buerhle to the Miami Marlins, and needs Danks to step up and take this position if they are to move forward. This group has been together for several years and has pitched only moderately well, which needs to change if they are to compete for anything this year or years to come.

Now that there is a second wild-card team that can go into the playoffs, hopefully the Sox are at least striving to achieve this goal for the upcoming season. “Detroit is the class of the division, but if they can win between 80 and 85 games, they will be in the wild card hunt,” said Rodeghero. Obviously, the Sox want to go beyond that, but they are currently in a rebuilding phase after several years of mediocre to average play.

If the players that this team has performs to their capacity the Sox can win the division. They are rebuilding right now, but they still have the tools to go far this season.

As far as this spring training has taken the Sox, they can and should perform better to bring back a fan base that has lost interest in them as of late. Are you ready?

CAN BASEBALL MAKE THE HIT?

by Effie Tounas
Sportswriter

Although off to a rocky start, the Lemont boys’ baseball team still went into Wednesday’s game with confidence. With a record of 0-1, however, they could only hope for the best.

Their loss from previous game against Joliet Catholic Academy (6-1 final) may have caused some first game nerves, but the boys were still prepared to take on Providence. Providence Catholic, though, has been ranked as one and third in state in the young season, which added to the amount of pressure on Lemont.

With two men on first and second, sophomore Mike Papierski bunted the ball to lead senior Kyle Millinowisch to third in the first inning. After senior Tyler Jay had hit a homerun, Millinowisch was able to score. Lemont had only scored in the first inning.

Providence maintained a steady pace and also scored twice in the first inning, with Zak Kutsulis hitting a double.

Still in the lead, Providence scored yet again in the second inning, and a two run single by Kutslis in the fourth; it was not going the way the Lemont boys’ had planned. The game contained a couple of errors, leading to Providence’s victory.

Senior Giovanni Schmitt knew just what the team had to work on in order to improve. “We [the team] have improved hitting wise from the first to second game. However, we still need to do a better job on the field,” Schmitt said.

The game ended with a final score of 1-6, Providence (3-0) with the win. In recent activity, Lemont beat Plainfield South, Plainfield East, Bolingbrook, and also won their second game against Providence. However, they lost to Oak Forest and Minooka, giving Lemont a record of 4-4.

The boys will have their next home game on April 3 against Oak Forest, and their next away game at Evergreen Park on April 5.

Photos courtesy of Google



HEAD, SHOULDERS, MISS THAT FREE THROW

by Ryan Peraino
Sports writer

The Geiko Gecko, Flo from Progressive, Ron Burgandy, Matt Lipowski, Shrek, Woody from Toy Story, Daniel Tosh, Samantha Rohrer, Buddy the Elf, President Obama, Kennedy and Lincoln.

From San Diego St. to Lemont High School, oversized heads are trending throughout the country at basketball games.

An oversized head is a picture someone's face, blown up really large. The oversized head has become a staple to any basketball student section across the nation.

The oversized head was started by a former San Diego State student named Conor Mongan. He came up with the idea while watching the movie Basketball (where they try anything to distract the free throw shooter) and the show Pardon the Interruption (where they use many athletes and celebrities heads on a stick) according to grantland.com.

The first big head Mongan made was Michael Jackson. He said he was trying to think of the creepiest and weirdest thing to distract the free throw shooter. He knew that it worked because the first time he pulled out the Jackson head, the opposing free throw shooter did a double take, began to laugh, and missed the free throw.

The heads gained steam after Tom Crean took the idea and brought it to his student section at Marquette. He had his student union print out heads and place them in the student section. He continued this tradition even after he moved to Indiana.

At Indiana, theft has been an issue with the big heads, so as a result, interns are stationed at the exits to the stadium to make sure that none of the big heads leave the stadium. Who could blame them since these big heads cost about \$75 to make.



Big heads have even made their way into Lemont High School basketball games this year. "We made big heads of the seniors (Joe Obrien, Mike Lambert and Matt Lipowski) to honor them for senior night," said senior Mikey Walus.

The Indians' student section took the oversized head one step further for the playoffs as they printed out a head of Kevin Kozan's (junior guard on Providence) girlfriend and Shrek (the nickname they gave to Providence center Mike Marietti).

Although the Indians lost the game, the students had fun using the oversized heads to get in their opponent's head.

In a sporting world where many athletes have "big heads," student sections across the nation are distracting them with big heads.

Photo by Brittany Glowa