

SPORTS



Bar juice

w Adriana Zalloni
Sports Editor

Major League Baseball (MLB) once again finds itself embroiled in controversy over performance enhancing drugs (PEDs). Current polls show recently suspended Los Angeles Dodgers outfielder Manny Ramirez ranking fourth among National League outfielders (three are chosen) in voting for starters for the upcoming All-Star Game in St. Louis.

Ramirez is scheduled to return to the active roster July 3, less than two weeks before the midsummer classic. Imagine the embarrassment of MLB if a known PEDs cheater, fresh off a suspension, starts the league's showcase game. Furthermore, it is almost certain that admitted steroid user Alex Rodriguez, third baseman for the New York Yankees, will be voted to the starting lineup, further humiliating Commissioner Bud Selig and MLB owners. Good, I say.

After finally, and reluctantly, agreeing to testing for PEDs in 2003 and stiffening penalties after the 2006 publication of *Game of Shadows*, the book by Lance Williams and Mark Fainaru-Wada that blew the lid off professional sports' dirty little secret, no doubt those in MLB thought the crisis had passed. Then, within two months, two of its highest-profile stars were forced to admit that they took banned substances to enhance their performance during games.

According to <http://sportsillustrated.cnn.com>, Rodriguez admitted to using steroids during the 2001-2003 seasons, when he was still with the Texas Rangers, after *Sports Illustrated* excerpted portions of staff writer Selena Roberts' expose *A-Rod: The Many Lives of Alex Rodriguez*, which confirmed that he tested positive for two anabolic steroids in 2003. Roberts reports that Rodriguez tested positive for testosterone and Primobolan. Primobolan is an injected or orally administered drug, popular with players because it is detectable for a shorter period of time than other steroids used by MLB players.

Ramirez was the next domino to fall. According to <http://sports.espn.go.com>, Ramirez was suspended for 50 games, due to a drug violation. Testing done by MLB showed that Ramirez had unnatural levels of testosterone in his body, indicating that it came from an artificial source. It was also reported that Ramirez used the female fertility drug human chorionic gonadotropin, more commonly referred to as HCG. HCG is popular among steroid users because it lessens the side effects that are common in ending a drug cycle. As reported on <http://sports.espn.go.com>, Ramirez attributed the drug use to a medication given to him by his physician, who reportedly believed it was okay to administer it to Ramirez.

What these two players did was unfair not only to themselves, but to their teams and to all who appreciate the game.

Regardless of what one might think about steroid use—an HBO *Real Sports* report suggested that there have been no documented negative effects for adult men—steroids and other PEDs are illegal—period.

According to www.sportsillustrated.cnn.com, Rodriguez attributed his steroid use to the oppressive pressure to perform well because of this enormous salary (in excess of \$130 million). He told ESPN's Peter Gammons that "[he] felt that [he] had all the weight of the world on top of [him] and [he] needed to perform, and perform at a high level every day."

Echoing the defense of another disgraced slugger, Barry Bonds, Ramirez denied using steroids purposely; he instead says that he merely took a medication that contained HCG, which was added to baseball's list of banned substances last year.

According to the *Sports Illustrated* account, Ramirez told disappointed teammates and fans that he "was sorry for the whole situation," claiming that it was a mistake. Nevertheless, he now faces a 50-game suspension, leaving the Dodgers without the man that helped them reach their first National League Championship in 20 years. To take his place, the Dodgers called up Xavier Paul, a minor league player. Ramirez is ineligible to play until July 3. Who knows what losses the Dodgers will face now that a key player is benched? The team will suffer immensely from his suspension.

The use of steroids affects more than just the player who chooses to use them. The athlete lets down his/her team and fans who look to him/her to bring the team into victory.

None of that seems to matter to me-first generation of players such as Rodriguez and Ramirez, and as long as MLB continues to reward their crimes with huge salaries, All-Star appearances and postseason awards, they will continue to spit in the face of the law.

I hope both Rodriguez and Ramirez make the All-Star teams in their respective leagues. It might just be the kind of embarrassment that MLB needs to clean up the game finally and thoroughly. In fact, blogger Jason Rosenberg has started a website, <http://voteformanny.blogspot.com>, that explains his rationale and provides direct links to the All-Star voting page at www.mlb.com

Vote early and often.

Teamwork ensures victories for diamond dwellers

w Adriana Zalloni
Sports Editor

Heading into today's sectional semifinal matchup vs. Loyola, the baseball team appears to be hitting on all cylinders.

The Wolves will take the field at Glenbrook South's Glenview campus at 4:45 p.m.

The Wolves defeated Glenbard South 2-1 on May 30 in the regional finals to advance to the next level of the state tournament.

On May 28, the Wolves advanced to the regional finals by beating Von Stueben 6-5, coming from behind in the seventh inning with two key hits, one by junior outfielder Tyler Pazik and the other by senior OF Ryan Smith.

Head coach Garry Gustafson said he believes the team has all the necessary components for victory.

"I am not really sure about our weaknesses, being 28-7," Gustafson added. "We really do not have many."

Gustafson attributes the team's success to a good pitching staff, good defense and the team's "uncanny ability to swing the bats and bring in runs."

Team members concur.

"The way the team has been playing now, I can tell why we have been winning," junior OF Lo Fioli said. "What we have go-

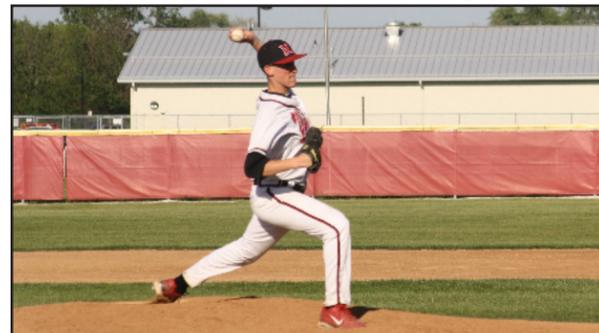
ing is working for us, and as long as we keep doing it, the games will be ours."

Junior pitcher Tyler Rosell agrees.

"With our level of play lately, we can play and beat every team," Rosell said. "The games we already lost in have been close ones, so I know that if we really focus, we can win."

Senior P Alex Gould said that he will cherish the memory of high school baseball for a lifetime.

"High school baseball is one of the best things that is going to happen in our lives," Gould said. "Hopefully, with the playoffs [continuing], we can make the best out of this [experience]."



Senior John Rashid pitches to victory.
Photo by Rexly Penaflores

Zverkovsky serves multiple wins towards team goal

w Naomi Prale
Around Town Editor

Junior captain and #1 singles player Volva Zverkovsky capped a successful season by competing in last Thursday's state tennis tournament.

Although Zverkovsky came home without a championship, "It is exciting to see a player go [to the state tournament] who is a junior," head coach Brad Wilson said. "We expect that he will keep working and improving for next year."

At the state meet, Zverkovsky faced Kris Powell from De La Salle, to whom he had lost in previous tournaments. However, he battled his opponent and won a grueling match 2-6, 6-3 and 6-4 but lost to Oak Park-River Forest's Devin Jones, 2-6 and 3-6.

In the IHSA sectional meet, held at Niles West, Zverkovsky defeated his opponents from Loyola and Notre Dame with scores of 6-0 and 6-1 and 6-1 and 6-2, respectively.

Wilson added that Zverkovsky "is a competitive player. In the off season, he enters tournaments and has played many of our future opponents in various tournaments."

Zverkovsky was an automatic qualifier for the state tournament once he won the first two matches in the sectional round.

"He needed to beat [players from] both schools to qualify for the state tournament, and he did," Wilson said.

After his Notre Dame match, Zverkovsky lost 4-6 and 2-6 to an opponent from New Trier.

In other tournament action, sophomore captain Daniel Langer lost the sectional #2 singles match to his Niles North counterpart, 3-6 and 3-6.

As for the doubles teams, the #1 doubles team of senior John Baggadan and junior Vikas Auluck beat Maine South in the sectional in the first round, 0-6 and 2-6 but lost to Niles North, 2-6 and 0-6 in the second round.

The #2 doubles team of junior Avi Schneider and sophomore Edmund Phan beat North Shore Country Day in the opening round but fell to Evanston 2-6 and 0-6 in round two.

With so many underclassmen, Wilson looks forward to next year.

"Having a doubles team down at state is an attainable goal to make. If people see Zverkovsky competing, they then can see how they need to develop their game to the point where they too can qualify," Wilson said.

Wilson said the key to advancing to the state meet is to compete with local powerhouses.

"We want to be able to beat schools that are extremely competitive such as New Trier and Evanston," Wilson said. "Those schools are in our sectional, and [in order] to advance further, we need to beat them. Being up against Loyola [Evanston, Niles North and New Trier] is tough, but if we work hard, we can advance more players."

Gymnasts spring out of best season in over 10 years

w Mary Basic
Staff Writer

With another season in the books, the boys' gymnastic team had "one of the best seasons since 1993," according to head coach Steve Foerch.

Seniors Randy Lefkowitz (parallel bars), Chris Deamont (still rings), Jake Ganellen (floor exercises) and Chris Tabamo (pommel horse) all qualified for state. Lefkowitz placed 36th on parallel bars with a personal best of 8.20; Deamont placed 11th in the state, scoring 8.90; and Tabamo finished 37th with a score of 7.75.

Foerch added that "it has been a great season," with Ganellen and Deamont as the "anchors of the team."

"We not only completed our goals but exceeded them this season," Foerch added.

As for Ganellen, his goal for the season was to qualify for the state meet in four out of six events. He placed 24th on the floor exercise with a score of 8.95, 27th on the parallel bars with a score of 8.45, 14th in state on the high bar with a score of 8.75 and 7th place in vault with a score of 9.25. In addition to his other successes, he qualified for the state finals in the floor exercises.

"I had fun this season. I had a couple of mess ups that I wished I fixed, but it was almost a perfect season," Ganellen said.

Lefkowitz said that this season has been really good, and he "would not have changed a thing." Lefkowitz "was surprised" to how much each athlete "stepped up" after the loss of many gymnasts last year.

Senior still rings specialist Michael Masanek said that his personal goal was to make it to the state competition. However, he ended up hyperextending both of his knees while vaulting during warm-ups at the sectional meet.

Regarding the season season, Masanek said that he was impressed to see the high scores "we haven't seen for years."

Fellow senior and still rings specialist Ryan Shapiro said that his goal for the season was to master the handstand and the iron cross, a move in which the gymnast holds the rings straight out on either side of his body while holding himself up. He succeeded in both and received a huge boost in his score for them. Shapiro said that during the season he made "a lot of improvements and strengthened" many friendships.

According to Foerch, the meet against Glenbrook South on April 21 was a highlight. The Wolves won with a new high score.

"Our team really came together [against Glenbrook South]," Masanek said. "We were pumped, and that was probably the reason for the win."

Next year will be a rebuilding year, according to Foerch, as the team will lose 10 seniors.

"The seniors that are leaving are very valuable to this team," Foerch said.

As his career comes to an end, Shapiro said he will miss competing at the high school level.

"There is no other time to practice gymnastics except during the season and in high school," he said. "It is not a sport like basketball where you could just go to the park and play it. I am really happy that I chose to do gymnastics my freshman year and stuck with it."

WestWord

Wright takes second in state final meet

W Zoe Ljubic
Editor in Chief

Senior sprinter Chris Wright placed second in the 100 meter dash (10.07) last weekend at the boys' track and field state final meet at Eastern Illinois University. He also tied for fifth place in the 200 meter (22.28) dash, coming home with two state finals medals.

Eight West athletes in six events qualified for the state meet last weekend. Junior Danny Lohan competed in the high jump; senior Kenny Wabomner and junior Rodney Metellus competed in the triple jump; senior Alex Zasso ran the 3200 meters; and senior Peter Resendez, junior Gabe Nash, sophomore Santiago Ochoa and Wright ran in the 400 meter relay.

Along with Wright, the 400 meter relay team and Metellus in the triple jump qualified for the state finals. The 400 meter relay team finished 12th of 36 teams. Hampered by flu-like symptoms, Metellus finished far out of the running for a medal.

Prior to the state meet, the Wolves finished third at the Central Suburban League South meet on May 16, at Evanston Township High School. Head coach Chris Vivone said that most of the team beat their personal records.

"I was very impressed with our effort," Vivone added. "We

had some really good times."

Looking forward, Vivone said that the Wolves will lose many vital performers, including their "point winners" and "valuable leaders."

Nevertheless, Vivone looks for the juniors to carry the team next year.

"The majority of the team is really young, and while we might not have an elite sprinter, we will have a lot more depth," Vivone said. "I look for a more balanced team for next year."

Nash added that this season was one of his best and that he will miss the seniors.

"Aside from losing some good friends, we will be losing many hard working and dedicated athletes who carried the team to our success," Nash said.

He said that the captains will be missed most, calling them "supportive of the younger athletes and a fun group to be around."

Junior hurdler Kimo Bajamunde agreed, adding that the "captains will be the biggest loss" for next season, but despite the fact that top sprinters and distance runners are graduating, he believes that "next year can be just as strong as or even better than this year's team."

Zasso also expressed confidence that the 2010 boys' track and field team will do well because the "junior class is strong, because several sophomores are already competing on varsity," he said.



Senior Chris Wright sprints to the finish line. Photo by Zoe Ljubic

Junior distance runner George Davros concurs. Despite the seniors' departure, he believes that the team can "compensate with the depth of talent on the freshmen and sophomore levels. Those guys will step it up next year; it is going to be exciting to see what they can do and how they can contribute to the team," he said.

Cold bats contribute to Lady Wolves' losing season

W Mary Basic
Staff Writer

The Wolves softball team ended its season May 27, coming up on the short end of a 17-16 regional loss to Leyden.

The squad, which finished the regular season 11-13, (3-6 in the Central Suburban League South), was described by head coach Steve Ramseyer as an "up and down team."

Despite the team's inconsistency, junior shortstop Kelly Kleppin described the season as "pretty good. I always look forward to softball season because it is such a blast, and competing in our conference is always intense, which I love," she said.

Junior catcher Lauren Shimanovsky agreed.

The season "started off rocky," Shimanovsky said, adding that the team "really [came] together. We can't change the outcomes of games, and we can't change what we have done; all we can do is wake up and try again," she said.

According to Kleppin, the team's record doesn't show how

successful the team was this season.

"Success is not just about whether or not you win the game," Kleppin said.

For his part, Ramseyer expressed no regrets about the season. Despite their inconsistency, team members "worked hard, day in and day out," and they never let losing "get them down," Ramseyer added.

Hitting was a challenge for the entire season, Ramseyer said. "It just [wasn't] where we wanted it," he said. "We [tried] to get consistent where we [had] good pitching, good defense and good hitting" at the same time, but that success in all three facets never seemed to coincide."

Ramseyer, senior captain and pitcher Nicole Melfi, Kleppin and Shimanovsky all agree that their favorite game was the marathon game against New Trier on April 23, and the continuation of that game on May 8. The 15-inning game was suspended for darkness after 13 innings. Even though the Wolves ended up losing 1-0, Ramseyer said that the game vs. the Trevians was by far

the best game the team played all year.

Melfi concurred.

"The defense and heart we had [against New Trier] was remarkable. It was definitely one of the most memorable games in my time here at Niles West," Melfi said

Kleppin said that her heart was "pounding with excitement" during the game.

"It was the best game we have played all year," Shimanovsky said. "I think this game was symbolic for us; if we can play with a team that good, then we can be that good, too."

As a senior, Melfi said it will be hard to leave her team behind.

"I could not have picked a better group of girls to finish my senior year," she said.

Shimanovsky will miss the seniors as well.

"Each one of [the seniors] contributed largely to the team," Shimanovsky said. "I do not know what this team will be like without them next year."

Grueling track and field season proves to be rewarding

W Naomi Prale
Around Town Editor

The girls' track and field team sent one qualifier to the state meet at Eastern Illinois University on May 21. Senior Molly Gstalder finished 16th in the 100 meter hurdles.

"This year was my last chance, so I just did my best to stay positive and put everything I had into doing whatever I could to qualify. It was scary knowing all of my hard work might leave me shorthanded, but thankfully all my extra hours, bruises and tears made me stronger and got me through," Gstalder said.

Gstalder qualified for state at the Loyola sectional meet on May 15.

According to head coach Mark Medland, "what she had to do was come back in finals and place second, jumping from fourth place to second, which she did. She ran an amazing 100 [meter] hurdles in the [preliminary heats], and then came back in the finals and ran an even more amazing race," he said.

In the state meet, Gstalder ran a time of 15.84 seconds.

"Aside from the top six-nine athletes, her time was very close to the six or seven in front of her," Medland said. "Those athletes ran times around 15.5-15.9 seconds. [Gstalder's] time is right in that group."

Gstalder ran a 15.77 at the Loyola Sectional meet, a bit short of the 15.44 qualifying time. However, her second place finish earned her a seat in the IHSA class 3A state meet.

A number of Gstalder's teammates fell just short of qualifying.

"We felt strongly that [junior captain] Megumi Hoshi would qualify as well," Medland said. "In the 1600 [meters]-Hoshi was leading in the

first two laps, and then on the back stretch, I noticed a little hitch in her stride. She couldn't finish the way that she wanted."

In the sectional meet, junior Carmin Beck finished with a personal best of 11:52.0 in the 3200 meter run, finishing fourth. Junior Natalie Chavez finished fifth in the 400 meter run with a time of 1:01.0.

In the Central Suburban League Southmeet, the all conference included seniors Edylenn Cayas, captain Margaux Lim and Gstalder; juniors Natalie Chavez, Hoshi and Beck; and sophomore Kim Mercado.

According to the Gstalder, the team continually worked hard throughout the season.

"Each girl has had her own accomplishments and those accomplishments have helped us as a team to succeed. Although track is considered an individual sport, there is no way to be successful without the help of your teammates," Gstalder said.

Gstalder's co-captains agree.

"Perseverance and hard work got us through the season," senior captain Jasmine Ramahi said. "Without those, one could not physically or mentally succeed."

Hoshi echoed Ramahi's sentiments. "Track is a long, five-month season," Hoshi said. "The girls need to be 100 percent committed and dedicated to improve as an individual and excel

as a team."

This commitment showed at the conference meet, Ramahi said.

"The team did awesome; individually everyone [achieved a personal record] at the conference meet. It was great to be able to bring some lowerclassmen to the meets like conference and sectionals, so they could get experience," Ramahi said.

Despite the loss of 17 graduating seniors, departing teammates see great things ahead.

"The underclassmen this year have really showed potential for greatness, and I believe the team will be a success," senior captain Margaux Lim said.

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