

The L I M E S T O N E L I M E L I G H T

Limestone Community High School

Bartonville, IL 61607

Volume 46, Issue 2

Y2K: The Year 2000 brings trouble. page 3

Student Takes Action To Better Community

By Shannon Moore



Senior Travis Riekenaw believes that one person really can make a difference. One month ago, sitting in sociology class, Riekenaw decided he was going to do more than just listen to the horrifying statistics of environmental destruction in the future. He was going to do something about it. Riekenaw wrote a letter to Gary Stella, president of the Peoria County Board, and included with it a petition, circulated by Riekenaw, with 122 signatures from the senior class of Limestone High School. The petition stated that those signed were either

voting or would soon be voting members of society who were worried about the future of the environment and would like to make recycling mandatory in Peoria County.

In his letter, Riekenaw made suggestions on how to go about starting a mandatory recycling program. He gave examples of successful programs in other cities. The process includes having three bins set out once a week, just like a garbage schedule. The bins are then taken by a truck to the nearest recycling plant. "Minneapolis does this," Riekenaw said. "They tried it and it worked!" He believes that the same program will reduce landfill in Peoria.

Soon after Riekenaw sent his letter and petition, he surprised to receive a reply by mail from president John Doherty of the Sanitation Management Board. Doherty said he appreciated students getting involved in environmental matters. He mentioned that he had been

trying to propose mandatory recycling for a year and a half. With 122 voting names behind him, though, Doherty was confident the board would listen. He also offered to set up a meeting for Riekenaw to give a presentation before the board.

Riekenaw was pleased with the enthusiastic response he received, but was disappointed to hear that the sanitation board had not accepted Doherty's earlier proposals. Riekenaw talked to his sociology teacher, Gordon Wassel, and they decided that a follow-up to the petition could be made. Riekenaw began writing another letter. This letter had a similar message, but was addressed to every Peoria County high school administrative board. He asked that each school circulate the same petition as the one used by Limestone, and forward their signatures to LCHS. They would be compiled to form one large petition to be sent to the sanitation board. "If they

wouldn't listen to 122 students," Riekenaw said, "then how about high school seniors from every school in the district?"

Riekenaw is prepared to go even farther if the petitions do not go through. He mentioned getting the entire community involved, and Doherty suggested trying new logos to get more people enthused about recycling.

"I think we're doing a good job (at Limestone) with the paper recycling," Riekenaw said. "Students don't even think about it anymore, they just do it." He believes that the same thing could happen county-wide. "I think we'd all get used to it. If the kids see us doing it, and they grow up with recycling, someday they'll be asking why we ever did it any differently."

The threat of overflowing landfills and the destruction of our natural resources drove Riekenaw to stand up and take action. He realized that the threat was real and closer than he had thought. That

realization was all it took for one person to make a difference.

Where To Recycle Right Now?

1. Krogers Grocery Store
2. Bins in parking lot behind Pizza Hut in Bartonville Square
3. Peoria County Junkyard (cans, bottles, etc.)
4. Here at Limestone High School! The blue bins by the garbage cans...

Sophomores Give Party to their Fellow Schoolmates

The Special Education Class enjoys a pizza party...

By Rose Rickard

On Tuesday, November 10, Sophomore Student Council threw a party for the Lifeskills Class. The party idea derived by Mr. Wassell, the Student Council Coordinator. The members wanted to do something for the community and thought that having a party would be fun. Making the arrangements for this surprise party couldn't have been easy.

The party was thrown for the Special Education Class, making them feel that they are part of the family here at LCHS. "It's really neat,

when other students show that the kids are part of the building, said Mrs. George, a Lifeskills Teacher.

The surprise party was funded by Student Council who bought everything from the decorations to the food. Activities included eating, dancing, and getting to know the students.

Sophomore Representatives' objective was for the Lifeskills kids to have a fun time. Lifeskills student

Sandy Newell stated, "It was fun, my favorite part was the music and dancing." Another Lifeskills student David Duhs was surprised and had an amusing time. All the students enjoyed gondolas, pizza, and soda.

Both Lifeskills Teachers, Mrs. Burke and Mrs. George agreed that the Student Council did a good job and the party was great for the kids.

Left: The sophomore student council poses at the Lifeskills party put on this month. From left to right: Amanda Allison, Rebecca Pogeman, Brittany Gilmer, Senior Sara Schick, Ryne Meardy, and Cole Dooley Below: Everbody shake it loose!...

She Said



Marlana Bussey

What is so positive about rap music? Most rap music provokes violence. I know rap music is of interest to some and many enjoy it, but it reflects the negative aspects of our daily lives upon our children. Most rap CD's have a parental advisory warning right on the

CD. How can this be positive? Many young children look up to adults particularly famous people, as role models. I know for a fact that I wouldn't be very proud if my child came home and said "I am going to be a rap singer." I would probably let he or she do what they desire, but I wouldn't dismiss or in favor of it. I am not against rap music. The only thing I am against is the words and actions that take place. Some are tolerable, unfortunately, most rap music affects our children and teaches them words and certain actions that shouldn't learn when they are so young and impressionable. This is why rap music should be cleaned up a little and the dirty songs should not be sold to young children and should be kept away from them as much as possible.

He Said



Joe Brakebill

Rap: The Positive Side
Throw your hands in the air

and wave them like you just don't care, is a common calling heard at a hip-hop concert. Hip-hop, commonly known as rap, provides a common ground to downsize racism. Rap gives children and adults of different ethnic back-

grounds something to talk about. Rap is all entertainment just like any other form of music. Rap artists are just trying to make money the best way they know how. Entertainment is all about the money so if rap artist are making money why should they stop? Would you give up your good paying

All Things Considered



By Shannon Moore

Attending Mr. Wassel's second hour sociology class always proves to be an interesting experience. Whether debating the "ever popular" pro-life stance on abortion, or being worried sick because the world's population is increasing at startling rates and it's MY generation's turn to deal with it, sociology has awakened a part of me that's remained dormant for almost all of my time at Limestone. It's awakened my compassion for and devotion to a people and a planet that if left uncared for, will continue to escalate to some unknown height of destruction (happy, isn't it)? Well, maybe a little drastic too.

I'm beginning to realize, though, that to make a difference in the world, you have to care about the world. Not just your world (the one inside your head where everything magically revolves around you...trust me, I understand), or Limestone Community High School's world (where receiving a letter of the alphabet progressing past the first four is a horrific tragedy), or even the charm-

ing world of Bartonville, Illinois (where not knowing someone you pass on the street is peculiar)...but the whole darn thing...earth and everyone on it.

It may seem like quite a load to take on, caring for billions of people, their pets, and the air they breathe, but it's not as hopeless as it sounds. Where there is a will, there is a way. I'm not saying that because the average Limestone student thinks poverty is a problem, they should march down to Taft and Harrison and start handing out Campbell's soup. I am saying that if a student thinks poverty is a problem, they can call the local branch of the Salvation Army and sign up to work in the soup kitchen on Saturdays. Baby steps can take you far in the long run.

For instance, take the front page story of Travis Riekenaw and his petition to the Peoria County board. Travis realized that even though he was passionate about his cause, there was no way he could guide every state in the United States to stop filling up their landfills and give recycling a try. He could, however, write to his local sanitation management board with 122 signatures asking that

recycling be made mandatory in Peoria County. If Travis would have doubted himself, or the power of a positive step into action, he would have never received a reply from the head of the board who agreed with Travis and wanted to work together towards the goal.

Let's go global for a moment, looking past America, and into, say the third-world countries. Now, when most people think about a "world-wide problem," they think of starvation. That's what I think of; big dark eyes staring at me from the television screen, and Sally Struthers asking for a monthly pledge of \$20 to feed the bone-thin child in her arms. Well, that's a sad picture, and aren't we lucky to have a remote control that can change the channel and make a problem worlds away go 'poof! That child, however, just spent the most exciting moment of their life trying to appeal to those of us holding the remotes. I never thought about it that way, did you?

I've flipped the channel so many times, but after hearing one too many a commercial, and going to yet another concert promoting a child sponsorship program, I broke down. I don't know what came over me one night this sum-

mer, when I rushed towards the man holding a large envelope up in the air, hearing the girl at the microphone plead for "someone to help these children embrace life." I nudged through the crowd, flashing my twenty two dollars, and pushing out the voice in my mind that was screaming, "You get ten dollars a week for allowance!!! What are you doing?!" My heart was pounding, and all I could see were those kids and their little hands waving goodbye at the end of the commercial. But I could have never done it on my own. I really think God was trying to tell me something. Well, God knows that I barely make payments each month, but He also knows that in my heart, I will never regret it.

My sponsor child's name is Kurfa Boru Guyo, and she likes to jump rope in her free time. I thought that was cute. Hmm, funny...Kurfa likes to jump rope with her friends, and I like to go shopping with mine. Well, maybe sponsoring Kurfa wasn't such a drastic thing to do after all! Maybe it was just compassion winning out, getting the better of me. Maybe that's how it should always be. I know what could be said to that, "You can't go around sponsoring millions of

children!" No, you can't, but job just because. Just don't think that there's nothing one person can do. You can afford to help people Hungry, if those commercials get to you, and ask how to sponsor one child. Or you can personally change the donation containers at fast food restaurants. Every little bit helps. I guess what Jim trying to say is that while we can't all be Mother Theresa, devoting our lives to millions around the world, we can be caring human beings who see the problems that face others, and want badly enough to help, that we do help in little ways. This is all without saying that there is such a great reward to be received when helping others (here comes the message pat on the back!" line). It's not that at all though. It's none of being a "good person" or being recognized for what you do. It's the reward of knowing someone else's life is a little better, or that the air is just a little cleaner, or that the future looks a little brighter. That's greater than an empty Saturday, or the time it would take to make a petition. Don't send the message you think

to the younger kids to get them on the right track, responsible for the content of the Limelight. Columns that carry bylines are the want to judge rap by the few lyrics you have heard then maybe you have never really

Limelight

The Limelight is the student newspaper of Limestone Community High School. It is published monthly by journalism and media methods student. The Limelight is a member of the Quill and Scoll, 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 those of the Limestone Community High School administration or faculty. Editorial policy is determined by the editorial board of editors of the Limelight, and views expressed in editorials are 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 United States for \$5 per school year. Address: Limestone Community High School, 4201 South Airport Road, Bartonville, IL 61607. Telephone: (309) 697-6271. E-mail us at lchslimelight@hotmail.com Printed by P&P Press, Peoria IL. Co-Editors: Shannon Moore, Mike Troutman; News Editor: Chris Rogers; Opinion Editor: Rose Rickard; Feature Editor: Marlana Bussey Entertainment Editor: Joe Brakebill; Sports Editor: Ryan Closen; Photographer: Marlana Bussey Reporters: Chad Day, Chad Wys; Artist: Marlana Bussey, Shannon Moore Business Advisor: Jill Warren Advisor: David Doehler

Geiger happy to join LCHS

By Marlana Bussey

Another new face in the English department at Limestone is the new teacher Miss Geiger. Geiger has many plans for herself and her students at Limestone. She expects her students to work to their potential and achieve personal academic goals. Also she encourages them to value education as a life long process. As for herself, her number one goal is to be happy and maintain self satisfaction.

Geiger attended Elkhart Memorial High School in Indiana. She was a part of the basketball and tennis teams at Elkhart. During her freshman year of college at Georgetown college in Kentucky she was on the tennis team. She has also attended Indiana University. After graduating, Geiger began to teach sophomore English in Houston, Texas for the

last three years. "It is kind of nice being at a smaller school," says Geiger. Her other school in Houston had about 2500 students and she also mentions it is



Miss Geiger

much easier to get around here.

Throughout Geiger's life her parents, teachers, and coaches has influenced her. "I enjoy working with kids, I wanted a job that makes me happy," says Geiger.

Here at Limestone, Geiger mentions that the students are top quality and the faculty is great. "I plan to stay in teaching and stay involved in education for a long time," mentions Geiger. She also plans to achieve her Masters degree in education.

In her spare time, Geiger loves to read, enjoys sports, and likes to jog when the weather cooperates. Right now, she is planning a wedding for April which is taking up most of her time.

"I have had a great first semester here," says Geiger. Our school hopes to make the rest of Geiger's semesters here even more enjoyable. So if you see Miss Geiger in the halls, welcome her and let her know how proud we are to have her as a part of Limestone's faculty!

News Notes

AVAILABLE LCHS SCHOLARSHIPS

GRADE SCHOOLS

| | | |
|----------------------------------|------------------------|---|
| Bartonville: | \$300 | Must have attended 3 years and be a graduate. |
| Hollis: | \$250 | Must have attended 3 years and be a graduate. |
| Limestone Walters: | \$500 | Must have attended 3 years and be a graduate. |
| Monroe: | \$500 | Must have attended 3 years and be a graduate. |
| | \$250 | Same as above (Monroe Boosters sponsor). |
| Charlie Mathis Memorial: | 1 @ \$500 or 2 @ \$250 | Must have attended 3 years and be a graduate. |
| Oak Grove: | \$500 | Must have attended 3 years and be a graduate. |
| Pleasant Hill/ Stephanie Porter: | \$400 | Must have attended 3 years and be a graduate. |
| Pleasant Valley: | \$250 | Must have attended 3 years and be a graduate. |
| | \$250 | Same as above and participated in sports at LCHS (PV Boosters sponsor). |

MEMORIALS

| | |
|----------------------|---|
| Glen Aldrich: | TBA |
| James J. Brockman: | TBA |
| Sam Gibson: | \$500 |
| Al Lloyd: | TBA |
| Bryan Maser: | Tuition and books for 1 year at Illinois Central College |
| Todd Nicholson: | \$250 Awarded by football coaches |
| William A. O'Malley: | TBA Preference given to students pursuing a degree in Early Childhood Education and/or Child Development or Elementary Education. |
| Richard Peck: | TBA Must major in a course of study leading to employment in graphic communications. |
| Al Snyder: | \$250 Awarded by football coaches |
| Richard L. Wagner: | \$500 Oak Grove Graduate |

LCHS ORGANIZATIONS

| | | |
|------------------------|-------|--|
| CALC: | \$250 | Requirements: 1) senior; 2) Teen staff member for 2 years; 3) display leadership qualities and represent the Operation Snowball philosophy. |
| LGSA: | \$250 | Requirements: 1) full-time college student; 2) 4 years in LGSA; 3) in LGSA between junior and senior years; 4) must complete LGSA application. |
| Bobby Schmitt: | TBA | Limestone Youth Baseball Association and 4-year member of LCHS baseball. |
| LFT (Teachers' Union): | TBA | |
| Performing Arts: | \$300 | |
| LCHS Alumni & Friends: | TBA | |

COMMUNITY

| | | |
|---|----------------------------|--------------------|
| American Legion Auxiliary Post #979: | 2 @ \$200 | General |
| Bartonville Femmes Unir: | \$500 | General |
| Bartonville Lions: | 2 @ \$250 | General |
| Coca Cola: | \$350 | General |
| Tim Clark/Remax Realtors: | \$300 | General |
| Evening Optimist: | 2 @ \$100 | Boy & Girl General |
| Illinois Central College Board Scholarship: | Tuition for 2 years at ICC | |

Global Shutdown from Y2K?

By Chris Rogers

The Y2K crisis is a global problem that many people do not know about. First of all, what does "Y2K" stand for? It stands for "Year 2000," specifically where computers are concerned.

The Year 2000 problem is continually being discussed in newspapers, on television and radio. What is it really about? In computer programming up until late 1997, programmers used only the last two digits of the year to make their job easier. The problem comes into play now that we are entering a new millennium and computers have no way of understanding what is really taking place. For instance, many computer networks require users to enter a new password every three to five months. Once January 1, 2000 rolls

around, many computers will think it is January 1, 1900, and seeing no new password, will lock everyone out of the system.

Initially, this may not seem like a huge problem, but consider transactions performed by banking institutions and airline companies. All of their systems will supposedly shut down overnight on 12/31/99. Since the century "19" is a given, the year "99" will rollover, making the following day January 1, 1900! Therefore on January 1, 2000, access to bank accounts, especially through ATM machines, will not be possible. Additionally, airline schedules and flight patterns will go blank. Imagine sitting in a plane when the craft's navigating system goes out! The potential for disaster becomes quite clear.

Y2K also poses a problem to consumers throughout the world. Almost every part of daily life, from hairdryers to cars, is run by computers. These smaller computers, referred to as microchips, can possibly short out, causing almost every appliance to shut down. Also telephone, electric, gas, and water companies all rely on computers to control their machines. Imagine waking up one morning and having no water, electricity, gas, or telephone service.

Many people assume that Y2K will only affect "older" computers. In actuality, computers manufactured up until late 1997 can be affected. While most problems will be limited to the larger mainframes and supercomputers used by banks, airlines, and universities, any computer stands

a chance of being affected. Macintosh hardware is practically immune, since its programming was always done using four-digit years. However, some software used by the Macintosh line of computers can malfunction, causing the computers to crash or worse. In computers, the BIOS (Basic Internal Operating System) chip is the part to be most likely affected.

Many other parts of a computer can also be involved. Mainly any part containing an embedded chip, that is any peripherals, such as tape backup devices and network routers.

Computers, however, are not the only machines with

embedded chips in them. Many offshore oil rigs, microwaves, and common household items also have embedded chips, causing them to be potential problems. Small business and home systems are the most likely to be affected, mainly because the average person doesn't have the money or research materials available to fix the problem. There are, however, many shelf software programs available to fix the "bugs" in a PC.

In the end, it may not be as bad as some "experts" are saying. Many experts are predicting a global shutdown. However, the federal government is doing its best to resolve the Y2K problem before it comes to that.

Tammy's Tips & Tootsies



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Tammy Hoopingartner

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Friday 9:00 - 3:00
Every other Sat. 8:00-12:00

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Capture the essence of autumn with designs that will lighten up any hearth and home.



The GAME Page

Thanksgiving Edition

Thanksgiving Word Search

Top 10 Things People Are Most Thankful For

By Chad Wys

Thanksgiving!

| | | | | | | | | | | | | | | |
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| I | C | G | R | A | N | D | M | A | S | C | Z | A | Y | G |
| G | N | A | G | N | I | F | F | U | T | S | D | A | N | L |
| K | I | D | R | E | Y | V | A | R | G | A | D | I | A | E |
| R | G | B | I | V | K | N | Y | D | E | I | S | P | P | F |
| S | E | N | L | A | E | A | I | R | L | S | U | Y | D | T |
| M | A | H | I | E | N | E | B | O | E | M | S | A | E | O |
| I | T | K | M | V | T | S | H | R | P | W | L | D | I | V |
| R | S | O | F | C | I | S | D | K | G | C | E | S | P | E |
| G | A | O | T | C | T | G | I | W | C | O | E | R | N | R |
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| Y | A | M | S | R | E | B | M | E | V | O | N | T | R | P |

BAKE
BREAD
CARVE
CIDER
COLD
COLONY
COOK
CORN
DIET
DRESSING
EAT
FAMILY

FEAST
GIBLETS
GRANDMAS
GRAVY
HAM
HOLIDAY
INDIANS
LEFTOVERS
NAP
NOVEMBER
PARADE
PECAN PIE

PILGRIMS
PLYMOUTH
PUMPKIN PIE
SLEEP
SNOW
STUFFING
THANKSGIVING
THURSDAY
TURKEY
WINTER
YAMS

During my research for the *Top 10 Things For Which People Are Most Thankful*, I discovered that people are more humble than I thought. Above all else, everyone that I questioned put *family* as the thing for which they are most thankful. This is, of course, a good thing. Although an unselfish topic such as *friends* was high on people's lists, more not-so-important items began to come out. *Money*, *cars*, and *the mall* strayed from the needful category.

- 1. FAMILY** 100% of those surveyed are thankful for you relatives.
- 2. FRIENDS** 88% of those surveyed are thankful for having friends.
- 3. MUSIC** 70% of those surveyed are thankful for the many different kinds of music.
- 4. FOOD** 55% of those surveyed are thankful for the many joys of food.
- 5. MODERN TECHNOLOGY** 40% of those surveyed are thankful for the miracles of modern science.
- 6. FREEDOM** 25% of those surveyed are thankful for their freedom.
- 7. MONEY** 23% of those surveyed are thankful for money.
- 8. CARS** 20% of those surveyed are thankful for the use of automobiles.
- 9. BEING ALIVE** 15% of those surveyed are thankful for the gift of life.
- 10. HAVING A HOME** 10% of those surveyed are glad you have a place to live.

Unfortunately, some things such as *religion*, *education*, *talents*, *love*, and *good health* weren't mentioned by any of those surveyed.

Mission: Impossible

By Chad Day

One of the most anticipated games of 1998 is finally out. About four weeks ago *Mission: Impossible* for the Nintendo 64 Entertainment System came out. Not much was known about this game based on the hit movie of 1996, entitled "Mission: Impossible."

The game stars Ethan Hunt, a superstar secret agent for the IM (Impossible Missions) agency. In this game, the player goes

on covert missions starting with a very complicated snow level. Unlike its counterpart *Goldeneye 007*, MI utilizes more of the thinking aspect of gaming than the shoot 'em up style of 007 and other N64 games. After playing the game, I realized that this may be one of the best games for the Nintendo 64 to date.

While no one knows whether *Mission: Impossible* will have a sequel, one thing seems certain. It won't be a dud to all gamers who desire gun

games that require a bit of thinking. *Mission: Impossible* can be rented at Family Video and Blockbuster Video stores. It can be bought at any of the local stores such as Wal-Mart, Target, and Babbages.

Rating: 8 out of 10

New N64 games: *Zelda 64*, *Madden '99*, *WCW vs. NWO Revenge*, *NBA Live '99*, *Nascar '99*, *Turok 2*, *NFL Quarterback Club '99*, *NFL Blitz*, *Body Harvest*, and *Glover*.



In this scene Ethan swings down to a computer while avoiding red hot lasers beams.

Mike's Movie Review

From small time waterboy to football star. Sandler gets revenge....

The *Water Boy* is the story of Bobby Boucheir, a socially unacceptable thirty one year old, who is the water boy for the football team at Louisiana State University. But soon he loses his job and gets another water boy position at a local smaller college, South Central Louisiana State University in the hillbilly capitol of the world. Soon the coach at SCLSU finds out Bobby's gift, a temper that gives him the power to tackle anyone with extreme force and decides to make him part of the team. From being tormented all his life Boucheir is able to build up his temper by picturing the head of someone he hates on whoever has the ball.

The *Water Boy* stars Adam Sandler as Boucheir with appearances by Kathy Bates as Boucheir's mom, Happy Days' Henrey Winkler as the coach at SCLSU, and Rob Schneider as a local fan. The acting wasn't great but I don't think anyone was expecting it to be. Sandler did a great job playing Boucheir but in some parts he did to good of a job and made you feel sorry for him.

The film provides lots of laughs as most of Sandler's films do. Although it is not Sandler's best film it is a good comedy to watch.

The New WB

By Chad Day

All around the world people are getting a look at a new television station called the "WB." WB stands for Warner Brothers. Before, being on the station WGN (channel 9) the hit shows have moved to a new cable station taking their old shows with them and creating some new ones as well.

One of the many new shows is the reproduction of the hit show "Love Connection," which aired in the late 80's and early 90's. A new host, Pat Fullock, is pretty much the only thing that changes, the same deal is presented. A guy or girl gets set up on a date with a person they select from three people. Then, the audience votes on who they think is the best choice. Finally, the

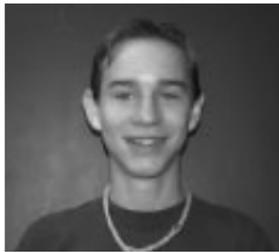
couple go on their date and tell about it on the show. "Love Connection" is on at 5:00 every weekday.

Another new show is "Change of Heart." It's where couples who are reaching the crossroads in their relationships voluntarily go on one blind date to see if the magic is still there. Everyday the same thing pretty much happens; the dates will come out and each opposing side will diss on or slam the other person's date. Then, the two people decide if they should stay together or have a change of heart. That is the most interesting part and no one can ever tell what the outcome is going to be. You can catch "Change of Heart" at 5:30 every weekday.

An old show that was put back on the new "WB" cable station is "Buffy The Vampire Slayer." This series stars Sara Michelle Gellar as Buffy, vampire slayer/ high school student. In her hectic schedule she still has time to make her hair look perfect. The show has been on for a few seasons now and is probably one of the "WB's" best and most successful shows. Buffy airs at 7:00 p.m. on Tuesday nights.

For those out there with cable, the new "WB" is a very fun channel. It's has a wide variety of shows for all ages. From "Dawson's Creek," starring James Van Der Beek and Katie Holmes, to old episodes of the hit "NBC" shows "Friends" and "ER." "I really like the WB and many of it's shows," says Freshman Skyler Moore. That just goes to show that the "WB" station is really a good change from all the teeny-bopper shows and police dramas. Check it out, it's channel 17 if you have cable.

Chad and Chad Tune into this...



By Chad Day



By Chad Wys

Ever since the hit movie "City of Angels" came out, everyone is hearing a once forgotten name again. That name is "The Goo Goo Dolls," who have the number 1 hit song "Iris" on the *City of Angels Soundtrack*. Now, not to long after, the Goo decided to release a new album titled *Dizzy Up The Girl*.

"Slide," the first track off this CD has already become a big hit on the radio after only about three weeks. Locally, the track "Slide" has been at number 3 on the 99x Top 9 at 9:09. It has been awhile since *The Goo Goo Dolls* have made an album, their last one being in 1995, which was *A Boy Named Goo*. After the songs on that CD faded, like "Name" and "Long Way Down," no one really heard from the Goo's until the song "Iris." This album was a very good idea because of the fantastic tracks it's sporting. The Goo really worked hard on this album, really wanting to prove that they are a talented group, despite what the band Lacal H has said in the past.

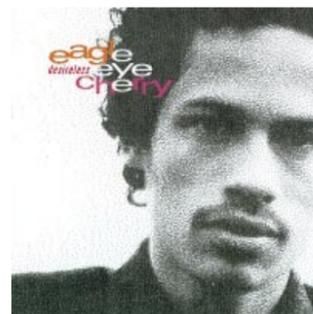
"Iris" is also on the album *Dizzy Up The Girl* and has been on the radio for about three months. Some think of

it as the first release from the record, but really it was the #1 smash hit on the *City of Angels Soundtrack*. News from the Goo Goo Dolls website (www.goooodolls.com) stated that "Iris" wasn't as popular as it was, the Goo might not have come out with their new album. "Iris," of course, did exceptionally well so *Dizzy Up The Girl* was released.

No one knows what the next release will be from *Dizzy Up The Girl*, but while listening to Modern Rock Live on 99x, John Rzeznik, lead singer and guitarist for the Goo said, "The next release may either be "Dizzy" or "Broadway," because I really feel proud about those songs and there meanings." This album is a must buy for all of the Goo fans out there, and if the *The Goo Goo Dolls* really aren't the group that makes you want to get up and sing, then just try it. It might just surprise you.



The GooGoo Dolls new album cover.



Eagle Eye Cherry's new album cover.

Eagle-Eye Cherry is one of the latest installments to the alternaive music scene. If you've heard the rich melodied, guitar-filled, humming of the song, "Save Tonight," that's Eagle-Eye Cherry. Toy might think of a group when you hear that name, but believe it or not, it is the name of a man. This 27-year-old, born and raised in England, has a very rare, strange, and interesting name. "I think I got a pretty good name," he laughs. More importantly than the name is the music. You instantly pick up on the medium-tempoed hit debut from Eagle-Eye, "Save Tonight." Most songs these days take some time to grow on you. After you hear a song 20 or 50 times on the radio, and then see the video on television 30 times, you start to pick up on it, but with this song, you immediately get drawn into its rich, lyrically and musically strong rhythm. One good thing about Eagle's debut album "Desireless," is the fact that it already has a few more possible hits to offer. Unlike many one-hit-wonder albums.

The album begins with the newly crowned *mega-hit*, "Save Tonight." This is a wonderful highlight to the "Desireless" track list. "Indecision" is another catchy contemporary-alternative track that has an addicting melody. Another high point on this rhythmically conscience record, is the slow-tempoed catchy-hip-flaired track, "Comatose (In the Arms of Slumber)." "Worried Eyes" is a music based track that you would expect to hear on a "Good Will Hunting" type of a movie soundtrack. "Falling In Love Again," brings us back to the guitar-cool hypnotic sense of, "Save Tonight." Every song on the album has got its own catchy scese. This album's only limiting factor is that even though the songs on the album are different in many ways, they seem to return to the same sound of the albums first hit.

IF YOU LIKE THE SOUND OF THE FIRST HIT, THIS ALBUM IS A MUST-HAVE HIGHLIGHT TO YOUR RECORD COLLECTION!

I GIVE IT 4 OUT OF 5 STARS.

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Varsity Boys Basketball



“ Practicly all of our players are coming back, so if we keep working hard and together we’ll be the squad that teams should watch out for.”

Greg Flowers

Varsity Girls Basketball



“ We have plenty of experiance and great leadership skills which will put Limestone girls basketball back on top where we belong.”

Vanessa Madison

Soph. Boys Basketball



“ Our team works hard in practice and if we carry that work ethic into the ganes, I think we have the talent to be a great basketball team.”

John Sage

Soph Girls Basketball



“ I think we will be good this season because we work hard and together better than we did last year and we have fun in the process.”

Brook Callihan

Frosh. Boys Basketball



“ We have one of the best freshman classes, so if we work hard and listen to our coach we should finish first in confrence.”

Nathan Clark

Frosh. Girls Basketball



“ If we follow our coach, work hard and as a team we can beat just about anybody.”

Casey Warren

Varsity Wrestling



“ If we work hard we will have a strong year and improve on our dual meet record.”

Shane Clark

Frosh./Soph. Wrestling



“ We have a really big team and are extremely dedi-cated and with our great coaches we should have a great season.”

Doug Peterson

Shape Up



Being a winner in any sport requires rigorous training and the right diet. Dr. Franco Columbu has written a nutrition book for athletes. His nutrition book is the first book to address the specific nutritional needs of an athlete. Dr. Franco Columbu well-known expert on nutrition and kinesiology, presents the most successful strategies and diet plans for achieving a superior physique. How the body utilizes the basic nutrients: proteins, carbohydrates, fats, vitamins, minerals and enzymes is thoroughly discussed. Using the most up-to-date information on the subject. Dr. Columbu guides athletes in developing a personalized diet that matches his or her needs. He also provides menus and meal plans that are geared to individual body types, exercise regiments, and levels of competitiveness.

One of the most needed nutrients is protein. The net protein utilization or rate of protein absorption into the bloodstream. For those who are trying to shed pounds this should be highlighted because some meat items are much higher in fat than others. The average person needs a daily quote of 1 gram of protein for every

kilogram (2.2 pounds) of body weight. Adult males should consume 75-100 grams per day; however, an extra allowance of protein is required to build muscular weight for those in training.

There is a lot of foods with protein and here is the protein utilization of some common foods. Eggs have 85%, fish have 78%, dairy products have 76%, meat have 68%, soy-beans have 48%, natural brown rice have 40%, red beans have 39%, coconut have 38%, nuts have 35%, white beans have 33%, maize have 25%, whole wheat bread have 21%, and white bread 20%.

In summary, the best foods for an athlete from animal sources are fish, meat, eggs and poultry. Dairy products like cheese are high in protein but also in fat, which tends to form fat deposits under the skin, causing loss of definition. The best foods from plant sources are beans, nuts, seeds and grain products.

For athletes looking to shape up protein is one of the many foods you should eat but, to Dr. Franco Columbu protein is one of the best foods to eat.

If

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December Coming Events

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|--|--|
| | | 1 Winter Act. Recognition LAA Art. Mtg. Rm15 9:00-11:30am & 12:30-3:00 Brd. Mtg. 7:00pm Class Ring Delivery Aud Foyer during lunch period | 2 School Improvement Day Dismissal @ 11:15am Key Club Mtg. Rm66 7:15am BBball (F)vs Pek.(H) 6:15 Tourn TBA | 3 Wreath and Poinsettia Delivery LAA Art. Mtg. Rm15 9:00-11:30&12:30-3:00pm G Bball (V) Stark County BBball(S&V)vsEP(H)6:00 | 4 Wreath and Poinsettia Delivery LAA Art. Mtg. Rm15 9:00-11:30am&12:30-3:00 Wres. (F,S,&V) @Streator BBball(F)@Wood.10:00am | 5 Femmes Unir. Luncheon Cafe. 11:00am Wres(F)Prin. Tourn.9:00am GBball(F)@Wash. 9:30am GBball(V)StarkCnty.Tourn BBball(F)@ Wood 10:00am |
| 6 Christmas Choral Concert Aud. & Snack Bar 3:00pm | 7 BBball(F)@Dun.6:15pm GBball(F)vsDun.(H)6:15 Pre Registration in Class Madrigal Practice | 8 GBball(S&V)vsMor(H)6:00 Pre Registration in Class Bld. Com.7:00pm | 9 CurrComm Mtg.Lib2:00 Femmes Unir Bus Trip GBball(F)vs Rich(H) 6:15 Pre Registration in Class Femmes Unir Lib.7:00pm Madrigal Setup Practice | 10 Wres(F,S,&V)@EP 5:00 GBball(S&V) @Dun. 6:00 Pre Registration in Class Madrigals 6:00pm | 11 Wres(V)@Chatham Glenwood 5:00pm BBball(S&V)@Dun6:00pm Madrigals 6:00pm | 12 Wres(F&S)OttawaTourn 8:00am Wres(V)@Spring. 9:00am BBball(F)vsEP(H) 9:30am GBball(F)@EP 9:30pm GBball(S)StarkCnty.Tourn Madrigal 6:00pm |
| 13 Madrigals 5:00pm | 14 GBball(F)vs Mor.(H) 6:15 BBball(F)@Mor. 6:15pm Aerobics Cafe. 6:00pm Hanukkah | 15 GBball(S&V)@EP 6:00pm Brd Mtg 7:00pm | 16 End of Grading Period Senior Citizens Christmas Party Key Club Mtg Snack Bar Aerobics Cafe 6:00pm | 17 Semester Exams | 18 BBball(S)vsMor(H)6:00pm Wres(V)@IVC 6:00pm BBball(V) vsMor.(H)7:30 GBball(S)StarkCntyTourn Semester Exams | 19 Spch @ Rock Island BBball(F)@Central 9:30am GBball(S)StarkCnty Tourn BBball(S&V)@Pek6:15pm |
| 20 | 21 BBball(S)WashTournTBA Aerobics Cafe 6:00pm | 22 | 23 BBball(S)WashTournTBA Aerobics Cafe 6:00pm | 24 | 25 Christmas Day | 26 |
| 27 | 28 BBball(V)Pek TournTBA GBball(V)Man Tourn TBA | 29 BBball(V)Pek Tourn TBA GBball(V)ManTournTBA | 30 BBball(S)Pek TournTBA GBball(V)Man Tourn Wres(V)LincolnTourn | 31 New Year's Eve | | |

Rocket Activities

Winter Activities

On Monday, November 30 winter activities recognition week begins. On Friday, December 4 there will be a winter activities in the gym to honor and recognize the people who contribute and participate in winter activity.

LAA Articulation

The LAA Articulation meetings will be held on Tuesday, December 1 and Thursday, December 4 and Friday, December 3. These meetings will be held in room 15 at 9:00-11:30am and 12:30-3:00pm

Choir

The Limestone Choir will have its annual Christmas Choral Concert on Sunday, December 6. The concert will start at 3:00pm in the auditorium. Afterwards drinks and cookies will be served in the snack bar. It is

a chance for all the Limestone choir groups to perform their favorite Christmas songs.

Madrigals

The Madrigals are here again. Every year, the Madrigal singing group puts on a great show and serves a terrific meal. This year, the madrigals will take place on Thursday, Friday, and Saturday, December 10, 11, and 12 at 7:00pm, and on Sunday, December 13 at 5:00pm.

Basketball

It is a big month for the Limestone girl's and boy's basketball teams. The conference games for the Varsity boy's basketball team include the East Peoria Raiders on Friday, December 4 at 7:15pm here at Limestone, the Morton Potters on Friday, December 18 at 7:30pm here at

Limestone, and a holiday tournament in Pekin on the 28, 29, and 30 of December. The conference games for the Varsity girl's basketball team include the Morton Potters on Tuesday, December 8 at 7:30pm here in Limestone, the East Peoria Raiders on Tuesday, December 15 at 7:30pm at EP, and a holiday Tournament at Manual on December 28, 29, and 30. The conference games for the Sophomore basketball team include the East Peoria Raiders on Friday, December 4 at 6:00pm here at Limestone, the Morton Potters on Friday, December 18 at 6:00pm here at Limestone, and a holiday tournament at Washington on December 21 and 23. The conference games for the Sophomore girl's basketball team include the Morton Potters on Tuesday, December 8 at 6:00pm here at Limestone, the East Peoria Raiders on Tuesday, December 15 at

6:00pm in EP. The conference games for the Freshman boy's basketball team include the East Peoria Raiders on Saturday, December 12 at 9:30am here at Limestone, and the Morton Potters on Tuesday, December 14 at 6:15pm in Morton. The conference games for the

Freshman girl's basketball team include the Washington Panthers on Saturday December 5 at 9:30am in Washington, the East Peoria Raiders on Saturday, December 12 at 9:30am in EP, and the Morton Potters on Tuesday, December 14 at 6:15pm here at Limestone.

