

Limelight

Limestone Community High School

Bartonville, IL 61607

Volume 48, Issue 2

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'It has happened again'

By Christina Holt

"It has happened again," a news anchor reports, with an aerial view of panicked students fleeing from their school.

This short phrase is all the anchor has to say for everyone to know what "it" is. Viewers just watch and listen to find out where "it" happened.

These news broadcasts are becoming more and more common. Earlier in March, Santana High School in Santee, California, joined the growing list of schools that have been victims of school violence. On March 5, 15-year old Charles "Andy" Williams went on a shooting rampage with a .22 caliber revolver, which left two of his classmates dead and thirteen others wounded.

"It" happened once again

just last week, five miles away from Santana High in El Cajon, CA. An 18-year old senior fired shots into Granite Hills High School, aiming at the vice-principal and injuring four students and two teachers.

Closer to home, local school schools have reported threats of violence during the month of March.

Farmington High School cancelled classes one day because of bomb threats made by a 15-year old boy who was later arrested.

In Sparland, at Midland Community District, a student jokingly threatened the life of his friend. Rumors escalated, and the boy was sent home from school.

"These acts are taking place in our schools because we are not proactive in our prevention," Drug and Alcohol

Prevention Coordinator Sheila Stewart explains. "Six percent of all schools are made up of bullies, and nine percent of our students are bullied; that is fifteen percent (approximately 165 students at LCHS)! It is a fact that each student who committed these violent acts was a victim of bullying from other students."

"People are born with the 'fight or flight' syndrome. Our society teaches that fighting is a sign of strength, and fleeing is a sign of weakness. How often do kids hear the terms 'wimp' or 'wuss' from peers and adults?" asks Guidance Counselor Sherrill Morris.

Could "it" happen here at Limestone? "Our staff is well prepared for a critical situation. We are as safe as possible," states Dean Allan Gresham.



Pictured above is the alleged gunman in the incident at Santana High School, Charles Williams.

Limestone students have many options available to them if they need help. Troubled students can benefit from peer mediation; grief, depression, anger management and desperados groups; social work services; and the drug and alcohol prevention coordinator.

Morris says, "We have more policies in place to assist students than any other school I know; however, one can never prevent all possibilities—just as one cannot prevent all automobile accidents despite defensive driving."

LCHS students can protect themselves from possible violence by reporting any threats, whether they are jokes or not, they overhear in the halls, classroom, or outside school. Anonymity will be protected.

"A student's best ally is himself or herself. Realize that there are angry people in this world. You cannot control anyone else's behavior, but you can avoid people and situations that trigger negative reactions.

Maintain a positive attitude about yourself and seek help if you need to. Don't let other people 'push your buttons.' This gives the other person power over you," Morris says.

We, the *Limelight* staff, urge all LCHS students to use this advice from Limestone's staff to help ensure that "it" does not happen at LCHS.

Up and Coming

April

2 Spring Activities week begins

3 End of grading period

6 Spring Activities Assembly

7 ACT- cafeteria- 7:30-10:00 am

9 Spring Break

15 Easter Sunday

17 School resumes

21 Senior lock-in- Landmark 10:00 pm-5:00 am

22 National honor society inductions- auditorium and snack bar- 2:00 pm

28 Prom- Wilton Celebration Center- Dunlap- 8-11 pm

30 Spring Choral Festival- Gym- 8:00 pm
Student Council Elections- 5th hour

Inside

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Ways to help prevent violence

Parents:

- Do not encourage kids to fight back.
- Show kids other ways to interact instead of hitting, shouting, throwing items, throwing tantrums.
- Teach children to be considerate.
- Do not react immediately with anger and confrontation over disciplinary issues. Take time to calm down and talk to someone more unbiased about the situation.
- Build child's self-esteem.
- Spend time with your children and talk.
- Set a good example with your own behavior.

Faculty:

- Keep ears open for bullying and ridicule in the classroom.
- Refer bully and victim to counseling office.
- React calmly to confrontational situations--diffuse the situation with humor, if appropriate.
- Report abnormal behavior to guidance office.
- Find something to compliment in every student.

Students:

- Realize that everyone is a person with feelings and that everyone wants to fit in and to be liked.
- Invite friends over for fun activities.
- Boost other students' self-esteems by giving them compliments.
- Do not allow friends to gossip about and bully those who are not like you and your friends. Take a stand!
- Tell teachers or other adults immediately if someone is being picked on or threatened.

Information based on interviews with the LCHS Guidance Counselors

Chat With Kat

Mirror, mirror on the wall

By Katie Sheldon

The greatest sin is committed everyday and some people do not even know that they are guilty of it. That sin is vanity, the quality of being vain or excessively proud of yourself. Many do not realize they are committing it, yet it is there. Vanity comes into every one of our lives in one way or another.

How many times do you look at yourself in the mirror? Even if it is just a quick glimpse, you have the need to see how you look. Everybody has that need for security, but is that really what it is?

The question of whether it is right or not has been debated about for centuries. Why do we brag and boast to people about our looks, clothes, or possessions? Here, vanity has consumed our minds. There are many types of vanity, whether you are proud of your possessions or yourself, and all of them are wrong and should be avoided at all costs.

I, along with many people, admit I can be vain, and we act in vanity without even realizing it. Girls check their makeup and hair when they look in the mirror. I am not saying that we stand there for hours gazing at ourselves in admiration, but we are checking ourselves out.

This indulgence of vanity comes from us wanting the proper approval and acceptance of

other people. The everyday compliment we may receive makes us more vain than what we actually are.

Society today has taught us to care about our looks, our appearances, and our possessions more than people's feelings and emotions. Why do we think that we have to be taken in by society? But most importantly, why do we think we have to take such drastic measures to be what society wants us to be?

Right now we have so many problems with teenagers battling wars with anorexia and bulimia. We are spending all of our paychecks at those expensive clothing stores that show off our bodies and the designer labels. We are victims of this vicious war just so we can fit in. When will it stop?

One day we are going to wake up and wonder if everything we have done was worth it in the end. Instead of waiting for that day, we need to take a stand against stereotypes and vanity indulgers.

I am not suggesting that we should take all of the mirrors out of our houses or throw away our designer clothes; that is a little extreme. I am suggesting that we see people for who they are rather than what they look like. I also challenge you to walk by a mirror without stopping to primp. We can't/don't realize it now, but we would be better off without vanity.

VIOLENCE?

By Holly Sanders

No one likes violence, therefore, no one claims it. For years, violence has been blamed on t.v., toys, and even music. The truth is the only factor responsible for violence is the people. It truly sickens me to think of all the people in this world who commit such horrible crimes and cannot even fess up to it. It seems that any mother in the country would rather blame violence on a kung-fu movie or a tele-tubby doll than on her own child's mind.

I hardly think it is fair to blame something as extreme as murder on something as unimportant as a video game. However, faulty blame was exactly the case in the famous Columbine shooting when several parents attempted to blame the incident on the popular game Doom.

Another major argument on the topic of violence is the influence of movies and television. We all remember watching those cheesy t.v. shows with the "astounding" martial-arts work. I am sorry, but it frightens me to think of the fourth grade children who still have not been taught that it is wrong to karate kick someone in his teeth.

Finally, the last, but possibly the most popular, excuse for violence: music. A California killer once blamed his murder on the AC/DC song "Night Prowler." Unfortunately, this ignorant ritual of blaming violence on music continues on through time. The most recent example is the school shooting in Pennsylvania when this incident was linked to the songs of Linkin Park.

As I reflect on the causes and effects of violence, I can pinpoint the true reasons for it. Low self esteem, bad family environment, or getting picked on are the factors here. Music and entertainment are just scapegoats for the real problems. Stop blaming the industry and start trying to prevent these tragedies from reoccurring.

Opinion Poll

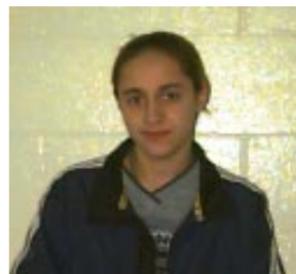
Do you think that the March Madness tournaments should go to Champaign or stay in Peoria?



"They should stay here in Peoria so I don't have to drive so far," said Junior Drew Powell.



"Stay in Peoria because they have hosted it for many years and it belongs here," said Freshman Brian Binegar.



"I think it should stay in Peoria because I like to watch the games," said Sophomore Jenny Parks.



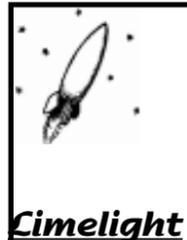
"It should stay here because Peoria is lame without it," said Senior Jake Cleer.



"I think it should stay in Peoria since Peoria has done a great job in accommodating the number because of it being here for so many years," said Coach Shawn Allred.

Letters to the Editor

Readers are encouraged to submit letters to the Editor. All letters must be signed by the writer (however they may be printed anonymously if requested) and turned in no later than the 15th of the month. The Limelight Editor reserves the right to reject which may be viewed as controversial or are in conflict with the Limelight's Editorial Policy. Submissions may be turned into Rm. 6 or they can be e-mailed to limelight@limestone.k12.il.us



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Editorial Board: News Editor: Christina Holt; Opinion Editor: Jamie Emert; Feature Editor: Katie Sheldon; Entertainment Editor: Chad Wys; Sports Editor: Ryan Linsley; Student Business Advisor: Kathleen Sheldon; Photographers: Jon Cox; Artist: Chad Wys.

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Jamie's Jabber

Where is all of our money going?

By Jamie Emert

Students are always racing down the halls to beat the long lunch line. Have you ever taken the time to wonder how much we are actually spending on our cafeteria food?

As we all know, our regular lunch is only \$1.60. We can get a milk, fruit, a muffin, and the main food item. I think that is the only reasonably priced meal at our school.

What if we do not like milk? We can purchase a water, but that will cost us an extra \$.75. Plus, we are growing teenagers and the lunch that day may not be enough to

satisfy our hunger. So we buy wedges. Wedges are understandably priced at \$.85, but that adds up to the \$1.60 and the \$.75 we have already spent.

Honestly, the foods that most of us enjoy are the a la carte items. Chicken nuggets, cheese fries, tenderloin sandwich, chicken filet sandwich, pizza sticks, and pizza are a few of our choices, but these get expensive. Are we being cheated?

The most expensive is the bacon cheeseburger that is priced for \$2.75, but Hardees sells the exact same thing for \$.79. LCHS sells four chicken strips for \$1.95, but I can get

them at McDonalds for only \$1.99. Do you see a pattern?

This may not be the school's fault. They have to make a profit from the food. They may have to buy our food for a high price and are forced to increase the actual sale price.

The average amount I spend daily is \$3.00-\$4.00. That means that I spend anywhere from \$15.00 to \$20.00 per week multiplied by four weeks. I spend roughly \$80.00 a month on school lunch. That is a lot of money spent on institutional food.

If I am spending this much, how much are you spending? I encourage all of you to re-think what you are spending so much money on. Maybe we should come up with a few other alternatives to fit our nutritional and financial needs.

HE SAID

By Ryan Linsley

Is cloning a medical miracle or a medical emergency?

Your newborn baby is lying motionless, not even blinking an eye. There is nothing a parent can do but watch and pray. The doctor comes up to you. Silence falls over the room. You get the feeling you are about to hear the worst news of your life. Then the doctor says it. "Your child has a ten percent chance of surviving and even if he does survive, he will not make it to his fifth birthday."

The next day it happened. The baby dies. He did not even make it through a full day. The happiest day of your life suddenly becomes your worst.

Your wife does not want to go through another pregnancy. You will not be able to have the child you have dreamed of your whole life. So...end of story, right?

Nope. In a few more years, science will be able to create a happy ending to this sad story. The baby can be cloned from some of its own DNA. This baby will be identical to the original child. Possibly, the baby may even be better.

Better? How could that be? Scientists could simply alter the baby's genes and prevent the baby from developing diabetes, sickle-cell anemia, and hemophilia (which prevents the blood from clotting properly). Why stop at just preventing diseases? The baby also could be made smarter and more athletic. The immune and skeletal systems could be improved. Broken bones could be a thing of the past and the child would not even have to drink milk.

A superior race could be created like on the Fox television show "Dark Angel." Genetically cloned super athletes could compete in the Olympics every four years. Super intelligent scientists could improve life for all. This may sound like a major risk to some people, but those people must remember that nothing great was ever achieved without great risk.

Cloning could end the pain of pregnancy. The baby could be grown in a lab and be monitored by doctors. The mom would not have to feel the pain or miss work during pregnancy.

Humans now have an opportunity to become a super race. Nobody knows if this will help the human race or lead it to destruction. Even with all the advances in science and technology, we can still not predict the future. Until then we must take chances or be faced with the regret of never trying them.

I believe cloning more of a miracle rather than an emergency because someday I may lose a loved one, and I would definitely want to have science on my side.

SHE SAID

By Jennifer King

Everyone seems to have his own views about human cloning. Most people are either for or against cloning, but there are few people caught in the middle. I am definitely not one of those people.

Personally, I think human cloning should not be messed around with. When doctors clone, they mess with human genes. Although it may be nice to have "another you" or have other body parts to turn to in case your own fail you.

Doctors have spent many years cloning and trying to clone. When trying to make the "perfect human," mistakes are inevitable. These mistakes can make for severe deformities.

Now, is it right to make a human being live through a scientist's mistakes? If the "perfect human" is made, everyone will be alike. No one will be an individual. All through life, individualism is promoted, but with cloning there would be none. Some people are born with diseases while others get them later in life. With cloning, this would be eliminated.

Some medical faults make a person emotionally stronger. Plus there are some traits that cannot be fixed by cloning. These include those traits that are inherited and cannot be prevented by doctors-traits such as mental disorders, alcoholic traits, and addictions to narcotic.

Also, who would set the standards for who can be cloned? Would it depend on wealth, race, sex, or medical history? How would those standards be figured out? There are so many different types of bodies and styles of people. After people are cloned, their bodies may still mutate to produce some other faults in the body, like cancer.

Overall, human cloning is something that should not be done. Doctors are playing with human lives. Humans are different from testing mice, and our genes should not be messed with. Human cloning could take off in years to come. It is a new medical marvel. Everyone is moving toward the New Millennium, but we should not forget our morals. Is it really right to make a duplicate of a person? We should all remain our own person; it is scary to think of having two of us walking around this world.

TEEN PERSPECTIVE

If a threat were made at Limestone, would you tell someone? Why or Why Not?

"It depends on the person. If I truly believe the person is capable of committing the act, I'll tell someone immediately. But if it's a friend just joking around, then no."
-Pat Kohlmeier, sophomore

"Yes because I want to protect myself and my friends and prevent this from happening again."
-Chelsey Otten, freshman

"Yes because I fear for the safety of myself and everyone else in the school."
-Sam Schaab, senior

"Yes I would because with all the recent happenings, you don't know who is joking and who's not."
-Angie Rendleman, sophomore

"Yes because I care about my friends. There are too many good people here to take that chance."
-Brandy Vance, sophomore

"Yes, I would. I don't want to risk dying."
-Brian Beach, freshman

"Yes. Obviously this person needs some sort of help, like counseling."
-Jarrod Bainter, junior

"Yes because it's putting the students at school in danger, and we don't want something like Columbine happening to us."
-Jennifer Reardon, senior

Job of the Month

The Creative Corner

By Kim Nelson

Have you ever thought about designing for a major corporation, retail store, publishing firm, or advertising agency? Do you have good communication skills, artistic ability and are a creative ideas thinker? If you answered yes to all of these questions, a career in graphic design is the right one for you.

In this field, you must have some computer knowledge because a lot of the work you do is done with computer software. Some of the things graphic artists might design are promotional displays and marketing brochures for products and services, company logos, and visual designs of annual reports and other corporate literature.

Under the supervision of a design or art director, a graphic design artist can also develop overall layouts and designs of magazines, newspapers, journals, and corporate reports. The websites

internet surfers see on the web are also done by graphic designers.

Graphic designers have many job opportunities. None of them are always easy though. If a graphic artist is employed by the publishing companies, art and design studios, or graphic design firm, he/she usually works a standard forty hour week if not overtime trying to make a deadline. Graphic artists can also be self-employed through their homes and make their own hours.

Graphic design earns a decent salary. Graphic artists can make anywhere from \$17.00 - \$60.00 hourly depending on the jobs that they do. Academic training leading to a bachelors degree in art or design has almost become a necessity.

Overall this is a very good, reliable career to get into. Graphic design could be the way to create an interesting career and have fun with the rest of your life.

In the Spotlight

with Colleen Johnson

Giving "the gift of life"

Wanted: LCHS student, at least seventeen years of age, weighing in at least one-hundred and ten pounds.

One of the many fulfilling these requirements may ask what he would be in for if he answered the above-mentioned "want-ad." The answer to that question would be giving the gift of life. In other words, donating blood for the annual LCHS blood drive.

On Friday, May 4th, Limestone will once again be sponsoring a blood drive in correlation with the American Red Cross. This year's drive will mark the tenth year Limestone has sponsored the event. Student council advisor Gordon Wassell is enthused about the idea. He is hoping many students will take advantage of this opportunity and choose to donate. Over the past ten years, hundreds of typical Limestone High School students have made the choice to give blood. By donating, they are also responsible for increasing the quality of life for innumerable patients in need of blood and possibly saving some lives. Accomplishing

those feats is definitely something to be proud of.

Donating blood is a small task that can produce big results. Anyone willing to give blood is able to venture over to the Red Cross and donate anytime at his own will. However, when their services are brought to the high school campus, several new rules and regulations must come with it. To begin with, anyone interested must be seventeen years old and he or she must weigh a minimum of one-hundred and ten pounds. Anyone donating must have parental permission to participate. They cannot have had a tattoo put on within a year. Also, everyone taking part should be in general good health.

The sign-up procedure must also be done carefully. First and foremost, everyone must have his parental permission slip signed. Groups of students can sign up to choose what time they will donate blood. Starting this year, groups of six (instead of four) will be allowed to go to Mr. Wassell and register for their desired

time slot for every fifteen minutes.

The blood drive will begin at 8:00a.m. that Friday morning and go until about 2:00 p.m. This will permit roughly one-hundred students in all to donate blood. Each participant will receive the American Red Cross official t-shirt of the year. Much of the donated blood is distributed and used within twenty-four hours due to the amount of different places it may go to in our area. It helps the children at St. Jude and, also, people with cancer.

The event is the LCHS and American Red Cross-sponsored blood drive. It begins at 8:00a.m. on Friday, May 4th in the gymnasium. The admission is donating blood. LCHS has been known for having the best turnout of pints of blood donated per student at a single blood drive. It only requires a small amount of time. Hopefully, dozens of students will come forth and sign up for such a profound event. Mr. Wassell summed it up best when he commented: "It is truly giving the gift of life."

Inside Tanning Beds Lies A Darker Side

by Christina Holt

Prom is coming up soon, and many teens would prefer not to expose their ghostly white skin. Instead, some of these teens choose to bronze their bodies in indoor tanning booths.

"I'll go once a day, five days a week, during a month before a dance," said junior Kirbie Holland.

Golden skin may look good now, but tanning can cause serious problems in the future. Accumulated exposure to ultraviolet rays can cause wrinkles, sunspots, and result in skin cancer. Dr. Harvey Penziner, M.D., is a dermatologist at Soderstrom Dermatology Center in Peoria. Penziner said, "If you are a plant, it [sun exposure] is very good. If you are not, it is not good at all."

"People feel healthier and

Do's & Don'ts for tanning Outside & In a Bed

Do* only tan for a small amount of time. Usually for 3 days out of the 7 day week. -Don't* tan excessively

Do* wear goggles to protect your vision while tanning in a bed

Do* start out tanning in a bed at a low powered light. Also start out with a small amount of time and work your way gradually up

Do* Use sunscreen when tanning outside

Do* avoid tanning in the sun at mid day

feel like they look better if they have a tan or glow to them," Holland pointed out.

No tan is safe or healthy, but according to Penziner, tanning in natural light is a little better than under artificial light in a tanning bed. The intensity of the radiation in the beds can vary from place to place. "You just don't know how much energy a tanning bed puts out," he explained.

Penziner's advice to young people: Do not tan indoors or out and always use a sunscreen.

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LCHS does it again!

School donates \$43,000 to Easter Seals-UCP



The LCHS cheerleaders pump up the crowd before the annual Easter Seals assembly begins.



Dane Marcussen and the band warm up the atmosphere while LCHS students wait for the 2001 Easter Seals kids to arrive at the school gymnasium.



Student Council adviser Gordon Wassel and his soon to be motorcycle stand at the podium to announce the winner of the big drawing.



The Shriners Clowns wait to cheer up LCHS favorite little people-the Easter Seals children.



A satisfied little boy relaxes on the floor amidst the positive chaos at the Easter Seals assembly.

Simply Irresistible

When: April 28, 2001

Where: Wilton Celebration Center

Flower Shops

Marilyn's Bow-K 697-4646
Sullivan's 697-6022
Geier Florist 674-0047
Prospect Florist 688-3421

Tux Shops

Ducky's 692-6050
Seno 692-0031
Gingiss 688-1411
Dejure 685-0313

Dress Shops

Country Bride 691-5151
Bridal Suite 692-8168
Bergner's 681-8400
Famous Barr 682-2600

Hair Shops

Shear Magic 697-1132
Diva Studios 693-3788
Scissors for Hair 688-0600
Lady's & Gent's 633-0323

Flowers

A few helpful hints for you guys who are struggling to match flowers to your dates' dresses.

If her dress is...

Pastel: you'll want a lighter colored flower and ribbon to match the dress.

Black: you'll want a deep-toned flower (red) and a black or silver ribbon.

Dark Colored: you'll want to ask her for her preference.

Don't be afraid to ask her for ideas. Remember you are going as a couple.



If you want to make your prom memorable, just follow our few helpful hints to make your date a night to remember.

Dining Out

Carnegie's Restaraunt

Average Cost for 2: \$25-60
Phone Number: 637-6500

Sky Harbor

Average Cost for 2: \$30-35
Phone Number: 674-5532

Chateau on the Lake

Average Cost for 2: \$25
Phone Number: 673-0190

Ned Kelly's

Average Cost for 2: \$35-40
Phone Number: 685-1033



Best Behavior

Top 10 Things to Remember on the Big Night

1. Guys hold the doors for the girls.
2. Open the car door-at least in front of her parents.
3. Keep your mouth closed when eating. No one wants to see chewed food.
4. Be polite to your waiter/waitress.
5. Pull out the chair for your date.
6. Remember: It's okay for girls to ask guys to prom.
7. Keep your elbows off the table.
8. Talk about pre and post prom activities before prom.
9. Reminder: Napkin goes in your lap, not in your shirt.
10. Compromise.



Prom 2001

in Dunlap

Time: 8:00 p.m.-11:00 p.m.
couple

Cost: \$27.50 per

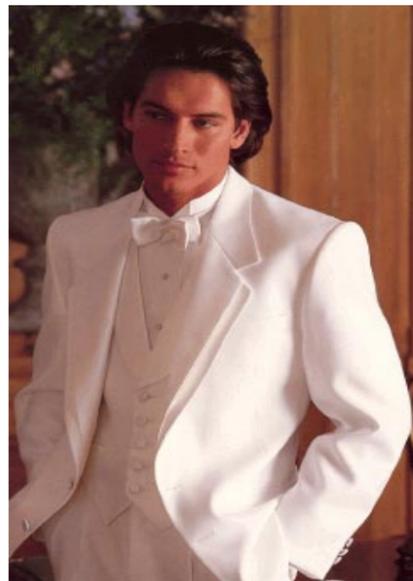


Left: Jessica McClintock Dress
Venice lace, strapless, floor length
skirt. Available in beige, pink, sky
blue.

Right: Tux pictured available at
Ducky's Formal Wear.

Bottom Left: Tux pictured available at
Ducky's Formal Wear.

Bottom Right: Jessica McClintock Dress
Irid satin, sleeveless, floor length full skirt.
Available in dusty rose and loden.



Spice It Up

Want a fresh idea for your special night?
Here are some fun ideas to "spice it up."

1. Traveling Dinner: Have a different course of your meal at each couple's house. For example: Have appetizers at one person's house. Get in the car and go have the main course at someone else's, dessert somewhere else. It'll keep things interesting. Disclaimer: Be sure to inform your parents that you are doing this!

2. Don't want to do the usual limousine? Rent a car such as a convertible, Camero, or something else that isn't the traditional prom transportation. Another option is to rent a horse and buggy.

3. Hate the idea of getting a corsage? Get a small bouquet of flowers instead. They last longer and are different than the usual wrist corsage.

4. If you're not one of those people that like crazy after-prom parties, plan something different. Instead of going nuts and being crazy, just rent some movies and put a relaxing spin on the night. After the hype of getting ready for the big night, it would be nice to just "chill out" when it's all over.

5. Remember those funny pictures that people get at every school dance? Instead of falling victim to something that you can't identify in your picture, make your own photo shoot at home. Go in your backyard and shoot some regular Kodaks. Sometimes they turn out better than those posed shots anyway. Plus, they'll be different than what everyone else is handing out.

"Prom is going to be great this year. The ticket price may be higher, but it will definitely be worth it!"

-Lora Schooley, Junior Class
President



Top left: Tux pictured available at Ducky's Formal Wear.

Top right: Jessica McClintock Dress
Iridescent satin, strapless, long slim a-line skirt. Avail-
able in turquoise and white.

You Don't Say...

Have you ever heard of "hidden body language?" Read on to find out what others are saying to you...with their body, not with their words.

With tears streaming from her eyes, Allyson sits across from Luke, listening to his every word. His words are perfect. He is telling her that he spent last Friday night with "the guys" watching the basketball game. He is telling her that Stephanie was not there. Luke's words are perfect. His response and excuses are exactly what Allyson wants to hear. It is a shame though that his body is telling her exactly what she does not want to hear.

Ryan sits in his seat with his feet propped up on the desk. His books are thrown on the floor, and his head is leaning on the desk behind him. He hums to himself as his eyes shift around the room. The teacher walks into the room and notices that the answer key to the test is missing from her desk. She automatically asks Ryan, the comfortable kid in the back, where the answer key is. He says he does not know. She wants to believe him, but unfortunately, she does not.

These two situations might be completely different, but they have one thing in common: their bodies are the key to figuring out what they are really trying to tell you.

Read on to figure out what people are saying. Learn how to read their hidden signals. You may just learn something about the other person that you never would have guessed.



When someone's toes are positioned in between the other's feet, it is a symbol of comfort.

"Your words tell me a story.
Your body tells me the whole story."



Her hand on her face and her half smile indicates that she is listening and attentive to what she is hearing.



Her pointed toe is a positive sign, but her folded arm positioning indicates that she is closed from the conversation.



Leaning away from him and resting her head on her hand displays disinterest and boredom. His positioning indicates that he, like her, is both bored and anxious.



With him leaning forward and using his hands to talk, he is indicating that he is interested and excited about the conversation. She is in a comfortable position, indicating that she is attentively listening to him.

Figure It Out

A quick guide to interpret what others are saying... with their bodies.

- Arms relaxed: Comfort and openness
- Gesturing/Talking with hands: Involvement in conversation, listening
- Good eye contact: Indicates interest
- Tense body: Concern with topic or with the other person
- Fidgeting: Indicates boredom, nervousness, impatience
- Hand on face: Boredom
- Sparkle in the eyes: Seeing something they like
- Biting the lip: Lying or saying something inappropriate
- Firm handshake: Confident and exuberance
- Clapsed hands: Dominant and controlling
- Nodding in response to conversation: Listening, attentive

***Disclaimer: All body language and symbols can depend on the person. Some people are extremely talented at manipulating their body language in order to get what they want or in order to hide information. Always remember that nothing is perfect, including body language.**

Artist of the Month

By guest Ryan Dickerson and Chad Day

NOFX is a punk rock band that has been together since 1984. They started their career in Berkeley, CA, and later moved to Los Angeles. In the beginning, they recorded for Mystic Records, but after having problems, they left the label. The members made a deal with Mr. Brett from Epitaph Records, who at the time was playing with Bad Religion. They have also released records on Fat Mike's (Lead singer and bass player) record label Fat Wreck Chords.

As with most other bands, they were not popular in the beginning and they released some music that few people have enjoyed. Even Fat Mike says he hates their first releases, which later came out on one CD, *Maximum Rock'n'Roll*. Then they released *Liberal Animation*, which was later re-released on Epitaph. It was hard to listen to, and nobody really liked it. Their first new Epitaph release came with *S&M Airlines*, which is a great record with a lot of funny stuff. The first widely accepted NOFX album was *Ribbed*, which gained them popularity. Old style punk rockers will say that after that NOFX went mainstream, but they just got better when El Hefe joined the band and changed their style.

Even though *White Trash* was great, the next album, *Punk In Drublic* was even better. A vast majority of NOFX fans will say that this album was the best NOFX if not the best punk album ever.

I Heard They Suck Live, Together On The Road, and Back In The Garage were a few live albums which followed the release of *Punk in Drublic*.

In 1996 the group put out

Heavy Petting Zoo. The album itself is very strange and the opinions about it differ. It is pretty good even though Fat Mike's opinion disagrees.

After that, in 1997, they released *So Long And Thanks For All The Shoes*, as in Douglas Adam's book *So Long And Thanks For All The Fish*. It is shoes instead of fish because people used to throw shoes on the stage at concerts, and one day the band decided to keep them. That album was full of slow songs and ska songs; it was truly excellent. Nobody really expected ska from NOFX. Thus, shortly after, they wrote a song titled, "We Don't Play Ska Anymore."

The next release from the band was *The Decline*. It features an 18 minute song that rocks. The most recent full length album is *Pump Up The Valuum*. It is a great punk album with no ska whatsoever. Fat Mike clearly stated, "We don't play ska anymore 'cause it sucks."

You are probably wondering what NOFX means. Many people believe it means No Effects. Fat Mike wrote on the official web site that it doesn't mean anything; it is a knock off of an old band Negative FX. Fat Mike also mentioned that he does not even care for the name.

NOFX is a great punk band, and downloads are available on MP3 and Napster if you cannot find any of their locally-sold albums. They also sponsor the Punkorama CDs.

Oscar poll

Compiled by Jennifer King

Who do you think deserved to win an Oscar this year and why?

"Russell Crowe because he did an awesome job in the movie *Gladiator*."
-Brian Clausen, Teacher

"Sandra Bullock in *Miss Congeniality* because the character she played fit her very well."
-Senior Cecilia Maher

"Tom Hanks in *Cast Away* because he brought life to talking to a volleyball."
-Senior Lionel Jackson

"Jamie Foxx in *Any Given Sunday*. I feel he played his role very well."
-Junior Kyle Simer

"Julia Roberts because she was very persistent in character in her movie."
-Sophomore Molly Friling

"Harrison Ford because he made *What Lies Beneath* really scary."
-Sophomore Jenna Meischner

"Russell Crowe because he did a real good job being a gladiator."
-Freshman Aaron Beall

"Nicholas Cage because he's a good actor."
-Freshman Matt Routt

Movie Review

By Chad Wys

ACADEMY AWARD Movie Spotlight

"CHOCOLAT"

Nominated for 5 Academy Awards including Best Picture, Best Actress, and Best Supporting Actress.
Former Oscar winners Juliette Binoche and Judi Dench, along with Johnny Depp, bring a superb realism to the screen in this light-hearted romantic comedy about a small French village being introduced to the possibilities of...chocolate. The film begins with a "tranquil," dreary town somewhere deep in the countryside of France. Vianne (Juliette Binoche), a young woman, and her daughter journey into the town to open a chocolate shop. Vianne's landlady, Armande Voizin (Judi Dench), is a stonehearted woman with a hopeless personality before she meets Vianne and her chocolate. The story is about a 1950's town coming to terms with taboo inventions of the ever-changing world around them. While the town mayor will try everything in his power to keep his residents from breaking out of their sheltered states, Vianne's new way of looking at life attempts to change these good-hearted people for the better while finding love in the process.

It is a small film lacking in the die-hard Hollywood action of the top grossing blockbusters, so not every crowd will fall in love with this movie. (At least they won't admit they did!) Juliette Binoche is a wonderful actress and comes in a very close second for my pick of Best Actress. This is a fantastic film with wonderful acting and a great storyline to bring it together seamlessly. For this I give it 5 of 5 stars. It is rated PG-13, is 121 minutes long, and can be classified as a Romance/Comedy.

"CROUCHING TIGER, HIDDEN DRAGON"

Nominated for 10 Academy Awards including Best Picture, Best Director, and Best Foreign Language Film. It is rated PG-13, is 120 minutes long, and can be classified as an Action/Romance.

"ERIN BROCKOVICH"

Nominated for 5 Academy Awards including Best Picture, Best Actress, and Best Supporting Actor.

Erin Brockovich (Julia Roberts) is an opinionated mother who is struggling to provide for her small family. Finally, when she hits the bottom and is nearly ready to give up completely, she finds a much-needed job in a small law office with boss and head lawyer Ed Masry (Albert Finney). While working as a small-time office assistant, with the job of filing and storing, she comes across an intriguing case about a town of families afflicted with many problematic water issues, resulting in physical disorders and even death. When she gathers interest in the case, when nobody else gave hope, she turns the head lawyer around to pursue fighting the major company blamed for the water pollution. Erin finds herself, finds evidence, and finds the answer to helping her family in the process of helping hundreds of families come to terms with the tragedy.

Oscar nominee's Julia Roberts and Albert Finney bring something extremely special to this film. The amazing fact that the movie is a true story will stick with you the entire time as you watch what unravels on screen. Perhaps the strongest aspect of the film is real-life character Erin Brockovich's portrayal by Julia Roberts. She is my pick for Best Actress and has truly earned it with this astounding performance; I give it 4 1/2 of 5 stars. It is rated R, is 130 minutes long, and can be classified as a Drama.

"TRAFFIC"

Nominated for 5 Academy Awards including Best Picture, Best Director, and Best Supporting Actor. It is rated R, is 147 minutes long, and can be classified as a Crime/Drama.

"GLADIATOR"

Nominated for 12 Academy Awards including Best Picture, Best Actor, Best Director, Best Supporting Actor, and Best Visual Effects.

The main character, Maximus Decimus Meridius (Russell Crowe), finds himself turned down and shunned by his own country when Rome is handed away from his friend and ruler, to the new emperor and mortal enemy. When forced to become a slave, Maximus is purchased by a ruthless master who forces his slaves to perform in the arenas of Rome for profit. Maximus is made to fight in order to remain living. Though he is a well-known army leader who has proven himself to Rome time after time, he remains a gladiator hidden from his nemesis Emperor Commodus, planning a strike to take his life. While he is forced to remain alive by killing his competitors, he becomes the most famous gladiator and soon attempts to take on his revenge.

Russell Crowe gives a fantastic performance as Maximus and earns my pick for Best Actor. He becomes a gladiator in this film and makes you feel as though you are an arena member looking on at his fighting. The film is rich visually and has one of the best and most original stories I have seen in a long time. *Gladiator* earns my pick for Best Picture. I will assure you will be pleased with this one; I give it 5 of 5 stars. It is rated R, is 154 minutes long, and can be classified as an Action/Drama.

2001 ACADEMY AWARD WINNERS:

Best Picture, *Gladiator*; Best Director, *Steven Soderbergh (for Traffic)*; Best Screenplay (Original), *Almost Famous*; Best Screenplay (Adapted), *Traffic*; Best Visual Effects, *Gladiator*; Best Sound, *Gladiator*; Best Foreign Language Film, *Crouching Tiger, Hidden Dragon*; Best Actor, *Russell Crowe (for Gladiator)*; Best Actress, *Julia Roberts (for Erin Brockovich)*; Best Makeup, *How The Grinch Stole Christmas*.



A scene from *Crouching Tiger, Hidden Dragon*.



A scene from *Traffic*.

High Lights

Music Movies

with Zach Nelson

More bands have been added to the second stage for Ozzfest 2001, such as Mudvayne, Cold, Taproot, The Union Underground, Systematic, Non-Point, Black Label Society, and a couple others.

Kid Rock settled a \$4 million dollar lawsuit with his former manager on March 12.

Chris Cornell, formerly of Soundgarden, and the three remaining members of Rage Against The Machine have formed a new band. So far the new band has no name.

New Tool album *Lateralus* will be released on May 12th. Kittie goes back in the studio this month to work on their sophomore album.

A riot started during an Insane Clown Posse show in Kentucky on March 9th after the show was brought to a halt because of a bomb threat.

Pantera will kick off a summer tour in June with Slayer and Static X.

DMX will star in the movie

"Lazarus," which is to start filming. Eminem has been offered \$4 million to co-star.

Fieldy, bassist of Korn, is now currently finishing up his solo project, *Fieldy's Dreams*, in the studio. No release date has been given yet.

K-Ci from the group K-Ci and Jo Jo was charged with twenty-three counts of indecent exposure and one count of lewd conduct after exposing himself at a show in Los Angeles.

Ozzy Osbourne has a new solo album coming out this summer.

LOCAL NEWS...

Godsmack, Staind, Cold, and Systematic perform at Civic Center April 4th. MXPX will perform at the Madison Theater on April 20. Other bands to be announced at a later date.

Music Section

By Chad Day

Silver Success

Silverchair is a band that has been around for less than a decade, but their unique lyrics, as well as music, has made them well known over such a short time. That is probably why **Silverchair** decided to release a best of album. It is pretty strange to have a band release a greatest hits album when the oldest person in the band is 22 and they only have a Volume 1.

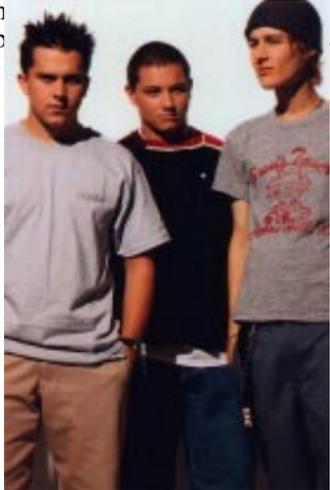
The new **Silverchair** album, *Best Of Vol. 1*, is a collection of the band's well known hits, such as "Tomorrow," "Abuse Me," and "Ana's Song." It also includes the songs that the fans know, like "Israel's Son" and "Madman."

This "best of" album also includes rare remixes of **Silverchair** works. There is an "Ana's Song Acoustic Remix" and a "Freak (Remix For Us Rejects)" included in the album.

However, **Silverchair** did not consent in the making of this album. The contract that the band had with Epic and Sony Records was about to end, so the record label decided to release this album to

make more of a profit. It was basically a cheap ploy to squeeze out as much royalties as possible. **Silverchair** did not promote this album in magazines or on tour. **The group** is now on a new label, and it is rumored that they are working on a new album or are in the process of starting a new album.

This new release has all of **Silverchair's** radio hits from their three albums. If you like **Silverchair** and do not have any of the albums, this is a great buy. It is also cool for hardcore fans to hear the remixes and



with Colleen Johnson

BOOKS

Book Central

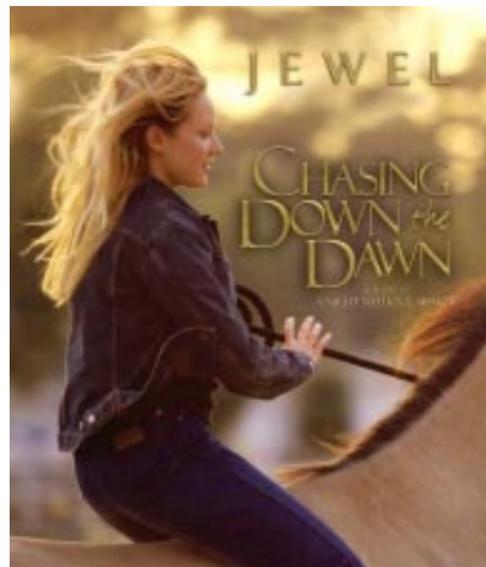
A Spotlight on Jewel,
and her book, "Chasing Down the Dawn."

Singer/song-writer, performer, actress, poet, author. Not a shabby career title for an artist who has only been in the playing field for about half a decade. However, it is in fact the same title accredited to twenty-seven-year old Jewel Kilcher, most commonly known as Jewel. Her second and most recent book, "Chasing Down the Dawn," was published at the end of last year. It is the follow-up to her 1998-published poetry book, "A Night Without Armor."

"Chasing Down the Dawn" is a compilation of poems, photos, and Jewel's personal journal entries. It contains journal excerpts from her childhood in Alaska through her "Spirit" world tour in . The book transcends the reader on a journey through the life of this world-famous artist. Because of its "diary-type" writing style, the book upholds a rather personal and more in-depth look into her life. This writing style also proves to be effective in keeping the reader's attention. Because it is just a collection of short stories (most of which are only the length of a single page), the plots are constantly changing. It does not follow a chronological pattern, so the content always varies. Thus, it remains interesting and is able to stay within the reader's attention span.

Although the book mainly appeals to Jewel fans, it can still be read and enjoyed by anyone.

"Chasing Down the Dawn" chronicles the triumphs and downfalls in Jewel's life. She lays out her emotions and feelings for all to see by opening her own journal to the public



eye. She captures her views on people, relationships, and different situations which anyone can relate to. There are stories about her life in her late teens when she and her mother became very poor. The two were forced to move into their vans where they lived and parked side by side. The stories discussing her homelessness will open one's eyes to this harsher outlook on life.

Jewel talks about how she fi-

nally found happiness in her life by doing what she loved. The majority of the stories are very easy to read and relate to, but some are a little harder to swallow. In one article, Jewel recalls watching a herd of cattle be rounded up to be slaughtered. She describes the story in great detail and it be-

comes rather hard to read, especially for an animal lover. Some other stories recount her days growing up in Alaska. These include accounts of the harsh, cold Alaskan winters she and her family endured. It also tells of her adolescence. After her parents divorced, Jewel spent her pre-teen and teen years living in a house with three men, definitely not an easy task for any young girl.

There is also a collection of photos ranging from Jewel as a young girl to the present. Many are taken from Jewel herself.

The book is also filled with Jewel's own doodles and drawings which make it seem very down to earth and real.

Overall, "Chasing Down the Dawn" deals with the struggles and relations in Jewel's lifetime, all told in her own words. The variety of short stories makes Jewel seem like less of a star and more of an average, everyday person. The book is filled with everyday inspiration and insight. It is an easy-read and plenty interesting.

Backstage Pass: Behind the Scenes with the Cast of *Seven Brides for Seven Brothers*

By Christina Holt

If you went to see the musical *Seven Brides for Seven Brothers* last Friday or Saturday, you saw an entertaining show, but what you did not see is what goes on behind the scenes.

"It is quite challenging. Sets have to be built and designed. Costumes must be found to fit the time period. The cast must memorize lines, songs, and dances. Tech crews have to be found to see that everything is taken care of backstage. Programs and tickets have to be designed and printed. Most importantly, I have to help keep Mr. Morris sane," student director Thresa Wike explained.

The cast began preparing for the performance in early February. "It takes a while to get used to the 'feel' of the

musical," said Freshman Zac "pretty boy" Guiliano.

Each day after school, the students practiced for two to three hours. Much of the cast said that practices were a blast, but that they also could be hectic at times. "There's usually a lot of talking, yelling, and people in your way. Then again, it's a large cast so one must expect it," Sam Gevas, the youngest bride, said.

"Mr. Morris yells a lot, but he gets the idea across. He makes us better," said junior Nicole Zook.

Sophomore Brett Gann said, "Practices can be somewhat long and can be trying when you have trouble with your lines or you have to wait while other scenes are repeated over and over."

On Saturdays, the cast would get together for set construction, which could take much of the day. "Our set kicks butt,"

boasted freshman Brian Beach.

If you missed it, the musical storyline goes like this: there are seven brothers in the Pontipee family. The oldest brother gets married. His wife does not want to be a servant for the other brothers. She goes out and finds brides for her husband's other six brothers. "It's a fun play with many jokes," said Richard Carrillo, who played the role of Caleb.

"The best scene would have to be 'Goin' Courtin,' when the Pontipee brothers sing and dance wearing nothing but smiles and blankets," Wike said. Gevas disagreed. "I think the best part is when the brothers 'steal' their brides. It is so cute!"

"The cast worked incredibly hard to see that everything was ready for opening night," Wike said.

Sports Shorts

Spring Sports Preview

By Kim Nelson

By Ryan Linsley

All Conference Selections from Limestone

Angela Vollmer and Jessica Reardon were chosen to the Mid-Illini First team. Vollmer was one of three unanimous selections. Nikki Jones made second team. Jones advanced to State in the three point shoot-out. Freshman DeAaron Williams made first team All Conference for the boys. Kevin Riley was selected to the second team. Sophomore Tony Thomason advanced to Carver Arena in the three point shoot-out. Thomason missed a chance to the final four by one shot. He made ten shots total, and eleven shots total would have put him in a shoot-off with six other contestants.

Frank Williams named Big Ten Player of the Year

Frank Williams won the Big Ten Player of the Year award and First Team All-Conference honor. Williams also received All-American honors by the Associated Press. He is the pointguard for Illinois and averages 14.9 points, 4.1 assists, and 3.5 rebounds.

Doug Swingley Wins Iditarod

Doug Swingley won his third straight iditarod dog sled race and fourth overall. The 1,100-mile trail starts in Anchorage, Alaska, and finishes in Nome.

Bradley and ISU Earn NIT Bid

Bradley and Illinois State were selected to play in the National Invitation Tournament. Bradley was defeated by Detroit Mercy in the first round of the tournament at Carver Arena. Illinois State played at Purdue. This is the first time since 1992 that Purdue has missed the NCAA tournament. Purdue won by the count of 90-79.

"I think our track season will be very promising. We have a well balanced team, which will take us a long way." Junior Yolanda Wright-Track



"I think our baseball team will have a good year. We have a lot of returning players, which will really help our season." Junior Ben Curless- Baseball

"I think the season will go great as long as we listen to Coach Sanders and remain focused." Junior Jordan Draminski-Tennis



"I feel very privileged to be on the girl's varsity team, and it is a privilege to get along with all the older girls. They accept me in their group very well." Freshman Leslie Bazhenow-Soccer

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Welcome To Bracketville

By Ryan Linsley

It's March, but the madness began early in the NCAA. Top seeds were dropping left and right in the conference tournaments. It seemed to start in the Big 12-conference tournament and spread throughout the NCAA. Eight-seeded Baylor upset the top seed Iowa State. Then men's

basketball champion. All teams that won their conference tournaments are assured an invite to the NCAA tournament. Each region has sixteen seeds except the Midwest. The Midwest had a play-in game between two teams; the winner was the sixteen seed. This is the first year in the tournament of the play-in game. The number one seeds were Illinois

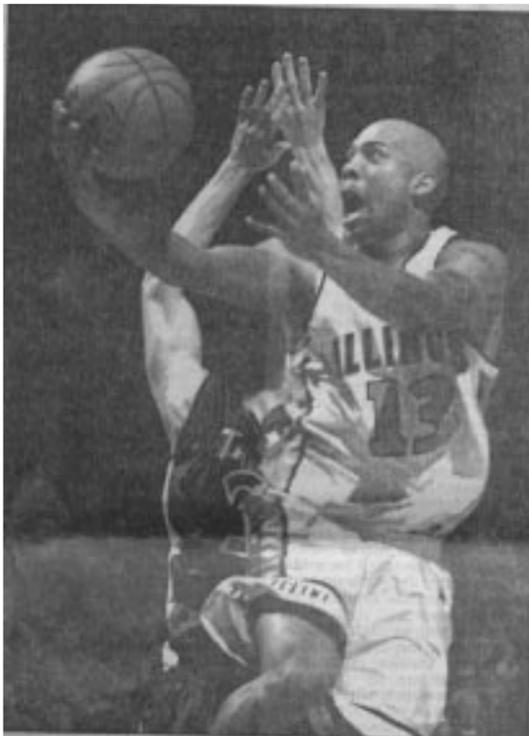


Photo courtesy of Journal Star. Cory Bradford of Illinois drives to the basket to score another point.

Oklahoma beat Kansas by the score of 62-57.

The upset bug hit the Big Ten hardest. The top three seeds, Illinois, Michigan State, and Ohio State, all lost. Indiana lost to Iowa in the finals of the tournament at the United Center in Chicago.

Mississippi upset Florida in the SEC tournament. Kentucky beat Arkansas by a count of 87-78 in the other SEC semifinal. Kentucky beat Mississippi in the final 77-55.

The ACC title game featured two of the top teams in the nation. It was North Carolina against Duke for the third time this year. The winner would take the season series and the ACC title. It was all Duke from the start, and they never looked back. Duke won 79-53 giving them their third straight ACC tournament title.

After all the conference tournaments were over, the committee selected what teams would make the NCAA tournament. The winner of the tournament of course would be crowned the college (Midwest), Michigan State

(South), Duke (East), and Stanford (West).

The NCAA tournament started out like the conference tournaments ended: with upsets. The big upsets of the first day were Utah State over Ohio State while Kent State slid past Indiana. The biggest upset of the day was second-seeded Iowa State getting beat by Hampton.

The surprising upsets in the first round of the Midwest and South regions were Indiana State over Oklahoma, Temple beating Texas, and Gonzaga surprising Virginia. It would not be a NCAA tournament without Gonzaga making a Cinderella run at the title.

The only three upsets of the second round were Temple blowing out Florida, Penn State beating North Carolina, and USC overcoming Boston College. The Sweet Sixteen teams are Illinois, Kansas, Mississippi, Arizona, Michigan State, Gonzaga, Temple, Penn State, Duke, UCLA, USC, Kentucky, Stanford, Cincinnati, Maryland and Georgetown.

March Madness Virus Hits Peoria

The Madness hit Peoria with the Class A and AA boy's state basketball championship at the Carver Arena on March 9, 10 and 16, 17.

Manlius (Bureau Valley) beat Westmont 70-61 in the Class A Third Place game. Westmont's Pierre Pierce set a record for most points scored in the Class A State tournament. Pinckneyville beat Pana 77-50 in the title game.

In the AA state tournament, South Holland Thornwood defeated Richwoods by the count of 65-37 in the quarterfinals. Thornwood, who is led by 6-11, 290 pound senior Eddy Curry, got upset by Schaumburg in the championship game. Thornwood was ranked number one in Illinois and their only previous loss was to a top ten team in the nation out of California. Chicago's Morgan Park downed LaGrange Lyons 56-44 in the Third Place game.

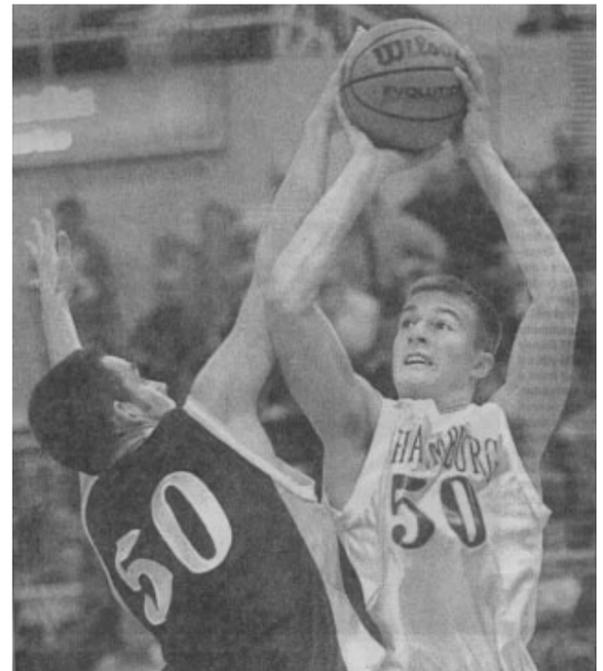


Photo courtesy of Journal Star.

Ryan Walter of Schaumburg shoots against Grant Johnson in the AA Semifinal hosted at Peoria's downtown Civic Center.

Fantasy Corner

By Ryan Linsley

With the snow all melted away and spring just around the corner, the Fantasy Corner turns to baseball. The game is much easier to play than fantasy basketball because the manager does not have to check and make sure each player has a game that night. In baseball, every team plays almost every day. The only thing a manager might want to check is to see if his starting pitchers are starting that day.

The best place on the net to play fantasy baseball for a beginner would probably be yahoo.com. In fantasy baseball, a manager can choose to play either in a head-to-head or rotisserie league. Head-to-head puts one team against another team each week. The team with the most wins at the end of the season takes first place. Rotisserie means the team with the best team statistics wins the league. Homeruns, batting average, stolen bases, runs batted in, and runs scored are the basic categories used for position players. Wins, saves, earned run average, and strikeouts are used for pitchers.

Since everyone cannot have a team of All-Stars, I will tell everyone of the players who might have a breakout year. This is my team of sleepers:

Outfield

Ichiro Suzuki- The seven time batting champion in Japan is expected to hit third and try to fill in for departed Alex Rodriguez in Seattle. Suzuki will hit for a high average with decent speed and a strong arm.

Corey Patterson- Patterson is a four tool player who should be a star for years to come, although he might not make it to the Chicago Cubs till mid season. If he has a good spring, grab him quickly.

Juan Encarnacion- The .289 batting average he displayed last season will rise if he becomes more patient at the plate.

Infield

Pat Burrell: first base- Burrell has tremendous power. The Phillies would like to build their franchise around him. Burrell will also see time in the outfield.

Jose Vidro: second base- Vidro was a All-Star last year and had a chance to hit .400 but still nobody knows about him. Secondbase does not have many great hitters so get him if your team does not have a second baseman.

Miguel Tejada: shortstop- In a year or two, Tejada will be considered as good as Alex Rodriguez or Derek Jeter. He will hit around forty homeruns every year and have an above - average glove.

Eric Chavez: third base- Chavez platooned last year and hit 26 homers. This year he has the position to himself and a great line-up in front of him.

Mitch Melusky catcher- Melusky came over in a trade from the Astros and will see many hits fall in the spacious outfield of Comerica Park.

Pitchers

Ben Sheets- You may remember that Sheets was the hero of the Olympics last year and will try and become the ace of the Milwaukee Brewers. He has a great fastball, curve, and change-up.

Barry Zito- Zito was the Oakland lefty that outdueled Roger Clemens at Yankee Stadium in the playoffs last year. He has the stuff to become a top pitcher in the American League.

Matt Herges- Never heard of him? I have not either. The 3.17 earned run average and 11-3 record made me a believer though.