

Press Clippings 4/26/2018

---Daily Herald--- 4/26/18

Preparation time

Elgin High culinary team headed to national competition

BY MADHU KRISHNAMURTHY

Four Elgin High School culinary students compete this weekend in the National ProStart Invitational in Providence, Rhode Island, after recently taking first place in the state contest.

It's the first time seniors Karen Nava, Zenia Santellan Delapaz, Brian Onofre, and Jacqueline Prado will compete at nationals. They are the cream of the crop of Elgin High's culinary program, said Brenda Martinez, Elgin High School's advanced culinary instructor.

Nearly 400 student competitors will put their skills to the test in front of industry professionals, and representatives of national and state restaurant associations, vying for scholarships from the nation's premier culinary and restaurant management programs. ProStart is the National Restaurant Association Educational Foundation's high school culinary program.

Elgin High's team qualified after beating eight other culinary teams in the Illinois ProStart Invitational Feb. 24 at McCormick Place in Chicago. Students had 60 minutes, two induction burners, no running water or use of electric gadgets to prepare their meal.

At nationals, the students will have 20 minutes to prep their cooking station and 60 minutes to prepare a three-course meal again using only two induction burners, no running water or electric gadgets. They will be evaluated on taste, skill, technique, teamwork, safety and sanitation.

"We all knew this was going to be really crazy," said Delapaz, 18. "It's not pressure, but the adrenaline that hits you. But it's fun."

Onofre, 17, the only male on the team and the youngest, said his teammates watch over him and have his back.

"(Cooking) de-stresses me," he said. "It just takes away the problems I have."

Teamwork and completely trusting one another is key to working well together, said Prado, 18. "You all become very close at the end."

The most nerve-racking part of the contest is when 30 minutes are left on the clock and pressure is on, said Nava, 18.

Working under pressure, time management and communication are skills they have developed over this past year of cooking together.

For the contest, students will prepare a Mediterranean menu: an appetizer of carrot and white bean harissa with honey glazed carrots and pan-seared scallops; a main course of

chicken roulade with prosciutto, spinach and manchego cheese and quinoa and wheat berry tabbouleh with grapes tossed in Berber vinaigrette and yogurt sauce; and a citrus ricotta fritter and lemon crème fresh ice cream with caramel tuile for dessert.

"It's not like your grandma's meal anymore," said Martinez, who competed at nationals as a student and helped coordinate last year's ProStart state contest. "It's very much like what you would get at a fine dining restaurant. The level of rigor has increased."

The students have been practicing daily since March for nationals. During one trial session this week, the foursome hustled to prepare the menu from scratch furiously zesting, chopping, peeling, skinning, whipping, and churning under conditions similar to what they will face in competition. They finished five seconds over their time limit.

Martinez and other judges debriefed them before and after the session, providing critique and reminders for what needs improving.

"The training wheels are coming off," she said. "They are handling it better than I would have. They know what they want. They're ambitious."

Previous Elgin High teams have won several state contests, but only made it to 11th place at nationals. The team will compete 11 a.m. Sunday.

Win or lose, the students say they will pursue their passion for cooking after graduation. They plan to attend culinary school at Kendall College in Chicago this fall.

SPORTS SECTION

---Daily Herald--- 4/26/18

High School Roundup: Larkin, Geneva, S. Elgin notch UEC wins

DAILY HERALD REPORT

Max Anderson allowed just 4 hits in six innings Wednesday as Larkin's baseball team defeated St. Charles East 7-1 in an Upstate Eight River game.

Anderson had 3 strikeouts and 4 walks.

Leading the offense for the Royals (7-8, 4-6) were Andy Bonnot (3 hits, 2 RBI), Gunnar Boley (2B, 2 RBI) and Anderson (2B).

Kyle Hayes had 2 hits and an RBI for St. Charles East (9-6, 7-2).

Geneva 6, Streamwood 2: Tyler Venditti had 2 doubles, Graham Radabaugh a double and an RBI and Jackson Chase a double and an RBI for Geneva (7-6, 4-4) in its UEC River win. Nick Black was the winning pitcher, going 4 innings and allowing 4 hits with 5 strikeouts and 2 walks. Max Alanis had 2 hits for Streamwood (8-6, 4-5) and Jared Oliver added a double and an RBI.

South Elgin 9, West Aurora 0: Kyle Crosby tossed a 1-hitter with 10 strikeouts and 3 walks for South Elgin (4-4, 1-2) in its UEC Valley win. Austin Doty (3 hits, 2B), Nick Poblocki (2B, RBI), Patrick Keaty (3 hits, 2B, RBI), Ben Hetelle (2 hits, 2B, 3 RBI) and Nate Gomez (2 hits, RBI) led the Storm offense. JJ Rivera had the only hit for West Aurora (8-7, 2-4).

Huntley 6, Cary-Grove 0: Kyle Morgan allowed just 3 hits with 7 strikeouts and 1 walk to lead Huntley (13-4, 5-3) to a Fox Valley Conference win. Pacing the offense for the Red Raiders were Jordan Goldstein (3 RBI), Hunter Rumachik (2 hits, HR, 2 RBI) and Michael Talesky (2 hits, 2B). Shayne Layshock had a double for Cary-Grove (12-4, 8-4).

Prairie Ridge 12, Dundee-Crown 11: PR scored 3 runs in the top of the seventh to hold off D-C in this FVC game. Leading the offense for Dundee-Crown (4-12, 2-7) were Jordan Lawson (2 hits, HR, 2 RBI), Zach Hahn (2 hits, 3 RBI) and Jordan Lyter (2B, 2 RBI).

Grant 12, Hampshire 2: Nicholas Tenny had 2 hits with a double and an RBI for Hampshire (8-11) in this nonconference game.

Riverside-Brookfield 6, ACC 3: Mikey Elliott had a double and an RBI for Aurora Central (12-8, 4-6) in its Metro Suburban loss.

Northridge Prep 7, Elgin Academy 6: In the Independent School League, Jonathan Cruz (3 hits), CJ Carani (3 hits, RBI) and Colin Konicek (2 hits, 2 RBI) led Elgin Academy (11-3, 5-1).

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Girls Soccer: Bartlett rallies by Larkin

BY SCOTT MILLER

When the going got tough on Wednesday night the Bartlett girls soccer team got tougher.

After falling behind 2-1 against Larkin early in the second half the Hawks rallied back with 3 goals in the final 20 minutes for a 4-2 victory at Millennium Field in Streamwood.

"It definitely shows that this team has a lot of perseverance," Bartlett assistant coach Vince Revak said. "We could have gave up when we fell behind, but instead our intensity really picked up when Larkin scored its second goal and we fought back."

A switch in strategy also helped get the Hawks back on track.

"We came out in a different formation to start the second half," Revak said. "But it didn't work very well, so we went back to the 4-5-1 that we are more familiar with and that we used in the first half. We started getting a lot better ball movement and good movement off the ball."

Mikayla Brown started the Hawks rally with her second goal of the game and sixth of the season with 19:33 left to play to tie the score at 2-2.

"We calmed down and just started playing our game again," Brown said. "Coming back like that shows we have a lot of passion to win. We were focused on making strong diagonal runs into the middle."

Rachel Helgensen picked a fine time to score her first goal of the season. It came with 12:40 left to play off an assist from Gianna Cesario and put the Hawks (8-5-1) back on top 3-2.

"I really wasn't expecting it," Helgensen said. "It was pretty exciting though. Gianna made a real good pass and I just had to tap it in."

Moments later Jenna Dombrowski closed out the scoring with her 10th goal of the season on a header. Dombrowski also had assists on both of Brown's goals.

"Mackayla and I definitely have good chemistry," Dombrowski said. "We were able to connect on a couple passes for goals. She does a great job finding her way to the ball. The whole team showed a lot of fight and determination. I think the through balls played a big factor."

Kelly Leon scored both of Larkin's goals in a span of just over 6 minutes early in the second half.

"The message we gave her at halftime was clear and that was to shoot," Larkin coach Ken Hall said. "She is the best freshman player we have had in a long. I was really proud the way the whole team played tonight. It was our sixth game in 7 days and I think we just lost our legs at the end. But I thought we battled a real good team toe-to toe."

The Royals fell to 9-3.