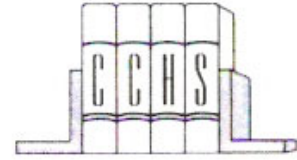




Education Foundation



Carbondale Community High School District #165
Administrative Center
330 South Giant City Road • Carbondale, IL 62902
Phone (618)-457-4722 • Fax (618)-457-3353
<http://cchsterriers.com/>

Haven't You Heard...

CCHS Distinguished Alumnus Judge Phil Gilbert

By Ryan Dosier, Multimedia Student



For his entire life, Judge Phil Gilbert has been a constant presence within the Southern Illinois Community, and it all started with his educational career at Carbondale Community High School.

Judge Gilbert comes from a long line of CCHS Terriers. His father, the late Senator John G. Gilbert, graduated from the high school in 1930 and supported

education and CCHS throughout his career. Judge Gilbert's sister, Pam, graduated in 1959, where she was Homecoming Queen. In 1962, she was named Miss Illinois, representing the state in the Miss America pageant. His other sister, Gail, graduated from Carbondale in 1962 and became a speech therapist in the Cobden school district.

Judge Gilbert graduated from CCHS in 1967 as a three sport athlete. As an athlete, he was an All South Seven Conference tight end in football and co-captain of the 1967 CCHS basketball team that finished second in the Illinois State Tournament that year.

After graduation from CCHS, Judge Gilbert moved on to college and law school, graduating from both the University of Illinois and Loyola University of Chicago School of Law.

An esteemed legal career of private practice, public law,

and state judicial experience was a large part of why Judge Gilbert was appointed as Federal Judge. He began his career in law with his father and uncle in the law firm of Gilbert & Gilbert from 1974-1983 and then Gilbert, Kimmel, Huffman & Prosser from 1983 to 1988. He continued his legal career by serving as a Special Assistant Attorney General in the Public Aid Enforcement Division (1974-75) and as an Assistant City Attorney for Carbondale (1975-78).

He was also one of four distinguished Republican members appointed by Governor James R. Thompson to the Illinois Board of Elections in 1978 where he served as Chairman from 1981 to 1983 and Vice Chairman from 1983 to 1985.

Before becoming a federal judge, Judge Gilbert served as a Circuit Judge for the State. He was appointed United States

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Haven't You Heard...

SIRSS Contributes to Student Wellness

Southern Illinois Regional Social Services (SIRSS), which provides mental health, substance abuse and youth and family services to residents of Carbondale and surrounding areas, has had a positive mutual working relationship with CCHS for many years. SIRSS staff have helped students keep well and ready to learn, and CCHS has been an important influence on students who are now employed by SIRSS.

One prominent CCHS graduate is SIRSS Executive Director, Karen Freitag ('70), who readily acknowledges the important role CCHS had in her life, and the importance of collaboration between CCHS and SIRSS. "As executive director of SIRSS, I am so pleased to be collaborating with CCHS. My early leadership skills developed on the CCHS student council in the late 1960's. With the pace of change and demands on students these days, it is important for behavioral health agencies like SIRSS to work together with the school to support students."

SIRSS counselors provide crisis intervention services to CCHS students, faculty and staff, often on site. Crisis services most frequently concern students who have run away or been locked out from their residences or students who need to be assessed to see if psychiatric hospitalization is needed. SIRSS counselors also help when more pervasive crises occur, like the death of a student or staff member. During these times, SIRSS coordinates with the school and a team of counselors, sometimes including counselors from multiple organizations. This ensures that everyone has the debriefing and grief counseling they want and need over several days.

A more routine approach that benefits students who show signs of developing problems was developed collaboratively a few years before Claudia Broom's retirement. She and SIRSS staff worked out a partnership that still operates to resolve issues early. A SIRSS counselor devotes a half day every week at the school to complete intake screenings for youth who are referred by Guidance staff or who request counseling on their own. This proactive joint approach assures that students get the help they need at the earliest possible point.

Similarly, several years ago, CCHS and SIRSS partnered to develop an anger management program for students referred by teachers, guidance counselors, and school social workers. The approach was a modified presentation of Aggression Replacement Training. Involved students completed a post course evaluation survey, which showed that 80% believed they had learned new and more positive communication skills. This program has since evolved into PAWSE, an in-school suspension program taught by former SIRSS counselor, Terica Doyle, that teaches similar skills and uses some materials from the original anger management classes.

It is the partnership between CCHS staff and SIRSS counselors that makes a difference for CCHS students. The collaboration has made it possible to provide the highest quality counseling services and insure that CCHS faculty, staff and students get exactly what they need when they need it.

To learn more about SIRSS and the services they provide, visit their website at www.sirss.org.

CCHS Class of 2002 Alumnus Works as Substance Abuse Counselor at SIRSS

By Substance Abuse Counselor Marissa McKee, CCHS Class of 2002:

"I believe my position as a substance abuse counselor at SIRSS is directly related to my experience at CCHS. I became involved with LifeSavers in my freshman year and remained active through my senior year. In the fall of my senior year, as it was becoming time for me to decide what my anticipated major was to be in college, I was a group leader at a weekend LifeSavers training retreat. As a group leader, we would often not pay attention to some of the large group lecture and training exercises as we had been through them before. On the Sunday afternoon, Judy Ashby was speaking about how to carry LifeSavers with you and for some reason, my ears tuned in at the exact time that she said, "Sometime, some of our trainees grow up to be professional LifeSavers." Beginning the next day, I started checking psychology as my major as I sent off all the postcards requesting information and applications from colleges. I completed my bachelor's in psychology in three years from McKendree College and my master's degree from Arkansas State University majoring in rehabilitation counseling. During both of those degrees, I took all of the substance abuse classes offered as electives for my program of study. I then returned back to Carbondale and am working towards my Ph.D. in Rehabilitation Counseling focusing on substance abuse counseling and services and working as a substance abuse counselor at SIRSS. I am not quite sure the best way to conclude this, but I know that LifeSavers through CCHS was the initial reason I started checking psychology as a college major that has led me to being at SIRSS today."



McKee's Senior Yearbook Picture

Haven't You Heard...

CCHS Education Foundation Fundraising Campaign

Dear CCHS Alumni and Friends,

Two years ago, the CCHS Education Foundation embarked on an ambitious, five-year fundraising campaign. The goal of the campaign is to raise **\$500,000** in **unrestricted** funds. In this past year, many CCHS alumni and friends have made generous contributions to the effort. Several have made a multi-year, annual financial commitment to help us meet this goal. Each year, the CCHS Education Foundation uses **unrestricted** contributions to fund over \$10,000 in educational needs through a departmental grant program, which is less than half of the departmental grant requests we receive. Your unrestricted contribution of \$50.00, \$100.00, \$250.00, \$1000.00 or more will help us reach our goal. Your unrestricted contribution allows us to use your financial support where it is needed most. We hope we can count on you to help us maintain the quality education our present and future generations deserve. Our **"thanks"** go out to all who have made unrestricted contributions in 2008. Especially to those who have made significant and multi-year commitments to the **CCHS Education Foundation Fundraising Campaign**.

Dr. & Mrs. Maqbool Ahmad	Tom Davis	Gary Holda	Ms. Carol Atwood Mazar*	Orville Schumaker*
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Connie Brandon	William & Helen Etherton	Doug Hunt*	Mr. Ellis Mitchell*	Dr. Richard Thalman*
Sandy Brown	First Southern Bank	Carl Jones, Jr.*	Marilyn R. Moore*	Phil & Fran Thorne
Carbondale Chamber Foundation	Karen Freitag	Angela Kazakevicius & Bill Mehrrens	Stephen & Erinn Murphy	Michael Tucker
CCHS District 165 Board of Education	Honorable J. Phil Gilbert	Dr. David & Mrs. Kathy Lane*	Drs. Franklin & Katherine Pedersen*	Dr. Ukeme & Mrs. Christina Umana*
Mr. & Mrs. John T. Cherry	Patsy Gilchrist	Son and Anna Le*	Mr. & Mrs. Myron T. Potter*	Robert Westberg
Tom Corpora & Mary Kay Moore	Bob & Paula Golz*	Alice Limpus*	Kathleen Presley	Ms. Rosemary Paul Wilkus*
Jay Curtis	Dr. & Mrs. Homer Hanson*	Reid Martin	John Ryan	Janice Medlin Wyckoff*
	Mr. & Mrs. Roy K. Harris		Steven & Darla Sabens	

*Denotes multi-year commitments

The CCHS Education Foundation's 501(c)(3) status ensures that all contributions, both large and small, are guaranteed to be fully tax deductible as allowed by law. Please make your check payable to: CCHS Education Foundation. If you have a "special donation" you wish to discuss, please contact Mr. Steven R. Sabens, Superintendent of CCHS.

Thank you for your continued support of CCHS!

Sincerely,

David Coracy, Chairman

Education Foundation Board of Directors

Joe Hudgins, Chairman

Community Education and Fund Development

Search for the Biggest Loser

By Ryan Dosier, Multimedia Student

A new contest has emerged this year for the Carbondale Community High School faculty and staff. The Biggest Loser competition pits teacher and staff teams against each other, as each individual strives to lose the most weight over the first semester of school. Parodying the hit NBC reality TV show, *The Biggest Loser*, CCHS's contest promotes healthy eating and living habits in the school's faculty.

The leading supporter of the contest is

CCHS School Nurse, Melanie Nelson, who is the competition coordinator. She designed weekly rules, conducts weekly weigh-ins, and provides weekly updates on each team's standings in the competition. She also organizes a biweekly newsletter called "Lose News," which provides articles on healthy weight loss, exercise tips, and low-calorie recipes as encouragement to the participating faculty. Nelson also helped get the competition started along with Athletic Director, Rick Moss. "Participation is voluntary,"

Nelson explained, "each participant contributed ten dollars as an entry fee. This money and penalty fees accrued during the competition (there is a one dollar fee for each pound gained and for each skipped weigh-in) go into a central 'pot,' which will be divided among the winning team and the individual with the largest percentage of weight loss. Southern Illinois Healthcare also contributed \$1,000 towards each semester's reward as

Continued on page 6...

Haven't You Heard...

1968 Undefeated Football Team Reunion



The 1968 Undefeated Football Team yearbook picture.

The 1968 Undefeated Football team held a reunion on Friday, October 3, and Saturday, October 4, 2008. Some of the reunion activities on Friday included a guided tour of the new high school, a catered picnic from 17th Street Bar & Grill, and reserved seating for the players to enjoy the Carbondale versus Mt. Vernon football game. At halftime of the Terrier football game, the players, coaches,



Reunion participants enjoyed a reception under the new CCHS pavilion (from left): Bob Wargel, Assistant Coach; Bob Pankey, Team Quarterback; and Judge Phil Gilbert.

managers, and cheerleaders from the 1968 team were honored. On Saturday, several reunion participants enjoyed a round of golf, followed by a banquet that evening at Jackson Country Club.

Distinguished Alum Judge Phil Gilbert

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District Judge for the Southern District of Illinois by President George H. W. Bush. He served as Chief Judge of the Southern District of Illinois from October of 1993 to September 30, 2000.

Judge Gilbert has been praised by lawyers for his level-headed proficiency, stalwart judicial character, and his expertly managed courtroom. Lawyers have also stated that Judge Gilbert is sometimes willing "to take unpopular stands on issues" and that "he sometimes writes long and very thorough opinions explaining his position." Judge Gilbert is praised on both sides of cases he presides over. One attorney said, "He rules straight down the line. He approaches each case anew. He doesn't pre-judge another side."

Judge Gilbert is married to the former Gail Boyer of Marion. They have two children: Jennifer, who graduated from CCHS in 2001, and John, who

graduated in 2005. Both Judge Phil Gilbert and his wife Gail have been strong supporters of Terrier Athletics. In 2000, they



The Gilbert Family (from left): Judge Gilbert, Gail, Jennifer, and John.

were named Athletic Boosters of the Year. The Gilbert Family also sponsors an education scholarship every year through the CCHS Foundation. Judge Gilbert is also actively involved in the Southern Illinois Community, servicing Morris Library, his church, the Boy Scouts of America, and the SIU School of Law.



CCHS Foundation Establishes Halls of Achievement and Service

The Carbondale Community High School District 165 Education Foundation recognizes graduates who have accomplished distinguished records in their chosen fields of endeavor, over a substantial period of time, by naming them to a Hall of Achievement. The Foundation's Board of Directors spent hours planning and refining the program, and forming a committee to evaluate those persons who are nominated by teachers, family, or friends for inclusion.

While revisiting the Hall of Achievement process, the Board

came to the realization that it was equally desirable to establish a Hall of Service, to give recognition to graduates and other persons who have made outstanding contributions to CCHS. The executive committee of the Board is responsible for identifying those who have been of great service to the school.

The actual Halls will be established in the principle building of the school's campus. Those desiring to put forward the names of individuals for these recognitions can submit nominations to the superintendent's Administra-

tive Office. Forms for this purpose can be obtained from the Office at 330 S. Giant City Road in Carbondale (618) 457-4722. Forms can also be obtained by going to <http://cchsterriers.com/> and clicking on Hall of Achievement.

It is especially important for older persons to bring forward nominations, since present-day faculty and others are often not aware of graduates from earlier decades who have distinguished records of achievement, and of persons who long ago were of outstanding service to the school.

2008 Education Foundation Grant Awards

Dr. David Kenney, Chairman of the Grant Review Committee of the Carbondale Community High School District 165 Education Foundation, announced today that the CCHS Education Foundation awarded 42 grants, totaling \$13,860.00, to faculty and staff of CCHS for projects and activities for the 2008-2009 school year.

The Foundation grant program was initiated in 1999 to assist and enhance the educational programs of CCHS. Since its inception, the CCHS Foundation has awarded 222 grants to faculty and staff, totaling over \$87,860.00.

A complete listing of the 2008 grant awards can be found at <http://cchsterriers.com/>. Click on the Education Foundation Web Site, and then click on Foundation Grants.

Students Involved with the Creation of Newsletter

As a project, students of the CCHS Multimedia Class design the Education Foundation newsletter. Creating the foundation newsletter gives the class a valuable hands-on experience that they are able to translate into the business world.

Students relate how classroom activities such as writing, photography, scanning photos, editing, and layout apply to the real world.

Students:

Charles Angell
Carlos Cerrato
Talea Collins
Ryan Dosier
Jose Flores
Brittany Jennings
Jake Myers
Justin Myers

Students:

Jesse Teston
Connor Wheeler
Jasmine Wooley

Teachers:

Nicholas Carr
Jennifer Wilson

Haven't You Heard...

CCHS Hall of Service Inductees

The Carbondale Community High School District 165 Education Foundation Hall of Service is intended to recognize individuals who, through their actions, have supported CCHS. Hall of Service Inductees reflect service to CCHS as evidenced by their time, effort, financial support, leadership, etc. The Foundation Board is very pleased to announce that at the May 12, 2008 meeting of the Foundation Board, the following nominees were selected to be inducted into the Hall of Service. Mr. David Coracy, Chairman of the Board, stated, "The inductees into the Hall of Service have all exhibited significant service to Carbondale Community High School, and we are honored to recognize their contributions." The Hall of Service is an outstanding venue to recognize individuals who have supported CCHS. To learn how to nominate an individual for this award, please read the article titled, "CCHS Foundation Establishes Hall of Achievement and Service," on page 5.

Hall of Service Inductees		
Frank Bleyer	J.Q. Clark	Dr. David Kenney
O.K. "Buck" Bowen	Robert Coatney	Bill McBride
Robert Brewer	Clarence 'Doc' Dougherty	Tom Corpora & Mary Kay Moore
Dr. Frank A. Bridges	Jim and Kathy Fralish	Dr. Clifford Neill
Dr. Leo Brown	Dr. Mark & Dr. Sylvia Garwin	Dr. Fred Nolen
John Cherry	Wes Gibson	John and Dr. Marsha Ryan
	Richard Kelley	

Search for the Biggest Loser

Continued from Page 3

part of their Community Wellness program." Nelson is also in charge of keeping track of each team and individual team member's weight. At the first weigh-in, each participant's height and weight were measured and used to calculate each person's Body Mass Index (BMI), and then the teams were selected according to the BMI so that there would be an even division among the team members. After the first week, there has been a weekly weigh-in each Friday. The results are posted by team and only the percent of weight loss and team standings are posted so that competitors' individual weights are kept completely confidential. Nelson is extremely excited about this contest and already has plans for the future. "Our goal for this competition is to promote wellness and a healthy lifestyle among faculty and staff. We plan to continue the competition in

the spring, adding a maintenance group for those who have already achieved their healthy weight goals." At the time of printing, the contest had just ended Week 6 and as a group, they've lost 568 pounds!

One of the contestants in this competition is Social Studies teacher Mark Albertini. Mr. Albertini commented about competing to become the Biggest Loser, "It feels awesome! I feel like I am part of something that has never been done before, like the 16 - 0 New England football team." Mr. Albertini is really trying to lose the weight for his team. "At times, I have been slacking a little, but I'm ready to step it back up," he said. "I'm going to use my 'A game.' Hit up the gym, cardio, and Wii!" The Biggest Loser contest has given Mr. Albertini a new taste for food he

wouldn't have normally learned to enjoy. He has started to like eating, "Warm bread, rice cakes, apples, and water." However, Mr. Albertini is not without his vices. There is still food he misses a lot such as, "Ice cream, fries, cheeseburgers, Sub-Way, McDonalds, Red Lobster, M&M's, Snickers, Cherry Coke, Pepsi, root beer, Taco Bell, pizza, Twinkies, Ho' Ho's, Milky Way, milkshakes, toasted cheese, fried pickles, stuffed mushrooms, fried shrimp—What food don't I miss?" he asked jokingly.

The CCHS Biggest Loser competition is a great way to promote healthy lifestyles in the high school faculty and staff. All of the participants hope the contest will become a long-standing tradition here at Carbondale High School.

Haven't You Heard...

Class Rosters on the Alumni Website

One of the services offered by the CCHS Education Foundation is to provide a "starter" class roster for classes that are getting ready for a reunion. Typically this is ten years after graduation, but we do receive requests from older classes as well who may not have had a reunion in a while. The Foundation has kept up class rosters with information provided to it over the years from CCHS, individual alumni reporting in and classes sending in updated rosters. Some classes have up-to-date rosters on file with the Foundation while others are out-of-date.

When the website was created, we encouraged the posting of class e-mails but not physical location addresses. The e-mail addresses are altered making them unusable directly by e-mail capturing programs but are recognizable and usable by humans. Some classes have provided rosters for posting, others have not.

The website has the ability for individuals to send updates directly into the Foundation. We average five per week across all classes meaning we are updating about 250 individual alumni's information a year. This can put class rosters held by the classes out of date with more current information at the Foundation if the alumni didn't send the update to their class as well.

In an effort to consolidate these rosters with the goal of keeping them more in sync, we are now posting the Foundation rosters on-line. Individual class rosters are no longer posted on the web, meaning that for alumni information to be accurate on the web, individual alumni and individual classes need to communicate with the Foundation to keep the master rosters up to date. Currently, we have rosters on-line from over 80 classes ranging from the class of 1925 through the class of 2011, our current Sophomores. The updated rosters are posted on the web once a month (around the 15th) and will be provided to the Class Contacts for individual classes upon request. The rosters provided to the Class Contacts will contain physical addresses for mailings.

For individual alumni, we encourage you to keep your records up to date via the update process on the web or simply send an e-mail with your updates to update@cchsterriers.com. For classes, we encourage you to keep us updated and request copies of the rosters any time you are preparing a mailing to your class. Updated rosters can be requested from webmaster@cchsterriers.com. The individuals requesting full class rosters must have been previously listed as a Class Contact, or be listed in the senior yearbook as one of the class officers.

Questions or comments regarding our rosters can be directed to webmaster@cchsterriers.com.

CCHS Education Foundation
**GREAT IDEAS FOR CHRISTMAS, BIRTHDAYS
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For More Information Please Visit the Terrier Website
www.cchsterriers.com



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The Carbondale Community High School Education Foundation is organized for charitable, scientific, and educational purposes, including but not limited to:

- Promoting, encouraging and fostering education in Carbondale Community High School District 165, Carbondale, Illinois.
- Developing community and public education programs, providing information about education services and programs available to the community.
- Soliciting and receiving gifts and contributions for and on behalf of charitable education organizations, exempt from taxation under Sections 501(a) or 501(c)(3) of the Internal Revenue code.

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Millie McElheny, Vice-Chairman
Amber Hanson, Secretary
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