

the PURPLE CLARION

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White Hats ring bells for charity

Rheis Wasson, staff editor

White Hats is working with The Salvation Army, one of the largest charities in the world, to increase holiday cheer in the area.

The White Hats went bell-ringing, which consisted of White Hats members standing in front of Kroger and Walmart here in Harrisburg with a bell and a bucket asking for donations.

"Members have a choice of either Kroger or Walmart, which this will be our second year at Walmart," English teacher and club sponsor Elizabeth Dawe said.

English teacher and co-sponsor Lana Bell was not involved in years prior.

"This is a group effort, however this is my first year participating," Bell said. "Mrs. Dawe was the one to handle this during years prior."

Another new face to bell-ringing is President of White Hats senior Savanna Haney.

"I have always participated in White Hats' events," Haney said. "I have been in the club since freshman year. However, this was the first time I have participated as a bell ringer for the Salvation Army. It is similar to every white hat activity because they strive to benefit the community."

There is a slight schedule change as to when the event will be held according to the sponsors.

"It was usually on a Saturday, but this year will be held Monday Dec. 9," Bell said.

The amount that was raised is unknown to the members and sponsors.

"We actually don't know about the amount," said Dawe. "No one says 'I'm giving five or I'm giving twenty,' so there is really no way to keep track."

This year's turnout of members was larger than last year's.

"We have about twenty or so members signed up as of now," said Dawe.

Bell feels this may be due to the amount of advance notice they had this year.

"Last year I don't think we had the notice that we did this year," Bell said.

Both sponsors feel like The Salvation Army does great things for the city.

"The Salvation Army's services are widespread throughout the community, such as the store here in town, or helping those in need," Dawe said.

When asked about the bell-ringing itself, Haney stated that it went well, and they received many donations.

"The bell ringing went well," Haney said. "Most people donated the change they received after making their Walmart purchase. One person gave a \$20 dollar bill, which was exciting and generous."

The sponsors feel like the event helped establish White Hats' reputation.

"I think it's important to realize that White Hats is a community service group, and our goal is to help Harrisburg High School students help our community," Bell said.



(Above) Left to right, sophomores Missy Chamberline, Kennady Hodges, Katey Short and junior Hannah Procter stand outside Walmart Supercenter to ring the bell and collect money for Salvation Army.

Right) Left to right, seniors Marisa Miller and Savannah Haney pose are all smiles despite the cold, rainy weather.

Photos by Sara Wangler.



Scholar bowl season begins

Madeleine DeNeal, staff writer.

Scholar Bowl has returned with a new team for their 2019-2020 season, as of late November.

It has been nearly four years since the Scholar Bowl team has been reinstated as an IHSA sports category available to students at the school. Up until the winter of 2016, there was no team due to a lack of participation and proper sponsorship.

"We've only been doing it for three years now, to start back up, so the numbers have not really resulted in me having to cut anybody," Scholar Bowl coach Heather Cox said. "But in past precedent, we've taken tests to see what background knowledge the kids have."

Now, however, each spot is filled, as students join the team. Some are returning Varsity members, while others are carrying their experience over from middle school. "This is my first year on the high school team," freshman Bella Hankins said. "It's different from middle school with the way the match is set up. [That], and the questions are easier."

According to Hankins, Scholar Bowl is mostly made up of random trivia.

"[The] questions are usually pretty hard," Hankins said. "A match is usually made up of regular and bonus questions, which are all worth ten points each."

Scholar Bowl, though it is considered a sport, focuses less on physical strengths, and more on academic strengths, according to Marisa Miller, a member of the Varsity

team.

"In a match, you are given questions along with the category," Miller said. "For example, a moderator will move on to the fifth question, and let both teams know that it's a science or language comprehension question."

Miller has been on the team since her sophomore year and has had mixed experiences with the questions from meet to meet.

"Some questions are easy. Like, incredibly easy. But they'll give you an entire paragraph of buildup just for the last line to be 'what is this color, commonly seen in sunflowers, beginning with y,'" Miller said. "You have ten seconds to answer questions like those, but there are also the mathematical computational questions, which give you thirty. Those are difficult as well, and can range from 'what's one-plus-one' to 'find the circumference of the sun.'"

According to Miller, though the activity is difficult, she has had many new experiences thanks to the team.

"One of my favorite memories includes a practice a few years back when I could not remember the name of a certain person," Miller said. "My response to the question was turned into an inside joke."

The team took home their first victory over Massac at the Dec. 3 match, as well as their first loss to Herrin. Cox believes that Scholar Bowl is beneficial to students' problem-solving skills, and also teaches them to work under pressure and in view of an audience.

"It's more than just kids trying to guess an answer to a question," Cox said. "A lot of these topics are content that they've learned in the classroom, read in a book, or really just pushing and challenging themselves."

Book Club

Joins teachers at family reading night.

Madeleine DeNeal, staff writer

Every year, the East Side library hosts a family reading night along with the Scholastic Book Fair.

It is a chance for families to come together and enjoy books, games and a free meal. This year the Book Club worked alongside the staff.

"Not a lot of people signed up," sophomore Ethan Bordoy said. "I thought it would be a good experience and a chance to help the teachers and kids."

Families are encouraged to enjoy the festivities. Raffles go on throughout the night, as well as an array of games for students to play. This year, the Book Club volunteers ran four activities.

"I'm here to watch people build the tallest snowman ever," senior Brooklynn Miller said. "I'm here to help the teachers out with the children and make sure they have the most fun night ever playing games."

Miller's game consisted of a laundry basket full of toilet paper, a wool cap and a scarf. Students had two minutes to use the rolls, or snowballs, to build a giant snowman. The cap was placed on the top roll, and the scarf was wrapped around the middle.

"They need to have the hat and scarf, otherwise, it doesn't count," Miller said. "A short, fat snowman could win because it had them on and a taller one didn't."

According to senior Kassie Sutherland, the open gym-style setup is a great opportunity for parents to take photos of their kids having fun and provides more room for the students to get involved.

"The kids at my station are making catapults," Sutherland said. "They have two minutes to build a catapult and fling a marshmallow up to twenty feet."

The games also offer a chance for students to have a hands-on approach and complete an objective using problem-solving skills they learned in school according to Sutherland.

"I think it's definitely competitive for them, especially if they come with a friend," Sutherland said. "It helps them choose how and what they want to build and gives them a lot of creative freedom. It's just a trial and error game, really."

At the end of the night, those with the highest scores are written down and have a chance to win a gift card to the book fair the following day. According to Bordoy, not everything is about winning. Instead, it is about giving families a chance to spend time with each other.

"It's nice to watch everybody getting along," Bordoy said. "The games, though some were hard to watch, were fun for the kids. I'm really glad we all came out and decided to be a part of that."

Jonathan Russell



**HARRISBURG
SCHOOL BOARD**



(Left) Sophomore Ethan Bordoy and seniors Brittany McCluskey and Kassie Sutherland assist East Side students in games at family reading night.



Photo by Madeleine DeNeal.

Key Club carols at Hollybrook, Brookstone

Haley Sullivan, sports editor

As the holiday season draws nearer, the Key Club plans to spread Christmas joy with its fourth annual caroling event.

Junior Ravyn Gauch, this year's caroling chairperson, has had the opportunity to select songs in hopes of spreading Christmas cheer to those who need it most.

"Key Club goes caroling every year," junior Hayden Gaskins said. "It is a great Christmas time activity. The benefit is that we get to spread some joy to people who might not get to go home for Christmas or get to do many activities. Personally, I think it brings joy to the people we sing to and to ourselves."

In addition to the enjoyment brought to the audience, the caroling event is known to be many club members' favorite event as well.

"Caroling is one of my favorite events that we take place in,"

Gauch said. "I love to sing and it makes me happy to see so many others enjoying a song or two. The thing that excites me the most is hearing others sing along with us. It makes everyone feel so appreciated and happy to be caroling."

Key Club is also planning to participate in many other events throughout the school year to further benefit the community.

"Key Club is known for working within the community and encouraging leadership among everyone," senior Victoria Thai said. "The caroling event gives us the opportunity to share the experience with our peers and others. Aside from caroling, we participate in a lot of other community-based activities too. We always help out at the Kiwanis radio auction, the March of Dimes, and planting flowers in the spring. Since I am on the board of directors, I'm always a part of planning and making decisions for the events too."

Speech team experiences early successes

Selina Wang, CPS editor

The speech team placed 4th out of 16th schools at the Waterloo tournament.

Overall, they have a total of 19 members this year.

"Speech is all about improving, both as a performer and as a person. Each student spends months preparing his or her speeches, which takes a lot of patience and commitment," assistant speech coach Hannah Owen said. "They are then given constructive criticism on their speeches at every tournament and the next week, they tweak and improve their performances for the next tournament."

Owens spends an average of five hours per week preparing students for their next tournament.

"This will be my third year doing Extemporaneous and Impromptu speaking," junior Blake Eversmann said. "On tournament day we get to school at a certain time, based on where we're going. We all get on and most fall asleep. Once we arrive, we change into our suits. Then, we do warm-ups and wait for schematics to be posted."

The maximum number of times a speech is given by one performer is 3 times.

"Next, you just go about your day, giving speeches and meeting new people. Once both rounds are done you wait for awards and then, once they're done, you go home," Eversmann said.

Eversmann's goal is to break Varsity and win first in his event.

His biggest achievement last season was "breaking Varsity Extemp and getting third place last year towards the end of the year."

Freshman Allison Dennison is in Poetry and Dramatic Interpretation.

"My favorite part of the speech team is our mock tournament," Dennison said. "It's a practice tournament at the high school. It helped me prepare for the real tournaments we will be having throughout the season."

Speech team members can learn how to handle constructive criticism and apply it to improve their future performances.

"Being involved in speech has amazing benefits. It can improve critical thinking skills, help students learn to perform under pressure, help them find solutions to problems, teach them how to learn from failures and help them learn better time management skills," Owens said.

Owen is also a teacher at West Side Elementary School and was part of the speech team when she was in high school, which led to many opportunities.

"I would recommend speech for anyone, especially if you



Photo by Madeleine DeNeal.

Seniors Addie Hanks and Javen Wendler perform their Improv Duet Acting prompt, "Zombies and Vampires," for the Dec. 7 Waterloo tournament. Hanks and Wendler placed first out of seven duet competitors. "IDA is one of the best events speech has to offer," Wendler said. "It tests your pace in knowing what to say and how fast you can get it out to keep performing."

Band performs yearly Christmas concert

Madison McClusky, news editor

Harrisburg band performed their annual Christmas concert at SIC on Dec. 8.

The outcome was said to have been successful with an almost full house. "I feel that the turnout was great," senior Lydia Miller said. "The theatre we were performing in was packed. I don't think there was an empty seat."

According to junior April Gulley, preparing for the concert was hard in the beginning.

"Preparing for the concert was difficult at first," Gulley said. "We practiced in class everyday up until the bell. Then the friday before the concert we had a rehearsal with the choir for the first time that lasted about an hour and a half"

As with anything, there were rough patches with preparation for the band. Some changes were made to better certain parts.

"The hardest part of preparing for the show was blending and adjusting our music to the choirs style of music," Gulley said. "We had to adjust our volume and even take a few people off certain parts to join the choir with us."

One constant throughout the whole band was there were two new conductors, not just their band director Hannah Drake, which took getting used to.

"I would say that the hardest part of the show was performing songs with two completely new conductors, (Cory Garmane) and (Tim Green)," freshman Braxtyn Baugher said. "They both had completely different styles of conducting compared to Mrs.Drake, this just took of getting used to."

Each section had main focuses of their own.

"The main focus for my section (percussion), along with several others was probably tempo," Baugher said. "This ties into the fact that we were performing songs for 3 different conductors, with completely different styles."

According to senior Sophie Winkleman there was a certain part of the concert that stood out to her.

"I thought Hallelujah Chorus stood out the most to me," Winkleman said. "The whole crowd stood up, which is proper etiquette for when you hear that song play, and it sounded beautiful."

For some they have experienced the Christmas concert, but for others this is their first time.

"For this being my very first high school band performance I don't think it could've gone any better," Baugher said. "The concert ran smoothly, everyone loved the songs, and it was overall just a really enjoyable experience. High school band is so much different from middle school band. So much is expected of you, and I honestly love it. It helps us grow."

Band has many more performances this season, before finishing out the year.

"I hope that we have a successful concert season and play some new challenging music," Winkleman said.



Photos by Madison McClusky.

(top) Left to right, sophomore Ryan Wilson, junior Brandon Butler and freshman Braxtyn Baugher perform for jazz band to begin the Christmas concert.

(bottom) Harrisburg High School band performs their first song of the evening the choir including juniors Ravyn Gauch and Alyssa Irvin.

CTE Spotlight Day highlights SIC's technical programs

Mazie Tillery, staff writer

Earlier this month, the junior and senior student body was given the opportunity to visit SIC for the local CTE Spotlight day. A variety of program overviews were available to be attended, including diesel technology, cosmetology, information technology, as well as many others.

"It is a day for students to go to SIC and learn about various CTE Programs. It is also a chance for SIC to showcase its programs." Business teacher Jon Sanders said.

Senior Hannah Bryan is one of the students who chose to attend.

"I attended criminal justice and early development," Bryan said.

She added that she chose these specifically because she has a strong interest in both. She recommends going to anyone that thinks they might benefit from doing so.

"Any chance you get to learn about a program you might be interested in is a good opportunity for students," Sanders said.

A lot of the classes offered are intros to classes at SIC that are affordable, as well as relatively quick to complete. Most of the programs can be completed in one or two years. These are a simple way to further explore a field you may or may not be certain you are interested in.

"I believe in gathering knowledge to see if a program and school is right for you," Sanders said.

Many students are unsure of what they would like to do in college, or if they want to go to college at all. Programs like CTE Spotlight day are an option for those students to browse and the choices that are available locally with little to no risk.

"It's amazing, [I] learned so much from it," Bryan said.

The day was a success and those that attended now have a clearer idea than they had previously about what they are interested in pursuing as a career.

"It's a really good opportunity for students, and it allows SIC to attract students

that might not think community college is the right option." Sanders said.

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Tech Talk

Gotta catch em' all!

Clay Bringham, staff writer

Nintendo came in just in time for Christmas with its newest installment of the Pokémon franchise. According to Business Insider, Sword and Shield have hit the shelves with over 6 million units sold since its release on Nov. 15. I am nearly finished with Sword, and I have to say, it's one of my favorite pokémon experiences so far. The game takes place in the Galar region, which is the universe's equivalent to England. Players meet new rivals, gym leaders, the typical big baddies, and my personal favorite, Pokémon.

Sword and Shield have a variety of new creatures, some of which are exclusive to their title. This includes Stonjourner, a rock-type that resembles Stonehenge, and Eiscue, an ice-type penguin. Others appear in both titles, but have game-dependant evolutions, such as the grass/dragon type Applin. Nintendo also gave old favorites new evolutions or Galarian forms. Both games also include a new mega-evolution mechanic, Gigantamax. By pressing a button during a gym-leader battle, a pokémon will grow to a brand-new form that has increased stats and health points. This is great for type matchup battles, but it only lasts three full turns. I've learned to use it wisely, especially as the game goes on and battles become more difficult. There is also an opportunity to catch Gigantamaxed pokémon in the Wild Area.

The Wild Area is a new section that is unique to the Galar region. Instead of having route-specific spawn patterns, different types of pokémon can pop-up in random spots, including final evolutions. Dens are scattered throughout the area, which lead to Gigantamaxed raid battles. Players can get prizes such as EXP candy, which is really nice, because it speeds up level grinding.

My favorite part of the game has been the new "Camping" mechanic. It allows players to cook different types of curry with their pokémon, and honestly, it is the single greatest thing since having pokémon follow behind. The campsite is large and gives players a chance to play fetch or ring a little feather toy in hopes of their pokémon's friendship level increasing. Overall, Sword and Shield have great playability, plenty of story, and enough post-game content to keep busy with. If you're looking for a brand-new adventure, this game is for you.



Community Service Calling

Emma Williams, guest columnist

Carrie Chapman Catt once said that, "Service to a just cause rewards the worker with more real happiness and satisfaction than any other venture of life." I myself have witnessed this firsthand. Serving others is an extremely gratifying experience. It is for this reason that I believe requiring students to take part in community service to graduate would be extremely beneficial to not only the individuals or organizations they are assisting, but also to the teens themselves.

While critics may argue that imposing this requirement upon students can put them off from volunteering in the future, I believe many students will be so positively impacted by their work that they will continue on a path of service for the rest of their lives.

One big reason teens should be required to complete a certain amount of community service is quite obvious: it gets people involved and helps those in need. Schools wouldn't have to ask for tons of hours of work, and there are many different types of social work out there. This makes it fairly easy to volunteer. These experiences build character and can mold individuals into kind, passionate people. Another advantage of community service is that it can actually provide some health benefits. An article released by the Mayo Clinic Health System states that social work can lead to lower depression rates and stress levels. Serving can also improve physical health, as more hands-on work can keep a person up and moving.

My final benefit related to mandatory social work is one that many will find important. This point is that community service can be a huge factor in preparing students for their future. While students who don't plan on going into a career that directly deals with the public may view community service as a waste of time in this aspect, they are still gaining at least one important skill—work ethic. It's also important to note that individuals with volunteering experience are more likely to be chosen for jobs in the workforce. An article written by Elysia Gabe for Volunteer Match says those who volunteer are 27% more likely to get a job than those that don't. This just goes to show that, while helping out is rewarding on its own, it does have additional perks in the long run.



Bully for you

Christmas cheer is just too much to hear

Rheis Wasson, news editor

Christmas is one of my favorite holidays, however one of my least favorite parts of this merry season is the incessant use of a limited selection of Christmas music.

Christmas music is one of those genres that I love to hear... once, but whenever I hear it over and over again, it all just starts to sound the same. Overall, I do not find it fun to listen to songs from five years ago, over and over and over.

Now I know that some people might be saying, "It's the season for it!" or "It's just so much fun!" and while that might be true, the playlist should include more than "All I Want For Christmas is You" by Mariah Carey. If it's over-used and cliché, don't play it more than once. Try to get a little imaginative, if you're hosting a party. Instead of playing music, karaoke and that way we can at least have a laugh when you try to hit the low notes in "I'm Dreaming of a White Christmas."

Speaking of variety there are just some songs that I never hear like the normal version of Jingle Bells (not Jingle Bell Rock). Other classics like "Chestnuts Roasting On An Open Fire" rarely get airtime. So this holiday season, try to have a rotation of music. I'd hate to see the wonderful classics die out.

Speaking of classics, not all of them are safe. Wonderful classics such as "Grandma Got Run Over by A Reindeer" or "Silent Night" are just as overplayed. However, because I'm a human being with imperfections, I enjoy these songs because they aren't played AS much as others. Other non-traditional songs, such as "Redneck 12 Days Of Christmas," hit close to home here in the not-so-deep south with references to Wal-Mart, mud tires, flannel shirts, spam, and tickets to the wrasslin' match.

This music is often very beautifully orchestrated, with loads of piano, harps, bells, and trumpets. However, remixes to those old songs sometimes jazz it up by introducing guitar riffs, drums, and quicker vocals, such as The Eagles who have done a Christmas remix album.

The tradition of playing the same old songs is like a combo meal that is just too big for one person. Seriously? A tradition based around playing the same song playlist EVERY year? Wouldn't that get a little old? And pumping it full of those dime-a-dozen, cash-in, cheap Christmas songs just puts the icing on the cake.

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So please read this column carefully and listen when I say, have some fun with Christmas by introducing your circle to some new Christmas tunes. Who knows? Maybe one of those old favorites will become your new favorite and you won't have to listen to poor Grandma getting ran over by a very irresponsible sleigh driver.



Sara's skin care cheat sheet

Miracles of moisturizer

Sara Wangler, feature editor

Winter skin is prone to extreme dryness. The weather and lack of moisture in the air can dry out natural oils, so it's important to moisture and keep skin healthy.

There are many ways to treat this problem. Moisturizer is available literally everywhere, in toner, certain cleansers and sheet masks.

A more obvious way to combat dry skin is to drink lots of water. Drinks high in sugar or drinks high in caffeine can dry out skin and clog pores. What we put in our bodies is more important than what we put on them. The key to skin care is to go from the inside out.

Additionally, make sure pores are open when using these products.

My biggest caution is against oil-based products. Oil takes forever to absorb. I really wouldn't recommend these types of products for people with oily to normal skin. But for skin that is like the Sahara Desert, go for it.

I recommend hyaluronic acid. Anything with hyaluronic acid will definitely keep skin healthy.

There are tons of products that are strictly for moisture. One of my favorites is by Lanige. The cream skin milk toner and moisturizer is my holy grail of moisture. This product is fairly new. The brand is from South Korea and recently made its way to Sephora stores in the US. The toner itself is milk-like with a cream color. It softens and preps the skin like a toner while deeply moisturizing.

South Korea produces some of the best skin care on the market. Sheet masks are all the rage and are outrageously cheap compared to masks made by American brands. In South Korea, three sheet masks can be purchased for \$1. Yeah. The same mask is available at Ulta for \$3.75 a pop, which isn't bad, but it's still not fair.

This line is by Tony Moly. There are plenty of ingredients and benefits in this brand. From rice to help with clear skin, green tea for moisture, wine to tighten pores and aloe to soothe, it is easy to find a good fit. All of these masks are moisturizing as well as cleansing.

Saunas are another good way to clean skin and allow moisture in, but the most important thing is to know in order to have healthy and moisturized skin is to clean the face as much as possible.

This goes for both your face and the rest of your body. The most common places for dry skin to show up are elbows, knees, hands, and heels. Exfoliating is the best way to get rid of dry patches, and exfoliators are available in many different products. Use a sponge or a loofah or actual containers of exfoliating scrub that smell amazing and are more effective.

Body soaps can also contain beads of vitamin C.

No matter which method is used, make sure skin is healthy, and moisturize, moisturize, moisturize this winter to maintain your glow.

The Clarion Call

Service to the community helps everyone involved

The holiday season offers many opportunities for students to engage in community service, an activity that provides personal enrichment as well as looking really good on scholarship and job applications.

Colder weather makes it important to provide a warm place to stay and wholesome foods for those in need. Programs like Heaven's Kitchen and His Table in Harrisburg provide warm home-cooked meals on Tuesday and Thursday nights and rely on volunteers to accomplish that task.

Heaven's Kitchen even provides live music, holiday festivities and clothing to create the best care for their walk-ins. During the holiday seasons, Heaven's Kitchen provides a wide variety of seasonal foods, decorations and desserts.

His Table is an organization where the churches in Harrisburg get together to provide food for the community. His Table has been doing community work for others for quite some time and uses their work to

spread the word of God and set a good example for their youth groups. According to their Facebook page, His Table has served around 7,500 meals throughout this year. They also provide a variety of gospel music. His Table plays a major role in seasonal festivities and welcomes less fortunate members of the community with open arms.

There are many clubs in the school that have provided opportunities to help raise money, such as White Hats helping out with the Salvation Army.

Key Club goes Christmas caroling each year to help spread holiday cheer and takes part in a wide variety of volunteer work including collecting new toys for WADI.

Students can also help play a role in community service by donating canned goods, clothing, toys, and personal hygiene items to The 4C's organization or local churches.

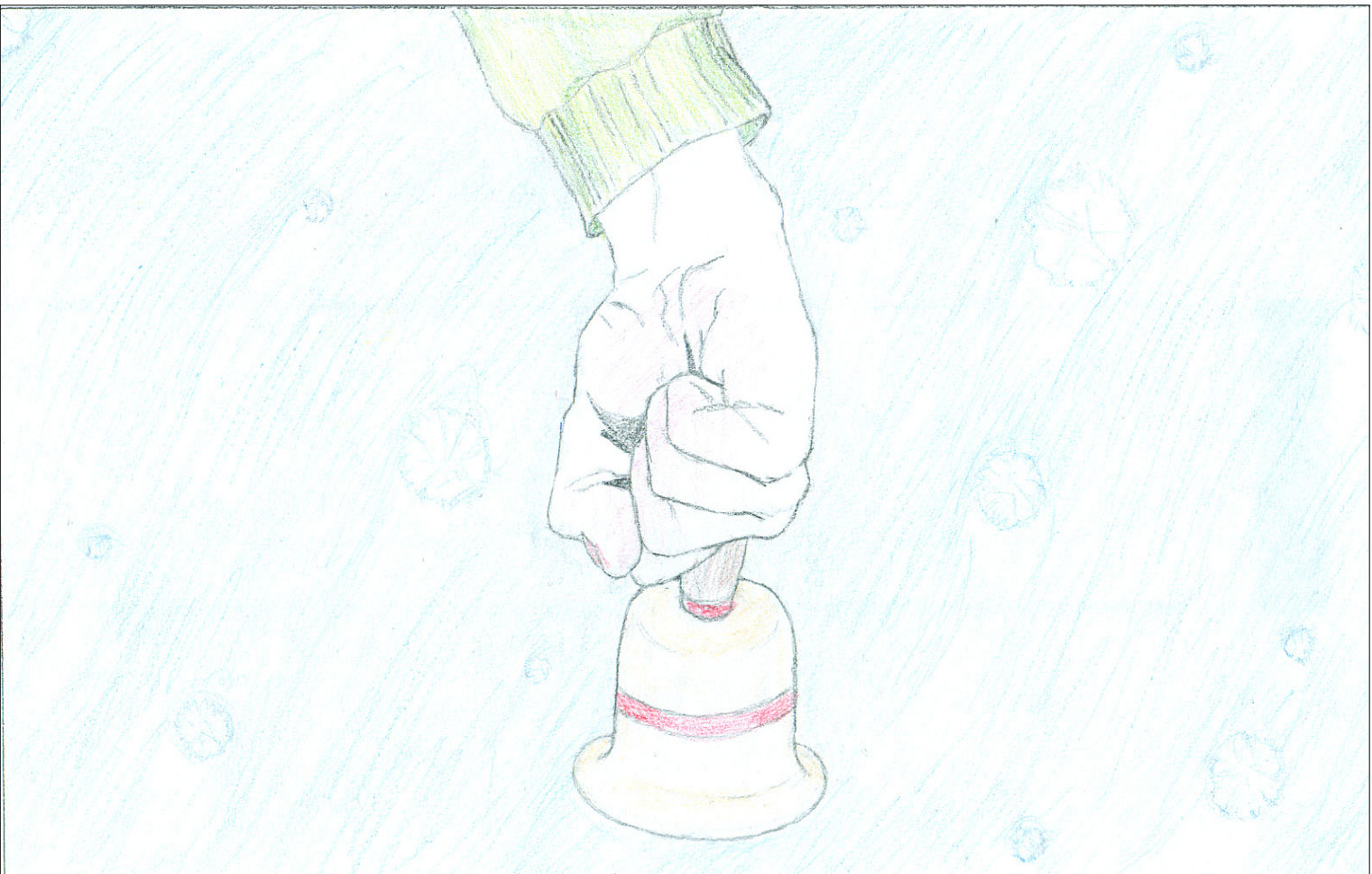
As the holidays approach, there are many oppor-

tunities to fulfill the dreams of children who long for a simple toy. Student council has taken shopping trips to help students in need during the holiday season for several years.

Volunteering isn't just for service hours. To many, it's heartwarming to be given the opportunity to lend a helping hand to others. It gives the opportunity for members of the community to get more involved and give instead of receive.

But a recent survey of college admissions offices also found that community service can be a huge factor when making college admission decisions and 53% surveyed stated that community service can be a "tie-breaker" between applicants that are equally qualified, according to an article published by Barbara Faye Advising. Colleges count community service as a huge role in determining work ethic.

From those who serve to those being served, everyone wins when students give.



White Hats joined thousands of Americans in charitable giving by working with the Salvation Army.

Cartoon by Rachel Myers

"Community service is really important because you're giving back to the community."
-junior Kaylen Pate

"It helps the community and helps build character."
-junior Noah Boon

"We have a lasting positive impact when we do volunteer work. "
-senior Carsen Borders

"Community service provides opportunities for others to be more involved and to help others."
-junior Vivian Fuerback

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The Purple Clarion is an unbiased, student-produced news, sports, feature and opinion publication dedicated to accurately reporting events that interest and impact HHS students. The Clarion is a proud member of the Southern Illinois Scholastic Press Association and a multi-year winner of the Blue Banner Award for excellence in scholastic journalism.

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Lighting up the holidays



Photo by Clay Brigham.

The Christmas decorations across Main and Cherry street are put up by the Harrisburg city workers.



Photo by Clay Brigham.

Southern Outlaw's Bar and Grill, formerly Wooded Hills, decorated their balcony for the holidays.

DuQuoin shines merry, bright

Sara Wangler, feature editor

Every year the DuQuoin State Fairgrounds play host to a Holiday Lights Fair. From Thanksgiving through Dec. 30, thousands of people drive through the three-mile light trail.

This event is sponsored by the DuQuoin Chamber of Commerce as well as 28 local sponsors. Hours are from 5:30-9:30 p.m. weekly.

This event is fairly inexpensive. A family car is \$10, while a bus or van is \$1 per person. Most displays feature Christmas scenes, gingerbread houses, candy canes and carolers. Others showcase three-dimensional statues.

The trail leads through every corner of the grounds, and each light post is adorned with giant snowflakes and the streets are paved in twinkling lights.

For the first three weekends the Expo Hall is open to the public with live entertainment consisting of 11 bands, food vendors, booths filled with homemade decorations, baked goods and home decor filling the building. In total, there are 42 vendors/booths set up supplying a variety of goods. There is no shortage of fudge, cookies, made to order donuts, hot chocolate and vendors sponsoring the event. Besides food, the hall features brand name goods like Scentsy, Younique, Pink Zebra and more.

In addition to the vendors in the Expo Hall, live music and a picture booth are set up. Every weekend bands, singers, and performers alike provide live entertainment on a festive stage set up in the midst of all of the shopping. Towards the back of the hall sits a train, and kids can take as many rides as they please as well as meet and get a picture with Santa.

With the festivities comes a multitude of visitors. Connor Baxter, a junior at DuQuoin High School, says this time of year brings many challenges.

"It's busier than usual, a lot more cars coming in and out to see light shows," Baxter said.

Residents can feel the pressure according to Baxter.

"It does get overwhelming. My friend parks at the fairgrounds, and he said it's terrible," Baxter said.

Despite the tiring amount of work and preparation, the event is always a success. Every year the staff and volunteers do the best they can to put on an amazing display according to Baxter.



Patti's reopens for busy holidays

Hannah Reid, opinion editor

Opening again in time for the holidays, Patti's 1800's Settlement contains a wide variety of lights featured as one of their attractions.

The Settlement burnt down last year due to a kitchen fire. Burning down in early 2018, Patti's took a full year to recover from the fire, which spread throughout the whole Settlement. The fire thankfully happened during the day, giving time for firefighters to respond quickly, and employees time to get out safely.

The Settlement is in Grand Rivers, Kentucky and provides attractions like a 19-hole mini-golf, gold panning, gardens, and award-winning dining.

The restaurant serves approximately over 350,000 people and is known for their southern hospitality and their wide assortment of holiday lights.

The light display consists of over 1.3 million lights in the annual Patti's Festival of Lights held at their dining facilities. This will be on display until the third week of January due to Facebook. Afterward, they will take down the colored lights and "the gardens will be transformed into a Winter Festival of Lights display" according to Facebook.

The tradition of the Christmas lights began as Chip Tullar's mother, Patti, suggested the idea in the 1970s and since then, they have added numerous light displays for the enjoyment of others.

The display now requires three months and approximately 100 employees to fully prepare. Considering Patti's has been open for over 40 years, the owners were very thankful the dining and seating area weren't extremely damaged. The dining area is known to have some of Ms. Patti's original home items that couldn't be replaced, so most were grateful those sentimental items remained.

After the fire, Patti's Settlement was determined to rebuild as soon as possible and assured their 200 plus employees would still have secure jobs. According to their Facebook page, about 85% of the employees currently working in the restaurant are new hires.

Now open and spreading holiday joy, Patti's welcomes families for the festivities of the season but is requiring guests to make reservations through the end of the year according to their Facebook page.



Girls' basketball aims to match record from prior seasons

Haley Sullivan, sports editor

Girls' basketball kicks off their season with an undefeated record of 10-0 as of post date.

With a long history of playing basketball together, the senior members of the team have developed friendships which have allowed them to work on the court with chemistry.

"Right now, we're undefeated, so it has been super exciting to see everyone keep competing in games and in practices," senior Lexi Williams said. "A lot of us have played basketball together since fourth and fifth grade, so we have close friendships backing up our team dynamic so I definitely think we're gonna do well. I'm really looking forward to spending every day with my best friends and getting as far as we can this season."

The team has used the offseason to improve their skill level and build this chemistry to strengthen their relationship on and off the court, according to senior Essence Sanders.

"We've done a lot of teamwork drills in the fall and summer," Sanders said. "It has helped us to learn to work more as a team instead of individual athletes. We've been lucky enough to have a roster full of good athletes, but good athletes don't win ball games unless they can put their talent towards being a good team. Practicing to better ourselves as a group is definitely a top priority for us."

According to junior Molly Shires, the team utilizes their closeness as they continue to learn their plays and develop their defense.

"It is definitely easier to run offensive plays with a team that you are comfortable playing with," Shires said. "We are all comfortable with one another and playing together so that has helped tremendously. It helps our defense as well because we know what everyone is really good at and what we struggle with so picking up on help side and even sometimes running a zone defense is beneficial for all of us."

The team has used their strong team connec-

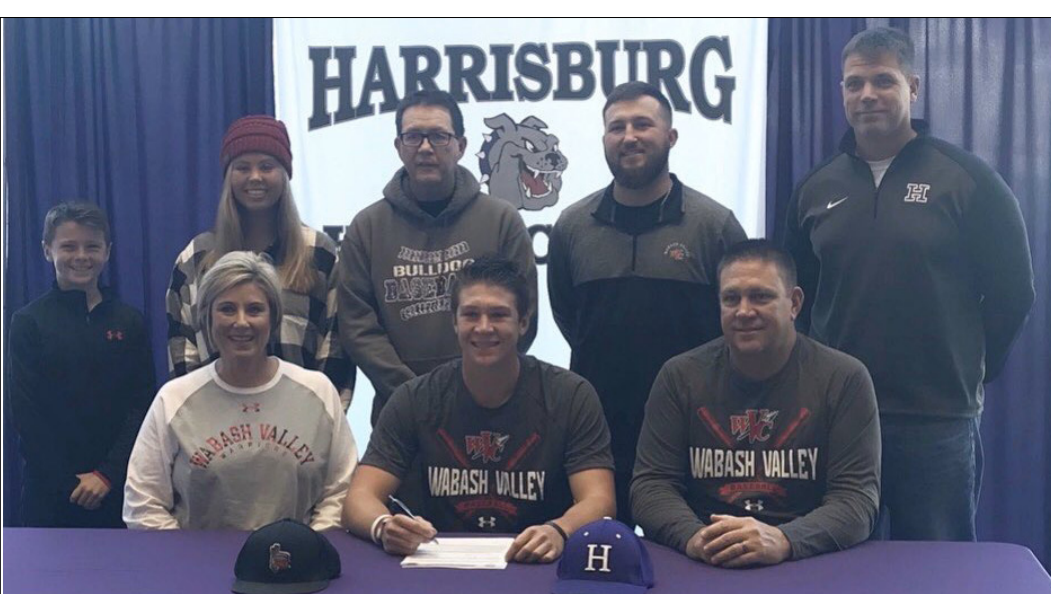


Photo by Clay Brigham.

Senior Lexi Williams lines up a free throw in a recent Harrisburg Lady Bulldog Invitational Preview Tournament matchup against the Carmi-White County Lady Bulldogs. The Harrisburg Lady Bulldogs won 58-24, contributing to their fifth consecutive first place title in the tournament.

tion to execute to the best of their abilities on the court so that they may perform well against challenging competition.

"I am really looking forward to competing against some of the toughest competition in our area," Sanders said. "I think we will do well as long as we all go out ready to play our hardest. If we stay connected as a team, we will be able to make it far in the postseason."



Seniors Isaac Crabb (above) and Nick Hunter (below) sign their National Letters of Intent. Crabb will attend Wabash Valley College in Mount Carmel to play baseball. Hunter will attend Rend Lake College in Ina to play baseball as well.

Three up, three down

Physical activity improves mental health

Haley Sullivan, sports editor



Seasonal affective disorder (SAD) is a form of depression which is related to the different seasons of the year, found most commonly in the wintertime.

According to the Mayo Clinic, "Treatment for SAD may include light therapy (phototherapy), medications and psychotherapy."

According to a 2017 article on Health Direct, chemicals such as endorphins and serotonin are released in the brain during physical activity, resulting in improved mood and a reduction of stress. Because clinical depression can be a result of too little serotonin in the brain, exercise, physical therapy or other forms of physical activity should be taken into consideration for diagnosed mental health problems. As a branch of depression, physical activity can have a direct impact on SAD as well.

Although many argue that there are many other ways to clear the mind or alleviate poor mental health, medicinally or therapeutically, an article by PLOS Biology provides evidence that only one-third of those suffering from depression actually benefit from antidepressants, due to a varying in sensitivity of glucocorticoid receptors from patient to patient. Because antidepressant medication cannot be a "one-size-fits-all" remedy, other measures should be taken into consideration for the wellbeing of each patient.

Although it may not be the case for everyone, athletes tend to retain hopefulness better than those who do not participate in physical activities. According to Dr. Dan Hull of the Northern Ireland Assembly, studies have shown that a person active in the engagement of sports had a significant association with lower levels of hopelessness, which is often a symptom of depression, both clinical and seasonal.

Many athletes have a tendency to use their sport as an escape from difficulties in life. Taking cuts in the cage or running a couple of miles can be a distraction from one's problems, but these activities are also scientifically proven to be a mood booster and potential treatment for mental illness, without the dangerous side effects that medicinal remedies sometimes have.

According to an article by Harvard Health Publishing, many selective serotonin reuptake inhibitors (SSRIs), used to treat depression, anxiety, obsessive-compulsive disorder (OCD), eating disorders and many other psychiatric conditions, can have many negative effects on one's physical health, including insomnia, rashes, headaches and joint and muscle pain. Aside from exercise-related injuries and muscle overuse, physical activity has virtually nothing but positive attributes to the wellbeing of a patient.

Links between poor physical health and poor mental health prove that exercise is beneficial to the wellbeing of those struggling with substandard mental health.

According to Fed Health, a recent study proves exercise to be a natural antidepressant, due to a release endorphins and an increase in the production of certain types of neurotransmitters that improve a person's mood. It also showed signs of increased activity in the hippocampus part of the brain in adults who practiced healthy physical habits like regular physical activity.

Because there are so many benefits of physical activity and so many hindrances to neurological-related drugs, using physical activity to alleviate illnesses related to mental health can be a simple treatment to a complicated problem.

Physical activity is a healthy way to battle mental illnesses and should be taken into consideration when looking into treatment options for diagnosed neurological diseases. There are so many ways that physical activity benefits one's mind and body, as well as so many ways that SSRIs can harm the mind and body, and it is imperative that any medical professional considering treatment options for a neurologically diseased patient to examine the probable benefits of physical activity. By adding even thirty minutes to an hour of physical activity to one's daily routine, noticeably significant improvements can be made to both the physical and mental wellbeing of a person.

Wishing boys and girls basketball the best of luck in their holiday tournaments.

Wrestlers push through beginning of season

Madison McClusky, news editor

Varsity and JV wrestling attended their first match at Murphysboro High School to compete in a triad with the hosts and Herrin High School.

"The first match of the season didn't go great, but not terrible," junior Blake Eversmann said. "Sure we won, but we weren't as ready as we should've been."

The team has been preparing, but a certain responsibility rests on each individual wrestler.

"The team has been doing a lot of running, combined with weight lifting and drilling over and over until we get our moves right," Eversmann said. "Coach (Greg) Langley wants us to be in shape, and he's effective at it, but of course the individual wrestlers have to step up and lose some weight by themselves."

Weight classes are used to determine what two people can wrestle against each other.

"A weight class is a set (range) of weight, for instance 220.1- 285, in which people between those weights can wrestle," Eversmann said. "You can't have someone who weighs 106 wrestle someone who's 267 pounds. As for how they're chosen, they're chosen based on your weight. People can always drop down in weight classes if they try hard enough or even go up if they don't watch it."

According to Eversmann, being pre-

pared mentally is an important factor in being able to win a match, no matter if the opponent is bigger, stronger or more experienced.

"If you walk into the match and instantly look for the person you're against, only to think, 'Dude he's massive, there's no way I can win,' then chances are, you're not going to win," Eversmann said. "It all (comes) down to keeping a cool head and not letting your mouth get the best of you."

According to junior Brandon Banks, pushing through the obstacles is also important to winning a match.

"You definitely have to be in the right mentality to go through with this," Banks said. "What you're going to do out there is way out of the ordinary for your body. Everything your body is going to be telling you is to stop and give up, but you have to push through all of that to win."

Many underclassmen look up to others with previous wrestling experience.

"I've had a lot of upperclassmen help me out with advice on how to do different moves," freshman Chase Sullivan said. "So far I've been wrestling partners with (junior) Ty Hutchison and he has given me a lot of advice and help."

Many freshmen wrestlers are experiencing competition for the first time.

"I feel like wrestling is going very well," Sullivan said. "With it being my first season, it's been a lot different from any other sport I've participated in. So far I really like it, and it's been a great time overall."



Photo by Mazie Tillary.

Sophomore Zach Bethel pins freshman Zach Karnes during wrestling practice. Karnes is pinned because both of his shoulder blades are touching the mat. "The team as a whole is not doing too bad," freshman Chase Sullivan said. "If the team does their best, we have a chance at success in our tournaments."

Boys' basketball seeks improvement with new leadership skills

Hannah Reid, op-ed editor

During the offseason, the varsity boys' basketball team has put in work on and off the court to improve individually and as a team according to junior Javie Beal.

Their annual summer trips improved their chemistry and prepared the team for their upcoming season, according to senior Zayne Hayes.

"This summer we played a bunch of games and traveled to Vandalia twice and Dexter, Missouri," Hayes said. "That has made us a lot better as a team."

As the varsity team aims to improve, the freshmen are learning new techniques and strategies that will equip them for competition at the high school level according to Beal.

"We have a few freshmen that are really impressive," Beal said. "I think they will help us tremendously this season."

The team has set high goals for themselves according to Beal.

"Our team goals for this season would probably be finishing third or better in conference and making a run in the Eldorado Holiday Tournament," Beal said.

Many of the members have set personal goals to improve according to

junior Ben Brombaugh.

"My personal goals for the year are to be a leader, get better and just have a good year overall," Brombaugh said.

Many of the team members have stepped up their leadership responsibilities and team-building skills, according to Hayes.

"I enjoy being a leader, and I like getting the chance to help the younger guys get better," Hayes said.

The starting lineup for the basketball this year includes seniors Darion Barners, Will Gibbs and Zayne Hayes, along with juniors Jesse Lawler and Andrew Bittle.

"The team has acquired many new strategies for practices, such as double-teaming on pick-and-rolls," senior Brannnden Watson said.

This season will hold many challenges for the team with their biggest competition being Massac, Murphysboro, and Beton according to Watson. The team plans to improve throughout the season and work as a team to achieve their yearly goals, according to Beal.

"Everyone we play will be our competition this season, so we've gotta be prepared to execute every game," Watson said.



Photo by Haley Sullivan.

Junior point guard Ben Brombaugh dribbles at the top of the key before driving down the lane to put up a layup in a junior varsity matchup against West Frankfort.



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Students' family gets crafty with their Christmas decorating

Sara Wangler, feature editor

Christmas ornaments are an iconic part of Christmas, but early ornaments were extremely different than the ones seen today. How did ornaments evolve from home-made projects to store bought extravagances?

"We call them "Christmas" trees, but the decorative evergreen long predates the celebration of Christmas," writes Rachel Gould for Culture Trip. "Evidence suggests that the practice of adorning the home with evergreen boughs during the winter solstice dates as far back as the ancient Egyptians."

The evergreen color gave hope of warmer weather in the cold months according to Gould.

"It's a family tradition that we go get breakfast than go pick out the tree together," Senior Maddi Ladd said. "Then use a whole bunch of lights to decorate it because the tree is so big."

The modern tradition of decorating the tree is thought to have "originated in sixteenth century Germany, where small evergreen trees were decorated with the likes of candles, apples, nuts, and berries as "Paradise trees" in church plays" according to Gould.

In the late 1840s, a picture of Queen Victoria celebrating Christmas with her husband, Prince Albert, and their family around a decorated evergreen tree morphed the practice into a fashionable one that wealthy Americans soon rushed to adopt. Though people across the globe had been decorating temples and domestic interiors with evergreen flora for centuries, the holiday tradition in its modern form originated with medieval Germans. The idea first spread to England through Queen Victoria's



(Left) This year, the tree towers at 8 sq ft. tall with a 4-5 ft width. Having a real tree is a tradition in the Ladd household.

"It's a family tradition to go get breakfast and then go pick out the tree together," Ladd said. "Then we use a whole bunch of lights to decorate."

(Right) Hand-sewn ornaments made by Ladd's grandma, mother and uncles. "These were made in 1980, they're always on the tree," Ladd said.

mother—but it was Victoria's consort Prince Albert who brought them into the mainstream in 1848," according to Chloe Foussianes from Town and Country.

"My grandma makes a lot of her ornaments, she's really good at making bows," Ladd said.

By the time 1890 rolled around, Woolworth's department store in America was bringing in \$25 million in German imported ornaments made of lead and blown glass. As time went on the ornaments became more elaborate with the use of wool and silk.

"Our tree is 8ft tall and 4-5 wide this year, all of our ornaments are glass too," Ladd said.

Ornaments were manufactured in Germany until after World War II, then Hallmark started to gain popularity in 1973. By 1980, Hallmark renovated the Christmas ornaments by adding lights and sounds.

"Since the line's inception, Hallmark has introduced more than 8,500 Keepsake Ornaments and more than 100 ornament series. More than 500 local chapters of the national Hallmark Keepsake Ornament Club are active in the United States and Canada."

But some families still enjoy including handmade ornaments in their celebration.

"My grandma had a crafting business, but when all the grandkids got older she wanted to watch us grow up and not have to work all of the time," Ladd said.

Although Mrs. Ladd sold crafts as a business, some are just too precious to give away. "My grandparent's tree is filled with handmade, cross-stitched ornaments from 1980. My grandma made them with my mom and uncles.



Photos provided.

College degree optional

Truck driving offers flexible schedule

Selina Wang, CPS editor

David Wasson currently works as a truck driver for PGT (Pack Gallagher Truckers).

Wasson is not only a truck driver, but also the owner of Steam Cafe.

"No college degree is required, however, trade school and a CDL with proper endorsements are helpful. The company provided specific job training," Wasson said.

Truckers are one of the main source of shipments like daily mail, supplies, and that special Christmas Amazon order.

"My current job includes going to 48 out of the 50 states, and being accident-free CPR over 1 million miles," Wasson said.

Wasson works an average of five days a week and enjoys spending the weekends at home with his family.

Truck drivers are paid per mile and see varying wages depending on their experience, the region they work in, and the company with which they are employed.

A majority of trucking companies pay between \$0.28 and \$0.40 cents per mile, according to the U.S. Bureau of Labor Statistics.

This year will be the 38th anniversary of the company PGT.

"I have worked as a truck driver for 14 years," Wasson said.

According to PGT Trucking, "PGT is the core carrier for U.S. steel as of 1983."

Wasson discovered this trucking job through word of mouth. His average pay is based off of each truck load driven.

"I heard it was a good career," Wasson said. "I load, strap down loads, make sure they're secure, keep them dry with tarps, unloading, and all sorts of paperwork."

One of the most difficult things he has endured is transitioning from jobs and changing his career entirely.

"Difficult situations have risen and have been resolved," Wasson said. "There will always be many difficult situations throughout life."

If Wasson could be any place in the world, he would choose to be "right here at home with (his) family."

Wasson also gives advice to students who are joining the workforce.

"Have a positive attitude and know what you want to do," Wasson said. "If not, do the best you can do in anything in life."

Toys make Christmas memories

Madeleine DeNeal, staff writer

As the year draws to a close and the holiday season starts, gift-giving is at an all-time high.

Black Friday and Cyber Monday are just a few of the opportunities people have to leave with a cart full of deals or a box packed with flash sales. Though shopping may be enjoyable for some, there are many things that a person should be prepared for when going out, according to history teacher Marj DeNeal.

"Don't head out without a game plan," DeNeal said. "You will spend all day wandering in and out of stores without getting much done."

Toys are often at the top of a child's Christmas list, and this year's top choices are quick to sell out as parents and family members are on the hunt for the perfect gift.

"Look at what you think they truly would enjoy," DeNeal said. "Books, clothes, and shoes. It's a good idea to buy these things during Christmas."

According to Amazon's "Hottest Toys" of 2019, this year's lineup includes the Fisher Price Linkimals Smooth Moves Sloth, Baby Shark Official Dancing Doll, LeapFrog Smart Sizzlin' BBQ Grill, Skyrocket Blume Dolls, and Disney's Toy Story 4 Walking Buzz Lightyear.

"When I was a child, the Cabbage Patch doll[s] and Atari system were the most popular toys," English teacher Elizabeth Dawe said.

There are also a few others that remain consistently in the top ten, such as Barbie playsets and NERF blasters. According to librarian Beverly Alvey, Barbie dolls and play guns have been popular since she was a young girl.

"For boys, it was a BB-gun, and for girls, Barbies," Alvey said. "Barbies weren't that old yet, so it was a new thing."

There is one specific gift that Alvey remembers getting as a child.

"My dad had made a dollhouse," Alvey said. "A Victorian style dollhouse. My daughter had it, and we ended up giving it to a niece, because we thought we would share."

Though receiving gifts is wonderful, the real holiday spirit is found through giving, according to Alvey.

"It truly depends on who the person is, if they have everything they need," Alvey said. "I try to give them something that they wouldn't buy for themselves."

Cutest Pet Contest

First place winner is "George and Percy" sent in by senior Hannah Haney. The winner will receive a \$5 gift card from Rural King.



"Rock and Juno" sent in by science teacher Janet Hughes tied for second place. The boxers belong to Hughes' son and his wife, Matt and Katie Hughes of Paducah, Kentucky.

A share of second place goes to "Doug" sent in by freshman Chase Sullivan.



"Sadie" sent in by junior April Gulley.



"Daisy and Dolly" are celebrating their first Christmas. Their picture was sent in by ag teacher Cacy Ellis.



"Leo" was sent in by senior Brandon Bui.



"Batman" the super bunny was sent in by junior Julia Keith.

Families cook yearly Christmas foods

Madeleine DeNeal, staff writer

Many families have recipes or special ways of preparing food around the holidays.

Places like churches also offer opportunities for families to come and eat. Some churches, such as Rudement Social Brethren, located in the country, have partnerships with local food pantries to help those farther from town.

"A lot of people around the church need help," sophomore Paxton Garble said. "Sometimes, they can't make it to town for help. It's pretty nice to have an "always there if you need it" type of thing."

Some families have a special menu in place for the holidays.

"What we make, well, there's a lot of things," senior Lillian Hart said. "For Christmas, we have our basic family feast. On New Years, my grandparents make special tacos."

Hart lives with her grandparents. She believes that making food is an important part of family traditions around the holidays, especially when it comes to preparing desserts.

"Sometimes we make cookies," Hart said. "My grandpa likes to bake, so he makes a special chocolate-chip banana nut bread."

According to Hart, many families have a staple food that appears on the dinner table every year, which can be a celebratory tradition and must-have at each family event.

"My grandma likes to toy around with recipes a lot. Some are really good," Hart said. "[She] makes a special bean soup because she says it brings good luck. It's a mix of beans and spices, and we usually have it with cornbread."

Other families choose to stick to the basic meals to make the holidays less hectic.

"My family doesn't make anything special," freshman Grant Dooley said. "If we have some recipe, I haven't heard of it."

Even though Dooley's family has no specific recipes, he still enjoys his grandmother's cooking.

"My grandma always makes sugar cookies," Dooley said. "It's nothing special, but I really like them."

Junior Kari Persinger's family has an extensive menu when it comes to the holidays.

"My family makes all kinds of things around Christmas time," Persinger said. "We especially like to make Christmas cookies, cherry pies, you name it, we got it!"

Persinger believes that cooking is a great way for families to unite, especially towards the end of a hectic year that could have distracted them from spending time with each other. "It brings our families closer together as a whole," Persinger said. "You get to enjoy each other's company and feel the spirit that the holiday brings."

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INFO GRAPHIC BY SARA WANGLER.

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