

TOM-TOM

WEDNESDAY, NOVEMBER 14, 2012

Seeing Red

by Monique Devitt
News writer

Photos courtesy of Peter Marzano Sr.

On Oct. 27, Lemont High School's marching band placed second in the class 3A division of the State of Illinois Marching Band Championship, hosted by Illinois State University. The performance earned the band its best finish in five years.

This was also the band's third time reaching the nighttime finals based on its high score in the preliminary rounds. The band competed against top bands from all six classes in the nighttime finals; it placed 13th overall.

Junior Jack Hopkins said, "When we found out, everyone lost their voices because we had been screaming so much, it was a total shock and we didn't know how to react."

LHS performs *Red*

"Every band member had a personal attachment to the show, visually it was perfect and everyone played great," said junior drum major Phil Zukowski.

The theme of the show was *Red* and included four pieces: "Queen of the Night" by Wolfgang Adameus Mozart, "Moonlight Sonata" by Ludwig van Beethoven, "Salvation is Created" by Pavel Tchesnokoff, and "Allegro Barbaro" by Bela Bartok.

"My favorite part of the show was the ending of the first movement because it was so powerful and contained so much emotion," said sophomore band member Chris Alcantara.

The drum majors are Maggie Brown, Nick Dory, Phil Zukowski and Kelly Collins. The section leaders include Rita Cardella (Low Brass), Jenna Chapman (Color Guard), David Spinelli (Clarinet), Michael Madsen (Low Winds), Brett Szulc (Percussion), Szymon Koszarek (Flute) and Joe Ruggerio (High Brass).

Now that the six month long marching season has ended, band members are looking forward to the start of Symphonic band.

"I have high hopes for next year's season and the seniors leaving will definitely hurt us but we will have the new freshman to work with," said Zukowski.



LHS marching band
at the State of Illinois
Marching Band
Championship



INSTAGRAM INSTAFAME

LHS student Ally Gawry reaches instagram fame.

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EDITORIALS

These Things Called Forests

by Paige Buschman
Editorialist

Schools produce massive amounts of paper waste every year. According to Ecology Global Network, each person in the United States uses 749 pounds of paper every year. This is the 21st century. Everyone should not only be easily able to reduce waste, but they have a responsibility to do so.

That starts at the school level.

Those slips of paper that shoot out of the printer before the important things are called guide sheets. If multiple people are printing at once, the guide sheets help to tell their orders apart. A rectangle containing three lines of text including the username and place of printing is the only thing on that entire sheet.

Teachers print pages upon pages worth of information that their students look at once and then toss in the garbage can (somehow a lot of paper misses the recycling bin). Class sets attempt to reduce waste, but more often than not, everyone needs at least one copy.

Students are also expected to take pages of pages worth of notes, but having laptops and tablets in class is mostly out of the question. It's not that kids don't have access to these systems. It's that some teachers find them distracting and everyone is self-conscious about being "that kid who carries around his lap top."

But sophomore Diana Vera thinks that laptop use should be encouraged. In fact she even thinks that the school ought to look into providing laptops for those unable to bring their own. "Obviously it'll be more expensive short term," she says, "but paper copies are going to become obsolete anyway... [the] cost will even out over time."

There has to be a technology revolution in the name of waste. For all the things that technology complicates, here's a simplification: Using a laptop can seriously reduce your paper waste.

Yeah, laptops still use energy, but that's nothing in comparison to what it takes to make, print and transport paper. It takes energy to recycle paper too. Not to mention the whole process costs the school some serious cash.

There are small steps that lead to making a huge difference. And who can't agree with Vera saying, "There are these things called forests that I heard about, and I'd like for my kids to be able to see them one day."



Guide sheets in a recycling bin

FEATURES

FEATURES

The Benefits of Healthy Food

by Sonia Vavra
Features Editor

Dear teenagers: When hungry, how often do you hear the phrase “Want to go get McDonald’s?”

Although greasy burgers and salty fries may fulfill that certain craving, there are other delicious alternatives found in everyday fruits and veggies that your body will thank you for in the long run. Here are some awesome benefits of eating healthy:

1. **Lower cholesterol:** Fast food often contains large amounts of cholesterol. Having too high levels of cholesterol can lead to negative effects in the arteries and increase the risk of heart attack.
2. **When they say “healthy,” they mean it:** Eating a balanced diet rich in vitamins and minerals will help prevent you from getting sick. Antioxidants found in fruits and vegetables help fight diseases that will make you sick.
3. **Maintain that bod:** Healthy foods have fewer calories than fast and junk foods. Replacing high-calorie meals with healthy foods will help you take in fewer calories and reduce your chances of weight gain.
4. **Less snacking:** Healthy foods give you less of a craving for a snack between meals. Less snacking means less chance of overeating.
5. **Gotta digest it:** Fast food may cause bloating and may slow down the digestive speed, as all the fat, salt and sugar require more effort to break down. Healthy foods such as fruits, vegetables and whole grains, take less effort to digest and provide much better nutrients for your body than fast food.
6. **Livin’ long:** Eating healthy will ultimately give you a longer life. Eating healthier keeps your body working more efficiently and reduces risk of cancer, diabetes, heart attack and stroke.



Organic fruits in grocery store

Photos courtesy of Google

by Alyssa Cinatl
Features writer

70,000. The number of people following sophomore Ally Gawrys on the app Instagram. With her inspirational quotes and pictures, Ally made herself famous in the Instagram world.

She began her account in February of this year after scrolling through the app store looking for something new to download. “I never expected to get so many followers,” said Ally. It’s weird having so many.”

The reason she may have so many is because of the positive attitude that shows in her account. Many of her pictures have quotes such as “You were meant for amazing things,” “Stand up for what you believe in. Even if it means you’re standing alone,” or “If all else fails smile. Happiness is real beauty.”

Her sister, senior Paige Gawrys said, “I really like all the messages she has. They can be helpful to some girls. And her pictures are cute, they make people smile.”

Ally even has an established fan base and gets recognized in public. Her followers call themselves Gawrilas. They got the name after Ally had a contest looking for a fan base name.

“I thought it was really unique” said Ally. And because almost all of her pictures are of her, she’s getting recognized. “At Starbucks girls come up to me and say ‘Hi Ally! I follow you on Instagram!’”

It can be dangerous to put oneself out there on the internet in the world we live in today. Ally said, “Sometimes it’s weird because you never know who’s looking at you. I get followed by some creepy people.”

But she enjoys it all the same. She will always thank her followers for their support, and try to comment as much as she can. “I would definitely consider photography a hobby. I’ve always liked to take cool pictures.”

“I’m very proud of her for all that she’s accomplished on there. I’m very happy for her, I’m glad she’s enjoying it and making a difference in people’s lives,” said Paige.

Ally continues to inspire and bring smiles to her “Gawrilas” on Instagram.

Instagram Instafame

Ally Gawrys’ home page
on her Instagram account



Screen shot by Lauren Kowalczyk

FEATURES

FEATURES

A Second Dawning

by Channele Fortier

Features writer

The wait is almost over, Twilight fans. Twilight's Breaking Dawn Part Two comes to theatres at midnight on Thursday, Nov. 15. Fans of the vampire-saga have waited over a year for the release of the fifth and final movie.

Twilight's Breaking Dawn Part One raked in \$139.5 million in the weekend box-office. The fourth movie ended with a jaw-dropping cliff hanger that some fans were amazed by.

"I can admit that I am obsessed with the Twilight movies. Breaking Dawn Part One is my favorite movie so far. I can't wait for the second one to come out. Needless to say I will be attending the midnight premiere," said Senior Nicole Fardig.

Twilight's Breaking Dawn Part Two will feature many familiar faces such as Kristen Stewart and Robert Pattinson. But be prepared for new characters such as Edward and Bella's daughter Renesmee, played by 11 year old Mackenzie Foy ('*Til Death* and *FlashForward*).

For those that simply can't wait to sink their teeth into the final movie, local show times begin at 10 p.m. on Thursday night. Although fans are excited to see the final film of the series, it is sure to be a bittersweet end.



Breaking Dawn movie poster

Photo courtesy of Google

Thanksgiving around the World

by Maggie Brown

Features writer

Many people would be surprised to know that The United States isn't the only country to celebrate Thanksgiving. From Canada to Germany to Japan, each country has its own traditions and special ways to celebrate the day.

Thanksgiving in Canada is celebrated on the second Monday in October. Each year, Canadians give thanks at the end of the harvest season and enjoy a big meal over the three-day weekend. Canada is a federal state under the English Monarchy, so they also follow English customs such as decorating churches with pumpkins, corn and other harvest vegetables. Just like Thanksgiving in the U.S., Canadians enjoy watching football and going to parades. Thanksgiving is also a perfect time for weekend getaways.

In Germany, Thanksgiving is celebrated on the first Sunday in October and is known as Erntedankfest, or Harvest Thanksgiving Festival. Just like its American counterpart, Germans celebrate with a big meal mostly consisting of harvest foods.

One aspect of this meal is different from a Thanksgiving dinner in the U.S. "Following the Erntedankfest celebration, the unused food is distributed to the needy," according to German-way.com. Parades, church services and country fairs occur on the holiday, similar to the U.S.

Thanksgiving in Japan is a national holiday on Nov. 23 celebrating labor and giving thanks to one another. Also known as Labor Thanksgiving day, it commemorates the ancient harvest called *Niname-sai*, which consists of rice, barley, beans and wheat. Niname-sai dates back to 720 and can be found in *Nihon Shoki* (The Chronicle of Japan).

Following World War II, Japanese Thanksgiving celebrated basic human rights that had been guaranteed in the new Constitution. According to web-japan.org, modern day celebrations include labor festivals. Others "encourage people to think about issues affecting peace, human rights, and the environment."

As for the United States, not all households celebrate Thanksgiving the same. From big family parties to small get-togethers with friends, the U.S. has a wide variety of Thanksgiving traditions.

Senior Barbara Skubisz says she celebrates with her immediate family and "[they] have a Thanksgiving meal", that includes a turkey.

Senior Paige Cremerius celebrates Thanksgiving with her family as well. "We get together at a relative's house, we switch off every year," said Cremerius. Her family enjoys a traditional Thanksgiving meal and plays a family game of football.

Thanksgiving traditions may differ around the world, but they all share a common theme: Give thanks to the people and things in your life. As Thanksgiving approaches, think about the people or things in your life that make you thankful.



Thanksgiving table spread

"Thanksgiving traditions may differ around the world, but they all share a common theme: Give thanks to the people and things in your life."

Photo by Lauren Kowalczyk



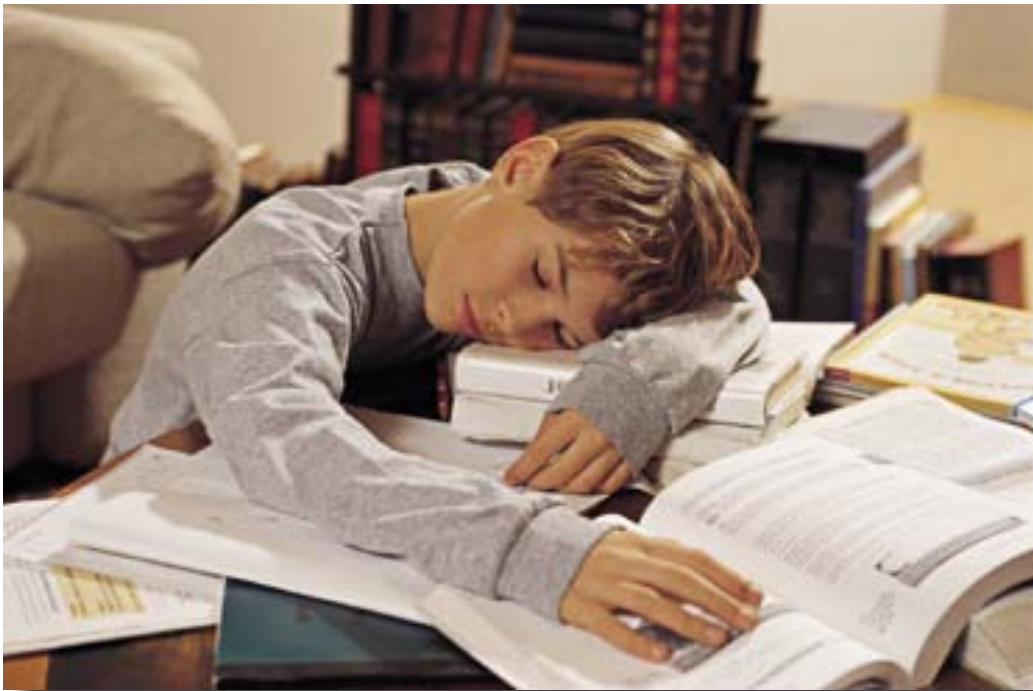
Dear Tom-Tom,

In today’s schooling system a question that arises frequently is, are students receiving too much homework? The answer here generally among most schools will be yes. It’s as simple as looking back on previous school years and noticing the increase in homework over the years. In 1981 the average time spent on homework was two hours, that number has all but gone up, in 1997 it rose to three hours and by 1999 it had rose to almost five and a half hours. These recent pushes on students across America have caused many problems as it interferes with many things in a student’s daily and even educational life. This is a problem but it can be solved in various ways with the help of the school board.

Further pushing the issue many students are faced with problems in their daily lives that are only amplified by the harsh amount of homework that is assigned regularly. One of the main reasons that students these days are given so much homework is a lack of communication between the teachers of the school itself. A teacher may feel the need to assign an unreasonable amount of work for their students in hopes that they will understand the topic better. However, other teachers are doing the same thing. This leads to an overdose of homework. It is well-known that when put under all this pressure a student cannot complete everything to his best ability, resulting in a tremendous decrease in the quality of work. This is what leads to cheating among the masses; students know they will not be able to complete the assignments, so they defer to taking another’s work. It may not seem like a big deal in the short run, but in the long run the student will not understand the content and it will come back to haunt them later on.

We as students know what can help better this system as we are the ones who are taking the ride – if we can’t solve it no one can. One thing I think we all know would work is if teachers would take into consideration the amount of work that we may be receiving in other classes. Another solution to this would to do the “homework” in class, not only to relive the stress, but to better the understanding on the topics being taught. Now what you might say is that a student will forget the content if it is not stressed out of class. The solution here could not be made simpler, the homework becomes an optional extra credit opportunity and any student who is serious about there education will complete it. At the same time if a student does not have the time for it on a certain day they will not be held accountable or punished for not completing it.

Students are receiving too much homework and it’s causing problems. With obvious signs that it is not getting any better, action needs to be taken.



Boy falls asleep on top of his homework.

Photo courtesy of Google

MAJOR LEAGUE SOCCER: A LEAGUE UNDER THE RADAR

by Kieran Ruane
Sports writer

Since Major League Soccer’s (MLS) creation in 1993, the league has taken a backseat in the U.S., falling into the shadows of leagues such as the NFL, NBA, NHL, and MLB. But with international soccer legends such as David Beckham, Thierry Henry, Tim Cahill, and Alessandro Nesta recently deciding to further their careers in the MLS, is the league finally starting to show some potential?

To some people, the MLS may seem like some sort of retirement home where washed up players come to play during their twilight years. To fans of the league, however, it is an exciting league that shows great potential in the world of professional soccer.

“I think that the league is on the rise,” said LHS grad and avid Chicago Fire supporter Ryan Peraino. “It has a lot of talent and is no longer a joke of a league.”

“I also like the league because of the accessibility of it,” said Peraino. “Since I’m not following a team from England or Germany, I can go to all of the home games and enjoy the games in person.”

The MLS may not have the same competition as the Barclays Premier League (England), the Serie A (Italy), or the Bundesliga (Germany), but according to Tim Cahill, an Australian international who played 8 seasons in the Barclays Premier League, the league is not to be taken lightly.

“The MLS is such an enticing league for professional players,” said Cahill in an interview on mlssoccer.com. “I watch a lot of games. I spend a lot of time watching football [soccer] from around the world. This is a really physical league.”

Others soccer fans may disagree.

“I don’t think the league is very interesting at all,” said senior and LHS soccer player Mike Madsen. “I don’t think the competition is very good. It’s nice to see some of the big names in soccer come over here to play, but since not many people in America are familiar with these players, I don’t think it helps out the league that much.”

Whether you are a die-hard MLS fan or someone who couldn’t be bothered to watch even a minute of an MLS match, it’s safe to say that if the league keeps developing at this pace, it will be one of the top contenders for competition in America, and even world soccer.



Major League Soccer map

“THE MLS IS SUCH AN ENTICING LEAGUE FOR PROFESSIONAL PLAYERS.”

Photos courtesy of Google

SPORTS

MEET THE COACH:

by Adrian Kalata
Sports Editor

RICK RUNAAS

Many students partake in the active fan sections during the varsity boys basketball games. But what do the students know about the foundation of the team; the man who keeps the team sharp and intact?

Coach Rick Runaas is the teacher credited with the success of the basketball team.

Tom-Tom: When does the boys' varsity basketball team begin practice?

Runaas: Practice began on November 5.

TT: How does the team look after a long offseason?

R: A couple of our players showed up for the first day in outstanding shape. Their energy was apparent from the beginning. They lead us through the tough parts of practice.

TT: We have less home games this season than away games (8 home). How does playing on the road impact the team?

R: We still count on the support of our fans on the road. We had great support last year and expect the same this year. I think our players get excited about playing in other gyms and beating teams on their home floor. It's an extra challenge.

TT: The basketball team has a strong fan base at each game. Does an active fan section help or distract the team?

R: Definitely [helps]. I had a number of coaches tell me this summer how envious they are of our fans. One coach in particular told me about how our fans really got into the head of one his players.

TT: As a coach, what do players do during a practice to prepare them for upcoming games?

R: We try to prepare them through fundamental and drill work for the kind of pressure, pace and intensity that they will experience during the season. We also try to simulate the flow of a game with high and low points during practice. We help them understand that they will face adversity throughout the year and that it needs to be overcome.

TT: It is a long season (Nov 27-Feb. 22 at least). Does spending this much time together unify the team?

R: If we're going to be successful we have to be unified. If not, it's a long 4 months.

TT: What's makes coaching worth it for you?

R: I like watching players improve in practice. I like the joy in camaraderie. Finally, I enjoy watching the execution of the game plan and watching our 5 players uniting as one team.

Students and fans can join Runaas in the first basketball game vs. Lincoln-Way North here at LHS on Nov. 27



Basketball sits on gym floor

"I HAD A NUMBER OF
COACHES TELL ME
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