

Limelight

Spreading a little cheer Spanish students help with Bebe Feliz



Spanish teacher Dorothy Strickler and seniors Tom Murray, Janice Carlson, Kayla Innis, and Brad Kehl bring holiday cheer to families.

By Megan Wendland

Around the holidays, everyone wants to do his or her share of helping others. When the opportunity presents itself, all people want to be able to say that they made the season a little better for someone who deserved it. Spanish teacher Dorothy Strickler's classes were presented with an opportunity to help give needy families a little Christmas spirit.

Former Limestone student Lindsey Wassell, who graduated with the class of 2000 and is also the daughter of former teacher Gordon Wassell, contacted Strickler, as well as the Spanish teachers of other area high schools.

Many Hispanic families were going to be taking part in the Christmas festivities at the Children's Home Foundation on Knoxville in Peoria. Wassell wondered if the students in the Spanish classes would be willing to help at the Bebe Feliz program.

To kick off Limestone helping with the program, Strickler asked the students in the Spanish classes to bring in canned food to take on the day of the holiday party. A great deal of food was brought in to contribute to the cause.

Strickler said, "I thought about awarding extra credit for bringing in canned goods, but I decided that I would rather they did it because they wanted to."

After they began collecting food, Strickler told the students that if they wanted, they could go along to the Children's Home to help with the party. Those who attended were junior Tricia Lofthouse, junior Whitney Maher, junior Lauren Martin, senior Brad Kehl, senior Kayla Innis, senior Tom Murray, and senior Janice Carlson.

On December 9, 2004, the students from Woodruff, Washington, and Limestone traveled to the Children's Home. They greeted and talked with the families as they came in. They also

carried food for the families. The students and teachers sorted all of the canned goods that were donated into baskets for the families to take home. Also, each family got a blanket, which the students helped to distribute.

About twenty families got to attend the party. Also, the children were given the opportunity to see Santa and have their pictures taken on his lap.

"I was glad that my students had an opportunity to use their Spanish in 'real life.'"

-Spanish teacher, Dorothy Strickler...

Strickler said, "Janice Carlson actually got to hold one of the families' babies and got to talk with the mother."

In recognition for their generosity, Brigette Grant,

the Vice President of Development at the Children's Home Foundation, sent Strickler a letter in the week following the Bebe Feliz Party. In the letter, she stated how thankful the people at the Children's Home were for the love and support given to the families. She made sure that Strickler knew that the party was made more enjoyable with the support and that she should be proud of herself and the students for their effort.

Grant also mentioned in the letter that the funding for the Bebe Feliz program ended in 2004. They hope that with the help of people of the community they can continue to work with the families.

The Children's Home Association of Illinois was set up to create a healthy community in which children and families come first. It was first set up in 1866 by a group of women who met at the First Universalist Church. Over the years, it has grown into a program known throughout the state for their contributions and has a budget of \$18 million and a staff of over 400 people. They can be recognized for their efforts in helping with live-in care and treatment, special education, and family services.

Strickler said, "I was glad that my students enjoyed meeting the families and their children and speaking Spanish."

It is unbelievable how much something small such as a canned food drive in Spanish class can warm the holidays for so many families. If anyone is interested in or has ideas on how to help the families who value the support, Grant can be contacted at 685-1047 at the Children's Home Foundation at 2130 North Knoxville, Peoria, IL 61603.

& up coming February 2005

- February 1**
-Building Committee & Finance Committee Meeting
- February 2**
-Mid Nine Weeks
- February 5**
-D-Hall-Café-9:00AM- Noon
-IHSA Speech Regional- TBA
- February 6**
-Board Of Education Meeting-Board Room- 7:00PM
- February 9**
-Femmes Unir Mtg-Library- 6:00PM
- February 10**
-School Improvement Day- Early Dismissal@ 11:15 AM
- February 11**
-Senior Cap/Gown Order
- February 12**
-D-Hall-Café-9:00 AM - Noon
-IHSA Speech Sectional
- February 13**
-Winter Band Concert- Auditorium-2 PM
-Student Council Teeter-Totter-A-Thon at Northwoods Mall 12-5 PM
- February 16**
-Grade School Band/Choir Tours
- February 17**
-Easter Seals Kickoff Assembly
- February 18**
-IHSA State Speech Tournament-Carbondale
- February 19**
-D-Hall-Café-9:00 AM-Noon
-Scholastic Bowl (V) Masonic Regional
- February 20**
-Fashion Show Rehearsal-2 PM
- February 21**
-NO SCHOOL-PRESIDENT'S DAY
- February 22**
-ICC Academic Placement Test
-Board Meeting-7 PM
- February 23**
-Grade School Band/Choir Tours
-Fashion Show-Auditorium- 7:30 PM
- February 25**
-Food Fair-Cafeteria & Snack Bar
- February 26**
-D-Hall-Café-9 AM-Noon
-Vice Versa Dance 8-11 PM
- February 28**
-Easter Seals closing assembly

Inside this Issue

Page 4-5

Learn how diabetes affects several LCHS students

How student athletes cope with injuries

Page 8

Page 3

Auto classes bring holiday cheer to St. Jude patients

Medlin puts a hold on wrestling to teach

Page 6

“Get a life!” Make your life matter

By Ian Henderson

As we were brainstorming for this issue, I decided that I'd like to try my hand at writing an opinion article. Casey and Megan reluctantly gave me the go ahead, so I began thinking about possible topics. Everything I came up with seemed dumb or redundant. I didn't want my first editorial to be something as juvenile as complaining about the long lunch lines.

My deadline was getting closer, and I still didn't have anything to write about. It wasn't until a Monday morning before school that an idea came to me. I was walking down English hallway with my friend Aaron when I heard someone yell

“Why don't you get a life!” at somebody else.

That got me thinking. We all have a life. What exactly did that kid mean?

The answer isn't simple, and the answer will be different for everyone. I now see that everyone has an existence, but few people have an actual life, a life worth living. I have discovered that there is no true purpose of life. Instead, it is the ideas that we create, while we are alive, that defines the purpose of our existence.

I have started thinking about the purpose of my life. It's kind of funny...since I've started thinking this way, I am realizing a lot about my peers. At this point, I'm

pretty tired of listening to people complain about being here. Just to let you know-you have to be here, so suck it up and make the most of your opportunities here at school. If you pay attention, you may surprise yourself. A lot of what I'm learning now I know I will need for later, and some of it is even kind of interesting.

I am also concerned about the people who try in school. It's great that they realize the importance of their education; however, some are trying too hard, and they end up overstressed. Believe me...no one wants an ulcer at the age of seventeen.

If you are looking to find a purpose for your life, just

follow the following three basic suggestions:

1)Think for yourself.

*It is the difference in opinion that makes the world so interesting. So make use of it. Stop trying to fit into a “standard” lifestyle, a lifestyle that won't even exist after high school. Be yourself, and be proud of that. Don't care what others may think of you.

2)Write down your thoughts and ideas.

*Lose that lack of motivation that seems to plague teenagers. Get busy. Invest in a notebook and start keeping track of your insight. This insight will help you generate goals for your future. It is also kind of cool to look back at your writing

and see how you have changed through the times. I was looking back at something I wrote at the beginning of the school year, and I was shocked by something I had written.

3)Let your profound insight be heard.

*Share your thoughts, ideas, dreams, fears, goals, or any miscellaneous stories with others. How else do you think cavemen learned not to walk on thin ice?

I realize that this is just my opinion, but I encourage you to begin thinking for yourselves right now. Form an opinion. Share your concerns. Write to me, and tell me how you plan on “getting a life.”

From the editors' desk... with Casey Verkler

As second semester of my senior year began, I started to become aware of the true aspects that Limestone presents. Now, I realize this world is not perfect nor do I expect everyone to be happy-go-lucky every single day of the year. However, I do expect that people put forth the slightest bit of effort to acknowledge manners. Think about this example. Since I have been able to drive, I normally purchase my fuel from the same station each time I fill up. Now, the first time I went to pay for my fuel at the register, the lady behind the counter was very unfriendly and definitely was not selling herself well. I stepped up to the counter, smiled, and told her which tank I was at and had my money counted out. Keep in mind that this was my first trip to the gas station and so I was rather enthused at the experience (not that it is overwhelming fun, but at the time it was a sense of independence). I asked the cashier how her day was going. Instead of answering

me, she bluntly stated the price of fuel that I was to pay. I thought to myself, “Alright, I'll take that as a bad day.” However, for the almost two years that I have been driving, she has acted the same way, despite my persistent shower of manners. I was not quite sure what her deal was, but all I know is that she is a lady with a very dry sense of humor. And until I move away to college, I will still give her that kindness and will not expect anything in return. My point of that ramble is to express how truly unhappy a person's life has to be to give him justification in acting the way he does.

Many factors may play a role in the inept behavior of these individuals. Personal issues may contribute to the behavior. Or it could be that the individual is not happy with the job that he holds. However, back to the case of the gas station clerk. No one is forcing her to work with people. Many jobs are

available to people who do not want to put forth the effort to converse with customers. Personally, I work in customer service because I like dealing with people. I like the issues that they present and the effort that I am expected to give to make sure their needs are met. My co-workers and supervisors commend me because of my ability to work with people.

In one of my classes, my teacher was explaining how corporations are speaking out about recent college graduates. The complaints corporations have about newly licensed individuals their lack of interpersonal skills that are crucial when conducting business.

My whole reasoning behind this editorial is to accentuate how far simple gestures and courtesy can go. I find it amusing that I am a young citizen and have to show my elders at school, work, and the community the correct way of conducting proper human relations.

Letter to the editor

An open letter to all Limestone students:

As many of you know, Limestone has many restrictive policies in its dress code. Most of these policies pertain to profanity on clothes or clothes that do not adequately cover one's body. Hidden among these rational policies is one that I do not quite understand. It seems that any sort of headwear is inappropriate to wear to school. I do not agree. It is in my opinion that there is nothing wrong with wearing a baseball hat or stocking cap to school. When I asked some of the school administrators and teachers why hats are not allowed, I was met with the excuse that hats are disrespectful when worn in school. This confuses me because many civilizations and religions consider a bare head to be disrespectful and insist that one cover one's head before entering a religious building or even going out in public. A stubborn unwillingness to divert from a meaningless tradition serves as another reason as to why hats are banned in school. It seems that keeping a rule in place merely for the sake of tradition is absurd. It used to be tradition for the

principal of a school to administer discipline with a paddle, yet we have seen that tradition unnecessary. The excuse of tradition exceptionally agitates me because many of the teachers I have had at Limestone have always challenged me not to accept the norm and to think outside of the box. I have tried getting some of my student council representative to have this rule amended, but none of them deemed it a worthy cause. I was asked, “What's the big deal with not being able to wear hats in school?” I reply to this by asking, “What's the big deal with not being able to wear hats in school?” I am not asking for much, just that students be able to wear hats in school. After all, it would not be hurting anyone. More than likely this letter will do little to change the minds of those that run Limestone, so I am hoping that together, we can get this rule, and all rules that exist merely to flaunt authority, abolished or changed. If you would have it so, then please see me. I am planning to start a petition so that if the Limestone staff will not lend an open ear, perhaps the school board will.

Sincerely yours,
Kyle Hovey

Limelight



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, S. Airport Rd., Bartonville, IL 61607. Telephone: (309) 697-6271. Reach us on the Internet at: <http://limestone.k12.il.us>. Email: limelight@limestone.k12.il.us. Printed by P & P Press, Peoria, IL.

Co-Editors-in-Chief: Casey Verkler and Megan Wendland

Reporters: Hailey Adams, Allison Burnham, Kayla Carlson, Jessica Demoss, Mallory Fawcett, Bailey Heller, Ian Henderson, Stephanie Motsinger, Aaron Ogle, Dara Peacock, Rachael Randle, Danielle Richmond, Aaron Smith, Jake Stewart, Bennett Verkler

Student Business Advisor: Hailey Adams

Advisor: Roni Oleson

Privratsky and tech-prep students carry on tradition

By Stephanie Motsinger

The Christmas season has come and gone, and Mr. Bob Privratsky and his auto shop students have done it again. This year they have raised more than \$600 in cash donations for St. Jude.

Privratsky started this project 15 years ago after realizing he had been blessed with the two very healthy little girls. "I thought there must be something I could do to give some Christmas cheer and see smiles on other little girls' faces," said Privratsky.

Since he had started collecting Barbie dolls for his daughters, he thought it would be neat to donate two collector's Holiday Barbies to the kids. When his auto shop students heard about this donation, they wanted to get involved. They collected money, bought the Barbie dolls, and donated them to two fortunate girls. What started out as two Barbie dolls has grown to so much more!

Each year Privratsky contacts the St. Jude affiliate at St. Francis. He gets a wish list and a list of needs. A sizable donation is made from the money the junior

and senior classes donated from the equipment. Now four girls receive collector's Barbie dolls, and their families also receive gift certificates to Cracker Barrel for dinner.

In the past, besides the Barbies and the dinner gift certificates, Privratsky and his students have donated many gifts. Many electronics, such as Playstation 2, televisions, VCRS, and DVD players, have been bought. Games and movies to go with these products were also given to the organization. Board games and even complete computer systems have been donated as well.

This year, about two weeks before Christmas break, Privratsky started collecting money for St. Jude. His junior and senior classes donated over \$600 of their own money for this great cause. The gifts were delivered to the hospital the last day of school before break. This year the organization received items for children of all ages fighting against cancer. Two Leapfrog units, along with four corresponding books, were bought for the younger

children. Two walkmans, two music CD's, and two electronic TV Atari games were also gifts that were given.

Privratsky's students had the chance to meet several young children diagnosed with cancer. They even saw children as young as one who had just learned to walk. "I listen to complaints about how bad they [the students] have it. I think this serves as a reality check and makes them feel good to make someone happy," commented Privratsky.

Privratsky also noted, "This year is the same as last. The

students rallied together like always and came through as always."

To one twelve year old girl, Christina Edens, the things these students did means a lot more than what it would to most. She was diagnosed with leukemia at the age of nine, and in these rough times, she has found hope. She thanks the entire auto class. She said, "I have good days and bad days, and when I'm having a bad day, I think of kind people like you, [the auto shop class] and it helps me get through those bad days."

All the children were very

excited to open the gifts. Every child there was accompanied by his/her father.

The fathers were excited about the gifts to the families. They were also surprised at how high school students came together to help someone they have never even met.

Every year Privratsky gets the one big question, "Why do you do it?" Privratsky said, "I do it to teach my students things that can't be taught in a textbook."

Sewing Complex sells Valentine's pillows



Mrs. Karol Gibb's sewing classes sold pillows to students. The pillows had sayings such as I Love You, Friends Forever, and Be My Valentine. They were sold through Friday, January 28 and can be picked up Thursday, February 10 and Friday, February 11.

News Notes

Speech team wins Mid-Illini competition

On Tuesday, January 11, the Rhetorical Rockets defended their championship title when they won the Mid-Illini Conference speech competition hosted by Canton High School.

Those students winning awards were as follows: Humorous Duet Acting: Shayanna Jacobs and Wes Urish, first place; Dramatic Duet Acting: Kelly Kookan and Jessica Bamber, second place, and Emily Ayres and Brandon Chandler, first place; Humorous Interpretation: Morgan Slock, second place, and Shayanna Jacobs, first place; Dramatic Interpretation: Rachel Lawrence, third place, and Kelly Kookan, first place; Original Comedy: Jacob Caudill, second place; Verse Reading: Amy Sanders, third place, and Jessica Bamber, first place; Prose Reading: Colleen Swanson, second place, and Brandon Chandler, first place; Special Occasion Speaking: Holly Bauer, first place; Impromptu Speaking: Ian Henderson, fifth place, and Colleen Swanson, third

place; Extemporaneous Speaking: Crystal Loyd, first place; Declamation: Hailey Adams, third place, and Jessica Jenks, second place; Original Oratory: Crystal Loyd, third place; and Radio Speaking: Emily Ayres, second place, and Sahra Campen, first place.

Students prepare for annual fashion show

The annual Easter Seals-UCP fashion show "Holidays" will take place February 23 at 7:30 pm in the Limestone auditorium.

The tickets will be \$3 each, and all proceeds will be donated to Easter Seals.

Limestone shows off its talent once again

This year's talent show was held on Wednesday, January 26th at 7:00 p.m. in the auditorium.

Those who competed in the solo act were Skyler Noe, Wes McKinney, Brandon Chandler, Mary Fielder, Stephanie Taylor, Scott O'Neal, and Kelly Kookan.

Miscellaneous groups included United We Stand, BANDNAME, Lisa Faulkner &

Tara Turner, and Forbidden Ones.

Money raised from ticket sales will be used to benefit the Class of 2006 and to help organize Prom 2005.

Students participate in reading program

The Rocket Reader Rewards program, which rewards teenage readers, began January 17 and will continue until March 11.

To win a prize, students need to fill out a Rocket Reader Reward form and enter it into the RRR drop box in the library. Students can only submit one entry form per week.

Drawings will be held every Monday, and the winners' names will be announced on Rocket One. There will be six winners every week.

Prizes include coupons for free treats from Tyrone's, McDonalds, and Subway. There will be a grand prize drawing for all entries on March 14.

The promotions program was created by LCHS media specialist Mrs. Mary Smith and English teachers Mrs. Jamie Kocher and Mrs. Roni Oleson.

Kocher's English classes help a family

Mrs. Jamie Kocher and her English classes raised money and collected gifts for an area family they adopted in December.

With the help of her classes, Kocher was able to buy a \$75.00 gift card to Wal-Mart. Her classes also contributed six trash bags full of toys.

Kocher's mother, Darlene Carroll, who is in charge of the program, received a phone call from the children's mother. Overwhelmed with the students' generosity, she tearfully thanked everyone involved for giving her children a wonderful holiday.

Kocher began this program several years ago because she feels very blessed with the life she has; therefore, this is a good way to give back to the community.

Key Club hosts chili supper

The LCHS Key Club will be hosting a chili supper on Friday, February 11 from 4:00-6:30 p.m. in the LCHS cafeteria.

The dinner includes a bowl

of chili, a hot dog, chips, and a drink. Additional food can be purchased for a small fee.

Desserts will also be available at the Key Club bake sale that night.

Tickets cost \$4.00 in advance and \$5.00 at the door.

The LCHS boys' basketball team will host the Canton Little Giants at 7:00 p.m. in the main gym.

Students of the month recognized

Tech-Prep Student of the Month

Senior Ryan Buxton has been selected as the Tech-Prep Student of the Month for January.

For his outstanding achievements, Buxton will be rewarded a savings bond, and his picture will be featured in the *Limestone Independent News*.

Academic Student of the Month

Senior Christine Grosse was named January's Academic Student of the Month based on her academic achievements.

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

Diabetes



What you may not know

By Casey Verkler

Along with an estimated 16 million Americans, many students here at Limestone are affected by a life-long disease known as diabetes. This disease is determined by elevated blood sugar levels and an irregular insulin level. Insulin is a chemical produced by the pancreas that regulates the body's blood sugar.

Diabetes can cause serious health complications, including heart disease, blindness, kidney failure, and lower-extremity amputations. Diabetes is the sixth leading cause of death in the United States.

The disease is diagnosed as one of three categories: type one diabetes, type two diabetes, and gestational diabetes. Type one diabetes accounts for 3% of diabetics diagnosed each year. Per 7,000 children each year, one new case of diabetes is diagnosed each year. Type one diabetes symptoms can

occur at any age but is common among people under the age of 30. Symptoms such as fatigue, nausea, vomiting, increased urination, and weight loss alert parents and doctors of the possible disease. The child's body produces no or little insulin. Daily injections of insulin are required to maintain a healthy lifestyle. If not properly cared for, medical reactions such as abdominal pain, loss of consciousness, dizziness, and double vision can lead to long-term medical illnesses.

Type two diabetes is more commonly diagnosed than any other type of diabetes. Type two holds about 90% of all cases of diabetes. Usually diagnosed in adulthood, the pancreas does not make the proper amount of insulin. With this shortened level, the blood glucose level is not normal.

Type two diabetics often do not know that they have the disease, despite its serious

condition. Symptoms for this disease include increased thirst, urination, appetite, and increasing moments of fatigue and blurred vision. This type of diabetes is becoming more frequent due to a higher life expectancy, an increase in obesity levels, and failure to exercise. Because type two diabetes patients are not dependent on insulin, the primary treatment for this type of diabetes is diet and exercise.

The third type of diabetes is known as gestational diabetes. This type of diabetes is found only in pregnant women. It results from the mother's body producing too many anti-insulin hormones, which in turn blocks the movement of glucose from the bloodstream into the cells. This problem is another form of insulin resistance. It is recommended that all women be screened for gestational diabetes between the 24th and 28th week of pregnancy.

To date, no cure for diabetes is available. Doctors treat type one diabetes by introducing the patient to a limited and healthy diet, physical activity, and insulin injections. The amount of insulin taken must be balanced with food intake and daily activities. The patient's blood glucose levels must be closely watched and tested.

Type two diabetics maintain a proper diet and engage in physical activity. They also test their blood glucose level regularly. Doctors prescribe oral medication or insulin, and in some cases both to maintain a healthy blood glucose level.

Those affected with diabetes must maintain high responsibility for daily care. Diabetics seek health care providers who will monitor their diabetes and help them learn to manage the disease. Diabetics may see endocrinologists, who often specialize in diabetic care.

Dieticians and diabetes educators are also contacted to teach the skills needed for daily diabetes management.

Researchers continue to look for the cause or causes of diabetes and ways to prevent and cure the disease. Scientists are searching for genes that are common in type one or type two diabetes. Some genetic indicators for type one diabetes have been identified.

Doctors can now screen relatives of people with type one diabetes to determine whether they are at risk. Researchers are also working on a way to eliminate daily insulin injections for people with type one diabetes.

One way is through an experimental process called islet transplantation. During this process, islets from a donor pancreas are transferred into a person with type one diabetes. When the islets are implanted, the beta cells in the islets begin to produce and release insulin.

* Facts *

Total prevalence of diabetes in the United States, all ages, 2002.

Total: 18.2 million people — 6.3% of the population — have diabetes.

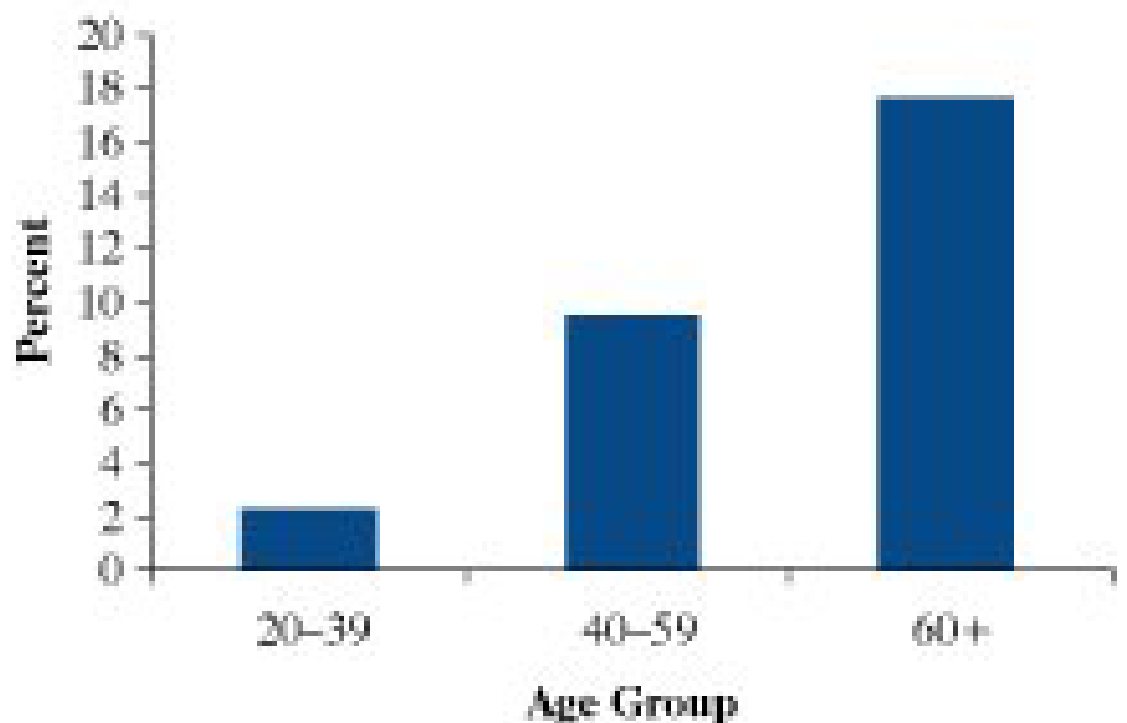
Diagnosed: 13.0 million people

Undiagnosed: 5.2 million people

* About 210,000 people under 20 years of age have diabetes. This represents 0.26% of all people in this age group.

* Approximately one in every 400 to 500 children and adolescents has type 1 diabetes.

Total prevalence of diabetes in people aged 20 years or older, by age group—United States, 2002



Source: 1999-2001 National Health Interview Survey and 1999-2000 National Health and Nutrition Examination Survey estimates projected to 2002.

Athlete copes with life-altering disease



By Aaron Smith

In his blue, varsity basketball warmup suit, senior John Sadowski may look just like his other teammates. But what sets him apart from the others is not visually noticeable. Sadowski is a type one diabetic.

Sadowski was diagnosed with type one diabetes in February 2004. As a result, he now takes an insulin shot daily to help with his blood-sugar level.

Because diabetes runs in Sadowski's family (his mother, aunt, and grandfather all have diabetes), his mother watched carefully for any symptoms he may develop. She began to suspect early last February when he had little energy and slept for long periods of time. Soon after these symptoms started to develop, his mother had him tested for diabetes.

Since Sadowski has been diagnosed with diabetes, he has had to change his eating habits and eat on a daily routine close to the same

time every day. This routine helps him monitor his sugar intake.

In addition to following a strict diet and mealtime routine, Sadowski must also stay fit by exercising in order to balance his blood sugar level. He also has to sleep an average of 7 to 8 hours each night to keep his energy level consistent.

With almost every medication available, there are still many side effects. Luckily, Sadowski has only had one case where he was negatively affected by the medication. Doctors discovered that he had an allergic reaction to the insulin, which caused him to become unconscious. Sadowski's mother woke him up by pouring sugar into his mouth.

Even with all the changes in the past year that his diabetes has introduced, Sadowski still lives a similar lifestyle to the one that he lived before. "It's really not as bad as it sounds. It just takes a little while to get accustomed to it."

By Casey Verkler

On January 21, 1997, Melissa Glenn, currently a senior at Limestone, was diagnosed with type 1 diabetes.

Glenn's family has a history of diabetes and was keeping close watch to symptoms that are associated with diabetes. Glenn started losing a considerable amount of weight. She began drinking water more than she normally consumed, and her restroom habits became more frequent. She was taken to the doctor, where she was diagnosed with type 1 diabetes, which means that her body does not produce insulin.

From fourth grade to seventh grade, Glenn was given three shots of insulin a day, equaling 4,368 shots of insulin within that time period. This count does not include the extra shots that she took when her blood sugar was not at a healthy level.

When she had to inject the insulin shots, she had to carry a case with extra shots, extra food, and a blood sugar meter. This method made travel very difficult. When flying on a plane, Glenn had to pack a separate bag for all of her insulin, shots, her blood sugar meter, and a note from her doctor explaining the large amount of medication on board.

Between seventh and eighth grade, Glenn was

Affected:

The inside story of a diabetic

given an insulin pump, which allows her to discontinue the insulin shots. Every three to five days, Glenn changes the site of her insulin pump. The site of the pump is usually in her stomach. The pump injects Humalog, a type of insulin that Glenn has found to work the best for her. After she eats, she has to count the carbohydrates and dial in the dose of medication she needs.



Senior Melissa Glenn was diagnosed with type 1 diabetes on January 21, 1997. She was only in the fourth grade.

Glenn plays softball on local teams during the summer. Her game on the field has been affected by diabetes. "I have to keep track of my blood sugar throughout the whole game so that my blood sugar does not get out of control," Glenn

stated. If her blood sugar gets low, she starts to rapidly shake. She becomes pale and has distorted vision. "It seems as though my eyes are zooming in and out, and I get dizzy. A couple of times I could not respond to someone talking to me, despite being able to hear them clearly." When Glenn's blood sugar gets really high, she cannot focus. She begins to forget certain things. If her blood sugar level gets extremely high, she may pass out.

Due to her insulin pump, Glenn can eat whatever she would like. However, when she was taking insulin shots everyday, she could only eat breakfast, lunch, and dinner with snacks after school and before bed. She had to count her carbohydrate intake. "If I could have had anything [when I was taking insulin shots], it would have been a regular soda because diet soda didn't have as many choices like they do now."

Glenn supports efforts to find a cure for diabetes. She, along with the help of family and friends, takes part in the Walk for Diabetes held downtown on the Riverfront. This past year, her team raised over \$1,300.

For additional information about the Walk for Diabetes, check out the American Diabetes Association's link at <http://walk.diabetes.org> or call 1-888-DIABETES (342-2383).

Teen Perspective

How do you define diabetes?

"A sugar problem"
-Junior Kenny Wolf

"It means you can't eat too much sugar because of insulin."
-Sophomore Tiffany Newtonson

"It's when you don't have a lot of sugar in your blood."
-Freshman DJ Johnson

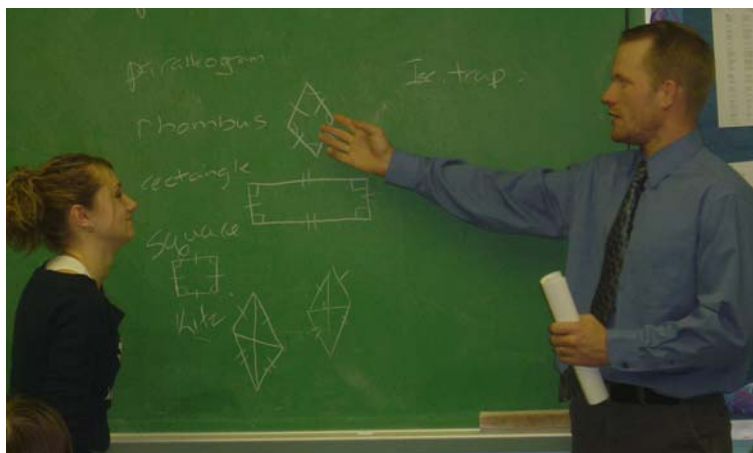
"It's a hereditary disease that you get when your body doesn't produce the correct amount of insulin, and it affects your blood sugar"
-Junior Jessica Jenks

"It has to deal with blood sugar and pricking your fingers."
-Sophomore Alex Turner

"Well...Webster's Dictionary defines it as..."
-Junior Jake Stewart

"The body's inability to produce insulin."
-Liaison officer, Norman Green

Up Close & Personal with Mr. Medlin



Mr. Brian Medlin explains a math problem to a student.

By Danielle Richmond

Have you ever wondered what it might be like to become a professional wrestler? Mr. Brian Medlin, LCHS math teacher and wrestling coach, doesn't have to wonder. He knows!

Before Limestone hired Medlin, he spent practically his entire life wrestling competitively. "I first started wrestling when I was five," Medlin said. "It started as this big neighborhood thing, but I guess I was the only one who stuck with it."

Sticking with it, Medlin explained, is one of the most important parts of wrestling. "One of the things I like most about wrestling is that it's not like other sports. You don't really need much talent or athletic ability to become a wrestler; all it really takes is a lot of hard work and perseverance."

In Medlin's case, all that hard work paid off, though it certainly wasn't easy. Some of the toughest things Medlin felt he had to deal with were injuries and losing. "It was hard, dealing with both of those," Medlin recalled, "but I kept on trying, and most importantly, I kept being positive."

According to Medlin, being positive is another important part of wrestling. "Always try to be positive," Medlin said. "If you walk into something feeling negative, chances are the result will be negative, too." When it came to hard work and a positive attitude, it seems that Medlin was exceptional. In a matter of years, Medlin went from "neighborhood wrestling" to wrestling competitively around the world.

Although Medlin worldly travels were fun, he also gained experience. He said, "It [travel] was fun! I got a lot of experience from it, too. You don't get that if you live in one place your whole life. When you get out there and see new places, you realize

that the world doesn't revolve around Illinois. There's a whole other world out there!"

Medlin has traveled to Japan, China, Russia, Australia, Sweden, Norway, Finland, as well as many other places. According to Medlin, it would take awhile to list all the countries he has visited.

In 1996, Medlin attended his first Olympic trials. "It was hard, knowing that it eventually caters down to one guy," Medlin recalled. "But (at the same time) it was kind of like I was in a dream. Like I was doing what I set out to do."

The 1996 Olympic trials catered down to one guy, and Medlin expressed his disappointment that it wasn't him, but at the same time, he found the experience of watching the actual Olympics overwhelming. In fact, he labeled it as one of his most memorable experiences.

In 2000, Medlin went through the trials again, but this time he suffered injury problems shortly after. As a result, he and his parents decided together that he should try to pursue other interests, which is how he came to Limestone- to teach and coach.

Even though teaching is more routine than traveling, Medlin has no regrets. "I don't regret it at all," Medlin said. "I really enjoy teaching." He found his transition from wrestler to coach a little unnerving at first, though. "When I was a wrestler, I did moves without really thinking about it. Now I have to think before I move, to make sure students understand me."

The experiences Medlin gained while wrestling has taught him a great deal, which also applies to teaching. He said, "I learned to never give up. No matter what happens, you can do pretty much anything if you just keep trying."

The ABC's of learning Child care lab teaches all ages



Senior Angie Bomhold, a student teacher in Ms. Bev McNeeley's child care class, helps her students work on a project. As part of McNeeley's course curriculum, the high school students in the class are responsible for helping their individual students with art, academics, snacks, circle time, the alphabet, and numbers. This class is designed for students interested in pursuing a career in child care/day care.

By Rachael Randle

Have you ever gotten tired of your basic classes of science, math, and English? Do you think you would have more fun working with kids? Then Ms. Bev McNeeley's child care class may be the right class for you. This elective class is designed for students interested in pursuing a career in child care.

The child care curriculum, which functions as a lab, is divided into two years. Child care 1,2 teaches the student teachers how to prepare daily activities for the preschool students and how to work with the young children.

Child care 3,4 is the hands-on aspect of the previous class. During this class, the students are, in a sense, student teachers. They put their knowledge to work because the class emphasizes the work and planning involved in caring for special needs children. They also work on programming

educational and creative activities for the preschool students.

The child care lab provides child care to local preschool students. The preschoolers arrive at 8 a.m. and are ready to spend their mornings learning.

During the class, the student teachers are responsible for developing "lesson plans" for their preschool students. They are required to plan creative and educational activities for their students. Creative activities include circle time, finger plays, song and story time, and coloring assignments. Although it may sound easy, there is a lot of work on the student teachers' end. McNeeley requires that each student teacher has 400 finger plays during that course.

Educational activities include matching, science, and other academic projects.

In addition to the creative and educational activities,

the student teachers are also responsible for planning snack time. They are required to provide healthy snacks for their group.

The child care lab is open to any local preschool student. Admission to the program is free. (There is a donation fee.)

There are certain advantages for the children in this program. With only twelve children in the class, they get more one-on-one time with the student teachers. Advantages for the student teachers are that they are learning responsibilities as well as leadership skills.

At the end of first semester, the children receive a diploma, which shows that they completed the first half. At the end of second semester, the preschool students, who will have learned their alphabet and numbers, graduate from the program.



In January of 1964

- The freshman class hosted a school dance. Tickets were only \$.50, and they were sold during the freshman lunch hours.
- Future Nurses sold doughnuts to help increase their treasury; they also handed out gifts for elderly residents.
- Eight Mid-State schools hosted a Hootenanny (an informal performance by folk singers, typically with participation by the audience) in the LCHS auditorium.

Writer's Block




With Molly Cooper

Molly Cooper was born on February 28, 1990. She started writing when her great grandmother, a woman who had taught Cooper many important life stories, passed away. Cooper likes writing because it helps her to act out her feelings without affecting others. "It's a major stress reliever," she claims. Her reason behind writing this poem was because she says that girls don't need to wear makeup just to make themselves look presentable. Cooper believes that "there is no reason to hide your true beauty, thoughts, or beliefs."

Makeup

They say beauty is only skin-deep.
 Then why do we wear makeup?
 To cover our true beauty of what we are on outside or the inside.
 We try to cover our feelings and thoughts.
 We try to be something we are not!
 We try to hide our blemishes, but no one's perfect.
 We try to hide our tears, but then the makeup smears.
 Then you see the truth, the beauty and the ugly...

Spring Musical Little Shop of Horrors

by: Charles Griffith
 Directed by: Mr. Zack Binder
 and Ms. Briana Nannen

Cast

Brittany Christensen as Chiffon, Stephanie Taylor as Crystal, Tara Turner as Ronnette, Tara Boyer as Roxy, Kelly Kookan as Sadie, A.J. Lund as Mushnik, Lisa Faulkner as Audrey, Wes Urish as Seymore, Brandon Chandler as Derelict, Alex Motsinger as Orin, Shayanna Jacobs as Bernstein, Wes McKinney as Snip, Anne Heien as Luce, Andrew Kluesner as Patrick Martin, Zach Stein as a Customer and Audrey II Puppet, Brandon Chandler as Audrey II Voice, and Wes McKinney & Megan Larke in Light Design

Chorus

Sarah Hanlon, Amy Dunham, Charlie Brown, Kayla Miller, Kevin Bush, Amber Post, Debra Kay Ogden, Caleb Mann, Kaylee Cole, DJ Lucas, Amanda Mulvaney, Christine Ragain, Karly Marchand, Amy Sanders, Sam Stein, and Brian Scheffler

Understudies

Wes McKinney as Mushink, Sarah Hanlon as Audrey, Andrew Kluesner as Seymore, DJ Lucas as Orin, and Zach Stein as Audrey II (Voice)

Music with Stewart: Reviewing Sparta's album, *Porcelain*

By Jake Stewart

Words like "We" and "Us" show people what kind of band Sparta really is. These men, who are only twenty-three years old, have had troubles along the way finding that perfect quartet. With little advertising advantages, their hit album *Porcelain* was released in May of 2004.

This band is offspring from demo gods At the Drive-In (ATD) that broke up in spring of 2002 for unknown reasons. Jim Ward was one of the guitarists for ATD and is now lead singer/guitarist for Sparta.



Also in the line up for Sparta is Paul Hinojos, who was bassist for ATD and now guitarist for Sparta.

Also a former ATD member, Tony Hajjar decided to play with the newly formed band. Hajjar had played drums for ATD. Matt Miller was brought in to play for an earlier album *Wiretap Scars*, but the band kept him on. At first Ward didn't want to be in a band. He was deciding whether to go back to school or try his luck at starting a country band with Coldplay guitarist John

Buckland. Hinojos called Ward to decide if he wasn't done with this possible side project

All of the members of Sparta are from El Paso, Texas, which is the where most of the songs are written and recorded. El Paso also serves as the inspiration for the songs.

The first song on this album "Guns at Memorial Park" is a great beginning for this album

because it shows that they have matured together in such a short time. The song "La Cerca" is about all of them growing up in El Paso. This song is my favorite, and I think it is the most influential song on this album.

The songs "Syncope" and "P.O.M.E." are instrumentals, which seem to slow everything down and put things in perspective. "Death in The Family" is a heavy-bass lead song that complements the lyrics and goes perfectly into "Syncope."

This whole album seems to flow into each song. It takes a good band to accomplish that because most bands just write "A" song and then move onto to the next.

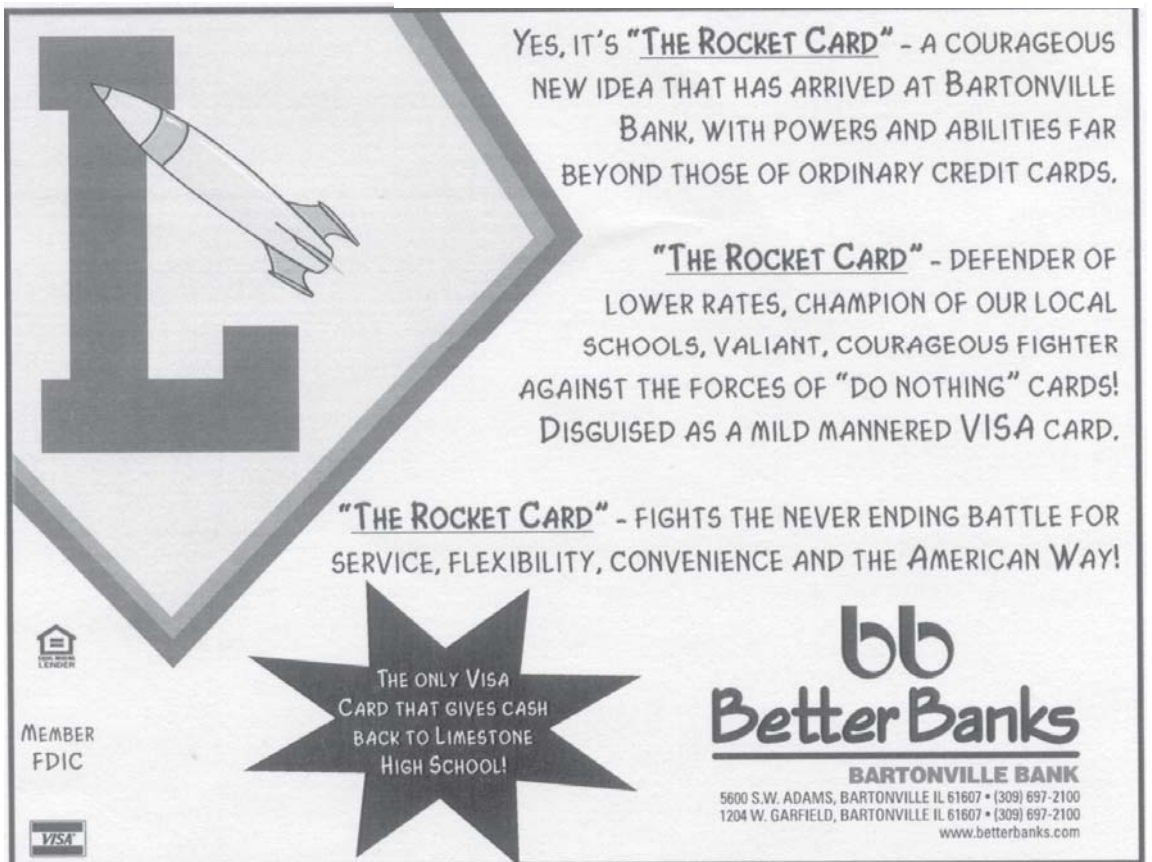
If you don't know what this band is about or would like some references, I recommend listening to the Fugazis or another band called The Omar Rodruiges Project, which oddly enough is a former ATD bandmate of theirs. If you do like Sparta, they released *Wiretap Scars* earlier in their career.

LAILAW

Leroy Wofford
Branch Manager

LAILAW TRANSIT, INC
4401 South Airport Road
Bartonville, IL 61607

Telephone (309) 697-1700
Fax (309) 697-0027



YES, IT'S "THE ROCKET CARD" - A COURAGEOUS NEW IDEA THAT HAS ARRIVED AT BARTONVILLE BANK, WITH POWERS AND ABILITIES FAR BEYOND THOSE OF ORDINARY CREDIT CARDS.

"THE ROCKET CARD" - DEFENDER OF LOWER RATES, CHAMPION OF OUR LOCAL SCHOOLS, VALIANT, COURAGEOUS FIGHTER AGAINST THE FORCES OF "DO NOTHING" CARDS! DISGUISED AS A MILD MANNERED VISA CARD.

"THE ROCKET CARD" - FIGHTS THE NEVER ENDING BATTLE FOR SERVICE, FLEXIBILITY, CONVENIENCE AND THE AMERICAN WAY!

MEMBER FDIC

THE ONLY VISA CARD THAT GIVES CASH BACK TO LIMESTONE HIGH SCHOOL!

bb Better Banks
BARTONVILLE BANK
5600 S.W. ADAMS, BARTONVILLE IL 61607 • (309) 697-2100
1204 W. GARFIELD, BARTONVILLE IL 61607 • (309) 697-2100
www.betterbanks.com

Graham dunks spot on varsity team

By Ben Verkler

Like any other teenager, LCHS student Kyle Graham spends his spare time playing basketball at home, riding four wheelers, and just hanging out with his friends. He is also a major sport enthusiast. He roots for the Miami Heat and admires Shaquille O'Neal and Kobe Bryant.

He also tried out for the high school basketball team just like any other teenage sport aficionado. There is something unique, though, about Graham that sets him apart from other teenage athletes. Graham, jersey number 32, is the only freshman to play on the LCHS Rockets' varsity basketball team.

While playing point guard for the team, Graham is enjoying his varsity experience. He appreciates the opportunity to play and compete with older, more experienced players because it helps him develop his playing skills. However, he admits that he dislikes some of the competition.

Playing with older players is nothing new to Graham, however. Graham has always been playing on a higher level than what most kids his age have been. In 5th grade, he played for his 7th grade team, and once he got to 6th grade, he played on the 8th grade team.

Graham understands that the experience he is gaining now will help him become a leader as an upperclassman.

He said, "I will be a lot better and be ready to be the leader of the varsity team when I am a senior than what I would have been if I did not make the varsity team this year."

Next year, Graham hopes to be better on offense as well as defense and to average more points per game than he did this year.

Even though Graham has been playing basketball for the past nine years, he admits he can still get frustrated with himself during the game, but he is still happiest when he is on the court. He prepares for each of his games by listening to music and joking around with his team in the locker room.

Although he is younger than his teammates, Graham gets along fine with them. He even hangs out with them after school once in awhile.

Graham's greatest sports moment so far was when his 7th grade Tornado basketball team went to the State championship. His worst moment, however, was when there was a bad call in the Sectional tournament his 8th grade year that ended up costing the talented team the game, ending their season.

Graham's love for the game is part of his future. He dreams about playing for the University of Illinois and then moving into the NBA and playing for the Miami Heat. He said, "I just want to see myself succeed in life and go somewhere."

Knee injury ends senior's dream of college hoops

By Stephanie Motsinger

Have you ever loved something so much that it consumed all of your thoughts and dreams? Have you ever had to endure the pain of losing that love? It isn't easy, and senior Kim Brooks can testify to that.

Since Brooks was a child, her love was basketball, and she dreamed that she would one day have the opportunity to play college basketball. She attended summer basketball camps that would help her develop her skills and prepare her for her future in basketball. With all her hard work and dedication, it seemed her dream would easily become a reality until June of 2004. It would be that summer that cost Brooks her dream.

Brooks was playing in LCHS's summer basketball season. During a game against Manual at the East Peoria Eastside Center, Brooks tore her ACL, the main ligament in her knee, while playing defense on a girl who was driving to the basket for a lay-up. She explained, "We were losing, and I was frustrated, so I was playing extra hard."

As she was sliding her feet and turning, her knee stayed

in place. "I heard a loud pop," commented Brooks. As she fell, she was afraid because she knew what that sound meant. "I sat there for the rest of the game thinking about how this would affect me and basketball for my senior year. If anything upset me, it was the thought of basketball being over," explained Brooks.

Brooks underwent surgery on July 9, 2004. Since then, she has been doing therapy twice a week with a therapist and also at home. She said, "I do what I can at home to speed up the process." During therapy, she works on stability and balance, and she is also lifting with her legs trying to gain back strength.

While Brooks is working on strengthening her knee, she will not play basketball for her senior season. Not being on the court with her friends is hard on her. She said, "I miss not being able to play the game, since I've always played. I also miss the fun I had with the girls, hanging out and playing."

What is even harder for Brooks is that this season was going to help her win a basketball scholarship. Brooks originally wanted to attend a four year university

and play basketball. Instead, she now has a new plan. She plans to attend ICC for two years and become a registered nurse. She then wants to work for two years before going back to school to further her education.

Basketball was not her only chance for a scholarship, but it was a big part. "Ever since grade school I've always said I would get a scholarship, big or small," explained Brooks. Although she can still get other scholarships, they wouldn't have been as much as if she had received a sports scholarship for basketball. To get money for college, she is applying for other scholarships, and she is also getting a job to help save money for college expenses.

Basketball has been a part of Brooks' life since she was little. "My sisters both played basketball, and I wanted to be just like them," said Brooks. Her dad, a sports fan, helped feed that passion. She learned how to play on her Fisher Price basketball hoop.

Even though Brooks is now working on Plan B, she accepts that. She said, "Because of the lack of money for college, this is the best way for me."

Overcoming a season-ending injury

By Aaron Smith

Sport injuries are very common among athletes, especially in physical sports such as football. However, most of the injuries are minor and not life threatening. In any sport, there is always a chance that a serious injury can happen. Senior Luke Kerley is an example.

Kerley suffered from four concussions and minor brain damage to the back right side. Kerley suffered from his first concussion in the first game of the year against LaSalle-Peru. He also had a concussion in the games against Metamora and East Peoria. However, it was the concussion he suffered during the Dunlap game that ended his season.

During the game, Kerley hit the running back and blacked out. He regained consciousness after a few seconds. Kerley said, "After I got conscious, I began to stumble and almost fall over and then went back to the huddle." After that, all Kerley could remember was standing on the sidelines.

Kerley went to the doctor after his last concussion and the doctor advised him that he should not play football again. The doctor said that if Kerley would take another hard hit to the head, there would be a strong possibility that he could die or have permanent brain damage.

Kerley loved football and spent more than half of his life playing the sport. Even though he could not help what had happened to him, he blamed himself. He said, "I felt I let the team down, and I could do nothing about it."

Kerley spent the rest of the season watching all the

games from the sideline, wishing that he could have one more chance to put on his pads and play one more time, especially in the playoff game against Metamora. Kerley felt that all his hard work that he had undergone was wasted because he could not even finish his last football season.

No one ever knows when the last time he will play his favorite sport again, so each athlete should always play like it is his last time because who knows what will happen the next time he plays a sport.

Sport Shorts

Wrestlers find success at home meet

By Ben Verkler

On January 19, the Limestone wrestling team hosted both Manual and Central for a wrestling match. Varsity and fresh/soph teams battled the two area competitors. Most of the matches went down to the last minute or were quick pins. Limestone had a total of 10 pins. They ended up winning 12 of 15 matches set against them without any injuries.

Team captain Aaron Smith, senior, said, "I think our team wrestled well and were very competitive. It was good to win the last home match of the season."

Those wrestlers winning matches were as follows: two match winners- Nick Auvil and Aaron Smith; single match winners- Joe Bailey, Rachael Barlow, Edward Blackwell, Kyle Fulton, Joel Newby, Travis Parshall, Tyler Petrakis, and Clayton Wallace.

Hockey team scores on the ice

By Ben Verkler

Limestone hockey teams had a tough weekend when they played the Richwood Knights and defeated them 4-2. Sophomore Drew Parkhurst had two goals and juniors Trey Rogy and Jake Stewart scored one goal each.

The varsity team lost to a tough-playing Morton/Washington team with a score of 2-0.



**LAUTERBACH
LUMBER CO.**

STANLEY S. LAUTERBACH

PH: (309) 697-3485
FAX: (309) 697-9043

910 W. GARFIELD AVE.
BARTONVILLE, IL 61607