

The MHS Messenger

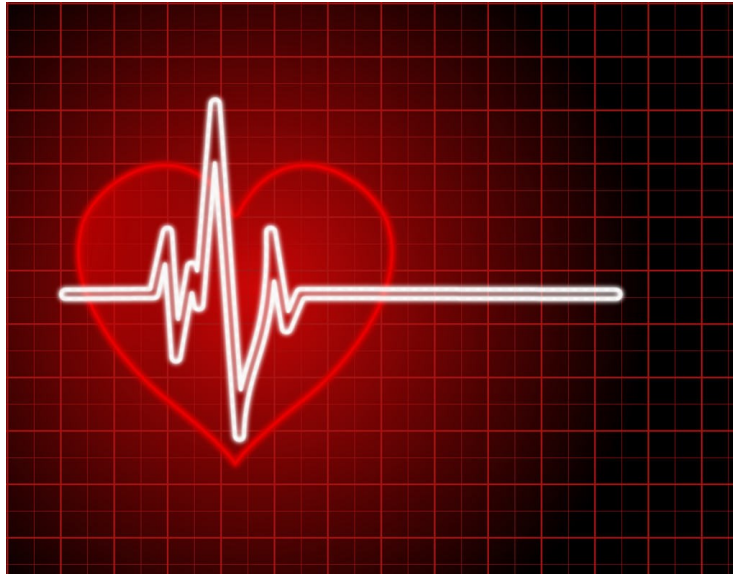
A monthly, online newsletter to keep our MHS family and residents informed

October 2018



Students to be screened with EKGs; parent volunteers needed

Mundelein High School students will have an opportunity to be screened Wednesday, October 24 for early detection of possible heart problems. The testing is being made possible at the low cost of \$15 by the Max Schewitz Foundation named after a 20-year-old Lake County resident who died without warning from a hidden heart condition.



The testing will include the EKG for all participants. Students selected by the cardiologist will also have additional testing that day at no cost. Testing is free for students who are registered with the school to receive free or reduced lunch.

“This is a great opportunity for parents to have their children tested in a familiar setting and to be active in early detection of any possible problems,” said Kathryn Serby who has two freshman students at MHS.

According to the Foundation, high school is an ideal time for someone to have a baseline EKG since the greatest risk of sudden cardiac death is between ages 17 and 22. The EKG is a visual representation of the heart’s func-

tion. It is quick, painless and can detect many potentially life-threatening heart conditions.

All efforts are made to respect privacy and modesty. Testing takes place in individual booths, and boys and girls are tested separately. Cardiologist Brian Shortal, MD, will oversee all aspects of testing

and interpretation. Results are confidential and are shared only with parents within three weeks of the testing.

Approximately 75 parent volunteers are needed to help with the testing and typically offer two 3.5 hour timeslots to volunteers. Parents may volunteer on the website when they register their child.

“We’re happy to partner with the Max Schewitz Foundation to offer this important testing for our students,” said MHS Principal Anthony Kroll. We encourage all our parents to take advantage of this opportunity to have the testing done on Oct. 24.”

To register a student and/or to volunteer, please visit the Foundation website at www.heartsmartekg.org.

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Homecoming: just around the corner!

The leaves will be changing colors soon, the nights are getting chillier and football is in full swing. That means that Homecoming will be happening soon!

Soon for the Mustangs is October 5 with the traditional crowning of the King and Queen at an assembly, the parade and the football game. There are also a number of classes holding their reunions that weekend and the Distinguished Alumni Awards Banquet is Saturday, October 6. [See separate story, next page]



Photos courtesy of VIP.

Before the weekend events there

are a number of activities taking place leading up to the Saturday evening dance with the theme "Taste of Paris."

The dress-up days will include Monday, PJ Day; Tuesday, Twin Day; Wednesday, Meme/Vine Day; Thursday, Hawaiian Day; and Friday, Spirit Day. Wednesday activities will include the girls' Powder Puff Football games as well as Senior Girls Night from 8 pm to midnight.

Homecoming Day on Friday, October 5 will begin with the Assembly at 12:50 pm which will go until 2 pm with the crowning of the King and Queen. The parade, beginning at 3:30 pm will begin at Seymour and Division ST, travel west on Division to California, north on California to Hawley and west on Hawley to the stadium. The freshman game will begin at 5 pm with the varsity game set for 7:30 pm against the Libertyville Wildcats. **SPECIAL NOTE TO RESIDENTS NEAR THE SCHOOL: Fireworks will be set off at half time of the varsity game, approximately between 8:30 and 9 pm.**

For students, Homecoming will close with the dance which will take place at the high school from 7 to 10 pm. The dance theme is Evening in Paris. The coronation ceremony will take place at approximately 8:30 pm.



Coming Soon ...

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| Tuesday, Sept. 25 | National Honor Society Induction Ceremony, 6 pm |
| Monday, Oct. 1 | Homecoming Week begins; see above for all the details |
| Saturday, Oct. 6 | Distinguished Alumni Awards Banquet; Registration closes Sunday, Sept. 30 |
| Wednesday, Oct. 10 | Indoor Marching Band Concert, 7 pm |
| Wednesday, Oct. 17 | FAFSA Workshop for student financial aid, 5 to 8 pm |



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Ten MHS alumni to be honored at awards banquet

Sunday, Sept. 30 is the deadline to register to attend the 2018 Distinguished Alumni Induction Banquet. Visit the website at d120.org and click on the shopping cart in the top right corner.



1994 Alum Jay Hightower receives his award in 2017 from Dr. Kevin Myers, superintendent

The banquet itself will take place Saturday, Oct. 6, beginning at 6:30 p.m. at the DoubleTree Hotel in Mundelein.

This is the second year that nominations were accepted from anyone who wanted to have MHS recognize alumni as “distinguished.”

Cost of the dinner is \$50 for adults and \$22 for children under 12. To register by the Sept. 30 deadline, visit the MHS website at www.d120.org, click on the shopping cart in the upper right hand corner and then on Distinguished Alumni.

This year’s honorees are:

Mark Knigge ’66, former mayor of Wauconda and retired cell/molecular biologist at Abbott Laboratories

Steve Figved ’67, retired from a 47-year public safety career with fire and emergency services, founding member and president of the Mundelein High School Education Foundation

Steven Wilson ’75, instructor of calculus and statistics at Christian International School of Prague, Prague, Czech Republic; math professor and department chair at Johnson County Community College, Overland, KS

Brad Steele ’77, Captain of the Boeing 747-400 with Kalitta Air and flies military cargo charters in and out of

Afghanistan

Sean McNanie ’79, president and CEO of Patriot West Constructors; played professional football with the Buffalo Bills, Arizona Cardinals and Indianapolis Colts

Merry Quinn-Krajniak ’81, Regional Director, Archdiocese of Chicago Office of Catholic Schools, experience in several area high schools as teacher, counselor, director and assistant superintendent

Scott Verschoor ’84, Lead Partner and KPMC’s Healthcare and Life Sciences Line of Business Leader, Board of Trustees, Music Institute of Chicago

Juniper Simonis ’02 Lead Scientist, founder and owner of DAPPER Stats; University of Florida Data Analyst; Lincoln Park Zoo Adjunct Scientist; junior team coach and trainer, Rose City Rollers

Randall Schenck ’04, Director of Quality Assurance, Medline Industries, Inc.; US Army Sniper Section Lead-



2017 Distinguished Alumni Inductees

er, awarded the Purple Heart for injuries suffered during hostile fire

Sol Cabachuela ’04, Mundelein High School Parent Liaison, President of the Mundelein Latino Citizen Police Academy Alumni, Mundelein Village Trustee.

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Freshman Advisory [FAM] off to a great start!



Freshman Class of 2022 on the first day of school.

After changing from a Block Schedule to an Eight Period Day Schedule, staff members identified certain areas that could be “tweaked” to make the new schedule more effective. One of the results of the study was a new program called Freshman Advisory at Mundelein [FAM]. With this new program freshmen are placed into small groups and meet regularly with a staff member as an advisor. This takes place during half of a lunch period, or 25 minutes, several times each week. It is a flexible program that allows freshmen to gradually acclimate to high school life and to develop skills that will help them be successful as they navigate through their four years of high school.

“We have 29 staff members going out of their way on a daily basis to help ensure that all freshmen feel connected and supported as they transition to MHS,” said Jessica Herrmann, systems of support coordinator and head of the program. Herrmann gave several examples of the dedication that these teachers have with this new program:

Julie Block, math teacher, has some of her freshmen seeking her out on non-FAM days, just to connect

Mike Vukovics, wellness teacher, has spent some time in the cafeteria to check in with his advisees during non-FAM days

Dave Whitson, wellness/driver education teacher, is encouraging his freshmen to really be where their feet are with an “I see you” activity.

Blair Winter, world languages teacher, has already connected some of her freshmen to school-based supports

Dave Mork, art teacher, spent some time outside with his advisees as they practiced for marching band

Students have been excited about the new program as well. Some were asked what their favorite thing about FAM is. They responded with:

“My peers,” “Getting to know other freshmen,” “The people,” “I like meeting other kids my age, even though they were not in many of my classes,” “My FAM advisory leader. She has helped with everything I need,” “Get to meet new people,” “There are always people wanting to help me,” “I get to know what clubs are meeting and when,” “I know another teacher now,” “Figuring out upcoming events and having a little relaxed time in the day.”

While it is just in its infancy, the FAM program seems to be having a positive effect on both the teachers and the students who are involved in the program.

Students travel and learn in other countries

Three MHS students took part in an exchange program where they spent a few weeks during the summer in other countries. This month, *The Messenger* will spotlight Jillian Hoffstadt on her trip to South Africa. Future issue will focus on the others.

All three students were part of an international program, Council on International Educational Exchange [CIEE]. In existence since 1947 CIEE creates opportunities that help bring people together. They foster the development of understanding and mutual respect between communities and nations by promoting the exchange of ideas and experiences. They also help give students, teachers, and young professionals from across the world skills that make them active and responsible global citizens.

Jillian wanted to travel to South Africa because she thinks it is a beautiful country with an interesting his-



tory. She is also interested in leadership and she knew she had to apply when she saw that the theme of this trip was “Leadership in Madela’s Example.” Her first stop was in Johannesburg where the group

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spent a few days. They took an excursion to the township of Soweto, where Nelson Mandela lived. They then moved on to Cape Town for the 2.5 weeks remaining on the trip.

The group volunteered at three different service sites while there including Beth Uriel, a boys' home; Maitland Cottage, a children's hospital; and at Simunye, a soup kitchen sponsored by a local church.

Besides the work, the group also had time to travel throughout the area. They traveled to Langa, a township of Cape Town, to the Cape of Good Hope, Bo Kaap, the Muslim community, Robben Island, Table Mountain and Fairy Glen, a safari resort. "CIEE has a Cape Town Global Institute in a safe neighborhood of Cape Town where we lived in refurbished dorms from the University of Cape Town," Hoffstadt explained. "I knew none of the 13 other high school students on my trip beforehand and we all came from different schools. My roommate was a girl from Portland, Maine.

Many memorable experiences

Hoffstadt has a lot of memories from her trip. "I've always wanted to touch a cloud," she said, "and I actually achieved this because the top of Table Mountain is at a very high altitude. When we went up there we were standing in clouds."

She also mentioned star gazing and seeing stardust, feeding an elephant a potato on safari and a couple uncomfortable experiences as well. They visited Kliptown in Soweto, the type of place where they illegally tap electricity from power lines and are home to teen moms, people with AIDs and other homeless adults. Three families would share one port-a-potty as their bathroom and a family of six lived in a shack the size of her room. "This is where I understood what it means to have privilege," she said.

Lessons learned

Definitely a learning experience, the trip left some lasting

"At Beth Uriel we spoke with some of the teenagers who were living there. They said that in South Africa the different races make light-hearted jokes about each other as a way of coping with their past. No one gets as easily offended as they do in the US, which creates a more open environment to talk about 'touchy subjects' like race," she said. "I wish that the community here in Mundelein would be more like this because we have a very diverse student body!"

Hoffstadt was occasionally surprised during her experience. She noted that they walked through a neighborhood of old apartheid-government housing where black citizens still lived. "Apartheid may have ended 20+ years ago, but there is still obvious racism and inequities, just like here in the US," she observed. She also was on an excursion when her tour guide crossed a street to give a little boy who was dumpster diving the rest of his coffee. "That moment struck me because that's when the magnitude of the situation—a black

man giving a pack of mostly white Americans, a tour of his own town—hit me. But then again, the whole point of this experience was to educate us about how the country of South Africa is complex and far from okay.

Do it again?

"YES! I loved this trip! I thought I was going to find myself, but I lost myself. Studying abroad is a great experience because you learn all about cultural awareness and global issues. If you are looking for a safe way to travel that you will never forget, I recommend CIEE's High School Summer Abroad trips. I have definitely caught the travel bug and can't wait for my next trip off the North American continent, wherever that may be!"



Jillian Hoffstadt takes in some of the scenery during her summer trip to South Africa.



Jillian and a new friend from Portland.

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National Honor Society inducts 90 new members

Ninety new members were recently inducted into the MHS Chapter of the National Honor Society [NHS] at a ceremony held Sept. 25 in the MHS Auditorium.

The program opened with the Pledge of Allegiance led by NHS Vice President Sean Finerty. A welcome was then provided by Psychology Instructor Dean Petros. Ella Krauss then explained the process of describing the four characteristics of NHS and what languages would be represented. Those included:

Scholarship

Spanish—Esther Marcos
English—Emma Aculado

Service

Hebrew—Joey Salit
English—Beth Clow

Leadership

Polish—Mateusz Brak
English—Komol Patel

Character

Tagalog—Noah Sioson
English—Rob St. Clair

The guest speaker, chosen by the students, was English Instructor Elizabeth Willis. Following the address, the actual induction ceremony began. NHS President Nicole Robb spoke and then Events Chairs Sydnie Mathews and Ella Krauss presented the inductees. Once the inductees were in place, Isabel Alviar led the inductees and former NHS members in the audience, in reciting the NHS Pledge. Principal, Dr. Anthony Kroll, gave the closing remarks.

Those inducted into NHS include the following:



Seniors Kathleen Cory, Rosibel Gomez, Kelly Grabowski, Liam Guiritan, Hannah Losoff, Daisy Perez, Jessica Reisman and Thea Vogt.

Juniors chosen for induction include Damia Ali, Tanner Anderson, Mia Arnoux, Josie Bank, Emily Bauman, Kavana Belagur, Elise Bennett, Dillon Blake, Angela Bowes, Kylie Brua, Kira Buckner, Ryan Burns, Caitlin Carmody, Ashley Carrier, Olivia Cartland, Alyzza Chow, Christina Dimarakis, Paige Ekstrom, Sophia Feijoo, Josh Fergen, Nickie Figueroa, Kate Fladhammer, Morgan Frank, Madigan Franzen, Grace Friello, Parker Geary,

Tyler Green, Stephanie Gutierrez, Megan Hansen, Anthony Heelan, Alexandra Hevko, Colin Hogan, Samuel Jeon, Nishi Shah, Audrey Kafka, Kendall Klatt, Daniel Kotovych, Camden Kowalski, Ahmad Koya, Ian Lau, Derek Lee, Caitlyn Mathews, Elyna Mellen, Justin Mjoen, Peyton Montei, Caitlin Morey, Amanda Muench, Garrett Munz, Alexis Naddy, Sydney Naddy, Hailey Negley, Irene Nikitas, Nicole Nowicki, Leslie Osorio, Ricardo Osornio, Sarah Parduhn, Sahil Patel, Mathew Pawlowski, Wendy Perez, Alexis Reyna, Allan Rodriguez, Bradley Rossbach, Luke Roswick, Jessica Sanchez, Joey Scheuer, Yianna Schneckloth, Claire Schoenfield, Zachary Scott, Teagan Sheffer, Audrey Shiro, Marta Sikora, Maya Skowronski, Aleksandra Skutrik, Izak Sosa, Hannah Stanley, Mackenzie Stewart, Taneesha Tavkar, Eva Tejada, Brooke Testin, Colin Wade, Ryan Wilson, Lauren Young.

"Congratulations to all of the inductees and current NHS members. Your dedication to NHS and to your school are very commendable," Kroll said.