



Sarah Newton News writer

> America is a super power when it comes to sciences and engineering, but has fierce competition from countries like China. Best way to combat that: encourage our youth to be more active in the two fields.

> The World Wide Youth Science & Engineering (WYSE) Academic Challenge at LHS went down to State on Apr.4 to bring home a 12th place win.

This was the first time WYSE has competed as a team in over 5 years. "We were able to have 2 people compete in every category," said Ashley Barajaz, senior co-captain.

Barajaz has competed in WYSE since sophomore year and likes "being around people with the same love of science as [her]."

There are categorizes reaching from engineering design to English and physics. Barajaz, along with other senior co-captain, Morgan Rex, competed in Biology and Chemistry.

Rex said, "My teachers really encouraged me to join [WYSE] and as a bonus it looks really good on college applications."

Come this Fall, Barajaz will be attending Drake University to become a Pharmacist and Rex will be attending Georgia Tech to study Biomedical Engineering.

LHS is thankful to not only be exceptional in athletics, but also in academic challenges like WYSE.



In This Issue

P.3 Fresh Summer Habits

P.4 Hidden in the Rye

P.5 Stop the Silent Suffering

P.8 Somebody You Used to Know

P.9 A Chance To Make Big Impression

P.10 LHS Alumnus Christian Vande Velde

P.11 Summer Olympics

P.12 Bring the Heat

P.13 NFL Mock Draft

P.14 The Heart and Soul of Lemont

Photo courtesy of Google

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of being

by Maribeth Van Hecke Editorials Editor

> As winter comes to an end, it's time to put away the comfort food: the meaty stew, the warm chili and the rich hot chocolate. Spring and summer diets should be lighter, full of energy and easy to digest.

> It's important to eat with the seasons. All year long, it's important to make sure we're following a balanced diet, but take time as the season grows warmer to pay attention to what kinds of foods we're putting in our tummies.

> We want to take advantage of the season's fresh produce. Even though we can get colorful fruits and veggies in the middle of the winter, it is nothing compared to fresh fruit at the beginning of summer. This is the season for local farmers markets and picking your favorite fresh fruit.

Huge meals on hot days are not a good idea. This could mean limiting your portions, cutting down on the high intake of heavy fats or simply increasing your servings of vegetables and fruits from the proud one serving a day.

As it gets bearable outside, take the chance to do more than just running to your car. Don't abandon the muscles you used running circles in your house growing up. Off season on your sport and have little determination? Maybe ask teammates or friends to start a workout sessions. Make it social, and go out for coffee afterwards to make it a perfect reward system.

Of course, lounging around eating junk food all day sounds really wonderful, but, feeling well and accomplished is a more amazing feeling. And we are the only ones who can take care of our own bodies.



Hidden in the Rye



Photo courtesy of Google

by Sam Moffett Features writer

Throughout the English classes in LHS, J.D. Salinger's classic novel, The Catcher in the Rye is slowly being digested by the student body. Some students (including myself) say it was an uncomfortable and lethargic read, the narrator's pessimism getting aggravating as the story progressed. But through that thick haze of profanity and alienation, a gemstone of golden literature is hidden between the rye, waiting to be discovered by readers.

Let's think for a moment about literature in the 1950's: novels such as Prince Caspian and I, Robot were out and published, taking readers into fantasy worlds full of technology and talking lions. Nobody ever really wrote novels about teenage angst and real adolescent problems.

J.D. Salinger's novel dealt with the inner mind of a rebellious teenager travelling down the difficult road of self-discovery and sexual exploration.

Catcher in the Rye needs to be put in perspective; you need to slip into the shoes of Holden Caulfield in order to figure out what makes him the way he really is. That's the only way students can really grasp the concept of what is deemed to be a classic in American literature.



Why the hatred? Why the hurt? Why has society stooped to an all new low to put people down, mainly teens. High School can cause stress on any teenager, but what happens if you add a bully to the picture? It can be stressful to a student and hurt their mental stability. Frequent suicides are caused by bullying. LHS has taken certain actions for bullying/harassment, but is it enough? With the end of anti-bullying week, students and faculty should be more aware of the movement than ever.

What is bullying?

According to stopbullying.gov, "bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose."



Different types of bullying include verbal, physical, indirect, social alienation, intimidation and cyber bullying. A way to describe verbal bullying is your basic name calling and offensive remarks towards a person's religion, gender, ethnicity, socioeconomic status, sexuality or the

way he or she looks. The article also states that 46.5% of all bullying in schools is the verbal type.

Physical bullying includes any physical contact that can hurt or injure a person such as hitting, kicking, punching, etc. Destroying someone's physical property is considered physical bullying also. In elementary and middle schools, 30.5% of all bullying is physical.

Indirect bullying can be one of the most damaging forms of bullying. Indirect bullying includes spreading rumors or stories about someone, telling others about something that was supposed to be told in private and excluding others from groups. Indirect bullying accounts for 18.5% of all bullying.

Social alienation is similar to indirect bullying but has a few differences. It is a type of bullying when a bully excludes someone from a group on purpose. This also includes pointing out someone because of his or her differences or spreading rumors.

Intimidation can be the most dangerous type of bullying to teens. This type of bullying is when a bully threatens or frightens another person in order to do what he or she wants. The intimidation can be physical or verbal.

See page 6



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The last form of bullying is cyber bullying. Cyber bullying is done through media including computer, cell phone or any electronic media. This is sending messages, pictures or information that another person does not want to be seen. but this is not the only form of cyber bullying. According to a survey done in 2003 only 4% of bullying is listed as "other types" and this would include cyber bullying. Although cyber bullying is under the lowest percentage of types of bullying, it is the fastest growing type.

LHS Officer Dan Dykshorn states, "I've seen a dramatic increase in cyber bullying. For example, Facebook and Twitter. It has increased because it's easier than bullying someone in person."

How can it be prevented?

Bullying can be stopped. With a little care and effort, the silent will slowly come to an end. Sophomore Ashley Haras said, "Students need to stop gossiping. Also we need to be informed and the word of bullying out there." So little students don't think of bullying and harassment as a big deal but it hurts. Bullying can threaten students' physical and emotional state. Schools around the United States need take initiative and hold interventions/rallies, but there are things that teens themselves can do to prevent it: respect everyone, stand up for others and get involved Freshmen Gaby Laurel adds, "Students need to stop gossiping." Gossiping can be considered bullying. The spread of information that teens don't want to hear can hurt others. Students need to realize the severity of this problem. Bullying needs to be noticed. Suicide

The start of high school seemed to be okay for Jamey Rodemeyer. Although he was being taunted for his sexual orientation, Jamey put on a strong face for his friends and family and dealt with it. His parents wish he didn't put on a different face because Jamey was found dead outside of his house Sept. 18, 2011.

Jamey committed suicide due to constant bullying and

harassment. Just over a week before his death he wrote on his Tumblr account, "No one in my school cares about preventing suicide, while you're the ones calling me [gay slur] and tearing me down," he wrote on Sept. 8. The next day he said: "I always say how bullied I am, but no one listens...What do I have to do so people will listen to me?"

Jamey also received hate on Formspring, a question answer social networking website.). He had comments like 'JAMIE IS STUPID, GAY, FAT ANND UGLY. HE MUST DIE!'. Another read: 'I wouldn't care if you died. No one would. So just do it :) It would make everyone WAY happier!'

Despite his numerous cries for help online, the friends and family around him had no idea the pain he was going through.

low can teens deal with it?

Do not leave the issue alone. It is important to talk to someone. Freshman Megan Kaminski said, "If you have a good friend, talk to them and they will help you get through it. Also, talk to a parent and your parent should help with the issue as much as he or she can. The best thing to do is tell a trusted adult. Whether it's a parent, teacher, counselor or friend, they will be there for you. You are not alone.



Starting recently, the deans at LHS have made the zero tolerance policy. Some recognize this as a change, but is it? Previously responding, Ashley Haras adds, "I don't think it is enforced enough. More discipline should be

taken." There have been many cases of bullying/harassment going on at the school but little action was taken. Is a detention really enough to stop a bully? How about a suspension? Not only LHS, but other schools need to take immediate action on harassment. Interventions and harsher punishment is idolized.

What can society do as a whole to stop it?

As a society, bullying is not on the top of the totem pole. Not everyone recognizes it as an issue. Students, adults, friends and family need to step up and make a difference.

Laurel said, "People say they won't judge anyone but they really do. That's how people have grown up with. It's extremely sad," and that's the truth.

As a society, it's natural to judge someone, but is it natural to speak it out loud and make an innocent person feel horrible about his or herself?

Dean's secretary Kathie Vabalaitis sees bullying issues all the time. She adds, "Change starts at home. Kids do what they see at home. Bullying when we were kids was not what it was like now. Social networking needs to be modified. Parents need to take an active role in their child's life."

Students and staff have to come together to make the issue clear. The Gay-Straight Alliance club is hosting anti-bullying week Apr. 16-19.

Social worker Joan Browning adds, "At school, we have formed clubs like GSA. Deans are active. If they are aware, they take immediate action. Students also need to be more forthcoming, but it would be best if kids saw it happening and stopped it.

Take Action

According to the National Education Association, it is estimated that 160,000 children miss school every day due to fear of attack or intimidation by other students. Every single student in the United States should have the right to feel safe in his or her own school. No student should feel threatened.

Now it's your turn. Sign the petition to change society and make a change at http://www.pacerteensagainstbullying.org. Bullying and harassment can change a person's life greatly and may lead to depression and even death.

Let's take it seriously and stop the silent suffering.



Photo courtesy of Google



by Sam Moffett Features writer

Anger was the only thing she felt. Detective Crowe slid a cup of coffee across the table towards her, but she continued to glare at him in silence until she could keep it back no longer.

"Explain to me what's going on." She growled as she picked up the coffee cup. She was supposed to meet Charles, her fiancé, at the Union Station an hour ago. Detective Crowe sighed as he lit a cigarette.

He replied, "Charles is being kept at his military base for his own protection."

Serena became furious. "Protection from what?! You can't just force him to-"

"We found Sonny's body in ravine by the forest preserve." Silence fell over the room. Serena's eyes grew wide. Sonny Parker had been missing for two months. Her apartment was found empty on dreary day and no trace evidence was left behind. It was like she just vanished into thin air. But now...

"How did she die?" Serena whispered.

"The coroner said the she died recently, maybe two days ago, from strangulation. There was a small tent found by the body, so we believe that the killer and her staked out there while he tortured her. This was also found next to body." He slid a piece of paper over to Serena and she shakily picked it up. Tears began to pour down her face when she opened the envelope.

The letter slipped from her hands and onto the floor, the neatly written words "The death of a beautiful woman, is unquestionably the most poetical topic in the world" large and bolded. Serena fell out of her seat and to the floor, shaking uncontrollably. Crowe jumped up to aid her.

"My God, Serena what's wrong?" He held her as she screamed into his shoulder.



"He's back!" She sobs.

"Who's back?" Crowe asks as he tried to calm down the hysterical woman.

Serena sniffles, "That handwriting, the poetry...it's all coming back now." She looks up at the baffled detective and begins to explain. "Years ago when Sonny and I lived together downtown, we started getting these letters. The guy was sending us all these love notes, excerpts of poetry from Poe and Shelley. He would give us roses too. We could never figure out who it was, we never saw that kind of fancy handwriting before. We thought the notes were sweet and didn't really think that they would cause so much damage.

You see, when I my sister and I began dating, his notes became really creepy. He send excerpts of poetry that were all angry sounding and how we were tearing him apart. He wrote to us once that we were his and no one else's. Sonny and I began to notice a man following us around town; he was all crooked looking with a bad limp and long black trench coat. One night while we were sleeping he broke into our house and took us away to some sort of abandoned house. He had some sort of mask on and he was doing all of these...horrible things to us." Serena shuddered. "He ran away before the cops came. We moved to another part of town and stayed with our grandfather."

Serena sighed. "I was put in therapy for a while until I was finally able to shove it all out of my mind. But now he's back and I'm next. I know that for sure."

The two sat there on the floor in silence, her story sinking in. Detective Crowe was at a loss for words. He had never been informed on this...it had to have happened before he arrived at the department.

He was about to say something inane when his partner David Ross burst into the interrogation room.

"Crowe, we got another letter from the killer!"



A CHANCE TO MAKE A BIG IMPRESSION

Paul Grossi Sports writer

The boys tennis team may have a great showing at state this season. Under head coach Jon DeGuzman, the tennis team through about one month of play is undefeated. The team has one of the toughest conferences in the state but it doesn't let that get in the way of winning.

Tennis is largely an individual sport, and the goal this season is to get all the players on the team to play in state. The success this season and the chance of having more state players is better than previous years. Last year, the team won conference, along with sectionals, but only had one state player make it to state, senior Jonathan Pacheco.

New players this season were added to DeGuzman's lineup, including freshman Nick Urban, who is one of the young stars on the team. The Tom Tom had the chance to interview Urban about the season.

Tom Tom- How has it been playing on the tennis team for the first year? Urban- It's been a new experience and a lot of fun at the same time. It's fun to be on a team with a bunch of guys that have embraced the freshmen on the team as much as they have, and I'm grateful for that.

TT – What is it like knowing you are a top player on the team? Urban-I'm very excited about it! I'm looking forward to what I and the rest of the team are going to do at conference, sectionals, state, etc.

TT- What have you done in previous years to make yourself a good tennis player? Urban- The rest of my family plays tennis, so I have been around tennis pretty much since birth. My parents have been very supportive and have paid for lessons, tournaments, etc. for a long time now. Urban is undefeated in single matches this season, while Pacheco is undefeated in doubles with junior partner Alex Va-

sic.

There is still much of the season left, but players on the team strongly believe that there will be a lot of players going to state. It is going to be tough, but if you want to see how well the tennis team is doing, come to the next match on Apr. 17 at 4:30 against Eisenhower.



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!

[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.



many great personal and team achievements: he has been a part of winning teams of the Tour de France, he finished fifth and ninth in the 2008 and 2009 Tour de France, respectively, and has had numerous wins in other races. However, one of his greatest experiences was being able to represent the United States in the 2008 Beijing Olympics, where he finished 17th in the road race. The Tom-Tom had a chance to hear from him about his cycling career and his experience at the Olympics.

Tom-Tom: What got you into cycling and what makes you as good as you are today?

Christian Vande Velde: My father was an Olympic cyclist in the 1968 and 1972 Olympics. He then tried his hand pro for a little while in Europe. So I followed in his footsteps. I have always liked cycling since I was a kid. I like pushing my body farther than I thought was possible and I don't mind sacrificing a lot to do so. My goal when I was younger was to go to the Olympics and then when I got a bit older it was the Tour de France.

TT: How was racing in the Olympics different than other races?

VDV: Every other race I am paid to represent my sponsors, it is strictly business meets sport. However the Olympics still has that atmosphere of peace ... it is more fun and a bit more low key especially after the Tour de France. But don't be mislead, I would die one million deaths for an Olympic medal.

TT: How does it feel to represent your country on the world's biggest stage?

VDV: I appreciate the amazing journey it takes to be selected to represent your country in the games. Wearing your USA clothing and mixing up amongst the fittest people on the planet is a great honor and something that I will never forget.

TT: What advice can you give a kid with dreams of being in the Olympics? **VDV:** Follow your dreams and make sure that you are working harder than anyone you know. I always tried to educate myself in my sport as much as possible off the bike and then pushed myself as hard as possible while on it.

TT: Did you play any other sports as a kid or at LHS?

VDV: I did play other sports in High School. I wrestled my freshman and sophomore year more or less to get stronger for cycling, I played golf and I ran cross country for half a season. Both wrestling and cross country I used for training for cycling, so looking back I was pretty sure I was going to be a cyclist at a young age.



Christian Vande Velde

Photo courtesy of Google



Many are looking forward to this year's Olympics which officially open in London on July 27, although women's soccer begins two days earlier. Some of the top athletes from the last Games will be returning this year to represent their country and achieve the ultimate task and glory of winning a gold medal.

Over one billion people watched the Opening Ceremony of the 2008 Beijing Games and the London organizers are hoping to expand the global audience even further. The ceremony parade will feature over 10,000 athletes from more than 200 nations and promises to be a grand spectacle as always.

In 2008, the US had the highest medal count of all nations with a total of 110, beating host country China by 10 medals. The US has dominated in recent Olympics, having the highest total medal count the last four Games. That streak could likely continue as Team USA looks strong once again.

Many of Team USA's top athletes from 2008 are returning, including swimmers Michael Phelps and Ryan Lochte, gymnast Nastia Lukin, and soccer goalkeeper Hope Solo. There are also many notable athletes making their first Olympic appearance, as well as the hundreds of others who compete in the less followed sports such as modern pentathlon and sailing. However, all are important in representing their country and trying to earn a medal.

Many athletes from around the area will be competing in the games this year. The Chicago Bulls alone will likely have four team members compete in basketball. Derrick Rose will be in his first Olympics for Team USA, while Luol Deng is intent on representing the country he grew up in, Great Britain, although he is suffering from a torn wrist ligament that requires surgery. Joakim Noah will represent France and Omer Asik will try to help his native Turkey get a bid in the tournament.

Phelps is returning to his third Summer Olympics after winning a record eight medals at Beijing, which broke the 1972 record of American swimmer Mark Spitz. He and Lochte compose part of a very strong USA swim team that will contend for multiple gold medals once again.

Liukin highlights a strong gymnastics team after winning gold in the all-around competition in Beijing. She and other returning members will look to bring in a lot of medals for the US. Solo is making her second Olympics appearance, but her first since becoming an overnight celebrity from leading the US women's team to the finals in last year's World Cup. The importance of the Olympics can not be overlooked. The Games, both Summer and Winter, bring nations together in rooting for a common cause and provide a shared global experience. This is more true for the Summer Games because

it includes more nations, more athletes and more events.

The Olympics bring the whole world together through peaceful competition and give us a chance to relax and take a break from the conflicts and hardships so often in the news. Due to the huge global audience, the Olympics are also many times used to make grand statements and bring attention to certain issues.

One of the greatest Olympic stories is that of track and field athlete Jesse Owens, who came into the 1936 Berlin Olympics facing much criticism and displeasure from Adolf Hitler, who wanted to showcase his Aryan athletes. Owens won four gold medals and gained international attention as one of the first successful black athletes.

There are many more accounts of spectacular Olympic feats and accomplishments, and the Games continue to be the single greatest sporting event the world has to offer. They provide unity nationally and internationally like no other event and are more watched than any other event. The London Olympics should not disappoint and will surely be as exciting as ever.



by Tom Folliard Sports writer

Atop the Eastern Conference is exactly where fans thought the Chicago Bulls would be from day one of the regular season. Nobody, however, thought they could do it without their reigning MVP, Derrick Rose.

Rose has missed 24 games now, more than the other three years of his career combined. That is not even the best part of the story. Rose's backups, John Lucas III and CJ Watson, are taking control of every game and each time it is stunning.

With Rose in the lineup, they average a total of seven minutes played per game. The games Rose has missed, they average over thirty minutes a game. These unlikely heroes control the tempo and speed of a game as if they were fifteen year veterans.

The biggest question heading into the playoffs is whether or not Rose will be physically and mentally ready for the playoffs. His dribbling skills, although still superb, are a bit rusty, as we saw in the eight turnover performance against the New York Knicks on Apr. 7.

With only two games left, the Bulls control their own destiny in the quest for the number one seed. The sad part is this might actually be a bad thing. With three teams fighting for the final two spots in the Eastern Conference, the Knicks are looking like the team who will come away with the eight seed.

This star-studded Knicks lineup can go off on any night. They have threats from every position and it only takes one person to get hot for the whole team to feel the rhythm, but the Bulls edged out the Knicks during the regular season with a 3-1 record against them.

On Apr. 12, the Bulls silenced all of the haters who doubted what they could do without their superstar, Rose. They beat the Miami Heat 96-88 with only two points from Rose. This is the exact confidence and swagger the Bulls players need heading into the playoffs.

Without Rose, a championship may be a difficult task, but the depth of the Bulls bench is ready to make it happen. "Without [Rose] the team has a different identity. Sometimes it can be good, but sometimes is can be bad. The Bulls need a combination of both to really make an impact in the playoffs," said senior Mike Lambert.

No matter how much talk goes on about how the Bulls and Heat will meet in the conference finals, we will not know what to expect until the first playoff game tips off Apr. 28.



Sports writer

best of the best fight for a chance to be selected by one of 32 teams.

hit rock bottom with their picks and they never meet their true potential as NFL players.

above all else, and another is motivated to prove everyone wrong and show that he should have been the first pick.

pick in the draft respectively. However, is it a blessing or a curse to receive one of the first two picks?

pearances.

Charles Rogers.

after being considered one of the biggest draft busts in NFL history.

April of this year according to MercuryNews.com.

off-the-field troubles. NFL general managers must be smarter with their draft picks.

- A future NFL star's career begins here the stage of all stages for a graduating college football player. Here, the
- The NFL Draft is truly a game of thrones. NFL general managers all around the country make draft strategies for their teams. Some teams triumph in the draft and strike gold with their selections of different players. Others
- The pure excitement comes in about the first ten minutes of the draft. In those ten minutes, one player triumphs
- Each year the last team and second-to-last team in the standings the previous season gets the first and second The last ten number one picks of the NFL Draft (SEE Table 1) have accumulatively 11 Pro Bowl appearances. On the other hand, the last ten number two overall selections in the NFL Draft have 12 Pro Bowl appearances among them. Chicago Bears defensive end Julius Peppers has the most Pro Bowl appearances (7) among the number two picks while Miami Dolphins tackle Jake Long leads the number one pick group with 4 Pro Bowl ap-
- On the contrary, among the 20 players mentioned in Table 1, two players are no longer even in the NFL. Those two players include former Oakland Raiders quarterback JaMarcus Russell and former Detroit Lions receiver
- Russell was a college football standout at LSU before he was the number one draft choice by the Raiders in 2007, and he was subsequently released by the team three years later in May of 2010 according to ESPN.com
- Rogers was the second overall draft selection in 2003. Rogers missed 32 of his first 36 games as a professional football player. He suffered two broken collarbones in his two first seasons and was suspended four games in 2005 for a third violation of the NFL's substance abuse policy. The Lions released the wide receiver in 2006 after newly appointed head coach Rod Marinelli was "unimpressed with Rogers' work ethic" according to ESPN.com. Both Russell and Rogers had run-ins with the law over drug use. Authorities charged Russell with possession of codeine syrup in 2010, and Rogers faced five separate misdemeanor charges including marijuana possession in
- The solution for NFL teams is clear. If a team has a high draft pick, they should not waste it on a player with



THE HEART AND SOUL of Lemont

by Ian Stratta Sports writer

Just four years ago a Lemont high school offensive lineman was dominating state competition. This Lemont high school football player was David Molk.

Molk, a Lemont native, played football for our own Indians and the Michigan Wolverines collegiately. Molk declared for the NFL draft after he graduated from Michigan this past year.

The NFL invited Molk to its annual rookie scouting combine, at which Molk led all offensive lineman in repetitions in the bench press with 41 reps. The scouting combine record for reps on the bench press is 51 set by Justin Ernest in 1999.

ESPN Scouts Inc. rates Molk as the third best center prospect in the draft behind only Wisconsin's Peter Konz and Georgia's Ben Jones.

Molk's LHS head football coach Eric Michaelsen commented, "We are very proud of Dave [Molk] and what he's accomplished. We're very hopeful that he'll get a chance to follow his dreams in the NFL."

Molk is not the only Lemont native to declare for the NFL draft this year. Stanford tight end Coby Fleener, who was born and raised in Lemont and played football at Joliet Catholic Academy, is rated the number one tight end prospect in the draft by ESPN Scouts Inc.

(DE)

Year	1 st Pick	2 nd Pick
2011 (OLD)	Cam Newton (QB)	Von Miller
(OLB)		
2010	Sam Bradford (QB)	Ndamukong
Suh (DT)		
2009	Matthew Stafford (QB)	Jason Smith
(OT)		
2008	Jake Long (OT)	Chris Long
(DE)		
2007	JaMarcus Russell (QB)	Calvin John-
son (WR)		
2006	Mario Williams (DE)	Reggie Bush
(RB)		
2005	Alex Smith (QB)	Ronnie Brown
(RB)		
2004	Eli Manning (QB)	Robert Gal-
lery (OG)		
2003	Carson Palmer (QB)	Charles Rog-
ers (WR)		
2002 (DE)	David Carr (QB)	Julius Peppers