

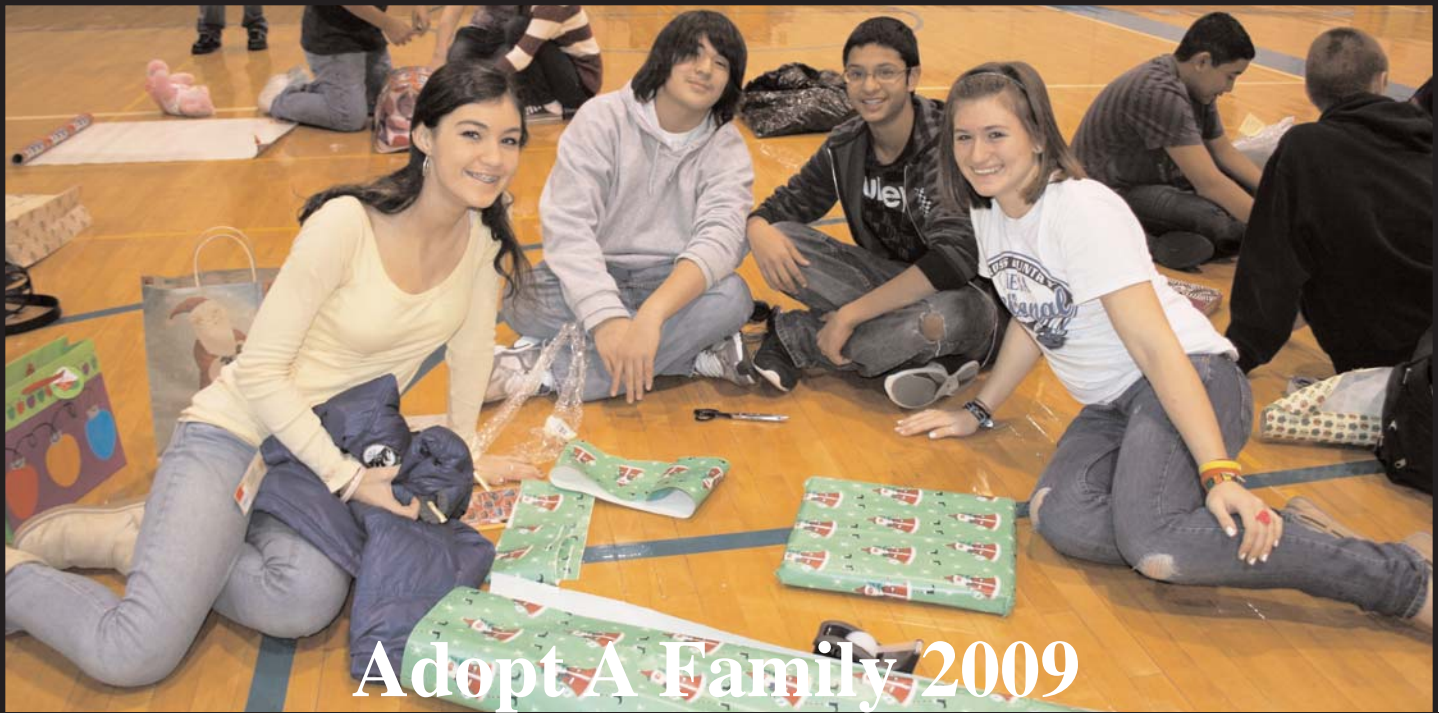


# Paw Prints



*News and Information from  
Community High School District 128*

**Winter 2010**



**Adopt A Family 2009**





#### Administrative Offices

50 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

[www.d128.org](http://www.d128.org)

#### Board of Education

Pat Groody, President  
Judy Sugarman, Vice President  
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Ellen Mauer  
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Mansi Kathuria, VHHS  
Elizabeth Oldenburg, LHS

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Dr. Al Fleming, Associate Superintendent  
Yasmine Dada, CPA, Assistant Superintendent for Business  
Deborah Larson, Assistant Superintendent for Curriculum and Instruction  
Dr. Lester "Buzz" Perry, Director of Community Education and Grants  
Mary Todoric, Director of Communications  
Mick Torres, Director of Technology  
Kathleen Witt, Director of Special Services

##### Libertyville High School

Dr. Marina Scott, Principal  
Eric Maroscher, Assistant Principal  
Diane Phillips, Assistant Principal  
Ole Stevens, 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

*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 Success Driven by Strong Partnerships



On behalf of the entire District 128 family, I hope that you had a wonderful holiday season with family and friends!

As we approach the mid-point in the academic year, the great news just keeps rolling in regarding the many academic achievements of our wonderful students and our two outstanding high schools. In the past four weeks, the *Chicago Tribune* and the *Daily Herald* have ranked Libertyville and Vernon Hills among the top high schools in the state based on student achievement and improvement and, for the third year in a row, *U.S. News & World Report* has ranked LHS and VHHS among the top high schools in the country in preparing all students for post-secondary education based on student college readiness. In addition, LHS and VHHS have produced 13 National Merit Semi-Finalists from over 1.5 million students eligible to qualify and five students with perfect American College Test (ACT) scores out of only 638 perfect scores nationally.

Such lofty achievements have not happened by chance, but rather as a result of a sustained, committed, and focused partnership between our schools, parents, and the communities that we serve. LHS and VHHS have excellent teachers, support staff, and administrators who focus on how well students are doing, what they need to do to help students achieve at higher levels, and then implement those instructional plans to ensure that all students do achieve at higher levels. As I have stated before, our collective goal is not to rest on past laurels, but to guarantee that all students are achieving at higher levels today than they were yesterday. If we are to reach this goal, D128, our parents, and our communities must continue to work together in partnership to effectively build upon our demonstrated excellence in serving our students.

One such partnership that is making a difference is the District 128 Foundation for Learning. The Foundation, comprised of community members and parent volunteers, has established a mission to "obtain resources to enhance and enrich the instructional program in Community High School District 128" through support for: student development; staff development and creativity; promoting the school district as a center for lifelong learning; promoting a unified school district with a focus on learning; and attracting required resources from diverse sources.

To that end, in their relatively brief time together, the Foundation has awarded nearly \$20,000 in Innovation Grants to LHS and VHHS teachers for creative and cutting-edge instructional programs and activities designed to take a wide variety of student learners "above and beyond." In coming issues of *Paw Prints*, Foundation Chairperson and former D128 Board President **Anne Landgraf**, will share important information regarding this special school-community partnership. So, stay tuned to learn more about how you can get involved and support the Foundation.

Finally, THANK YOU for your continued support! Each one of you, in some special way, has partnered with us to ensure that our students are successful. As a result, we have an excellent District and two world class schools dedicated to the educational bottom line: increasing student achievement, and as a result, student success.

Sincerely,

Prentiss G. Lea  
Superintendent

## LHS and VHHS Named to *U.S. News & World Report's* 2010 America's Best High Schools

by Mary Todoric, Director of Communications

U.S. News & World Report has released its 2010 rankings of the Best American High Schools. For the third consecutive year, both Libertyville and Vernon Hills High Schools have made this prestigious list, receiving silver medal status in the rankings.

According to the report, "the ranking methodology is based on the key principles that a great high school must serve all its students well, not just those who are collegebound, and that it must be able to produce measurable academic outcomes to show the school is successfully educating its student body across a range of performance indicators."

The report divides the country's top-performing high schools into two categories - gold and silver - based on their college readiness index, which measures the degree to which students are exposed to and master some college-level material while in high school. The gold high schools are the top 100 high schools (ranked numerically according to their college readi-

ness index), while the silver high schools are the remaining top-performing high schools with a college readiness index of greater than or equal to 20.

Illinois ranked 4th for the number of high schools to make the list. Among the 37 Illinois high schools making the list, six were from Lake County. LHS and VHHS were joined on the Lake County list by Barrington, Deerfield, Lake Forest and Stevenson high schools.

More than 21,000 public high schools in 48 states plus the District of Columbia were analyzed for the report. A three-step process was used to determine the best high schools. The first two steps ensured that the schools serve all their students well, using state proficiency standards as the benchmarks. For those schools that made it past the first two steps, a third step assessed the degree to which schools prepare students for college-level work.

## LHS and VHHS Rank Among the Top Suburban High Schools

While Libertyville High School, Vernon Hills High School and Community High School District 128 have consistently ranked among the top high schools in the state based on student performance, the recently released Illinois State Board of Education data (from the 2008-09 school year) demonstrates that District 128 is not only maintaining its historical level of excellence, but is continuing to build upon its legacy of excellence. The data clearly shows that:

- LHS is ranked as the 5th highest performing suburban high school and VHHS is ranked as the 18th highest performing suburban high school
- Among the 10 top-paying suburban school districts (D128 - 5th), D128 is the ONLY district to have met Adequate Yearly Progress (AYP)
- The increase in the VHHS composite ACT score ranks among the highest increases from 2008 to 2009 (.7)
- LHS is in the TOP 10 for highest percentage increases on PSAT Reading test scores from 2008 to 2009 (7.3%)
- LHS and VHHS are in the TOP 10 for highest percentage increases on the PSAT Math test scores from 2008 to 2009 (LHS - 5.9%; VHHS - 5.9%)
- LHS is 3rd in state among suburban high schools for students meeting and exceeding science standards.

Although the No Child Left Behind act and the use of a standardized test as the only measure of "official" school performance are fraught with philosophical and educational problems, and are certainly not the "end all - be all" of why we believe that we have two of the best high schools, the data and requisite rankings do provide us with valuable insight on how we are doing against a set of standards and other schools. And, by any standard, LHS and VHHS continue to demonstrate that we are not only serving our students well, but that we are committed to serving them even better year after year. In other words, we are not satisfied with simply maintaining our excellence, but seeking to build upon that excellence. The result? More students achieving at higher levels every year.

### **Parents:** **School Calendars Available On Line**

Visit the District 128 website, [www.d128.org](http://www.d128.org), and click on the "calendar" link to view the current school calendar, the 2010-11 school calendar, and calendar highlights for 2011-12.

## District 128 Announces its 2010 Illinois State Scholars

The Illinois Student Assistance Commission (ISAC) has recognized 19,345 high school students from 752 different schools from across the state as 2010 "Illinois State Scholars." This list includes 206 seniors from Libertyville and Vernon Hills High School. Illinois State Scholars rank in the top 10 percent of high school seniors. Selection is based on SAT, ACT and/or Prairie State Achievement Exam scores, and/or class rank at the end of the junior year.

The following District 128 seniors were named 2010 Illinois State Scholars:

Libertyville High School: Nils Anderson, Timothy Anderson, Eric Andrews, Jorge Arreola-Munoz, Amanda Beckman, Ashley Beres, Hadallia Bergeron, Alexandra Blair, Margaret Boling, Eric Borkman, Keith Breckenridge, Matthew Brunstrum, Lucas Budden, Thompson Burr, Megan Bystol, Alexander Carlino, Derek Cavender, Reid Cepa, Stephanie Church, Brandon Clarke, Jenna Coffey, Molly Coffey, Amy Deng, Diana DeVries, Hannah Diamond, Carla Dobryman, Nicholas Duff, Sara Edstrom, Maria Faillaci, Alan Fan, Sara Fitzgerald, Eleanor Ganz, Christopher Garren, Austin Gearing, Nicholas Gerjol, Emily Gray, Benjamin Groebe, Timothy Grozier, Jonathan Gunter, Wenji Guo, Katherine Hanson, John Harder, Mackenzie Haws, Adam Hefter, Alison Heimert, Heath Herchenbach, Wallis Higley, Lauren Hirons, Elyse Honold, Ellen Houser, Caroline Huse, Matthew Jenkins, Tara Jensen, Emil Jose, Nathan Kaiser, Ryan Kakenmaster, Navya Kamath, Kristen King, Michael King, Timothy Kopera, Leah Kruckman, Kristi Krumtinger, Grace Hanuel Lee, Richard Li, Bridget Loucks, Jessica Marder, Christopher Marr, Joshua Martin, Margaret McKiernan, Danielle Meere, Jacob Menge, Ryan Mertz, Zareena Meyn, Kasey Michel, Valentina Michelotti, Emily Milius, Michele Morse, Anna Mroz, Joshua Muchmore, Kate Muender,

Margaret Murnane, Daniel Nield, Tamara Nunez, Elizabeth Oldenburg, Willson Oppedahl, Taylor Orlando, Brad Ostmeyer, Shivani Parikh, Jaimie Park, James Parker, Ryan Patterson, Maksim Perchak, Maggie Pistella, Alex Politakis, Emma Pomes, Weitao Qiang, Anish Raman, Scott Ratzer, Alaysia Ray, Sarah Richards, Samuel Robinson, Megan Rogers, Rahul Saha, Claire Salata, Tyler Sanks, Catherine Schrecengost, Christopher Schweitzer, Christina Sickert, Mark Siebert, Alissa Sigler, Camille Simpson, Puja Singh, Anne Sledd, Ian Smith, Amber Staines, Kate Stewart, Michael Tanner, Subil Thomas, Gina Tremmel, Siyi Tu, Chad Uhler, Ann Verkler, Aleksandra Vidovich, Kasiani Vlahakis, Amanda Vogg, Amanda Wallace, Katja Weitekemper, Kendra Witkewicz, Marcus Zagorniak, Michael Zhang, James Zotto

Vernon Hills High School: Anisha Arora, Jessica Block, Stephanie Camello, Angela Cao, Eunice Cho, Amy Choi, Tiffany Chua, Alana Coy, Lindsey Davis, Patricia Do, Paige Dobbertin, Sara Doerhoefer, Michael Dolson, Jacob Dudek, Shane Elms, Laura Emery, Alexander Erchinger, Mitchell Evett, Jessica Feece, Danie Feld, Venetia Ginakakis, Kristoffer Groth, Paola Guzman, Matthew Hlavacek, Sean Hogan, Lavanya Iyer, Paul Juhn, Parin Kadakia, Sara Kasten, Mansi Kathuria, Mason Kessler, Zachary Kisley, Alexander Lang, Edward Lannan, Kyung Lee, Natalie Lee, Judith Legorreta, Paige Lehman, Jonathan Lowe, Bryan Maldonado, Hannah Marks, Milinda Mawley, Juliana McLain, Kyle Miller, Cole Moffat, Ryan O'Donnell, Christina Oberrieder, Eric Oberwise, Karissa Olsen, Sang Jin Park, Dana Pine, Jacqueline Preston, Spencer Raak, Killian Rayl, Joseph Reinert, Michael Robinson, Samuel Rong, Melanie Rowland, Alana Rubin, Edward Rumzis, Garrett Sawyer, John Sileika, Dillon Skeehean, Nora Snyder, Candice Song, Jason Song, Briana Spinell, Steven Sprieser, Daniel Stiles, Patrick Stone, Andrew Thompson, David Valentino, Michael Wagner, Andrew Welter, Jamie Yuen.

### First Semester Final Exam Schedule

#### Tuesday, January 12, 2010

	VHHS	LHS
Period 1	7:55 - 9:25	7:30 - 9:00
Period 2	9:40 - 11:10	9:15 - 10:45
Period 4	11:25 - 12:55	11:00 - 12:30

#### Wednesday, January 13, 2010

	VHHS	LHS
Period 3	7:55 - 9:25	7:30 - 9:00
Period 5	9:40 - 11:10	9:15 - 10:45
Period 6	11:25 - 12:55	11:00 - 12:30

#### Thursday, January 14, 2010

	VHHS	LHS
Period 7	7:55 - 9:25	7:30 - 9:00
Period 8	9:40 - 11:10	9:15 - 10:45
Make-up Period	11:25 - 12:55	11:00 - 12:30

## District 128 to Host Proof of Residency Events for 2010-11

by Dr. Al Fleming, Associate Superintendent

Community High School District 128 enjoys a state-wide and national reputation for providing a relevant, applicable and appropriately challenging education to all of its students. We are dedicated to the academic success of those we serve, preparing our students for a wide range of post-secondary experiences. To do that requires teaming with our parents and community members. The success we enjoy in D128 is grounded in the financial support we receive from those who live within our District. Operating expenditures per student per year is nearly \$18,000. As good stewards of your tax dollars we are putting into place a process to ensure that all students attending Libertyville and Vernon Hills High School are District 128 residents.

Beginning with the 2010-11 school year all incoming freshmen will be required to prove residency within Community High School District 128 attendance boundaries. Proof of residency can be made from July 6 through July 29 Monday through

Thursday 8:00 a.m. to 3:30 p.m. For convenience, extended hours are also available as listed below:

<b>Monday, July 12</b>	<b>6:00 p.m. - 9:00 p.m.</b>
<b>Wednesday, July 14</b>	<b>6:30 a.m. - 3:30 p.m.</b>
<b>Tuesday, July 20</b>	<b>6:00 p.m. - 9:00 p.m.</b>
<b>Thursday, July 22</b>	<b>6:30 a.m. - 3:30 p.m.</b>

The person with whom the student lives in the District and who claims custody of the student must document residency in person using three original documents as listed below:

- One (1) document from Category I
- Two (2) documents from Category II

All documents must show the same address and be deemed acceptable to the District.

<b>Category I</b> One (1) document showing proper name and address	<b>Category II</b> Two (2) documents showing proper name and address
<ul style="list-style-type: none"> <li>■ Most recent real estate tax bill</li> <li>■ Mortgage statement</li> <li>■ Blue assessment card from Lake County Assessor's Office</li> <li>■ Closing statement for purchase of residence</li> <li>■ Signed current lease plus proof of last two (2) rent payments (cancelled checks or landlord's receipts) Lease must list all school age children living in premises or a notarized letter from the landlord must accompany the lease. Landlord's name, address and phone number must be on the lease.</li> </ul>	<ul style="list-style-type: none"> <li>■ Gas, electric or water bill in the last 60 days (limit 1 utility bill)</li> <li>■ Telephone bill in the last 60 days (land line only / no cell phones)</li> <li>■ Car insurance or car registration</li> <li>■ Voter Registration card</li> <li>■ Public Aid card</li> </ul>

Class schedules will not be mailed until proof of residency is complete.

Detailed information will be shared with parents/guardians of incoming 9th graders at orientation meetings in January and in mailings sent home in the spring. If you have any questions, please contact **Ole Stevens** at Libertyville High School, 847-327-7012, or **Jean Aucutt** at Vernon Hills High School, 847-932-2189.

## District 128 "Goes Green" by Moving to Paperless Options

In a continuing effort to be responsible stewards of its resources, Community High School District 128 has taken several steps to "go green."

Beginning this fall, District 128 parents can now access student progress reports via the PASS system. Report cards will now be mailed only at the end of each semester.

Also beginning this year, as students prepare to enroll for 2010-11 courses, only incoming freshmen will be given a printed curriculum guide. All other students may access each

school's curriculum guide from the school websites. During the upcoming enrollment period, visit your school's home page to access the link to the 2010-11 curriculum guide.

"These changes to paperless options have resulted in a savings of thousands of dollars," said Assistant Superintendent **Deborah Larson**. Larson also noted that in addition to the financial savings and environmental benefits, placing these items online is a further convenience to parents. "Parents can access the information they need 24 hours a day via the web."

## Foundation Announces 2009-10 Innovation Grant Winners

The District 128 Foundation for Learning is proud to announce the recipients of its 2009-10 Innovation Grants. The grants are awarded to teachers whose proposed projects actively engage students and impact student learning. Each grant is awarded a maximum of \$1,000. Foundation trustees awarded a total of \$7,750 in grants to recipients at a luncheon held Nov. 25 at the District 128 Administration Center. To date, the Foundation has awarded nearly \$20,000 in Innovation Grants to Libertyville and Vernon Hills High School teachers.

Foundation Chair **Anne Landgraf** noted, "It is through the generous donations of both the school community and the community at large that we are able to distribute these funds." Information about contributing to the Foundation can be found on the Foundation's website, [www.d128foundation.org](http://www.d128foundation.org).

The following eight programs and projects will be funded through the newly awarded grants:

### **Latino Leadership Team**

Working with counselors from OMNI Youth Services, a full-day leadership team building event will be held to develop a Latino Leadership Committee. The training will include low and high ropes courses. Topics featured include working with others, reaching out to the community, finding commonalities among one another, and what it takes to be a good leader. The group will then work together to provide translation services at evening programs and events for parents.

Awarded to **Tiffany Heinlein, Jodi Cusick-Acosta, Rebeca Garcia--VHHS**

Requested: \$1000

### **Social Thinking Curriculum**

Addressing the needs of students with social-cognitive deficits, this program will be introduced at both schools. The speech-language pathologist for the District will work with the Special Services social workers at the buildings to run groups that will teach this curriculum to the students. The grant money will be used to purchase materials (books, posters, DVDs) for both schools.

Awarded to: **Andrea Townsend -- LHS/VHHS**

Requested: \$1000

### **Culture, Identity, and Knowledge: Ernesto Mejia Student Lunch & Learn and Latino Parent/Student Evening Program**

This program will cover issues of identity and culture and how they impact our lives. The student portion of this program will be open to all students. The primary audience is ELL students, students of immigrant parents, and/or students who are immigrants themselves. The keynote speaker will be **Ernesto Mejia**. Group discussion and activities will follow. An evening program for students and their families, delivered in Spanish, will discuss issues such as family and the importance of education.

Awarded to **Wendy Meister-Louria, Tiffany Heinlein--VHHS**

Requested: \$1000

### **Orchestra Collaborative Composition Project**

Orchestra students will work with a professional composer in multiple sessions during a classroom module on musical composition. The composer will write a piece for the orchestra, involving students in the step-by-step writing processes he uses. He will also listen to, evaluate, and offer guidance for group compositions created by the students. Groups will do creative video recordings of their compositions for CatTube and perform them live at a public concert.

Awarded to **Jason Heath -- LHS**

Requested: \$1000

### **Good Eats: The Chemistry of Food**

Food chemistry is the study of chemical processes and interactions of all biological and non-biological components of foods. Students will be able to explore, learn and understand the chemistry behind preparing food through various lab activities and demonstrations. By adding food chemistry to topics already covered, the course content will be enhanced and students will be given additional examples of how chemistry is connected to so many aspects of life. The grant money will be used to purchase equipment and food items necessary to provide the instruction.

Awarded to **Sherri Rukes -- LHS**

Requested: \$1000

### **Introduction to Material Science Unit**

One of the fastest growing college majors, Material Science, encompasses metals, ceramics, polymers and composites. The project will allow the students to examine, test and understand the various types of materials and learn how chemistry relates to other subjects and jobs. Some of the topics will be additions to the existing curriculum. A separate two week unit will be developed to study some of the materials that have important uses in society but do not fit easily into the current curriculum. The grant money will be used to purchase equipment and materials to provide the instruction.

Awarded to: **Sherri Rukes -- LHS**

Requested: \$1000

### **Illuminate in the Classroom: Using Synchronous and Asynchronous Virtual Meeting Space as Supplementary Education**

Using the software product Elluminate, students can log on as an entire class to a virtual classroom from their home computer in order to receive supplemental education, from review sessions led by the teacher to presentations given by the students themselves. Sessions are conducted in real time online, and then recorded so that students who might miss the session can recall the session at their leisure. Funding would provide licensing for one year in one classroom. This can be considered a pilot program for this type of teaching.

Awarded to: **Meredith Tarczynski, David Widzisz -- LHS**

Requested: \$1000

*cont. on p. 7*

## Innovation Grants cont. from p. 6



District 128 Foundation for Learning Trustees gather with grant recipients at the Innovation Grants Presentation held Nov. 25 at the District 128 Administration Center. Pictured are: **Doug Schmidt, Dennis Manzardo, Jason Heath, Judy Nuernberger, Tiffany Heinlein, Meredith Tarczynski, Jodi Cusick-Acosta, Rebeca Garcia, Andrea Townsend, Bryan Wilcox, Sherri Rukes, Wendy Meister-Louria, Jeff Marnoch, David Widzisz, Judy Sugarman, Mike Starovich, Anne Landgraf, Prentiss Lea and Bill Skeens.** (photo by S. Cloud)

### Safe Navigation: G.P.S. Units (Go Places Safely)

The Driver Education Staff would like to utilize portable GPS units to enhance instruction. Students will be taught how to use the technology safely and how to utilize features that can help in case of emergencies. The units will also enhance classroom projects related to trip planning and map reading skills. The grant money will be used to purchase 3 Garmin Nuvi 1250 units.

Awarded to: **Bryan Wilcox** -- LHS

Requested: \$750

The mission of the District 128 Foundation for Learning is to obtain resources to enhance and enrich the instructional program in Community High School District 128. Founded in 2007, the Foundation is a 501(c) (3) non-profit, autonomous, tax-exempt organization. It is led by a group of dedicated local community leaders in business and education who want to make Libertyville High School and Vernon Hills High School the best they can be.

For more information about the District 128 Foundation for Learning, visit the Foundation's website:

**[d128foundation.org](http://d128foundation.org)**

## HELP BUILD A STRONGER COMMUNITY.

Donate today!



DISTRICT 128

FOUNDATION FOR LEARNING

Libertyville High School — Vernon Hills High School

847.247.4500 ext. 8030

## Commonly Abused Items At Home: What Parents Need to Know

by Margaret Pither, VHHS SAP Coordinator, and Lisa Hartman, LHS SAP Coordinator

### Prescription Medication

The abuse of prescription medication remains a major problem with teenagers. Prescription painkillers (Hydrocodone/Vicodin), stimulants (Adderall), and depressants (Valium) are becoming more popular than marijuana, according to Substance Abuse and Mental Health Services Administration (SAMHSA). Teens often resort to abusing prescription medication because it is easily accessible and inexpensive. Teens may also view prescription medication, such as Adderall or Xanax, as safer than other types of drugs because doctors prescribe them. What they fail to realize is that they can overdose from these medications just as easily as with other well-known drugs.

The signs and symptoms of using prescription drugs are difficult to identify. General symptoms are:

- Depressants - similar to that of alcohol; thick, slurred speech; drowsiness; lack of motor coordination.
- Stimulants - restlessness; anxiety; euphoria; talkativeness; body tremors. Over time, extended stimulant use can reduce the appetite and cause weight loss.

### Over-the-Counter Medications (OTC)

Again, students often feel that these drugs are "safe" since they are commonly found in their homes. These drugs are also easy to abuse due to their accessibility.

- Abuse of DXM (Dextromethorphan), found in over-the-counter (OTC) cough syrups, may result in sweating, elevated body temperature and blood pressure, dry mouth, nausea, vomiting, dry, itchy or flaky skin, and/or numbness in the extremities.
- Cloridin Cough and Cold (CCC, Triple C) is one of the

most commonly abused OTC medications.

### Inhalants

SAMHSA indicates that one out of every 10 students in Illinois has tried huffing. Huffing is when someone breathes in certain chemicals to obtain a high.

Commonly abused inhalants found at home include: permanent markers, rubber cements and glues, aerosols (cooking spray, whipping cream in cans, air freshener, spray deodorant etc), nail polish remover, paint thinner, paints, and gasoline. Dust off (compressed air computer cleaner) has become popular due to its easy accessibility.

### Some Signs of Inhalant abuse:

- Red or runny eyes and nose
- Spots or sores around the mouth
- Chemical breath odor/unusual odor
- Drunk, dazed or dizzy appearance
- Lack of coordination

Inhalants are potentially life-threatening poisons that can cause serious injury to the body. Use of inhalants, even one time, can cause death from suffocation or heart attacks in otherwise healthy individuals! Use can cause permanent brain damage as well as irreversible damage to the liver or kidneys.

What do parents need to know? Be aware of common household products that can be abused and monitor them. If you have concerns about your child or want further information your school's SAP Coordinator, nurse or school resource officer. We're here to help:

SAP Coordinator  
School Resource Officer  
School Nurse

LHS  
**Lisa Hartman:** 847-327-7030  
**Bob Uliks:** 847-327-7011  
**Cam Traut:** 847-327-7016

VHHS  
**Margaret Pither:** 847-932-2158  
**Jim Koch:** 847-932-2003  
**Veronica Alshouse:** 847-932-2040

## District 128 Students Participate in Operation Snowflake

by Margaret Pither, VHHS SAP Coordinator, and Lisa Hartman, LHS SAP Coordinator

Libertyville and Vernon Hills High School students served as small group co-leaders and role models at Operation Snowflake. The annual drug/alcohol prevention event was held on Oct. 23, 2009, at Oak Grove School. Seventh and eighth students from Oak Grove and Hawthorn Middle Schools observed large group presentations that focused on positive decision-making, self-esteem, and the transition to high school.

The following VHHS students led small groups: **Ashley Altemese, Dana Andrea, Robbie Appelbaum, Kali Cimmarusti, Kara Cimmarusti, Karly Cimmarusti, Grace Dobbertin, Jessica Echales, Lavanya Iyer, Sarah Lehman, Tyler Leintz, Allie Lichtenstein, Khushbu Mehta, Christina Pasquesi, Casey Petterson, Carly Shless, and Erin Steele.** LHS leaders included: **Colleen Althoff, Jenna Beadle, Jenny Benson, Kelsey Brunstrum, Sarah Chaitoff, Martha Finerty, Kelsey Hamilton, Bethani Holloway, Alex Kouzoukas, Kristin Lapczynski, Joelle Lieberman, Caitlin Maldonado, Shannon McGrath, Kristen Micheli, Lindsay Moulton, Megan Neumann, Katie Piazza, Maggie Pistella, Lauren Vogg, and Mandy Vogg.** Thanks to all our student facilitators for being great role models for the feeder schools.

## Students Participate in Snowball



Students participate in a team-building activity during Operation Snowball on Nov. 5. (photo courtesy of SAP)

More than 100 District 128 students joined students from Barrington High School for Operation Snowball, a day-long event held Thursday, Nov. 5, at YMCA Camp MacLean in Burlington, Wis. Activities included presentations by motivational speakers, small groups, and team-building activities.

Motivational speaker **Bill Johnson** opened the day's activities. Other workshop presenters included **Tom Santoro**, who spoke on relationships, dating violence, and signs students should look for to ensure their safety; **Marcus Newman**, who shared his personal struggle with addiction; and **Victor Pancini**, who brought home the day's message of self-empowerment and making positive choices.

LHS staff members **Kelly Angelos, Josie DiMarco, Lisa Hartman, Jenn Paul, Steve Rochon, Dawn Shannahan,** and **Cam Traut** served as adult facilitators. Student leaders from LHS included: **Colleen Althoff, Chris Jarrett, Alex Kouzoukas, Katie Piazza, Maggie Pistella, Mona Syed,** and **Mandy Vogt.**

**Laura Borgula, Rubi Cervantes, Jessica Echales, Laura Emery, Lavanya Iyer, Karen Lopez, Cole Moffat, Dana Pine,** and **Andrew Wood** served as VHHS student leaders. The following adult facilitators from VHHS also participated: **Rebecca Austin, Karen Day, Doug Dusthimer, Rebeca Garcia, Jim Koch, Ron Long, Adam McCloud, Margaret Pither, Jason Rush, Laura Tracy,** and **Alyssa Tangney.**

The primary goals of Operation Snowball are to assist in the prevention of substance abuse and high risk behaviors; address issues that teens face; provide a caring environment where teens can express their feelings and discuss their experiences; increase communication between teens and adults; and foster students' ability to make healthy choices.

## Annual Red Ribbon 5K a Success

by Lisa Hartman, LHS SAP Coordinator

On Sunday, Oct. 18, Parent CATS, Athletes Committed to Excellence (ACE), the Boys' Cross Country Team, Supporting Peers And Reaching Kids (SPARK), and Runner's Edge, hosted the annual 5K Red Ribbon Fall Classic 5K/Fun Run at Libertyville High School. Two hundred and forty six runners ran to heighten the awareness of drug-free living. The race is held annually to celebrate National Red Ribbon Race. Next year's race has been set for Sunday, Sept. 26.

In addition to the runners, more than 26 sponsors supported the race which helps support drug prevention programming efforts by the host groups. Thank you to the sponsors: **Asics, Powerade, Runner's Edge, Parent Cats, Libertyville Boy's Cross Country Team, Bears Care Foundation, Dr. Zizic & Dr. Salata, Reliable Concrete Pumping, Mickey Finn's, Centre Club, Chip's Sub Depot, Greenleaf Orthopaedics, Touche Salon, Clow Insurance Agency, Terry Weppeler Attorney-at-Law, Sunset Foods, Libertyville Police Department, Libertyville Baseball, Wildcat Football, Mr. and Mrs. Penny, Slammers, UBS Financial Services, Inc., Libertyville Bank and Trust, Max's Dawg House, Wildberry, and Brunswick Hawthorn Bowling.**

A special thanks goes out to **Kevin Bowens** and the Village of Libertyville, **Andy and Lisa Robinson** of Parent CATS, **Brian Twadell** and the LHS Cross Country Team, **Chris Thomas** of Runner's Edge and **John Fischl**. Finally, a special thank you to the many parents, students, and staff who volunteered as race marshals, register runners, distribute race packets, and serve as cheerleaders for the runners. We'd love to have more of you join us again next year.

## VHHS Hosts R.I.T.E Assembly

by Margaret Pither, VHHS SAP Coordinator

On Oct. 14, a VHHS school team sponsored a powerful student centered assembly for the freshman class. This four-hour program included an assembly speaker, **Justin Boudreau**, five testimonies from senior students and an open mic where freshmen shared their stories in the large assembly. Freshmen also attended two small group sessions run by senior and staff facilitators. Throughout the morning the students were given the opportunities to examine the character values of Respect, Integrity, Trust and Experience (RITE). The goal of this program/assembly was to design a safe forum where students can examine difficult issues and effect positive changes in their own behavior and in the VHHS community.

Some student comments they made on the survey are: "I will think about the impact my words have on others," "I will start to help those people who feel lonely in the school," and "I will not judge people by what activities they are in and how they look, but judge them by who they are." The student survey of the freshman class showed that 99% of the students enjoyed the assembly and would recommend it for future classes, and 94% said that it changed their perspective in their responsibility to self and others.

## LHS Presents Fall Musical, *Beauty and the Beast*



Libertyville High School's production of Disney's "Beauty and the Beast" played over two sold-out weekends in November. More than 150 students worked on and off the stage to make the magical fairy tale come to life. Many of the LHS faculty also worked together to make the show a success, including **Tim Frawley** (director), **Dr. Jeff Brown** (musical director), **Dustin Helvie** (orchestra director), **Eryn Brown** (choreographer), **Kevin Holly** (Technical Director and Set Designer) **Andrea Townsend** (Costumes) and **Dan Patterson** (Fine Arts Supervisor). The cast and crew, along with the faculty directors deserve a standing ovation.

Young audience members were given the chance to come back stage after each performance to meet Belle and her fellow cast members. The Fine Arts Support Team (FAST) again offered its very successful dinner/theatre package with food catered by Café Pyrenees and appetizers donated by local restaurants. Parents transformed the cafeteria into an enchanted castle while members of the LHS Orchestra provided

live music. FAST also sold souvenir light-up roses to raise money for LHS Fine Arts programs.

## VHHS Presents Fall Play, *Treasure Island*



Ahoy, mates! Vernon Hills High's School Backlight Theatre Company proudly presented its fall play, *Treasure Island*, adapted by Phil Willmott from Robert Louis Stevenson's classic novel. Willmott's rendition included the rousing adventures of pirates of all genders searching for treasure at all cost. Filled with swashbuckling fights and hilarious antics, this is a show entertained audiences on Oct. 22-24 in the Studio Theatre. The play featured a talented 20-member cast directed by **Kevin Phelan**. The technical production crew, directed by **Bo Warmbold** and **Jennifer Phelan**, built a seaworthy set, pirate garb galore and many fun surprises.

## News from the VHHS College Resource Center

by Scott Birtman, VHHS College Counselor

### Merit-Based Financial Aid

One of the most commonly asked questions by parents is, "How are we possibly going to pay for college?" There are two basic forms of financial assistance available for college bound students: 'merit-based' and 'need-based' aid. Need-based aid is determined by a family's ability to pay for college, based upon their income, assets, etc. Merit-based financial aid is assistance for which "financial need" is not used to determine the recipient. The recipient of this aid may be determined by his/her athletic, academic, artistic or other abilities. The actual monetary value of the scholarship can range the gamut of the entire cost of education. Colleges and private sources award merit-based scholarships for unique talents and achievements or meeting other donor-specific qualifications. The awards are usually renewable, provided the student maintains a certain GPA. Most private colleges and universities have detailed merit-based programs to not only help offset the cost of college, but also reward and recruit outstanding students. The student with a financial need and who is also a top scholar may have some difficult decisions at the end of his/her senior year. Colleges and universities are always looking to "land" top scholars or talents. They will use the allure of scholarship dollars to attract you and/or your parents, to their institution. Some schools, including the Ivy League, University of Notre Dame and Northwestern University, do not offer merit awards. Decision time! School A for \$50,000 yr/+ or School B for \$16,500/yr?

At Lake Forest College, the cost of education (COE) for the 2009-10 will be \$44,612\*. This is one of the highest COE in the state of Illinois. However, the university's average aid package for freshmen showing financial need was \$23,024. Doesn't \$21,500/year sound better than the sticker price of \$45,000? Plus, you have the value-added opportunity to

check on them every weekend! Much of this package will include the merit-based university scholarships. At another private school, Vanderbilt University, the COE is \$54,368. However, please keep in mind that this university gave over \$34 million in gift assistance last year!

In spite of the downturn of the nation's economy, we are still seeing additional scholarship opportunities for VHHS students. Two additional memorial scholarships are now available. Go to the CRC website for more information. Many elite universities are continuing to commit to assisting students with financial need. Many of these colleges have enormous endowments which have suffered through these times. These universities are essentially using a sliding scale to determine the cost of education.

If you have questions regarding merit-based financial aid, see your counselor, send an e-mail, or visit the CRC. (\*Wintergreen Orchard House, 2009.)

### Financial Aid Information

Please visit the CRC website to help understand the process of college financial aid. The CRC Website is loaded with timely information. The Scholarship Bulletin provides information regarding the most up-to-date scholarships available for student application. Both local and national scholarship opportunities are posted via the website and are also available to students in the CRC. There are numerous free, web-based scholarship search sites including: Collegeboard.com, Fastweb.com, scholarships.com. The month of January marks the true beginning of the financial aid process. After Jan. 1, 2010, the FAFSA (Free Application Financial Student Aid) can be completed. This federal form or the CSS/Profile (private) must be completed for colleges and universities to determine eligibility for financial assistance. *cont. on p. 12*

## News from the LHS College Resource Center

by Martha Kuceyeski and Donna Virklan, LHS College Counselors

The Libertyville High School CRC has reflected the hustle and bustle of this holiday season. In the past couple months, we have hosted over 120 college representatives who have met with eager seniors, as well as juniors just beginning their college search process. The energy generated in those sessions has been contagious. Many freshmen students have visited the CRC through their Skills for Success classes, and have now been given an open invitation to continue to explore careers and schools with our assistance.

In addition, we have hosted several "Evenings in the CRC" for parents, as well as, our first morning "Coffee with the College Counselors." We talked about financial aid, the college admission process in terms of individual class timelines and college visits. It is always a pleasure to be able to answer parent questions in person and to share the wealth of material available in our CRC.

Some future programs include:

**PLAN Test Interpretation Presentation for Sophomores**  
Thursday, Dec. 17 at 7:30 p.m. in the LHS auditorium.  
Based on the score information, insight will be given into academic potential, college admissions, and career information provided on the World of Work Map.

### Financial Aid FAFSA Completion Workshop for Senior Parents

Wednesday, Feb. 3 with two sessions at 6:30 p.m. and 7:40 p.m. in the studio theatre. This program is designed to answer specific questions parents may have on their individual FAFSA worksheets.

Watch for more information to come regarding these programs. We encourage you to call us with questions or concerns, and to stop in during our monthly Open Houses. If you would like a longer, more personal visit, call us to schedule an appointment. We wish you a joyous holiday season!

## District 128 Staff Honored at IDSA Awards Banquet



Vernon Hills High School Assistant Principal **Jean Aucutt** and VHHS Science Department Supervisor **Tom Chinske** received awards at the Illinois Directors of Students Activities (IDSA) awards banquet held Nov. 15 at Pheasant Run Resort. Jean received the Principals' Recognition Award, which recognizes principals' participation, support and commitment to student activities. Tom received the Educational Leadership Award which recognizes persons that have implemented innovative student activities programs and/or organizations. Tom was recognized for his hard work and dedication to the VHHS First Class program.

In addition to the award recipients, two District 128 staff members were elected to IDSA leadership roles. As of Jan. 1, 2010, VHHS Student Activities Director **Deb Beagle** will serve as IDSA President and LHS Student Activities Director **Jennifer Paul** will serve as president-elect.



(Top) **Jean Aucutt** and **Tom Chinske** (center with awards) are joined by **Deb Beagle** (far left) and VHHS Principal **Dr. Ellen Cwick** (far right) at the IDSA Awards Banquet.

(Bottom) **Jennifer Paul** and **Deb Beagle** will serve as IDSA president elect and president in 2010. (photos courtesy of *D. Beagle*)

## LHS CRC News *cont. from p. 11*

### Test Prep

The VHHS ACT Test-Prep class is scheduled for 2010. The cost will be \$160 per student. The class includes over 14 hours of instruction by VHHS teachers. There are 9 sessions scheduled from 6:30-8:15 p.m. twice per week and additional pre/post testing. The class will end prior to the April 10 ACT and the April 28, Prairie State Exam ACT. Registration deadline is Jan. 22. Visit the CRC website for more information.

Please make note of the following dates:

### Financial Aid Night

Jan. 5, 2010  
VHHS-Scott Seibring,  
Illinois Wesleyan University @ 7:00 p.m.

### Junior Parent Night

Feb. 23, 2010,  
VHHS Studio Theater @ 7:00 p.m.

### CRC Open House

March 11, 2010, CRC 6:30-8:30 p.m.

### CLC College Fair

March 16, 2010,  
College of Lake County 6:30-8:30 p.m.

### CRC Open House

April 6, 2010  
CRC 6:30-8:30pm

### Sophomore Info Night

April 21, 2010, VHHS Auditorium 7:00 p.m.

## Parents:

## Receive Your ALERTNOW Messages Via Email and Text

In District 128's ongoing effort to provide up-to-the-minute information to our parents and guardians, we are now offering the option of receiving ALERTNOW messages via email and text messages. ALERTNOW is the rapid communications service the District uses to inform parents of emergency closings and other timely information. If you would like to receive email and/or text messages in addition to the ALERTNOW phone calls, please visit [d128.org](http://d128.org), or either of the high school home pages, and click on the link to register. Please have your student's ID number available when completing the form. Also, please note that the email and text message options will not be sent in place of the ALERTNOW phone messages.

## From the Principal's Desk . . .

by Dr. Marina Scott

Last month, Libertyville High School celebrated the news that our Prairie State Achievement scores ranked us among the top 10 schools in the area. While it's always rewarding to see tangible results from the collective efforts of our students and teachers, we also acknowledge that it is not the only measure of our students' growth. We have all heard the expression that not all learning happens in a classroom. This idea has certainly proven true at LHS this fall. Whether it comes in the form of celebrated homecoming traditions, notable athletic achievements, or extraordinary fine arts performances, our student participation and spirit knows no bounds this season. It's noticeable in personal conversations between students and staff, and it's evident in the crowd participation at our school events. As we move into the holiday season, our school spirit for performing and winning also extends into a spirit for giving. Let's take a look at the events of this season:

■LHS students partner with the local Rotary Club to collect food items to donate to the Libertyville Township Food Pantry. On Saturday, Nov. 21, students picked up and packed food donations from the local community. On Wednesday, Nov. 25, the boxes were loaded via a human chain into trucks parked in front of the school.

■The Senior Class Council sponsors an annual coat drive which benefits Holy Family Church in Waukegan. This year we collected hundreds of coats.

■The LHS First Class program involves the entire school in its annual "Adopt-a-Family" effort. Each 3rd period class worked as a team to raise funds to fulfill wish-list requests of clothing and toys for 80 needy families. On Dec. 16, the Interact club hosted a dinner for these families to enjoy as they arrived at LHS to pick up their gifts.

As I think back on these awesome events, I am reminded of a comment a colleague of mine made to me. She said, "I have learned never to underestimate what young people can do." It has been a pleasure to become involved in all aspects of the LHS community this fall. I look forward with anticipation to the continued enthusiasm and responsiveness of our students and staff. It's difficult to put into words or translate into test scores, what we have learned from these events. However, I can say with certainty that

we have received so much more than we have given. This is acknowledged by the words of **Barbara Bush** who wrote:

"Giving frees us from the familiar territory of our own needs by opening our minds to the unexplained worlds occupied by the needs of others."

On behalf of LHS, may the joy of serving others fill your holiday season with peace and fulfillment.

Sincerely,  
Marina Scott

## November Students of the Month



## December Students of the Month



## Student Activities Update

by Jennifer Paul, Student Activities Director

**Student Council-Advisors Julie Delaney and Sara Rogers**



Student Council members showcase some of the 20,000 food items from this year's successful canned food drive. (photo courtesy of LHS)

A heartfelt thank you to the Libertyville community, students and staff who participated in this year's canned food drive. The generosity of all could be seen and felt the morning of the traditional Human Food Chain. Superintendent **Prentiss Lea**, Associate Superintendent **Al Fleming** and LHS Principal **Marina Scott**, joined students in moving food through the building to the truck parked outside. Twenty thousand items were collected, boxed and donated to the Libertyville Township Food Pantry and Maristella. Hats off to a great team of individuals who helped on this day. A special thank you to the Libertyville Noon Rotary for partnering with Student Council and assisting with the collection of food items from the community. Congratulations to the third period classes of **Mr. Brady Sullivan**, **Mr. Mike Mansell** and **Ms. Anne Groskopf**, which collected the most canned food items for the food drive.

The Senior Class also worked diligently to collect hundreds of coats for the annual coat drive. Thank you to **Ms. Sharon Crary** for leading this work.

**Interact-Advisors Jennifer Paul and Jessica Plack** Congratulations to **Maddie Mazurek**, **Subil Thomas**, **Lily Van Der Bosch**, **Carly Strecker**, **Sarah Chaitoff**, **Britt Clarke** and **Kalie Kapfer** for collecting over \$2,300 for the Annual Candy Day Fundraiser for the Libertyville Lions Club. More than 40 members of the LHS Interact group worked the "Feed My Starving Children" meal packing event at the new Lake County fairgrounds. These students and staff were part of the million meals campaign. Three hundred families were served a meal on Dec. 16 in the Libertyville cafeteria. Interact raised funds to provide this meal for Lake

County families. The families enjoyed music, games for the kids, a visit from Santa and left with an abundance of gifts that were collected from third period classes. Thank you to all of the First Class Leaders for making the holidays bright for so many.

**VIP (Voices in Prevention) Advisor Lisa Hartman**

On Nov. 7, 2009, **Dave Stuart** and several staff members from **Improv Playhouse** conducted a great training for LHS students. **Chelsea Cole**, **Janessa Hedlund**, **Nikki Indart**, **Alex Kouzoukas**, **McKenzie O'Brien**, **Maggie Pistella**, **Jenny Prochotsky**, **Hayley Sesterhenn**, **Nicole Smith** and **Mona Syed** all learned how to develop skits that they will perform at local middle schools. The students did a fantastic job creating fun and attention-getting scenes about: respecting others; bullying; refusal skills, drug prevention; ways to be involved at school and relationships.

**SPARK (Supporting Peers and Reaching Kids)**

Advisor **Lisa Hartman** and **Nancy Dick** SPARK students have been super busy! Twenty SPARK members helped facilitate an amazing Snowflake event for middle school students held at Oak Grove on Oct. 23. On Nov. 5, LHS participated with VHHS and Barrington High School in a phenomenal Snowball held at Camp McLean in Wisconsin. More than 50 students participated, with leadership from **Mandy Vogg** and **Chris Jarrett** as Young Adult Directors, as well as **Collen Althoff**, **Katie Piazzi**, **Alex Kouzoukas**, **Maggie Pistella** and **Mona Syed** as group facilitators.

**Spanish Club-Advisor Megan Gavin**



Spanish Club members pose for a photo on Maxwell Street. (photo courtesy of LHS)

The Spanish club had its annual sugar skull decorating to celebrate the Day of the Dead on Nov. 4. It's the most fun meeting that they have all year and students get really creative

## Student Activities *continued from p. 14*

putting frosting, glitter, sequins and sparkles all over their sugar skulls.

The group also visited the Maxwell Street Market to see an American/Mexican flea market. Students saw more than 500 vendors and their wares, sampled authentic Mexican food, and tried to bargain for good deals.

**GSA (Gay Straight Alliance)** - Advisor **Jennifer Rocque**  
The week of Oct. 19 was Ally week for the GSA. The week was a great success, with club members gathering over 200 signatures of support from students and teachers pledging to act and speak out as allies. They distributed ribbons and buttons for students to wear as a sign of support. Also, during this week, they introduced the "Use a Different Word" campaign, which seeks to change the way students use derogatory and hurtful language in everyday speech.

**Art Club**-Advisors **Ray Gossell** and **Julie Johnson**  
Congratulations to the Art Club members who participated in the 2009 High School Invitational Art Show at Northern Illinois University. The exhibit was held in the Jack Olson Gallery in the NIU Art Building from Nov. 2 - 14. Six LHS students had the privilege to have their work displayed: **Cody Olsen**: Litho Crayon Drawing; **Karen Mooney**: Colored Pencil Drawing; **Michael Zhang**: Pen and Ink Drawing; **Carly Pickens**: Watercolor Painting; **Mickey Gregory**: Digital Manipulation; **Ian Harris**: Block Print with Pen and Ink. **Ian Harris** also won 2nd Place and received a \$100 cash prize.

**Amnesty International**-Advisor **David Widzisz**  
Amnesty kicked off the school year with a visit from a drum maker from Guinea. The group of LHS students played in a drum circle and listened to "kewl" stories told in French! Amnesty International students are devoting their December energy to women's rights.

**Debate**-Coached by **Amy Marske** and **Craig Schmidt**  
The LHS debate team had a great start to the 2009-10 season. In addition to becoming a member of the National Forensic League, the team has been very successful at the first two regional tournaments. On Oct. 10, 16 debaters attended the Schaumburg High School tournament. **Osman Jamil** and **Hannah Oswald** placed 3rd in the JV Public Forum division; **Rahul Kaniachalil** and **Nishad Phadke** placed 3rd in the Novice Public Forum division; **Sam Goldberg** and **Hiba Ahmed** placed 4th in the Novice Public Forum division; **Meredith Gawlik** and **Morgan Gawlik** received Honorable Mention in the Novice Public Forum division; and **Richard Pan** placed 3rd in the Novice Lincoln-Douglas division. On Nov. 7, 19 debaters attended the Fremd High School tournament. **Osman Jamil** and **Hannah Oswald** placed 3rd in the JV Public Forum division; **Alex Wang** placed 1st in the Novice Lincoln-Douglas division; **Richard Pan** placed 4th in the Novice Lincoln-Douglas division; and **Jessica Yin** placed 5th in the Novice Lincoln-Douglas division. Other team members earning wins at the tournaments included **Connor Webb**, **Ayobami Akinlade**, **Justin Han**, **Donanthony Witt**, **Gokul Krishnan**, **Teddy Amdur**, **Andrew Van Sickle**,

**Andrew Hombach**, **Thomas August**, **Eric Boynton**, **Max Allen**, **Justin Lenz**, **Andy Lee**, **Daniel Xu**, and **David Sachs**.

**Math Team**-Coached by **Amanda Warfield**, **Rick Brenner** and **Ben Snyder**

The LHS Mathematics Team competed in its second North Suburban Mathematics League (NSML) competition at Wheeling High School on Nov. 12. The freshmen and sophomore teams both took first place on site and third place and fifth place, respectively, in state. The team took second place as a whole. A perfect score was achieved by **Tim Pawlicki** in the sophomore written competition. The Math Team will host the third NSML meet at home on Dec. 10.

**Speech Team**-Coached by **Alice Leafblad** and **Craig Schmidt**

The Speech Team would like to congratulate **Rod Arreola Rovelo** on earning second place in Prose Reading at the Palatine tournament. We would also like to congratulate **Rod Arreola** and **Victor Jacobo** in placing sixth overall in Humorous Duet Acting and **Soumya Ghosh** in placing sixth in Impromptu Speaking.

### Store / School / Community Reusable Bag Program



LEAF members explain the club's new green partnership with Jewel-Osco and offer a recyclable bag to a shopper. (photo by M. Todoric)

A new green partnership has been formed between Jewel-Osco, Libertyville High School and the Libertyville community. On Oct. 29, LEAF kicked off a long-term fundraiser with Jewel-Osco in Libertyville. When a customer visits the Jewel-Osco in Libertyville and uses a reusable bag, 5 cents will be donated to our LEAF program. A donation slip is provided to the customer at check out and then placed in donation boxes located at store exits/entrances. This partnership brings together three great organizations for one common goal: to improve environmental awareness in our community by promoting reusable bag use and reducing paper and plastic bag waste.

*cont. on p. 24*

*News from the Hills*

**Principal's Report**

by Dr. Ellen Cwick

I would like to send a warm Cougar thank you to our sister school Libertyville High School and Carmel Catholic High School for the generous use of their athletic stadiums for two football games when we encountered continuous periods of rain that made it impossible to play in our stadium. Both schools came to our aid, and their staffs were so supportive and helpful. It is wonderful to experience neighboring communities extending themselves to us in a time of need and we greatly appreciate their generosity.

I also want to thank the **Max Schewitz** family and Foundation for sponsoring the free EKG screening offered to all students at VHHS on Oct. 21. Almost 900 students were tested that day. Thanks also goes out to our staff and student volunteers, along with over 80 parent volunteers needed to complete this important screening which measures the health of the heart.

Major work began last spring and during the current school year to kick off a comprehensive curriculum revision cycle in District 128. **Jane Pollock** (outside consultant) and **Deb Larson**, assistant superintendent for curriculum and instruction, have worked with our staff to create templates and develop a process for strong curriculum revision. Teachers from both LHS and VHHS have attended curriculum standards writing workshops and we are heavily entrenched in revising curriculum for most of our courses. I personally want to thank our teachers for embracing and working so diligently on this new process. Our goal is to constantly strive to provide a vibrant, challenging curriculum for our students.

**Juniors: ACT/PSAE Prep Opportunities**

The April ACT and PSAE exams are just around the corner. I want to encourage juniors to take advantage of the many

**Cougar Class Act Award Winners**



opportunities available to them to increase their success with these important tests. We offer an evening ACT Prep course, lunch study hall Work Key sessions, and an online ACT prep program to all students. Any questions regarding these programs should be directed to Assistant Principal for Curriculum and Instruction **Jon Guillaume**.

Lastly, the spirit of the holiday season here at VHHS culminates each year with our Adopt-A-Family event. Our First Class program hosted the event again this year on Dec. 17 and, as always, it was a very special evening that has become a vital part of the fabric of our school. Parents and students serving food, students playing and laughing with pre-schoolers, the Interact Coat Drive, Student Book Club Book Drive, and our choir singing holiday songs, make up the magic of this event. Over 65 total families received gifts for the holiday season purchased by our 3rd hour classes.

**Attention VHHS Class of 2014:**

**Mark Your Calendar Now and Plan to Attend**

**8th Grade Orientation Night**

**Tuesday, Jan. 19, 2010**

**6:30 p.m.**

**Watch for further details in the mail.**

**VHHS Hosts Career Expo**

On Oct. 28, 2009, the VHHS Field House transformed into a "trade show" atmosphere to host a career expo. VHHS students had the opportunity to talk with representatives from many different companies, entrepreneurs, non-profits and post-high school training schools, colleges or the military. Our business community was most generous donating their time to have engaging career conversations with our students.

Thank you to the following companies who participated: Abbott, Ace Hardware, Adriana Rosado & Bonewitz, Inc., Advocate Condell Medical Center, All Smiles Cosmetic & General Dentistry, American Cancer Society, American Hotel Register, American Medical Association, Ameriprise, AthleticCo, Barbizon, Benchmark, Aspen and Associates, Ltd., Bowman, Barrett & Associates Inc., CARSTAR Mundelein, Chicagoland Laborers Training & Apprentice Fund, College of Lake County, Community Chiropractic Care, Countryside Fire Protection District, Debra Kraft-Ramsey, Dr. Edna Martin, Edward Jones Investments, Endless Possibilities, First American Bank, Flashpoint Academy, FOCUS Products Group LLC, *cont. on p. 24*

## Student Activities Update

by Deb Beagle, VHHS Student Activities Coordinator

### Academic Bowl

The Academic Bowl team started its competitive season with victories over Round Lake, Mundelein and North Chicago high schools. Taking turns in the captain's chair were **Dillon Skeehan, Michael Wagner, Moya Chen** and **Kenny Shaevel**. Other varsity team members include seniors **Matt Hlavacek, Parin Kadakia, Alex Lang** and **Bryan Maldonado**, and juniors **Ben Dunga, Eileen Guo, Marco Filimon, David Kim, Dan Kocoj** and **Michelle Riehm**. (Coaches: **Shawn Healey, Megan Geltner**)

### Anime Club

Each meeting of the Anime Club is supposed to include an activity, and viewing one-two episodes of an anime series. But sometimes, club members get so excited about the activity that the TV never gets turned on! We spent a day taking drawing lessons from the more artistically-inclined members. Thanks to **Joy Kalantzis, Ana Soto** and others for sharing their talents. Then came the day when we watched "fan flash," or fan-created video take-offs of popular anime series, such as "Naruto." Halloween gave us the chance to "cosplay," which means to dress in costume as an anime character. Oh, yeah, and we ate a lot of candy! (Advisor: **Monica Tolva**)

### Interact



An Interact member learns how to brush the teeth of service dog Flash while other members look on. (photo courtesy of VHHS)

The Interact Service Dog Committee has been busy meeting after school on Thursdays to learn all about service dog training, caretaking, and socialization techniques. Students have been working with puppies-in-training Flash and Momb, thanks to the efforts of local Canine Companions for Independence (CCI) volunteers **Jane Barber** and **Jim Litchfield**. In December, the committee will focus attention on the annual Holiday Doggie Bake held on Dec. 10 in the VHHS foyer. Thank you to all of the students and staff for their hard work to make this yearly event a success. (photo courtesy of Interact)

Interact and CCI will be gift wrapping at Barnes and Noble during the holiday season. Interact also has volunteers at Reality Illinois, a smoke-free organization in Lake County where teens help design action plans to combat smoking in communities and clean up the public places of Lake County; the Homework Club, which is an after school volunteer program where we send students to help younger children at Townline Elementary School; and AJ's, a similar program designed to help underprivileged children at another location. AJ's is currently in desperate need of funding, and Interact is currently making plans to raise financial aid for the club. We will also be collecting gently used or new coats for the Adopt-A-Family Coat Drive in the weeks leading up to the special event, so look through the closets and find what you can spare!

(Advisors: **Sean Kelly, Kelley Whitescarver, Nancy Skeffington**)

### Math Team

Congratulations to the VHHS Math Team for winning second place at the November competition at Naperville Central High School. VHHS competed against teams from Naperville Central, Schaumburg, St. Charles East and Willowbrook high schools. **David Kim** and **Rachel Wells** had perfect papers which led the junior team to a first-place finish. The freshman team contributed to our overall results with a strong second-place finish. Go Math Team! (Advisor: **Cheryl Ballenger**)

### Robotics

VHHS Robotics teams dominated the "King of the Hill" Robotics Tournament at Abbott Laboratories. VHHS Robots won 1st place in the incline challenge and 1st through 3rd place in the speed challenge. First-place champions in the speed contest were **Logan Nelson, Mike Glover** and **Kirsten Lopez**. First-place champions in the incline contest were **Jon Lowe, Brynan Qiu** and **Meriam Ben Hadj Tahar**. Other winning robotics teams included **William Padovano, Abby Ling, Matt Tomback** and **David Kim** (second place team) and **Moya Chen, Hershel Bhat** and **Phillip Maciaszek** (third place team). Great job Cougars! A week later, **William Padovano, Abby Ling, Matt Tomback** and **David Kim** won first place in a robotic sumo contest at Abbott Laboratories for their champion robot.

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## VHHS Student Activities

*continued from page 17*

### Speech Team

A gathering of eight contestants woke up early and headed to Mount Prospect to compete, most for the very first time. Competition was tough at the tournament and all of our contestants did very well. Special mention goes to **Jack Rieke** for placing 6th overall in Extemporaneous speaking. This was Jack's first ever speech tournament and he managed to earn a medal for his efforts! At our first varsity tournament of the season, with only five members competing against a throng of 34 other high school teams, all of our competitors performed extraordinarily well. Special mention goes to **Eileen Guo** for breaking into the final rounds of the Novice division of the tournament and placing 3rd in Prose overall. This is a massive accomplishment as the competition in Prose Reading at this tournament was fierce; her stellar performance bested 39 other novice competitors in her event. Congratulations to all who participated. Let's keep up the pace!

(Coach: **Sean Conroy**)

### Student Council



The Student Council Executive Board and their sponsors.

### Variety Show - 'Bringing It Back Home'

The VHHS winter tradition continued Dec. 3 when Student Council presented its 4th Annual Staff and Student Variety Show with tremendous support from Backlight Theater. The performance showcased a variety of outstanding talents. The goal of the show is for students and staff to come together as one, have fun performing and, most importantly, give back to our school in the process.

This year's theme was once again, 'Bringing It Back Home.' Thanks to all of the wonderful spectators that showed their support by buying a ticket and attending the show, because the proceeds from the show benefited Cougars 4 Cougars and the Max Schewitz Foundation. Cougars 4 Cougars is our very own group designed to support fellow Cougars in need. The Max Schewitz Foundation is a nonprofit, grant-making charitable foundation started by Max's family and friends after Max died from a sudden cardiac arrhythmia at age 20 in 2005. The Foundation has dual missions: to support education, prevention, and research of sudden cardiac death in young people and to support environmental conservation, a

lifelong interest of Max's.

This fabulous show could not have taken place without the help of **Kevin Phelan**, VHHS Student Productions, the student and staff performers, and, of course, the Student Council Executive Board and its sponsors.

What will your act be next year?

### SPARK - Supporting Peers and Reaching Kids



**Randy Zisook** speaks to VHHS students (photo courtesy of The Scratching Post)

On Nov. 18 and 19, SPARK students sponsored Great American Smokeout activities. On Nov. 18, SPARK offered an opportunity for students to pledge to quit smoking or remain tobacco free. On Nov. 19, students were able to attend a Learn at Lunch speaker presentation by **Randy Zisook**, spokesperson for the American Lung Association. Zisook's presentation called "The Biggest Quitter," detailed his story of being diagnosed with Stage IV lung cancer due to his cigarette use. Both activities highlighted the dangers of smoking and offered encouragement for students to remain drug free. (Advisor: **Margaret Pither, Laura Tracy**)

### VIP - Voices in Prevention

On Nov. 7, VIP hosted its annual training in the VHHS library. **Dave Stuart** and several staff members from the Improv Playhouse in Libertyville trained students from VHHS and LHS. Students learned acting tips and created skits for the feeder schools on bullying, relationships and respecting others, refusal skills and drug prevention. (Advisor: **Margaret Pither, Rebecca Austin**)

### WYSE

The VHHS WYSE team is off to another great start this year. On Nov. 24, the team finished in first place at the Science Opportunity Test held at the Milwaukee School of Engineering. This is the fourth consecutive first-place finish for the VHHS WYSE team at the Science Opportunity Test.

## VHHS Student Activities *continued from page 18*



WYSE Team members (photo courtesy of WYSE)

In addition to finishing in first place as a team, six of the eight team members placed among the top 16 scorers, with **Sean Hogan** being named the top scorer in the competition! Nearly 150 students participated in the Science Opportunity Test. The team is looking forward to another great year of competition and is ready to defend their state championship from last year. (Advisor: **Joshua Ravenscraft**)

### **Congratulations are in order:**

Senior **Emma Danch** was selected as a semi-finalist in the 2009 NCTE/Norman Mailer High School Nonfiction Writing Awards. A total of 698 juniors participated in the program. One winner, four finalists, and 16 semi-finalists were chosen as outstanding writers during four judging rounds. The finalists from each round moved to the next round of judging. New judges were provided for each round. Out of the extraordinarily rich pool of work submitted, Emma fell within the top 3% of high school writers! Way to go Emma!

The following students were named Student Ambassadors at CLC Technology campus for the 2009-2010 school year:

**Rory Klema**, **Alyssa Nugent**, and **Meghan Paul** were chosen by their instructors as the top students in their respective programs. Also, **Chloe Seawall** and **Adam Fischbach** were chosen to participate in the SkillsUSA Fall Leadership conference on Nov. 5-7. Congratulations to these Cougars on their outstanding performance at CLC Tech Campus.

VHHS is pleased to announce the winners of this year's Good Citizens Awards, sponsored by our local chapters of the Daughters of the American Revolution and the Sons of the American Revolution. The faculty has chosen **Tia Ginakakis** and **Steven Sprieser** as our senior recipients this year. Please congratulate both of them on this great honor.

### **Operation Click Update**

Operation Click has been urging high school age drivers to buckle up their seat belts in order to save lives. Students that signed a contract which states that they will wear their seat belts at all times, not drink and drive, not ride in a car with a

driver who has consumed alcohol, and will not be convicted of any traffic related violation or code violations at school, are eligible to be the student of the month for Operation Click. This month's randomly selected student from the list of eligible students gets to park in the Operation Click Student of the Month parking spot located in the visitor parking lot for the entire month of December. Congratulations to the December Operation Click Student of the Month, **Jessica Block**. To all of you who have signed up for Operation Click, keep up the good work and you may be the January Student of the Month!

Congratulations to freshman **Kayla Marvin** who recently completed a half marathon (13.1 miles) on Dec. 6 in Las Vegas to benefit The Crohn's and Colitis Foundation of America. Kayla's sister Chelsea, a VHHS 2006 graduate, suffers from the disease. Together, Kayla and Chelsea raised over \$9,115 for research in hope for a cure. At 14, Kayla was the youngest Team Challenge participant in the half marathon. There were just over 900 Team Challenge members from 27 states, and 36 Team Challenge Illinois runners.

## Sente Speaks to Cougars



State Representative **Carol Sente**, pictured above, visited VHHS on Dec. 2. She spoke to students about the process of writing a bill, and her "Draft-A-Bill" contest which gives students the opportunity to learn about the legislative process, explore issues they care about, and become more civically engaged. (photo by A. Frank)

## Athletic Director's Corner

by Briant Kelly, LHS Athletic Director

### From the IHSA

The Illinois High School Association (IHSA) Board of Directors approved a recommendation at its regularly scheduled meeting on Oct. 13, to adopt an official state series for the sports of boys' lacrosse and girls' lacrosse beginning with the 2010-11 school term. The official IHSA lacrosse season, state series and state finals will be contested during the spring semester. The addition of lacrosse will bring the total number of boys' and girls' sports contesting state championships to 15 apiece, while the overall number of IHSA sports and activities will grow to 43.

"The goal of the IHSA is to provide quality interscholastic opportunities for students in the state and the board recognized that the addition of boys' and girls' lacrosse helps support that mission," said IHSA Executive Director **Marty Hickman**. "The board's decision was consistent with the procedures used when adopting several other recent sports and activities, including water polo and journalism."

The board did create a contingency that 65 boys' lacrosse teams and 40 girls' lacrosse teams must be registered to par-

## Rupsch Signs to Play Lacrosse for Presbyterian College

Wildcat senior athlete **Kelsey Rupsch** recently signed a letter of intent to compete in lacrosse at Presbyterian College next fall. She is pictured above at her signing, along with LHS Girls' Lacrosse Coach **Dana Brady** and her parents **Lori and Patrick Rupsch**. (photo by J. Anderson)

ticipate in the state series by the Feb. 1, 2011 spring sport deadline in order for either sport to crown a state champion in 2010-11. According to the IHSA Emerging Sports List, there are currently 65 schools fielding boys' lacrosse teams in the state and 40 fielding girls' lacrosse teams.

Even if the contingency prevents the inaugural state series from occurring during the 2010-11 school term, Hickman reiterated that the board's decision in October will only help the sport's growth in Illinois.

"The board felt it was important to put contingencies in place to preserve the esteem of the tournament and crowning a state champion, even if it has the possibility of delaying the start of a state series until beyond 2010-11. Regardless, we feel like the IHSA's endorsement of the sport will help bring more legitimacy to club and intramural programs around the state and that many more schools will field squads in the coming years."

Currently, 17 other state associations crown champions in boys' and girls' lacrosse.

## Fall Sports Accomplishments

### Team Accomplishments

**Girls' Cross-Country** -- NSC Lake Division Champions; NSC Conference Champions; IHSA Regional Champions

### Individual Accomplishments

#### NSC All-Academic Athletes

Cheerleading -- **Craig Breckenridge, Mimi Conley, Sarah Prinz, Amber Staines**

Boys' Cross Country -- **Samuel Amdur, Erik Bergstrom, Reid Cepa, Scott Cooper, Chris Marr, Roger Michaelides, Mitch Neubauer, Scott Ratzer, Kevin Tavakoli**

Girls' Cross Country -- **Erika Danckers, Sarah Farish, Sara Fitzgerald, Erin Jaffke, Michele Morse, Evelyn Ritter, Megan Ryan**

Football -- **Eric Andrews, Aaron Banduch, Eric Banduch, Jeremy Birck, Nick Glass, Jake Jacobson, Teddy Kelley, Dan Nield, John Notaro, Chris Schweitzer, Connor Shanks, Chad Uhler, Weier Zhang, James Zotto**

Boys' Golf -- **Andy Lee, Joshua Ok**

Girls' Golf -- **Victoria Mendenhall, Sarah Serkowski, Shannon Weakley, Kaitlin Woodyard**

Poms -- **Rachel Campagna, Brittany Donovan, Kimberly Engle, Stephanie Marsh, Ailie Taylor, Katherine Watson**

Boys' Soccer -- **Austin Gearing, Timothy Grozier, Timothy Kopera, Miles McNeir**

Girls' Swimming and Diving -- **Kaitlin Amedio, Alexandra Blair, Margaret Boling, Jennifer Gilbert, Kristen King, Kristen Micheli, Nicole Panega**

Girls' Tennis -- **Meghan Ahlgrim, Sharon Guan, Margaret O'Brien, Emily Paul, Lauren Tasiopoulos, Kendra Witkewicz**

Girls' Volleyball -- **Ashley Beres, Megan Friedman, Mackenzie Haws, Paige Hopper,**

*cont. on p. 21*

## Wildcat Profiles: Tim Grozier and Megan Janezic

by Briant Kelly, Athletic Director

**Tim Grozier** is a four-year member of the LHS boys' soccer team, and has spent the past two years on varsity. However, Tim has been playing soccer for most of his life. During his junior and senior years on the team, Tim earned NSC All-Academic honors. This past year, his accomplishments also included: NSC All-Conference, *Daily Herald* All-Area and IHSSCA All-Sectional.

Although his statistics don't jump off the paper with six goals and three assists, his contributions cannot be measured. Coach **Andy Bitta** states, "Many of the goals went through Tim, as he was the one that stole the pass or won the free ball." Tim played the entire game from the first whistle with a desire to win every ball. Coach Bitta adds, "Tim plays the game from touch-line to touch-line and end-line to end-line. He loves the game of soccer, and he plays the game with a passion that you would want all of your players to possess."

Besides his accomplishments, Tim was a starter and captain, providing the essential leadership to a young varsity team. He was voted most valuable player on the team, and was also honored as a LHS Athlete of the Week. Hopefully, Tim will continue to enjoy and play soccer beyond the high school level.

**Megan Janezic** is a four-year varsity runner on the LHS girls' cross country team. This year, she is the only runner on the cross country team graduating with four varsity letters. Megan has been a crucial part of this team during her four years, as the team has won three NSC conference championships, three IHSA regional championships, and qualified for the IHSA state meet in 2007, placing 15th in the state overall.

Megan had a standout senior season culminating with a 66th place individual finish at the IHSA state meet. Along the way, she earned NSC All-Conference honors (5th place) and was the IHSA regional individual champion at the LHS Regional. Megan was also LHS co-athlete of the week with teammate **Erin Jaffke**. She also earned the most valuable runner award for the 2009 season. While Megan has been on the varsity squad for four years, Coach **Joe Roth** noted that Megan really started to make great improvements during her junior and senior seasons. Coach Roth stated, "Megan has always been a good runner, but this year she has taken it to a whole new level".

In addition to her accomplishments on the course she has been a great leader for the girls on the team serving as one of the team captains this year. Megan set a great example for the other girls on the team with her intense work ethic and dedication to the sport. Megan led all of the varsity workouts, setting a high standard for the other girls on the team. Over the past four years Megan has contributed a lot to the team through her running abilities and leadership skills.

## Athletic Director's Corner

*cont. from p. 20*

**Leah Kruckman, Kaca Savatic, Brittany Schick, Catherine Steffen**

### NSC Honorable Mention Athletes

Football -- **Kevin Penny, Connor Shanks**

Boys' Soccer -- **Andrew Bitta**

Girls' Volleyball -- **Kaca Savatic, Cindy Zhou**

### NSC All-Conference Athletes

Football -- **Eric Andrews, Dan Chutich, Jon Hoffing, James Zotto**

Boys' Soccer -- **Andrei Alvarez, Kevin Fanning, Tim Grozier**

Girls' Volleyball -- **Paige Hopper, Catie Steffen, Kristen Webb**

### NSC Conference Medal Winners

Boys' Cross Country -- **Erik Bergstrom, Ryan Burke, Nick Korhumel, Mitch Neubauer, Dan Ryan**

Girls' Cross Country -- **Sarah Farish, Erin Jaffke, Nicole Jaffke, Megan Janezic, Katie McAuliffe, Michele McCracken, Abigail Toohey**

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Boys' Golf -- **Matt Dohse, Rocky Hudson, Nolan Russert**  
Girls' Golf -- **Athena Cocallas, Marilyn Stone, Kaitlin Woodyard**

Girls' Swimming and Diving -- **Kaitlin Amedio, Maggie Boling, Morgan Dickson, Julia Elsmo, Abby Leboza, Whitney Mitchell, Taylor Rogers, Margaux Weiner**  
Girls' Tennis -- **Meg Ahlgrim, Nicole Klein, Mary Kate Lee, Sarah Paulson**

### IHSA State Qualifiers

Girls' Cross-Country -- **Megan Janezic**

Girls' Swimming and Diving -- **Kaitlin Amedio, Maggie Boling, Morgan Dickson, Julia Elsmo, Whitney Mitchell, Taylor Rogers**

Girls' Tennis -- **Meg Ahlgrim, Mary Kate Lee**

## From the Cougar Den

by Brian McDonald, Athletic Director

The Cougars had a terrific fall season that included some pretty impressive individual accomplishments. In football, senior **EJ Lannan** was named to the Coaches 5A All State Football Team. EJ and his teammate **Zach Kisley** were also named to the Academic All State Football Team. **DaVaris Daniels, Evan Spencer** and **Jeremy Brazil** were named to Tom Lemming's Underclass All Area Football Team. Senior golfer **Erik Hencier** qualified for the IHSA State Finals held in Bloomington, Ill., finishing 52nd in the state. Senior pommer **Vanessa Nagel** was named a Universal Dance Association All Star. Cheerleaders **Jessica Johnson, Megan Kiram, Maggie Briggs, Laura Emery, Lauren Gobelman** and **Emma Yao** were named to the Universal Cheer Association All Star Team. Four members of the girls' swim team--**Melanie Rowland, Dana Andrea, Zoe Eldridge** and **Kristin Schrems**--qualified for the IHSA State Finals. I had a chance to sit down and talk with them before they headed to the state meet. Please read the interview at the end of this column.

The Cougars also had some pretty impressive team accomplishments. Our varsity football, boys' golf, girls' tennis and girls' volleyball team each won the Prairie Division this Fall. Our varsity boys' and girls' cross country teams each qualified to the sectional meet this fall and five of our varsity boys' golfers qualified to the sectional meet.

Two of our seniors recently signed national letters of intent to continue their athletic careers in college. **Melanie Rowland** will continue her swimming career at Towson University in Baltimore, Maryland, where she plans to study psychology. Melanie was joined at her signing by her parents, **Jennifer and James Rowland** (seated), and (standing) **Coach Greenawalt, Principal Cwick** and **Coach Zakrzewski**. Melanie's parents noted that they are "very pleased and proud of her hard work, both athletically and academically, over the last four years and are glad to see that hard work rewarded." Coach Greenawalt said, "This is a great opportunity for Melanie and is a culmination of her four years of hard work, dedication and leadership in the program."

**Amy Choi** will continue her volleyball career at Lewis University in Romeoville, Ill., where she plans to study mathematics and then return to VHHS as a math teacher and coach. Her parents, **Max Choi** and **Mee Lee**, "feel so lucky regarding Amy's accomplishments and believe that VHHS is the best high school in the world." Amy at her signing are her father, **Coach Gutzmer**, her mother, and **Principal Cwick**. Coach Gutzmer says, "Amy is most deserving of this opportunity because of her hard work and true love of the game of volleyball. Lewis is lucky to get a student athlete like Amy."

This fall, all of northern Illinois enjoyed record rainfall. This was great . . . if you were a duck. But, since we're not ducks, it wreaked a little havoc on our outdoor competition schedule. I want to take this opportunity to publicly thank Carmel Catholic High School Athletic Director **Andy Bitto**, Libertyville High School Athletic Director **Briant Kelly**, and LHS Assistant Athletic Director **John Fischl**, for all of their support. Thanks to their support, we were able to host our Senior Night for football, band, poms and cheer at Carmel, and our first round IHSA football playoff game at LHS. The Cougars are indebted to you.

### Winter Season Update

The winter season is off to a terrific start. Like the fall, our overall participation numbers are higher than last year, as all of our athletic programs continue to grow. The winter sports are currently undefeated, with boys' bowling and girls' basketball winning their opening contests. Our girls' basketball program is also doing some great things off the court. Our sophomore girls' basketball team, coached by **Joyce Kleinheinz**, spent some time on a Saturday afternoon learning how to play wheelchair basketball and eventually participating in a scrimmage with some players from the Great Lakes Adaptive Sports Association. The Cougars and their new friends from GLASA, pictured on p. 23, had a terrific time sharing their love for the game and not really caring about the score. Both teams will be able to stay in touch with one another this winter as they are all Facebook friends now.

### IHSA News

This fall, the Illinois High School Association approved boys' and girls' lacrosse to compete in an IHSA state tournament in the 2010-2011 season. This is great news for our boys' and girls' lacrosse teams, and we look forward to both programs joining the ranks of the IHSA sports in 2010-11.

### Coach's Survey

A little over a year ago, a number of head coaches and I got together to talk about developing a more meaningful coach's evaluation process. We started the conversation by identifying the characteristics of "good coaching." As you can imagine, it was a terrific conversation. We created a list of all these good coaching characteristics. We determined that if we wanted to know if a large portion of the good coaching characteristics were happening in our programs, we would have to ask our student athletes. So, that is what we are doing. This committee created our coaching survey. This survey was accessible on our website and completed by the fall athletes. The results of this survey will be shared with the coaches and become part of the discussion between the head coach and me in our post-season conference at the end of the season. We look forward to utilizing this tool to figure out where the kids think we are doing well and what they think we can improve upon as part of the overall coach's evaluation process.

### Alumni News

**Brianna Skeens** ('08) has continued her stellar volleyball and basketball career at Augustana, where she was named to the Mabel Lee Volleyball Invitational All Tournament team in October. She is pursuing a degree in business and marketing. **Katie Griffin** ('07) was selected as Lindenwood Women's Lacrosse Captain for a second year. **Lillian Yanni** ('04) is coaching Girls' Lacrosse at North Central College, Naperville, Ill. Our girls' lacrosse alums continue to play well in college. **Jill Becker** ('09) is playing at the University of Illinois, **Shelly Raupp** ('08) is playing at Trine University and **Taryn Abassian** ('08) is playing at Dickinson College.

### Cougar Profile

This fall, a record number of VHHS girls' swimming and diving team members qualified for the IHSA state finals at New Trier HS. *cont. on p. 23*

## Cougar Den *cont. from p. 22*



Members of the VHHS sophomore girls' basketball team and players from the Great Lakes Adaptive Sports Association take time out from a wheelchair basketball scrimmage. (photo courtesy of VHHS Athletics)

I had the pleasure to speak with the four qualifiers the day before the state finals.

*How long have you been swimming competitively?*

**Melanie Rowland** - 9 years

**Dana Andrea** - 5 years

**Zoe Eldridge** - 7 years

**Kristin Schrems** - 6 years

*What does a typical swim practice consist of?*

Lots of laughter. We warm up and then do sets of technique work focusing on different things like high elbows, good catch, body position in the water, breathing, lung capacity, etc., whatever the coach wants us to focus on for that set. We check our heart rates a lot during the course of practice to see where we are at and then we usually finish with sprint work. We probably swim about four miles each practice. It may look like we are just swimming back and forth and back and forth, but we are really working on different things each set.

*How hard is it to do the morning workouts?*

They are actually easier than the afterschool workouts. In the morning we work on technique, starts and turns, lots of abdominal work. We also goof around a lot. The morning is pretty humorous.

*Any fearless predictions heading into the state meet?*

**MR** - I really want to help qualify the 200 free relay to the finals and then make it to the finals in the 200 and 500 free as an individual.

**DA** - This is my first time qualifying for the state meet, so I am looking to improve my ranking from 27th in the state currently to the top 20.

**ZE** - I'd like to move into the top 20 as well and maybe make the finals.

**KS** - This is my first time, so I am hoping to help the relays qualify for the finals.

*What other sports do you participate in?*

We are all going to participate in the CATS Aquatics program in the winter and then do water polo in the spring.

*What do you like to do that is not related to anything aquatic?*

**MR** - I love ultimate frisbee.

**DA** - I play the piano and work at Dairy Queen.

**ZE** - I like to go camping.

**KS** - I'm a mountain biker.

*What is your favorite subject in school?*

**MR** - History

**DA** - History

**ZE** - Science and History

**KS** - Science

*What do you like most about Vernon Hills High School?*

**MR** - There are very few cliques, lots of opportunities to get involved and the teachers really care about the kids.

**DA** - VHHS is a lot of fun. The people here are great.

**ZE** - It is nice and small, and you get to know everyone in the school, regardless of what you are involved in.

**KS** - VHHS has a great atmosphere. We have tons of fun.

*Do you have any words of advice for kids considering getting involved in swimming and diving?*

**MR** - You get into great shape.

**DA** - The team is really fun. I spend more time with my team than I do with my family.

**ZE** - The team is great for getting to know people.

**KS** - There are no cliques. I have friends in all grade levels and it is awesome.

On behalf of the VHHS Athletic Department, we wish everyone a safe and happy holiday season.



## **LHS Student Activities cont. from p. 15**

Please be sure to use your reusable bags at Jewel and help support our environment and LEAF students! Thank you to all of the LEAF members and their advisors, **Dave Lapish** and **Sandra Kruckman**, for helping make the future brighter for all.

### **CATS Against Cancer-Advisor Cam Traut**

CATS Against Cancer and SPARK joined forces to host the Great American Smoke-Out the week of Nov. 16-10. They created awareness and education through greeting students with informational stickers, offering materials during lunch periods, and hosting a silent protest. In addition, on Thursday they had their first "Going Cold Turkey Bowling." Students, for a donation, could roll a frozen turkey to knock down bowling pins made to look like cigarettes. On Friday, Cheryl from Cheryl's Hair Services in Libertyville gave blue hair extensions to students who donated to American Cancer Society. Thank you to all of the members of SPARK and CATS Against Cancer for all their hard work.

## **Career Expo cont. from p. 16**

Geotome, Great Lakes Naval, Gross & Travis, Ltd., Harper College, Healthy Life Strategies, Inc., Heartfelt Charity Cards, Illinois Court Reporters Association, Improv Playhouse, IMRadio, INT Design, James Martin Associates, Inc., Joint Apprenticeship & Training Fund #93, Lake County Coroner's Office, Lake County Forest Preserves, Lewis University, Libertyville Dental Associates, Michael J. Singer & Co., More Thank Scores and Tests, Ltd., NAVFAC Midwest, Numerical Precision Inc., Plato's Closet, Proforma Trader Graphix, Robert Morris University, Rust-Oleum Corporation, Ryan Shultz, STR Partners LLC, Studio West, Timeless Creations, Inc., United States Army, United States Marines, Universal Technical Institute, VCA Hawthorn Animal Hospital, Vernon Hills Band and Trust, Vernon Hills High School, Vernon Hills Police Department, VH20, Walgreens Co., and Window Designs by Diane.