

Antioch personnel take a deep breath with yoga

By Marta Baginski

Some people allow the stress of everyday life to build up until they are screaming with frustration, others seek a healthier way to deal with the pressure- yoga.

Antioch Community High School faculty, staff, and some students have found the healthy medium through yoga.

Yoga is not only a stress relief activity, but also enhances flexibility. When practiced traditionally, it is designed to blend the physical, emotional, and spiritual aspects of the human body. For many people, a yoga workout leaves them feeling as relaxed as if they just had a good massage.

"I've been practicing yoga for the past few years and wanted to be able to easily take another class during the week. Other people on staff were interested,

so I contacted Marlene Brown, an area yoga teacher," said Pam Pleviak, ACHS librarian and organizer of the yoga group.

Brown provides yoga instruction for Prairie Crossing, a Montessori school, as well as other people and places around Lake County. She has her PhD. in holistic medicine and practices it as well. Currently, this yoga class has approximately 15 weekly participants.

"I like yoga because it is geared toward stretching. You become more aware of your body and become in tune with how you feel," said Lin Blasko, ACHS library assistant and yoga group participant.

A typical session is about an hour, which is a little shorter than usual yoga classes. It is set up to meet the needs of those involved. The class starts with stretching, flexibility, and strength movements in the

sitting position and moves to balance positions done standing up. After strength and upper body exercises, the group relaxes by laying perfectly still and visualizing serene images.

"It's the teacher that makes it special. She never pushes you, but i s very



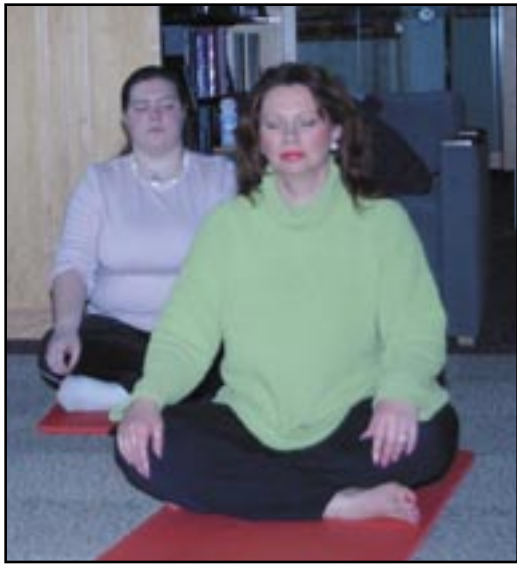
encouraging. Especially if you're having a bad day, it's great to just have fun and relax. It's very reasonably priced, just bring a change of clothes and you're good to go," said Bev Vershowske, ACHS secretary and active yoga group participant.

Yoga focuses on breathing, awareness, and cleansing of one's soul. It helps to increase flexibility and the release of stress, which is one way physical ailments can be avoided, according to Blasko.

"Yoga is great. I love Marlene's (Brown's) sense of humor and her awareness that we vary in our abilities. She encourages us without being dictatorial," said Pleviak.

The yoga group meets on Wednesdays from 4-5 pm. Classes are set up in sessions, and the group has been meeting on and off since October, 2003.

"It's great knowing you're doing something good for yourself," said Vershowske.



Photos by Cassie Turzy

Kathleen Stewart, Rachel Scherer, Tom Deichsel, and others perform the beginning breathing exercises.

Teachers found outside of school



Photo courtesy of Karen Day

ACHS teachers bond on an annual bike trip to Devil's Lake in Illinois.

By Megan Tkacy

ACHS students debate whether educators have a life outside of school. The fact is, teachers enjoy their free time by participating in a variety of hobbies. Among the teachers one will find quilters, campers, and more.

Karen Day, ACHS science teacher, loves everything about the outdoors. Day spends her free time gardening, mountain biking,

roller-skiing, and other outdoor activities. Day takes advantage of any beautiful day outdoors.

Day also recently competed in a roller-ski competition. She said the competition was a lot of fun because she got to compete against the really 'hard core skiers' and those who were just in it for the fun of it.

"It was so great to see all these people getting together to roller-ski because

around here no one even knows what roller-skiing is," said Day.

Michelle Szybowicz, ACHS special education teacher, enjoys a number of activities including scrapbooking, gardening, camping, as well as reading.

Ryan Estabrook shares Szybowicz's love for camping, but likes to do it the old fashioned way. Estabrook is known by his fellow staff mates as someone who will put up a tent and camp just about anywhere. He enjoys the outdoors

Estabrook in the past has displayed his love for camping during the bi-annual ACHS camping trip to Devil's Lake, IL. This camping trip gives students a chance to enjoy the outdoors and see what their teachers are all about outside of the school setting.

Debbie Rummel and Susie Soukup enjoy the art of sewing. Both of them spend time sewing everything from quilts to clothing.

"It's just a great way to be creative in my spare time," said Rummel.

It's a fact: the educators of ACHS have lives outside of school. Each teacher stays busy with their own unique hobbies proving that they can have just as much fun as any student.

Students Strut 2 Prom

By Nathaniel Judson



Flash bulbs popping, music playing, people walking the runway to show off the latest in fashi. No it's not LA. This is the Antioch Community High School prom fashion show.

"The purpose of the show is simply to provide students with the experience to be in a show of this nature and for them to have a good

time,"

said ACHS guidance counselor Tim Noonan.

Andrew Newton, formerly of Sigma Alpha Delta was the Master of Ceremonies. "It was fun to come back to ACHS and do this for Sigma, I would say that the evening was a success," said Newton.

"It was a lot of fun to get dressed up and walk down that runway," said ACHS junior Megan McGrain. McGrain assisted Sigma in the preparation along with others.

The girls dresses were from Group USA and DEB, both located in Gurnee Mills. The tuxes were from Jacks Four Squire and BJ's in Antioch.



Photos by Nathaniel Judson

The boys prepare to strut their stuff on the runway in their new tuxedos from BJ's and Jacks Four Squire.

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GOOD LUCK CAST AND CREW OF BYE, BYE, BIRDIE!
COMING EVENTS:
Jewel Shop & Share – April 5th, 6th, 7th
Choral Festival – April 12th
Art Show at LCHS – April 16th
IHSA Organizational Contest – April 17th
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