



# Kelly's Korner

Hallway 500



By Kelly Bazhenow

You have five minutes to go to the bathroom, go to your locker, and walk half way across the school to get to your next class. Can you do it? I sure have trouble with it. I don't know who decided that five minutes was enough, but apparently they think we all sprint from class to class. Which we do not, there is no running in the halls you know.

Five minutes is usually enough time to go to your locker and get your next class, but not enough time to throw in a bathroom pit stop. With the new tardy policy in effect you sure do not want to deal with the consequences of being tardy, but sometimes you just can not help it. It would help if teachers were more understanding when students need to use the rest room during class, and yes if we are asking it is an emergency, or we have forget something important in our lockers. As a student, I greatly appreciate those teachers who are willing to let you go.

I have heard teachers say that in five minutes they could get from one end of the school to the other. They also neglect to remember they do not have to go to a locker, and if they are a little late for class it is no big deal.

I understand that with the rise in school violence they want to limit student activity

in the halls during class, but we are human. We gotta go when we gotta go! Sometimes we forget to bring things to class. If your worried about students abusing their privileges instate a sign out sheet. If for any reason a student should leave the room have them sign out. Then, if anything should happen in the halls, a teacher could check the time and name of the students who checked out. They could then find out who was out during that time, and take the proper steps towards finding out who was behind the problem. The sign out sheet would also regulate how long it was taking students to go to their lockers or use the rest room.

I know that students have a responsibility to remember their belongings from their lockers, and use the rest room in the time they are given, but it would be nice if people were more understanding of the occasional lack of responsibility. Five minutes is a reasonable amount of time for kids to get where they need to go and do what they need to do, but on those days were a little more compassionate.

## Letter To the Editor

Dear Limestone High School,

I just wanted to write to you and tell you that you have the greatest school paper in the world to read. Mine is great too, but I am from a different state.

My cousins, who you happen to know, go to Limestone, and you do great articles on them as well. My cousins' names if you are wondering are Katie, Krissie, and Kirbie Holland. Those are my cousins, and they are great to have for cousins too.

Carrie Hibser

Dear Limestone,

I just visited your website for the very first time. I enjoyed viewing the many sights listed. I am a 1957 graduate of Limestone and live in Naperville, Illinois. I have been away from the Peoria area for over 40 years. My graduating class was the first class to go four years to the school. I remember having to go to school on Saturdays because the building was not completed in time for the fall 1954 school year. In 1985 I established an educational scholarship at LCHS to help students interested in going to college. Good luck as well moving into the millenium and as the school gets closer to its 50th anniversary.

Bill O'Malley

# Jamie's Jabber

By Jamie Emert

An ad revently appeared in Sioux Falls, South Dakota to advertise the hit television show *Friends*. The ad contained the three *Friends* girl characters. The advertisement said "Cute Anorexic Chicks." Complaints from local citizens brought a change of slogan. This ad promotes harmful body ideals; it emphasizes that the media can play a powerful role in forming the perfect body image and self-esteem.

While we are being told that real beauty is on the inside, all of the models that we see on television seem to be flawless. Since this is all that we are seeing in movies and on television, many women are starting to feel self-conscious of thier looks.

A recent People magazine had a center spread on *How Thin is Too Thin?* It talked about how much weight has been lost by actresses and models in the past two years. Actress Jennifer Aniston has currently weighed 110. As stars are downsizing to meet Hollywood's standards, they are risking their health, and setting dangerous paths for their fans.

You probably remember Calista Flockhart's appearance at the Emmy's. Joan Rivers brought up Flockharts weight, and then people started talking about her that night for quite awhile. She weighs roughly 100 pounds. She was interviewed by People magazine and said, "I don't think of myself as too thin."

If women and teenage girls are supposed to feel good about themselves, why do all of their role models not feel good about their appearances unless they are viewed as flawless in Hollywood. I would look up to a lot more actresses and models if they felt better about themselves, and didn't completely change themselves to make others like them.

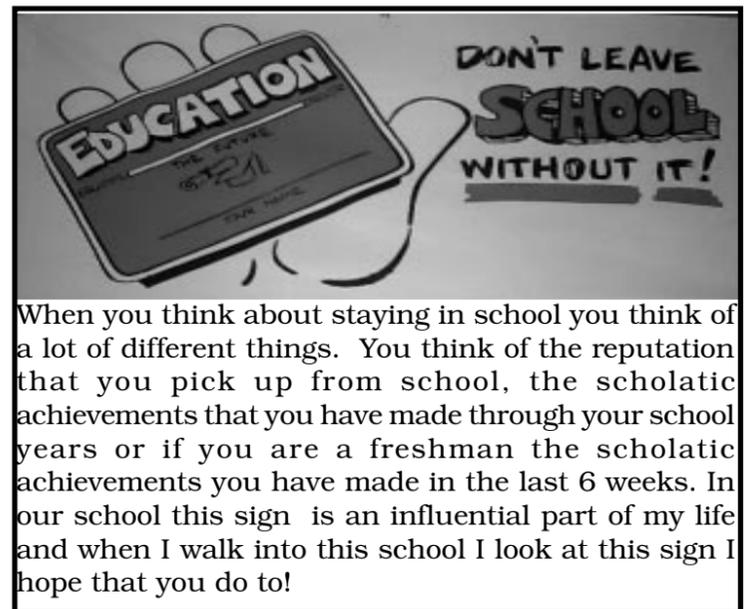
## Mac's with the Class

**Where:** McDonald's below the hill

**When :** December 21

**For Who:** Teen Staff

**For What:** To raise money for Teen Staf  
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When you think about staying in school you think of a lot of different things. You think of the reputation that you pick up from school, the scholastic achievements that you have made through your school years or if you are a freshman the scholastic achievements you have made in the last 6 weeks. In our school this sign is an influential part of my life and when I walk into this school I look at this sign I hope that you do to!

# Chat with Kat

“What does Christmas really mean?”

A long, long time ago. God gave us a gift, the most awesome gift of all. He gave us his only son to die for our sins. Back then he did a selfless act, that did not help or make anything better for him, but made life and the world better for us. He gave the world this Christmas gift. Through the years the reasons we give gifts are because we know that when we give, we will receive. This is a very selfish act that benefits only us. But why did we change this tradition that was originally why we had Christmas.? Is it because we are selfish and like to receive instead of give. We are selfish because when we think of Christmas now all we think of are the materialistic parts of it.

What do you think of when you think of Christmas: you think of having to give gifts, presents, money, shopping, and worst of all the salvation army persons ring the bells and are money hungry, and always expect money or charity. But lately everybody who is anybody wants something . They want a donation for Christmas, or a donation for Easter Seals. That is great, but not when you have 20 people wanting money from you. If people want money for this what all will they do for

money.

Christmas. But if God knew that the awesome gift he gave to us was going to cause a different meaning of Christmas, would he still have gave the most awesome gift, or would he have thought before he gave it. When we think of the gift that God gave, we have to know that he did not do it to be recognized, to be loved anymore, or to be famous. He gave the gift because he loved the world and all the animals and people in it.

The people in the world today have turned his selfless gift into a mockery and changed it to a selfish, careless, and cold-heartedness holiday. And when you think of why Christmas has lost its meaning. Walk down the street, go to the mall, visit a famous sight. And you will find the reason when you see the society.

**-Kathleen Sheldon**

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# Tinnon Named Most Influential Teacher

By Ryan Closen

On October 8, 1999 Limestone teacher Kristen Tinnon received an award for Most Inspirational Teacher. She received this award from Western Illinois University. In the envelope Tinnon received was a certificate of appreciation and a letter addressed from Western Illinois University's Office of the president.

The letter was written by Western's president, Donald S. Spencer. Mr. Spencer stated that he considered it a distinct honor to notify her of this award. Also, in the letter it states that a survey was taken by freshman of Western and a student recommended

Tinnon. On the certificate it said, "In recognition of excellence in preparing the next generation for academic achievement and leadership this certificate of appreciation is presented to Kristen Tinnon."

Tinnon is a teacher of english and the advisor of the yearbook. She has been teaching for four years and this is her first award.

Tinnon feels that teachers don't get enough recognition, so when she received this she was very surprised.

"It would be nice to be remembered as a good teacher, one who successfully transferred information to students. It would also be

nice to be remembered as a fun teacher, one who entertained her students while informing. But to be named as an inspiration-I can't explain the feeling. To think that I was able to inspire a student to learn, to become involved in his own education-it's the best motivation for me. This makes me want to work harder, to affect more students, to do everything in my power to touch these lives. I'm honored," says Tinnon.

On behalf of the newspaper staff i would liek to congratulate Mrs. Tinnon for being named Most Inspirational Teacher from Western Illinois University.

# A Warning to Students

By Steve Kirkbride

WARNING! WARNING! Tardy and truancy policies have changed. After the first of the year all of the truanancies that have been accumulated for the first semester will not start over. If you have any truanancies then watch yourself because the deans will be watching for any truanancies reported. Keep in mind, it only takes a total of three truanancies to equal an out of school suspension (OSS).

Tardies are becoming a big problem this year. Many students are being removed from the Attendance Incentive

Program (AIP). Sophomore Stephanie Allsup stated, "They should have not have changed the policy because some people can't help but be late." On the other hand, Junior Miles Kominski says, "The change really does not apply to me." The two of them think it will teach some responsibility and less people will be tardy and truant.

Also, there is an increase in detentions being given due to tardies. Compared to last year there is a big increase in tardies to first and second hour. Tardies add up a lot easier than truanancies. Fifteen

tardies equal an OSS, but tardies are simple to get.

Getting an OSS can really hurt your grade. If you have lame excuse for being late save your breath and take the tardy. These policies changed to try and get the students here on time and to install some discipline on students. Advice from the Dean of Students, Mrs. Betty Gibson, "Try and go to bed a half an hour earlier and maybe get up five to ten minutes earlier than usual." These stricter policies are in effect now so watch the tardies and Truanancies.

## News Notes

### Alpha Park Management Questioned

Recently Hammers' owner Bob Fleming expressed an interest in managing the concession stand at Alpha Park. He wants to expand the current concession stand into a clubhouse so that he can sell alcohol. MADD expressed serious concerns about this plan. On Tuesday, November 23, 1999, a county board meeting was held at which these plans were discussed. No final ruling has been made as of press time. The *Limelight* will present a more in depth look on this issue in our January 2000 issue.

## Global Warming

By Jennifer King

Many teens have no clue how many problems face the world today. Well just one of the many is global warming. Global warming is when the surface temperature of the earth is higher than normal, due to many humans using all kinds of new chemicals the atmosphere is not used too. The atmosphere tries to release these chemicals (such as carbon dioxide methane, and nitrous oxide) by warming the surface of the earth. Now what might this do other than make our summers nicer. Well sea levels would rise causing flooding. Increased precipitation and warmer winters. Also this could decrease the water supply and crops would lessen. It could also harm human health and many types of animal. But the major thing to worry about is if the ice caps melt. This would

cause several coastal areas to flood and resettlement of people would be needed. Many actions are being taken around the world everyday by many people trying and refuse to avoid using these harmful chemicals. Even political action is being taken. President Clinton is putting out a research program. This will show foreign counties some of the harm they are coming. There was a treaty put out in December 1997 called The Kyoto Treaty. This was just one of many efforts to help against global warming. Now many students are not to concerned about global warming now. But if you are the family that has to find a new home because of coastal flooding you might be concerned then. By taking little steps to try and reduce global warming is a start. Any help at all is help.



Celebrate The New Year early with the Peoria Park District's...

## Dance of the Decades

At the Gateway Building on Peoria's RiverFront

**What:** Come dressed as your favorite decade (but NOT 1990's)

**Who:** Teens age 14 to 19 (proof of age required - School ID, driver's license, etc.)

**When:** Tuesday, December 21, 1999 from 8:00 pm to 12:00 am

**Admission:** \$3 in costume / \$5 without costume

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# Career of the Month

By Chad Day

Working at a fast food restaurant can be good for a young person, not usually something you would expect as a career. Some people who just decide not to finish high school may find themselves flipping burgers for their whole life. They will attend Hamburger University, for a degree in meat flipping. Who knows why these people decide to be it. If you know what's good for you, go to college! If you do end up having a degree in burgers, you will make money as a manager, a straight salary and make a whole lot more than the kids in school bettering themselves going to school. So, the people in school getting an education get paid less than the people who dropped out or didn't go to college. Not to fair.

Fast food management is a pretty rough job, and it has little pay. This should be enough to make you want to finish high school and go to college. Being a manager at a fast food restaurant such as McDonalds can be very stressful. You may have to wake up early and do a bunch of work. You may get little sleep from working late one night until about one o'clock, and then getting up very early like seven o'clock to open. That limits sleep to a minimum.

Really it stands at how bad you want to be something. Going to college will get you a better job than flipping the burgers at a fast food restaurant for your whole life. Years and years of the same thing. You may want to take this into consideration. Go to college, because "cooking" fast food most likely isn't your career choice. Just think about it.



Senior Corey Shannon was recognized for being the November Academic Student of the Month.



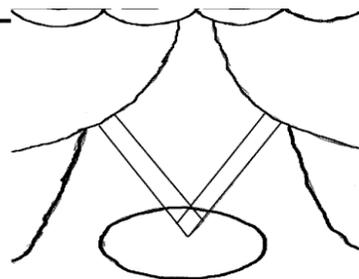
Senior Lindsey Hunt was recognized for being the Tech Prep student of the month for October.

## Typical McDonald's Salaries

Starting out the employee's salary is \$5.15 per hour. After 6 months of working, employees are paid \$.50 more per hour. If employee becomes a crew trainer, that employee receives \$1 more per hour. If the employee gets promoted to manager, the pay is \$7 per hour.



Senior J.T. Strube was recognized for being the Tech Prep student of the month for November.



## Feature In the spotlight

with  
Marlana Bussey

Not everyone has what it takes to walk down the runway or pose for a magazine. Juniors, Meghan Fisher and Jennifer Henderson, were surprised to find out that they have what it takes.

Fisher and Henderson heard on the radio that a modeling secession was going to be held at the Holiday Inn City Center downtown, so they thought why not give it a shot. They would later find out that they have what it takes.

The girls explained that they showed up in street clothes and they had to go through a visual screening. The sponsors looked at special features, complexion, and bone structure etc. They also made the girls put their hair up so they

expected that it would go this far. Henderson says, "I never expected this! But it definitely boosted my self esteem when I did." The girls mentioned they had a really great time and they are glad they gave it a shot. Henderson also explained she left with a really good overall feeling.

Fisher states, "I was really shocked that they picked me. I definitely never expected this, but at the same time I'm really excited and hope I get picked because it would be really fun to get a contract." Henderson exclaims, "I would suggest that anyone who is thinking about modeling or wants to be an actor to definitely go to the next open



call. You never know unless you try. If you get picked to go to the final one and meet all the agents, it is expensive, but I'm sure it will be worth it. Plus if you get a job in doing what you want, you'll make all that money that you paid to go back! The cost is \$395.00 just to go and meet the agents."

So if you think you don't have what it takes you might want to think again. Limestone wishes Meghan Fisher and Jennifer Henderson the best of luck!!!!!!!

Fisher and Henderson never



Senior Lindsey Beckman was recognized for being the October Academic student of the month.



Senior Elizabeth Beach was also awarded a Presidential Classroom Award. She will spend a week in Washington D.C.



Seniors Elizabeth Beach and Jeff Chitwood were recognized for being outstanding youths.

**Congratulations Student Achievers!**



Dave Pelzer came to a book signing at Barnes and Nobles in Bloomington, Illinois. Sophomore Jessica Wendling was there. Dave Pelzer is an author. He talked about the books he wrote. He also talked about how he was abused as a child. He explained the books he wrote were about survival, not abuse.



Junior Nicole Link was named Outstanding Youth Volunteer for the March of Dimes for her involvement with Walk America, the March of Dimes Phone-A-Thon, and Jail and Bail.

## College Corner

### Scholarships

Car grill 3-15-00  
CEFCU 3-1-00  
Discover card 1-11-00  
Educational Comm 5-31-00  
John B. Edwin 12-31-00

Phi Delta Kappa 1-31-00  
Profiles in Courage 1-12-00  
Order of Odd Fellows and Rebekahs 3-1-00  
Washington Crossing Foundation 1-1-00  
C.M. Wright Foundation 1-15-00

*Everything the LCHS college bound student needs to know.*

# Christmas traditions from the HEART

City's Festival of Lights attracts Christmas tourists

East Peoria has become a part of the Thanksgiving/Christmas tradition since the beginning of its Festival of Lights. In addition to the parade, held the Saturday after Thanksgiving, and the decorated houses, the city offers many holiday activities that attract travelers from all over, helping them find the spirit of Christmas.

Interesting places to visit during the Holiday months are:

1. *Winter Wonderland*

**Hours:** 5-10 p.m.

**Days:** Mon-Thurs. \$5.00  
Weekends \$10.00

2. *Enchanted Forest*

**Price:** \$1.00 ages 12 to adult

3. *Holiday Sensation*

**Hours:** 5-10 p.m.

**Price:** \$1.00 ages 12 to adult

4. *Marketplace Crafts*

**Hours:** 12 noon-10 p.m.

5. *Guided bus tour of the Festival of Lights*

**Hours:** 5-10 p.m.

**Price:** \$10.00 adult

\*Call 698-4711 for reservations

## Santa Clause Parades Peoria Streets

By Jamie Emert

This was the 112th year that the Santa Clause parade has entertained the Peoria area. Peoria hosts the longest running parade in the country. "It is a big deal in this area," says parade co-chairperson Susie Stockman. "The people love it, and we love doing it." The parade lasted from 10:00 a.m. till 12:00 a.m. on Friday, November 26th.

According to PACE, which sponsored the Santa Clause parade, people really enjoy the various floats and lights. They also like seeing the little children dressed up in costumes.

The floats have changed a great deal during time. They used to be made of wood and ran on iron rimmed wheels, and were sometimes pulled on animals. Today, they are made of plastic, steel, fiberglass, and wood. Today the floats are pulled by cars. Many floats are regulars in the parade. One float, Frosty the Snowman, was built in 1976 and still runs in the parade today. Also, the Rub a Dub Dub, Three Men in a Tub float has been in the parade from the early 1960's. "I would have to say my favorite part would have to be the horses. They have been a tradition to the Santa Clause parade since I can remember. I love going to it every year,"



Photo by Marlana Bussey

Santa Clause happily greets the children and their parents during the annual Thanksgiving Day Parade held in downtown Peoria.

says freshman Sarah Foster. In 1994, the floats needed some work done. They "were repainted and reworked because they were in really bad shape," says Stockman.

This years parade was telecasted on WMBD. 1957 was the first time the parade was telecasted. The reason they have the Santa Clause parade telecasted on TV, is so that elderly and people with disabilities can still enjoy the parade. Freshman Jenni Bohls says, "My favorite part in the Santa Clause parade is where the bands and the clowns, I look forward to see

them every year."

"The economy was very depressed in East Peoria," said parade coordinator Maurice Joseph, "The idea was to get the people of East Peoria involved in something good-to lift the spirits of the community." Light were hanging in trees, and on the fronts of stores, to get the citizens in the holiday spirit.

Stockman says, "It's really neat to see all the kids lining the street, I still get choked up seeing the kids waiting for Santa."

### What is your most memorable Christmas?

"When my cousin got thrown in the lake." - Sophomore Robert Emmons

"There are several. Christmas of 1986 when my wife, son, and I started a tradition of going to the midnight church service. Another was in 1997 found out my son was going to the hockey finals. They ended up getting second place. Last year finding out I was alive after my wife gave me a kidney." -Mr. Nelson, former Limestone teacher

"The best Christmas was when my grandpa had the Christmas dinner at his house and was carrying the chicken inside. When he got to the front decks, he slipped and fell and the chicken went flying!" - Sophomore Terry Ross

"I was wishing for snow on Christmas because I wanted a white Christmas. Then my family went to Christmas Eve dinner at my aunt's house. When I came outside to go home around midnight, there was about four inches of snow on the ground, and I shed a tear of happiness." -Junior Justen Rayner

"Christmas Two years ago, when I got my Sony Play Station." -Junior Bryan Bradford

"We got a real tree and brought it home, and there was a nest of spider eggs in the tree. They hatched." -Sophomore Tessa Collins

"My most memorable Christmas was when my daughter told me that she was pregnant. She put a bib in the tree." -Jan Boudier, cafeteria staff

"When I was eight years old, I got a little red bike. I went out and tried to ride it in the snow." -Mr. Smith, LCHS history teacher

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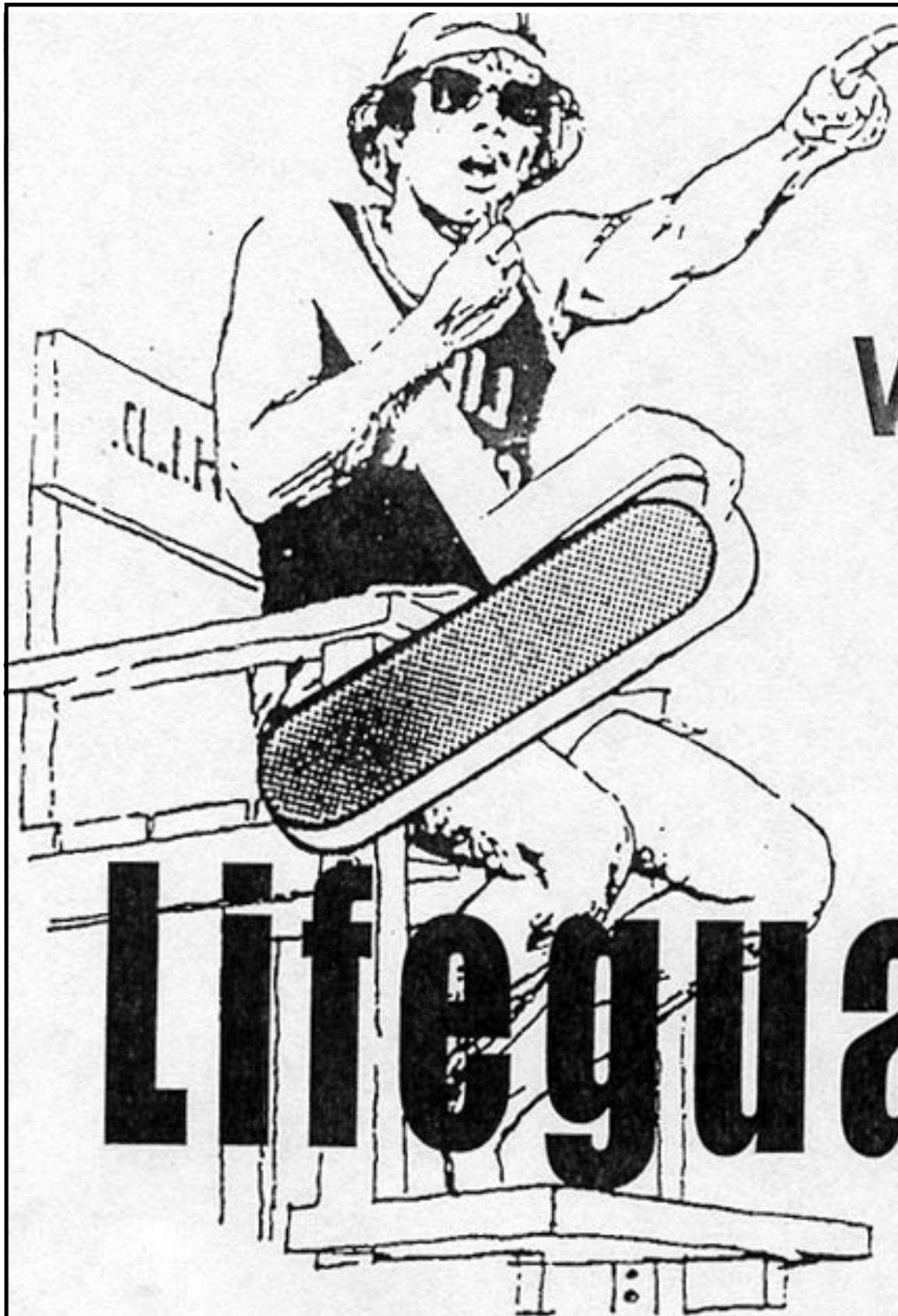
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The Peoria Park District's Central Park Pool will offer the Ellis & Associates Lifeguard Training Class in February. Successful completion of this class is one of the requirements for Peoria Park District lifeguard employment.

**Call 686-3370 for information.**

Music News



**Kid Rock brings in the new year**

Wednesday, January 12, 2000  
Peoria Civic Center

~ KID ROCK ~  
w/ special guest Sevendust

Tickets went on sale 12/04/99

**New Album Releases**

12/7

**Cypress Hill**  
*Los Grandes Exitos*

**Mandy Moore**  
*So Real*

**Sheryl Crow**  
*Live*

**Marilyn Manson**  
*Marilyn Manson Gift Set*

12/14

**Juvenile**  
*G-Code*

**Tupac & Outlawz**  
*Still / Rise*

**DMX**  
*And There was X*

**Goodie Mob**  
*World Party*

12/28

**Jay-Z**  
*Volume 3 Life and Times of S. Carter*

**Out to Eat with Kelly & Christina**



**Christina's Review**

On a brisk Saturday afternoon, I stopped for a snack at Le Cafe. I was overwhelmed by the enormous showcase of desserts just inside the door. I walked over to the counter and took a look at the beverage menu. I decided that I wanted a nice, warm cup of hot chocolate (\$1.25). It was given to me on a saucer decorated with a doily.

I picked a table right in front of all of the desserts and sipped my hot chocolate. It was frothy and wasn't very hot, just lukewarm, but it hit the spot. It took me a while to decide which dessert to choose. There weren't any signs saying what each dessert was or how much it cost, so I was left wondering what I was looking at. It all looked delicious, though. Many times I was asked if I could be helped by one of the employees. I replied that I was just looking. I asked the server which dessert was the most popular. He summed it up in one word: everything. I settled on (I think this is what he called it.) a crunchy (\$.99), which is ironic because it was actually soft and pastry-like. Honestly, I am not sure what it was. It was pretty big, and it looked better than it tasted. It had cinnamon and sugar, similar to an Elephant Ear, which was what I thought it was when I ordered it, but with a lemony flavor. When I took a bite, I realized I should have taken a little longer to figure out what everything was before I made my selection.

Le Cafe is a nice place to sit and talk over a European style cuisine. I did not have

enough to eat to really judge the restaurant, but I hope to visit again because everything looked so yummy.

**Kelly's Review**

Where can you go when an incredible craving for French food strikes you? My recommendation-Le Cafe/Le Bakery in the Metro Center. The part restaurant/part bakery offers an array of traditional French entrees and baked goods.

When you walk into Le Cafe, you are welcomed by a friendly atmosphere. There plenty of places to sit, and on the Saturday afternoon I went, there was not a long wait for service. First I scanned the Cafe side looking at their sandwiches, soups, and pastas. I was only in there to get dessert, though, so I headed over to the Bakery side. I really enjoyed the fact that many of the employees spoke with French accents, and that there was a table of people who were speaking French. The only thing that bothered me was that there were no prices on the food. That made me feel a little intimidated. After eyeing all of the desserts, I decided to try a Palmier because the lady helping me told me it tasted like an elephant ear, while my mom decided to try a Cinnamon Nut Puff.

The Palmier did not taste like an elephant ear. It was really hard to bite into because it was so hard, and it didn't taste very good. I advise you to eat it over a table because it makes quite a mess when you break it apart. Even though I don't like nuts, the outer part of my mom's Cinnamon Nut Puff was really good.

All in all I would recommend Le Cafe/Le Bakery. I plan on going back and giving something else a try.

**He's Still D.R.E.**

**By Chad Day**

**Dr. D.R.E.** is a big rap name from the early 90's that has faded. Now in 1999 **D.R.E.** has released a new album, *D.R.E. 2001*. After being featured in Eminem's *Guilt Conscience*, which received great reviews, he released his own album. **Dr. D.R.E.** got his popularity back after helping Eminem, otherwise known as Slim Shady, rise to fame. **Eminem** thanks **D.R.E.** and will always be thankful for what **D.R.E.** did for him. Slim Shady had the same style and flow as **D.R.E.** once had, and now they are one in the same. Expect to see Eminem and **D.R.E.** on many tracks on *D.R.E. 2001*.

His first single, "Still D.R.E.," has gotten all the old

**D.R.E.** fans back. Snoop helps **Dr. D.R.E.** bust the rhyme in this track. It is a song telling how **D.R.E.** is back, and he is still great at what he does.

Other great tracks are "What's the Difference," featuring Eminem and Xibit; "The Next Episode," featuring Snoop; and "Forgot About D.R.E.," featuring Eminem.

**"It's one of the best new rap CD's."**

**Rap expert Jarel Davis**

**So, D.R.E. is back, and he has all of his old fans as well as some new ones. To sum it all up, he's Still D.R.E.**

**Limp Bizkit Rearranges Peoria**

by Brad Clough

A sold out crowd of over 11,000 fans gave it all for the "Nookie" when the Billion Pirates Tour rolled into the Peoria Civic Center with the likes of Limp Bizkit, Method Man, Redman, and System of a Down. System of a Down played first, but most of the 11,000 plus fans were not familiar with them. The performance was good and really gave them some new listeners in Peoria. "They made a fan out of me," said junior Mitch Clark about System.

Between sets the floor crowd was getting so much bigger. The Civic Center sold 2,500 tickets for the floor, but there were about 3,000 listeners down there, which made us fans up on the rail very smashed. The security guards pulled fans out that couldn't breathe and poured water into the mouths that stayed to tough it out.

Method Man and Redman were next to play. They carried a 40 minute set with a few other unknown rappers. The duo was a very good warm up for Bizkit. Most of their set promoted the virtues of smoking marijuana, and they got the crowd going by talking about it. "They busted out some phat a## beats!" said junior Adam Crichton on their performance.

I do not like rap, but after seeing these guys perform, I have a new respect for what they sing and do. They ended their night with "Rappers Delight," which really got the crowd goin'. Even the security guards up front were gettin' down.

There was a long wait for Limp Bizkit to get set up, but it was well worth it. After the intro from *Significant Other*, their newest album, they erupted in to "Break Things," a song that summed up this summer's Woodstock. Speaking of Woodstock, Peoria's conduct reminded Limp Bizkit's lead singer Fred Durst about it, which he kept repeatedly reminding us.

During the song, fans on the floor were pulling up the floor boards that cover the ice and were passing them around. After a while, people climbed on them and rode around the arena. At one point, there was so much ice uncovered that people began slipping and falling. "It was total chaos," explained senior Matt Level.

Everyone agrees that the show was unbelievable.. "This show was better than the Family Values one I went to in St. Louis," said Crichton.

Limp Bizkit closed the night out with "Rearranged" and "Nookie." Through "Nookie," two giant confetti cannons were going for the whole song, and at the end, it looked like a snow-filled arena.

Although the concert was great, there were only two complaints. Junior Tom Inman said, "I paid 50 bucks for a backstage pass, and Bizkit was only letting chicks 18 and older back there. I was p###ed!" Also, Bizkit's current single with Method Man, "N 2 Gether Now," was not played. No matter these few flaws, maybe not all of them, this was one of the best concerts Peoria has seen in a long time. "It seemed like it took forever to finally get here, but it was well worth the wait because everyone was there, and we had a lot of fun," said freshman Jessie Foster.

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MELVIN LAUTERBACH STAN LAUTERBACH

# Kelts warns athletes against drugs

Dan Kelts, an instructor at Illinois Central College, spoke with LCHS athletes and coaches in November. Having experience with drug addicts, Kelts developed a drug and alcohol certification training program, plus he also developed programs for serious addicts.

During the assemblies, Kelts shared a lot of stories about past clients with drug addictions. He said he had never met a stupid drug addict, but he has met addicts who have done really stupid things.

In addition to the stories, Kelts also explained that no one wakes up one day and decides to be a drug addict.

He described how people will do anything, no matter how strange, to get fixes.

Using graphic descriptions of the effects of drugs, he warned the students to be wise.

Students and coaches thought his message was very worthwhile. Freshman Justin Closen said, "I thought it was pretty cool. The guy was pretty funny, and he had some good things to say."

Senior Justin Jones said, "I thought some of the things he had to say were very interesting. Overall, it was a good message."

Coach Dean Magro agreed with Closen and Jones. "I think it was a good speech

that was very realistic."

Athletic Director Larry Hodge said, "I thought he had first-hand knowledge that was very beneficial for student ath-

.....  
 "I thought it was pretty cool. The guys was pretty funny, and he had some good things to say."

-Freshman Justin Closen

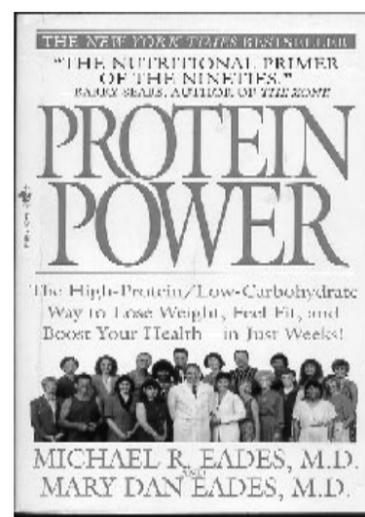
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 letes." Guidance Counselor Suzanne Minor said, "I thought he was an excellent speaker. He was very direct with his message. It was obvious he cared about our students and was trying to increase their awareness concerning the serious impact drug and alcohol use can have on a person's life.."



Limestone's girl's basketball Coach John Gross

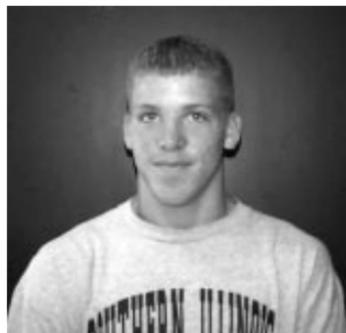
Varsity Girls basketball coach John Gross is one game away from winning his 500th career game. Although it is a very big deal, Gross does not really think much of it. Gross has been coaching for twenty-five years, which makes this a great accomplishment. Gross acknowledges his success is from his kids, making them work hard and luck was on his side.

On behalf of the Limelight staff we congratulate Coach Gross and wish him good luck.



All information in "Shape Up" taken from Protein Power

# Shape Up With Doug Peterson



When you eat, your body breaks down food into these components, proteins, carbohydrates, and fat: and absorbs into the blood stream. These components determine how your body functions. Whatever you eat rises your blood sugar. This rise allows your pancreas to release insulin. Insulin goes to your liver and enables the release of sugar to your blood stream. The Protein Power Plan focuses on how you can turn your metabolism from a fat gatherer to a fat releaser. The more insulin that is released, the more fat you store. Although your body does need fat to survive, this plan trains your body to eventually reject an unfamiliar food or drink. Many people find that soda and fatty foods do not taste appealing during the plan. The bottom line is that carbohydrates can be used to gain weight if you do strenuous work outs because carbs are weight. On that note, carbs do produce fat cells. That is why weight lifters use carbs to get more massive, but how many people are body builders?

Obeisity is the real problem that people want to turn around. Although, many body builders use the Protein Power Plan to remain their own weight and get defined muscles. Now back to the main problem. People say, "How can I lose lots of weight in a short amount of time and eat forbidden foods like steak?" The simple answer is the Protein Power Plan. This plan consists of consuming a

large amount of protein with very few carbs and fats. Yes, this means no more sodas and even no Power Ades. I am sure you would be happy to know that you could feel better and look better in a matter of weeks on this plan.

Some key factors to this diet is what to eat, when to eat, and how to schedule your meals.

Here is the Protien Power Plan in a nutshell.

\*Always eat a big breakfast. Follow up with a medium sized lunch and a light dinner. Train yourself to eat smaller dinners because the last meal of the day day stores the most fat.

\*The first scheduling you need to do is your consumption of carbs.

\*If you want to lose a large amount of weight in a short amount of time take in only up to 30 grams of carbs daily. \*If you want to lose little fat but just improve strength and health take in only 55 grams of carbs daily.

\*Cutting your carbohydrates is tough, but just watch what you eat and drink. Also, never let yourself get hungry. Always keep a low carb snack in hand, such as: vegetables or protein bars. It is also a good idea to take vitamins and drink at least 8 glasses of water a day. When in doubt, eat lean meat.

Determine your protein needs. Daily you should consume high protein foods; such as eggs, tofu, red meat, fish, poultry, mozzarella, and cottage cheese. It is important to split your protein up

through your day. Any person should consume 7 grams of protein for each pound of your body weight. Example: A 200 pound person needs 140 grams of protein per day.

\*Good protein snacks are: sunflower seeds, walnuts, macadamia nuts, peanuts, pork rinds, and peanut butter crackers.

### Sample Menu

For people who wants to lose weight quickly

- Breakfast:
  - 1 protein meal serving\*
  - 7-10 grams of carbohydrates
  - 2 cups of noncaloric fluid
  - daily vitamins
- Morning Snack:
  - 1/2 protein meal
  - 5 grams of carbohydrates
  - 1 cup of noncaloric fluid
- Lunch:
  - 1 protein meal serving
  - 7-10 grams of carbohydrates
  - 2 cups of noncaloric fluid
- Afternoon Snack:
  - 1 protein meal serving
  - 5 grams of carbohydrates
  - 1 cup of noncaloric fluid
- Dinner:
  - 1 protein meal serving
  - 7-10 grams of carbohydrates
  - 2 cups of noncaloric fluid

Jeff Schmider says, "The Protein Power Plan has been very successful for many of my wrestlers."

**NOTE**-Fruits, breads, and sweets are prohibited, but there are reward days to the plan. Reward snacks are available only if you take in less carbohydrates.



The crowd at the winter sports assembly

Limestone's Winter Activity Week ended with the annual Winter Activities Assembly. The crowd was ready to go, when the band started, and enthusiastically applauded the people recognized. The cheerleaders brought the whole thing to a close with an energetic dance that included balloons falling from the ceiling. If this is an indication of the season to come, then Limestone should have a winning seasons. Good luck!

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