

The Bagpipe

15000 Cottage Grove Avenue
Dolton, Illinois 60419

January 8, 2010

Dr. King Celebration at SSC
Mon. Jan. 18th at 10 a.m.

SCOT “Taste of TR”
Thurs., Feb. 18th 2:40 p.m.

“Celebrate It With Pride”
February is Black History Month

Congressman Jackson Applauds Biodiesel Program



Jessie Jackson Jr. stopped by the ‘ridge to check out TR’s Biodiesel program. After hearing about TR winning the Lexus Eco-Challenge, the congressman paid a visit to meet team members and instructor Brian Sievers to commend them for being on the forefront of “green technology.”

Clemmons Named to All-State Band

Congratulations to Alexzandria Clemmons who has earned the distinction of being named to the 2010 Illinois Music Educators Association All-State Concert Band. The junior earned this honor after being named to the I.M.E.A District Concert Band for her musicianship on the alto clarinet. Clemmons will now take part in the I.M.E.A. State Workshop and Conference January 28-30 in Peoria, Illinois.

She will be one of over 350 high school musicians from across the State of Illinois to participate in the event. Clemmons is also a member of the marching and concert bands, Student Council, National Honor Society, Mathletes, and Foreign Language Honor Society. She is under the guidance of instrumental music instructor David Eanes.



Alexzandria Clemmons

Talented Cast & Crew Dazzles in “The Color Purple”

By Brittney Hopgood

It was a night of both emotion and laughter as the Thornridge High School Theater Guild presented a rousing rendition of Alice Walker’s drama, “The Color Purple.” And the standing ovation given by the audience left no doubt that this was one of the best productions in years at the ‘ridge, letting everyone leave with a feeling of hope and sense of how powerful love can be in ones life.

Director Yvonne Nesbitt based her stage version largely on the book while also adding a few bits and pieces from both the stage play and movie. Her goal was to remain more faithful to Walker’s literary story.

“This rendition of the play is a blend of the book, the movie, and the play,” Nesbitt explained. “I wanted the play to be as exact as possible, filling in the blanks not covered in the movie and elaborating more on the things that left you guessing. The book was completely different and there were more things that needed to be said.”

On this night everything seemed to come together from start to finish. Clocking in at one-hour and 48-minutes, the story seemed to flow with an ease that gave the actors enough room to delve deep into their characters. Hitting their stride throughout the night were Ariel Clark (Celie), Gabrielle Dillon (Shug Avery), Alan Selph (Harpo), and Nehemiah Barnes (Mister). Dominique Slaughter added a deft touch to her role as Nettie, sister of Celie.

One of the best things about this production is that is used the entire theater, staging different parts in the back of the auditorium and all areas of the stage. Even the technical production was great by using a revolving stage a wonderful way to keep the action moving. Special kudos to the band at Harpo’s Gin Joint (Jason Jones, Vincent Jones and Runere Brooks) who looked and sounded like a smoky backwoods trio found in most rural speakeasys.

Continued on pg. 5...

Inside..... The Bagpipe

- Pages 2-3 Ill. State Scholars; Falcon Activity Report
- Page 4 Konkol, Bagpipe & Piper Win Awards
- Pages 6-7 Photos - “The Color Purple”
- Pages 8-9 Profile of S.A.V.E.
- Pages 10-26 Editorials, Editorials, & More Editorials:
- “What’s On Our Minds?”
- Pages 27-29 Features, Horoscopes & Activity Calendar
- Page 30 Profile: TR Alum Actor Jane Lynch
- Pages 38-40 Profile: Falcon Athlete Mika’il McCall
Winter Sports Report “Hoops & Wrestling”

“The Sweet Sounds of Xmas”



It was a festive afternoon of holiday tunes from the TR Concert & Jazz bands as the award-winning band performed over 20 wonderful songs that delighted the near capacity crowd. Senior K’Lah Jackson takes delight in hitting all the right notes on the bell chimes.

TR's 2010 Illinois State Scholars



Congratulations to six TR seniors who have earned the distinction of being named a 2010 Illinois State Scholar by the Illinois State Scholarship Commission. This prestigious honor is given to less than 10% of high school seniors in the State of Illinois. It is awarded to those who have a combination of an outstanding grade-point-average, a high ACT score, and scored well on the Prairie State Achievement Exam. This year's honorees are: (l-r) Gabrielle Laing, Cristina Estrada, Gabrielle Yates, Mystiqik Woods, Takiya Shemwell, and Sydney Caldwell.

Dr. King Celebration Set to Roll on Jan. 18th

"Honoring the Past...Inspiring the Future" will be the theme of the 2010 Dr. Martin Luther King Jr. Celebration. The event will be held on Monday, January 18th at 10 a.m. in the Kindig Performing Arts Center at South Suburban College in South Holland. Thornton Township's Human Rights Commission will again be this year's sponsor and Thornridge High School will be back to serve as hosts for the program.

"Every year is a challenge to see if we can come up with something new and different," Lee Talley, TR's Activity Director and coordinator of the program, explained. "The best thing about it is that it provides a great showcase for the talents of our students. Thornridge has provided a great training ground for so many Fine Arts students over the years and we're very proud to share them with the



Gabrielle Dillon and Brian Hannah performed a wickedly funny humorous duet at last year's Dr. King Day celebration. Dillon will be co-hosting this year's event.

community."

Since Thornridge has become sponsor of the event the Thornton Township celebration has become the Dr. King program to see in the South Suburban area and plays to overflow crowds. This is the fifth year that TR and Talley have put together the show.

This year's program will

involve the TR Art Club, who has been given the task of opening the program in a unique way. Members of the TR Poetry Club will also perform this year. Of course the TR band, Speech team, Theater Guild, and Student Council will be back as well as Thornton Speech team member Lamar

Hawkins.

Seniors Gabrielle Dillon and Lache Maston-Fisher will be co-hosting the 90-minute program. This is a very prestigious honor because the hosts represent Thornridge and represent the entire student body.

"I was and wasn't a hard decision to select this year's hosts," Talley stated. "I had

a number of students that I considered, but I really look for young adults who cannot only speak well but also exude the class and dignity necessary to host. Gabrielle has always project grace and style in all that she does while Lache has really stepped up her game this year, maturing into a wonderful and poised young woman."

In addition to the live performance Talley has put together four different media presentations and has put together a special salute to African American soldiers, honoring those who have fought and died from the Revolutionary War to today's conflicts in Iraq and Afghanistan.

Doors to the event open at 9:15 a.m. and will be followed by a light lunch compliments of Thornton Township. The event is open to the public and free of charge. Dressy casual or better is the recommended dress for the event.

Speech Team Hopes to Improve in 2nd Half of the Season



Markist Booker



Gabrielle Dillon



Sam Matthews & Alan Selph

By Gabrielle Dillon

The Falcon Speech team continues to feel its way the 2009-2010 season as varsity members gain experience in preparation for state competition that starts in February. TR has earned mid-range finishes at its first seven tournaments of the year, with senior Gabrielle Dillon being the most consistent performer so far this year.

The Falcons landed in fifth place at the SouthWest Suburban Conference Varsity tournament (12-19-09) at Andrew High School. Gabrielle Dillon (dramatic interpretation) and Destiny Thompson (prose reading) captured first place to lead the team.

Others capturing medals were: Patrick Pierre – 2nd place in poetry reading; Ariel Clark – 2nd place in humorous interpretation; Alan Selph – 5th place in dramatic interpretation; Nehemiah Barnes & Ariel Clark – 5th place in humorous duet acting; Alan Selph & Sam Matthews – 6th place in dramatic duet acting; Lache Maston-Fisher – 6th place in extemporaneous speaking; and Markist Booker – finalist in special occasion speaking.

Traveling to Carl Sandburg High School on Saturday, December 12th, TR finished 13th among 23 teams at the Santaburg Invitational. Dillon and Thompson were the only Falcons to take home medals. Dillon took home 2nd place in dramatic interpretation while Thompson was a finalist in prose reading.

Hosting their annual TRee Tournament on Saturday, December 5th, the Falcons were stuck in the middle with a 15th place finish among 31 teams at the competition. Individual medalists were: Dillon – 2nd place in dramatic interpretation; Selph & Matthews – 3rd place in dramatic duet acting; Thompson – 4th place in prose reading; Clark & Barnes – 5th place in humorous duet acting; Yvette Salazar – 5th place in original oratory; and Booker – 6th place in extemporaneous speaking.

On the road at Lincoln Way East High School on November 24th for the SouthWest Suburban Conference Novice tournament the Falcons landed in 4th place among the 11 schools competing at the event. Malcolm Thompson, dramatic interpretation, and Matthews, original comedy, won 2nd place medals; Ashonat Atkinson finished in 3rd place in special occasion speaking; Fourth place finishes included: Porshay Lloyd & Alexandra Thomas in dramatic duet acting; Mack McColm in original comedy; Austin Armstrong in poetry reading; Pierre in poetry reading; and Kadeem Tra-B-Sohn in radio speaking. Also taking home medals were: Booker – 5th place in extemporaneous speaking; Salazar – 5th place in oratorical declamation; and William Jett – 6th place in impromptu speaking.

At the Thornton High School Turkey Tournament (11-21-09) TR finished 11th

out of 18 teams competing with five Falcons picking up medals. They were: Lyndsey Stevens – 3rd place in poetry reading; Dillon – 4th place in dramatic interpretation; Clark & Barnes – 6th place in dramatic duet acting; and Armstrong – finalist in poetry reading.

On November 14th the Falcons traveled to Downers Grove South High School to compete in the novice tournament and promptly landed in 15th place out of 25 teams. Jett took home 1st place in poetry reading while Salazar came in 2nd place in oratorical declamation. Other medalizing were: Tanisha Hampton – 3^d place in dramatic interpretation; Armstrong and Pierre – both 3rd place in poetry reading; Samson Awoyemi – 4th place in impromptu speaking; and Alexidrea Thomas & Porshay Lloyd – 6th place in dramatic duet acting.

Kicking off the season at the Homewood-Flossmoor High School Novice tournament (10-31-09) TR finished in 14th place out of the 22 in competition. Seven Falcons took home medals on the night. They were: Pierre – 2nd place in poetry reading and Tra-B-Sohn – 2nd place in radio speaking; Armstrong – 4th place in poetry reading; Jett – 4th place in impromptu speaking and poetry reading; Samson Awoyemi – 5th place in impromptu reading; Louis Burrell & Timi Adeboje – 6th place in humorous duet acting; and Salazar – 6th place in declamation.

Chess Team Battles, Gears Up for State

It turns out the Falcon Chess team's season isn't as simple as black and white, posting a 4-6 record at winter break.

The Falcons traveled to Andrew High School on Saturday, December 5th to compete in a four-round state qualifying tournament and came away with one win and three losses. TR beat Oak Lawn and lost to Plainfield South, T.F. South, and host Andrew.

Individual results were: Clifford Ray (2 draws, 2 losses on first board); William Jett (2 wins, 2 losses on second board); Orrin Chaplin (3 wins, 1 loss on third board); Huron Wilson (4 losses on fourth board); Tim Marshall (1 win, 3 losses on fifth board); Justen Moore (1 win, 3 losses on sixth board); Quintellis Broadnax (1 win, 3 losses on seventh board); Angela Jacinto (4 losses on seventh board); Rickey Colyer (3 wins, 1 loss on eighth board) and Ebony Ward (4 losses on eighth board).

On November 24th the Falcons traveled to Bradley-Bourbonnais High School came away with a 90-82 win, ending a two-game losing streak. TR got big victories from William Jett, Clifford Ray, Justin Lloyd, and Quintellis Broadnax. The win over 25th ranked Boiler-makers puts the Falcons' record at 3 wins and 2 losses for SouthWest Suburban Conference.

The Falcons suffered its first defeat of the year on November 17th on the road at Stagg High School. The Chargers bested TR 96-76. Posting victories were Clifford Ray, Orrin Chaplin and Darin Gray.

Mathletes Struggle Through Season

The season keep rolling along for the TR Mathletes who posted a pair of 4th place finishes in their last two competitions.

The Falcons scored 167 points at the Thornwood meet on December 9th. Senior Mystiqik Woods earned the team's only perfect score of the night in Functions and Limits.

At the Homewood-Flossmoor Invite on November 18th the Falcons beat district rival Thornwood 277-243 while landing in the 4th spot. Freshman Cierra Ousley was perfect in the area of Linear Equations and Inequalities. The Falcons next competition will be the SouthWest Suburban Conference meet at Stagg High School on January 27th.

It's Cold & Flu Season So Remember...

It's flu season TR so please remember the three C's when it comes to preventing the flu this winter. CLEAN, COVER & CONTAIN.

Clean: Wash your hands frequently with warm soapy water. Use hand sanitizer when soap & water are not available.

Cover: Cover your cough. If you don't have tissue, cough into your elbow.

Contain: If you have flu symptoms with a temperature of 100 degrees or more, stay home until you are fever free for 24 hours.

Bagpipe & Piper Score Awards for 8th Consecutive Year

The **Bagpipe** newspaper and **Piper** yearbook struck precious medal again this year as the Illinois High School Press Association (I.H.S.P.A.) honored both publication for the eighth straight year. The **Piper** yearbook earned Gold status and the **Bagpipe** newspaper earned Silver status for their outstanding work for the 2008-2009 school year.

The I.H.S.P.A. annually awards high schools for their work on school publications. Schools submit publications to the I.H.S.P.A. for evaluation on 12 different criteria. Gold status is given to those publications that excel in at least 10 of the 12 areas. Silver status is given to those that excel in at least nine areas. Bronze status if excellence is found in at least eight areas.

The 2009 **Piper** Yearbook has received Gold status from the Illinois High School Press Association (I.H.S.P.A.) for the fourth time in the past eight years. Gold status means that the book was honored as one of the top 10 yearbooks for Il-

linois high schools with enrollments under 2,000. The I.H.S.P.A. enters the top 10 yearbooks in each class into national competition to compete against yearbooks from all 50 states. The results will be announced in February 2010.

The **Piper** scored gold status in the areas of photography, cover design, theme, and layout. In particular, the unique organizational design of the book was cited *“for taking a bold step in breaking the traditional rules of sectioning the book with specific pages in the areas of academics, activities and athletics.”*

The **Piper** was also cited for its *“crisp and extensive photography that presents an overall portrait that reflects the entire year at your school.”* They also were pleased with the *“retro-cover design of the book was a terrific concept that set the them for the entire book.”*

“Honestly, this book was very unique because we didn’t follow a traditional blueprint,” Lee R. Talley,

now in his eighth year as sponsor of both the yearbook and newspaper, related. “It wasn’t until late in the year that everything fell into place. I was lucky to Ashley (Sing) as the editor because she brought so much experience and creativity to the publication. She’d been on staff for three years and was pivotal in creating the past two books. I’m pleased and excited for everyone involved in putting it together. It is quite an honor to be recognized.”

The I.H.S.P.A. was impressed by the effective use of spot-color as well as the concept designs of the division pages. The publication was also awarded gold recognition for its outstanding photography, the I.H.S.P.A. critique specifically stating that *“the photos were outstanding. We were truly impressed that so many events, activities, games and other school-related photos were in the book. We were able to gain of true sense of your school, especially the*

Homecoming and Graduation pages, some of the best we saw this year.”

The I.H.S.P.A. annually awards high schools for their work on school publications. Schools submit publication to the I.H.S.P.A. who then evaluates the works based on 12 different criteria. Gold status is given to those publications that excel in at least 10 of the 12 areas. Silver status is given to those that excel in at least nine areas. Bronze status if excellence is found in at least eight areas.

For the sixth time in eight years the **Bagpipe** newspaper was cited for its outstanding work, earning Silver status for the I.H.S.P.A. The honor means the newspaper is one of the top 20 high school newspapers in the State of Illinois. The **Bagpipe** earned distinctions in six categories. The publication received Gold recognition for its photography, layout and design, and editorial writing. It also took home silver feature writing and news writing. The I.H.S.P.A. cited the *“professional”* layout and design of the paper, the variety and

depth of the editorial section, and the wide and effective use of photography throughout the entire publication.

“We take great pride in putting together the Bagpipe,” Talley, who holds a Journalism degree from the University of Nebraska – Lincoln, emphasized. “Julien (Skipper) was instrumental in keeping the entire staff on task last year. Consistency and high quality were two of my goals when I took over the paper eight years ago. I hope that the tradition continues after my retirement in 2011.”

The I.H.S.P.A. annually awards high schools for their work on school publications. Schools submit publications to the I.H.S.P.A. for evaluation on 12 different criteria. Gold status is given to those publications that excel in at least 10 of the 12 areas. Silver status is given to those that excel in at least nine areas. Bronze status if excellence is found in at least eight areas.

I.D.S.A. Honors Konkol as Community Educator of the Year

Congratulations to English instructor Dave Konkol who was chosen as the 2009 Community Educator of the Year by the Illinois Director of Student Activities organization. He was honored at ceremonies at I.D.S.A. Awards Banquet at Pheasant Run Resort on November 15th.

Konkol, who will be retiring in June after 32 years at Thornridge (35 years in education), was honored for his commitment to students. Over the years he has coached boys and girls tennis (18 years), athletic public address announcer (14 years), and the past 10 years as sponsor of the National Honor Society. Under his guidance NHS sponsored *“One Can, One Dollar, One Smile”* holiday food drive and the Staff Appreciation Ice Cream Social, and has participated in the Comcast Cares Day and Thornton Township Tutors.



33 Falcons Nominated for Inclusion in 2010 “Who’s Who”

Congratulations to 19 Thornridge student journalists who have been nominated for inclusion into the United States Achievement Academy’s “Who’s Who in Journalism.” Students are chosen based on a combination of leadership, responsibility, enthusiasm, and motivation to learn and improve in their journalist skills by working on the school newspaper and / or yearbook. The students were nominated for this honor by instructor Lee R. Talley, Thornridge’s yearbook and newspaper advisor.

Nominated for their work on the Bagpipe newspaper are: Davonte Watkins, Ericka Goode-Perry, Dwayne Adams, Jasmine Barrett, Melanie Benford, Christen Boddie, Gabrielle Dillon, Antonio Gray, Janita Harris, Brittney Hopgood, Imani Moore, Jazzica Norfleet, and Laquisha Patton.

Nominate for their work on the Piper yearbook are: Jermaine Weir, Chevice Naide, Kiara Griffin, D’Andre Henderson, Laquisha Patton, Alan Selph, and Shayla Williams.

Congratulations to 14 Thornridge Student Council members who have been nominated for inclusion into the United States Achievement Academy’s “Who’s Who in Student Council.” Students are chosen based on a combination of academic potential, personal motivation, cooperative classroom attitude, dependability, enthusiasm for education, leadership qualities, and serious acceptance of responsibility. Instructor Lee R. Talley, TR’s Student Council sponsor, nominated the students for this honor.

Nominated for their work as Student Council members are: Melanie Benford, Jasmine Barrett, Ericka Laurent, Loren Williams, Lache Maston-Fisher, Asha Binbek, Miriam Binbek, Tabitha Glover, Tasheik Kerr, Anna Rice, Diana Salazar, Jennifer Williams, Garrick Bradley, and Dominick Dixon.

“Color Purple”
...Outstanding!!!

...Continued from pg. 1

“The Color Purple” is a story known to touch millions across the country. It’s the inspiring story of a young woman who triumphs over love, loss, criticism, and abuse to find her own voice in the world. Celie, whose life couldn’t be more depressing, is raped as a teenager by her supposed father and the resulting children were taken away from her. The only thing of importance in her life is her sister Nettie who unfortunately is handed over to the abusive and ignorant Mister who forces her into servitude. His interest lies with Shug, a vivacious jazz singer who becomes Celie’s best friend. But Mister also has a crush on Nettie though he won’t allow her in his house because she rebuffed his advances. Meanwhile his son Harpo tries to maintain the peace by placating everyone.

“Shug Avery is outspoken, confident and very intimidating,” Dillon reflected about her character. “Even though I consider myself to be the same when it comes to voicing my opinions, my personality is almost the opposite. I’m very reserved and sometimes a bit goofy so I really had to focus to grasp the essence of Shug.”

Whenever Dillon appeared on stage the audience knew it was in for a treat. She went toe-to-toe with Mister, became the protector to the other women, and even did a surprisingly good job of belting out a jazz number in the barroom scene.

Barnes also admitted to having a bit of difficulty trying to learn the complexities of his character. Though he can be an imposing figure if you don’t know him, he is usually the good-natured and gregarious young man with an infectious smile.

“Mister is big and abusive so it was really hard for

me to portray someone who could be so evil and disrespectful towards women,” Barnes, who earned his first lead in a TR production this year, explained. “I am exactly the opposite of this character so it was hard to get my mindset to be abusive to others. That’s just not me.”

The way the young actors interacted with each other on stage made you think that you were actually a spectator during 1930’s. They embodied their characters perfectly and gave their own individual personalities to make the character their own.

Selph describe his take on the night’s performance. “I saw the students not as students, but as people that lived in the actual time period,” he said about his first time in performing in a play. “I got to know my character by studying his actions. Harpo is a very nervous person and I tried to show that in the way I moved on stage. I also tried to tie in what I’ve went through in personal situations to impersonate him.”

Nesbitt describe one of her main intentions was to let audiences experience the change in Mister’s character. She said the scene where Mister sent Nettie away was one of the strongest in the play.

“The scene took a lot of energy and emotion for Nehemiah, Dominique and Ariel to play,” she said. “Having your sister, and in this case, the only thing you have left of value taken away from you is a very tough realization.”

On a lighter note, Selph loved the humor Harpo would interject in some scene, breaking the tension and giving the audience a bit of respite from the heavy emotion of the drama.

“The scene when Harpo and Sophia get into is my favorite because it shows the strength of Sophia and the fact that she’s not having it,” Selph laughed. “It’s also funny because I (in character) ‘gets beat up!’”

Once again the TR Theater Guild, Director Yvonne



Amazing performances and outstanding technical work highlighted this year’s fall play, “The Color Purple.”

Nesbitt, cast and crew, have given Broadway a run for its money. Each member of the production gave over 100% to make this play a dazzling production and a must-see for audiences. This production of “The Color Purple” reinforces the fact that District 205 schools, and Thornridge High School in particular, is a Fine Arts District. Just ask anyone who say it...nothing but standing ovations at every performance.

***On side note...Kudos to the cast and crew for their outstanding performance in the Saturday night production the next evening.

It was nearly flawless in every aspect. Just when you think it couldn’t get any better...Great job to all!!!

Cast of “The Color Purple” by Alice Walker

Main Characters: Ariel Clark (Celie); Dominique Slaughter (Nettie); Malcolm Thompson (Paw); Nehemiah Barnes (Mister); Alan Selph (Harpo); Debra Frazier / Christina Davis (Sophia); Gabrielle Dillon (Shug Avery); Markist Booker (Grady); Diamond Guider (Squeak); Marcus Foreman (Buster); and Aaron Nance (Old Mister).

Supporting Roles: Keri’Ana Scott (Odessa); Samuel Mathews (Swain); Christina Davis (Hortense); Rob Nerius (Clerk / Mayor);

Whitney Brogger (Miss Millie); Kirsten Poindexter (Young Celie / Willie Lee); Cassandra Tyms (Young Nettie / Louise); Grant Hatter (Young Harpo / Lucious); Fenia Dukes (Corrine); Marshaun Ballard (Reverend Samuel); Terrence Taylor (Adam); Kandyce Wesley (Olivia); and Arleya Nunn (Tashi);

Townspeople / African Villagers / Church Members: Matthew Roberts, Querida Guider, Kejuan Giggers, James McGee, Nakia Greyer, Mariah Hocan, Katrina Melton; (African Dancers): Diamond Guider, Jamelia Davis, Christen Boddie, Briana Cox-Harding, Shanique Hayes, Romeo Blaine, Terrence Taylor, and Kadeem Tra-B-Sohn.

Crew: Samson Awoyemi, Michael Ballard, Burrell Barton, Nick Clemmons, David Enabulele, Fred Green, Marcel Hoover, Heather Jackson, Tiara Johnson, Brittany Moore, Justin Moore, Chevice Naide, Louis Nichols, Erricka Scott, Patrick Sheard, Brittany Spates, Brandon Tolbert, Chantel Turner, Shaunita Watson, Brie-Anna Williams, and Jordan Willis.

Band: Vincent Jones, Jason Jones, and Runere Brooks.

Technical Director: Rob Nerius; **Asst. Technical Director:** Kevin LeCompte; **Production Asst.:** Sharonda Kimbrough.

Bagpipe

Editorial Staff

Editor-in-Chief: Davonte Watkins
Staff: Dwayne Adams, Jasmine Barrett, Melanie Benford, Christen Boddie, Gabrielle Dillon, Erika Goode-Perry, Antonio Gray, Janita Harris, Brittney Hopgood, Imani Moore, Jazzica Norflett, and Laquisha Patton.

Advisor: Lee R. Talley

Editorial Policy

Letters: We invite readers to share their thoughts with us by writing to *The Bagpipe Newspaper*, Editorial Board, 15000 S. Cottage Grove Avenue, Dolton, IL 60419, by email www.bagpipe.district205.net, or via fax to 708-271-5020. Please include your name, address and telephone number. *The Bagpipe* reserves the right to edit submissions and does not guarantee publication of any material.

“The Color Purple”...Just Amazing!!!



“One of the Best TR Productions in Years!!!”



S.A.V.E. Promotes Peace & Non-Violence

By *Laquisha Patton*

S.A.V.E. (Students Against Violence Everywhere) has become one of the up-and-coming student organizations at Thornridge High School in the past year. With a goal of promoting non-violence and settling differences through peaceful means, S.A.V.E. tries to make young people realize that making the right choice will help guide you to a better life and success.

"This organization was started five years ago," Sherita Robinson, Thornridge Counselor and S.A.V.E. sponsor, explained. "A lot of Thornridge students and staff have helped to promote S.A.V.E. and have assisted in making the connection with the national S.A.V.E. organization. As it became more popular the District got behind the idea of creating chapters at all three District 205 schools. All three schools, Thornridge,

Thornton, and Thornwood, are now heavily involved in S.A.V.E. activities."

Robinson took over the reins of the organization last November amidst some turmoil and constant turnover among sponsors. Although it was a bit tough at first she and its current 50 members have put together an ambitious slate of activities for this year. Business instructor Dena Ousley has also come on board to assist in sponsoring the group.

"In addition to the many assemblies and rallies we're hosting this year," Robinson stated, "we're sponsoring a toy drive during the holidays, Red Ribbon Week in February and hosting the White Dance in April."

S.A.V.E. is a student-driven organization that promotes alternatives to violence, the use of peer mediation, and learning to give back to the community through many civic projects. In addition to participating in many smaller

activities, members learn crime prevention, conflict management skills, and the virtues of good citizenship, civility, and non-violence. It also educates students about the effects and consequences of violence as well as safe activities for students, parents, and the community.

"The purpose of S.A.V.E. is to create new ways to reach students with information about violence in relationships and where to go for help," Robinson explained. "The organization encourages positive peer influences within the school and community through violence prevention efforts."

"The best thing about being a part of S.A.V.E. are the things that you can participate in that helps you in the future," Kelisha Stevens, a current member who recently transferred in from a high school in Mississippi. "It helps you focus on what's good and what's bad while teaching you how to deal with dif-

ferent situations that may escalate into a confrontation."

Senior Jennifer Williams has been involved in S.A.V.E. all four years and currently serves as its secretary, feels that "the hardest part is getting young people to understand that violence is not the way to go. That you can resolve disputes and arguments through better and safer ways."

What does it take to become a member of S.A.V.E.? The organization meets every Tuesday at 3 p.m. in room B210. Every member must sign a contract that they will not miss more than five meetings / activities throughout the entire year and never earn a grade less than a "C" in all their classes. They must also garner a minimum of 30 hours of community service during the year.

"My expectations are for all members to be leaders," Robinson stated. "That's why I let them run the meeting and coordinate events.

Young people need to learn what it takes to be in charge and responsible for getting the job done."

The second-year sponsor hopes that S.A.V.E. is making a positive impact on students and staff because they have been so supportive of the organization, especially in the past year.

In a year that has seen so many young people killed and injured by violence in the African American community, S.A.V.E.'s main goal is to spread the word that non-violence is the answer, trying to promote non-violence among elementary and high school students in the community.

"We want to make sure that by talking to students they know that we are trying to prevent possible violence," Sienna Brown, a third year member of the group. "We want to spread the message that being in a gang and dealing with guns will most likely have deadly consequences."



Members of S.A.V.E. perform their stomp dance routine during their recent assembly to promote peace and non-violence.

“The Time is Now! We Can’t Wait Any Longer!”

S.A.V.E. Assembly
Delivers Message
of Hope to All

By Jazzica Norfleet

“Tell those around you not to pick up a gun and pick up a thought!

Those are the words used by the Reverend Jason Reynolds, Young Minister at Salem Baptist Church, who challenged all the young people in attendance at the 2009 S.A.V.E. Assembly to Promote Non-Violence and Peace held November 10th in the Thornridge auditorium.

Reynolds was just one of the many speakers brought to TR by S.A.V.E. (Students Against Violence Everywhere). With almost 400 students in attendance the 50-minute program spanned a wide range of topics that made a huge impact on everyone.

S.A.V.E. President Derrick Wilbon opened the program by welcoming the crowd and quoting the mission and vision statement of the organization. Officers Sienna Brown and Courtney Chavers explained the history of S.A.V.E. and the meaning behind its orange and purple colors.

Thornridge Police Liaison Officer Eric Price spoke to students about what happens when you commit a crime and end up in jail. He extolled the virtues of being a good student and making positive choices in your life.

“Surround yourself with the people who are on the right path.” Price firmly stated. “You want to make sure that your friends are truly your friends who want to help you succeed in life.”

Next, S.A.V.E. mem-

ber Jennifer Williams recited an emotional poem, “With Open Eyes I Realized,” bringing some in the audience to tears. Tom Maynard, a representative from the Illinois Counsel on Gun Violence, followed with words of wisdom on how to be safe in your own community.

The keynote speaker was Garrett Evans, who survived the April 16, 2007, massacre at Virginia Tech University, which saw 32 people gunned down in cold blood during a campus rampage by an unstable student. With the audience in total silence he cautioned students that tomorrow is promised to no one and that you have to make the right decisions if you want to have a better future.

After a performance by the S.A.V.E. Drill Team, which included a recitation of poet Maya Angelou’s “Still I Rise,” Reynolds returned to the podium to close out the event by presenting the stunning statistics detailing the homicides and suicides among young people in Chicago during the past year. He also encouraged students to take the initiative throughout their lives and to step up to become the leaders of tomorrow.

“We, as a whole, can change the way society and violence is now!” Reynolds exhorted everyone in the crowd to get on their feet and join him in this proclamation.

Congratulations to sponsors Sherita Robinson and Dena Ousley, and all the members of S.A.V.E. for an outstanding program.

“Give Us Hope!!!”



Five Minutes!!!....Where Does the Time Go?

By Jazzica Norfleet

During the Thornridge “Back to School Night” last August one thing struck me as unusual. As I watched parents moving from class to class I noticed a large number of them having trouble trying to follow the schedule and make it from one class to another within the five minute timeframe.

The most common complaint I heard that night was, “How are you supposed to get from one side of the building to the next in just five minutes?” This is the same question many TR students ask themselves on a daily basis, especially when you have to go from one side of the school to other. It’s extremely frustrating when you get within 50 feet of your class only to hear the bell blast away and the door slam shut. Being late equals find a security guard equals an after school or Saturday detention.

What makes it worse is



that the hallways at Thornridge aren’t very wide. When lockers are open and students are just standing around in a group talking it makes it even worse. Then throw in the kids who walk without a care in the world, just sort of meandering down the hallway a snail’s pace. It’s not only frustrating...it’s

maddening. But mostly, it’s not fair to those students maneuvering every obstacle at a break-neck pace trying to get to the next class.

Another factor in making students late is that during the winter the courtyard is closed because of the weather. Now some of us have already figured out a

new route, but many others still haven’t done their homework in this area too. It’s a lame excuse but many students still try to invoke it when they’re trying to negotiate their way into a class after the bell.

Many students think that the passing periods should be six minutes instead of five (some have

even suggested an extra three minutes to make it eight minute passing periods). But keep in mind that if that were done we’d also be getting out of school eight minutes later than we do now.

So while there may be multiple reasons of tardiness it’s doubtful that the administration and staff will actually excuse any of them. As Mr. Talley says all the time, “That’s not a reason. That’s an excuse.”

Maybe what needs to be done is to try increasing the passing period an extra minute to see if tardies to class decrease. Call it an experiment if you will. We could see if the extra minute reduces the number of tardies issued to students on a period-by-period basis. Maybe more students would show up to class on-time and teachers wouldn’t have to stand at their doors wasting valuable teaching time saying, “Go get a tardy pass.”

Why Go Baggy When There’s Slim & Straight

By Dwayne Adams

I have researched many different reasons on why people love baggy jeans. And most of the responses I got back were either, “They make me feel good,” or “They make me feel loose,” or my favorite, “This is what’s in.” I could not begin to tell you how many times I have heard this over and over again. There have been countless times where I have seen people with baggy jeans. The sad thing is that baggy jeans are no longer fashionable. Sorry to tell you guys...the baggy jean look is out!

With 2010 weeks away the trend is that more young people are wearing jeans that fit rather than the ones that are two or three times their original size. Although the baggy jeans look is one of imitation, people need to realize that it’s more important to be an individual and start their own fashion trend. You shouldn’t want to look like everyone else, especially because so many people say that young African American males look alike when sporting this “thug look.”

Many young men wear baggy jeans because they think it makes them look cool and gives them a certain amount of “street cred.” But what it really does is portray you as someone who is a “wanna-be gang-banger” who has nothing going for them in their life. So ask yourself, “Do you really want to go that route? Do you really want to go down that road? Or do you want to present yourself as a free-thinking individual who has something going for themselves?” Remember it’s a choice.

One would hope that young males prefer slim straight jeans to the baggy ones. Don’t you laugh when you still see someone running down the hall at school holding up their pants?

The one thing that has been a pleasant surprise is that fewer and fewer young men are sporting the baggy jean look. Sometimes I wonder if these guys really know the origin of the look and what it means. The “baggy jean” look originated in prison where inmates were stripped of belts and shoelaces so that they couldn’t hang themselves. Thus their pants were so loose that they had to hold on to them. So the impression you’re giving everyone when you wear baggy jeans is that you’re a thug and a criminal. Unfortunately, many times that’s where some of these young men are headed.

Sometimes it makes one wonder what young men really get out of wearing baggy jeans. It just makes you look “ghetto” while jeans that fit make you look important and intelligent, like you actually know something.

Why be like someone else when you can be yourself and have pride in your appearance. You shouldn’t be a slave to someone else’s fashion sense or the latest trends. Everyone may have been created equal, but they still have individual traits that make each one of us different. That’s why nowadays you can’t just label people or put them into distinct categories because of their character, sex, age, or race. Just be different, think different, and live different, and you’ll see the difference. Best of all, you’ll be happy.

I Got Mine!...Do You Have Yours?

By Gabrielle Dillon

In a world where the need to have a good education is becoming greater everyday it is important that every student in every state in the United States receives an equal standard of education. Unfortunately this is not the case in many school districts in America. In particular the State of Illinois is woefully inadequate when it comes to equal funding among school districts across the state. Sadly, Thornton Township High School District 205 is feeling the ramifications of being greatly underfunded.

During my four years at Thornridge I have witnessed math classes that do not have a full set of textbooks, a lack of supplies for teachers, old worn out athletic uniforms, damaged equipment and facilities in athletics, lack of funding for performance based classes, cutbacks in the lunchroom, and other things.

Without a textbook a student cannot fully learn and the teacher is forced to print out book pages so their students can follow along or successfully complete their homework. If you were to compare our high schools lack of books, space, career-based vocational classes, and limited athletics and activities, to schools such as Lincoln Way, Homewood-Flossmoor, and Reavis, you'd see a dramatic difference.

But if you examine District 205 a bit closer you'll see a difference between the three schools as well. Is it because there is a different tax base to draw from for funds? Is it because certain parent groups are stronger at one school than another? Is it because the school board members hail from certain areas within the district? Or is there a certain amount of favoritism from the District?

Some TR students believe there is a certain amount of favoritism towards one school because certain individuals who have the power to make the final decision hail from a certain school. That might

students in wealthier areas.

Wealthier school district always seem to be better structured and better organized. They have classes that are geared towards preparing them to be successful in college and be-

faulted for this because students themselves have to take a certain amount of responsibility for their own lives. What's the old expression? *"You can lead a horse to water, but you can't make it drink."*

When the Robert Taylor Homes and other large housing projects were demolished in the 1990s there was a *"black flight"* to the southern suburbs because these were the only areas with affordable rents and Section 8 housing. This has put a huge drain on school district budgets, especially ones like District 205 who are already struggling to keep its financial head above water. Residents who can't and/or don't pay taxes and properties that fall into foreclosure have made the district cash-strapped and dependent on grant monies today more than ever.

Now, let's follow the money because this has a ripple effect on students. Less money means fewer higher level classes because the focus is on the lower level classes to raise test scores. With fewer high level classes, seniors' transcripts look a bit sketchy and inadequate in the eyes of admissions officers. It's harder to get

into good schools and even harder to get scholarship money to attend any college when your transcript doesn't measure up to those with a wide array of high-level classes. Thus if and when you graduate from college you'll be behind those of your better-funded peers. Doesn't everyone, upper, middle and lower class, all deserve a fair chance at the proper education?

While these are just a few of things that impact the education of District 205 one has to wonder if we are properly using the resources we currently have? The question that we have to ask is, *"If our district really wanted the change that they talk about so often shouldn't they be fighting with lawmakers a bit harder?"*

Every student in every school district deserves the same amount of money, attention, and most importantly, quality education as the next student. No school should be better than the other because in the end they all have the same thing: Students who want to learn, students who want to be successful, and students who want to grow up to be productive members of society. This should not be a privilege, but a right.



be the case, but you also have to ask if it only looks like favoritism because if someone graduates from certain high school they're probably going to know more about that school's wants and needs than another school. It's only natural. But one also has to remember that the whole is only as strong as its weakest link. Decisions must be thoughtful, honest and prudent so that the entire district benefits, not just one school. We hope that is the case in District 205.

Economics seems to play a very large role in determining the quality of education. Areas that have great economic wealth and a thriving tax base reap the rewards while economically depressed areas are continually facing cutbacks and deficits. Those decisions always filter down to affect the students. More money means better facilities and better quality of studies. Less money means fewer choices among classes and facilities. Thus, lower income students are always going to be at a disadvantage when competing with those

yond. When they graduate from high school they are more ready for college and the private business sector. In our district too many students leave high school unprepared and unsure about what they'll be doing after strolling across the graduation stage in May. In a perfect world every student would have a plan for life after high school. But schools can't be totally



It's Time for Equal Rights for Gay Americans

By Melanie Benford

In the past 40 years the gay community has overcome a lot of adversity and prejudice from society. Their struggles consist of being stereotyped as “different” as well as being treated as less than equal in the eyes of the law. In essence some of the rights afforded to each and every one of us has been taken away from gays.

As a young heterosexual African American woman it seems as though they are being treated the same as blacks were treated before and during the Civil Rights era. For some reason there are people in this world who feel very uncomfortable around gay people and feel that because they are different they should be treated differently.

In the past 40 years the gay movement has become visible and political, hoping to gain equality in the areas such as marriage, adoption, and benefits for

same-sex partners. But such high visibility has also made me question, “Are gay Americans demanding too many rights that are already guaranteed by the United States Constitution?”

Like every other American gay men and women pay taxes, buy homes, go to work, and try to live as normal a life as possible. But yet they are not able to marry because our government still holds the dictum of “one man and one woman” defines who can marry.

A few states have passed laws that allow gays to marry, Iowa and Massachusetts to name two, or have laws legalizing “civic unions.” Unfortunately some states have either rolled back gay marriage (California) and others have narrowly defeated laws legalizing gay marriage (most recently New York). It the case of California’s Proposition 8 it was discovered that the

Mormon Church was secretly funding a media campaign urging to repeal the new law allowing gay marriage. And it worked as the state narrowly reversed the gay marriage law by just over three percent last November.

Many straight people claim that they are taken aback by how gays act and / or their sometimes flamboyant appearance. True,

their sense of fashion and outrageous personality can be loud, outspoken, and a bit over-the-top. But don’t you know any straight people who act the same way?

One of the problems with gays still not being totally accepted by mainstream society may be the way the entertainment industry portrays them. A manic, high-energy character with a hyper sex drive, many times they are shown to almost cartoonish rather than just normal people. One prime example is the character Jack from the popular sitcom “Will & Grace,” who was a bit feminine and always looking for the next man.

Another prime example is the military’s policy of “Don’t Ask, Don’t Tell.” You can be gay, but if we find out about it you will honorable discharged. In a time when our soldiers are in short supply and doing three and four tours of duty, does it make sense to essentially fire good soldiers just because of their sexuality? The Declaration of Independence stated that, “All men are created equal and guaranteed certain unalienable rights.” Of course, unless you’re gay I guess.

How can gay Americans be treated as equal citizens when they don’t have the same opportunities as ev-

ery one else? One of the major things that gays are asking for is to be able to marry the person they love. They say that everyone has a soul mate out there somewhere, so why shouldn’t you be able to marry the person you feel in love with regardless of their sex. The old joke is, “I’m all for letting gays marry. Why shouldn’t they be allowed to be as miserable as straight people?”

Whether you like to realize it or not gay Americans face a lot of discrimination in today’s society. Every African American should be able to relate to this because we faced the same types of opposition during our struggle for civil rights. Though many people thought the “world would end” if black people were given the rights as white people, it didn’t happen. So wouldn’t you think the same would hold true if we guaranteed certain rights for gay people?

Our country needs to bring their thinking about social issues into the 21st century. We need to come to terms with gays as equals. If we can vote and change the world by having an African American president then why can’t we have equal rights for gays instead of trying to put them in a box and isolate them? When social progress dies so do we.



Giving Back is the TR Way



As is the yearly custom at TR, the National Honor Society collects non-perishable canned food and money to help those community members in need during the holiday season. NHS member Timi Adeboje helps load in this year’s contribution of over 1,500 lbs. of food (and over \$1,000) to the Thornton Township Food Panty . Thanks to all who donated!

Family Values Missing from Today's TV

By Melanie Benford

"The Cosby Show," "Family Matters," "Good Times," "Full House," "Parent 'Hood," and "The Jeffersons." Any of these television programs ring a bell, bring back a memory, or make you smile? Unless you've been living in a cave the past 25 years you've seen at least one of these shows. They're television classics.

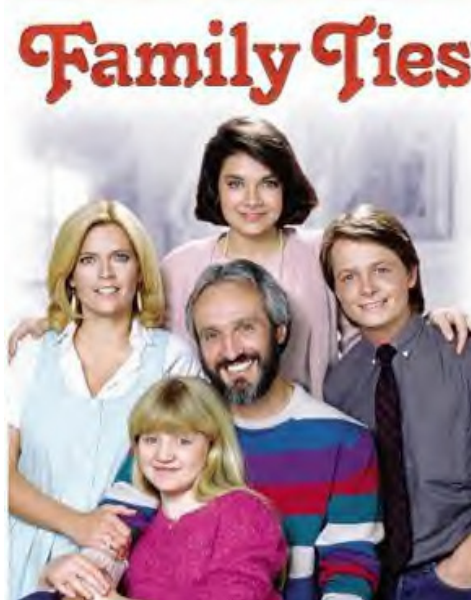
These shows and many others of the same era or earlier always left you with a warm feeling because they were so comfortable to watch. We could all relate the stories because they were about families dealing with the struggles and hardships of every day life. About families trying to define themselves and come together. Don't you miss shows like these?

Flash-forward to today's television shows and you'll find such fare as "Family Guy," "The Game," and "My Super Sweet 16." Great family shows, right? I don't think so. It seems that programs on television today have a harder, edgier content and a real lack of family values. They seem to have lost their moral compass and no longer try to teach positive values or lessons learned.

While there seems to be a multitude of reasons that can be attributed to the coarsening of television programs, three factors stand out. First, society has changed (and continues to change rapidly) so much in the past 20-30 years. Nowadays teenagers are asked to grow up a lot quicker than when their parents were kids. They are also exposed too much more sex and violence than in the past. Instead of programs being story driven and built around characters, we get reality programs that count on confrontation and screaming at one another as substitutes for entertainment.



"The Cosby Show" and "Family Ties" were two television programs during the 1980's that promoted family values.



Shows like "For the Love of Ray J," "Bad Girls Club," "Big Brother," "The Real World," "Keeping Up With The Kardashians," and this year's sleazy new entry, "Celebrity Sex Rehab with Dr. Drew," are repeated over and over again, every day and every week. Those of us who weren't around to see the family-oriented shows think that this is the norm for television so we accept it.

As of the "reality" shows weren't bad enough, throw in the scurrilous talk shows like "Maury Povich" and "Jerry Springer," along with the music videos (soft core porn) and you have a deadly mix of video images that infects the minds and shapes the perceptions of young people.

Wow! Some options to choose from, right? What are these television shows teaching us? How to find love? How to settle differences by fighting it out? How to deal with the real world? I think not. Programs like these are garbage, pure and simple. They provide no foundation or substance of family values. How are young people supposed to grow and mature if this is what surrounds and influences their minds? One may ask, "Does television reflect society? Or does society reflect television?" Good question.

The second reason for the deterioration of televi-

sion programs is the segmentation of the market. In simple terms, we have more channels of programs to watch which means that more channels cater to niche audiences. You want to see how to put in a garden? Tune to the *House and Garden Channel*. You like to watch animals in the wild? Tune into *Animal Planet*. Sports fanatics have *ESPN*, the gays have *Logo*, and women have *Lifetime*.

With more channels it means that the audience is divided into smaller segments (market shares). Producers and network executives are willing to push the edge in order to try to lure more viewers to their channels so they can charge higher advertising rates and make more money. Sometimes that means increasing the sex, violence, and adult content of shows to titillate viewers, especially the young ones. Some television critics and historians are waiting for the day when mainstream networks actually broadcast x-rated material, or even worse, an actual execution.

What's worse is that mainstream news media has now followed the lead of cable news channels and entertainment programs by combining the two in order to get more viewers. No longer are they the arbiters of good taste that seek and promote the truth, but rather hiding the sensationalist approach behind their tradition and reputation.

People, in particular young people, are yearning for positive shows to uplift themselves. They want programs that make them feel like whatever crisis they may be going through that things can and will get better. Unfortunately too many teenagers watch shows that have negative connotations, do not inspire people to get better, that it's okay to have multiple sex partners while trying to find love, that fighting can solve problems (or rather help release your stress), and that being a sex symbol is the way to get ahead in life. Is this really what our society has become?

The last factor that has led to a deterioration of television programming is the lack of education of those creating television. In the past those writing television were raised on reading classic books written by William Shakespeare, Charles Dickens, Rudyard Kipling, and Ernest Hemmingway. They read and read and read, learning about what it takes to write good characters and stories with emotion. They were writers who were literate and well read.

Today's television programs are written by people who were raised in the age the media explosion of the 1980's, with the proliferation of MTV, the VCR, and increase in cable channels. Who needed to read when you could watch it? It's

even worse today because young people aren't reading or writing as much with the advent of the Internet. Every thing is immediate and right at your fingertips. That certainly doesn't bode well for the future of television and other media.

Television seems to have suggested to teenagers that life should be viewed as one big party. We no longer feel "at home" when watching the crazy things that are broadcast on television. Yes, there is freedom of speech and you can always change the channel or turn off the set. We all have that option. After all it is just entertainment.

Of course, there's the old adage, "There's just no accounting for taste!" Look at the ratings of "The Bad Girls Club" which averages more than one million viewers per episode or "America's Next Top Model" whose ratings soar as the show moves towards its finale. Every season people tune in to these types of shows to see who is going to be the queen bee or instigator of the show. It's not about values, but rather "the green." Catfights, shouting obscenities, lewd behavior, beat-downs, and sex are what sell so bring it on. We want more! Pleaseeeeeeeeeeeee!!! Aren't we pathetic?

As much as we would like 95% of the reality show to disappear, there are here to stay. It's sad but true. But there is hope with some decent reality shows like "Extreme Makeover," "Intervention," and "The Amazing Race" that try to teach viewers rather than pander to them. No sex, no violence, and no wild party-like atmosphere in every episode. We need to bring back the family value shows so teenagers can understand the importance of family values. It's a moral imperative. The future of society depends on it.

Handling Depression is a Group Effort

By Jasmine Barrett

Have you ever sat in one of your classes and really studied your classmates? You wonder exactly what is running through their minds? Or wonder why they act the way they do? The next time everyone is reading or writing in silence, take a good look at each person. Can you tell the difference between who is happy and who is depressed?

According to statistics about 20% of teenagers in the United States will experience some type of prolonged depression before reaching the age of 18. Surprisingly the vast majority are teenage girls in moderate to affluent areas.

Depression is usually a response to many stressful situations and issues related to low self-esteem or poor self-image. In the normal maturation process, the influence of sex hormones and independence conflicts with the boundaries and philosophies of their parents. It can also be a reaction to sad event such as a death of a friend or a relative, a break-up with a boyfriend or girlfriend, or failing in

school.

Teenagers who are depressed usually tend to have a low self-esteem. Many young people have difficulty adjusting to the pressures of everyday life, going through a myriad of mood swings and phases. These can range from “my life is perfect” to “my life is awful.” Those emotions alternate over a period of hours or days. However if the mood persists it can be a real case of depression that calls for professional help.

Parents are also one of the most common reasons young people fall victim to depression. Parents can sometimes create stress by placing unrealistic expectations and responsibilities on their child. How many of us know of a friend or family member who “had an episode” under the pressure because their parents were pushing them too hard to succeed?

As stated earlier the statistics state that young females are twice as likely as young males to develop depression. But that’s misleading. Girls are more likely to disclose their depressive symptoms because they are more willing to



share their emotions with a friend or family member. Boys, on the other hand, display symptoms of depression in various ways, including acting out in anger both verbally and physically, or by withdrawing from friends and family and internalizing their emotions because if they show their feelings it’s considered to be a sign of weakness.

Another form of depression is caused by physical and / or sexual abuse, usually by someone they know.

When a young person is physically or sexually abused they tend to internalize these feelings because of a sense of shame, but more likely because they are made to feel that they did something to encourage the abuse. They tend to put up walls around themselves and fall into a mood of helplessness that continues to send them into an ever-widening spiral of depression.

In some cases teenag-

ers find themselves overloaded with responsibilities from school, work, friends (including a boy or girl friend), and family. The pressure to do everything well overwhelms them and causes them to fall into a depression. This is usually the case with young people who are overachievers and have a “type A” personality.

The best way to begin the road to recovery when it comes to depression is communication. Talk to your friends, your family, your teachers...but talk to someone. The best thing to do is to seek medical help on a professional level. Don’t be afraid to approach someone because most people go through bouts of depression at one time or another in their life. Depression is nothing to be ashamed of either. It is an illness just like the flu or a broken arm. The thing you must remember is that it is treatable. It’s better to let go of the situation than letting those emotions build up inside until they explode into something that may be too late to treat. Remember depression can strike any age and at any time in your life.

“Shout It Loud & Proud!”

When local businesses want to get the word out about shopping in Dolton they call upon the best! TR Cheerleaders, TR Jammers and the TR Band were part of the opening of the new Food4Less on Sibley Blvd. In appreciation the food chain donated \$2,500 to the three organizations activity fund. Thanks for the effort... Thanks for the support! Go Falcons!!!



Teenage Suicide: America's Silent Epidemic

By Jazzica Norfleet

Scenario:

*You're awoken from a dead-sleep in the middle of the night as the ring of a telephone pierces the darkness.
"Hello?" You answer, a bit disoriented and groggy. There is silence on the other end of the line.
"Hello?" You say again, this time spying the clock, its bright red digital numbers reading 2:38 a.m.
Finally a voice cracks, seemingly trying to mumble something through the tears.
"I just called to say goodbye," the words tumble tragically from the other end.
After a few moments the line goes dead.
The next morning your mother awakens you.
The startled and troubled look on her face lets you know something is seriously wrong.
Your mind races...what could it be???*

It's a scene that plays out too many times every-day across the country, more often for those under the age of 18 and under. Suicide is slowing becoming an epidemic in the United States, especially among young people who are often left desperately searching for answers from the pressures of society.

The latest government statistics from the Department of Health & Human Services is that there is one successful suicide for every 25 attempted suicides. The ratio is even higher among 18-year-olds and under at one for every eight attempts.

Suicidal behavior is defined as a preoccupation or act focused on causing one's own death. Sadly many teenagers die each year because they feel as if they have nowhere to turn. They feel isolated and alone. Each year in the United States over 15,000 young people commit suicide, with 60% choosing to end their lives with a gun.

The three main causes of suicides or suicidal attempts among young people are: problems within the family, within friendships, and within school. Suicide is the third leading cause of death for 15-24-year-olds and the sixth leading cause of death among those ages 5-14. Young males are four times more likely to commit suicide than young females and they tend to choose a more lethal way to take their life.

Adolescence is a stressful developmental period filled with major physical and emotional changes. Strong feelings of stress, confusion, fear, and uncertainty, as well as the pressure to succeed are prevalent. Many young people do not have the ability or capability to think about things in a new ways that influence their problem-solving and decision-making abilities. They feel overwhelmed and have increased intensity filled with self-doubt.

Problems within the family are one of the most common reasons that young people choose to take their own life. Many times the cause is divorce among their parents, especially when they are the prize in a battle between

the adults. There's also large amount of stress when your parents push too hard for you to be a success at school. Nothing but the best will suffice. Some students see no other way out but to kill themselves. Again the pressure builds and builds and until it explodes because the person feels there's no alternative.

Another reason why a person takes his or her own life is because of a particular life-changing event such as the death of a family member or close friend. They are unable to deal with the tragedy. This person may have been such a huge influence on them that they feel their own world is collapsing around them and there is no way out.

Friendships are another reason why young people

commit suicide, in particular when a romance ends. This is the main reason cited among teenage girls who survived suicide attempts. Many people feel like they have to be accepted by everyone and fit in with the crowd. High school can be a very trying time, especially for those on the outside looking in at the popular kids. They feel ostracized and out of place, never seeming to fit in. They are alone and isolated, never choosing to reach because they feel they will be chided even more. It's a downward spiral that causes so much pain that a person feels suicide is the only thing that will end the hurt.

Lastly, pressures for failure at school is one of

the main reasons for young people committing suicide. How many times have we heard about the straight A student who finally snaps because they can no longer live up to their own or their parents' expectations? And with today's worsening economy some doctors fear that the pressure placed on young people will drive many more to suicide. Feelings of hopelessness and despair can cause one to make rash decisions in a regrettable split second, one that they will never be able to take back because it's a fatal mistake.

***If you or someone you know is considering suicide, here are three Suicide Prevention hotlines numbers: 815.744.5280; 815.722.3344; 708.258.3333.

TR Welcomes Our "Principal for A Day!"



Always extending a welcoming hand to those in the business community, TR recently hosted Frank Clark, owner of Clarks Video Productions, to the 'ridge. Our guest shadowed the principal for the day, visited classrooms, and met many Falcons along way. Pictured are: (l-r) Asst. Principal Al Pearson, TR Jammer Gabrielle Laing, Frank Clark, TR Jammer Sara Curtis, and Principal Kim Waller.

Are We Too Accepting of Teen Pregnancy?

By Gabrielle Dillon

I'm sure that the answer most of us would give if we were asked that question. It seems that, especially among minorities, that young women, ages 13-18, are having children in the United States. According to the Center for Disease Control (C.D.C.), the birth-rate among teenagers in 2008 rose for the first time since 1991.

In 2008 births to unmarried women ages 13-18 rose seven percent to a record high of more than 1.6 million babies. That was a jump of nearly eight percent over 2005. Many high schools in low-income areas have reported double-digit pregnancy rates for the past three years, according to the United States Department of Education. Sad to say that most of us know someone at our school who is pregnant or who has had a child in the past two years.

So the question to ask is, *"Why the sudden spike in teenage pregnancies and what may be the cause for it?"*

Many say the media

Question: *"Are we starting to accept teen pregnancy as a fact of life?"*
Answer: *"It's really hard to say..."*



"In 2008 births to unmarried women ages 13-18 rose seven percent to a record high of more than 1.6 million babies."

plays a huge role in shaping the *"sense of normalcy"* among today's teenagers. Show's like MTV's *"16 and Pregnant"* seem to present a certain acceptance of young people have sex and teenage girls getting pregnant. It also doesn't help when they also air programs like *"The Real World," "Sex Rehab with*

Dr. Drew" and *"I Love New York."* The graphic sex and vulgar language is pervasive and over-the-top. Of course, Jerry Springer's *"talk show"* is still going strong with its freak-show and never-ending line-up for trailer park trash gladly spilling their tales of woe for all to see. You see enough of this

stuff and it seems to become the norm. It is also starting an epidemic of acceptance, causing viewers to become desensitized to the unacceptability of this type of behavior. There was a time when you were shunned and looked down upon for being young, unmarried and pregnant. It was unacceptable because everyone knew just how hard it is to raise a child.

Another reason many young teenagers find themselves unmarried and pregnant is because their mother or father fell into the same trap. The old saying, *"The apple doesn't fall far from the tree"* certainly applies here. Sociologists refer to it as, *"breaking the cycle."* Children who follow the same pattern as their parents, especially when their child points the finger right back at them. *"You did it so don't tell me that it was wrong."*

How many times have we heard about the 16-year-old with the mother who is 30 years old? A 30-year-old grandmother? That's just crazy! Now before you start getting all upset, think about it. Shouldn't the adult have learned the lesson about the hardships of being an

unmarried teenage mother passed that information on to their children? Being supportive is one thing, but being accepting of it is another.

On the other hand some people believe that it depends on the household you're raised in...that it will never be accepted in some families. For instance, families steeped in religious beliefs surely preach abstinence and that having sex prior to marriage is wrong. Others who come from wealthy backgrounds won't accept it either because they feel it is beneath the reputation of the family. You've besmirched the family name.

Part of the problem is that there seems to be too much reliance on the schools to teach young people about sex education and family responsibilities. When did this become the job of educators to replace mothers and fathers as the moral compass for their children? And therein lies the problem...the absence of parental responsibilities to teach and monitor their children. How many of us know someone who seems to living on their own with no rules or supervision? It doesn't bode well for them being successful in life. Children just aren't that smart or strong to survive on their own as well as raise themselves.

So even though pregnancy is becoming more acceptable because we see it more in the media, schools and our everyday lives, it doesn't mean it's right. And even though we must be empathetic to the plight of these young women, we must remember that it is still a choice. You remember choice don't you? It's when you make a decision. Let's hope that you make the right decision...because the hardest job in the world is being a parent and raising a child. You can't afford to make a mistake.

S.C.O.T. Mixes at SWSC Leadership Conf.



It was a day to exchange ideas and meet new people as 11 members of the TR Student Council and Sponsor Lee Talley took part in the SouthWest Suburban Conference's Leadership Symposium on November 7th. The event provided TR students a chance to mix & mingle with their counterparts in the new conference.

Pres. Obama's First Year...So Far, So Good

By Davonte Watkins

Only every so often does there come a president that inherits such a large number of complex problems to solve. There are high expectations that President Barack Obama can clean up the plethora of problems left by his predecessor, former President George W. Bush. With the first year of his presidency drawing to a close after his historic election in November 2008, it's time to look back and assess the progress he and his administration has made in dealing with these issues.

This year has flown by and just as quick as 2009 is fading into 2010, President Obama's pace of action on his campaign promises is also flying by. While one can say that "time flies when you're having fun," one has to doubt that Obama's first year in office has been anything but fun.

So far President Obama's barrage of promises has had many Americans on the edge of their collective seats as if they were watching a horror film. But while his popularity remains high, many other Americans are beginning to have worries and doubts about the "change" he promised to bring about throughout his campaign and election, particularly the price it will cost to bring about this change.

There is no doubt that the inauguration of an African American President certainly brought a sense of fresh air to America earlier this year. It seemed like we as a nation were finally turning the page on eight years of an administration who thumbed their nose at all of us, broke laws to suit their needs, curtailed freedom in the name of security, and let their friends on Wall Street run wild while bankrupting the country.

The promises that President Obama made during his campaign seemed to bring the country together

as one. So now the question would be, "How has he been doing in his first year? What has he been doing?" Here's a hint, so far, so good.

While many people have their doubts about him there is no taking away from the fact that

pable leader with a world vision for the long-term future.

So what may be the doubts surrounding President Obama? There are three main issues that some people, most notably his vocal Republican opposition, that con-

son who is measured in his thinking, who has a willingness to listen to all sides of the argument before making a decision.

Is President Obama a socialist? This is the main argument thrown up when the discussion of health care reform come up. "We don't

definitely shown his true colors during his first year in office. He is definitely a risk-taker who wants to do what's right for the country. He has also tried to work with the Republicans in order to come up with solutions. It's true that he may not be able to fix everything



"Yes we can" has turned into "Maybe we can" as Barrack Obama has found that being president is a lot harder than anticipated. With wars in Iraq & Afghanistan, a housing market that crashed, an economy teetering on the brink of disaster, unemployment the highest in 80 years, and a battle for health care reform, he has his work cut out for him if he wants to accomplish his agenda.

he's managed to stabilize the financial markets with financial bailouts, save the auto industry with an infusion of government backed loans, and slowed the loss of jobs with stimulus money. He has tackled the issue of health care / insurance reform, is beginning work on stem cell research, and has put a plan in place to wind down the wars in Iraq while ratcheting up "the necessary war" in Afghanistan. All this done within a year's time. Remember even the greatest presidents weren't able to fix eight years worth of damage in just one. Obama has shown himself to be a steady, thoughtful and ca-

stantly question Obama about his performance. These are the pace in which he tries to solve problems, lack of a serious work ethic (style over substance), and the label as being a socialist.

While some may question the pace in which he tries to sort out the problems currently facing the American people, one wonders if George W. Bush had take more time to study things if the country would be in such a mess today. Is President Obama a slacker, one who prefers to make slick populist speeches rather than seriously work on problem? Again it gets back to him being a per-

want socialized medicine!" are the calls from the vocal opposition. The sad thing is that we already have a form of socialized medicine. It's called Medicare and Medicaid. What the president would like to do is try to provide a means for the 30 million Americans who are currently uninsured to get some form of insurance. The proposed "Public Option" is one way to accomplish this while also helping to provide competition with private insurers in an effort to lower the cost of all insurance. The Republicans hate this because it will cut into the profits of the insurance companies who are traditionally their big backers.

President Obama has

or fulfill all his campaign promises. No president has or can do that. It's always different once you sit in Oval Office rather than saying things to get there.

Obama's plate is full and will remain so during his last three years in office (although it could be seven more...let's hope so). Nevertheless, he has managed to mend fences with many countries around the world and restore a certain amount of credibility to the presidency. If there's anything that President Obama has shown in his first year is that he is ready to redeem his promises and is ready for change.

.....

War...Is It the Only Solution We Have?

By Antonio Gray

Since the dawn of time the world and its inhabitants have been fighting to solve their differences. As a result many have lost their lives due to this word know as “war.” Because of the idiocy of war billions of human beings and animals alike have been killed because two or more people or countries cannot agree on something that is in dispute. America, for example, is one country that has seemingly been at war most of very short existence.

In order to gain our independence from the tyranny of England our forefathers took up arms and fought for freedom. Our reign of settling our differences began with the Revolutionary War and has continued through the French & Indian War, the Civil War, Spanish-American War, World War I, World War II, the Vietnam War, the first Gulf War, to the current wars in Iraq and Afghanistan.

During the mid-to-late 1700’s American colonists

decided that they could no longer live under the oppressive rule of King George of England. They

up arms and fight for a better life. They feel there is no alternative.

Now consider the wars



The total number of American soldiers killed in Iraq has surpassed 4,300 last month. The number of soldiers with injuries has risen to more than 41,000. There has got to be a better way to solve our foreign policy issues.

risked their lives to speak freely about the cause of freedom. Patrick Henry famous quote, “Give me liberty or give me death” certainly defined the times. The wise men of this era knew that their had to be a separation of church and state in order for men to truly be free. Yes, freedom is what drives men to pick

in Iraq and Afghanistan. In February the war in Iraq will be eight years old. The war in Afghanistan will be in its fifth year. Though President Barack Obama is working hard to find a workable solution to draw down troops and end both conflicts, there seems to be no end in sight.

Let’s examine the rea-

son for going to war in Iraq. Many people feel that former President George W. Bush sought to gain control over Iraq’s oil fields. Others felt he was trying to show the world that he was a better commander-in-chief than his father, President George H.W. Bush. Still others felt that he wanted to show those in the Middle East that if you mess with the United States (the 9-11 attacks) you’d pay a very high price in lives and treasure. We’ll bomb your country into submission.

Whatever George W. Bush’s reasons for going to war those in the know have stated that we should have never gotten involved in the affairs of another sovereign country. And we have paid dearly for his foray into the Middle East. We have lost the lives of over 4,500 American soldiers, over 25,000 have been injured (many with life-changing injuries), and have spent over \$300 billion on these war (and this is a very low estimate of the cost). One can only wonder how many innocent Ira-

qis and Afghans have been killed as well.

And for what reasons do we still continue to fight these wars? To free oppressed people in another country? To bring democracy to the Middle East? To fight the terrorists “over there” rather than in the United States?

We tried this once before with disastrous results in Southeast Asia with war in Vietnam. It was known as “the domino effect.” The theory was that if we brought democracy to one country those around it would fall one by one and install democratic governments. Unfortunately those in the Bush administration failed to “remember that those who forget history are damned to repeat it.”

So with 2010 just around the corner one hopes that President Obama and the Democrats will find a way to endless both wars and bring the soldiers back home. War is definitely not the answer. To quote Beatle John Lennon, “All we are saying...is give peace a chance.”



TR’s Best Poets Take Flight

It takes a lot of pride to get up on that soapbox and pontificate about the world around us. Three Falcons did their best at the Poetry Club’s Fall Poetry Slam on November 23rd. Earning honors for their original wrk and oration skills were (l-r) Lamar Israel (1st place), William Jett (2nd place), and Veronica Walker (3rd place). Great job to all!

Navigating the Dangers of the Internet

By Jazzica Norfleet

Some people argue that the Internet has been the most important innovation in the past 50 years. It's hard to imagine a time when the world wasn't "wired" or to find a person who hasn't used it. But for all the good that the Internet has provided, there has also been a very tragic downside as well. You hear story about someone who has committed suicide because they read something about themselves or had been rejected by a possible suitor. You find criminals "phishing" for people so that they can steal money or credit card information to bankrupt others. Or even worst, that someone has been lured to their death and murdered because they met someone on the Internet.

Most recently there have been two cases of suicide by young children who had been harassed over the Internet on the website *Facebook* and *Myspace*. Both instances had similarities where they were bullied and abused by peers so much so that they felt no alternative than to take their own life.

One has to wonder where were the parents of the 11-year-old girl and 12-year-old boy during these long periods of abuse? Why weren't they aware of what was going on? Why weren't they supervising their children a checking on which sites they were visiting and whom they were talking with?

When questions about how she supervised her daughter the divorced mother the 11-year-old said that she was working two jobs and couldn't possibly monitor her daughter every hour of the day. "I was too busy working to know what was going on and when I was home I was just trying to provide a life for my kids," she said with regret.

Unfortunately even the



best young people can find trouble on the Internet because it's the equivalent of walking down a dark alley at midnight. You never know who or what is lurking around the next corner or in the shadows.

Most recently the biggest problem many young people are finding is that their "Internet past" is coming back to haunt them. Too many young people fail to realize that any and all information / photos that they posted are now sailing around the cyber-world. The worst thing is that future employers are doing web-searches on prospective employees. They're checking your background that includes personal information from the time you put up your first *Facebook* or *Myspace* page. So those raunchy pictures you posted from a college party may be making your first impression on your next boss. Even college admissions offices are now Goggling your name to see if there are any character issues they may not want to deal with if they admit you to their university. So think about that the next time you may put something or think of something to put on your *Myspace* or *Facebook* page.

Another way the Internet has become dan-

gerous is the high volume of sexual predators using it to troll for possible victims, some as young as six-years-old. Impressionable young children are making "Internet friends" with whom they think are there peers, only to sadly find out these are adults with a deviant past.

Even adults aren't immune to meeting a tragic demise using the Internet. Remember early last year when the "nice guy college student" in Boston lured a

young woman who was escorting to a hotel. He robbed and killed her because he needed money to feed his gambling addiction. Even though there are rules to follow when meeting a "new friend" from the Internet, one misstep can cost you your life.

Finally, too many Americans have fallen prey to unscrupulous individuals more than willing to steal information for financial gain. These "phishing expeditions" come in way

of unsolicited emails, a large number from countries in Europe and Africa. It's so sad to hear about senior citizens who lose their life savings because they unwittingly tried to help someone in need. These criminals are counting on the sincerity and compassion of good people.

People, parents in particular, need to make sure that they teach their children how to be responsible when it comes to using the Internet. People need to learn not to trust just anyone and not to believe everything that a cyber-buddy tells them.

In many cases the Internet is a "social weapon," especially when parents don't monitor what sites their children visit and to whom they talk. Don't be afraid to use that parental lock to block access to sites deemed unsuitable for children. That's the best invention that someone came up with for the Internet. So the next time you pick up that mouse, think before you click. It could save you a lot of trouble...or even your life!

"Elementary My Dear Watson!"



Hoping to solve the crime before lunchtime Mylelia Early and Shawneya Wells do analysis of the crime scene in instructor Kim McNamara's Forensic Science class.

College Life...Hopefully Your Next Great Adventure!

By Imani Moore

There are many young people in America today who find school extremely boring. Whether it be elementary, middle, or high school, many students find the daily grind to be as exciting as sticking your head in the freezer. Sure you're cool, but where does it get you?

But what young people fail to understand is that the ultimate goal of spending 13 years in school (yes, 13...it includes kindergarten!) is to have the opportunity to attend college so that you can pursue your dream career. Ask anybody who has been to college and they'll usually smile and say, *"The best time of your life!"*

College is great because you'll have much more freedom and not be bound by mundane rules that usually don't even apply to you. The excitement of college life abounds because you're surrounded by people just like you who are sharing the same common experience. It provides you the opportunity to meet new people and experience new things that you'd probably never get staying around the hustle and bustle of Dolton.

Possibly the best thing about college is that it allows you all the freedom of being an adult without much of the responsibility. Your parents pay the bill while your new job is going to class about 15 hours a week, doing homework, socializing and making new friends. If you attend a major university there's the athletic games and activity events that happen every weekend; more so during the winter months.

Another great thing about college is that you finally get to make most of your own decisions. You choose your classes, you choose where to live, you choose where to go. Of course, with all this new

found responsibility comes accountability. You are now responsible for your actions, each and every one of them. Don't go to class because you want to sleep in? Okay, but remember that you alone suffer the consequences.

One of the more interesting aspects of college is the increased opportunity for a better social life. When you're a high school student living at home with

Your parents hope they've taught you right and that you'll make good decisions when they're not around to guide you through life. And that's a major part of what college is all about...growing up and acting like an adult. You can choose to do the laundry, what time to go to class, what student organization to join, and where you want to go to eat. You won't have to hear your

is basically the same unless you take one of those freshman level classes that are held in a lecture hall that holds hundreds of students. These classes are there for a purpose. To weed out those who are serious about school from those who are not.

In high school you see your teachers five times a week. In college you'll see your professors two or three times a week in class and that's it. Less class time

sink faster than stone.

One of my teachers this year related the story about taking a political science class in which they only had to do one paper the entire semester. Their grade was based on that one assignment. Talk about pressure.

Hopefully you won't be blinded by the social life or go crazy with your first taste of freedom. Responsibility comes with a price and you'll need to make smart decisions in order to survive college. Remember the goal is to get an education, a degree, and the skills to find a good paying job and career.

Sure you can choose to go or not go to class. Sure you can get up and walk out of class any time. But it's up to you to keep up with the lectures, take notes, and study for tests. Professors don't give you a second chance to take a test or write a paper, give you another handout, or even listen to the lame excuses you used in high school. Those days are over. Colleges expect students to attend classes and adhere to your instructor's syllabus and do the work. They expect you meet the deadlines and turn in the work. It's that plain and simple.

So go ahead and strut your independence and show that you can be responsible. Freedom comes with a price. It just depends on how big the check you want to cash.

College is an opportunity, not a right. It's a privilege to attend a university or college and studying further about things that interest you.

Enjoy your freedom, have your social life, meet new people, and experience things you've never experienced before. However, remember to stay focused and keep in mind that you are responsible for yourself. College...it's worth it!



"Some people say college is the best time of your life. All the fun of being an adult without all the responsibility."

your parents you have to live by their rules. They tell you when you can go out, where you can go, who you can hang out with, and when you have to be home.

But when you go away to college it's a different story. Parents most likely don't have an idea what you're doing or where you're going. They ask why you're not home. You can always say, *"I was at the library studying"* or *"I was downstairs doing my laundry."* Trust is a big issue. Of course, you may only get away acting like this for one semester because eventually the report card makes it way home.

parents carry on about not cleaning your room or getting to class on time. Believe me, you'll find out in a hurry if you've learned life lessons from your parents, especially when you start comparing to others around you.

Another way that college is different from high school is that it's far less structured. In high school it's five days a week for seven hours a day. In college the usual classload is about 15 hours, meaning that you're in class for only 15 hours a week (that doesn't include lab classes).

Classes size in college

means more time spent studying, reading, writing papers, doing research, working on projects, and having to do a lot of things on your own. You wanted to be independent? Okay, here you go!

Another major difference between high school and college is the grading system. Professors have to spend a lot of time doing research and getting published to hold to their jobs. They don't have time to be grading things every day. That translates into taking tests and writing papers are the main basis for your grades. Blow off a test or paper and be prepared to watch your grade

Nature or Nuture? Which Has Shaped You?

By Gabrielle Dillon

You know the old saying, “*You can tell a lot about a person by the friends they surround themselves with.*” How many times have you gotten a pass on something because you were with the right person or group? And on the flip side, how many times have you been blamed for something or gotten in trouble because of someone or group you were hangin’ with?

Naturally every person adapts to whatever environment or situation they happen to be in. More often than not, teenagers, in particular, choose the easy route by “going with the flow” just to fit in with the crowd they happen to be with.

So what type of person are you? One than will let their environment dictate your personality and/or decision-making process or one that can stand alone if necessary, sometimes taking an unpopular stand against the rest of you friends?

In high school many young people will compromise their beliefs in order to avoid being the outcast, so that they will fit in and make new friends. Think about it. How many times have you been with someone who suddenly seems out of place because of the way they act or what they say?

For instance, you would not go to an all black school and say things like, “*That’s radical dude!*” or “*OMG, shut up!*” That’s not how most black teenagers talk. Those types of words come out of your mouth and you’re sure to get a lot of strange, quizzical looks. You’ll be labeled as “*that strange kid in class.*” Certainly you’ll be looked upon as being different.

The way you dress can also affect how you act in certain environments as well as how other perceive you. For example, if you



Are we a product of our environment? Or are our life paths predetermined by our biological heredity? The debate continues among behaviorists and geneticists.

were to enroll in a “*white school*” you most likely would not wear extra large clothing or sag your pants. You wouldn’t be wearing clothes with labels that read Ecko Red, Black Label, and Dereon. You’d want to fit in and most white teenagers don’t dress like that or wear those styles.

Every teenager wants to be accepted by their peers and certainly wants to be popular with many friends surrounding them. No one, not even adults, like to feel alienated from the majority. Sadly many people experience this when growing up and sometimes go through life feeling isolated and with

very few friends. The emotional toll this takes on a young person can last a lifetime. Loneliness can be devastating to anyone, especially teenagers.

Even though many people say that you should “walk to the beat of your own drum and be different,” it’s easier said than done. Most teenagers find themselves conforming to the lives and value systems of others, even when they know it’s not in their best interests. The reasons vary from trying to impress others to peer pressure.

One example is when a “*good kid*” goes to high

school and starts to hang out with “*the wrong crowd.*” Grades slip, priorities disordered, behavior becomes erratic, and the once responsible young person is lost. How many of us know of someone who starts to hang out with “*the cool people*” and changes for the worst?

Peer pressure plays a large role when it comes to influencing a young person. Say a group of your friends is going to hang out in the forest preserve and have a drinking party. You know this is wrong, but you feel like you have to participate in order to stay a part of the group. So you go along

with the crowd and hope that nothing too bad happens.

The beauty of having friends is that you can always find new ones. You can be different from others and still find a common ground. If a “*so-called friend*” is trying to convert you into something you’re really not comfortable, as then you should find new friends and fast! You’ll find that being unique and an independent thinker, though hard as it may be, will better serve you in the long run.

There are certain things you can avoid when you choose to do things differently from others. So take a look at yourself. Has high school changed you? Has the environment made you a different person? Has it changed you for the better? These are all questions that you should ask yourself. Yes, your high school environment does affect how you act, but it’s up to you to decide if you’re going to let it make you better or tear you down. The choice is yours!!!

“Letters from the Front”



Know for his creativity in teaching United States History, students in Rob Bell’s Advanced Placement classes learn about World War I by re-enacting trench warfare and writing letters home to loved ones. This lonely soldier (Reaia Cotton) seems to have wound up in the hospital.

“Blah, Blah, Blah, Blah”...Gossip & News Blur the Line

By Jazzica Norfleet

Seeing that we live in a country that's dominated by the media and the images it blasted into our minds 24/7, one wonders how much of what they're broadcasting really matters? After all, since the advent of cable television producers have had to “feed the beast” in order to have enough programming to fill the 168 hours each channel has each week. Even with reruns and re-broadcasts they still must produce, produce, produce.

So how much of the news programming actually is news worthy and holds some value to society? There are important topics that should be reported better and explored deeper. Childhood obesity, domestic abuse, veterans having problems upon their return from the wars, the increase in teen violence across America are just some of the things that matter to society.

Probably the most underreported area is what happens in the halls of Congress and the inner



The death of Princess Diana was one of the lowest points in the tabloids versus the mainstream news media. All news venues seem to cover the story 24/7 with salacious details at every turn.

workings of all facets of the United States government. Sure we hear about the major things that happen, but news channels really only scratch the surface of these few stories. The media is supposed to be “*The Fourth Estate*” and keep an eye on our lawmakers while we're busy working 9-to-5 everyday. There are so many things that people in the government don't want us to see or hear about that they hope to fly below

the radar. They prefer we don't know the dirty little details and the dirty little secrets.

The unfortunately thing is that the news media has tilted coverage towards the salacious stories of murder, sex and violence. The most recent example is the Tiger Woods sex scandal. News channels couldn't get enough of it and kept giving us “*breaking news*” every minute of the day. Meanwhile our young men

and women are dying overseas, the government is debating probably the most important piece of legislation of our lifetime, and nearly one-sixth of the country is unemployed.

When are those who run the news media going to get back to doing the job of being reporters and journalists rather than observational editorialists? Objectivity is the most important thing in journalism, not someone's observation or

opinion. If you want to take sides on an issue then put “*editorial*” underneath your name on the screen or have it published on the editorial pages of your local newspaper. Passing off opinions as facts is tantamount to trying to play Hamlet without reading the script.

The main problem with television news these days is that corporations rather than individuals own the networks, thus they are beholden to the financial bottom line and are expected to make a profit. In the old days a network like CBS was owned by William S. Paley and he made sure that cost never entered into the decision as to what or what not to cover. He knew the job of the media was to keep an eye on the government so that Americans, “*the little people,*” were treated fairly and honestly as possible. Did they get it right all the time? No. But they did get it right most of the time. And don't think we're a better nation for it.

Two examples would be the way they covered the Vietnam War and the Civil Rights Movement. Without objective journalism the war would have dragged on and civil rights legislation would have never gained the momentum needed to become law.

Here's hoping the pendulum swings back to responsible, meaningful journalism that puts the interests of the American people first and foremost. If not, America could be headed down a dark alley it may not want to enter.

Student Council Collects for Soldiers

Trying something new this holiday season the TR Student Council collected supplies for the soldiers fighting in Iraq and Afghanistan. SCOT took in over eight full boxes of supplies and sundries that will be shipped overseas by the Will County Township State's Attorney's Office.

Pictured are: Shayla Williams, Alan Selph and D'Andre sorting and boxing donated items. Thanks to everyone who reached down deep to donate this year.



*Read
about
it in
the
Bagpipe*

Today's Celebrities: Rude, Crude & Lewd!

By Melanie Benford

"I feel like Ben Stiller in 'Meet the Parents' when he messed up everything and Robert DeNiro asked him to leave...I am truly sorry."

Those are the words of rapper and Chicago native Kanye West after his recent outburst at this year's MTV Video Music Awards (9/13/09). During the awards ceremony West bolted from his seat and rudely interrupted singer / songwriter Taylor Swift as she was about to accept her award for Best Female Video. With all the class of a drunken sailor West grabbed the microphone from Swift and preceded to announce that, "*Beyonce had one of the best videos of all time.*"

Crazy, right? But this isn't the first time we've seen West essentially "*lose it*" in front of a large and captive audience. If you recall two years ago he and comedian Mike Myers were paired together during the televised Hurricane Katrina Awareness fundraiser. West stunned Myers and the rest of the world by going off on a subdued rant about then President George W. Bush's self-perceived lack of care for African Americans. "*George Bush does not like black people.*"

All across the United States West's strong opinion sparked debate about his behavior more than it did on the plight of those suffering in Louisiana. There was a firestorm in the media, almost unanimously crucifying the artist for his lack of grace and choosing the wrong forum to voice his outrage. Though known for his strong-willed opinions many felt that West stepped over the line, especially since so many young people look up to him as a role model.

So his actions beg the question, "*Do celebrities*

have the right to have public outbursts like this and be free of criticism?"

West is not the only famous person of late to "*step over the edge*" by losing their temper and going on a tirade while the

(especially to young children).

Keep in mind that the "*celebrity blow-up*" is not a new phenomenon that just happened in the last few years. Actors Sean Penn, Charlie Sheen, Alec

mindless voodoo" and "*not really effective.*" You think there might be someone with a very high opinion of himself? More like someone who might believe his own press and that anything he says should be be-

that they surround themselves with so many people whose livelihood is dependent upon this one person. They won't criticize them or let them know they've stepped over the line because "*they don't want to kill the fatted calf.*" A perfect example is pop superstar Michael Jackson. Although we still don't know all the facts surrounding his death, you can surely count on many stories coming out about how those around him indulged his desires when they should have been telling him, "*No!*"

Sure sometimes it's hard to be in the forefront 24/7. West is the perfect example. He lost his mother last year and had two mental meltdowns in front of national audiences. And even though his fans still love him and his music, sales of his latest CD were off by more than 30%. What was most interesting regarding his outburst at the video awards was that a couple of days later when he appeared on *The Jay Leno Show*, the host pointedly asked him, "*What would your mother think of what you did?*" A stunned West sat in silence, certainly not expecting such a personal question. You reap what you sow may be the best way to describe the situation that night.

Everyone in society needs to be aware of how their actions will be perceived by others and the impression they'll make on people. To think that respect is just given or that you deserve it just because of your stature in life, well think again. Respect is something that everyone has to earn. Celebrities, professional athletes and those in the spotlight need to be aware of their surrounding and how one small outburst or wrong move can affect their careers. They should either learn social responsibility and act like gracious adults or get off the stage.



Notorious troublemakers (above) singer Amy Winehouse, (top right) Kanye West (at the VMAs), and television star Charlie Sheen, seemed to forget that with celebrity comes responsibility.

cameras rolled. Tennis star Serena Williams recently lost her cool and delivered an expletive-laden dressing down of a line judge who dared to call a foot-fault on her at last fall's United States Open. She was penalized a point, giving her opponent the win and costing Williams the match. At first she denied that she used obscenities, but later admitted to it and apologized. But the damage to her public image had already been done.

It is understandable that celebrities and professional athletes are sometimes thrust into the spotlight against their will and there are certain situations that may cause them to cause their frustrations to boil over into confrontation, but one must always conduct themselves in a manner that is positive, especially if they are marketed as some type of role model

Baldwin, singers Madonna and Cher, college coaches Bobby Knight (Indiana basketball) and Woody Hayes (Ohio State football) all have had run-ins with the media after losing their tempers in public. Just watch the news and inevitably you'll get to see some one famous go off the deep end at least once a week.

Though many young people clamor to be famous, being in the public eye most certainly has its downside. Too much celebrity and wealth often leads these people and those that follow them to give them and their opinions too much credibility. A perfect example is superstar actor Tom Cruise who in 2007 challenged Today Show host Matt Lauer on the credibility of psychiatry. Cruise, who never even finished high school, debated the issue with Lauer, calling it "*some sort of*

lied as authoritative.

The truth of the matter is that celebrities and athletes are just regular people like the rest of us. Sure they make a lot of money, but why should that be the determining factor in placing a higher value on their opinion than one of our teachers, the guy down the street, or your mother or father? It shouldn't, but they like to think it does.

When people make the decision to enter the public arena they are giving up a certain amount of privacy and must also learn to be responsible with their opinions and what they say. They need to realize that what they say and how they act plays a major factor as to how people view them as a person. West may be gifted musically and give lots of money to charities, but that does not excuse rude and peculiar behavior.

Part of the problem is

Wacky Celebrity Behavior Does Not Equal Role Model

By Antonio Gray

Today many celebrities are looked to as the ultimate role models for young people. It is because of celebrities' fame or their fortune that they are considered great role models, but this is clearly a misguiding and ill formed assumption. But many in society seem to throw around the term "role model" too easily today without clearly knowing or defining what a true model is.

How many times have we seen celebrities rise to the top with a squeaky-clean image only to later watch them fall just as fast when all the dirty little secrets are brought to light? Too many times I'm afraid. And that seems to cause a major problem to those young people who idolized and/or try to emulate them.

In recent years we have watch young celebrities rocket to stardom only to watch them fall apart under the scrutiny of the overzealous and ever-present media. Take Brittny Spears for example. She went from being a teen pop singing sensation with an All-American girl image to a daffy, weird young wife and mother who seemed to enjoy pushing the limits as a crazed party girl. The same can be said for Lindsay Lohan; with the only difference that she delved deep in drugs and alcohol and has lost a career that had her destined for stardom.

But Spears was accused of being an unfit mother, hoping from man-to-man, shaving her head bald, and flashing her private parts for all the world to see. The once positive young lady who mothers held up as a role model for their own children to look up to became an overnight reason to never let any person under the age of 18 enter show business. In short, she was out of control and over the top. One has to wonder where were her



Britney Spears erratic and racy behavior have erased her status as a role model for young girls.

parents? Did the lure of fame and fortune give way to an "anything goes" attitude by both Spears and her parents? One has to wonder.

The list of celebrities that are seemingly out of control is endless, even those who have long been stars such as Mel Gibson, Nick Nolte, Eddie Murphy, and Martin Lawrence. All have had runs-in with the law that cause people to question the value of celebrity and all of its trappings. Does celebrity cause people to lose the sense of morality and values while also letting their ego fuel their every desire? Sometime the answer is yes, especially when they surround themselves with sycophants who indulge their every wish.

One of the most famous "celebrities" are the young men who starred in the MTV show "Jackass." They performed wild and obscene antics,

sometime to the point of



Professional golf superstar Tiger Woods is the latest celebrity athlete to fall from grace.

causing extreme physical damage to themselves with their buffoonery. Most people found their stunts funny. Many young people tried to emulate their stunts and wound up in the hospital or with serious life-long injuries including blindness and loss of a leg. And for what? To think that because you can copy some idiot's antics that you will be a faux celebrity among your

friends. Is your self-esteem that low? These are not the type of "adults" that young people should be looking up to as role models.

Probably the most famous celebrity in the past year to fall from grace is pop singer Chris Brown. Here was a young man who was held up as a role model because he overcame such a bad upbringing and environment to make it to the top of charts. Many in the African American community were touting him as the next Black singer headed for superstardom. He was the sure thing that couldn't miss.

It only took one crazed out-of-control moment for Brown's entire career to come apart at the seams. He even took it to the extreme because he beat his young girlfriend, pop singer Rhianna, so badly that his crime was unforgivable. And in this world of 24/7 media the photos shows a young woman so badly beaten up that there was no defense for his ac-

Ike Turner did to his ex-wife Tina since there's a possibility that she provoked him. What a preposterous thought!

The problem is that the media loves to report on these types of stories with an unrelenting vengeance, especially "news organizations" like TMZ. In reality they should be balancing the scales by reporting on the many celebrities who make a positive impact on society with the huge donations to charities and their advocacy of worth causes. Brad Pitt, Angelina Jolie, Sean Penn, Bono, Alicia Keys, Stevie Wonder, Oprah Winfrey, and many others give and give and give to support causes around the world that truly make a difference in the lives of others.

There are also some celebrities that inspire young people with their words and images. One such local celebrity is basketball superstar and Richard High School alum Dwayne Wade. He has appeared in many public service announcements that encourage young people to stay in school, has donated thousands of dollars to his hometown of Robbins, and funded many projects at his old high school. All in the name of trying to ensure that young people have the things which may afford them to realize their own dreams.

What young people have to realize is that just because a celebrity has fame, fortune, and all the trappings that go with it, these are the things that should define what it is to be a role model. Actions speak louder than words or a bank account. So if you want a true role model, just look around and find an adult who goes about his business everyday. One who does a good job, takes care of his family, treats people with dignity and respect, and give back to the community. These people are the true role models.

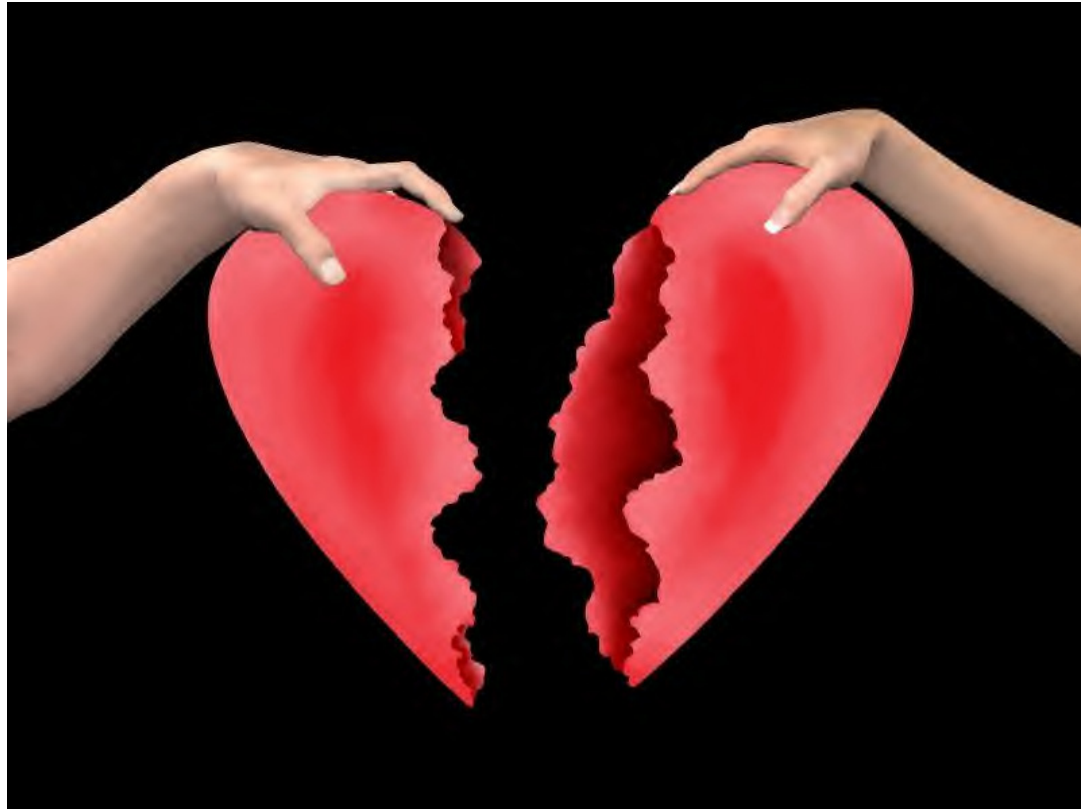
Can You Actually Die From A Broken Heart?

By Imani Moore

A few years ago *Jet* magazine published a story about an elderly couple named Albert and Lorene Longstreet who were inseparable through nearly 50 years of marriage. The couple did everything together and they couldn't stand to be apart. Unfortunately, Albert suffered from a painful illness and suddenly died at the age of 84. Lorene was devastated by his death and couldn't imagine herself continuing life without him.

At the funeral, as her husband laid in his casket, Lorene went up to him, leaned over him and whispered, "*Albert it won't be long.*" After a few moments, she stroked his hair, stood up and returned to her seat. Within 60 seconds she succumbed to a heart attack and died on the spot.

There have been many stories over the years where one spouse dies and is quickly followed by the other, sometimes within hours of each other. Some doctors classify it as "*dying of a broken heart.*" But can devastating news or some type of emotional shock really be deadly?



Can a person really die from having a broken heart?

The condition is known as the "*broken heart syndrome,*" or medically termed "*stress cardiomyopathy.*" Stress cardiomyopathy is a condition in which intense emotion or physical stress can cause rapid and severe heart muscle weakness. It can occur following from multiple emotional stressors such as anger, fear, grief, or surprise. The condition can also occur after suffering from physical stressors as

well, such as having a stroke, seizure, bleeding, or trouble breathing.

It was reportedly first described medically by Japanese doctors in 1991 as "*takotsubo cardiomyopathy*" because when doctors took x-ray pictures of patients experiencing broken heart syndrome, part of their heart looked like a pot known as a takotsubo.

Patients suffering from broken heart syndrome may endure similar results just like patients who have heart attacks. This may include chest pain, heart fail-

ure, shortness of breath, or low blood pressure.

Although broken heart syndrome and having a heart attack may have the same symptoms the two are very much different. The heart cells of patients who suffer from broken heart syndrome are stunned by the adrenaline and other stress hormones but not kill as they are in heart attack.

Lucky enough this stunning gets better very fast. Although a person with the broken heart syndrome can have extreme heart muscle weakness at the time they

enter the hospital, the heart recovers in just a few weeks and in some cases there is no permanent damage.

We are beginning to understand why people suffer from this condition and who is at risk. It seems as though women suffer from this condition the most because women are more emotional than men. Middle aged and elderly women are most likely to be affected, and also young women and sometimes men, but it seems as though this condition happens to a majority of women suffering from menopause. There is no exact reason for this but researchers are still searching for answers to help us explain this observation.

A person can die from having a broken heart and we are learning more about the condition as the cases come in from both doctors and patients. Are women really the sex who suffer from broken heart syndrome the most or are men most likely to suffer from it just as much as them? For now we have to keep wondering why this condition exists and the other affects it may have on people.

I.E.A. Officials Visit the 'Ridge to See Learning in Action



In an effort to get a better understanding of what's going on in schools throughout the state members of the Illinois Education Association spent the day visiting TR. Pictured are (l-r) I.E.A. Vice-President Bob Blade, TR Math instructor & N.E.A. Board member Al Llorens, Alene Blade, Principal Kim Waller, Instrumental Music instructor David Eanes, and I.E.A. Board member Jean Rogers, check out the music program's new piano lab.

Getting Involved Pays Off in the Long Run

By Laquisha Patton

Do after school activities really help students stay off the streets? We all know what can happen to young people who have too much free time on their hands. What's that old adage, "*Idle hands are the devil's workshop.*" Too many Thornridge students are bolting out the doors at the end of the school day and not taking advantage of everything the school has to offer. The question is, "*Why?*"

TR has over 25 different activities and 16 different athletic teams for students to join. There's also a multitude of other programs that are geared towards helping them improve their academics as well. Students need to stop blaming the school for not giving them more than just "*readin', writin' and 'rithmetic.*"

First of all, it makes one feel pretty good to be accepted on to a team of your peers. Being part of a team or organization also helps you learn commitment. My parents have always told me that once I join something that I'm not allowed to quit. Even if it were not exactly what I thought the experience would be I have to stick with it. They say that it's good practice for when I have to deal with working later on in life because you won't like everything about your job. Sometimes you have to do things you won't like or agree with so I better learn how to deal with it.

Believe it or not but activities and athletics keeps you busy. Too many of today's youths are "*wired*" into their cell phone, Ipod, or Internet. They've become seden-

tary and less social. It used to be that you could go by any park after school and you'd see a group of your friends playing football or baseball, or in someone's backyard shooting hoops until dark. Not any more. Pass by any park and it's rare that any one is taking advantage of being outside, getting some fresh air and exercise. You think there is a link to childhood obesity here?

Joining an activity or athletic team also lets you show off your natural talents. Many young people don't know their own limits and need to have them pulled out of them. They need to get out of their comfort zone and try something new. This is where activities and athletics come into play. It also allows you to be more social by making new friends as well as develop leadership

skills by taking officer and/or captain positions.

Activities and athletics also teach young adults respect. When you're part of an organization or team you have to build trust among each other and work together to achieve a common goal. It's a maturing process that helps you build positive relationships with your peers and adults. And respect is something that everyone can always learn more about because it only makes you stronger.

Most young people have a desire to win regardless of whom they are playing against or what sport they are playing. The desire to win can sometimes cloud a person's judgment and lead to behavior that is considered poor sportsmanship. That means children have to learn how to respect one another and the

other team. Having the privilege of playing sports or being part of an activity also brings a responsibility to play fair and get along with each other.

Most people agree that coming home from school and starting your homework right away is not always a good habit. Sometimes taking a break to get something to eat and getting some physical exercise or doing something pleasurable (less stressful) helps you focus when you do get home and have to do your homework. When you are involved in extracurricular activities or athletics your parents don't have to worry about where their son or daughter is staying.

So take my advice and get involved in a club, activity or sport. You'll be the better for it.

Are We Facing Depression Because of the Recession?

By Imani Moore

America today seems to be struggling more than ever. Ever since we were attacked by the terrorists on September 11, 2001, we received a wake up call that forced us to enter into war and our economy has become everything but bitter-sweet. However, the question remains, "*Are we as Americans really in a state of depression because of this recession?*"

With gas prices soaring and the tax on goods rising, it's no wonder why people are losing their jobs and houses, and companies are going out of business. America is at a dead end right now and it's time to create a solution that will lead us down the right path. Job loss has become the biggest effect on Americans since we entered this recession. Companies are laying people off because they don't have enough money to

pay their workers.

Since people are without jobs this means that they don't have enough money to afford housing or other needed essentials. Reports say that nearly 600,000 workers in the United States have lost their jobs in January, the biggest monthly job loss since 1974. The United States unemployment rate shot up to 7.6 percent, its highest mark since 1992.

On February 6, 2009, President Barack Obama spoke about our economy in the East Room at the White House saying, "*The Department of Labor reports that we have lost 3.6 million jobs since this recession began.*" It's reported that when demand decreases enough, there is no longer a need for the same number of workers to create a product. Usually when there is an economic crisis there is a deflation, which is a collapse because of air loss, so ex-

penses usually go down and since revenue is down too this can hurt a company's ability to pay a worker.

Companies going out of business is another result of this recession. The American people aren't spending money at their local stores so companies struggle to stay in business and as a result they have to shutdown. It doesn't matter if it's an enormous business like Circuit City or your local candy store up the street, this recession is affecting everyone. If companies don't have the income coming in to pay for supplies, bills, or even pay their workers then eventually they are forced to go out of business. For example, if people are losing their jobs because of this recession then how can a business expect a person to come in and buy a product without money?

Soaring gas prices is another factor that's hitting America hard. The oil

overseas is expensive, therefore causing our government to raise the prices on gas so we can afford to get the supplies we need to move around everyday. The price of crude oil and the cost of refining is the reason for high gas prices. For example, if a gallon of oil costs \$2.90, crude oil accounts for \$1.60. In the last year, crude oil has risen about 33 percent. Refining costs add another 64 cents or so to a gallon of gasoline and these margins have increased from a few years ago because many refineries are currently shutting down for seasonal maintenance.

Did we create our own situation by living on too much credit and not saving enough? This may be a question that some Americans may have, but for some this may be out of the question. This recession doesn't work because people are struggling with keeping a job, companies

are suffering from staying in business, and gas prices continue to rise. It is believed that maybe people and companies should of stocked up on money in the past for certain situations, such as this recession.

People in America are facing a depression because of this recession and it seems that things are only getting worse. The toll on job losses and companies going out of business seem to increase each year.

Also, the rise in gas prices tops off the result of Americans dealing with a struggle and are at a point where they have to give up because money is tight and they can no longer afford to buy what they really need to survive in the world today.

Read about it
in the Bagpipe

Activity Calendar

February

- 11-14 – S.A.V.E. Red Ribbon Week
- 11-22 – SCOT “Cool As Ice” Winter Candy Sale
- 12 – Chicago Balfour at TR (lunch periods)
- 14 – Senior Financial Aid Night 7 p.m.
- 16 – WaubonsieValley Speech Trny.
- 18 – Dr. King Jr.’s Birthday – No School
- 18 – Dr. King Celebration at SSC 10 a.m.
- 20 – Scholastic Bowl meet
- 22 – Grading Period Ends
- 23 – SAT Test
- 23 – Libertyville Speech Trny.
- 23 – SWSC Science Competition at Joliet West
- 26 – Interim Grade Reports Due
- 26-30 – SCOT Valentine’s “Crush Sale”
- 27-30 – I.M.E.A. All-State Band
- 30 – Shepard Speech Trny.
- 30 – Market Day Pick-up

FEBRUARY

- 2-13 – TR Jammers Valentine’s Day Candy Sale
- 3 – Scholastic Bowl meet
- 6 – I.H.S.A. Regional Speech Trny. (at TR)
- 6 – ACT Test
- 9 – Chicago Balfour at TR (lunch periods)
- 11-13 – I.H.S.A. State Chess Trny.
- 11 – Parent Teacher Conferences 5 – 8 p.m.
- 12 – Parent Teacher Conferences 8 – 11 a.m.
- 12 – Grading Period Ends
- 12 – SWSC Art Festival
- 13 – I.H.S.A. Sectional Speech Trny. at TW
- 15 – President’s Day – No School
- 16 – Interim Grade Reports Due
- 16 – Mathletes & Art Club
- Senior Class T-Shirt Sale (until March 12th)
- 17 – Scholastic Bowl meet
- 18 – SCOT “Taste of TR”
- 19 – Visual Arts Festival at SSC
- 19-20 – I.H.S.A. State Speech Trny. at Peoria
- 24 – Scholastic Bowl meet
- 25 – Black History Program (2nd & 3rd periods)
- 26 – South Suburban College H.S. Art Festival
- 27 – Market Day Pick-up 1:15 p.m.

MARCH

- 1 – Pulaski Day – No School
- 2-5 – National S.A.V.E. Week
- 3 – Scholastic Bowl Conference Meet
- 4 – SCOT Blood Drive
- 5 – S.A.V.E. Non-Violence Rally Program
- 6 – I.H.S.A. Solo-Ensemble competition
- 9 – Chicago Balfour at TR (lunch periods)
- 9 – I.H.S.A. Scholastic Bowl Regional
- 12 – Grading Period Ends
- 13 – SWSC Conference Drama Festival
- 13 – I.H.S.A. Scholastic Bowl Sectional
- 13 – SAT Test
- 16 – Interim Grade Reports Due
- 19 & 20 – I.H.S.A. Sectional Drama Trny. (at TR)
- 24 – National Honor Society Induction 7 p.m.
- 25 – Sophomore / Junior Parent Night 7 p.m.
- 26 & 27 – I.H.S.A. State Drama Trny.
- 27 – Market Day Pick-up 1:15 p.m.
- 31 – S.A.V.E. “Info” Gym-Jam 6 p.m.

Can Fitness Routines Really Help People Lose Weight?

By Antonio Gray

Take a look in the mirror. No, I mean a real good look. Yikesss!

You think to yourself, “Where did all the extra weight come from? It wasn’t there last week.”

If you’re like 99% of Americans you would like to lose some weight so that you can look and feel better. So what can you do, especially now that winter is in full swing and going outside is not on your agenda?

Though most people have the desire to try to lose those few extra pounds, most turn and run the other way when they hear the words “push-up” or “sit-up” or “going for a jog.” Our minds say, “Yes,” but our bodies reply, “What are you thinkin’? Are you nuts?”

Of course many people try to take the easy way and turn to dietary supplements or weight-loss pills that “guarantee instant weight loss.” The main problem is usually that people can’t find a form

or exercise that really interests them. They use that as an excuse to remain horizontal on the couch. The dream dies a slow sad death amidst the M&Ms, popcorn and pizza littering the nearby floor.

However most people do not realize that by exercising for just 30 minutes three times a week can have tremendous benefits for their personal health. A walk or a bike ride can do wonders for your physical and mental health while also helping you sleep better. And the fresh air will do you good.

But for those of you who want even better results there are numerous other types of fitness regimens that can help you lose weight.

Step Aerobics targets your legs, hips and thighs, which are the areas most people want to keep in shape, especially women. By doing this exercise for one hour a day you can get amazing results.

Another good exercise is bicycling, especially is you like to be mobile and workout in the great outdoors. The faster one goes the more calories they burn.

And for those who don’t have a lot of time on their hands they can purchase an at home exercise bike which maybe a bit more comfortable to some.

Probably the best exercise when it comes to losing weight is swimming because you use all your muscles. Best of all there is no wear-and-tear on your knees and hips because your bones are not pounding the pavement. By doing laps in a pool for 30 minutes you can burn up to 800 calories.

Lastly, yoga is one of the best exercises because it not only low impact, but allows you lose weight while gaining elasticity in your muscles and bones. Osteoporosis is one of the most common ailments for those age 50-and-over.

These are just a few exercises that can help a person to lose weight. Though it is true that many exercises may not work for some people, it is still a good thing to try and find a form of exercise that you enjoy. Enjoying your workout should be the number one priority when exercising. So have fun, get in shape, look and feel better. Don’t you think you’re worth it?

“It’s Going to Be A Photo Finish!”



Just another way of getting a little “hands-on experience” students in the TR Child Care program provide mentoring for the young ones while gaining valuable experience in supervising preschoolers in activities like bicycle riding. Stephanie Leior guides tots Daniel McGee and Marquis Hurt on the “rules of the road.”

The World of Weave

By Antonio Gray

In today’s society the use of artificial hair has grown to be quite popular as well as a huge fashion statement. The world has taking full advantage of this outstanding fashion source. Even woman with long flowing locks still use wigs and short styles to change up their looks. Weave has been around for a very long time.

In the reign of the British Empire wigs were considered the most fashionable thing on the planet. They would actually shave their heads to fit the wigs that came in various shapes and sizes. In modern times many celebrities wear wigs and hair extensions. The hair in which weave comes from both animals and humans alike. Ironically the pony tails the many women where today are the actual tails of horses but have been trimmed and thoroughly cleaned for usage.

The infamous Beyonce Knowles is known not only by her extraordinary talents as a singer, but also for her ability to were any type of weave and make it look good. She has had hairstyles from long to short, from curly to straight. She wears blonde, brown, brunette, curly long, etc. The only style we haven’t seen her with is short. Who knows if that’ll work?

There are numerous hairstyles in which weave can be attached. The style known as “*Curl Conscious*” is a big broad curly weave. Another style known as, “Bad Bang,” is a layer bang enhanced with a track to add thickness and more color that also needs to be flat-ironed.

Another one of the most common weave hairstyles is “*Micros*.” Micro braids hairstyle is best done in a braiding salon. You will be amazed to know that these salons can give you over 1200 micro braids in a matter of just over an hour. This particular hairstyle involves thick weave braids made up of a few strands of hair, all over the scalp. The style is easy to maintain and also enables faster hair growth. This style though is not for those who have very long hair regular maintenance of micro braid hairstyle is also important.

Many believe that weave is simply categorized as either human or non-human hair, but there are indeed various types of weaves. For example, “*Virgin Remy*” hair is hair that has never been chemically touched as in perms, dyes etc. “*Non Remy*” hair is hair that has been permmed, texturized, dyed etc.

The most popular type of weave hair is that of India. Most African- American women prefer it because the texture matches well and looks natural. Other popular weaves are Brazilian as well as European. The lowest hair on the popularity charts is synthetic hair made of plastic it frizzes very easily and doesn’t look as good when it’s worn down. Animal hair is considered a maybe, maybe not type of hair. Often obtained from animals such as yaks, boars, and the tails of horses. It even is combined with synthetic or human hair for a cheaper extension. Some people have allergic reactions to the animal hair (mainly the yak hair) because of an allergy of the animal.

Millions of people have embraced the look of weave and weave accessories. In a recent study more than 73% of black women have been wearing a weave for years now. As many as 56% Hispanic woman have begun to wear weave and 43% of Caucasian women have been wearing weave for numerous years. In such a world where weave is a predominant form of fashion no doubt that children have started to learn how to wear and do weave hairstyles.

First Impressions from New TR Staffers

...Continued from pg. 29

Please describe the challenges you think you may face being a new teacher at the ‘ridge.

Though the year is only 25% complete all of the new staff know there are many challenges yet to overcome.

Thomas: “I’m teaching Honors Chemistry for the first time. My challenge is to not only push my students, but to make it fun and interesting at the same time.”

Nowak: “My greatest challenge is to learn how to adapt to a larger school with a more diverse atmosphere.”

Birmingham: “My personal challenge would be to learn how to find my way around the school!”

Christina Kale-Smith: “My goal is to assure the students that I’m there for them and that I believe in helping them achieve their own goals.”

Baulos: “The greatest challenge is going to be making sure my students meet the standards of the school and the state.”

Mitchell: “Probably the hardest thing right now is to learn the names of all my students.”

All of the new teachers wanted to stress how excited and honored they are to be working at Thornridge High School. Each brings a wealth of knowledge and experience to share with their students. On behalf of the students of TR, we wish each new staff member a prosperous, productive and happy school year. *Welcome to the ‘Ridge!*

- TOP QUOTES OF 2009 - “Who Said That?”

Fred Shapiro, associate librarian and lecturer in legal research at Yale Law School, has released his fourth annual list of “The Yale Book of Quotations.” Here are this year’s Top 10:

1. “*Keep your government hands of my Medicare.*” Speaker at Health care reform town hall meeting in Simpsonville, South Carolina, commenting on the government-created Medicare program.
2. “*We’re going to be in the Hudson.*” Captain Chesley “Sully” Sullenberger, responding to air traffic controllers asking on which runway he preferred to land U.S. Airways Flight 1549 on January 15th, before he landed in the Hudson River.
3. “*There’s an App for that.*” Apple’s advertising slogan for the Iphone.
4. “*You lie!*” South Carolina Joe Wilson’s exclamation during President Barack Obama’s address before a joint session of Congress on September 9th.
5. “*The Cambridge Police acted stupidly.*” President Obama, commenting on a white police officer’s arrest of black scholar Henry Louis Gates Jr. at his home in Cambridge, Mass.; at a news conference July 22nd.
6. “*I’m going to let you finish, but Beyonce had one of the best videos of all time! One of the best videos of all time!*” Rapper Kanye West, interrupting singer Taylor Swift’s acceptance speech at the MTV Video Music Awards on September 13th.
7. “*Um, you guys said that we, um, did this for the show.*” Falcon Heene, during an interview on CNN about his parents balloon hoax on October 15th.
8. “*The America I know and love is not one in which my parents or my baby with down syndrome will have to stand in front of Obama’s ‘Death Panel.’*” Former Alaska Governor Sarah Palin, posting on her Facebook page on August 7th.
9. “*The governor is hiking the Appalachian Trail.*” Spokesman for South Carolina Governor Mark Sanford regarding his Sanford’s disappearance on June 22nd.
10. “*You give me a water board, Dick Cheney and one hour, and I’ll have him confess to the Sharon Tate murders.*” Former Minnesota Governor Jesse Ventura, during a CNN interview May 11th.

.....

Horoscopes

Aries: Love leads naturally to more work. The fun part’s great, of course, but the real test of a relationship is whether you can get through tough times together and still be smiling.

Taurus: A bitter disagreement simmers just beneath the surface. Postpone the confrontation as long as possible. This is a situation where procrastination is a good thing.

Gemini: You’ve been so busy lately you’re liable to tire yourself out. Home’s the best place for you tonight, and most of tomorrow too. Hide out and recuperate. It’s totally natural.

Cancer: There are lots of things that you could do, just as there are lots of things you could buy. Like budgeting your money, it’s wise to budget your time.

Leo: Cleaning up your garage can be a profit-making venture. Something you don’t use anymore is valuable to someone else. Charge a fair price and you’ll both come out winners.

Virgo: You see, that didn’t turn out so bad. Your luck’s improving. You’re gaining confidence as well, and for good reason. All that practice you’ve been putting in is starting to pay off.

Libra: Some of your financial stress is beginning to alleviate. Looks like you’re surrounding yourself with go-getters and entrepreneurs. You’re not waiting around. This is good.

Scorpio: Jump to take care of an older person who keeps barking orders at you. It’s hard to see how this will pay off, but it will. You’re establishing your credentials as a good guy, and that’s worth a lot.

Sagittarius: Visit an older guru, someone who’s been everywhere. Ask the difficult questions. You may not recognize this person immediately, but she or he is nearby.

Capricorn: It won’t be necessary for you to travel far. You can get everything you need relatively close to home. Since that saves you money as well as time, figure out how. It’s worth the effort.

Aquarius: If you’ve finally got the money you need, you can go out shopping. There should be enough for a household item or food. Put off getting the flashy stuff; stick with practical items.

Pisces: Others would love to help. Sure, it’s more confusing when everyone participates, but it can also be a lot of fun. Assign them jobs.



First Impressions from New TR Staffers

By Brittney Hopgood

Remember that first day of school? You edged your way into the classroom not knowing what to expect. Your eyes darted over every inch of the room. Your nerves so frayed that even the slight sound felt a hundred times louder.

Well if you think it’s bad being the new student in class just imagine what it would be like to be the new teacher in class at a brand new school.

This year TR welcomes 15 new teachers to the ‘ridge and the *Bagpipe* wanted to know exactly what type of impression TR has made on them.

Our newest Falcons are: Michael Thomas (physics); Thomas Baulos, Amber Mason, Michael Colletti, Kelley Dixon (mathematics), Sarah Fies, Marie Alexander, Denise Mitchell, Christina Kale-Smith, Dina Egonmwan (special programs); Mary Dornboss (biology); Kevin LeCompte, Margaret O’Neil, Denise Redick, Alison Birmingham (English); Jennifer McCulloch, Laura Nowak (Spanish);

Please explain any significant differences between the other schools you’ve taught at and Thornridge.

The overall consensus among the new staff was that TR has a very supportive and helpful staff of veteran teachers.

Egonmwan: “I’m glad to come to a school where the teachers are happy to come to work and interact with the students.”

Redick: “I like how the teachers work together in unity.”

Baulos: “I used to teach in a small city and now I teach in a suburb. It’s a totally different lifestyle.”

Thomas: “The people here are more personable. When you come to this school everything is more relaxed.”

Fies: “Thornridge is a very fast-paced school. It’s very exciting to come here.”

LeCompte: “The teachers and students have an effective collaboration. It’s a group effort to make the school more successful.”

Please elaborate on why you chose to teach at Thornridge.

It’s obvious that the new teachers did their research on Thornridge. They were very impressed with the demographics of the school. They found the staff and administration very inviting and made them feel at home. In fact, Fies, Doornbos and Mason are graduates of District 205.

Doornbos: “I graduated from this district and was actually a former student of (English instructor) Ms. Vrehas. I was very inspired by her and from that point on I was determined to become a teacher. And if I were lucky enough I could return “home” to teach.”

Fies: “I’m actually interning at TR. I hope to eventually become a counselor so that I can work more closely with students.”

Please explain the advantage of teaching at TR.

Many of the new staff were impressed by the many programs at TR. They’ve also taken advantage of getting more involved in athletic and activities.

Thomas: “It’s an advantage to be able to be a teacher and a (freshman football) coach because it ensures a closer bond between me and the student. It’s fun and interesting to be able to interact with the students. Outside of school you get to know them on a more personal level.”

Nowak: “I’m very impressed with the amount of resources that are available to the students. I love CP and think all students as well as other schools should embrace and use the extra time. It’s convenient to both the student and the teacher to be able to make up work or to make any last minute corrections.”

Fies: “There is a large network of teachers and administrators that are here to help, not only the students, but new teachers like me as well.”

Mason: “At Thornridge there is plenty of room for advancement.”

O’Neil: “The classes are well planned and organized, better fitting the needs of the students.”

Compare / contrast students you’ve taught in the past with those current at TR.

This group of new teachers seems to have very diverse backgrounds, having taught kindergarten to college level classes. They also vary in age, race, gender and environment, giving a wide range of experience to reflect upon.

Egonmwan: “The students seem to be very enthusiastic about learning.”

Birmingham: “The students are very helpful, patient, and understanding.”

Alexander: “The students at TR love to learn new things. They love it even more when they realize that the things that are being taught to them can be applied to real life situations.”

Redick: “When the students come to TR they are ready to learn, determined, and respectful.”

McCulloch: “The students are more involved in the activities at the school. There seems to be a lot of support among the staff with their students.”

Continued on pg. 28...

Lynch Makes Jump from TR to Hollywood

Jane Lynch fled her first acting opportunity. In her freshman year at Thornridge High School in south suburban Dolton,

McWilliams.

The chef had “a big, eccentric energy and [Streep] completely immersed herself in that,” Lynch said.



Actress Jane Lynch is a 1979 graduate of TR

Lynch was cast in a one-act play. But one day she stopped going to rehearsals.

“I wanted nothing more, and I was so afraid of failing that I just walked away from it and joined the tennis team,” Lynch said in a recent interview.

Lynch eventually embraced her desire to perform, and now this Chicago theater and comedy veteran is one of the hardest-working actors in TV and film. She currently stars in the delightful comedy, “Party Down,” which recently concluded its first season on the cable channel Starz. The show has been renewed for a second season, but there’s a catch: Lynch is so busy that, though she’d love to return, she’s not sure her schedule will allow it.

That’s because she’s also a cast member in the highly anticipated musical dramedy “Glee,” which scored solid ratings last month in its post “American Idol” time slot Tuesdays on the Fox Network. As if that weren’t enough, she had two films come out this summer: the romantic comedy “Post Grad” and the Meryl Streep-Amy Adams film “Julie and Julia,” in which Lynch plays Julia Child’s sister, Dorothy

The same words could be said of Lynch, whose characters retain their amused compassion even as they embrace their eccentricity.

“I guess maybe I’m kind of an extreme person, and I guess when I make a choice, I make a big one,” Lynch said with a laugh.

Since her breakthrough nine years ago as a dog handler in Christopher Guest’s “Best in Show,” Lynch, 48, has been a mainstay of comedies produced or directed by Judd Apatow (“The 40 Year Old Virgin,” “Talladega Nights”) and a key ensemble member in Guest’s improvisational films (“A Mighty Wind,” “For Your Consideration”). But those roles were shoe-horned in among dozens of appearances in various TV shows, everything from “The L Word” to “Boston Legal” to her uproarious turn as Charlie Sheen’s wisecracking therapist on “Two and a Half Men.”

Only in the last couple of years has she occasionally turned down roles. “That part of it is brand-new to me,” she said. “When you’re a struggling actor, the mentality is, ‘Just take it.’”

But if there’s a rulebook for achieving success in Hollywood, Lynch has ignored it. Not only has she

flourished in the mostly male comedy world, her major break in the business came the year she turned 40. And she’s always been truthful about her sexuality: She’s out and proud.

“I don’t remember hiding it,” she said.

Lynch’s honesty is admirable, but it’s of a piece with her approach to acting. Colleagues past and present cite Lynch’s generosity and her willingness to take chances.

Zach Gilford (“Friday Night Lights”), who worked with Lynch in this summer’s “Post Grad,” recalled how, even when she

“She would be picking her teeth with a chicken bone or something like that. She was always so totally there and complete, in a comedic way, but not over the top.”

On “Party Down,” a show about actors who moonlight as catering waiters, Lynch plays the sweetly clueless Constance Carmell, who thinks all of her bit parts have actually been meaningful career breakthroughs.

“She’s taken a character who would could have been merely an oddball outsider and turned her into someone you root for deher

and satisfied in her delusions.”

Though she’s pleased with her role in “Glee,” in which she plays a taskmaster of a cheerleading coach, she calls “Party Down” “the most fun I’ve had in my life.”

“It’s what I really love to do. I love being part of a team where everybody’s kind of got equal weight,” Lynch said. “It’s about teamwork. There’s really no room for the big ego-trip thing that you hear about.”

“Jane gets it,” says Faith Soloway, the creator of “The Real Live Brady



Lynch tries to provide some sage advice to Steve Carrell in the “40 Year Old Virgin.”

was off-camera, Lynch was trying out comedic bits.

“I was at a table with her, Alexis Bledel, Michael Keaton and Carol Burnett, and I was just watching Jane Lynch,” Gilford said.

rather large disconnect from reality,” executive producer John Enbom said. “I think she brings a wonderful sense of warmth and lightness to the show. Her Constance is so grounded

“Bunch,” an early ’90s off-Loop production in which Lynch played Carol Brady (Steve Carell and Andy Richter also had roles in the show). “She knows how to play every note of comedy and drama. She almost reminds me of a brilliant musician when she acts. ... She is more in the moment than most comedic actors I have ever worked with. And that’s why her performances are so subtly uproarious.”

Lynch may be fearless as an actor, but, she said with a throaty chuckle, many of her past life choices were “driven by fear.”

***Reprinted with permission of Chicago Tribune - reporter Maureen Ryan (5/15/09)



Continuing her run of hilarious characters as the acerbic P.E. instructor on the television show “Glee.”

McCall Carries on Family Tradition

By Gabrielle Dillon

Some people are born for greatness, some are born into greatness, and others have it thrust upon them. One could say the Mi'kial McCall is a combination of all three. The junior is not only an outstanding athlete, but is also a top-flight student in the classroom.

“My goal is to do well at everything I do,” McCall, who led the Falcon football team in rushing and scoring this season, said. “My older brother has been a big influence in my life and I look up to him so much.”

McCall comes from a great lineage of athletes in the family. His father Oliver McCall was the World Boxing Council’s heavyweight champion of the world in 1994. His 21-year-old brother Elijah, who played football at the University of Virginia, is also a professional boxer. His older sister Jeneva, a 2008 TR graduate, is on a track scholarship at the Southern Illinois University – Carbondale, throwing both the shot put and discus. She was a state qualifier in both event during her senior year and is hoping to qualify for the 2012 Olympic team.

With such an amazing group of athletes in his family one would think that McCall is an automatic for success. But in a family of eight siblings he finds himself pushing himself to the limit with a daily work out regimen and a strict diet.

“I always tell my little brother to work out and eat healthy,” he explained. “You have to be a self-motivator if you want to be successful. I know that no amount of encouragement will make a difference unless I find the motivation to do it myself.”

McCall, who was the starting running back, had great success this past football season and was one of the few bright spots for the Falcons. He was named to



the All-Conference and All-Area teams by both the Illinois Times and Southtown Star newspapers, and garnered an All-State Honorable Mention by Chicago Sun-Times newspaper. He also received notice from the Illinois High School Football Coaches’ Association for his outstanding season and has been invited to participate in the United States National Football Combine later this month.

The soft spoken and good natured young man said it was seeing his brother play football in college that lit the fire for his desire to take up the sports. “He encouraged me to play football because he thought I could do very well at it,” he added.

Even though the Falcon football team had a disappointing season, McCall is very optimistic about next season. He hopes the returning players build on the positive things that were achieved this year, with the goal being one of making the state playoffs next year. He also knows that plenty of teams will be keying on him since he grabbed a lot of notice this year with his outstanding play.

“I know there’ll be more pressure on me next year,” McCall explained. “I try not to think about it. Sometimes it’s hard because everyone is depending on you to provide the leadership and score touchdowns. But I’ll just try to take it all in stride and do my best.”

The effervescent young man says there are times

when it gets tough to balance the rigors of athletics and the classroom. But he does realize that without taking care of the academics is the top priority.

“Even when I’m tired and I feel like just laying down I know that I still have to push myself to do what is necessary to get good grades,” McCall explained. “There are times when I come home from practice and don’t feel like doing much, then I remember that class work comes first. Without it there wouldn’t be athletics.”

With so much of his time being taken up with football and track, McCall says he likes to spend the little free time he does have just hanging out with friends and relaxing. Of course he likes to keep busy by also focusing on his workouts to keep in shape during the off-season as well.

With so much drive, determination and talent the chances of McCall earning a football scholarship to college seem pretty good. Even though he’d like to play professional football he knows that he has to have a back-up plan just in case things don’t work out.

“If I don’t make it to the pros I would love to be an athletic trainer and help others toughen up their game,” he added.

McCall, who is planning to major in the sports medicine field, hopes to use his experience on the field to benefit his understanding of kinesiology and how the body works when it comes times to study it in college. He says that he’s already receiving information from many college and universities, but has yet to narrow the down the choices, hoping to doing some serious research this summer.

McCall has undeniable motivation to do well at whatever he tackles. But for now he knows there’s a lot of work ahead of him. This is one Falcon who looks ready to soar!

Varsity Sports Schedule

JANUARY

Varsity / Sophomore Boys Basketball

15)	STAGG	4:30 p.m. / 6 p.m.
19)	At Sandburg	5 p.m. / 6:30 p.m.
22)	At Andrew	5:30 p.m. / 7 p.m.
29)	LINCOLN WAY WEST	4:30 p.m. / 6 p.m.

Girls Basketball

5)	OAK LAWN	4:30 p.m. / 6 p.m.
7)	At Lincoln Way North	5:30 p.m. / 7 p.m.
12)	At Stagg	4:30 p.m. / 6 p.m.
14)	ANDREW	4:30 p.m. / 6 p.m.
19)	At Lincoln Way West	5:30 p.m. / 7 p.m.
21)	At Bradley Bourbon.	5:30 p.m. / 7 p.m.
25)	CRETE MONEE	4:30 p.m. / 6 p.m.
26)	THORNWOOD	4:30 p.m. / 6 p.m.
28)	At Thornton	4:30 p.m. / 6 p.m.

Wrestling

8)	At Lincoln Way North	5 p.m.
14)	At Stagg	6 p.m.
16)	At Rich South (F)	9 a.m.
22)	At Rich East	9 a.m.

Cheerleading

23)	At Bolingbrook Competition	9 a.m.
-----	----------------------------	--------

FEBRUARY

Varsity / Sophomore Boys Basketball

2)	BRADLEY BOURB.	4:30 p.m. / 6 p.m.
5)	At Thornwood	5 p.m. / 6:30 p.m.
9)	THORNTON	4:30 p.m. / 6 p.m.
12)	At Lincoln Way North	6 p.m. / 7:30 p.m.
19)	At Stagg	5:30 p.m. / 7 p.m.
23)	ANDREW	4:30 p.m. / 6 p.m.
26)	At Lincoln Way West	6 p.m. / 7:30 p.m.

Girls Basketball

1)	LINCOLN WAY NORTH	4:30 p.m. / 6 p.m.
4)	STAGG	4:30 p.m. / 6 p.m.
9)	At Andrew	4:30 p.m. / 6 p.m.
11)	LINCOLN WAY WEST	4:30 p.m. / 6 p.m.

Girls Track (Varsity)

27)	At Bloom Invite	9 a.m.
-----	-----------------	--------

MARCH

Boys Baseball (Varsity)

27)	BREMEN (DH)	10 a.m.
30)	At Seton Academy	7 p.m.

Girls Softball

27)	At Bremen (DH)	10 a.m.
-----	----------------	---------

Boys Track (Varsity)

20)	At Lockport	9 a.m.
24)	At Thornwood (S)	4:30 p.m.
27)	At Bolingbrook	10 a.m.

Girls Track (Varsity)

30)	At Stagg	4:30 p.m.
-----	----------	-----------

.....

Boys Varsity Basketball:

Galesburg Thanks. Trny.
Peoria Manual 62 TR 50
Galesburg 69 TR 44
TR 48 Pekin 37
Harlan 72 TR 57
Crete Monee 69 TR 43
TR 50 Rich Central 49
TR 50 Bradley 48
Thornwood 62 TR 47
Thornton 62 over TR 50
Pekin Holiday Trny.
Mount Carmel 70 TR 42
TR 46 Geneseo 37
Moline 49 TR 36
Hersey 62 TR 54

Girls Varsity Basketball:

Bloom 58 TR 39
Lincoln Way Central Trny.
L-W Central 57 TR 32
Plainfield North 53 TR 31
Rich East 56 TR 37
Rich Central 80 TR 17
Bradley 47 TR 27
Thornwood 45 TR 33
Thornton 58 TR 25
Bloom Holiday Trny.
Bremen 55 TR 48
T.F. South 47 TR 17
Rich East 41 TR 32
Crete Monee 45 TR 39

*Boys Battle While Lady Falcons
& Grapplers Flounder*

Varsity Wrestling

Andrew 71 TR 0
L-Way West 43 TR 10
Bradley 66 TR 6
Thornwood 60 TR 12
Thornton 36 TR 12
Bloom Trny. - 8th place
Hinsdale Invite - 24th place
Bradley Trny. - 6th place



Go
Big
Blue!

