

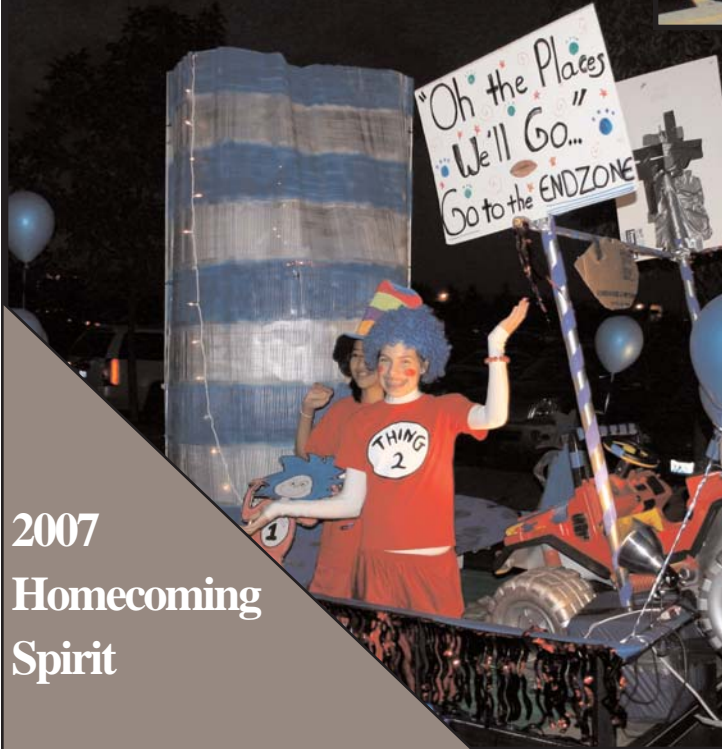


Paw Prints



*News and Information from
Community High School District 128*

Fall 2007



**2007
Homecoming
Spirit**



Administrative Offices

50 N. Lakeview Parkway, Suite 101
Vernon Hills, Illinois 60061
847-247-4500

Libertyville High School

708 W. Park Ave.
Libertyville, Illinois 60048
847-327-7000

Vernon Hills High School

145 N. Lakeview Parkway
Vernon Hills, Illinois 60061
847-932-2000

<http://www.d128.org>

Board of Education

Anne Landgraf, President
Judy Sugarman, Vice President
Jan Foreman, Secretary
Alexander Delli Paoli, Jr.
Pat Groody
Ellen Mauer
Marsha Oberrieder

Student Representatives

Kelsey Guglielmi, Vernon Hills High School
Omar Jamil, Libertyville High School

Administration

District

Dr. David L. Clough, Superintendent
Prentiss Lea, Associate Superintendent
Deborah Larson, Director of Curriculum and Instruction
Yasmine Dada, CPA, Assistant Superintendent for Business
Mary Todoric, Director of Communications

Libertyville High School

Brad Swanson, Principal
Eric Maroscher, Assistant Principal
Diane Phillips, Assistant Principal
Ron Bjurstrom, Director of Student Support Services

Vernon Hills High School

Dr. Ellen Cwick, Principal
Jon Guillaume, Assistant Principal
Jean Aucutt, Assistant Principal
Sue Butler, Director of Guidance

Community Education Program

Dr. Lester "Buzz" Perry, Director of Community Education and Grants

Paw Prints is published quarterly during the school year for District 128 families. Questions and concerns should be addressed to *Paw Prints* Editor Mary Todoric, Director of Communications at 847-247-4513.

Superintendent's Message

District 128 High Schools Implement State Mandated Moment of Silence



As you may know from local news reports, the state of Illinois recently passed a law requiring schools to have a moment of silence at the start of each school day. The state law, 105 ILCS20/1, is titled "Period of Silence" and reads in the Illinois School Code as follows:

In each public school classroom the teacher in charge shall observe a brief period of silence with the participation of all pupils therein assembled at the opening of every school day. This period shall not be conducted as a religious exercise but shall be an opportunity for silent prayer or for silent reflection on the anticipated activities of the day.

This is not a new law, but the revision of a previous law that included the word "may" instead of the word "shall" where underlined above.

On Monday, Oct. 22, Libertyville High School and Vernon Hills High School began following the new law by participating in a moment of silence each morning before the Pledge of Allegiance is recited. The moment of silence lasts approximately 15 seconds, and was introduced to students by the principals via a PA announcement. All students must be respectful and appropriate during this time.

Students are not required to reflect or pray, as this is a personal decision. If you have any questions regarding this new procedure, please contact LHS Principal **Brad Swanson** or VHHS Principal **Ellen Cwick**.

David L. Clough, Ph.D.
Superintendent

Financial Information and School Report Cards Available on District 128 Web Site

The Community High School District 128 web site contains valuable information for parents and the community. The budget for the 2007-08 school year is now available by visiting www.d128.org and clicking the link to the Business Office. The recently released school report cards are also available by clicking on the link located on the district home page. Bookmark this page and make it your source for District news and information.

COMMUNITY HIGH SCHOOL DISTRICT 128
Administration Center

50 North Lakeview Parkway, Suite 101 Vernon Hills, Illinois 60061 (847) 247-4500 FAX (847) 247-4543

Libertyville High School ♦ Vernon Hills High School

Prentiss G. Lea
Associate Superintendent

David L. Clough, Ph.D.
Superintendent

Yasmine Dada, CPA
Assistant Superintendent for Business

Deborah A. Larson
Director of Curriculum and Instruction

Michael Torres
Director of Educational Technology

Mary E. Todoric
Director of Communications

Kathleen Witt
Director of Special Services

October 25, 2007

Dear Parents:

I am writing to inform you of a health issue that recently has received considerable attention in the media and is understandably a concern for parents. A number of schools in the U.S. and the region have reported cases of students with a bacterial infection of the skin that is resistant to the more common forms of antibiotics. The infection is called Methicillin-Resistant Staphylococcus Aureus, or MRSA. At the time of this writing, we are aware of one confirmed case of MRSA at Libertyville High School and one reported MRSA carrier at Vernon Hills High School. Both individuals have received medical attention and have been cleared to return to school. This letter contains information regarding MRSA and practical advice for keeping students healthy.

MRSA, a form of staph infection, does not respond to routine treatment with commonly used antibiotics. MRSA infections usually begin with a skin infection, and can become serious or fatal if left untreated. While we most often hear of student athletes contracting MRSA, all students should take precautions.

District 128 maintenance supervisors have assured us that the cleaning agents already being used in our schools are effective against MRSA. We will continue use of these products, as well as our regular disinfection routines at both of our schools.

Here is some additional information that may be helpful.

MRSA Facts

Staphylococcus aureus ("staph") infections have been around for a long time, causing mild to severe illness. MRSA is a kind of staph infection that may be more difficult to treat but is otherwise the same as a "staph infection." MRSA infections may begin like a pimple or boil and can be red, swollen, painful, or have pus or other drainage. More serious infections may cause pneumonia, bloodstream infections or surgical wound infections.

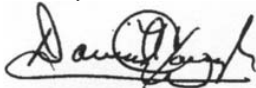
Staph is passed from person to person through direct contact with skin or through contact with contaminated items. According to the Illinois Department of Public Health, many healthy people carry the bacteria. The bacteria may live in people's noses and on their skin and most of the time does not cause any problems. Staph can enter the body through breaks in the skin and sometimes causes infection. The main ways to prevent staph infection are to wash hands and equipment that comes into direct contact with skin, and care for wounds properly.

Practical Advice

- Clean all cuts, abrasions or scrapes on the skin and cover with a bandage until healed.
- Seek medical attention if a sore or cut becomes larger, red, oozes, causes pain or is not healing.
- Shower with soap after physical activity.
- Family members with dry skin should use a moisturizer to prevent cracking.
- Urge children and adults to wash their hands regularly.
- Avoid sharing personal items such as towels, washcloths, razors or clothing.
- Avoid contact with other people's wounds or material contaminated from wounds.
- Children and adults who participate in sporting events should wash their hands after each practice or game. Wash uniforms and towels with hot water and detergent after each use.
- Athletes should be urged to air out their gym bags, as that can be a breeding ground for bacteria.

If your child has or had a MRSA infection, please inform the school nurse. If you have any additional questions, please feel free to contact either of our school nurses, Cam Traut (LHS) at 847-327-7016 or Veronica Alshouse (VHHS) 847-932-2040. As is customary, we are working with the Lake County Health Department on this matter. Please consult the District 128 web site for updates and links to additional resources.

Sincerely,



David L. Clough, Ph.D.
Superintendent

Data Drives District Improvement Efforts

by Prentiss Lea, Associate Superintendent and Deborah Larson, Director of Curriculum and Instruction

As we have reported in the past, our District strategic and high school improvement planning efforts are based largely on the collection, analysis, and synthesis of District data to determine our broad goals and measurable objectives; the identification of specific strategies and activities to achieve those goals and objectives; and the identification and use of evaluation criteria to measure our progress toward accomplishment of our established goals and objectives. As such,

we would like to take this opportunity to share with you a sampling of the most recent District and school data that we are using to plan and implement our ongoing improvement efforts. If you would like additional performance data for District 128, Libertyville High School, or Vernon Hills High School, please visit the District web site at www.d128.org and click on the link to the 2007 School Report Cards.

Fall 2007 Student Achievement Data at a Glance

Enrollment Statistics – Fall Housing Numbers September 2007				
Official Fall Housing Enrollment	LHS	VHHS	DISTRICT	
Official 2007-2008 School Year(6 th Day)	2077	1345	3422	
Official 2006-2007 School Year	2005	1352	3357	
Official 2005-2006 School Year	1954	1313	3264	
Average Class Size – 2006-2007	21.7	18.9	20.3	
Attendance Rate – 2006-2007	95.1%	94.7%	94.9%	
Operating Expenditure Per Student 2005-2006	15,753.00	15,753.00	15,753.00	
Number of Graduates - Class of 2007	448	340	788	
Students Bound for College - Class of 2007	92.74%	90.5%	91.62%	
Graduation Rate – Class of 2007	97.2%	98.8%	97.9%	
Average National ACT Score - Class of 2007				
No. of Seniors Taking Exam	420	306	726	
Average Composite ACT Score	24.8	24.0	24.4	
Mathematics	24.8	23.8	24.7	
English	24.9	24.6	24.4	
Reading	24.7	23.7	24.2	
Science Reasoning	24.2	23.4	23.9	
Average SAT Score - Class of 2007				
	State of Illinois	LHS	VHHS	District
Total Test Takers	11,030	85	51	136
Critical Reading Mean Score	594	605	604	605
Mathematics Mean Score	611	631	662	643
Writing Mean Score *	588	599	626	609
Advanced Placement - Class of 2006				
Students Taking Exams	356	291	647	
Exams Written	751	605	1356	
Honor Grades Earned (Scored 3, 4 or 5)	85%	87%	86%	
Participation in Athletic Programs – 2006-2007				
Fall	681	428	1509	
Winter	377	273	750	
Spring	682	451	1073	
Data Related to Adequate Yearly Progress (AYP) Status for 2007				
PSAE – Prairie State Achievement Examination				
% Meeting or Exceeding State Standards (Tested April 2007) Current Seniors - Class of 2008				
Reading	84.9%	76.3%	81.7%	
Mathematics	83.6%	77%	81.1%	
Science Reasoning	82%	74.8%	79.2%	
ACT Spring 2007 – Juniors - Class of 2008				
No. of Juniors Taking Exam	446	283	729	
Average Composite ACT Score -	24.25	23.25	23.75	
English	24	23	24	
Mathematics	25	24	24	
Reading Reasoning	25	23	24	
Science Reasoning	23	23	23	
Writing**	8	8	8	

*Test given beginning 2006 **Writing Test given beginning 2007

Good News From District 128

District 128 has earned the **2007 Bright A+ Award** for academic excellence in education. The award, presented annually by SchoolSearch, was given to only 62 out of the 872 school districts in Illinois. The award criteria are based on those districts whose students' academic performance ranks in the upper 5% of Illinois school districts based on 2006 Illinois School Report Card Data.

LHS students **Thomas Aberson** and **Brendan Reilly** were named student ambassadors at the Lake County High Schools Technology Campus. Both students are in the welding/fabrication program.

The following VHHS students were named Cougar Class Act Award winners for October: **Michael Griffin, Colleen Grimes, Katrina Hanson, Alexander Lang, Melanie Lecaroz, Paige Lehman, Paola Marin, Lilli Partyka, Ellie Silver,** and **Steven Spriesser.**

District 128 Speakers Available for Community Meetings

Consider inviting a representative from the Community High School District 128 Speakers Bureau to the next meeting of your business, civic or social organization. The Speakers Bureau was developed as an additional means of communicating with members of the District 128 community. District 128 administrators are available to speak on a variety of topics about Libertyville and Vernon Hills High Schools, including:

Athletics

Community Education Opportunities

Community/School Partnerships

District 128 Overview

Fine Arts

LHS Overview

Making the Transition from Jr. High to High School

Federal "No Child Left Behind" legislation

School Finance

Standards

Student Activities

Technology

VHHS Overview

and more . . .

Please contact **Mary Todoric** at 847-247-4513 or mary.todoric@d128.org for more information on this program or to schedule a speaker.

The following students were named LHS October Students of the Month: **Anna Pollema, Jeffrey Petersen, Ryan Dobson, Maisy Porter, Brett Coburn, MacKenzie Adams, Laura Steen, Kyle Schory, Hani Awni, Kellie Gavigan, Alexandra Hein, John Cavicchia,** and **Lucas McGovern.**

Twenty LHS seniors and four VHHS seniors were recently selected for induction to the National Honor Society.

VHHS senior **Claire Snyder** along with LHS seniors **Rebekah Frumkin** and **Margaret McCall** were named winners of the National Council of Teachers of English Achievement Awards in Writing. Nearly 2,000 students throughout the nation were nominated for this award. In the spring of 2007, each student submitted two essays, one a "best writing" sample and the other a timed essay in response to a prompt. According to a director from the National Council of Teachers of English, these students are "among the best student writers in the country." The English Departments also received certificates of commendation.

LHS Family and Consumer Sciences Teacher **Monica Patterson** presented a program called "Quick and Healthy Food Snacks" at last month's Edible Harvest Fest held at Prairie Crossing Farm Park in Grayslake.

VHHS Head Football Coach **Tony Monken** was recently named the Chicago Bears High School Football Coach of the Week. Tony will be honored at an upcoming game at Soldier Field.

Alumni News

2002 LHS graduate **Michael Durkin** was a five-time award winner at the 2006-2007 Emmy Awards presented by the Upper Midwest Chapter of the National Television Academy in Minneapolis. Michael, who is the son of LHS Library Aide Ann Durkin, is executive web producer for Fox Television in Minneapolis, Minn.

AlertNow Update

Since launching the AlertNow Rapid Notification System in January, District 128 has used the system to contact parents in several non-emergency and emergency situations. The District is very pleased to have the ability to reach parents within minutes when needed.

In addition to the speed of calling and ease of use, AlertNow also maintains multiple servers nationwide. This assures District 128 that in the event of an emergency when one server may be out of service, calls will be made through a back-up server.

Parents are reminded to contact the school should any of their home, work, cell or emergency contact numbers change.

If you have any questions regarding the system, please contact District 128 Director of Communications **Mary Todoric** at 847-247-4513 or at mary.todoric@d128.org.

What I Did on My Summer Vacation . . .

Teacher, Students and Parents Experience the Galapagos Islands

by *Kedric Greenawalt, VHHS Science Teacher*

This summer, 22 students and six adults (four fathers, one sibling and one other faculty member) joined me on an adventure to Ecuador and the Galapagos Islands through Save the Rain Forest. Throughout the trip, we stayed with Save the Rain Forest's conservation foundation, Jatun Sacha, that has various stations throughout Ecuador from the Galapagos Islands, the mainland coast, up the Andes Mountains and on the Amazon drainage basin. On this particular trip, we stayed at the station on San Cristobal Island, Galapagos, as well as the Congal Station on the continental mainland near the city of Muisne. During the trip, the group had courses in human impact on biological ecosystems, Galapagos endemism and cultural aspects of the various regions we stayed in.

While in the Galapagos, we got up close and personal with the wildlife. This included snorkeling with young sea lions that frolicked with the group for hours like children at recess on the playground! This was a definite highlight for everyone on the trip. Other activities included wading through knee deep mud in the mangroves for clams; long hikes in the rain-forest examining native and invasive plant species; and learning cultural traditions of the various regions of Ecuador. All of the students were wonderful about soaking in all of the experience!

I think they all came back with an appreciation for what we have here in Vernon Hills, how our daily lives impact the environment and what the environment means to them. Some kids expressed interest in going back and volunteering once they've entered college. Their appreciation and excitement over what they learned during the experience is what makes planning and arranging such an adventure a memorable experience. We all connected on the trip and will remember it for the rest of our lives. The impact of what was learned is something that, I know, has made a difference in those that participated in the trip. When teenage kids have the forethought, and begin making statements about the stories they'll tell their grandkids regarding the trip, I know it has been a rewarding one!



The group straddling the equator on its way to the coast.
(photo courtesy of K. Greenawalt)

Students Participate in French Exchange Program

by *Christophe Guiard, International Language Teacher*

Last June, 21 students from District 128 went to France for three weeks. Fourteen girls and seven boys from LHS and VHHS spent the first two weeks in Angers in the west part of France where they experienced the French way of life by living with an authentic French family. The last six days were in Paris where they appreciated the splendors of the French capital. Mr. and Mrs. Saxvik and Mr. Guiard were in charge of organizing and supervising this first part of the exchange. Every day had its share of new experiences and it's impossible to summarize in words what everyone had truly experienced during this trip. This trip was unique, sometimes surprising, but also so rewarding in many ways. If you had ever participated in a similar program, you can remember your own memories and imagine or admire all of the great ones our group brought back thanks to the multitude of pictures that had been taken. If



you haven't done such a experience, I can only encourage you to do it as soon as you can! Next are a couple of the activities we did. Angers was medieval and modern with "un je ne sais quoi" from the Loire Valley. Caen and the D-day beaches were inspiring. The abbey of Mt. St. Michel was breathtaking. The 7 km hike at low tide was unique, sunny and muddy. Paris was wonderful and magnificent as usual. Versailles was grandiose and Giverny was colorful and soothing. It was a good trip!

The second part of the exchange, mainly orchestrated by Mrs. Guiard, took place at the end of October when the group of French students spent two weeks with its American counterparts.

2007 participants were: **Shelly Birch, Lindsey Broderick, Colleen Grimes, Kathleen Grimes, Jared Isaacs, Babette Jamieson, Allison Kanak, Madeleine Kleinhample, Kevin MacTaggart, Margaret McCall, Leah Meyer, Kristina Nennig, Emily Ott, Vesselina Pentcheva, Will Pomes, Madeline Silverstein, Jennifer Sundblom, Preston Thom, Rachael Treske, Lucille White, Kevin Wolf.**

LHS Hosts Annual 5K Red Ribbon Classic Spooktacular

by Nancy Dick, LHS SAP Coordinator

On Sunday, Oct. 14, 2007, Parent CATS, Athletes Committed to Excellence (ACE), Supporting Peers and Reaching Kids (SPARK) held a 5K Red Ribbon Classic Spooktacular Race at Libertyville High School. 261 runners ran to heighten the awareness of drug-free living. The race is held annually on a weekend in October to celebrate National Red Ribbon Week.

In addition to the runners, 21 sponsors supported the race which helps support drug prevention programming efforts by the host groups. Thank you to the sponsors: **Bauschke Laboratories, Inc., Centre Club, Clow Insurance Agency, Inc., Gurnee Counseling Center, Xsport Fitness, Harris Bank, Hawthorn Lanes, Libertyville Bank & Trust, Libertyville Fire Department, Libertyville Police Department, Runner's Edge, Sports 11, Starbucks, Sunset Foods, Susan B. Designs, The Picnic Basket, Toshiba, WaPaGhetti's Pizza, Wildcat Football Parent Association, and Friends of Wildcat Baseball.**

A special thanks goes to **Kevin Bowens** and the Village of Libertyville, **Sue Behringer** president of Parent CATS who gave many hours to make the race a success, **Mark Buesing** and the LHS cross country team for timing the race and marking the course, and **John Fischl** for the announcing. Finally, a special thank-you to the many parents, students, and staff who came out and volunteered to be race marshals, make coffee, distribute race packets, and serve as cheerleaders for the runners.

Awards were given to the overall winners, as well as those runners placing first, second and third in their age group. See you next year in the winner's box!



Top: Runners gather for the start of the race.
Bottom: Participants of all ages took part in the action.
(photos courtesy of the LHS Boys' Cross Country Team)

Students Recognized by Goodman Family Foundation

Last spring, District 128 students were invited to submit essays and videos to the Goodman Family Foundation addressing the topic, "Why I Choose to be Drug/Alcohol Free." The foundation also recognized outstanding student prevention leaders. Recipients received cash prizes and were honored in September at a banquet at Navy Pier.

The following District 128 students were honored: (LHS) **Corinne Clark**, First Place - Essay Contest; **Mackenzie Haws**, Second Place - Essay Contest; **Jenny Kamins** and **Melanie Renton** - Student Prevention Leaders of the Year; (VHHS) **Heather Gray**, First Place - Essay Contest; **Ariel Block**, Second Place - Essay Contest; **Kelsey Guglielmi**, First Place - Video Contest; **Kristen Contos** and **David Siegel**, Student Prevention Leaders of the Year.

The Cebrin Goodman Drug Abuse Prevention Program of the Goodman Family Foundation was started by Larry Goodman in response to the tragic loss of his granddaughter to drugs several years ago. The foundation attempts to make a difference in the lives of thousands of young people annually by encouraging and supporting drug abuse prevention efforts in the Chicago area and beyond.

VHHS Red Ribbon Week Features Healthy Lifestyle Fair

On Oct. 25, VHHS held its annual Healthy Lifestyle Fair. This year's event, held during Red Ribbon Week, included numerous community agencies. Participants provided students with information about relevant teen issues. Each agency shared information, or presented an interactive learning activity to encourage and empower students to make healthy lifestyle decisions. This year's fair covered the following five areas of wellness: fitness and exercise; sleep fatigue; nutrition/obesity; stress; and general health and wellness. Students who visited five booths received a taffy apple from the Cougar Parent organization.

The fair also provided an opportunity to highlight the new school health and wellness goals. Staff and students signed up to participate in new health initiatives.

Other Red Ribbon Week activities included door-decorating and car antennae contests sponsored by SPARK (Supporting Peers and Reaching Kids), and window painting featuring drug-free messages by ACE (Athletes Committed to Excellence).

VIP Students Meet with Hawthorn Middle School North Students

by Margaret Pither, VHHS SAP Coordinator



On Oct. 4, fourteen VIP (Voices in Prevention) students presented prevention skits for 6th, 7th and 8th graders at Hawthorn Middle School North. Skit topics included bullying and empowering the bystander, respecting teachers and parents, Internet safety, cliques, and drug/alcohol prevention. Students that participated were: **Tierney Darden, Christina Mazza, Juliana McLain, Jamie Michel, Michelle Moss, Bailey Muller, Vesselina Pentcheva, Jessica Rigwood, Erika Ross, Gordy Skeoch, Sonal Singh, Nora Snyder, Billy Tabrizi, and Josh Zepeda.** VIP advisors are **Margaret Pither and Rebecca Ulz.** (photo courtesy of VIP)

Names Can Really Hurt Us Program Presented at VHHS

On Oct. 17, VHHS freshmen attended "Names Can Really Hurt Us," a powerful, four-hour program developed by the Anti-Defamation League. The program was created in response to a request by educators for a vehicle to teach students to respect individual differences. The goals of the program were to provide a forum for students to discuss name-calling and bullying and to formulate ideas for how to create positive change in school communities. A group of students and adults, representing the diversity of the school community, worked together to tailor the program for VHHS.

A 23-minute student-centered video was used to introduce the topic of diversity. The issues were then brought closer to home by a panel of students who openly discussed their own personal experiences. Following the assembly, students participated in structured, small group discussions, co-facilitated by a senior student and a teacher. The program ended with a report of the "next step" ideas generated by the students for the school community.

In the weeks preceding the workshop, student and faculty facilitators participated in two three-hour workshops conducted by the Anti-Defamation League. During the workshops, team members chose and prepared for their respective roles and student facilitators developed important leadership skills. Members of the planning committee were **Deb Beagle, Sue Butler, Tom Chinske, Doug Dusthimer, Tiffany Heinlein, Margaret Pither, Madeline Powell, and Priscilla Sienko.**

Operation Snowflake 2007

Seventeen VHHS students co-led small groups and acted as role models at Operation Snowflake, an annual drug/alcohol prevention retreat. This year's event was held on Oct. 12 at Oak Grove School. Seventh and eighth grade students from Oak Grove School and Hawthorn Middle School observed large group presentations that focused on positive decision-making, self-esteem, and the transition to high school. They also participated in small groups led by the following VHHS students: **Chelsea Barrile, Jill Becker, Leanne Berzanski, Kendell Blake, Vanessa Ceballos, Bryan Cornelius, Kali Cotteleer, Allison David, Emaan Fareedi, Lindsay Goldberg, DanBrenielle Hill, Lavanya Iyer, Nancy Lee, Jessica Martine, Natwadee Schwind, Stephanie Wessels, and Christina Yoon.**

Photography Begins in the Darkroom in District 128

by Stefanie Dahlstrom, VHHS photography teacher and Edith Obenchain, LHS photography teacher



District 128 students practice their photo techniques at The Bean in Chicago. (photo by S. Dahlstrom)

The word "photography" means "writing with light." Having the opportunity to expose light sensitive silver emulsions - both in the camera and in the darkroom - gives students an understanding of light that we use in creating images.

Every photography student remembers seeing his or her first print emerge in the developer tray. It is a magical process! It is essential for photographic education to include "traditional" processes, along with the newer, quickly evolving digital technologies.

It should not be a situation of one or the other - traditional or digital; but rather a blending of the two. Digital should not replace traditional photographic education; both have a place, but should never be considered mutually exclusive.

Libertyville and Vernon Hills High Schools offer three levels of photography as part of the art curriculum. This year, for the first time, the schools will be offering Digital Photography as an option for second semester students.

Before students are allowed to enroll in the Digital Photo class, students are required to have at least one semester of traditional film photography. The reasons are simple, and almost all photography teachers will agree: there are just some techniques that cannot be duplicated outside the darkroom. Students will gain important experience using film cameras and traditional darkroom techniques that will carry over to the student's work in Digital Photography.

There is another fascinating observation that teachers have made regarding film photography. In this age of technology, where we are constantly staring at individual monitors, working in the darkroom with other students using a hands-on-process can be a pleasant relief for many students. Is it possible that we all need this change of pace from the world of technology?

Do you have a quality film camera you no longer use?

District 128 is looking for 35mm SLR manual cameras for students to use in the film classes. You may have noticed that it is harder to find film in stores. When was the last time you saw a 35mm film camera for sale in stores? Yes, they are available, but harder to find. And, as you can imagine, students are reluctant to purchase a quality film camera for just one semester of film photography. Therefore, we are looking for donations of quality cameras (even if they need some repair) for our Photo I students. This is the perfect solution during this time of transition. Whereas many feel that film photography will always be around as an art form, it is just a matter of time before film is just not practical in the real world. That time has already arrived for many of us. If you have made the transition from film to digital, please consider donating your camera to LHS or VHHS. Just contact the Fine Arts Office at either school to drop them off. If you would like a letter on school stationery thanking you for your donation that can be used at tax time to prove your tax deductible donation, please be sure to leave a name and address when you drop off the equipment.

What Kind of Cameras do we Need?

We only use 35mm, SLR (interchangeable lens) cameras. Manual focus is important! Auto focus or instamatic will not work for our classes.

VHHS Contact **Lin Jackowski** in the Fine Arts Office, 847-932-2283

LHS Contact **Willa Innis** in the Fine Arts Office, 847-327-7058

VHHS Orchestra Honored



The VHHS Symphony Orchestra was selected to perform for the Music Educators National Conference (MENC) in April. The MENC is the national parent organization of the Illinois Music Educators Association (IMEA). This conference is held every other year in the spring and the location moves around the country. Orchestras from around the country submitted recordings to be considered for this performance and fewer than five orchestras are invited to perform. This year it will be in Milwaukee. The VHHS orchestra will perform on Friday, April, 11 at 9:15 am for an audience of national music educators. (Photo courtesy of F. Lestina)

LHS Band Receives Honor

The LHS Wind Ensemble, directed by **Don Shupe**, was recently selected for the National Wind Band Honors. The Wind Ensemble's recording was judged against 80 of the finest bands in the country. The National Wind Band Honors project recognizes the top quarter as National Winners. This honor represents yet another award garnered by the school's excellent music department.

Students Selected for All-State Theater Production of *Parade*

Students from LHS and VHHS were recently honored as cast and crew members for the upcoming All-State production. LHS seniors **Dena Goldberg** and **Pippa Soo** were selected for the roles of Lizzie and Mary Phagan, respectively. LHS sophomore **Tim Heller** will perform as a member of the Ensemble. LHS Senior **Hanna Supanich-Winter** and VHHS students **Thomas Bersano**, **Kaitlin Donelon**, **Jennifer Zellner**, **Eugene Kuzmin**, **Lindy Randall** will serve on the technical crew. LHS junior **Susan Bratton** and VHHS sophomore **Michael Wagner** will perform with the orchestra.

According to their web site, the Illinois High School Theatre Festival is the largest and oldest non-competitive high school theatre festival in the world. The three-day festival will take place Jan. 10-12, 2008 at Illinois State University. Each year, more than 4,000 students, teachers, university representatives, exhibitors, and volunteers come together for three days to put on over 25 different high school productions and over 150 workshops. The annual All-State Production features student cast, crew, and orchestra members from across the state.

Ice Cream Social Serves as Warm-Up to Faculty Recital

It was a great deal - ice cream and a show for just a buck! No wonder the LHS Studio Theater was standing-room-only for this year's Faculty Recital held on Sept. 26. For a mere dollar, audience members could treat themselves to a generous scoop of ice cream with a delectable assortment of toppings before enjoying the evening's entertainment.

Music teachers are usually the ones doing the listening, giving pointers and holding the conducting batons. The recital gave the faculty a chance to share their many talents. Teachers **Jeff Brown**, **Dustin Helvie**, **Jeremy Marino** and **Don Shupe** joined eight private lesson instructors for the event.

District Musicians Selected to IMEA Festival

Congratulations to the following District 128 student musicians who were selected to the IMEA District 7 Festival:

LHS

Orchestra

Meredith Peacock, violin; **Lauren Peacock**, cello; **Debbie Shi**, violin; **Cam Shenassa**, bass; **Elle Webber**, harp; **Kirsten Clemens**, trombone; **Erik Jensen**, trombone; **Kyle Licocci**, trumpet; **John Klaess**, trumpet; **Rebekah Hastings**, flute; **Brandon Hunt**, percussion

Jazz

Susan Bratton, **Allie Shafernak**, **Kyle Licocci**, **John Klaess**, **Matt Karnstedt**, **Lee Starovich**

Band

Allie Shafernak, clarinet; **Sarah Garren**, clarinet; **Gina Kwak**, flute; **Emily Bjerre-Jensen**, bass clarinet; **Matt Karnstedt**, baritone sax

Choir

Marie Kroeger, **Anne Chapman**, **Amanda Nipper**, **Pippa Soo**, **Mel Reusche**, **Laura Murray**, **Ellen Williams**, **Alex Mason**, **Willson Oppedahl**, **Kit Garchow**, **Sam Pirruccello**, **Tim Heller**, **Greg Gorajski**, **Alex Price**, **Artie Snow**, **Ben Berger**

VHHS

Orchestra

Jason Song, violin; **Joyce Zhai**, violin; **Haemi Lee**, violin; **Hanna Woo**, violin; **Paul Juhn**, cello

Band

Jessica Wells, bassoon; **Bobby Kelly**, trumpet; **Emily Macy**, French horn; **Mitch Evett**, bass trombone

Chorus

Michelle Krueger, Soprano II; **Spencer Kibbler**, Bass I

Cats Perform *Cats*

The LHS Fine Arts Department presented the musical *Cats* on Nov. 1 and 2. The show, directed by Tim Frawley and Technical Director Kevin Holly, was a great success, adding an additional performance to its schedule.

According to Holly, the biggest challenge for the crew on this production was that in order to make the actors appear in scale, the set pieces and decoration had to be larger than life size; CAT SIZE if you will. The scale used in the design was 2.5; so the set included London street signs that were 2-1/2 times larger than they would be in England. Other highlights on the set included a wooden pallet that is 8 foot square, British cereal and cookie boxes, canned goods of all types, a woodworking area, and some very large tires.

The following students were members of the cast and crew:

Cast: Anne Chapman, Brett O'Connor, Drew Mills, Babette Jamieson, Samuel Pirruccello, Elizabeth Henderson, Mel Reusche, Allison Cacich, Pippa Soo, Kit Garchow, Ashley Dennee, Taryn Smith, Lisa Revis, Kasey Michel, Laura Murray, Ellen Williams, Phil Skurski, Dena Goldberg, Kiersten Frumkin, Bridget Carr, Willson Oppedahl, Alex Mason, Molly Goldberg, Ben Berger, Tim Heller, Brent Rawlinson, Claire Salata, Anna Mayworm, Johnathan Oleksinski, Aleah Gattone, Mickey Gregory, Austin Causey and Jennifer Ruppert.

Crew: Master Carpenters: Bryan Innes, Nick Heupel; Master Electricians: Joe Schmalig, Alex Corcoran; Audio: Sean Lathan; Scenic Charge: Hanna Supanich-Winter; FollowSpots: Megan Lathan, Emily Ames, Megan Mohs; House Manager: Elise Shepley; Props: Alaysia Ray; Crew: Nils Anderson, Brent Austin, Brooke Baldi, Sarah Baquiran, Susan Bratton, Chris Bryant, Mary Kate Buetlmann, Michael Cypher, Jack Foley, Becky Goldberg, Bri Hays, Erin Hildebrandt, Fiona Hope, Shelly Lee, Sophie Malecki, Mitch Morgan, Rosie O'Connor, Anna Oleksinski, Adam Pfluger, Andy Phillips, Danny Pozen, Michelle Pozen, Jocelyn Brame, Kyle Rawlinson, Alaysia Ray, Beth Remler, Melissa Silsdorf, Anne Sledd, Maggie Sledd, Sam Sorkin, Rose Swanson and Jacqui Zeng.

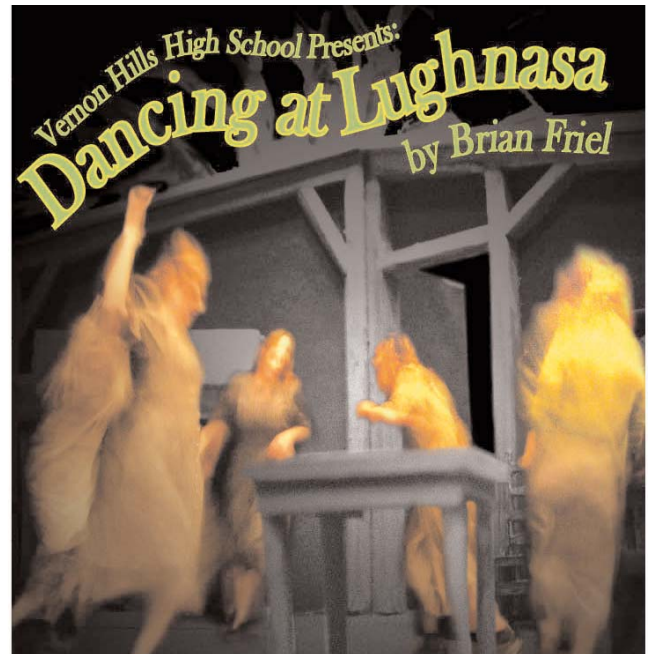
VHHS CAST Sponsors Artist in Residence Program

The VHHS CAST group launched an exciting new program in October. We are encouraging parents to make donations to the VHHS Artist In Residence Program. The goal of the program is to have visiting artists throughout the year in every Fine Arts area - theater, dance, music, and visual arts.

To kick off this program, an anonymous donor has come forward with a challenge of \$2,000 in matching funds for the month of October. These VHHS Fine Arts parents will match any donation, dollar for dollar, up to \$2,000 for the month of October.

CAST will be assisting with the organization and funding of this worthwhile program. Parents interested in making a donation should contact the Fine Art Department at 847-932-2283.

Dancing at VHHS



VHHS students presented the Brian Friel play, "Dancing at Lughnasa" on Oct. 26 and 27. The play was originally produced on the New York Stage by Noel Pearson. The following students, under the direction of Kevin Phelan, Technical Director Bo Warmbold, Set and Costume Designer Jennifer Phelan, and Lighting Designer David Valentio, made this year's fall production a success:

Cast: Zach Nakashian*, Lindy Randall*, Moira Byrne*, Emily Paul*, Michelle Moss*, Julia Ambrozek*, Tom Proepper* and Chris Thoren*

Crew Heads

Stage Manager: Alana Rubin; Assistant Stage Manager: Lauren Batson*; Student Director: Amy Black*; Master Carpenter: Eugene Kuzmin*; Assistant Master Carpenters: Ellie Cashen*, Ryan Patterson; Audio Technician: Josh Robinson*; Paint Crew Head: Maggie Foley*; Props Masters: Thomas Bersano*, Kaitlin Donelon*; Costume Crew Head: Jennifer Zellner*

Crews

Costume Crew: Meghan Wilgus; Set and Lighting Crew: John Papandrea*, Allison Kmichik, Sara Gil, Alex Sherman, Abby Turley*, Smith Donelon, Logan Nelson, Max Grebe, Katie Heglund, Liezl Jacobson, Kat Coco, Katie Gerlach, Danie Feld*, Christina Kroes, Kelsey DeRosier, Danny Faia, Miranda Lang, Jessica Lawdan, Michelle Consoli, Sara Curcio, Kevin Hehr, Gilbert Hernandez, Kirsten Lopez, Jake Schnar, Catherine Haberstroh, Marcy Cohen, Armand Pettenon, Cassandra Cisneros, Carly Gusto, Gena Lopez, Karen Mari, Amber Szopinski, Michael Wagner*, Zach Nakashian* and Chris Thoren*

*Indicates membership in International Thespian Society Troupe #6386

Where Have All the Engineers Gone? Math and Science Race Deja Vu

by Ole Stevens, LHS College Counselor

It seems our country is continually facing a math and science crisis. Recall the effect of Sputnik and the space race: President Kennedy's national appeal caused a record number of America's students to become engineers, mathematicians and scientists. Their innovation and ingenuity provided the backbone to the United States economic engine and national security for the last forty years.

Unfortunately, one quarter of the current science and engineering workforce will retire by 2010. Furthermore, 70% of the scientific and technical workforce at the Department of Defense will retire in seven years. One question is, "How can we as a nation sustain the necessary pace of innovation to address the new century's problems?" There are environmental, infrastructure, and energy concerns that need to be addressed. Another question is, "How can we maintain our economic and national security if many of America's high-tech development centers locate abroad to find talent?" Here is the scope of the problem: the United States produces 70,000 engineers per year. China produces 300,000 engineers per

year. India produces 200,000 engineers per year. Obviously, the concern is that if the United States fails to bring more of our young people into the engineering profession, we will eventually fall behind in the global economy.

Deja vu: There is an old race afoot. We are in the middle of global competition just as we were back in the days of Kennedy and Sputnik.

Higher education, business and government leaders have started a conversation on how to address this problem. Some people say that the new "space race" is the pending energy crisis. Regardless of the call to action, the concern is real and we need to direct our resources and our students to consider a path in engineering, math and sciences. Here in the CRC, we are in constant communication with colleges and universities across the country. They tell about their new science facilities and promote their great programs. Why? Because they want District 128 students to be a part of the new wave of engineers and scientists that will help to lead our country in the years to come.

News From the VHHS CRC

by Scott Birtman, VHHS College Counselor

College News

The "priority" filing deadline at **University of Illinois-Urbana/Champaign** is Nov. 10, 2007. All information must be postmarked by Saturday to be considered priority filed. Students will be able to see the admissions decision at 5:00pm on Friday, Dec. 14. The second round of decisions will be posted at 5:00pm on Friday, Feb. 15. A student who is "undecided" will now apply to the *Division of General Studies* and no longer the *College of Liberal Arts and Sciences*.

Illinois State University now boasts an average GPA of 3.46/4.0 scale. They saw a huge increase in applications in 2007. The filing deadline for ISU is Nov. 15, however it is in your best interest to submit your application as soon as possible.

The **University of Wisconsin-Madison** has undergone huge changes in their admissions office. In addition to going completely "paperless," there were substantial personnel changes. In other words, students will not be hearing admissions decisions as promptly as in the past. Broaden your horizons! Look at the entire University of Wisconsin college system. Those schools are recruiting and giving scholarship/grant money to Illinois students. They are typically smaller state schools, close to home and yet not that costly.

The **University of Wisconsin-Parkside** and **UW-Milwaukee** offer Illinois residents these substantial scholarships.

Finally, the entire **UW system** has moved to comprehensive review or "holistic" reading of college admission applications. In other words, the admissions office will no longer simply look at GPA or standardized test scores to make a decision. This process will primarily focus on academic preparation (rigor or strength of schedule), GPA, ACT/SAT scores and

"other" factors including: experience, leadership, motivation, diversity, etc.

The Ohio State University continues to offer the *Buckeye Scholarship* to Illinois students interested in Columbus.

CRC News:

On Sept. 18, VHHS Counselor **Judy Stone** presented an Essay Writing Workshop to students on a late arrival. In addition to a wealth of information handed out, she and **Mr. Birtman** were able to provide specific and timely information regarding... The Essay! The presentation was a Podcast and is now available through the CRC homepage.

On Oct. 30, we hosted the *First Generation Success* college program at VHHS. This combined effort with LHS helped first generation students and their families investigate the college process. **Tiffany Heinlein**, speakers from Northeastern Illinois University, CLC and several current college students were able to explain the college process to those unfamiliar.

To date, the CRC has hosted over 80 college rep visits during the school day. This is a wonderful way to connect with the college/university. The representative is your student's contact with the college. The representatives are interested in talking with and recruiting seniors and juniors. The CRC home page lists the College Rep calendar.

Seniors, please don't forget to update your college application and decision through the Naviance system. Simply forward that information to **Mr. Birtman** or **Mrs. Netland**.

If you have any questions, do not hesitate to call or email Mr. Birtman at 847-932-2166 or scott.birtman@d128.org.

From the Principal's Desk . . .

by Brad Swanson

We are all still learning...

Possibly one of the greatest secrets as to why Libertyville High School is highly successful can be found in the fact that the adults in our school value their own learning process and model for our students the traits of being life-long learners. We are very fortunate to work in a district that values and supports continued professional development. In all areas of our organization, we are challenged to reflect, identify areas of improvement, and implement changes to better serve our students.

Opportunities for professional development can take many forms. A number of staff members are actively involved in national and state level associations (i.e. Illinois Principals Association, National Council of Teachers of Mathematics, and Illinois State Deans' Association) that provide valuable workshops and conferences. These associations offer a tremendous amount of support and guidance as they promote current best practices for topics such as curriculum development, instructional strategy implementation, assessment and data analysis, and building a positive school climate. Many LHS staff members are leaders in their respective state associations as they engage in professional dialogues, enhance their own learning, network with successful colleagues, and through it all, proudly represent LHS.

Other professional development opportunities occur locally as we create institute day and late start activities. These events are very successful because they are planned by our

own staff members to address the current issues and topics that directly impact our students. Through the work of our professional development planning committee (S.T.A.R.S.), we are able to allocate time and resources to advance our various school improvement efforts. Institute days and late starts allow our staff to work collaboratively to address specific student needs and improve school climate. Another important form of local professional development takes place as LHS staff members articulate and share information with our colleagues at all of our feeder schools and districts. This process is invaluable, as all parties create a successful academic transition for our incoming freshmen.

I am truly inspired to work with a highly professional staff that never stops learning. One reason for the tremendous success inside our classrooms is the hard work of our staff outside the classroom as they plan, prepare, learn, and grow. Engaging classrooms, successful students, and a positive school climate don't just happen. They are the result of many thoughtful decisions made each day by caring, intelligent educators. I am proud that our collective emphasis on professional development continues to play a critical role in our success.

So, after an institute day or a late start, or the next time you hear of a teacher attending a workshop, I encourage you to ask what was learned. I think you'll be impressed, as you are reminded that our teachers are learners too.

LHS October Students of the Month



Congratulations to the students pictured above who were named LHS October Students of the Month.
(photo courtesy of LHS)

Student Activities Update

by Jennifer Paul, Student Activities Director

The start of the school year is always an exciting time for student activities! Students of all grades are participating in clubs and forming new friendships. New clubs are on the horizon and more students are involved than ever! Check out our student activities webpage for details on club meetings and student events!

The 2007-2008 school year was off and running with a welcome dance for the Class of 2011. Parents were invited to an orientation as the freshmen students had their very own first dance in high school! Weeks later, Student Council pulled together an awesome Homecoming with the theme of Arabian Nights. The calendar of activities was a bit nontraditional this year, nevertheless, a good time was had by LHS students, staff, and alumni!

The official kick-off for homecoming began with the selection of the "Sweet Seventeen" girls. **Amber Bryant, Erin DeMarco, Sharon Lo, Rebecca Lugge, Carissa Notaro, Kelly Peel, Shanna Polka, Taylor Potts, Nadia Swenson, Jennifer Weidner, Yecca Zeng, Yuli Zhu, Lisa Branding** (court), **Casey Dugan** (court), **Kylee Eyre** (court), **Ali Haws** (court), **Pippa Soo** (queen).

These girls were then featured on a float for our Homecoming Parade. Superintendent **Dave Clough** was honored as parade marshall. Many clubs and sports participated in this year's parade and adorned their cars and floats with orange and black spirited items or thematic decor that represented Arabian Nights! Streets were filled with spectators who greeted parade participants...the community support was wonderful! The atmosphere filled with excitement for another homecoming. The day continued with a "Sweet Seventeen" luncheon and window painting in the community. Colorful paintings and creativity of the students adorned the windows of the Libertyville merchants with designs for Homecoming.

The warm weather departed briefly for our annual Powder Puff game! The senior girls participated in a cold and rainy game of fun. Great work by **Alice Leafblad** for another successful Powder Puff. Officials **Matt Thompson, Bill Mix** and **Matt Leone** kept the playing safe and exciting for all of the participants. The night will be remembered for **Kevin O'Neill's** commentary of the girls' game with **John Fischl** throwing in some sound effects to the crowd! The end of the week came quickly with a gym packed with excited students ready to cheer their students on to victory for the Homecoming game. The National Anthem was sung by **Alex Mason** and was the official start to our assembly. Many of the students participated this year to include a rendition of a Harry Potter lip sinc performance. The poms, cheerleaders and gradebook brigade entertained the crowds as well. Principal **Brad Swanson** disguised as a genie appeared from behind a cloud of fog to help **Rick Brenner** with a wish of "who will hold the Spirit Jug?" Seniors will reign and be the official carriers of the Spirit Jug!



Several staff members were honored at this year's homecoming assembly. Pictured above, **Dale Eggert** was named Teacher of the Year; Superintendent Dr. **David Clough**, who retires at the end of this school year, was honored for his 10 years of dedication to District 128; and **Ann Durkin** was named Support Staff Member of the Year. (photo by M. Todoric)

On Sept. 11, the student council continued the tradition of a flag vigil from sunup to sundown on the LHS campus. Administrators, staff, students and the VFW were present to pay tribute to those individuals who have since passed and remember those who made a difference on that day. Associate Superintendent **Prentiss Lea** delivered a heartfelt message about the significance of this day. The flag which flew over LHS over the past year was gracefully removed, folded and presented to Superintendent Dave Clough.

Upcoming events on the LHS calendar include the Fall Blood Drive, Lunch Time Activity Fair, Mix it Up Day, Canned Food Drive, and Adopt a Family.

Many of our clubs are just getting started...here is some information for starters:

Future Business Leaders of America (FBLA)

Advisors- **Billy Pitcher** and **Kristen Shaw**

On June 28-July 1 the LHS chapter of FBLA competed at the National Leadership Conference and Competition in Chicago. Only three students from each state can qualify per event. After taking first in the state in Marketing **Jackson Lai** represented Illinois and LHS with a second-place finish at nationals. He also entered the open event competition of Advertising and finished second among over 200 entrants. Jackson is believed to be the only FBLA member in the nation to place in the top 10 of his event in each of his four years of high school.

cont. on p. 15

Student Activities *continued from p. 14*

Tim Harwood (Impromptu Speaking) and **Joju Varghese** (Business Calculations) also participated and competed at the national event.

LEAF



Advisors- **Dave Lapish** and **Susie Torrence**
 Congratulations to **Dave Lapish** and the L.E.A.F. Club for their outstanding efforts in the recent river cleanup. More than 60 students from Warren Township High School and LHS came out to participate in "It's Our River Day," a national day of cleaning local rivers.

Pictured above, LEAF members pose for a photo after they completed painting six windows for homecoming at the Libertyville Caribou. *(photo courtesy of D. Lapish)*

Ping Pong Club

Advisors-**Christophe Guiard** and **Jeremy Marino**
 This is the 6th season of the ping pong club that started back in 2002. The club meets every week right after school on Fridays in room 137. The old members list consists of 275 students who had shown interest and came at least once over the past four years. This year, after seven weeks of activity, 89 students are already active members (43 girls and 46 boys) and the weekly average is 30 players who share the six ping pong tables the club successfully fundraised and purchased. **Erick Yu**, **Martin Asimis** and **Hugo Martinez** are this year's club officers. Join the club anytime during the year. Come anytime -- even one game -- to play and to have fun. No skills required.

Speech Team

Coaches-**Tom Bzosky** and **Alice Leafblad**
 Speech Team is now off and running with its first team meeting held last Thursday. The speechcats are very excited about the upcoming season as they will be competing in various tournaments starting in November as well as hosting the annual Libertyville Speech Tournament held in January. As an added bonus this year, Libertyville was selected by the

IHSA to host the 2008 Regional Speech Tournament, so things will be busy. Speech team is a great way to build communication skills through acting, public address, humor, and other competitive events. We would like to encourage anyone who is interested in having fun and expressing themselves to come to a meeting and see what we're all about. No experience is necessary! Contact either Coach Bzosky (room 227) or Coach Leafblad (room 002) for more details.

Math Team

Coaches-**Amanda Warfield**, **Rick Brenner**, and **Ben Snyder**
 The Libertyville High School Mathematics Team held its annual election of officers on September 4. **Frank Yan** was elected president and **Eric Li** was elected vice president. **Julia Nee** and **Margaret McCall** were elected to the positions of secretary and treasurer, respectively. Our first North Suburban Mathematics League (NSML) contest was held at Hinsdale Central High School on Oct. 3 where the freshmen team took first place. **Perfect scores** were achieved by freshmen **Teddy Amdur**, **Malcolm Benion**, and **Weiqiao Huang**. Perfect papers were also written by sophomores **Alan Fan**, **Chris Garren**, and **Sherry Jiang**.

LHS will host the second NSML on Thursday, Oct. 23.

Peer Mediation

Advisors—**Sharon Stevens** and **Sarah Kelly**
 Peer Mediation welcomes new members to our organization. The new students will be trained in October in the areas of conflict resolution and listening skills. Once the students are trained, they will be able to hold actual peer mediations among their fellow students and monitor our advice website. The group meets every two weeks on Tuesdays at 3:00. If students have any questions, please see Peer Mediation President **Subil Thomas** or visit our web site: <http://lhswildcats.org/peermediation>.

INTERACT

Advisors-**Jennifer Paul** and **Alice Leafblad**
 Interact, a community service club, has been meeting for several weeks with a solid 60 members participating. Students volunteered their time for Pumpkin Fest in Libertyville, the PADS shelter, and will be taking donations for Candy Days through the Lions Club. Their calendar is full of times to participate and reach out to the community. They will be gearing up to organize the biggest event of the year, the annual Adopt a Family gift giving program. Student President **Chris Risley** and Vice-President **Annie Paulson** are actively planning the events for the semester!

CORRECTION

It was incorrectly reported in the Summer 2007 Edition of *Paw Prints* that **Debbie Shi** and **Maggie Sledd** placed third in the Rocks and Minerals competition for Science Olympiad. They did, in fact, place first in the state in that competition.

News from the Hills
Principal's Report

by Dr. Ellen Cwick

Instruction

Everything that happens at VHHS should have an impact on improving teaching and learning. Our most important job is focusing on what goes on in the classroom. As I visit classes this fall, I am impressed and invigorated by what I see happening in the classroom.

I am extremely proud of our ACT scores from last spring. Our composite score made the largest jump in the history of Vernon Hills High School with a .8 increase! Anything over an increase of .3 is statistically significant. Congratulations to students and staff for their additional work in our PAWS program, English grammar and reading initiatives, lunch period Key Train work, and ACT test prep program. We now have a new challenge- reach for new heights in the 24 composite range.

ACT Composite Score- VHHS

2006-07	24.0
2005-06	23.2
2004-05	23.5
2003-04	23.4
2002-03	23.2
2001-02	22.7

Student Enrollment

Student enrollment leveled off for this school year at VHHS.

2007-08	1,353 students
2006-07	1,364 students
2005-06	1,333 students
2004-05	1,233 students
2003-04	1,227 students
2002-03	1,165 students
2001-02	1,084 students

Freshmen	340
Sophomores	319
Juniors	359
Seniors	335
Total	1353

Names Can Really Hurt Us Program

I am excited about a new program that our First Class and SAP (Student Assistance Program) are bringing to our students this fall. *Names Can Really Hurt Us* Program is designed to provide a safe forum in which students examine difficult issues and effect positive change in their own behavior and in their school communities.

The program consists of a powerful video, followed by a panel of students who will share their personal stories regarding prejudice and name-calling. Small group break-out sessions, led by senior students and faculty members, follow. The program culminates with each group sharing ideas for how school can become a more welcoming and

supportive place for all students. A major strength to the *Names Can Really Hurt Us* program is watching staff and upperclassmen give up their time and work together to present a dynamic program for our freshmen class (more information on the SAP page).

I am extremely proud of the climate we have here at VHHS. Vernon Hills High School feels very strongly about treating each other with respect and kindness. It is part of the fabric of VHHS. Strong programs such First Class, Best Buddies, SPARK, and Interact are thriving Cougar programs and play an integral part in establishing our VHHS environment. I know we would not be where we are today without the influence of these programs. Passionate, dedicated staff are highly involved in these programs which further enhance these core beliefs. I am also impressed with how well our students treat one another.

Parents, this would not be happening without the work you also do at home in reinforcing these behaviors. Thanks for partnering with us to create this environment.

VHHS Student Joins CAC

Congratulations to VHHS sophomore **Will Wells-Haight** who recently begun a three-year term on the VHHS Career Advisory Council. He is the first student to serve on the council.

Student Activities Update

by Deb Beagle, VHHS Student Activities Coordinator

Kick-off Dance/Community Service

Vernon Hills celebrated the start of the school year with its annual Kick-off dance sponsored by the sophomore class.



The number of students in attendance was record breaking. The students were asked to donate school supplies to receive a discounted entry fee at the door. The sophomore class council collected numerous supplies that were donated to Roosevelt High School in Chicago. A special thank-you to all of the VHHS students, faculty, and staff that helped to make this project a huge success. Students **Steven Sprieser, Lavanya Iyer** and **Mansi Kathuria** along with Assistant Principal **Jon Guillaume**, Student Activities Director **Deborah Beagle** and sophomore class council Advisor **Kelley Whitescarver** had the opportunity to deliver the supplies in person and we were able to meet Roosevelt High School's assistant principal and student council members. Steven, Lavanya and Mansi are pictured above with members of the RHS student council. RHS was most appreciative to VHHS students for their generosity. This project was another example of how VHHS can be a "First Class Community." The sophomore class council plans to partner with Roosevelt High School as our Sister School again in the future. In addition, always a fun and unique event that takes place at the dance is the Senior Lip Sync contest. We had three groups perform: a big thank-you to those who participated. Congratulations to the winning group, "Team Ridiculously Good Looking," comprised of seniors: **Brandon Palmer, Dan Venus, Scott Venus, Aaron McMinn, Jackie Bray, Michelle Krueger, Heather Gray, Erin O'Donnell, Amy Burton, Anna Nelson, Kelsey Kind, Haley Bosco** and **Bobby Marciniak**.

Homecoming

Homecoming 2007 was a phenomenal success. "Oh, The Places We'll Go," served as the theme for the week. Spirit Week is the highlight of homecoming festivities, with a designated theme for each day. Monday was Fox in Sox, crazy

socks day; Tuesday was I Don't Want to Get Out of Bed Today, pajama day; Wednesday was Cat in the Hat, hat day; Thursday was My Many Colored Days, color wars; and Friday was Go, Cougars Go, spirit day.

The week of Homecoming was a busy one for students. Sunday all students were invited to help paint the windows at VHHS. The freshmen class painted the East entrance, the sophomore class painted the North entrance, the junior class painted the pool windows, and the senior class painted the main entrance. The staff voted for the best decorated windows, and the top class was the Senior Class. Monday through Wednesday night was filled with float-building activities at the Public Works Building. Every class was assigned a different Dr. Seuss book and was responsible for building a float for the parade on Thursday. The class floats reflected the outstanding Cougar spirit the student body contains. The freshman class was voted this year's best float. The Grand marshal for the parade was Dr. Clough, the retiring superintendent of District 128. Community members of Vernon Hills lined the streets to see the parade and catch candy.

Directly following the parade was the pep rally. Students gathered at Rust-Oleum Field to see all the fall athletic teams introduced, hear speeches from the football captains, watch the poms and cheerleaders perform, and get pumped up for the football game the next night. The evening closed with a remarkable fireworks display.



The Homecoming assembly occurred Friday afternoon. The highlight of the assembly was the Pom team's choreographed faculty dance routine. Staff dancers, pictured above, were **Cheryl Steffens, Kedric Greenawalt, Leslie Nardini, Susan Roy, Brittany Henley, Lauren Ishikawa, Megan Geltner, Shannon Etnyre, Laura King, Lin Jackowski**. Dancing to popular rap, students hooted as they watched their favorite teachers "Crank that." The following students who demonstrated exemplary spirit during the week were recognized at the assembly: Crazy Socks Day winner - **PJ Marsek**; Pajama Day winner - **John Papandrea**; Hat Day winner - **Quintin Anderson**; Color War Day winner - **Jessica Schwartz**; Spirit Day winner - **Lindy Randall**. Lastly, the homecoming attendants selected by the student body were announced. Congratulations to the following class attendants: freshmen class: **Jasmine Cruz, Sydney Achler**; sophomore class: **Angie Jang**, *cont. on p. 18*

VHHS Student Activities

continued from page 17

Paola Guzman; junior class: **Lauren Batson, Allyson Thommes, Sarah Warner**; senior class: **Georgan Costello, Kelsey Guglielmi, Nichole Knighton, Sylvia Kim, Erin O'Donnell, Tracy Pettersen, Kaitlin Donelon, Irene Ginakakis, Maddie Kleinhample, Anastasia Guletsky**. Last year's queen, **Erin Corrado**, returned from college in Ohio and crowned this year's queen, **Anastasia Guletsky**.

Friday night concluded with the Homecoming football game against Grant. Students dressed in all white for the game, making the student section quite a sight. Concluding with the dance Saturday night that was attended by more than 838 students, homecoming was a success. (Submitted in part by student, **Kelsey Kind**)

A special thank-you to the Student Council Advisors: **Leslie Nardini, Peggy Cope, Rebecca Ulz, Ben Horwitz, Ellen Kulieke, Emily Kline, Kelley Whitescarver and Janet Kovarik**, as well as the Student Council Executive Board for all of their hard work during Homecoming week. Thank you also to the wonderful community support for making Homecoming 2007 a memorable one. The following groups contributed to its success: **Vernon Hills Police Department, Village of Vernon Hills, Vernon Hills Public Works, Lincolnshire-Riverwoods Fire Protection District, Melrose Pyrotechnics, Shepard Chevrolet, Countryside Fire Protection District and Ernie's Towing**.

VHHS Staff/Student Variety Show

Student Council, with the help of Backlight Theater, would like to sponsor the 2nd Annual VHHS Staff/Student Variety Show. Last year's sold out performance was amazing. In order for this year's show to be a success, we need your help: You're part of the main event! We're compiling our data to see if we have groups of staff that are committed and would like to participate. Are you pondering your thoughts? Here are some suggestions: Perform with your department or some members of it. Do you have colleagues that are so talented outside your department? Are they available? Are you a coach or club sponsor? Have your team or club perform with you. What a great way to continue your team bonding! We're hoping students and staff will be performing together. Ask yourself, "Why should I participate?" This show is a great way to build spirit within the school, your department, activity you sponsor or team you coach. Student Council and Backlight Theater will give half the proceeds of the event to a charity of choice. The show will take place on Thursday, Dec. 6 at 7:30 p.m. The dress rehearsal is on Wednesday, Dec. 5 at 6:00 p.m. Knowing that we have such a talented staff, if we have too many groups that sign-up to participate, we may need to draw the names. We hope you're interested in this event and if we can be of any help please let us know. Please contact **Leslie Nardini** if you're interested by Nov. 1.

Club News

Cougar TV

Cougar-TV, Vernon Hills High School's TV Club, has been

working hard on webcasting sophomore and varsity football games played at home. In addition, we webcasted the first concert of the school year and plan on webcasting more fine arts and athletic events. DVD's of all webcasts are available for sale. Call **Patrick Galligan** at 847-932-2132 or email at patrick.galligan@d128.org for more information.

DECA

Seniors **Irene Ginakakis**, and **Jon Weekly** and juniors **Ryan Bolanowski** and **Kirsten Groody** led the way to Experience the DIFFERENCE in DECA for VHHS members this year! Congratulations to **Ryan Flis**, senior at VHHS, who after rigorous testing and interviewing was elected vice-president of the Illinois Association of DECA at the Illinois DECA State Executive Conference held on Wednesday, Oct. 3 at Oakton Community College. At VHHS, he is a member of the varsity football team and a First Class Leader. Ryan attended the State Officer Action Team Leadership Development Conference on Oct. 19 at the Spring Hill Marriott Suites in Schaumburg.

DECA...An Association of Business and Marketing Students, is a high school business student organization with over 170,000 members from all across the United States. DECA promotes leadership, teamwork, community service and provides tremendous opportunities for student participation while encouraging a competitive spirit. Students apply classroom knowledge to the business environment to compete at the area, state and national levels in business competition. (Advisors: **Sheryl Olson, Madeline Powell**)

Cougar Lifeguard Club

This year the Cougar Lifeguard Club has a roster of over 35 students. The club provides a variety of aquatic programs to the families in our community at the VHHS swimming pool. Programs include Saturday swim lessons, public open swim and adult lap swimming. In addition, we provide lifeguards for all P.E. classes that utilize the VHHS swimming pool. Members of the guard club do not have to be lifeguard certified, however we strongly encourage all members to become certified as soon as possible. We just completed our first session of the CATS swim school in which over 60 children were taught how to swim. The instructors of the first session were: **George Andreev, Shawn Fan, Kevin Gray, Colleen Grimes, Katie Grimes, Nicole Kalisker, Kelsey Kind, Maryam Lopez, Alex Madore, Marc Madore, Anna Nelson, Brandon Palmer, Megan VandenHeuvel, Dan Venus, and Robert Wood**.

For more information regarding the Cougar Guard Club or any of the aquatic programs at Vernon Hills High School, please visit our web site at www.vhscougars.org/aquatics

Freshman Class Council

This year's Freshman Class Council will be led by newly-elected President **Bryan Sanoshy**, Vice-President **Kori Cotteleer**, Secretary **Rachel Wells**, Treasurer **Nitya Bhagavatula** and Representatives **Andrew Abarca, Jinyoung Lee, Logan Nelson, Meghan Wilgus** and **Andrew Wood**. Freshman Class Council meetings are held every other Thursday in room 2404 at 7:15 a.m. *cont. on p. 19*

VHHS Student Activities *continued from page 18*

All freshmen students are welcome to come to the meetings to share ideas and express opinions. (Advisor: **Janet Kovarik**)

GSA (Gay Straight Alliance)

For a service project this year we are volunteering with The Night Ministry in Chicago. It is a non-profit organization connecting youth and adults in need to basic resources and opportunities for support, housing, employment, education, and more - regardless of race, ethnicity, religion, sexual orientation, or social status. The organization serves homeless and runaway youth, working poor adults, uninsured and underinsured individuals seeking medical assistance, children who are unsupervised and need a place to gather in safety, and others who have "fallen through the cracks" of our social service systems.

GSA will be working to support the services for homeless and runaway youth by baking and packaging cookies and by preparing hygiene kits which consist of travel size soap, deodorant, lotion, shampoo, toothbrush, toothpaste, combs, and razors. Both the cookies and the hygiene kits are distributed from the Health Outreach Bus which visits six neighborhoods in the city three times a week. (Advisors: **Craig Bomgaars, Jen Denis**)

Interact

Upcoming events: Interact Club is going to start its peer mentoring program, AJ (Aprendiendo y Jugando) on Oct. 15. In this program, the members of the club go to Townline Elementary to play with the kids and to help them with homework. For our international service project, President **Sylvia Kim** suggested raising money for the program "Schools for Schools." This program gives children of Northern Uganda an opportunity to receive an education. In order to raise money we will be having a bake sale on Nov. 2 and Nov. 21 at VHHS. We are also preparing for Adopt-a-Family in December. (Submitted by student, **Cynthia Espinosa**) (Advisors: **Sean Kelly, Kelley Whitescarver**)

International Club

International Club began the school year by participating in the Homecoming parade. Students used decorations from all around the world and shared candies from their cultures with children and adults along the parade route. This fall students will meet to watch foreign films, present information on various cultures, and begin an exchange program with a high school in The Netherlands. New members are always welcome. (Advisors: **Jodi Cusick-Acosta, Megan Geltner**)

Junior State – Pilot Club

Junior State has come to VHHS as a pilot club. The political debate club is proud to open its doors for 2007-2008 school year. Junior State is a nationwide organization committed to getting high school students to become active and educated members of the American Democracy and political spectrum. Through inner-school debates on many issues facing America today, Junior State serves to be a model democracy and raise student awareness, with students standing up for their opinions on a subject. Junior State meets bi-weekly with the

desire to attend three major trips throughout the school year - two regional and one national. Junior State aims at making students more informed and future leaders in America. (Submitted by student president, **Steven Sprieser**) (Advisor: **Eileen Orzoff**)

Special Olympics

Practice has begun and will continue until the middle of June. Anyone who would like to volunteer their time to help get our athletes ready for competition is more than welcome. Please contact **Andy Compton** or meet by the West court in the field house at 3:20 p.m. on Tuesdays and Thursdays. Special Olympics is adding Floor Hockey to the mix this year and they are looking forward to another great season.

VH₂O (Environmental Club)

Seven VH₂O members participated in the Youth Environmental Symposium (YES) held at Ryerson Woods on Wednesday, Sept. 26. Presented by Lake County Forest Preserves, the symposium focused on Living Green. **Claire Snyder, Samantha Feld, Alec Milgi, Amy Shen, Jacqueline Simonpietri, Hannah Marks, and Claire Snyder** enjoyed hands-on workshops including clearing invasive species, and learning about building with sustainable materials. The students were accompanied by sponsors **Karen Day** and **Kedric Greenawalt**. (Advisors: **Karen Day, Melissa Malmel, Pat Nora**)

Whispers of Immortality

You can have your original creative works published in the school's literary magazine. Submit your artwork, writing, and MP3's to whispers@district128.org or in the drop boxes outside Room 2205, 2212, and the photo room. (Advisors: **Sean Conroy, Eileen Orzoff**)

Cougar Class Act Award winners



Congratulations to the students pictured above who were named Cougar Class Act Award winners for October.

(photo by *J. Guillaume*)

Athletic Director's Corner

by Briant Kelly, LHS Athletic Director



On Sunday, Aug. 12, the North Suburban Conference hosted an athletic leadership conference for student athletes. This year, the leadership conference was hosted by Stevenson High School and was attended by over 600 North Suburban Conference student athletes and by over 130 NSC coaches and athletic directors. LHS student athletes were selected for the conference by the coaches based on their leadership and excellent character.

We had a great deal of positive feedback from our staff and athletes about this conference and the various leadership strategies learned. The conference was structured with large group and also small group instruction and participation. Our athletes were challenged to become the leaders here at LHS by focusing on these leadership skills and strategies learned at the conference.

As the school year progresses, we will meet monthly with these leaders and other student leaders from the school. The topics of discussion will range from leadership techniques, the Athletic Code of Conduct, building positive healthy relationships and building self-esteem. Hopefully, these monthly meetings will be an opportunity for the student leaders to learn and grow as individuals.

LHS student athletes participating in the conference were **Caroline Argall, MacKenzie Bailey, Kat Bernard, Melanie Blair, Pat Callan, Athena Cocallas, Kimmy Curschman, Jonny Darling, Dana Davidsen, Tracy Eklund, Dana Eriksen, Andrea Freberg, Nate Freyman, Julie Gilkison, Ben Grozier, Jenny Hamlin, Jonathan Isaac, Claire Kakenmaster, Dani Kopera, Kristy Krumtinger, Moriah Lark, Justin Leatherwood, Danny LeJeune, Brooks McDowell, Jim Murnik, Allie Muskat, Eric Ortega, Amanda Pecucci, Scott Penny, Austin Powell, Megan**

Rake, Anish Raman, Chris Risley, Kristin Schmitt, Zach Sesterhenn, Tim Skurski, Matt Steplyk, Megan Stubbs, Sara Stubbs, Mike Styler, Brittany Tazzioli, Josh Trees, Callie Turner, Kevin VerLee, and Greg Wilhelm.

We would like to thank the coaches that participated in the leadership conference: **Chris Trzyna, Brady Sullivan, Nora Kunio, Matt Thompson, Kathie Swanson, Bill Etnyre, Dana Brady, and Jenny Speciale.** Also, a special thanks to our student leaders: **Matthew Steplyk, Josh Trees, Kristen Schmitt and Danielle Kopera.** (photo courtesy of B. Kelly)

Wildcat Cheerleaders Volunteer at Winchester House



During the month of October, LHS cheerleaders donated their time to play bingo with the residents of Winchester House. A member of the freshman squad is pictured above spending time with one of the residents. (photo courtesy of A. Staines)

Wildcat Profiles: John Cavicchia and Alex Hein

by Briant Kelly, Athletic Director

John Cavicchia is one of the hardest working athletes to ever compete for Libertyville High School. With a simple combination of hard work and determination, John has become the Wildcat's number one distance runner in cross country and track.

John started his running career his freshman year in track where he quickly found he had some talent. He joined cross country his sophomore year where he ran eighth on the team, was named rookie of the year and earned a varsity letter. Last year, he moved up to number two, was named most dedicated athlete, earned his second varsity award, earned all-conference honors, and was named all-academic all-conference. This year, he is running number one on the team and looks to repeat much of the same success and more. His best time for three miles is 16:27, which places him 34th on the all-time list in LHS cross country.

Cross Country Coach and Physics Teacher **Mark Buesing** says, "John is the hardest working guy I've ever coached. He has never missed a meet (and I know he's run a few when not feeling well), never missed a practice, and is always the last one to leave the weight room. He simply gives you his best effort every single day. John is a remarkable person. I hope to have our biology department clone him before he graduates."

Athletic Director and former LHS Track Coach **Briant Kelly** says, "John works hard every day in practice and gives 110% effort. His time improvements in the 3200 meter run are remarkable; they are a testament to his dedication and desire. John is also able to balance a rigorous academic schedule with athletics."

John carries over his hard work in athletics to academics. He has always taken honors classes when offered and is currently taking three AP classes. He maintains a 4.1 GPA while keeping up an intensive, year-round training schedule. John is a role model for all student athletes by making academics his first priority.

John is a person of superior character who is always encouraging his teammates and mentoring the younger athletes on the team. His teammates thought enough of his character and leadership to elect him captain for the 2007 cross country season. John Cavicchia embodies what every coach wants from their athletes: hard work, good character, and a lot of guts.

Alex Hein has finished one of the most successful careers in the history of girls' golf at Libertyville High School. Alex has excelled on the golf course with numerous achievements and awards.

Alex is a four-year varsity golfer, serving as the team captain for two of those years. She has been the team leader in low stroke average for the past two years and is second all-time in LHS history for the lowest stroke average. Alex has compiled 19 top 10 finishes in golf tournaments, is a three-time all-conference medal winner, and a three-time IHSA state qualifier.

Golf Coach **Jim Seward**, says, "Alex is a once-in-a-career player. Working with her has been the highlight of my coaching career. She is always positive, always up to the challenge in front of her; she is a great role model for all golfers and athletes."

Alex has also been successful in the classroom. She has been able to balance numerous honors classes with a busy golf schedule. Alex maintains a 3.9 GPA, which ranks her in the top 15% of the senior class.

In addition to these accomplishments, throughout her golf career Alex has been a team leader helping younger, less experienced players adjust to the rigorous high school golf season. She is one of the most knowledgeable players in terms of the complex rules for golf, and a quiet, fierce competitor. She understands better than any golfer the nature of the individual game played in a team environment. These attributes have contributed greatly to the overall success that the team has experienced the four years Alex Hein has been a member of the LHS girls' golf team.

From the Cougar Den

by Brian McDonald, Athletic Director

Cougar Athletics is off to a great start to the school year. Our cheerleaders and poms had a terrific summer. Poms attended camp at Northern Illinois University where they received a superior trophy for learning and performing new choreography, and they also received a second-place trophy for the Ruby Blue routine that was choreographed by the seniors. Their second-place finish qualifies them for the Universal Dance Association Nationals in Florida. Squad captain senior **Sam Wagner** was named an UDA All-Star, which qualifies her to attend the parade in Paris, France.

The cheerleaders attended a summer camp in Wisconsin Dells where they brought home many awards, including the Top Banana which was given to the team that displayed the most enthusiasm and spirit throughout the camp. Both the varsity and JV squads were named Camp Champs for their efforts this summer. Named to the UCA All-Star Team were **Paige Levy, Kate Jacobs, Courtney Bryson, Angela Galisdorfer, Jessica Perez** and **Heather Cabrales**.

The cross country teams both won Prairie Division championships this fall. The girls are led by junior **Danielle Dickman** and the boys are led by senior **Moe Bahrani**. Both teams are currently gearing up for IHSA competition, and they are expected to do very well. You'll learn more about these two athletes in the Cougar Profile.

The Golf teams are finishing up their seasons with a few individuals moving on in IHSA competitions. **Kirsten Groody** finished up a terrific junior year with a trip to the IHSA sectional round in girls' golf. Senior boys' golf captain **Dan Downey** qualified for the state finals which will be held in Bloomington, Illinois.

Our **Girls' Swim** team has had a terrific start, setting new team records in multiple events. Record holders include **Melanie Lecaroz** (200 individual medley & 400 free relay), **Melanie Rowland** (100 butterfly, 100 backstroke, & 400 free relay), **Ashley Lenz** (400 free relay), and **Kelly Steininger** (400 free relay). In addition, **Melanie Rowland** was a double County Champion in the 100 butterfly and 100 backstroke at the Lake County Invitational.

Our girls' tennis team has had a solid year fighting through the injury bug. Our Cougars are heading into IHSA sectional competition, and they look to do well. Speaking of state competition, our varsity girls' volleyball team has earned the #4 seed at the IHSA 3A Sectional, making them the team to beat in their regional. Our Cougars are led by **Brianna Skeens, Caitlin McKenna** and **Kelsey Guglielmi**.

Our varsity boys' soccer team is very young, starting a number of talented freshmen and sophomores on the varsity squad. They are learning to play well together and have been improving every game this season.

And, if you like to watch down-to-the-wire football games, our Cougars have the game for you! Most of our games this year have been decided in the final five minutes of the ballgame, which has made for some very exciting football.

On the coaching front, we have some great news to share. First, from the Spring of 2007, our boys' volleyball program, headed by Coach **Chris Curry**, was selected by the Zebras of Northern Illinois (Volleyball Officials Association) as the recipient of the Outstanding Sportsmanship Award for the



Coach Tony Monken

2007 season.

Congratulations to Coach Curry and the 2007 varsity boys' volleyball team. Secondly, football Head Coach **Tony Monken** was named the Chicago Bears High School "Coach of the Week." Coach Monken will be honored at the Bears-Giants game on December 2, 2007, during an on-field ceremony. Congratulations Coach Monken and the 2007 varsity football team.

As you pull up to the main entrance of VHHS, you will notice that construction has begun on our new locker room facilities just west of the swimming pool. Please pardon our mess as we build the new locker room to better serve the growing needs of our student athletes.

Lastly, you may have heard this already, 2007 VHHS graduate **Jon Mueller** was named to the National Interscholastic Swim Coaches' Association All-American Team. Jon was an outstanding diver during his four years as a Cougar, finishing his career by qualifying for and competing at the IHSA State Finals, and he continues to do well in college.

Cougars Help Clough Prepare for Leisure Retirement



At this year's Homecoming Pep Rally, members of the VHHS fall athletic teams presented Superintendent Dr. **David Clough** with a variety of Cougar-related items in preparation for his retirement at the end of this school year. Above, the cheerleaders presented him with a "Home of a Cougar" sign for his home. Other items included Cougar wear, a signed soccer ball, signed football, golf balls, and other Cougar memorabilia. (photo by M. Todoric)

Cougar featured athletes: Danielle Dickman and Moe Bahrani

by Brian McDonald, Athletic Director

Danielle Dickman and **Moe Bahrani** are the leaders of the Cougar Cross Country Programs, with expectations to perform well at the IHSA state meet. I had the opportunity to sit down and ask them a few questions about cross country, and here is what they had to say.

When did you get hooked on cross country?

Danielle – “I did cross country in junior high just for fun. When I got to high school, I tried out for poms and I did not make the team. I wanted to do a fall sport, and one of my friends suggested cross country. Could be the best thing that has ever happened to me.”

Moe – “When I came to high school, I was a soccer player. I played on the JV team as a freshman and even played up in a varsity tournament once. I started training with cross country guys in the spring with track, and I got hooked on cross country.”

What is the hardest part about distance running? **Danielle** – “Staying mentally focused during a race. It is hard work to keep pushing yourself.”

Moe – “The hardest part is the first step. Actually getting out the door and getting started. The rest is easy.”

What is the greatest part about distance running? **Danielle** – “I have great teammates and the meets are awesome. Competing with 200 plus athletes who love to run as much as I do is terrific.”

Moe – “When you get going and you feel like you can run forever, you feel invincible. It is hard to describe; you just have to feel it.”

Cross country is often viewed as an individual sport. Please explain how it really is a team sport.

Danielle – “To be successful, you need the whole team to work hard and push each other so you can do well in the team score.”

Moe – “Everyone on your team is pulling for each other, and you need five runners to score. The whole team has to run up to the level of the lead runners to be successful.”

What is your favorite memory of cross country so far? **Danielle** – “Definitely when the team qualified for sectionals in 2006, which was only the second time in school history. It was a total team effort.”

Moe – “Qualifying as an individual to the state meet last year was awesome. The only thing that beats that memory is if I win the state meet this year.”

What are your plans after graduation?

Danielle – “After my senior year, I want to run cross country and track in college. I have not decided what I want to major in yet.”

Moe – “I plan to run for the University of Chicago and study history. I would like to write history books and then maybe become a teacher.”

What is the greatest thing about being a Cougar? **Danielle** – “Everyone takes pride in this school, and we all come together to support each other.”

Moe – “The teachers here are great. I love coming to school to learn from them.”

What would you say to encourage someone to come out for the Cougar Cross Country Team?

Danielle – “It is a great sport to try. I’m glad I did. My life revolves around it now.”

Moe – “You gotta love it to do it well. You can learn a lot about life from cross country if you let it teach you.”

Coach Roberts had this to say about Moe - “Moe is a truly outstanding athlete, and an inspirational captain for the boys’ cross country squad. He gives total commitment to his intense training program and it shows. His second-place finish in the recent prestigious Peoria meet was one of the finest performances I have seen from a young athlete. I have no doubt that Moe will be a success in whatever endeavor he chooses.”

Coach Richert had this to say about Danielle - “Danielle is a tremendously talented and more importantly, a mentally tough runner. When you take that kind of talent and toughness, mix it with her desire, determination, and excellent work ethic, it makes her one of the state’s best cross country and track runners. I have no doubt that Danielle will reach the goals she has set for herself and continue to be an outstanding athlete in college as well.”

Superintendent Clough Receives Flag From LHS Student Council



District 128 Superintendent **Dr. David Clough** was the honored recipient of the flag at the 6th Annual September 11 ceremony at Libertyville High School. Each year, the LHS student council presents the flag that has flown over the school since Sept. 11 of the previous year, to a special honoree. Dr. Clough received the flag in honor of his impending retirement and for his unifying leadership, commitment, and dedication to the youth of LHS and the community. Previous flag recipients were now-retired LHS Principal **Dr. Joe Wojtena** (2005), and WWII veteran and District 128 employee **Jim Zale** (2006). *(photo by M. Todoric)*

Front Cover: (clockwise from upper left) 2006 VHHS homecoming queen crowns the 2007 queen; Members of the LHS Interact Club enjoy their spot in the parade; An LHS senior is surprised to be crowned Homecoming queen; VHHS students get in the spirit of the Homecoming theme, "Oh the Places We'll Go," at the annual parade. *(photos by M. Todoric)*



Community High School District 128
50 N. Lakeview Parkway, Suite 101
Vernon Hills, Illinois 60061

Non-profit organization
 U.S. Postage Paid
 Libertyville, IL 60048
 Permit No. 84