

By: Catherine Denny

As recent studies have shown, promoting fitness in your life does make a dramatic change. This is especially clear after viewing Jim Plummer's report stating that he knows the ins and outs of promoting healthy and exhilarating exercise. As examples from his site have shown, you don't need to be taking weight loss pills or other drugs to get the best results. Some studies have shown that taking weight loss pills or other drugs could potentially get you sick as well as even kill you. When actually working out in the gym, you can increase your lifespan by about 2 years, as other articles have shown. By working out in the gym for at least an hour you can help keep blood flowing and pumping in your heart. Some people work out 4-5 times a week, depending on their schedule.



Well, from viewing this information I hope it persuades you to stay on track and keep up with the routine. Please don't hesitate to ask any fitness instructors about health and fitness, as it can drastically help your body and you can change your lifestyle forever.

facebook

By: Dina Perez

Facebook isn't always the best website to go on, but there are some pretty fascinating, interesting facts about it. Some are good, some are bad... So take these facts into mind and try to always think before you do something on the website.

This website is good for people to go on because it's a way to talk and stay in contact with your fellow coworkers, friends, and relatives. But it is bad because strangers can see all your private information if you don't have all your info kept private correctly, and they could use your information to do some bad things. So you've always got to be careful!

Here are some interesting facts about this wildly popular website that you might've never known:

- There are more than 800 million users
- Average user has 130 friends
- On average, more than 250 million photos are uploaded per day

- More than 2 billion posts are liked and commented on per day
- More than 70 languages are available on the site.
- More than 75% of users are outside of the United States.
- There are more than 350 million active users currently accessing Facebook through their mobile devices.

Well there you have it folks. Hopefully these facts caught your attention and let you know what *really* happens on Facebook. ©



Internet Safety

By: Dina Perez

Everybody LOVES going on the computer, but sometimes we don't realize how dangerous it could be when you go on the internet. So one thing that all of us should work on is being more cautious about what you do when you're online.

One of the biggest websites that you should keep a close eye on is Facebook. Of course it's fun to go on, update your status, or post pictures, or anything like that; but it's not fun having a total stranger knowing all your personal information. There are some bad people on that website and you don't want them to be affecting you. Another example of these kinds of websites is YouTube. YouTube is used to listen to your favorite music video, or watch something that you're a big fan of like Fred or The Annoying Orange. But once you get your own account on there, you've got to watch out because the same exact terrible things that happen on Facebook could also happen to you on YouTube. Also, be cautious of the videos you watch because some people post inappropriate videos.

To avoid any bad things happening to you, here are some things you could do on any website to keep yourself safe:

- Don't tell people everything about yourself. Think of it as real life; you're not going to just come up to a random stranger and tell them everything about yourself
- Treat others how you want to be treated, or in other words, don't be a cyber bully and be mean to others online. If you're a bully to people, they'll be a bully to you back. But if you're nice to people, they'll be nice to you too.
- If someone is ever being mean to you, or to another user, let an adult know, or report them. As soon as a bully comes along, you want to try to make it stop.

If you follow these tips, you'll be sure to stay safe online! So have fun on the computer, but always keep an eye out on what is happening.



Girls Softball

By: Mia Moustakas and

Christina Magnuson

An outstanding number of 30 girls tried out for the Palos South girls softball team. By choice of head coach, Miss Korhonen, and assistant coach, Mrs. Andrekus, 14 players made the team. Throughout their season, the girls and coaches showed an amazing amount of commitment, participation, and determination. The players always gave it their all and when they were down, their spirits were up. As well as trying their best, the players also had an opportunity to meet new people. Every one on the team became close friends and will continue to be throughout the remaining school year. This is just one of the many teams we have here at Palos South that thrives to do well and encourages people to make new friends.



Basketball

By Nathan Nabeel

When I first went to sign up for basketball tryouts I looked through the sign-up book and saw about 50 names! I was kind of nervous. The first tryouts were the easiest because all we did was layups, free-throws and they checked if we knew how to dribble the ball well. Afterwards more than 25 kids got cut! The second cut was the hardest and we played a scrimmage game against each other, weaving and passing. We ran around the track about 15 times. My coach is a nice guy and the team is very good. After the second cut about a couple days later he called us to let us know if we made the team. Then soon enough he called me and he said be at the next practice at 8:00 o'clock p.m. the first practice we did pretty much everything in the tryouts except this time we played a game with 8th graders against 7th. Our first games start after thanksgiving and I will most likely play shooting guard or power forward. That is how I got into basketball!



Softball BY TOMMY WADE



Boy's softball is coached by Mr. Morrow. Boy's softball is played with a 16" softball. This game is usually played without gloves but we play it with gloves. Unlike baseball, 16" softball is played with 10 fielding players and up to 11 batting players. The 11th player is optional, he is an extra hitter. Mr. Morrow is the coach of the softball team. Here are a few questions I asked him.

How many years have you been coaching the softball team?

I helped coach my first two years at south and have been the head coach for 8 years.

How many years have you been playing baseball or softball?

I played baseball from infancy and started playing softball about 10 years ago.

Who was the coach before you?

Mr. Sesterhenn and Mr. Sandusky

What was the best record overall you have ever had?

In 2006 we won conference and the tourney with a 15-1 record.

If you could give any tips to a new player what would they be?

Relax and have fun. All sports are a metaphor or are symbolic of how you "play" the "game" of life. Players can show how hard they work, what dedication they have, and how they handle problems in their lives by showing those attributes on a given field or court. My advice would be play how you live your life!

Softball is a fun and interesting sport.



How many riddles does it take to make a skeleton laugh so hard that his stomach hurts?

None because these jokes are for you all to read not skeletons!

Riddles:

1. What do ghosts serve for desert?-----

2. Where do baby ghosts go during the day?-----

3. What was the favorite game at the ghosts birthday party?-----

4. What do witches put on their hair?-----

5. What was the witch's favorite subject in school? -----

6. What do you call a fat jack-o'-lantern?-----

- 7. How does a monster score a football touch down?------
- 8. What is the favorite health-insurance for monsters?----
 - 9. What is a vampire's favorite holiday?------"
- 10.What happens when a ghost gets lost in the fog?------



See page 12 for answers

Halloween Candy Safe-





When you are out trick or treating collecting delicious Halloween snacks, there are some things you need to watch out for.

• Make sure the candy is brand named

Stick with brands and candy you know.

Recalls for candy

Check with parents or maybe online.

- Loose unwrapped candy
- Any candy that's out of its package
- Homemade treats

Make sure you know the ingredients in the candy. You might be allergic to an ingredient you don't know of.

Fun in the Fall!

By: Dina Perez

Sadly, summer has come to an end. But that's not going to put us down, because the fall has now begun! This means it's time for Halloween (which means candy!) and Thanksgiving. But it also means cooler weather, so we've all got to be prepared for this weather.

But now since this new season is here, that means we can have some more fun things we can do; because everybody LOVES to have fun!! So if you want to take some advantage of this new season, here are some ideas of what you could do:

- Celebrate Halloween! Let's face it; all kids' favorite holiday is Halloween. Costumes, candy, what else could you ask for!?!? So go out and get a cool costume, and have fun trick-ortreating with your friends, but make sure you don't have too much candy!
- Carve a Pumpkin- Carve a face out of a pumpkin. It's always a tradition that people like to do in this time of year.
- Rake Some Leaves- Rake up a pile of leaves with your friends. When you're done, both of you could jump into it and roll around; have some fun!

Taffy Apples! - It's the time of year when stores start selling taffy apples. They're absolutely deli-



cious! So enjoy them now when you can before winter comes and they're gone again.

Pumpkin Farms- Go to a pumpkin farm with your family, or friends. Enjoy the hay rides, the pumpkins, the corn mazes, and more!

Thanksgiving Food- Help your family cook this Thanksgiving and enjoy making some turkey or homemade pumpkin pie! It's always fun to lend a hand.

So hopefully you are able to do some of these things this fall, because fall is definitely a season to enjoy! Have a great fall!

Toasted Pumpkin Seeds Recipe

RECIPE FROM SIMPLY RECIPES

INGREDIENTS

One medium sized pumpkin Salt Olive oil

By Alana Rojas

METHOD

1 Preheat oven to 400°F. Cut open the pumpkin and use a strong metal spoon to scoop out the insides. Separate the seeds from the stringy core. Rinse the seeds.

2 In a small saucepan, add the seeds to water, about 2 cups of water to every half cup of seeds. Add a half tablespoon of salt for every cup of water (more if you like your seeds saltier). Bring to a boil. Let simmer for 10 minutes. Remove from heat and drain.

3 Spread about a tablespoon of olive oil over the bottom of a roasting pan. Spread the seeds out over the roasting pan, all in one layer. Bake on the top rack until the seed begin to brown, 10-20 minutes. When browned to your satisfaction, remove from the oven and let the pan cool on a rack. Let the seeds cool all the way down before eating. Either crack to remove the inner seed or eat whole. **Tip: Any cereal and M&M's with the toasted pumpkin seeds make a great healthy trail mix**

TRENDS.....

It's a 70's thing- OR

Creative Outfits in Chicago

By Alana Rojas

Okay, so today I'm at the Tribune Tower. No one could watch me at home and it's more fun here. I hear a guy across from me talk about clothes and designing... At least I think so. Well, I'm going to state trends I've seen in Chicago.

70's, so in. Floral tops. Feathers. Maxi dresses. Boot cut, and flare jeans. Ankle boots. Vests. Even bandanas. I couldn't believe my eyes! A few months ago I started noticing more floral tops and flare jeans. At my school the trend is feathers in your hair.

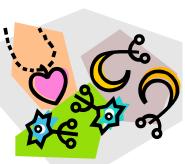
Feather earrings have been getting back in style thank, goodness. They're not expensive at all. Art and Craft shows are bound to have them. But don't just buy the earrings when you see them hanging on the display, though. Lots of different vendors have them, so that should mean there are lots of different prices. If you notice there is a low stock of them, pick out your favorite and ask the vendor to put it on hold for you.

> Walk around a little, and if you happen to find the earrings again look at the price. Choose the earrings you like best.

> > Jeans have been in style for a while but flare jeans are new to

the 21st century teens. Basically any clothes store has them. For example, the clothing store Kohl's.

Flare jeans are good with ankle boots, if you're trying to get the 70's look. Try not to wear long poufy tops with the jeans. Wear shirts with it that come down to the waist or an inch lower. Floral tops compliment the outfit along with a poncho. Don't amplify any outfit with too many accessories.







By: Logan Miller & Amanda Teplitz

THE 80'S! The decade filled with music icons, unbelievable fashion, and wicked dance moves. This year's drama play is Back to The 80's. It features a variety of 80's songs by different artists such as Madonna with her hit Material Girl, Debbie Gibson with her single Lost In Your Eyes, Cyndi Lauper with her popular dance song Girls Just Wanna Have Fun, Michael Jackson with his touching hit Man In The Mirror, Kim Wilde with Kids Of America, Wham! with their song Wake Me Up Before You Go, Kenny Loggins with his hit Footloose, Toni Basil with Mickey, Neil Gooding who wrote Michael Feldman's election rap, The Buggles with their energetic song Video Killed The Radio Star, Joe Scarbury with Believe It Or Not (American Hero), Deneice Williams with her popular song from footloose Let's Hear It For The Boy, The Proclaimers with their love song 500 Miles, Bon Jovi with their broken-hearted song You Give Love A Bad Name, Starship, The B52's with their song Love Shack, Bonnie Tyler with her love song Total Eclipse Of The Heart, Katrina and the Waves with her joyful song Walking On Sunshine, Billy Ocean with his hit Get Outta My Dreams, Get Into My Car, Rick Astley with his song Never Gonna Give You Up, Bobby McFerrin/Dexy's Midnight Runners with their uplifting song Don't Worry Be Happy, and Bill Medley/Jennifer Warnes with their lovely duet The Time Of My Life. Your parents may be familiar with the 80's dances such as the Molly Ringwald. This popular dance move had originated in the movie "The Breakfast Club." During the movie, Molly Ringwald's character broke out into this dance move and making it famous. Popular fashions during that decade were leggings, baggy shirts, neon colors, legwarmers, pastel colors, hair scrunchies, bright makeup, stone-washed jeans, and many colorful bracelets. The two main leads in the play this year are Tiffany Houston played by Abigail Kasch and Corey Palmer played by William DeAngelis.





IT

Story #1

By: Thea Barba

Part 1

The wind was strong the trees were shaky the ground was rumbling.

What was starting this wind? The sky, couldn't be? The ground, not possible? What was starting this wind? The trees, the sky, the ground?

Can anyone find out who is causing this storm when once the moon was so still and so bright. Now it does not shine and will refuse to glow it is the color of plain .It almost seems invisible the moon... Now the howling wind caused such a commotion that the villagers who lived in that area started moving out. The wind grew fiercer, thicker and feared. It soon spread throughout the land. But for some strange reason the wind only stayed in certain places and would not continue across the clear blue sea. In fact the only sea this wind would cross is the plain of wild grass. It howled with so much might that soon almost 3/4 of the people left the land on ship across the clear seas of the world in search of new lands. Only a couple families stayed in this ghost-like village, and on certain days the people of this barren land refused to set a single step outside. People starved and chaos began.

This was the start of a new beginning.









Story #1

Part 2

On a day much like this... there was an orphan girl not older than 7 who was named Sarah, every time people saw Sarah they... snorted and hooted and giggled and screamed. For she wasn't like any normal villager, in fact she wasn't born like any of us. She wasn't born by sugar, spice and everything nice or with snips and snails and puppy dog tails. She was born with the crescent moon, the melody of a phoenix, harmony with the wind and stars, and a tear of the sacred Bloomington Blossom called: May. She was also born with magic of every kind! How such could be born like this? Well, the answer is concealed in this story and maybe just maybe if I'm nice enough I will let you reveal this secret. This girl haunted by her childhood and humiliation became mad then angry then FURIOUS! She wanted vengeance! So now can you guess how this storm was made? The Ruler of the sky saw this destruction and started a spell, and called out "MENSTRUCTION! " He concealed the winds, the storm, and put all the badness and chaos in the entire world into a box. "Oh Ruler," pleaded Sarah, "won't you please give me your box please!" The Ruler spoke with such kindness and generosity it made Sarah vanish her vengeance and wrath for the villagers and sang: "Oh sweet ruler of the sky, I have come to give you a surprise! Land and trees and more, I use my magic and cast a spell to give my magic all to you, and I have decided to vanish too." The Ruler was so shocked with this song that he agreed but instead of her vanish into air the Ruler made her turn into a flower like May and renamed her Faith.

May, Faith and the Villagers lived happily ever after. The last words that Faith sang before she disappeared in the millennium sun: "I was born by the setting of the sun and didn't have much fun, my anger took a hold of me and now as a flower I will be...."

TO BE CONTINUED.....

PLATYPUSES





Kate Kwasneski



Platypuses is the actual plural form of the word platypus. I looked it up. Everyone knows some things about platypuses, but here are some facts that you probably don't know.

• They have venom in their back feet

• Baby platypuses are called platypups J

• They are one of the only mammals to lay eggs

• Platypuses have webbed feet and a duck bill

• They have no teeth

• They eat frogs, shrimp, and tadpoles

• "Platypus" is a combination of Greek words meaning "flat" and "foot"

Platypuses do not quack.

Fall Poems

By: Dina Perez

Fall is now here so here are some poems to help us enjoy and embrace this time before it goes away:

Fall: An Amazing Season

Fall time is finally here, Which means winter is coming near. But right now let's enjoy the colors, And forget all the rest of the others. The leaves turn brown, orange, yellow, and red, And become to feel hard, dry, and dead. After that, Halloween takes its turn, With loads of candy that children earn. Kids dressed up in their costumes as ghosts, The night that scares people the most. Then, along comes Thanksgiving time, The time we love and thank God for every dime. Turkey, corn, stuffing too, Tons of things to eat or do.

> So let's all agree on this together, Fall is one of the best seasons ever!



By: Catherine Denny



Falling ever so gently onto the crisp, luxurious autumn ground.

Aligning the ground with the colorful rainbow of leaves.

Lying in piles of leaves like it's a cloud of pillows.

Like it's an assortment of collages.

Leaving it's masterpiece to for the world to see.

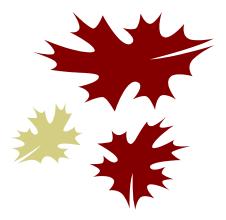
Escaping the summer air and replacing it with the cool autumn colors.

As the children play and dance above the ground.

Vigorously running as they please.

Enjoying the time they spend.

Signaling the arrival of fall.





By: Shivali Shukla



A few weeks ago, my family and I went to Dallas, Texas to visit my mom's side of the family. Dallas is seriously an awesome place and so very different from Chicago. That might just be because it's a place I've never been to before instead of the same-old sameold Chicago, but either way I like it. The change in weather from "freezing my hands off most of the year" to "perfectly warm to even sleep outside 24/7" pleased me very much. I mean, 75 degrees in February is much better compared to 17 degrees. Also, the southern accent that people have fascinates me for some reason. The way they say their words is so different sometimes, that I don't even understand what they're saying. (It wasn't everyone, just a few people.) There are also several choices for shopping and eating. As far as I know, they don't really have many new foods that you've never heard of, but they have some differences. You can really only find thin crust pizza for the most part. Yeah, um, if you order anything without the words, "thin crust" in them, you'll STILL get a thin crust pizza. DOES. NOT. MAKE. SENSE. That's why I let my parents decide what I would eat. I'd rather stick to my easy "eat-sleep-breathe" method, and stay away from all those complications. In Texas you can go see various tours, see a wide assortment of museums, and parks, and basically go to every place you see in Chicago, plus more. I wish I got to see more, but I couldn't because I was at a wedding half the time, but that's a different story... Anyway, Texas was a lot of fun, and I was sad to leave. But honestly, there's nothing better than home sweet home.

- Answers to Riddles
- 1. Ice SCREAM
- 2. Day scare
- 3. Hide and shriek
- 4. Scare spray
- 5. Spelling
- 6. A "Plumpkin"
- 7. -Run across the ghoul line
- 8. Medi-scare
- 9. Fangs" giving
- 10. He is mist



Catherine Denny

By

Top Ten Most Adorable Dogs

Labrador Retriever Golden Retriever Beagle Irish Setter Dalmatian Cocker Spaniel Jack Russell Collie Pug Dachshund By: Catherine Denny

CALLING ALL DOG LOVERS!!

By: Jenna Swierk!

Who loves dogs? I bet YOU do! What type of dogs do you like? German Shepherds, or Golden Retrievers? I am here to tell you all about dogs. Did you know that dogs were first domesticated from wolves at least 17,000 years ago? Dogs have developed into hundreds of breeds.

Dog training is the process of teaching a dog to exhibit certain desired behaviors in certain circumstances. It is pretty east to begin to train dogs. You can start by teaching your dog or dogs basic commands. For example teach your dog how to sit, roll over, speak, play dead (but that's kind of hard to do). But if you really want to do something cool with your dog your can teach them to beg; dogs LOVE their treats!!!!!!!!!

These dogs are so cute aren't they?!







PINKIE POINT OF VIEW !!

By Emma Lizzio('s Pinkie)

On Sunday October 16th, the organ that I grow on (hand) was the protection for Emma Lizzio's head, and now I am stuck in this hot, small and heavy cast. I'M BROKEN, literally! It all started on a cool, crisp, Sunday afternoon when Emma was riding her bike with her friend. As "Thumb," "Pointer," "Middle," "Ring" and I were wrapped tightly around the black, rubbery handle-bars, they started wobbling from side to side and the next thing I know I hit the cold black pavement (by doing this I saved Emma's head from diving into the street where I had fallen). After an ice pack had been flat on top of middle, ring and I for three hours, we finally caught a ride with Emma to the hospital

where the doctors took three x-rays, concluded that I was broken and put me in a temporary cast (until Emma would go to an orthopedic doctor).

On Tuesday October 18th, Emma finally went to the "ortho" who had to push one of my bones back in its place with two metal rods; and it was very painful! Next, the doc put a cast on me and it went half way down Emma's arm. "It smells really bad in here," is what I thought when they were molding the plaster around me. Finally, after one layer of cotton, one layer of plaster, another layer of cotton and four layers of tape, we were done! On Emma's way out, the doctors explained to her and her parents that I was buckled at the knuckle and have a fractured growth plate. Emma has to go back to the doctor to get this cast off of me on November 17. Until then I'm stuck in this crammed and stinky cast!

Horseback Riding



By: Jillian Krol

People around Pa-

los South, girls and boys, all enjoy the soothing trot, trot, of movements that horses make. The recent students attending Palos South already dom to vote and choose our leaders ... " LOVE this school, I'm Jillian Joyce Krol, and I want to tell you and con- Kyle Neputy vince you to love horses. Even if you don't, keep reading it gets better.

Recent studies show that horseback riding can be MORE dan- conquerors, we are liberators." Liam G. gerous than motorbikes. I say, if you treat the horse right and you wear a Krammer helmet, you shouldn't have that problem. (Caution! Only very skilled riders should Canter, Gallop, and jump barrels. It can be very dangerous, but with the right attitude and a smile to show for the horses, your set. Any horses LOVE good friends that treat them right and to be ridden correctly. I would, if I were a horse, I would be happy if someone put my tack and saddlepad on correctly, EXPECIALLY my Bit!!

Palos South Remembers

September 11th

On September 11th, 2011, a 10th anniversary remembrance took place at Palos South. Three students shared their thoughts about why they love America during our Intercom Assembly:

"I love America because we have the free-

"What I love about America is we are not

"I love the freedom to express ourselves given to us by our Constitution." Logan Miller

Many thanks to these students and Mr. Bentley for their poignant thoughts.



Scott Allen	Michael Halstead	Chuck Marsh
Richard Bahr	Bill Hansen*	Gerald Moran
James Bronson	Robert Hatfield	Jim Murphy*
Ron Casas	Charles Hayes	Lawrence Nash
David Castillo	Jack Heaney	Ted Papucci
Felix Coccaro	Tom Janowiak	Andrew Potempa
David Colby	Benjamin Jagodzinski	Al Rega
Michael Czworniak	Ben Kazanecki	Ron Rupp
Don Dahl	Steve Kmiec	John Ryan
Dennis Disney	Tim Kmiec	John Sheerin
Irvin Draeger	Robert Knoerzer	Fred Taksas
Mark Edart*	Robert W. Knoerzer	Fred Willson
William Fewkes	Ken Krown	David Wooten
Scott Fox*	Darwin Kueltzo*	Joe Zima*
Peter Garifalis	Mike LaMonto	Erwin Ziska
	Bob Madera	*denotes District 118
Chuck Halper	BOD Madera	employee

On Thursday, November 10th, Palos South had its annual Veteran's Day Assembly. This is always a very moving assembly with may guests from Palos South's school, neighborhood, and family communities. Stellar performances from the bands and choirs, as well as some wonderful speeches given by the Patriot's Pen 2011 winners helped to make this assembly one to remember as we remember those who have served to defend our country and those who continue to serve today.





n Memor

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colorful

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halloween cornucopia vampire rake yellow

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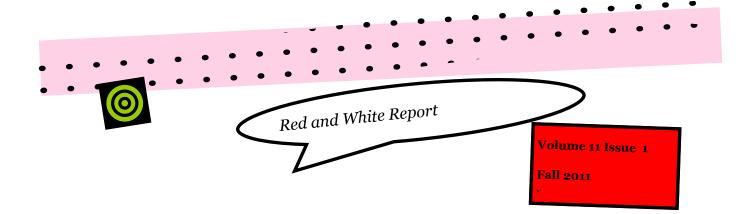
turkey

orange

ghost

fall







FACULTY



Mrs. Lindeman

Mrs. Rowan





Thea Barba Maddii Carlson **Catherine Denny** Indre Dukauskus Eddie Henzl Jillian Krol Kate Kwasneski Emma Lizzio Kyle Madura Christina Magnuson **Dam Michels** Logan Miller Mia Moustakas Nathan Nabeel Dina Perez Alana Rojas Courtney Ryan Elizabeth Sacha Shivali Shukla Matt Smuda **Denise Spinos** Jenna Swierk Amanda Teplitz Kelli Thielmann **Tommy Wade** Kelsey Wievoda