LEMONT HIGH SCHOOL 800 Porter Street Lemont IL, 60439 ISSUE 7 OC-Tober 24

College Application Assistance

by Carly Tucker News writer

Applying for college can be a long and stressful process, but the guidance counselors at LHS are here to help.

Every Wednesday during October the counselors will be available in computer lab N106 to assist students with their applications.

With many application deadlines around the corner, it's important that every college-hopeful student has his or her priorities in line. Whether students have started their applications or not, the counselors will help set them on the right path and answer any questions they may have. Guidance counselor Joan Sheesley said "The counselors guarantee one on one time with students to make sure they are confident and ready to submit their college applications."

Deadlines for early decision and early action to schools are both in November and it is crucial that those applications are reviewed perfected and ready to be submitted. The January deadline for students applying regular decision is not too far off. Getting those applications done will make the rest of first semester a lot less stressful and will allow for more time to get teacher critiques.

Not only are the guidance counselors available, but asking Lemont High School's English teachers and the Writing Center staff to help with essays are other available options. Writing Center teacher Patty Melei encourages students to visit the Writing Center by saying "It's important to get as many eyes to look at a paper. The essay can be a deal breaker for applicants." The teachers at Lemont High School are happy to help and are here to offer their assistance. Melei also stated, "It can be life changing to empower a student to think more critically; it's a true and long lasting power".

Whether it's trouble getting started, the need for answers to certain questions or help with simply hitting the submit button, the guidance counselors, as well as LHS teachers, are available for all.

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by Jordan Gembara Editorialist

A patriotic Captain America, an adorable Tinkerbell, and a four foot tall Pikachu. Not the typical crowd seen on the streets. So when would a person ever spot all of those characters all at once?

On Halloween night, of course.

October 31 is the time children of all ages are able to dress up as their favorite characters. Not only do they get to wear exciting capes and masks, but adults are required to give them free candy. All day long kids will be seen dashing around as they shout "Trick or Treat!" and try to collect the yummy treats they crave so badly. But kids are not the only ones out on this night. Teens also walk the streets, all dressed up just as dramatically as the children. Many people love Halloween and

enjoy embracing their inner-child one night a year.

However, some people argue only kids should be allowed to go trick-or-treating. Some claim teenagers dress too inappropriately for children's eyes. Others argue the actions of the teens are far too improper. But some people think teenagers are just too old to dress up like little kids do.

Senior Gina Koziel is one of many who feel negatively about teen trick-or-treaters. "I think it should be only for little kids," said Koziel. "Whenever older kids come to my house I just feel awkward giving them candy." Teens aren't little anymore-they shouldn't be copying the antics of children and dressing up to go get candy.

One big complaint is of the actions of the older individuals. Those innocent bowls reading, "Take one, please!" are perfect targets for the rowdy teens who don't like to follow the rules. Others enjoy bullying little kids, or using profanity while talking amongst friends. Younger children shouldn't be exposed to such behavior.

Some people consider the costumes to be the bigger issue. While kids appear cute and innocent, teens break out the bloody, inappropriate outfits.

"[Halloween] is an excuse to dress a certain way and get away with it," said Koziel. Girls especially push the limits with their revealing clothes, using the holiday as an excuse to avoid scolding.

But to some, Halloween isn't something people abuse; it's a time of fun for all. Se-There are those teenagers who simply love the holiday. They love dressing up in

nior Kayley Bogdan feels that Halloween "is for everyone." This holiday shouldn't be limited to an age group—anyone should be able to join in if they so choose. creative costumes and enjoy showing them off while collecting their sweets. They don't misbehave around the children and they don't wear scandalous outfits. They merely enjoy the night.

"[It's] a holiday," said Bogdan. "Everyone should be able to partake in it." Whether the teen chooses to stay in and pass out candy to the little kids or join in on the fun and dress up, Halloween is still a wonderful holiday celebrated across the country each year by people of all ages.





Photo courtesy of Google





Mackenzie O'Shea Editorialist

At first glance, downtown Lemont seems bare and somewhat deserted when compared to other local towns such as Downers Grove, Hinsdale, and LaGrange. These are just a few examples of neighboring downtown areas that have a lot to offer.

Decades ago the downtown area of Lemont was once the center of town. It was a place that offered a grocery store, a pharmacy, and a wide variety of shops. Lemont is known to be one of the oldest American communities in northeastern Illinois. However, in today's setting the downtown area is lacking what it used to offer.

Faculty member Kathy Young said, "I think the town of Lemont is really trying to have an appealing downtown area. I do like being able to walk from place to place, but I am sad seeing the empty buildings that have such character." As time goes on new places seem to open up such as Front Street Cantina, and MindFlow Café being the newest edition. But the problem seems to be that it's hard for these small businesses and restaurants to stay open.

When driving through other areas such as Downers Grove for example one tends to see more cars and people walking around. This may be because this downtown is located in a busier part of Downers Grove, or in a way people are forced to travel through the downtown area to get to the other side of the town. Guidance counselor Eric Michaelsen said, "When I grew up in Lemont, the big bridge was not there. All traffic came into Lemont from 155 via a 2 lane bridge that entered Lemont into Stephen Street." With the addition of the bridge, not many people are forced to drive through downtown Lemont.

With the Lemont train schedules only accommodating the weekday commuters, it leaves no opportunity to those looking for another alternative to driving into the city on the weekends. Commuters are forced to either pick a different station to depart from or consider driving. Young also said, "The train schedule of Downers encourages people in their downtown throughout the day. During the summer if the kids want to take the train downtown to Chicago, they go to Downers downtown."

In Hinsdale there is a Corner Bakery Cafe, and in LaGrange on one street corner there is Panera Bread. Junior Rebecca Peraino said, "I think adding more restaurants and shops would be a good addition to downtown Lemont." Maybe by adding a franchise or a chain restaurant to the downtown area it can draw more people into this part of town along with the other businesses already established there.

Michaelsen said, "Lemont has a great deal of potential – beautiful location and a town with great people – with those assets, downtown Lemont can continue to thrive and develop." With Lemont being a smaller town it should be used to our advantage. Adding to the already existing shops and restaurants could help bring the community together while supporting small businesses at the same time.

Photo courtesy of Google

### Oh, You Know About Politics?

by Laura Harding Head Editor

As the Presidential election argues to the nd, both students able to vote and those who can't are busy pouring cement over heir opinions, determined to support one andidate or the other until the very end. Students from each grade completed a arvey regarding their political beliefs to se as data for the mock election on Nov. Some results were contradictory; several tudents said they would vote in favor of one candidate, but their positions on certain sues were more closely related to the pposing candidate's.

Nearly a quarter of each grade chose an indecided option, accepting their lack of nformation on the election. Others paid little attention to the values each candidate stood for; rather, they focused on the party ach was supported by.

Of course, it's easy to hop on the blue r red bandwagon with adult opinions nfluencing students' views. Strictly epublican or democratic parents are quick o sway the beliefs of their children, simply with election-talk at the dinner table or in ne car.

Some closely follow the details of the lection while others regurgitate political anter they hear on the radio and television. They toss around words like "Affordable" Care Act," "national debt" and "taxes" ike political hot-potatoes, unaware of the neaning behind them.

Teen involvement in the election is incouraged, but *educated* teen involvement in the election is preferred. If a position must be taken, make it an informed and supportable one, not the one of parents or ox News.

#### Dear LHS Tom-Tom.

Overall, my experience at LHS has been a positive and satisfying one thus far. I haven't had too much to complain about which could be considered odd by some people because, as we all know, high school students love to complain about various things. It would be extremely difficult to walk throughout the hallways of LHS without hearing at least one complaint about homework, teachers, etc. My reason for writing this letter is not to complain about something at LHS. Instead, my reason is to express one of my ideas for a change at my high school. The topic that I would like to see changed at Lemont is not a topic that students at LHS complain about whatsoever. In fact, it is an aspect of our high school that students often glorify and speak of in high praise. This aspect that I am referring to is the beloved PLC Wednesday. I want to make it clear that I, like most students at Lemont High School, love PLC Wednesdays. But why DO students at LHS love PLC Wednesdays? Because PLC is a late-start of course! It provides a little extra time for students to sleep in once a week. Even though sleeping is, in fact, one of the main hobbies of most teens, I believe the PLC system should be tweaked. The first Wednesday of every month, a late-start PLC day should be replaced with an early-release PLC day. Instead of starting the school day 40 minutes later, why not end the school day 40 minutes earlier? This would benefit every student at LHS because, although it may not seem like much, those 40 extra minutes of the day after being released from school could be very useful. There would be 40 extra minutes for students to get home and get their homework started. There would be 40 extra minutes for students to work on projects after school with other students. There would be 40 extra minutes for students to enjoy a beautiful day in between the school day and after school activities. I believe that most students at LHS would be willing to give up one day a month of sleeping in an extra 40 minutes or so for an early release. The possibilities that await the students of LHS after this slight tweaking to the PLC system are endless. As you can see, I refer to this idea as a tweak to the system instead of a change to the system. My reasoning for this is that I do not believe my idea requires a complete change. This is why I believe that it would be fairly simple to make my idea possible. An early release instead of a late start once a month. Could it happen? Most students would agree with me when I say that it can happen and it very well should happen.

Sincerely

Jake Terrazas Class of 2014



by Lauren Kowalczyk Features writer

Get ready to break out your gym clothes, get your tan on, and do some laundry. The final season of MTV's popular TV show Jersey Shore premiered just a few weeks ago.

Jersey Shore's first season aired on MTV on December 3, 2009. The show was an instant hit, fist-pumping its way onto guilty pleasure lists across America, winning over millions of viewers.

Throughout the years, the popular guidos and guidettes became well known and the hot topic as each season came out. But has the show still racked in as many viewers as the first season?

As the final season of Jersey Shore starts out there have been a lot of changes. Not only is Nicole Polizzi a.k.a "Snooki" a new mom, but Michael Sorrentino also known as "The Situation" finished rehab to overcome his anger, drug abuse and drinking problems. Yet, the Jersey Shore cast still is determined to party on.

A lot of people have high expectations of what is to come seeing as this is the final season. So what drama, break ups and fights are there to come this season?

Junior Rachel Papiernik predicts, Snooki to be a little more civil and not go out as much as she did before. She said she expects Mike to not have such a bad temper and get on everyone's nerves as much, considering the fact that he was the instigator in previous seasons.

On the other hand, while many students tune in to catch the latest news, there are still those that aren't so fond of the fist pumping, drama-filled and party-packed show. Junior Nick Ciofalo said, "I lose brain cells just thinking about that show."

There are Jersey Shore fanatics, and those that just watch it because it's on, like Freshmen Andrea Gory. She said, "It's entertaining, but not the best show. I just watch it when there is nothing else on."

As the new season kicks off there are tons of surprises waiting as each episode airs every Thursday. You never know what to expect from the crazy cast. So get ready for the first of many lasts as the Jersey Shore final season gets started.





than a luxury. On average, junior Ryan Luzzo sleeps about five hours a night. "I don't really know if I lose focus because I've become accustomed to being sleep deprived. Plus, if I really start to lose focus, I can depend on coffee to give me that extra kick," said Luzzo.

According to the Journal of Adolescent Health, Ryan is not the only one getting five hours of sleep. About 10 percent of students get just that amount and 23 percent only receive an hour more.

Cornell University psychologist James B. Maas, PhD, one of the nation's leading sleeps experts, states that teaching a room full of sleep deprived people is pointless."You can be giving the most stimulating, interesting lectures to sleep-deprived kids early in the morning or right after lunch, when they're at their sleepiest, and the overwhelming drive to sleep replaces any chance of alertness, cognition, memory or understanding," he says.

However, there are a select amount of students who still value their z's. Junior Sara Van Hecke makes sure that her average of 8 hours of sleep is met every night. The same goes for junior Anne Marie Alwan. "My sleep is more important than stressing over schoolwork. Even those extra ten minutes in the morning make all the difference," she says.

Social studies teacher, Michael Pryor recommends turning off all electronics at least two hours before trying to go to sleep. "Recent studies show that the lights reflected off a computer screen or phone has the tendency to keep our brains active while our bodies are trying to rest."

So how does one avoid this epidemic? Procrastination is one thing that can be eliminated. Finishing all the schoolwork necessary ahead of time can earn some extra hours of sleep that are well needed. Don't delay; sleep today! Or tonight, preferably tonight.

Photos courtesy of Google



With busy lives and hectic schedules, sometimes Lemont High School students forget that sleep is a necessity rather





Features writer

Everyone knows Giuliana Rancic as the anchor woman on *E News!*, but people may not know what this woman has overcome in the last year and how she never stopped pushing the limits.

Just around this time last year, Giuliana Rancic was diagnosed with the early stages of breast cancer. Giuliana Rancic was diagnosed during a mammogram before her third attempt at in-vitro fertilization. During an interview with US Magazine Giuliana said, "I wanted to yell from a rooftop and cry and scream."

Any person would wonder why this happened to them and Giuliana was no exception, but she did not sit and watch life go by. She took this as an opportunity to bring awareness to a problem many women face every day, and announced her battle with breast cancer on The Today Show. Giuliana decided to go through a double mastectomy and immediate reconstruction.

Sadly, after visiting with a doctor Giuliana discovered that she would not be able to have a baby within the next five years; the risks of the cancer coming back or endangering the baby were too high. Bill, Giuliana's husband, and Giuliana had to look up other options to have a child. The result they went with was a gestational carrier.

On New Year's Eve the Rancic's were officially pregnant after battling infertility, and before that a miscarriage.

Along with a new baby, Edward Duke Rancic, Giuliana launched her first clothing line for HSN, Home Shopping Network. Her line began production before her discovery of breast cancer; when the news came, they put everything on hold. After Giuliana was cancer-free she had to start from scratch, now making it an autumn line.

Through Giuliana people are able to see that life brings you hard times, but through the negatives positives can be created.



Photo Courtesy of Google



by Sam Moffett Features writer

With all the pop albums out, where can someone find some good ol' rock? Enter *Battle Born*, the fourth album released by American rock band The Killers.

Released Sept. 17, 2012, Battle Born sold over 113,000 copies in its opening week and topped third on the Billboard 200 and the Canadian Albums Chart.

According tomobile.reuters.com, The Killers take a new direction with their music, moving away from their Brit-rock style and going in a country-rock direction. Does it work for them?

The answer is a definite yes. The Killers make Las Vegas the center focus of the album, a place full lost love and shattered hopes. They fill their album with beautifully written songs by lead singer Brandon Flowers and the music accentuates the stories behind the lyrics.

Their hit single, "Runaways," is a coming of age rock anthem that fills the ears with a Bon Jovi-like sound that works. Their songs range from soft and soothing ballads to rousing rock songs, all of them working perfectly for the direction the band decided to go in.

With *Battle Born* topping charts globally, it's easy to see why. A definite check-out for anyone who loves a good tune. Rating 3.5out of 4.

by Kylie Obbish Features writer

Author J.K Rowling moved on from her famous Harry Potter series, and published a new, individual novel exclusively The book takes place in a small English town called Pagford. The story line explains the townspeople and how the town

for adults. Fans from all over the world question her move and wonder if it's the right one, but regardless, it's too late to make changes now. Her realistic fiction novel, "The Casual Vacancy," was published and hit shelves late September 2012. progresses when an important council member, Barry Fairbrother, passes away due to an aneurysm. While there is no main character, readers get into the minds of 10+ characters who are all in the same situation.

Some Rowling fans are disappointed while others take an excited approach to the new style. Junior Ann Baillie says "she should stick to more books written like this because of the vast characters and fast-moving plot." Baillie also tells readers that "if you take the magic out of Harry Potter, you basically have Casual Vacancy."

Though it does have some similarities to Harry Potter, Casual Vacancy contains adult themes and more realistic attributes. Readers will find adult themes and situations: lots of swearing, heavy politics, rape, prostitution, etc. Rowling took a big leap forward, and readers seem to approve because the novel topped the Bestseller's List, selling over 2.5 million copies.

Rowling's "Casual Vacancy" has surprised, shocked, angered and excited readers all over the world. Fans wonder what Rowling will do next, because of this sudden dramatic change in writing style. With her future work, will she go back to the spells and sorcery from Harry Potter, or keep it concealed and replace it with unpolished literature like she did with Casual Vacancy?





## THERE'S ONLY ONE OCTOBER

by Cody Caballero Sports writer

With 162 games down and ten teams left to play for the World Series trophy, the 2012 MLB postseason kicks off Friday, Oct. 5 with the first pitch being thrown at 5:00 PM ET between the Atlanta Braves and ST. Louis Cardinals. The Baltimore Orioles and Texas Rangers also played on Friday; Baltimore came out on top and advanced to play the New York Yankees.

After a controversial call in the Braves vs. Cardinals wild card game, the Cardinals advanced to the National League Division Series against the Washington Nationals.

With the wild card games in the past all eyes are looking forward to the finals of the American League Division Series (ALDS) and National League Division Series (NLDS).

An American League battle is taking place between the New York Yankees and Baltimore Orioles.

The Yankees have been a powerhouse in the MLB for many years and have accumulated a lot of fans outside of New York. Junior Jake Terrazas, an avid Yankee fan, has a high interest in Yankee shortstop Derek Jeter.

"During the postseason I would like to see solid defense from Jeter as usual, I would also like to see the Yankees make it to the World Series and Jeter win MVP," said Terrazas.

The Yankees are favored to win their matchup against the Orioles and with high-octane offense and starting pitching; Baltimore will have a challenge to succeed during this series.

New York took game five and advanced to the American League Championship Series and will face the winner of Oakland and Detroit.

A Midwest and West Coast confrontation has taken place between the Detroit Tigers and Oakland Athletics that will decide an ALDS winner.

Detroit won the first two games at home but when games went back to Oakland the A's took games three and four to tie the series at 2-2.

Game five was played on Oct. 11 with last year's American League CY Young pitcher Justin Verlander taking the mound for Detroit.

Verlander pitched the entire game with eleven strikeouts and did not give up a single run. Detroit has advanced to the ALCS and will take on the New York Yankees.

San Francisco wins three in a row to advance to National League Championship Series.

Returning to the bay area of San Francisco as the NLDS winners is something the Giants have been longing for ever since they had to go out east to play Cincinnati. After losing the first two games at home San Francisco took the next three in Cincinnati and have advanced to the Nation League Championship Series (NLCS).

Buster Posey, the Giants catcher, came up big in game five hitting a grand slam that would ultimately give the giants the win and put them through to the next round.

Jayson Werth and the Washington Nationals put up a good fight against reigning champion St. Louis Cardinals, but fell short as the Cardinals took the series and advanced to the NLCS.

St. Louis will take on the San Francisco Giants in the NLCS while the Detroit Tigers will play the New York Yankees and the winners will advance to the 2012 World Series.

These four teams are the big names in baseball right now but when the World Series rolls around, two will be forgotten and at the end of the World Series one will be remembered as the 2012 World Series Champions.



by Paul Grossi Sports writer

When all thought that fall sports were coming to end, the boys/girls cross country team proved everyone wrong. Both are working hard trying to take home State Finals. Coach Jon Deguzman and Tim Plotke haven't seen this type of performance from the boys/girls team in roughly twenty years.

The boys/girls cross country team have always been good, but this year they are finishing with better times, and certainly have a much better chance of winning State. Both have won conference and are getting set for regionals on Oct. 20. The boys/girls cross country team have worked hard throughout the season, and it's paying off. The team practices ev-

The boys/girls cross country team have worked hard throughout the season, and it's paying off. The team practices ery day and it usually consists of running around Lemont. Ultimately the decision comes down to the head coaches.

All of the runners don't complain as they enjoy running, every practice they strive to get better times, and especially the seniors this year who have put a lot of effort into this season.

One senior new to the team is Enver Nurceski, who has always been a runner and since moving to Lemont has wanted to join the boys cross country team. Nurceski said, "it's awesome being on the team, they have fast times but I can still keep up with them".

"I love this team; there is nothing I would change, nothing I can say badly about the team. I moved from a different school and as a senior, I didn't know anyone but they accepted me of who I am, and they made me feel welcomed," said Nurceski.

He says that he will still continue to run, and even if he doesn't run in college he will make time to run. He also said that the top runners on the team finish at meets with times lower than seventeen minutes.

Boys' captain Aaron Oldanie said, "the team has done well this season; we will need to continue if we want to win State."

On the other hand, you have the girls cross country team. Both varsity and JV took home conference wins and will try to continue their great season by finishing well at regionals. The girls/boys will advance to sectionals and perhaps State if they finish well at regionals.

Don't count out fall sports yet. Boys/girls cross country team are getting closer to State. Hard work and determination are being achieved. And this season is a memorable not just for seniors but for all the runners on the boys/girls cross country team with taking home conference for the first time in over twenty years.



Boys and Girls cross country teams



Photos courtesy of Tony Hamilton



# ALL-AMERICAN TALENT AT by Ethan Parafink

Lemont will have two participants in the 2013 Under Armour High School All-America game, as senior offensive tackle Ethan Pocic and head coach Eric Michaelsen have both been chosen to take part in the Jan. 4, 2013 game, which displays the most talented high school football players and coaches across the country.

The two were recognized for their football accomplishments as the American Family Insurance Selection Tour stopped at the high school's Commons on Friday, Oct. 12.

As a three-year starter for Lemont, Pocic has led the Indians to a 31-3 record over his varsity career. "Ethan is an outstanding player," said Michaelsen. "He has great size and footwork. He plays physically and smart."

Pocic, one of the top national recruits at his position, has committed to playing football next year at Louisiana State University under head coach Les Miles. The LSU Tigers were the BCS National Championship runner-ups in 2012 and continue to be one of the top programs in the SEC conference and in the country.

"[LSU is] a top ranked team with the style of offense I want to play in," Pocic said about why he chose the school over a number of others. "I also fit in with the coaches."

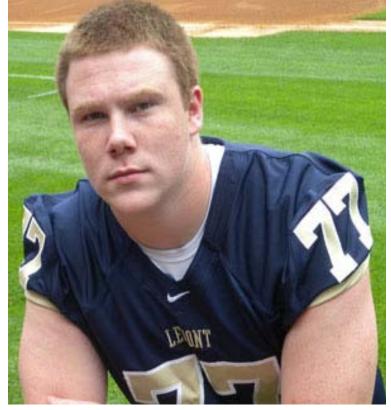


Photo courtesy of Google

Ethan Pocic, senior offensive tackle

Michaelsen, a Lemont High School Alumnus, is in his eleventh season as Lemont's head coach, leading the Indians to 99-26 record and helping the team become a perennial state contender. Lemont was the IHSA Class 6A State Runner-Up in 2007 and 2008, and has made at least the quarterfinals of the IHSA playoffs in six of the last seven years.

He's a great winning coach," said Pocic. "He loves the game and puts everything into it." Michaelsen said he felt very lucky to be chosen to coach in the All-America game. "It is an honor to coach in this game,"

said Michaelsen. "There are only 12-16 High School coaches chosen from the entire country to coach in this game."

Along with Pocic, there have some other outstanding linemen from Lemont. His brother Graham, a senior at Illinois, is a three year starting center for the Illini. Another Lemont graduate, David Molk, started three years as the center for Michigan, won the Rimington Trophy for best center in college football and was drafted by the San Diego Chargers earlier this year.

And Pocic is not the only Lemont lineman playing Division-I football next year. Senior guard Tim McAuliffe has committed to playing at Bowling Green University next season.

"We have had some good ones," said Michaelsen about his current and former linemen. "They have some natural skills and the correct size. Along with this the players have worked incredibly hard in the weight room with Coach Coneset. Work ethic, talent and size are keys to being a good lineman."