

Limelight

Limestone Community High School

Bartonville, IL 61607

Volume 49, Issue 2

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October 31, 2002

Amulet staff speaks at yearbook conference

By Casey Verkler

The *Amulet* staff was featured as guest speaker at a yearbook workshop held at the Gateway Conference Center on Friday, October 11, 2002.

Taylor Publishing, the publisher of the LCHS yearbook, chose *Amulet* advisor Miss Kristen Tinnon and her staff to be the conference's guest speaker because of their quality performance in putting together a yearbook.

The honor of being chosen to speak at the conference was well deserved. The *Amulet*, which has been nominated as a semi-finalist to appear in the *Yearbook Yearbook*, is advanced for being a high school publication. "At the workshop, Limestone staff definitely knew as much, if not more, than any

other group there, and they were willing to share that knowledge," explained Tinnon.

Tinnon spoke on behalf of the yearbook staff, and the group ran a game of yearbook jeopardy during the workshop.

Tinnon is excited for the future of the yearbook. "We are so looking forward to this year. The staff I have now is even better and more knowledgeable than last year's staff, and we are so excited to get this book underway," stated Tinnon.

Amulet co-editor Jessie Foster, who attended the Yearbook Workshop 2003, is ready to work hard to make the 2002/2003 *Amulet* a success. She said, "We really have our work cut out for us this year because, in my opinion, last year's yearbook was awesome!"

Let the games begin... King and Queen reign over Mole Day festivities



The annual mole day extravaganza took place on October 23, 2002. The festivities began with the commencement breakfast at Hammers at 6:02 a.m. where the Mole king, junio Mike Ding, and the Mole queen, junior Emily Lieshiedt were crowned.

Decker brings new ideas, revamps old program

By Katie Sheldon

Prevention Coordinator Stephanie Decker was a very curious little girl at a very young age. When she was little, she would roam the halls of Zeller Mental Hospital, where her mother worked.

Decker was hired for the 2002/2003 school year this summer after former prevention coordinator Sheila Stewart resigned. "I like being the new prevention coordinator because it is very full of life and full of potential. Plus, there are really good students here."

Decker first started her love of counseling people at home.

"My mother was a counselor. My whole life my mom has been in social services, so she inspired me."

Decker started her schooling for psychology in the halls of North East Missouri State University. All of the students at Limestone know this school for the name of Truman University. "After my four years at NESU, I went to Bradley," said Decker.

After she finished college, Decker became a child and family therapist. "I knew I wanted to get into counseling when I was in college. I worked in a women's shelter and that is

when I knew I wanted to help people," explained Decker.

After her work in child and family therapy, Decker realized that she wanted to work in the schools. "I really enjoy working with teens, and I saw it as a great opportunity to do a lot of things."

Decker had many teaching jobs before she came to Limestone. Before becoming a Rocket, she worked at Washington Gifted, Lindberg Grade School, and Bartonville Grade School. At the end of the year at Bartonville, Decker was hired by Peoria Alternative at the YMCA. "I worked at Peoria

Alternative full-time, and I really loved working with the students there. I really enjoyed that job a lot."

After jumping from school to school, Decker then found herself applying to work at Limestone Community High School. From Peoria Alternative to the halls of Limestone High School, students can now see Decker in Room 14.

For information on Snowball, see Mrs. Decker in Room 14 during the school day.

& up coming

November 2002

- November 1** Stompin' at the Savoy- Cafeteria
- November 2** PLAN test- Cafeteria (7:30am-11:30am)
- November 5** Board Meeting- Board Room (7:00pm)
- November 6** Fall play Preview- Auditorium (all class hours)
- November 8** End of the Grading Period
Blood Drive- Auxiliary Gym
Fall Play- Auditorium (7:30 pm)
- November 9** Fall Play- Auditorium (7:30 pm)
- November 10** Bartonville Veterans- Auditorium (2:00 pm)
- November 13** Femmes Unir- Library (7:00 pm)
- November 14** Bands of America- Indianapolis
Financial Aid Meeting- Cafeteria (7:00 pm)
- November 15** Arts in our Park- Foyer
Bands of America- Indianapolis
- November 16** Bands of America- Indianapolis
- November 18** Mock Trial- Auditorium
Band Boosters Meeting- Library (7:00 pm)
- 1st hour door contribution- Student Council
- November 19** 1st hour door contribution- Student Council
- November 20** 1st hour door contribution- Student Council
- November 21** Junior Alums- All day
1st hour door contribution- Student Council
- November 22** Winter Sports Assembly- Gym
Snowball- School (6:00 pm- 6:00pm)
1st hour door contribution- Student Council
- November 23** Snowball- School (6:00pm- 6:00pm)
- November 27** No School- Teacher's Institute
- November 28** No School- Thanksgiving Holiday
- November 29** No School- Thanksgiving Holiday

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Supporting Players "act" out to teach prevention

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Limestone defeats Washington

Writer's Block: A creative outlet for LCHS

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Opinion Poll

“What was your favorite homecoming experience?”



“When the waitress at Alexanders asked Brad Wright how he wanted his steak cooked, he said he didn't know because his mom always did it for him.”

- Sophomore Ashley Pumphery



“It was a very special moment of getting together with friends.”

Sophomore Andrew Capati



“In the parade, we were singing the snowball monkey song, and somebody tripped on the sign.”

- Freshman Mackenzie Jones



“The second night of the variety show, Brian Jordan fell, and the people performing the show thought that he was hurt. But when they found out that he wasn't hurt, they couldn't perform for five minutes because they were laughing too hard.”

- Senior Becky Mooney

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 every month. The *Limelight* editor reserves

the right to reject letters which may be viewed as controversial or are in conflict with the *Limelight* Editorial Policy. Submissions may be turned into Room 212, or they can be emailed at: limelight@limestone.k12.il.us

By Ryan Linsley

Americans will always debate gun control and any other issue that could harm people. Some people were afraid to fly after September 11, but people rarely talk about the danger of driving. Cars can be very dangerous, too.

It seems lately a lot of Limestone students have been getting in car accidents. When incidents like this happen, people want an answer of why, but there really is none. It is just that sometimes bad things beyond our control happen, and we are left to wonder why.

There is no one factor that we can fix that can solve this problem. There are actions we can take to help. I am not rallying to modify driver's education because I do not think that any changes would help that much. An instructor

can only train these future drivers so much. They (drivers) have to face the challenge of driving on their own.

Some people think that we can protect everyone by not allowing new drivers to get a license until they are 18 or until they graduate high school. I find that an interesting proposal. The state is happy they earned a high school diploma, so the students get their driver's licenses.

The most important factor in driving, in my mind anyway, is being responsible. Age is just a number. We do not wake up on our sixteenth birthday with anymore knowledge or concept of responsibility than we possessed at fifteen. There are some twelve year olds that are more responsible than some eighteen year olds. Driving is about making decisions quickly and effectively. We must be

able to take responsibility for our actions.

The objective I think that most needs to be changed is the teenagers' mind set. When they are young, people tend to think they are invincible. They think nothing can hurt them and that cars are just really expensive toys. They want to see how fast they can go and how quickly they can stop.

I have no problem with that. If they enjoy racing and working on cars, more power to them. They just need to do this where innocent people cannot get hurt. Everybody is human; it only takes one bad decision to end everything. Nobody lives forever.

I just hope everybody drives responsibly and remembers he has the power to hurt an innocent person if he does not pay attention to what he is doing. Nobody is invincible.

Limelight Editorial Policy

The *Limelight* is the student newspaper at Limestone Community High School. It is a laboratory for journalism students designed to serve the total school community.

As a liberator, the newspaper provides staff members with independent writing opportunities and individual evaluation. Writing is based on a wide variety of research for a broad and often critical audience. The experience demands responsibility and cooperation.

Business skills are learned through the needs to sell advertising and to remain financially solvent.

While the newspaper is responsible to the Board and subject to state and federal laws, contents reflecting student thinking is not necessarily in agreement with administrative policy. An understanding of administrative policy should be reflected in articles relating to it.

The primary audience for the newspaper is the student body at Limestone Community High School. However, the staff recognizes that the paper is read by and must speak to the faculty, to the administrators, to the parents, and to the community as a whole.

The first function of the newspaper in serving the audience is to accurately and factually report significant aspects of school life and subjects of interest and concern to the readers. Due to the fact that straight news stories are based on fact and should be unbiased, they may not be signed.

The *Limelight* should stimulate thinking and provide leadership for the school. As an independent observer, the newspaper should use its unique access to a new and broad perspective to lead the school community toward constructive accomplishment. Editorial comments reflect the

thinking of the editorial board and are not signed. Reviews and opinion columns by individuals must carry by-lines.

The *Limelight* provides its readers with a public forum; students, faculty, administrators, parents, and others in the school community are encouraged to react to material printed through signed letters or articles.

Names will sometimes be withheld from publication for a good cause. Outside contributors are subject to the usual restrictions of libel, defamation, slander, and obscenity and must conform to newspaper policy.

The newspaper need not agree with or endorse the contents of outside contributions. Contributions may be rejected if considered unsuitable. Any questions to this policy should be directed towards the newspaper advisor and/or the editors.



The *Limelight* is the student newspaper of Limestone Community High School. It is published monthly by journalism and media methods students. The *Limelight* is a member of the Quill and Scroll, National Scholastic Press Association, and Illinois High School Scholastic Press Association. Students are responsible for the content of the *Limelight*. Views represented do not necessarily represent, in part or in whole, those of the Limestone Community High School administration or faculty. Editorial policy is determined by the Editorial Board of the *Limelight*, and views expressed in editorials are those of the majority of the editorial board. Columns that carry bylines are the opinion of the author and do not necessarily represent that of the *Limelight*. The paper is distributed free to students and staff. Subscriptions are available by mail anywhere in the US for \$5 per school year. Address: Limestone Community High School, 4201 S. Airport Rd., Bartonville, IL 61607. Telephone: (309) 697-6271, ext. 106. Reach us on the Internet at: <http://limestone.k12.il.us>. Email: limelight@limestone.k12.il.us. Printed by P & P Press, Peoria, IL.

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Reporters: Liz Brignall, Ryan Linsley, AJ Lund, Kathleen Sheldon, Jake Stewart, Tara Turner, Jerry Turpin, Casey Verkler;

Graphic Artist: Jerry Turpin **Photographer:** Ian Look

Student Business Advisor: Kathleen Sheldon, Casey Verkler;

Business Advisor: Jill Warren **Advisor:** Roni Oleson



NewsNotes

Tech-Prep student of the month named

Senior Jennifer Gross has been recognized as October's Tech-Prep Student of the Month. She was nominated by the Business Department.

For her her efforts, Gross will be awarded a savings bond, and her picture will be featured in the *Limestone Independent News*.

Academic student of the month named

Senior Anna Aaron has been recognized as October's Academic Student of the Month.

For her efforts in the classroom, Aaron will be awarded a savings bond, and her picture will be featured in the *Limestone Independent News*.

Madrigal ticket sales

Madrigal tickets go on sale Sunday, November 3, 2002. The cost is \$25.00 per ticket.

The Madrigal dinner will be held Thursday, December 12 through Sunday, December 15.

Tickets sell out, so make sure you are there and able to purchase the tickets you want.

LCHS to host college financial aid meeting

The Limestone Guidance Department will be providing a financial aid meeting on November 14 at 7:00 p.m. in the high school library.

This meeting will be offering helpful information no parents or college-bound students would want to miss.

LCHS graduate receives award

Limestone graduate Jim Thome received the 2002 Roberto Clemente Award. The award is for his outstanding play and work within the community.

John Hancock, the sponsor of the award, will donate \$25,000 to the Steve Palermo Chapter of the National Paralysis Center in Leawood, Kansas, in the name of Thome's nephew, junior Brandon Thome.

Students recognized for academic success

The following students were recognized for academic excellence at the Scholars Recognition Night held Wednesday, October 30 at 7:00 p.m. in the LCHS auditorium.

Seniors

Anna Aaron, Marcus-Allen Barlow, Natalie Blunier, Elizabeth Brignall, Ryan Brunsman, Edwin Burnette III, Brandon Calder, Justin Closen, Lane Dieckow, Danielle Duhs, Noah Durham, Michelle Emerick, Patrick Faggett, Kyle Flessner, Christine Florey, Jessica Foster, Keli Foster, Molly Friling, Brett Gann, David Grindle, Jennifer Gross, Bridget Heitman, Colleen Johnson, Jeff Johnson, Nikki Jones, Brian Karl, Tera Kohlbuss, Patrick Kohlmeier, Emily Lenart, Lizbeth Lenart, Stephanie Markle, Kimberly Martin, Michael McLaughlin, Andrew Mercer, Mark Miller, Rebecca Mooney, Jacquelyn Nelson, Angel Pederson-Davis, Kristina Phillips, Heather Post, Adam Quine, Scott Reader, Angela Rendleman, Ashley

Salm, Adam Smith, Jonathon Stegner, Alicia Thomason, Anthony Thomason, Stephanie Tigue, Rachel Traxler, Roland Tung, Laura Varichak, Angela Vollmer, Jeffrey Wendling, John Wikoff, Kellie Wood;

Juniors

Kathleen Atwell, Brooke Barnabe, Leslie Bazhenow, Amy Borland, Elizabeth Brodt, Wesley Burke, Jeremy Carter, Timber Clemons, Megan Daxenbichler, Michael Ding, Wade Dooley, Paige Ensinger, Michael Flatt, Jennifer Griffin, Courtney Hampton, Gil Harmon, Adam Heien, Kelsy Jones, Elizabeth Lappin, Ryan Linsley, Kristin Lofthouse, Cala Lohman, Courtney Lowe, Michael Lucas, Ryan Lucas, Dane Marcussen, Shane McSimov, Kiley Moore, Christina Moran, Tyler Mullen, Scott Mulvain, Jessica Nelson, Tara Neltner, Adam Niedermeier, Ryan Oedewaldt, Chelsey Otten, Robert Pierce, Amanda Purdum, Monica Rager, Derrick Rasbury, Ashley Risius, Eric Roberts, Tiffany Robertson, Matthew Rupert, Holly Sanders, James Sellers,

Emily Shaw, Gary Shields, Katherine Sholty, Christopher Simmons, Jennifer Sprowls, Kristen Stoens, Michelle Stoller, Nicholas Swanson, Sara Swanson, Diana Taylor, Robert Terlesky, Jr., Brice Turner, Nicole Turner, Daniel Vernon, Rachel Williams, Joshua Wright

Sophomores

Nathan Applegren, Michala Atkinson, Emily Ayres, Rachael Barlow, Barbara Berg, Kimberly Brooks, Jessica Brosmer, Sahra Campen, Keith Corpus, Allison Cranford, Brittany Crichton, Lisa Faulkner, Tyler Flessner, Christine Grosse, Nathan Heiser, Andrea Hess, Ashton Hirst, Kayla Innis, Courtney Jackson, Tiffany Jarbo, Sara Ketcherside, Kayleigh Kluesner, Stefani Koeppel, Andrew Lauterbach, Andrew Lund, Robert Markle, Leslie McElhiney, Adam Monroe, Alex Motsinger, Joseph Mott, Wesley Murphy, Lindsey Otten, Ashley Pumphrey, Stephanie Redmon, Matthew Reynolds, Amanda Ross, Brian Scheffler, Lacelynn Seibel, Zachary Stein, Stephanie Taylor, Tara Turner, Richard Velde, William Zilch

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JOBS THAT MATTER

The ABC's to Phobias:

abutophobia: fear of bathing
 acousticophobia: fear of noise
 acrophobia: fear of heights
 aektorophobia: fear of chickens
 agoraphobia: fear of open spaces
 aichmophobia: fear of needles
 ailurophobia: fear of cats
 allodoxaphobia: fear of opinions
 amaxophobia: fear of riding in a car
 anemophobia: fear of wind
 arachibutyrophobia: fear of peanut butter sticking to the roof of mouth
 arachnophobia: fear of spiders
 ataxophobia: fear of untidiness
 atelophobia: fear of imperfection
 atychiphobia: fear of failure
 automatonophobia: fear of ventriloquist dummies, wax statues
 cacophobia: fear of ugliness
 chionophobia: fear of snow
 chronomentrophobia: fear of clocks
 claustrophobia: fear of confined spaces
 coimetrophobia: fear of cemeteries
 coulrophobia: fear of clowns
 decidophobia: fear of making decisions
 dentophobia: fear of dentists
 domatophobia: fear of houses
 doraphobia: fear of animal fur or skins
 dromophobia: fear of crossing streets
 eisotrophobia: fear of mirrors
 electrophobia: fear of electricity
 emetophobia: fear of vomiting

Phobia: exaggerated and inexplicable fear

What you need to know about your phobias

By Liz Brignall

*Little Miss Muffet
Sat on a Tuffet,
Eating her curds and whey;
Along came a spider,
That sat down beside her,
And frightened Miss Muffet away.*

Many people react the same way because, just like Miss Muffet, many people suffer from the fear of spiders, otherwise known as arachnophobia. Phobias taunt more than fifty million Americans, with the majority being women. The most reasonable explanation

for this is that without cases, statistics cannot exist, and women are more likely to admit their problems to receive help. People may believe they are suffering from a phobia, but the person may actually have an obsessive-compulsive disorder or post-traumatic stress. These problems may get worse without treatment, and only doctors can properly diagnose each condition.

Phobias are categorized into three groups: social phobias, panic disorders, and specific phobias. A person may suffer from a social phobia, if he feels a paralyzing fear at the prospect of social or professional encounters. Someone that is blind-sided periodically by overwhelming fear for no

apparent reason may suffer from a panic disorder. Specific phobias are the most common, such as the fear of snakes, enclosed spaces, and flying. Because specific phobias are the easiest to understand, they are also the most curable.

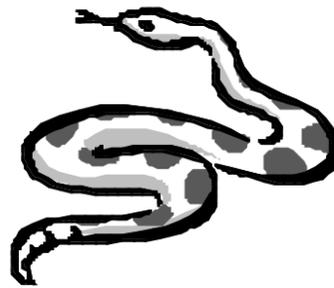
According to a 2001 issue of *Time* magazine, researchers believe phobias are genetically inherited. Phobic parents influence their children's phobias, but phobias may also be triggered by childhood trauma or second-hand fears. Experiencing a traumatic event or watching someone experience one can cause the brain to register the object as a threat. A person trying to eliminate a phobia should never avoid the object.

Specific phobias branch off into four sub-categories: fear of insects or animals, fear of natural environment, fear of blood or injury, and fear of dangerous situations. Specific phobias may be treated by visiting a clinic for a few days. During the session, the patient will be exposed to his fear. A magazine photo of the phobia is shown to the patient, then is replaced by a graphic photo, and then the actual phobia will be placed in front of the patient. A therapist will use this method of treat-

ment at the patient's progress because too much can be bad. Gradually, the patient will learn to cope with the phobia. According to psychologist Steven Phillipson, "Just as people become habituated to the noise of traffic or background chatter, so too can phobics become non-responsive to the thing that once frightened them." Virtual reality programs are sometimes used to help treat phobics with fears of flying and heights.

According to a 2001 issue of *Time* magazine, social phobias affect more than thirty-five million Americans. Pounding heart, weak knees, sweating, trembling, and nausea are some symptoms a person with a social phobia may experience. Depression and alcoholism may occur if a patient avoids or isolates himself from the phobia. A successful twelve day treatment of cognitive-behavior therapy will cure a social phobic. The patient is exposed to his fear and learns to cope

with it. Because others can relate to a particular phobia, therapists recommend phobics to do group therapy. If therapy does not work, drugs such as Paxil and Prozac can help make patients feel well enough and relaxed to try therapy.



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"For some people, even the house becomes too big. They may limit their world to just a few rooms."

-Dean McKay

.....
 A person with the third type of phobia, or panic disorder, will have unpredictable attacks, unlike a social phobic. If a person experiences a panic attack with a certain place, then he will remember that place and try to avoid it. This will continue to worsen without treatment, until there is no place left the person has not had an attack. Agoraphobia will occur when the only place available for a sufferer is his own home. According to Fordham University psychologist professor Dean McKay, "For some people, even the house becomes too big. They may limit their world to just a few rooms." Cognitive-behavioral therapy and medications may be used to treat patients with agoraphobia. Individual therapy once a week for ten to twelve weeks is the best treatment for agoraphobics.

Instead of running away from a spider like Little Miss Muffet, next time think of the spider as a harmless arachnid. Do not avoid the situation by running away. According to David H. Barlow, director of the Center for Anxiety and Related Disorders at Boston University, "The things you do to reduce anxiety just make it worse."

Teen Perspective: What are you afraid of?

"I'm afraid of drowning."

-Sophomore Luke Rosenbohm

"I'm scared of death."

-Sophomore Stephanie Taylor

"I'm afraid of clowns."

-Sophomore Nicole Waag

"I'm afraid of choking."

-Sophomore Ashley Pumphrey

"Definitely afraid of spiders."

-Junior Alyssa Ricca

"Going under a bridge when a train is going over it."

-Junior Matt Routt

"Carnees. Carnival folk...small hands. Smell like cabbage."

-Junior Dan Vernon

"I'm not afraid of nothing."

-Senior Brett Jones

of a particular object or class of objects

ARE YOU PHOBIC?

Take this quiz to find out.

Yes or No?
Do you...

...Have a persistent and excessive fear of an object or situation, such as flying, heights, animals, blood, or being in public place from which there is no escape?

...Experience symptoms, including pounding heart, trembling, shortness of breath,

lightheadedness, weak knees, dry mouth, feelings of unreality, feelings that you may go crazy or die when you think of or encounter the object or situation you fear?



...Fear that you will be judged or will humiliate yourself socially?

...Fear traveling without a companion?

...Fear that people will notice that you are blushing, sweating, trembling, or showing other signs of anxiety?

...Have an excessive and ongoing fear of social situations, such as going to the mall, the movies, or a restaurant?

...Take elaborate, excessive steps to avoid the object or situation you fear?



...Find that your fears or your reactions to them have interfered with your ability to function at home, professionally, or socially?

If you answered yes to these questions, contact your health-care provider. A phobia is hard to bear but is treatable.

Adapted from *Diagnostic and Statistical Manual of Mental Disorders*, American Psychiatric Association.

enochlophobia: fear of crowds
 entomophobia: fear of insects
 eosophobia: fear of dawn or daylight
 eremophobia: fear of being oneself
 glossophobia: fear of speaking in public
 hemophobia: fear of blood
 hydrophobia: fear of water
 iatrophobia: fear of doctors
 kathisophobia: fear of sitting down
 koniophobia: fear of dust
 kopophobia: fear of fatigue
 leukophobia: fear of the color white
 logophobia: fear of words
 misophobia: fear of dirt or germs
 necrophobia: fear of death
 noctiphobia: fear of night
 nomatophobia: fear of names
 noscomephobia: fear of hospitals
 numerophobia: fear of numbers
 odynophobia: fear of pain
 ohpidiophobia: fear of snakes
 oikophobia: fear of home
 ombrophobia: fear of rain
 ornithophobia: fear of birds
 pediophobia: fear of dolls
 phalacrophia: fear of going bald
 pteromerhanophobia: fear of flying
 pupaphobia: fear of puppets
 samhainophobia: fear of Halloween
 tonitrophobia: fear of thunder
 trikaidekaphobia: fear of the number 13
 trypanophobia: fear of injections



Design By Jerry Turpin

Faculty welcomes new faces to hallways of Limestone



Name: Kelly Jo Funke

Position: LCHS Principal

Birthday: September 27

College Attended:

Augustana College, Bradley University, Western Illinois University

Favorite Quote: "The education of man is never completed until he dies."
-Robert E. Lee

Favorite Food: Ice cream, chocolate

Biggest Accomplishment: Marriage, Family, and two great daughters- Megan (10) and Sarah (7 1/2)



Name: Robert Fitch

Position: English/ Speech teacher

Birthday: February 5th

College Attended: Bradley University

Extra-curricular Activities: Speech Team coach and Assistant Soccer coach

Favorite Quote: "Laughter is the hand of God on the shoulder of a troubled world."

Favorite Food: Peach Pie

Biggest Accomplishment: "This morning I woke up."

Foreign exchange students start new life at Limestone

By Casey Verkler

Remember the fright you had when leaving the life you knew in grade school to come to Limestone for the first day of school? Imagine the fright associated with not only leaving the life you once knew but with leaving the country as well.

Senior Suvi Kankaanpaa and sophomore Mioko Nagase journeyed to Limestone this fall. "I had a very warm welcoming," Kankaanpaa stated. "Kendal Moon helped me get acquainted with the school." Nagase also had a positive experience with the students; she felt that Limestone students were very friendly and open.

When asked to compare Limestone to the schools they once had known, their educational backgrounds differed. "The rules and regulations at Limestone are much stricter," explained Kankaanpaa. "Back home, there is no dress code and passes are not needed to roam the halls. Lunch food was free, but the food quantity and quality was similar to what Limestone offers."

Nagase summarized her views on Limestone in one word, "Awesome! My old school was an all girl school, so I enjoy having the company here."

Both students agreed that they are very happy with the classes offered at Limestone as opposed to the classes they were offered in their country. When asked to describe a normal school day in Finland, Kankaanpaa explained that the school day varied each day of the week. For example, on Mondays she went to school from 8:00 a.m. to 5:00 p.m. but then only had to go to school on Tuesdays from 10:00 a.m. to 12:00 noon.

"We had a student lounge where there were several televisions, VCRs, PlayStations, a snack bar, pool tables, and couches. We spent some time in there," Kankaanpaa said with a smile. Plus, "in Finland, we have no football team that is associated with school. All sports are played outside of school, usually for a nonprofit organization. So I enjoy the different games here at Limestone."

For Nagase, Limestone isn't that much different from her old school. She described her school as being comparable to Limestone in size and hours per week.

Not every student has the capability to pick up and finish their education on the other side of the world, but these two students are doing a fine job.

Healthy living leads to happy heart Snowball encourages leadership, healthy choices

By Katie Sheldon

What are you doing from 6:00 p.m. on Friday November 22nd until 6:00 p.m. on Saturday November 23rd? Hopefully you are making plans for you and your friends to attend Snowball 2002-2003.

For those of you students who do not know, Snowball is going to be different this year. It is a new year with a new prevention coordinator, so several components in this year's Snowball have been revamped. The student prevention staff has a whole new set of warm bodies and ideas.

Everything that Snowball was about before has totally been eliminated. The topics that are going to be discussed at this year's Snowball are unlike any topics that have ever been discussed before. While some of these topics are the same routine subjects, some are not every day discussions, such as "communication, peer pressure, relationships, depression, drug and alcohol awareness, and friendship building," said

student prevention coordinator Mrs. Stephanie Decker.

Many students want to know why they should go to Snowball? Snowball is a positive learning experience. According to Decker, "Snowball helps high school students learn to make healthy life choices."

Who can go to Snowball? Anyone in high school can sign up to attend. "We invite all of the people that have been involved with Snowball before and hope to see many old and new faces," said Decker.

.....
"Snowball helps high school students learn how to make healthy life choices. The key to this year's snowball is to have quality not quantity."

- Stephanie Decker

.....

Finally, what is going to be so different about it than years before? Well, for starters, the prevention staff is not going to pack twenty-five different events into one night. The staff is going to spend time and effort with their individual small groups to get to know one another. Plus, participants will not be able to pick out the staff from the students. The staff is only there to keep everything organized, that way everyone can discuss on an equal level.

The prevention staff board, consisting of senior Michelle Emerick, senior Brett Gann, senior Shannon Pumphrey, and senior Jeff Wendling, has been working a great deal on this year's future Snowball.

The main goal of teen staff, at least what Decker is hoping for, is to have a great learning experience and to make Snowball a lot of fun.

Registration will be available from the Teen Staff Student Prevention team, or any interested student may see Mrs. Decker in Room fourteen.

Up Close and Personal featuring Jayma VonBehren

By Tara Turner

When most high school kids imagine what they do in their free time, a few choice words come to mind: TV, food, shopping, etc. When senior Jayma VonBehren thinks of free time, it is a little more challenging than that because she has next to none. Whether she is trying to balance a volleyball game with a cross country meet or just running to stay in shape, it is amazing that VonBehren has time for anything else. But she does: she is also a Madrigal singer, a member of the track team, a cast member of the spring musical, and devoted to her newest hobby- road races.

Running seems to be a family affair. She and her sister have currently taken up road racing. VonBehren just recently won 2nd place in her age division for a 15K run. She has been running, however, for a long time. "My dad first got me started in running when I was little," she said. She ran in grade school and her first two years in high school just to have something to do.

Her father has played a very important role in her running career. He coached her when she was younger and is at every

meet, cheering her on. She loves running so much that she tries to make it a point to run three miles everyday.

With all that she does, her coaches even have to make a special schedule for her. Volleyball and cross country happen to both be fall sports, so she tries to use her talents in cross country as often as possible. Volleyball is a main priority, though. "I have played volleyball since I was in 5th grade and have always enjoyed it."

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"I believe that if I were not in all of these activities, I would be up to no good. I would come home after school and have nothing to do."

-Jayma VonBehren

.....

Sports are not her only concern. She is also very active in the fine arts. This is her second year of being a Madrigal/Show Choir performer. "Madrigals has always been something I have always wanted to do ever since I saw my other sisters involved in the Madrigal. As

for show choir, it was just an "added bonus," explained VonBehren.

Spring is almost as busy as fall. Yet again, her two major activities conflict, the spring musical and track, conflict. "Mr. Gross (track coach) is understanding and lets me join two to three weeks late."

There is also show choir (which has been changed to jazz choir) practices and performances. VonBehren explained, "I believe that if I were not in all of these activities, I would be up to no good. I would come home after school and have nothing to do."

VonBehren takes her job as both a good student and a good athlete seriously. Most importantly, everything she has done has been a major learning experience for her. She said, "I love everything I am involved in, and it keeps me busy. Teachers and other adults constantly say to stay involved and teenagers laugh at them, but the truth is that if we don't, we find other things that aren't as constructive to keep us busy. All of the activities I am involved in educate me and help me mature in many ways."

Variety Show 2002: You had to be there

By Jake Stewart

As a freshman, I was excited to go to my first variety show, and I think it was definitely worth showing up for.

The freshman had a skit I can't believe was even approved, but then again, isn't that typical of the freshman class. Their act was a mess, and the only funny part was the mock act of the Mellow Yellow commercial, in which Adam Underwood was in a dress and Donny Myers was the guy who ripped his pants.

The sophomore skit was better though. It had Toby Thomason as Stuart from Mad T.V., and it was more of a skit than the freshman flop.

The juniors, who won first place, had an act, which for me was a gag and also very clever because they had an E! on location with "Brooke Burke" (Tierney Modglin) showing us what prize you got if you won a contest. The best was Ryan Linsley as Coach Peacock and Brian Beach as his dad.

The seniors, who were also invited back to perform Friday night, had an alright skit, but it wasn't that funny. The only funny part was the "coach" played by Andrew Bender.

The filler acts, which were my favorite part of the show, were great also. First place winner junior Kiley Moore sang an Alanis Morissette song called

"Uninvited," which was a very strong performance. Senior Becky Mooney sang "At Last" by Billie Holiday. That was also a great performance. Sophomore Stephanie Taylor had a nice voice, but she sang different songs, and it got way too confusing way too quickly.

The final performer, Josh Hedden, sang "I" by Cold. This was my favorite song the whole night. It was a little depressing, but I think that was the feeling he wanted.

After all, my first variety show experience was good even if it did have a few minor setbacks.

Writer's Block

Featuring Jon Van

Senior Jon Van has had some trouble in his life, but he has found that life always works out in the end. He wrote this poem "Gone" while he was depressed, hoping that he would be able to get himself out of his mood at that moment. Van said, "No matter how bad life may be at one point, everything looks up eventually."



Gone

RELAX.... I'm here I'm yours
Decaying in this bleach
Dying I'm dead been laying here for weeks
How does it feel to know I'm not there?
I know how it feels when nobody cares
Forgotten, alone nobody gives a sh**
That's why I'm gone and this is the end.

By Jon Van

tastebudz

with
TARA TURNER
and
CASEY VERKLER

With Halloween just around the corner, we decided to keep with the theme of all the ghosts and goblins and other spooky treats we associate with October. Even though we are adults now (we are sophomores), trick-or-treating is still pretty cool. What can be better than a night when you receive free candy?!

We found an interesting poll on msn.com that listed the top ten candies. The list gave names of some pretty yummy treats, but we did not always agree. Listed below are our favorites, plus those favorites of msn.com.

Have a safe and happy Halloween! Beware of the tummy aches and rotted teeth!!

Tara's Favorite Halloween Candy

1. Reese's Peanut Butter Cups
2. Blow Pops
3. Twizzlers
4. Sour Punch Straws
5. Everlasting Gobstoppers
6. Dum Dum Suckers
7. M&Ms
8. ButterfingerBars
9. Pixie Stix
10. Almond Joy

Casey's Favorite Halloween Candy

1. Snicker Bar
2. Twix
3. Mars
4. Hershey's
5. Pixie Stix
6. Reese's Peanut Butter Cups
7. Crunch Bars
8. M&Ms
9. Butterfinger Bars
10. Tootsie Rolls

Msn.com's favorite Halloween Candy

1. M&Ms
2. Snicker Bars
3. Skittles
4. Peanut M&Ms
5. Reeses Peanut Butter Cups
6. Blow pops
7. Tootsie Rolls
8. Dum Dum Suckers
9. Mars Bars
10. Twix Bars

Attention All Students

Are you a writer? Have you ever wanted to see your name in print? Have you ever wanted to brag that you had one of your creations printed in a newspaper?

Now is your chance to be published!

Submit an original poem or short story to Mrs. Oleson in Room 31. Articles must be school appropriate and must be the original work of the student.

See Mrs. Oleson today so you can have your chance to be printed in the *Limelight* today!

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LCHS thespians present Alcott's Little Women November 8 & 9



The LCHS theatre department will present its latest play *Little Women* on November 8th and 9th. Above: Anna Aaron, Angie Rendleman, and Kiley Moore act out a scene from the play.

Sports Shorts

By Ryan Linsley

Limestone inducts three new members into Hall of Fame

Three new members were inducted into the Limestone Athletic Hall of Fame, which originated in 1987. Scott Behrends was a three-year all-conference basketball player. In 1989, his senior year, he averaged 18.1 points per game and led Limestone to the sectional Championship game.

Julie Getz-Harris graduated in 1981 and was a three-year all-conference basketball player. She earned state tournament second team in 1979 when the Lady Rockets advanced to the state tournament. Getz-Harris is in the Top Ten in career assists and points.

Shelly Lane was a two-year all-conference basketball player and three-year all-conference softball player. She pitched a perfect game and recorded 19 strikeouts in that game.

Limestone finishes 14th in golf regional at Kellogg Golf Course

Limestone competed in the golf regional at Kellogg Golf Course (par 72). All Mid-Illini, Mid-State 6, Bloomington, and Galesburg were in the tournament. The top four teams and top eight individuals of schools not in the top four advanced to the Pekin Sectional held at Lick Creek. Bloomington finished first, shooting a 297. They were followed by Notre Dame, Galesburg, and Richwoods.

Limestone finished 14 overall. Robbie Terleskey led the way with a 88. Steve Blahnik, 90; Noah Durham, 91; and Travis Dixon, 93, finished out the Limestone foursome.

Volleyball serves one up



The Limestone volleyball team is 6-7 in conference after defeating IVC at home on October 22 (pictured above). The win improved the Rockets to 15-13 overall.

Ashton Swearingen and Kim Martin are tied for third in the Mid-Illini Conference in blocks. Both are averaging 1.1 per game. Ashley Thome is fourth in assists. She is averaging 5.4 per game.

Congratulations to senior captain and setter, Colleen Johnson, for being named a Journal Star scholar athlete.

Varsity beats Washington, ends losing streak



The Limestone football team got their biggest win of the season. They beat a tough Washington team, 39-36, at Babcock Field in Washington. Limestone ended a 11 game losing streak to Washington. The loss puts Washington in jeopardy of missing the playoffs

for the first time in five years. Brandon Rodgers completed 19 of 33 passes for 337 yards. Matt Sage had nine of those catches and 237 receiving yards. Sage caught five touchdowns.

Limestone now has a record of 3-5 overall and 3-4 in the Mid-

Illini conference. Limestone has road victories over East Peoria, Illinois Valley Central, and Washington. They have lost to LaSalle-Peru, Metamora, Canton, Dunlap, and Morton on Homecoming. Limestone finishes the season at home against Woodruff on October 25.

L A I D L A W

LEROY WOFFORD
Branch Manager

L A I D L A W T R A N S I T , I N C .
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