

Suburban Life

ATHLETE OF THE WEEK



**ALIJAH
NELSON**

GLENBARD EAST
Sophomore | Boys Basketball

Why Nelson was selected:

Nelson, a sophomore point guard, scored 27 points and hit six 3-pointers – five coming in the fourth quarter and overtime – and also had four assists, three steals and four rebounds as the Rams rallied from 18 points down in the fourth quarter to beat previously undefeated South Elgin 74-73 in overtime. Nelson is averaging 12 points, two assists and two steals per game.

Nelson, the Suburban Life Athlete of the Week sponsored by Gracik Makinney, spoke with sports editor Joshua Welge about the season. Here's an edited transcript.

Welge: What did the win mean?

Nelson: It meant a lot. It was our first conference game. Last year our conference didn't go so well. It was crucial to get that first win. When we were down we kept fighting.

Welge: Were you feeling it from the 3-point line?

Nelson: This season, I've been struggling a little bit from the 3-point line. I felt that game a big weight was lifted off my shoulder. Before the game I told myself I was just going to let myself play and have fun with it. The shots started falling.

Welge: Your team is off to a 5-2 start.

What's the difference this season [Glenbard East was 3-26 last year]?

Nelson: We all get along. It's a positive environment. Even games we lose, we cheer for our teammates. Last year I felt like a lot of players were thrust into tough positions. We lost so many players. Me being thrust in as a freshman, I don't think I was ready to lead a varsity team. Now I feel better. You can see there are more smiles on people's faces.

Welge: How have you grown as a player?

Nelson: Last year, toward the end of the season teams started recognizing that I can score and it got harder and harder to get open. I felt like I had to get in the weight room. Now I feel like I have more people around me. It takes the pressure off. ... My coaches told me Division I point guards can guard baseline to baseline. I'm trying to get better defensively to show I can get out on the floor and lock people down.

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GIRLS BASKETBALL ROUNDUP

Glenbard West sophomore's game-winner drops Dukes

By **MATT LE CREN**
editorial@mysuburbanlife.com

GLEN ELLYN – Glenbard West sophomore Taylor Huff already is being touted as a potential Division I recruit.

The 6-foot-2 center gave fans a glimpse of what could be to come when she recorded the first game-winning shot of her career Dec. 9.

The host Hilltoppers had blown a 14-point lead and trailed by two in the final seconds when Huff converted a three-point play with six seconds left to stun York 38-37 in a West Suburban Conference Silver Division thriller.

"For a sophomore to step up ... at the end of the game and then have the wherewithal to step up to the free-throw line and make the free throw shows really good composure and great maturity," Glenbard West coach Kristi Faulkner said. "It was good mental toughness on her part."

The Hilltoppers (6-3, 2-1) needed it after wilting down the stretch. Lauren Viola split a pair of free throws with 31.9 seconds remaining to give York a 36-34 lead.

After Faulkner called her last timeout, Huff got the ball in the post and passed to forward Jamiyah Thomas, who missed a 17-foot jumper. But Huff scored on a putback and was fouled.

With the game tied, Huff swished the free throw, and the Dukes (6-2, 3-1) were unable to get a shot off.

Glenbard West was in the flow for the first three quarters. All five starters scored during the first quarter and the Hilltoppers led 30-16 after a three-point play by Huff midway through the third quarter.

But three Dukes players – Madison Park, Danielle Dennis and finally Viola – all banked in 3-pointers during a 17-2 run that Dennis capped with a steal and layup to put York ahead 33-32.

"Those banked-in threes we de-



Erica Benson - For Shaw Media

York's Madison Park makes her way down the court during the Dec. 9 game against Glenbard West.

served after all the shots we missed," York coach Brandon Collings said. "I think we had only made one shot inside of four feet today. We missed all over the place and they did a great job. We got beat three out of four quarters today and that was the difference."

Dennis tallied a game-high 20 points and had nine rebounds for York, but no other Duke scored more than six.

Willowbrook

Katelyn McCann scored 22 points in Willowbrook's 61-42 win over Addison Trail on Dec. 12.

Timothy Christian

Hannah Schuringa had 13 points and 11 rebounds in the Trojans' 42-18 win over Westmont. Olivia Schuringa had 15 points and eight rebounds and Sureya Alex had 13 points in Timothy Christian's 53-33 win over Ridgewood.

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VOL. 14 • NO. 51

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THURSDAY, DECEMBER 14, 2017

Piece honoring retired orchestra director to be performed

Composition serves to celebrate ATHS's 50th anniversary

In April 2016, the Addison Trail orchestras premiered a piece created in honor of the 2016 retirement of Addison Trail Orchestra Director and Music Department Chair Dan O'Connell, as well as Addison Trail's 50th anniversary in 2016-17.

The piece, entitled "Legacy," is an orchestral fantasy based on the melody from the school's alma mater, "Hail to Thee," which was debuted in March 2016. "Legacy" and "Hail to Thee" were composed by Robert Longfield, and "Legacy" was commissioned by Addison Trail, the school's Music Department and the Addison Trail Music Booster Club. Addison Trail alumna Julia Dziabis, class of 2015, wrote the lyrics for "Hail to Thee."

"Legacy" has been published with an orchestra version and a band version. The orchestra version will be presented during the 71st Annual Midwest Clinic International Band, Orchestra and Music Conference in Chicago. The performance will begin at 11:30 a.m. on Dec. 21, under the direction of Bryan Miller.

The Midwest Clinic International Band, Orchestra and Music Confer-



Pictured is Robert Longfield (center), who composed a piece entitled "Legacy" in honor of the 2016 retirement of Addison Trail Orchestra Director and Music Department Chair Dan O'Connell (right), as well as Addison Trail's 50th anniversary in 2016-17. At left is Addison Trail Band Director and Music Department Chair Mark Corey.

ence offers guests interested in music education an array of clinics and exhibits, as well as access to music

and teaching icons. The conference also will focus on industry trends and future topics in business and music

education. With more than 17,000 attendees from all 50 states in the U.S. and more than 30 countries, the clinic

offers music educators and musicians alike an unmatched networking opportunity.

Edward, Elmhurst Hospitals earn national recognition for quality

Highlighting their nationally recognized achievements in patient safety and quality, Edward Hospital in Naperville and Elmhurst Hospital have been named Top General Hospitals by The Leapfrog Group. Edward and Elmhurst Hospitals are the only Illinois hospitals to make the 2017 Top General Hospital list.

Elmhurst Hospital was also recognized as a Top General Hospital in 2016.

The Leapfrog Top Hospital award is widely acknowledged as one of the most competitive honors U.S. hospitals can receive. The Leapfrog Group is an independent hospital watchdog organization.

"We're very proud of and humbled by Leapfrog's recognition," said Mary Lou Mastro, System CEO, Edward-Elmhurst Health. "It's a credit to every nurse, staff member and doctor who make providing quality care their mission every day."

Among thousands of hospitals in the country, Edward and Elmhurst

Hospitals received Top General distinction, recognized nationally alongside 43 other Top General Hospitals, 10 Top Children's Hospitals, 18 Top Rural Hospitals and 36 Top Teaching Hospitals.

Performance across many areas of hospital care is considered in establishing the qualifications for the

award, including infection rates, maternity care, and the hospital's capacity to prevent medication errors. The rigorous standards are defined in each year's Top Hospital Methodology.

The selection of Top Hospitals 2017 is based on surveys from nearly 1,900 hospitals.

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SUBMITTED PHOTO Addison Independent

Watercolorist leads workshop

Tom Lynch, pictured, held a 6-hour watercolor workshop for the Addison Art Guild on Saturday, Dec. 2. There were 20 artists in attendance.



SUBMITTED PHOTO Addison Independent

Edible ornaments at Addison Library

Kausi Chandran gave a presentation at the Addison Public Library on Dec. 4 all about edible ornaments! Attendees gained hands on experience creating delicious decorations that could be dined on later.

Addison Trail High School honors Students of First Semester

On Dec. 5, the students of First Semester for the 2017-18 school year were presented during a breakfast in their honor by the staff members who nominated them. The students include:

Art: senior Marianella Gamboa; Career and Technical Education (CTE) business: senior Alyssa Kasprak; Career and Technical Education (CTE) family and consumer: senior Madeline Danhouser; Career and Technical Education (CTE) industry and technology: junior Melisa Castro; English: junior Marco Yanez; literacy: junior Alondra Muniz; math: sophomore Ruby Alvarado; music: junior Gianna Caruso; physical education: junior Jesus Benitez; Science: sophomore Nina Vargas; social studies: junior Benny Zhao; student services: freshman Konrad Nowak; and, World languages: freshman Dylan Moran.



Community calendar

Friday, Dec. 15

Addison Trail holiday concert

At 6:30 p.m., enjoy an evening of singing holiday carols, tasty treats of hot chocolate and cookies and a performance by Addison Trail's Shades of Blue choral group. The concert will be held in Addison Trail's cafeteria. Tickets are \$3 for adults, \$2 for students and senior citizens (free with a Senior Gold Card), children 12 years old and younger are free when accompanied by an adult.

**Saturday, Oct. 16
Breakfast with Santa at the Library**

At the Community Rec Center, 120 E. Oak St., the library invites resident to enjoy a catered breakfast buffet with Santa Claus and play reindeer games. Each child will have the opportunity to sit on Santa's lap and tell him all of their wishes. Pre-registration is required and tickets will NOT be sold at the door. Child: \$7R/\$10NR, Adults:

\$10R/\$13NR. Code: 102201-01.

**Ongoing events
• Get your high school diploma**

The Addison Public Library is now offering adults the opportunity to earn an accredited high school diploma and career certificate online through a new program, Career Online High School (COHS). The library is providing a limited number of free scholarships to qualified adult learners who are looking to advance their careers, prepare for workforce entry, or continue their education. You must live-in Addison and be 21 or older. Call 630-458-3334 or visit addisonlibrary.org

• Widows or Widowers (W.O.W.) meet each month

Widows or Widowers (W.O.W.) of the Western Suburbs will meet on the third Thursday of each month at the Knights of Columbus Hall, 537 S. York Road, Elmhurst,

starting at 6:30 p.m. Admission: \$5. Info: (630) 620-4060 or wowsfcsites.org.

• Active Adults Senior Club

Adults, ages 55 or better, are invited to Park District's Active Adults Senior Club on Tuesdays from noon-2 p.m. at Community Rec Center, 120 E. Oak Street. For more information, contact Teresa Grodsky at (630) 233-7275, option #2.

• TOPS meetings held on Thursday evenings, Friday mornings

Remember TOPS? Take Off Pounds Sensibly is still here helping and supporting people to lose weight. Meetings are held on Thursday evenings at the Addison Park District building at 120 E. Oak St.

Weigh in from 6-6:30 p.m., and then meet from 6:30-7:15 p.m. Or there is a weight-in Friday morn-

ings at 9:30 a.m. followed by a meeting from 10-11 a.m. Info: for Thursday meetings, email Sandy at sand.smithandcats@yahoo.com; for Friday meetings, email Millie at johnreiter@sbcglobal.net

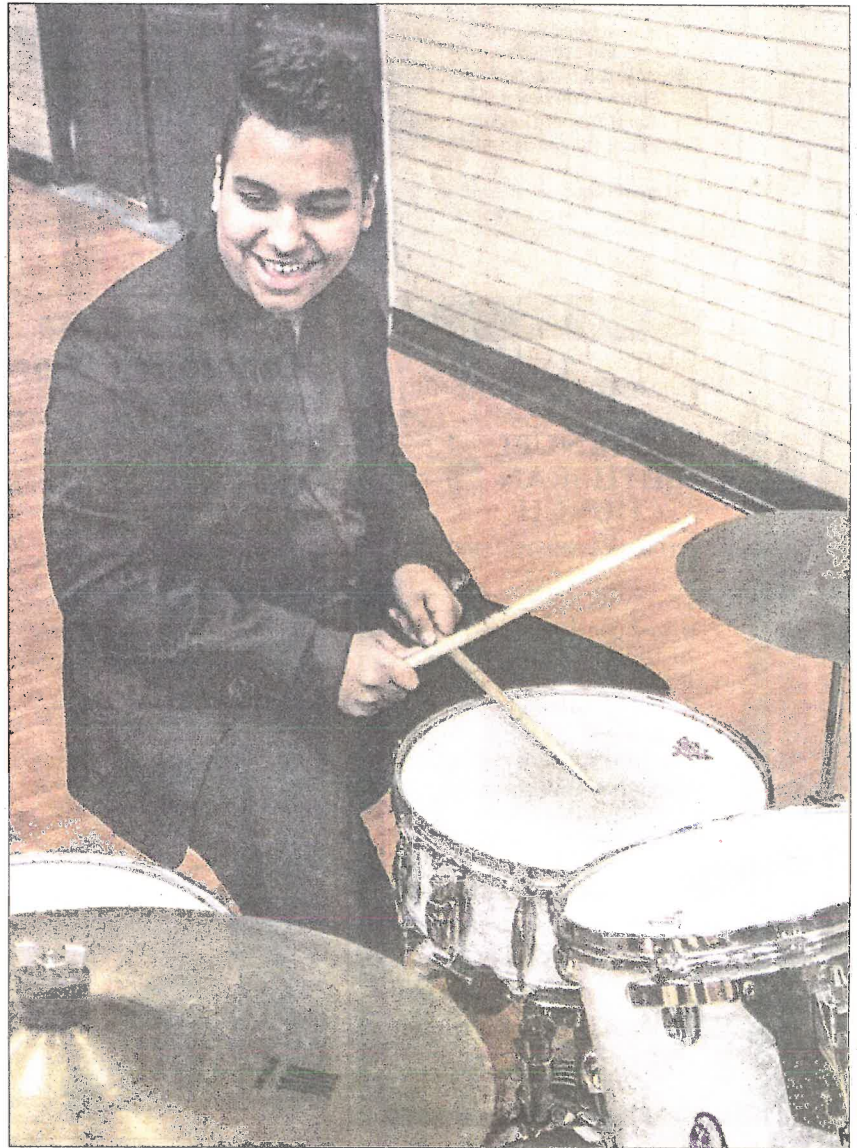
Clubs and organizations are welcome to send entries for this column to: Independent@rvpublishing.com. Please include a phone number or e-mail address to contact for information.

Salazar named All-State by ILMEA

Addison Trail senior Alejandro Salazar has been named as an All-State Musician by the Illinois Music Education Association (ILMEA). As an All-State Musician, Salazar will perform on the drums in a jazz ensemble during the Illinois Music Education Conference, which will take place from Jan. 24 to 27, 2018, at Peoria Civic Center.

Salazar auditioned in October and was selected as an All-District Musician.

He has now received state-level recognition and will re-audition at the conference for placement within the Honors Jazz Combo, the Honors Jazz Band or the All-State Jazz Band.



SUBMITTED PHOTO Addison Independent

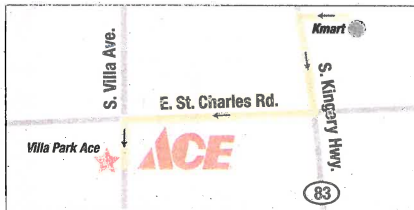
Pictured is Addison Trail senior Alejandro Salazar, who has been named as an All-State Musician by the Illinois Music Education Association.

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SPORTS

DECEMBER 14, 2017 • 16

Addison Trail boys basketball team off to strong start Mehmeti named all-tournament at Elmwood Park/Ridgewood

By Mike Miazga
CORRESPONDENT

The Addison Trail boys basketball team's first seven games of the season have been notable for two reasons.

First, the Blazers were off to a 5-2 start through the first seven games. And even more impressive is the fact the Blazers were 5-2 having played all those games away from home.

After winning its first five games, the Blazers dropped a 64-50 West Suburban Conference Gold Division game to Morton (the conference opener for Addison Trail) and then lost 61-56 to Lane Tech in a non-conference game.

"We're definitely a new team this year," said Addison Trail coach Bren-

dan Lyons. "We're not young, but we have a balance of juniors and seniors. Pretty much everybody is new to varsity basketball because we graduated a ton from last year. All we're doing is looking for growth each game. I like our competitiveness for the most part in the first seven games. We have to find that ID that we are working toward and embrace it and come to play every night. Our schedule doesn't do us a whole lot of favors from here on out."

Addison Trail started the season by going 3-0 on the Elmwood Park side of the Elmwood Park/Ridgewood tournament. The Blazers defeated Chicago Foreman, Elmwood Park and Northtown Academy to win the Elmwood Park side of the tour-

nament. Addison Trail then defeated Ridgewood tournament side winner Wheeling to finish 4-0.

The Blazers then downed Glenbard North in a non-conference game to move to 5-0 on the season.

"Every game has been on the road," said Lyons. "We're competitive. Our guys are very coachable. Over the course of seven games we haven't had to get on them about staying focused or playing hard, which is nice. They definitely are good in that regard. It will take some more court time for us. Practice has been great, but we need some game action, varsity or JV, to get them on the court and build more confidence in what they are doing."

Junior Adem Mehmeti was named

to the all-tournament team at Elmwood Park-Ridgewood. "He was up with us as a sophomore for most of the year last year," said Lyons. "He comes back with the most varsity experience for us. Adem has been playing really well. He's averaging 16 points a game and doing it at both ends of the floor."

Junior JT Daniels also has excelled. "JT has come on strong," said Lyons. "He's our second-leading scorer and the team leader in rebounds. He brings it every night. Him and Adem have stood out the first few games."

Lyons said he's been pleased with the depth his roster has produced. "We have an eight-, nine-man rotation," he said. "Guys are playing well on different nights. It's nice to see

different guys step up. I would say JT and Adem have been the most consistent through those first seven games."

Addison Trail returns to action Friday for its first home game against the season against Downers Grove South in WSC Gold action.

"We would have liked to have gotten those last two games," said Lyons of the Morton and Lane Tech games. "Adem didn't play against Lane Tech. He was injured. We hung in there until the end. As long as the guys understand winning is great, but getting better with losses is good too, then we will continue to improve. I'm happy with the start, but with the schedule coming up the rest of the year, there really are no breaks for us."

Willowbrook announces fall athletics award winners

Warriors boys' basketball team splits pair of conference games

By Mike Miazga
CORRESPONDENT

Willowbrook recently announced its fall athletics award winners.

In boys cross country, Matt Caron earned all-West Suburban Conference Gold Division honors and was a sectional qualifier. Peter Friguletto, Alec Gruchalski, Michael Isaacson and Omer Mirza were named academic all-conference.

In girls cross country, Victoria Palma earned all-conference honors, qualified for the sectional and qualified for the Class 3A state meet. Daylee Braden also qualified for the sectional.

Briana Jones, Evelyn Yao, Lydia Bauernfreund, Kaylynn Kattiyaman, Angela Klingelhoff, Jennifer Williams and Catherine Pegler were named academic all-conference in girls cross country.

In girls golf, Arielle Alibudbud, Sarah Cismesia, Leah Gensel and Sophia Parrillo were named academic all-conference.

Taylor Sarovich and Buddy Martens were named to the all-WSC Gold team in boys golf. Sarovich and Joey Guthrie were sectional qualifiers. Martens, Tim Keefe and John Morser were named academic all-conference.

In boys soccer, Tomas Hernandez and Efen Gomez were named all-WSC Gold. Hernandez was named to the all-sectional team, while Miguel Correa was named honorable-mention all-sectional.

In girls volleyball, Taylor Balsitis and Payton Ceh were named to the all-WSC Gold team. Balsitis, Jessica Ragucci and Kathleen Smith were named academic all-conference.

In girls tennis, Millie Zachariah and Hailey Vogt were named all-WSC Gold. Mariyah Khan, Maria Alcala, Danielle Celio, Lili Greiwe, Catherine Stork, Vogt and Zachariah were named academic all-conference.

In girls swimming, Elissa Haake earned all-conference honors by winning the 200 free and also set the conference record in the 100 free. She also qualified for state in both events.

Also earning all-conference honors in swimming was the 400 relay team of Grace Roucka, Nancy Obrzut, Michelle Ramirez and Haake (second place). Anna Christiansen was all-conference in the 100 backstroke after taking third at conference. The 200 relay team of Haake, Christiansen, Rmariez and Obrzut took third and earned all-conference accolades. The 200 medley relay team of Christiansen, Roucka, Gabby Panegasser and Nell Pawlowski took fourth and earned all-conference honors.

Estefani Karasek earned academic all-conference honors in swimming.

As noted in last week's Independent, the Willowbrook football team won the West Suburban Conference Gold Division with a 6-0 record and advanced to the state quarterfinals for the second year in a row.

All-WSC Gold recipients were Kevon Dobbins, Nick Sabatino, Jacob Entwistle, Scott Tumilty, Sam Tumilty, Brandon Loth, John Taylor, Christian Washington, Matt Knudtson, Jack Jessen and Edgar Quintas.

Earning academic all-conference

awards in football were: Sikander Zafar, Sabatino, Taylor, Jessen, Chase Cavanaugh, J.T. Ceh, Tyler Guerrero, Liam Dilger, Loth, Sean Olson and Betty Ann Garrett.

Jessen was named the MVP of the WSC Gold. Garrett was named WSC Gold kicker of the year. Martique Barksdale was named special teams

player of the year in the WSC Gold, while Quintas was named offensive lineman of the year in the WSC Gold.

Willowbrook boys basketball

The Willowbrook boys basketball team split a pair of recent West Suburban Conference Gold Division games.

The Warriors lost 74-72 in overtime to Proviso East and then rebounded to record an 80-38 victory over District 88 neighbor Addison Trail. The split put Willowbrook at 5-1 overall and 1-1 in conference play.

Willowbrook hosts Hinsdale South Friday.

Addison Trail girls bowling team growing in numbers and skill

Bero leads way in matches against Hinsdale Central and Leyden

By Mike Miazga
CORRESPONDENT

Things are looking up for the Addison Trail girls bowling team.

Coach Steve Gilliam reports the team has more than 35 girls in the program this season.

"Half are freshmen and sophomores, which is good," he said. "Last year, we had only one freshman, so we've increased our numbers there. We're getting better."

Addison Trail's dual-meet portion of the schedule started with a 2,590-2,287 loss to Hinsdale Central in conference play. The Blazers also lost 2,696-2,497 in another conference contest.

In both matches, sophomore Becca Bero led the Blazers. She rolled a 438 series against Hinsdale Central and then notched a 521 series against Leyden. She had a 181 high game against Hinsdale Central and a 225 against Leyden.

"Becca ended last season on the varsity. She was on the JV team the first half of the year," Gilliam pointed out. "She's done a great job for us this year."

Gilliam noted numerous girls in the program bowled in leagues during the off-season to refine their skills.

"The girls bowled in leagues on their own," she said. "We had five girls who did that and it's helped quite a bit. They have improved skills and have been contributing this year. Last year, we were at the bottom with no wins on varsity or JV. We are the closing the gap. The big thing we

talk about is individual improvement and we are accomplishing that goal."

Rachel Soucie had a 379 series against Hinsdale Central and then had a 453 against Leyden, including a 179 high game. Junior Yvette Beltran rolled a 395 series against Hinsdale Central and had a 423 series against Leyden.

Gilliam noted the Addison Trail JV team won its first match of the year against Leyden.

Gilliam also lauded the efforts of captain Fiona Levesque. "She's the captain and the team cheerleader," he said. "She has a great presence in our program. She gets the girls going. She's the leader of the group. She feels that's her responsibility and she handles it very well."

Junior Liz Cruz and senior Laura Gamble also have been contributing for the Blazers.

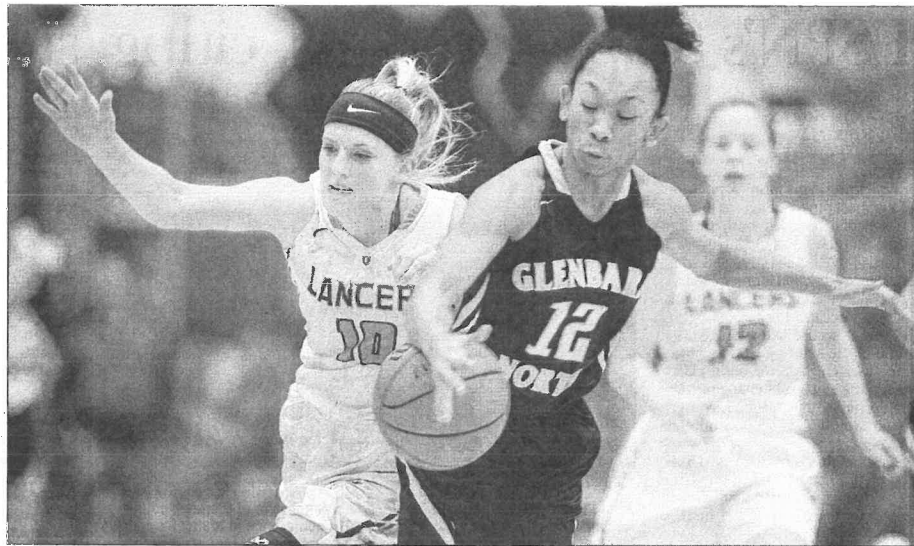
"It's a great group that is a lot of fun," said Gilliam. "Attendance in practice has been outstanding. The girls want to be at practice and they want to be in the matches. I've been very happy with the progress. They continue to improve individually. They are working hard to get over the hump and start winning some matches."

Gilliam, the longtime former baseball coach at Willowbrook, is enjoying coaching the girls bowling team at Addison Trail. He's also the varsity assistant softball coach there. "I had always coached boys sports," he said. "These girls are wonderful to work with and want to do well. They are so appreciative of any information you give them. It's nice to be in this situation at the end of my career with kids who love to do this for the right reasons."

Addison Trail faces Willowbrook and Downers Grove South this week in conference play.

Boys basketball Top 20

Team	Comment
1. Naperville North (8-0)	Johnson vs. Lake Park 17 points, 18 rebounds
2. West Aurora (7-1)	Impressive road sweep of GE, SC North
3. Willowbrook (6-1)	Won key WSC Gold game against Hinsdale S.
4. Larkin (6-2)	Rallied from 10 down to defeat SC East by 17
5. WW South	(8-0) No. 1 seed at State Farm Classic
6. Hinsdale South (8-2)	Durkin 3 earns win over Conant, weekend split
7. St. Viator (7-1)	Great win vs. visiting Redwings
8. Lake Zurich (6-1)	Bounced back vs. Grayslake C.
9. Benet (7-2)	Losses to DePaul, Viator, a combined 16-2
10. Prospect (7-2)	Those two losses are a distant memory
11. Fremd (8-2)	Suffered first MSL West setback
12. St. Charles N. (5-3)	Couldn't slow streaking West Aurora
13. Batavia (6-1)	Lefevre gets 25 off bench vs. Geneva
14. Palatine (7-3)	Great weekend's work for O'Shea, Pirates
15. St. Charles East (6-3)	Once-beaten West Aurora visits Friday
16. Conant (6-4)	Quality W at Fremd; late loss at Hinsdale S.
17. Mundelein (6-3)	Idle since Dec. 12
18. Naperville C. (6-2)	36 points below their avg. at Waubonsie
19. Jacobs (6-2)	Opens Hinkle Friday vs. Marian Central
20. South Elgin (6-1)	Snapped 4-game series skid vs. Bartlett



PHOTOS BY MARK BLACK/mblack@dailyherald.com

Lake Park's Kinsey Tweedy (10) and Glenbard North's Arielle Capel (12) tumble as they scramble after the ball Monday night.

Girls basketball Top 20

Team	Comment
1. Geneva (10-0)	Vikes have 25 straight wins
2. Montini (13-1)	Won Marian Catholic Invite behind MVP Patty
3. Maine West (12-0)	R. Kent can score from anywhere
4. Benet (13-1)	Winning without injured Malonga
5. Wheaton North (8-1)	Swider now Falcons all-time leading scorer
6. Naperville Central (11-2)	Lost to Richwoods, beat Hononegah, Moline
7. Glenbard South (8-1)	Big game coming up vs. Riverside-Brookfield
8. Fremd (10-5)	Klaczek nets 24 vs. OPRF
9. Rolling Meadows (8-4)	M. Spiwak makes offense go
10. WW South (10-2)	Johnson playing like a senior
11. Palatine (8-2)	Sydney Rzepka tough inside
12. West Aurora (8-2)	Plays at St. Charles East Friday
13. Prospect (7-2)	Vs. Rolling Meadows for 1st in MSL East
14. Lake Park (9-3)	Lancers derailed by Benet
15. Glenbard West (8-3)	Heller had a big week
16. Warren (8-4)	Hosts own Blue Devil Classic
17. Stevenson (8-3)	Hosts Lake Zurich on Thursday
18. Burlington Central (9-1)	Blown out by Johnsburg
19. Lake Zurich (8-4)	Lost to Warren by 1, beat Lake Forest by 1
20. York (7-2)	Will be a factor in WSC Silver

Lake Park gets everyone involved

BY BILL STONE
Daily Herald Correspondent

Girls basketball



Lake Park's Caroline Dickerson (45) works for some room under the hoop against Glenbard North's Ashley Cooney (32).

Lake Park senior Kinsey Tweedy scored 11 of the Lake Park girls basketball team's first 19 points Monday.

Senior Daina Riser had 5 of a personal-high 6 steals.

And they were only part of an impressive first half against Glenbard North on both ends of the floor.

"We've worked since freshman year on (our press)," Tweedy said. "My defense this game was a lot better than a lot of other games, but I've had a lot of success so far (this season)."

The Lancers could do no wrong early en route to their 62-24 DuPage Valley Conference victory in Roselle.

Lake Park (10-3, 3-1) led 44-5 at halftime after outscoring the Panthers 19-0 in the second quarter.

"(Lake Park coach Brian Rupp) told us, 'Let's try and get a goose egg,'" Riser said. "You just go with the game. You don't really notice the

Vance had 7.

Sophomore reserve Arielle Capel led the short-handed Panthers (2-10, 0-5) with 4 of her 6 points in the fourth quarter.

Glenbard North missed its 5 second-quarter shots with no free throws. Lake Park coerced numerous turnovers with its 2-2-1 press, resulting in 30 of their points.

"We wanted to focus on defense, certainly after that first quarter (leading 25-5)," Rupp said. "It doesn't matter who you play. When you don't allow a point in a quarter, that was something we were looking for."

Rupp was excited that the Lancers continued their strong play from the final three quarters in Saturday's loss to Benet. It's the kind of effort needed for Saturday's meeting with Wheaton North (8-1, 4-0) in Roselle.

"We're trying to reach a standard right now," Rupp said. "That was the theme of today. It shouldn't matter who is in front of us right now."

leaving starters April Johnson and Trinity Medina as their lone active seniors Monday.

Lee has missed the last five games and Miller the last two. They are expected to return for the Panthers' opening game of Wheaton North's Falcon Classic Dec. 26.

"Probably about 25 points of our scoring is sitting on the bench," first-year Glenbard North coach Steve Wit said. "My guards are young. Every game we get pressed, it's let's learn how to handle this. It's given us a lot of trouble right now, especially because we don't have our senior leaders there."

The Lancers complemented the defense by hitting their first 6 shots, including 3s by Rogers, Vance and Tweedy, for a 16-0 advantage.

Tweedy was 4 for 4 from the field in the first quarter while making 2 of 3 free throws. Tweedy scored seconds into the game as she tapped the opening tip behind to Vance, who found Tweedy down court for a layup.

Notice

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Lake Park 26 19 8 12 — 62
3-point baskets: LP: Vochem, Vance, Rogers 4, Derra, Tweedy. Fouled out: None.

Saturday's late results

Wheaton North 45, Glenbard North 32
Tweedy: 11 points, 5 rebounds, 2 assists, 1 steal, 1 block, 1 foul. Rupp: 10-10, 1-0-0, 2-2.