

the  
**PURPLE CLARION**

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Photos by Kaylee Robinson, Molly Ryder and Savana Robinson.

**(Left) Senior Savana Robinson continues working on one of her many paintings.**

**(Top right) Junior Molly Ryder holds her painting, which recieved on honorbale mention at a local art competition. The painting was created using oil paints, and was a comission art piece.**

**(Bottom right) Robinson's painting, which recieved first at a local art compeition.**

## Students showcase art, photo skills at local competitions

*Kaylee Robinson, opinion editor*

Art and photography students at HHS get the opportunity to showcase their work at many shows in the winter and spring months.

These competitions allow students from surrounding communities to showcase their work.

A few big competitions that many students participate in are Scholastic National Art and Writing Competition, Pope County Art Invitational, and Carmi/White County High School Art Invitational.

"In late April, we load up our art and photography and head to Golconda," art teacher Natalie Dunk said. "Every school is asked to bring a judge and we ask one or more the SIC art students to fill that roll for us. The work is judged that day and awards passed out in the afternoon."

Students can submit a wide variety of work, ranging from paintings, to sculptures, photography and drawings.

"You get judged on the contents of your work and the overall looks of it," Gunter said. "You also get judged on the composition of your photo and many other factors."

Another competition held by the Little Egypt Art Association (LEAA) happens in the middle of February. The LEAA is a group of artists in Marion.

"I submitted a cup pour painting and received first place," senior Hannah Mitchell said. "Senior Savana Robinson also received first place for a painting and junior Molly Ryder received honorable mention for an oil painting."

The Scholastic National Art and Writing Competition is a competition where students submit

original art and writing in early December to be judged. The regional awards are honorable mentions, silver keys and gold keys. Gold keys go on to be judged in NYC at the national level.

"Senior Ashley Hall received a silver key for a sculpture and senior Bradley Frailey a silver key for his poem," Dunk said. "This artwork is on display at Mitchell Art Museum in Mt. Vernon from January through mid-February."

Photography students have learned different techniques to apply to their photos. These techniques are part of what judges are looking at when judging their pieces, but it also allows students to experiment with different styles in their photography.

"I am submitting a photo called 'marbled waterfall', which is a photo of a waterfall but with a type of technique within the camera that makes the water look like shiny objects rather than a flowing liquid," junior Devin Gunter said.

Southeastern Illinois College (SIC) hosts an art show in March every year. Although it is not a competition, it is an opportunity for students to submit their work for others to see.

"We just sent art to SIC for the art show they have in March," Mitchell said. "I submitted a three piece series that I completed last semester."

By participating in these competitions, students will experience something different and will have different people seeing their art than what they are used to. According to Mitchell, that is what gives artists more experience.

"I have been doing photography since seventh grade," Gunter said. "Discovering that there is more out there to photograph than just everyday life was mind blowing to me."

**LITTLE EGYPT ARTS ASSOCIATION COMPETITION**

Savana Robinson - 1st in Painting  
Hannah Mitchell - 1st in Painting  
Molly Ryder - Honorable Mention

**ART AWARDS**

Bradley Frailey - Silver Key in Poetry  
Ashley Hall - Silver Key in Sculpture

**NATIONAL SCHOLASTIC ART AND WRITING AWARDS**

Infographic by Bradly Frailey/Canva

# Cast hopes to make a big splash in 'Big Fish'

Haley Sullivan, staff writer

Rehearsal for the Theatre Department's spring production has begun with daily rehearsals. Director Hannah Drake has wanted to bring this show to life for years, but has decided to take on the risk this season.

The upcoming show is full of ensemble numbers which require numerous costumes and dance numbers.

According to sophomore Emily Jeffries, member of the show's ensemble, "Big Fish" is the tale of a man named Edward Bloom and his son, Will, told in both flashbacks from Edward's own memories, and the present-day life of himself and Will.

"The story shifts between the childhood of Edward Bloom and the current life of his son, Will," sophomore Ian Meshew said. "It goes through Edward's tales as a teenager, including a witch, a giant and a mermaid. In current day, Edward is dying, and he begins to retell his tales to Will."

The cast is pushing themselves through any pre-show jitters they may be facing so that they can put on a quality show.

Senior Jack Gulley will be playing the role of Edward while the role of Will is being shared by senior Levi

Titsworth and junior Landon Gates.

"The past few weeks we have been learning all the songs by heart, and we are now starting to put everything together," sophomore Zoe Holbrook said. "We have started dancing, and I can feel everything falling into place, which has been very exciting. Practices have been a lot of fun and pretty laid back, as long as you memorize the songs. The main thing is to focus and just try your best. It might be intimidating at first, but when everything comes together, it's all worth it."

Sophomore Ravyn Gauch has been working to prepare herself to take on the role of the witch.

"To prepare for the show, I have been learning all the music and working on my lines," Gauch said. "I am looking forward to the witch number because we have these really cool costumes that add such an amazing aspect to all the dancing."

Gauch went on to discuss just how excited the cast is to perform the show.

"I personally really love the show," Gauch said. "The music has a way of capturing you and constantly leaving you wondering what will happen next. It makes you feel so many emotions and I am very excited to see the final product."



Photo by Cathy Wall.

**Several juniors attended a staging of "The Crucible" at the Carson Center Feb. 13. Students read the play during first semester.**



Photo provided.

# Scholar bowl team continues to buzz through competitions

Madison McClusky, staff writer

Harrisburg Scholar Bowl team has buzzed through the season with their heads held high.

The team has a standing record of 2-9 thus far into the season for both junior varsity and varsity.

"I am super proud of the kids," scholar bowl coach Heather Cox said. "Even though we haven't won the matches we would like to have so far, we have been far more competitive than the past two years."

Junior varsity attended their last match on Feb. 12 finishing 0-5 for the day. Varsity participated in their last conference tournament on Feb. 19 finishing 0-5 and will attend Regionals March 4.

"Students that have played prior are coming out of their shell and buzzing in more and trying to answer," Cox said. "In years past, students were intimidated to buzz in wrong. Thankfully, we are continuing to buzz in more."

Junior Marisa Miller is a team player in the varsity division of scholar bowl. She believes varsity has overcome the problems that come with a new year.

"I feel as though we overcame the obstacle of having so many new team members this season," Miller said.

Miller believes she has not only improved, but developed skills that will help her next season.

"I've improved my quick-thinking skills and reaction time significantly

since last year," Miller said. "It was difficult at first to get the hang of a fast-question game such as Scholar Bowl. The only thing that I've used is going to practice every Wednesday and absorbing various facts from day-to-day life. I think I have done well, and I know I will only get better for next year."

Junior varsity is composed of freshmen Rachel Hutchinson, Ashton Hall, and Tallon Thurston and sophomores Jonah McGuire, Peyton Arnold and Brandon Butler.

"As far as our success, we've lost some and won some," Hutchinson said. "We could have definitely done better because there is always room for improvement, but I think that we've had fun, and definitely learned from each game."

According to Hutchinson, scholar bowl is a great opportunity to obtain new learning skills, while meeting new people along the way.

"I've made friends and I've had a lot of fun. It's a good activity to learn new things, and make friends. So I highly recommend it, and I'll definitely be going it again next year," Hutchinson said.

Hutchinson believes she faced the challenge head on and did the best of her ability as a newcomer.

"I think I've done well. I try to correctly answer at least one question a game," Hutchinson said. "I like to believe that I did the best I could, but of course there's always room to do better. But I think I tried my hardest."

**Junior Madeleine DeNeal, senior Angela Colby, senior Savannah Hubbs and senior Paige Gulley listen to the moderator for the team's next question to be asked. The students are asked a variety of questions which they either answer as toss ups or bonuses. The team has won two matches and lost nine this season with both junior varsity and varsity combined. Varsity lost all five games at the tournament held at Southern Illinois University - Carbondale. "It's never good to lose, but it was a great experience and I had fun," senior Angela Colby said.**

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# Schools to perform active intruder drills states new law

Kirsten Travelstead, staff writer

A new law was passed Jan. 1 requiring all schools in Illinois to perform a law enforcement led active shooter drill within the first 90 days of school. The new law requires all students and faculty members to be present during the intruder drill.

The new regulation means that Harrisburg schools will now have to perform active intruder drills all throughout the districts. The schools have begun preparing for the new drill by practicing earlier than required.

“We are implementing protocol that will entail securing the school in the situation of an active shooter,” school resource officer Scott Isaacs said. “This will help to implement next year within that 90-day period what we’re doing now is the very beginning of that drill and the lock down situation. So what we’re doing now, we roll over into what we’re going to do next school year.”

The students first performed the drill Feb. 5.

“I think that the active shooter drills are really beneficial because you never know when something like that could happen,” junior Olivia Meyer said. “There are people who wouldn’t know what to do if it was a real situation.”

“So far, it’s been 90 percent positive. We’ve had a couple of hiccups but nothing major. We don’t expect to be perfect in the first time,” school resource officer David Morris said. “By the time we get this done and we leave here in May, come next school year everybody will be on board. We will be ready for the program to take play in August of

next year.”

High school students are not the only ones to see these changes. The drills have to be performed throughout all the different grade levels.

“We are on the same plan for each school. We just have to switch it up for the little kids because they’re in the mothering stage still. So you kind of keep a teacher with them to keep them together. The older kids in the high school and junior high are a little bit more responsible,” Morris said.

Before the drills were run at the high school, some administrators and other faculty members attended an active shooter drill at the Eldorado Middle School.

“It was very impressive knowing that here at this school we had not ran any drill like that. We went to the Eldorado Middle School to watch their lock down procedure,” Isaacs said. “During that, the students were able to completely secure out of the hallways into their classes in 15.3 seconds, which was very impressive.”

The first day the drills were performed at HHS, the top floor of the high school was able to be completely cleared in 14.8 seconds.

Practicing these active shooter drills can help students prepare for real life situations that could arise.

“Obviously our hope is we never ever ever ever have to use this,” Isaacs said. “That’s our ultimate goal, but in the event that we do have an emergency here. We want to ensure that we give every student and staff member in the school the very best opportunity to remain safe in an emergency situation. That’s our goal.”



Photo by Kirsten Travelstead.

**Seniors Elle Behnke, Nick Beckham, Maddi Kennedy, Kaylee Robinson and junior Gracie Behnke stand beneath the stairs near the cafeteria awaiting the announcement to return to class. Active shooting drills are now required to be implemented into school safety programs. The students clear the halls and go to the nearest exit or open room within seconds.**



Photos provided.

**(Right) Seniors Maddi Kennedy, Jack Gulley and Bradley Frailey advanced to State Finals. Kennedy and Gulley placed sixth place in Dramatic Duet Acting, and Kennedy placed fifth in Dramatic Interpretation. Frailey placed eighth in Original Comedy and sixth in Special Occasion Speaking. The team advanced nine events to state which is the most entries the team has ever had at State Finals. The coaches are extremely proud of the current team’s success.**

**(Left) Senior Bradley Frailey presents senior Maddi Kennedy with a poster for winning in Dramatic Interpretation at Regionals. Overall, the entire team advanced to Sectionals. “This was my third year placing first in Dramatic Interpretation at the Regional level,” Kennedy said. “It has been my most successful event, and I love performing my piece.”**

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## The Aggressive Progressive Health Care: A single-payer symposium

Kole Phelps, copy editor

The New York Times reports that one in four Americans will refuse to seek medical treatment due to not being able to afford it. The United States is one of the wealthiest countries in the world, so why are the citizens denying treatment based on their financial situation? According to the New York Dept. of Health, 32 countries in the world offer universal healthcare. So why hasn't America followed in this trend?

Call me a radical, but it seems to me that every citizen of the United States should be able to have access to healthcare without incurring a massive bill they will struggle to afford.

To examine a basic argument to a free single-payer healthcare system, we need to look at philosopher Henry Shue's theory of "Basic Rights." The theory claims that in order to access our rights a certain number of standards of living need to be met first, including healthcare.

The United Nations defines human rights as "rights inherent to all human beings, regardless of race, sex, nationality, ethnicity, language, religion, or any other status."

Human rights, or basic rights, are rights that cannot be taken away based on any kind of status. If we are promised the right to "Life, Liberty, and the pursuit of happiness," then it should be of most importance to us to ensure that the "life" aspect of that promise precedes any other right that we can hope to exercise. After

all, if we are not alive, how can we be expected to exercise any of our other rights. So if one is too sick to access any of their other rights or dies because of their lack of treatment, they are being deprived of their basic rights.

The idea of free or universal healthcare may seem outrageous to those on the right wing. After all it raises the question that many Americans have: "How could we pay for it? I don't want to pay more in taxes!" But this is a silly question.

While the United States spends far more on military spending than any other country, and the top one percent of Americans own 90 percent of the country's wealth, it should seem obvious how we could pay for it—cut military spending and other governmental programs on which the United States overspends and increase the taxes of the wealthiest Americans. This could completely eliminate the need for higher taxes on the middle to lower class. The U.S. could cut the spending in military while still remaining the country with the largest military.

However these measures may not even be needed, Bernie Sanders pegged his plan for single-payer healthcare at around \$1.38 trillion, but if we look at how much the United States spends on healthcare per year, it averages out to around the same amount, meaning that moving toward a single-payer health care system maybe be more reasonable than we think.

In one of the wealthiest countries in the world, is it in any way moral to have citizens who can not be treated for their illness and possibly even die just because they could not afford the treatment? How can the self-proclaimed "greatest country on earth" let people with serious illnesses turn away from treatment based on their economic class?

Clearly the right to life is not a right at all in America. It is a privilege that only the wealthy can afford. How then, can one justify the exploitation of the common worker who toils for eight hours a day for low pay, then when they are sick, cannot make ends meet at the end of the month due to a massive medical bill. As examined, it takes a certain amount of needs met before we can access our other rights, and the payment for so, maybe be more feasible than we think. But, in order for this change to happen, we need serious political reform. It will take bipartisan support to create an America where healthcare is free for every citizen.

"Definitely. The Health Care system is way too expensive, as the free market has blown up prices. I think free health care would be a good step.

*Freshmen Adam Johnson*

should the U.S. have

*free health care?*

"Our current system does a great job in aiding our people, so I think that we should continue what is already in place."

*Junior Jasmyn Brown*

"I think we should, because it's unfair if a person who is wealthy can access better health care than other people who aren't as fortunate."

*Freshmen Neva Wasson*

Infographic by Bradley Frailey/Canva.



## Cinema Cynic

"Roma" provides audience immersive experience

Jack Gulley, news editor

"Roma" begins with an unknown tide of bubbly water washing in over a tile floor. The audience watches as the camera pans up toward a woman pouring buckets of water onto the floor. Cleo (Yalitza Aparicio), the leading lady of this film, is introduced as a nanny in a wealthier Mexican home.

The film has already raked in many awards and nominations, including a nomination at the Oscars for Best Picture. Worthy of every award it has gained, "Roma" is going to change the way people think about cinema. While, "Bird-box" proved that Netflix Original Films could be overnight sensations, inspiring memes and online discussion, "Roma" has already proved, for the first time, that Netflix films can be taken seriously. Before, the queue was filled with forgettable works, but this film has truly broken down that particular barrier.

Aparicio, who has a degree in early childhood education, snagged a Best Actress nomination as well in her debut film. Aparicio's performance is so raw and real, most likely because she is a first time actress. She is playing a role that hits close to home, and it shows.

In the climax of the piece, the Mexican actress' almost sedated performance hits the audience in a unique way. I could not decide whether to be sorry for her or worried about her. She was bordering on the line of emotionless, and sometimes those performances, the ones you have to lean in to see, are the most captivating.

Similarly to the lead performance, it is obvious that the direction and writing, courtesy of Alfonso Cuarón, is heavily inspired by his own experiences growing up. The dialogue, seamlessly written and executed, seems like something that might be heard on the streets. Nothing in this film comes off as contrived or forced. Cuarón, a highly decorated and acclaimed director, has pulled off a film that pulled at my heartstrings without me realizing it.

From the beginning of the film, the narrative and theme is clear. The film encourages audiences to uncover the beauty in the normal and mundane. Writing, performances and cinematography capture and convey this theme effortlessly.

The cinematography is breathtakingly simple. The bold choice of black and white film combined with the beautiful portraits create an immersive cinematic experience. Aparicio and Cuarón might have drawn me in initially, but I was entranced by the shots, often long and motionless.

The sense of normalcy is prevalent in almost every moment, every shot. However, the way the normalcy is captured is what makes this Netflix Original so amazing. Through the lens and vision of Cuarón, we see the life of a person, a real person, captured in the most vulnerable and artistic way possible.



## Thoroughly Modern Maddi

Education should not be taboo

Maddi Kennedy, staff writer

This next statement may scorch the eyes of some fellow bible-belters here at good old HHS. Our sex education is woefully inadequate. Please, put your pitchforks down and try to hear me out.

One of my fondest memories in our good, old-fashioned health class was being asked to raise our hands if we thought we would have sexual relations in high school. I was almost as pure as the Virgin Mary at this point, yet I was one of the only students to raise their hand. As I looked around though, I knew most of the people with their hands down were 100 percent lying. Nevertheless, I was judged by the entire class, and the instructor was determined to prove me wrong.

This is one of the only memories of the maybe three day period we spent on sex education. We never talked about all contraceptives, never discussed sexually transmitted infections in depth and never really touched on teenage pregnancy. This is an issue because these classes are some students' only resource.

So, why is sex education a topic we are afraid to discuss? Well, it has a lot to do with the public stigma around sex and differing religious beliefs. We should not be looking at sex education from a religious standpoint. Public schools should be leaving the religious aspect to parents and the church. What schools should focus on is the education part (It is literally in the name, hello!).

"But Maddi, if we teach our children about sex, they will all be pregnant and die!" Well, actually Debra, studies show the opposite. Abstinence-only education does not affect the number of teens that decide to have sex; it just means they will not be educated when they do decide to have sex.

According to the 2015 Youth Risk Behavioral Surveillance Survey, 41 percent of high school students had had sex at least once. Of those, only about half of sexually active students had used a condom the last time they had sex and only 18 percent used birth control pills. So if students are going to have sex anyway, why do we not educate and provide protection for them?

"Over the past 20 years, numerous studies have consistently demonstrated that teaching comprehensive sex education in schools doesn't have the downside most people are afraid of," Elizabeth Boskey said in a Verywellhealth article. "In other words, providing condoms in schools doesn't encourage adolescents to start having sex earlier, or even more often. Having those condoms available does seem to encourage teens to use them, but only if they would be having sex anyway."

To wrap things up, we cannot control who decides to be sexually active and who does not. What we can control is the information we send them with. We should be educating the public with basic information about sex and all of the complicated things that come along with it. We need to start teaching kids how to be safe. It is time to stop turning a blind eye, let us be proactive.

# The Clarion Call

## What do you think?

### Do you feel safe in this school?

"Yes, to an extent, I feel that unwanted people can still easily enter our school."

-Nikendra Webber, junior

"I would say I feel safe for the majority of the time I'm in school. Things like the intruder drills that we're including help to add to the level of safety in our school."

-Anthony Cortes, senior

"For the most part I do. It all depends on the teachers and what their routines would be if we were under a lock down. Some have plans of what to do, but others seem not to."

-Avah Businaro, sophomore

"I would like to say yes, but no I don't. I'm starting to feel better about all of it with all of the new drills we're doing."

-Chloe Williams, freshman

"I feel moderately safe at this school. I don't feel completely protected from danger but I put my trust in the administration and security facility at this school."

-Landon Gates, junior

## New policy raises concerns among students

As of 2019, we will frequently run new intruder drills mandated by the state of Illinois. The new policy is aimed at keeping students safe in the case of an intruder emergency, but many students are starting to raise questions about the other potential ways to increase safety.

A common concern among students is the single entrance that students are required to use when entering the school. While students are forced to use the main entrance, they are not required to go through any security measures. There is no bag check at the door, so students entering the building for the first time or after lunch are monitored, but there is no way of knowing what is being transported into the building. While a bag check does raise concern for the privacy of students and the efficiency of entering the building, many students and faculty have suggested that implementing metal detectors could help the security of the school and keep everyone safer and give greater peace of mind.

While the main entrance is cause for concern, the doors to our classrooms may also have an impact on the safety of students.

It is suggested by students that during the event of an intruder entering the building, students and faculty in the classrooms not barricade the doors, as this could create noise and alert the intruder of the whereabouts of people in the building. However, this has also raised questions among students about safety. While the argument for not barricading doors is that it puts students in harm because of their closer location to the intruder and alerts the intruder due to the amount of noise, this may not be the safest option for our school. The argument for leaving the door as it is may not be a practical for all schools. Many students feel that the doors the school as installed during the renovation process

are not strong enough to keep an intruder out. The glass window of the doors could easily be broken by force allowing the intruder to simply reach their arm through and open the door from the inside. This could render people in the classroom defenseless.

But, while students in classrooms can remain reasonably safe, there are many students who could find themselves trapped outside the classroom in the event of a security breach.

The current drill occurs during passing periods between classes. This is to insure students have a plan in case a lockdown arises while they are not in a classroom. But, many are in the halls during class time. The suggested solution to this problem is keeping students out of the halls during class time. With the new policy stating that doors must be locked during class time, this could potentially put students roaming in the halls at a higher risk of danger. Students in the halls are at a greater risk of danger, but it puts those in the classrooms at a greater risk of danger. Teachers often leave their doors open when a student leaves the room for any reason so that they can get back into the classroom once they come back. Leaving these doors open for students in the hallway weakens the new policy and the safety of students. Further, will teachers open the locked door to let a student in their room? Probably not. They have been instructed no to let students in once the drill is announced.

While the new intruder drills, procedures and policy may make our students safer, there are still a number of measures that can be taken to ensure greater safety. Fixing these problems could be key to keeping students the safest they can be in their environment. In order to keep students as safe as possible, the school needs to be willing to implement other fundamentals of security.



It's hard to believe these kinds of things have to be practiced.

Cartoon by Selina Wang.

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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.

### Editorial Board

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Nicholas Beckham, Nolan Davidson, Maddi Kennedy, Madison McClusky, Haley Sullivan, Kirsten Travelstead, Selina Wang, Sara Wangler

### Letters to the Editor

Letters should be signed and submitted in person to faculty adviser Cathy Wall within the first two weeks of the month. All submissions are subject to editing for length at the discretion of the opinion editor and once submitted, become the property of the paper. All letters should be in good taste, omitting profane language and libelous content. Content in published letters do not necessarily reflect the opinion of the Purple Clarion staff.

Years ago most occupations outside a household were held by men. The few exceptions for this included religious service and hired housekeepers. The United States Bureau of Labor reports that in the year 1920, 21 percent of the employed population were female. In 2010, this increased to 47 percent.

In contemporary times, many universities and workplaces actively encourage women to pursue high skill careers. This is an attempt to end workplace inequality. Even though men still greatly outnumber women in STEM fields, conditions have improved a lot since the 1920s.

Jezz Mezo works as a nurse in the medical field.

"I became an RN before I turned 21 years old, before 22 had a full time job at the most complex medical department in so il," Mezo said. "I was 1 out of 4 people out of 90 applicants."

After explaining her occupation, Mezo described the steps she took to get there.

"Don't get a bachelors degree first," Mezo said. "You can get an associates in 3 years, 1 year generals 1 year Lpn 1 year rn and you make just as much without the student loan." Mezo admits that nursing isn't for everyone. "You have enough time to figure out what you like," Mezo said. "If you start as a nurse, you have more time to get to know yourself, you can travel while doing that."

Andrea Miller works as a local MD. "I always wanted to return home and be a small town

doctor to be able to care for the communities in which I was raised," Miller said. "Just being able to do that is one of my greatest successes."

Miller makes an effort to balance both her career and her personal family life.

"One of the biggest challenges I have had to face is trying to balance a demanding career and still being a good mom to five kids," Miller said. "I feel that I have done a good job being able to integrate both roles in my life."

Miller was asked how she became successful in career. "Some advice I would give to young people interested in my career is to work hard in school and focus on learning," Miller said. "Get involved in your community." She explains her reasoning. "You really need to show that you are serious about helping others," Miller said. "Show some interest in health care with some job shadowing."

## Women making their mark

Nicholas Beckham, staff writer

Owner of the local business Dream Baskets Julie Kupart gives her opinion on what it takes to be a successful business owner.

"Owning your own business no matter what the emphasis requires strong written and verbal communications skills, a background in marketing would be helpful as well as a strong understanding of accounting if you choose to be a hands on owner who manages the day to day operations of the business."

Like many business in Harrisburg, Dream Baskets was damaged by the 2012 Leap Day Tornado.

"We spent 6 weeks, night and day working to bring the store back to life," Kupart says. "Searching out new products and redesigning our logo and tagline and signage was a challenge as we were on such a tight time crunch."

Kupart shows us that even a small business in a small town can become very successful. "Our business has expanded our cookie line to include

several corporate clients in neighboring towns."

Melody Ossi works in musical theater and also offers lessons in vocals and piano.

"Besides my two wonderful sons, my greatest success is performing professionally as an opera singer."

Ossi was asked how she incorporated teaching into her career. "People who heard me perform often asked me about voice lessons, so I began teaching."

Fine arts isn't often encouraged as a career path, so Ossi was asked to advise students who desire to enter the field. "It's a good idea to have a back-up plan since it is very difficult to get enough professional gigs to fully support yourself."

Ossi than gave more specific advice for those who wanted to teach music lessons in the future. "It is crucial that you have a college education and performance background to effectively teach in this field."

Recent HHS graduate Aruniti Manawa now attends University of Illinois at Urbana-Champaign. She was questioned on her decision to major in Chemical Engineering.

"I am studying Chemical Engineering before going to medical school because many of the required courses for medical school are also required for Chemical and Biomolecular Engineering (ChBE)."

She then explains her motivation for studying. "Additionally, I want to be able to make a positive difference in the lives of other people." Engineering as largely dominated by males. When asked about this, Manawa said "Being in a mostly male field has not had a major effect on me."

As previously stated, many colleges have programs for women pursuing STEM fields in college. Manawa was asked if she was part of any such group.

"At U of I, I am part of Women in Engineering (WIE) and the Society of Women Engineering (SWE)," Manawa said. "Both these organization had a huge impact on my first semester in college, because these organizations allowed me to meet other female engineers, some of which are now my best friends at college."

Doctor of Engineering Chelsea Johnson recalls

her time in education, remembering her proudest accomplishment,

"Passing the Ph.D. qualifying exams was a huge accomplishment," Johnson said.

Students who want to pursue a Ph.D. in aerospace engineering at Georgia Tech have to pass two 75 minute oral exams given by three professors in two different areas of study. "It took months of grueling study with my peers to prepare for the exams but after I found out that I passed I felt hugely proud of all I had learned and understood throughout the process," Johnson said.

Despite her many successes, Johnson admits that she had a lot of regrets to. "I think one of the biggest challenges I have faced is holding myself back from opportunities out of fear of failing," Johnson said. "Looking back at my senior year of high school I chose to limit myself rather than face rejection in a lot of situations."

Engineering is considered by most a difficult career path, so she was asked to give advice to those who may wish to pursue it. "The best advice I have for all high school students is to explore your options and don't allow fear of failure to hold you back from potentially great opportunities."



# Lady Dogs take Regional win, breaks record for most wins in season

Haley Sullivan, staff writer

After a regular season record of 26-5, and a postseason record of 2-1, the Lady Bulldogs finished up their season with a Regional win and a tough fall to Nashville in the Red Bud Sectional.

This season's record of 28 wins is the second most wins in school history, falling short of last year's 31 wins, as well as a broken school record for wins in a class's career, according to varsity basketball coach Jake Stewart.

"This team had an amazing season," Stewart said. "I'm proud of these girls and the season they had. The senior class had a varsity record of 105-25 since their freshman year. That is the most wins out of any class to ever come through Harrisburg High School."

Though many of the seniors feel a bit dismal about the end of the season, they are also glad to have been part of it.

"We played a really good Nashville team and just fell short at the end," senior Karsyn Davis said. "I am going to miss basketball more than anything, but I am so proud to have been a part of this program for the last four years."

The senior class is now in their seventh year of playing together and pushing one another.

"Ever since 5th grade, Karsyn, Alli, Brooke, Ivy and I have played together on the same team," senior Madeline Rider said. "We have all grown so close together that we basically know every move each other is going to make. For example, Brooke throws these behind the back passes to Karsyn or Ivy for an 'and 1' or when I drive into the lane and pass out to Alli for a three-point shot."

Stewart goes on to discuss how coaching this close-knit group of athletes has affected the way he coaches and watches the girls progress as athletes.

"I have actually coached this group of girls since they were in the 6th grade when I was coaching junior high softball," Stewart said. "So technically I have been their coach for about seven years, and for the last four years, twice a year. They are a very special group to me, not only on the field and court, but off as well. I really care for them and I can not wait to watch them all succeed in their next phases of life after high school. We have a saying in our program, 'Family Forever,' and that is truly what it is about."



Photo provided.

**Seniors Karsyn Davis, Madeline Rider, Brooke Meylor, Alli Ferrell and Ivy Brown pose with Regional championship plaque. This is the third consecutive year the team has won Regionals.**



Photo by Nolan Davidson.

**Sophomore Lauryn Gribble goes for the ball. Gribble has been a three sport athlete since her freshman year.**

## Three sport athletes find benefits in busy schedule

Nolan Davidson, staff writer

There are a number of students that are, or have been at one time, three sport athletes.

Sophomore Lauryn Gribble plays on the volleyball, basketball and track teams. Gribble is an outside hitter in volleyball, she plays forward or post in basketball and pole vaults along with running relays in track.

Gribble sees organization as essential to her success.

"I adjust my schedule around my sports by making sure games and practice come first, then I can do other things," Gribble said. "Sundays I plan out my next week's schedule."

From the outside, it may seem hard to balance academics with sports, but multiple sport athletes become accustomed to balancing sports and academics in their lives according to Gribble.

"My academics are not affected by playing year around sports," Gribble said. "I've learned to manage my time wisely, like making sure I get my homework done and study for tests around practices and games."

Junior Connor Phalin is also a three sport athlete, play-

ing football, basketball and baseball. Phalin is a wide receiver, guard and pitcher.

Phalin said that sacrifices are a required component for student athletes.

"[Sports] take up a lot of your free time, so it is harder to find time to do other things," Phalin said.

Senior Madeline Rider is another three sport athlete that plays volleyball, basketball and softball. Rider is also an outside hitter in volleyball. In basketball and softball she is a forward and shortstop. She has signed to play softball at Western Kentucky University.

Rider said that learning time management has been a side benefit of her busy sports schedule.

"Since I have played all three varsity sports my whole high school career, I'm pretty used to handling my academic work," Rider said. "If I have a lot of homework on a game night I try my hardest to get it done in school or on the bus."

While seemingly stressful, being involved with three sports is something very special to Rider.

"My whole life is sports and I'm not complaining, I love it," Rider said.



**Senior Josie Drone has signed to play soccer at Union University in Jackson, Tennessee.**



## Congratulations



**Senior Brooke Meylor has signed to play basketball at South-eastern Illinois College.**



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# Senior wrestlers advance to State competition

Sara Wangler, staff writer

Harrisburg high schools wrestling team continues to work harder and harder to excel.

Junior Tucker Bryant has been on the team since eighth grade year and will continue on next year.

"I will be the only senior next year on the team, and it's going to take a lot to push the younger students to work hard, stay with it and get better everyday," Bryant said.

This season has proven that hard work pays off according to Bryant.

"The seniors have given everyone a lot of hope," Bryant said. "We had a rough start to our season because of the younger class not knowing as much, but the seniors pushed them to get better."

As the season comes to an end, the team has come far according to Bryant.

"Kyle and Kody Cavender and Landon Hicks went to state," Bryant said. "As a team, all and all we had a pretty good season, we had a lot of young guys on the team this year that got better as the year went on."

As for next year, Bryant says the team will focus on drills to improve.

"A lot of work, we have got to drill, drill, drill, so we can improve on our moves and knowledge," Bryant said.

Freshman Bryant Lester is new to the wrestling world, but wants to prove to himself that he can do it.

"Other guys are bigger, stronger and more experienced, but I really like pushing myself," Lester said.

As a freshman, Lester looks up to his older teammates for support.

"Kyle and Kody Cavender have really pushed me hard," Lester said. "They have lots of experience, and it's easy to learn from them," Lester said.

Junior Rheis Wasson is on his third season of wrestling and has seen major growth in himself and others on the team.



Photo by Savannah Hubbs.

## Senior Kyle Cavender works to knock his opponent to the ground. Cavender placed second at State.

"I'm proud of how far we've come," Wasson said. "We had a rocky start in the beginning but we pulled through."

Sophomore Blake Eversmann had to recover from a serious knee injury before hitting the mat again.

"Well, from not doing anything over the summer because of a near surgery, I've gotten rusty," Eversmann said. "But I've been able to pick up where I left off last year."

# Club sports help athletes with college recruitment

Savannah Hubbs, sports editor

Many athletes play club sports as a way to get more experience, advance their skills and be seen by more college recruiters.

Three students have been impacted by playing for a club team along with their high school sports.

"[Playing club] has helped me tremendously," senior Karsyn Davis said. "I truly believe I would not be the player I am today without club sports."

Athletes may choose to play a club sport for many different reasons.

"I got recruited to play college softball only because of my club team," Davis said. "Softball doesn't really recruit people through high school teams, so I knew if I was going to get a scholarship, I had to play at a high level of club softball."

Some athletes choose to join a club team to benefit them after high school.

"When I seriously considered playing college softball, I decided to commit to a travel team," senior Madeline Rider said.

Club season tends to give players time to continue to competitively play outside of their high school season.

"By playing almost year round, my softball game has got-

ten a lot better," Rider said. "The more at-bats a player sees, the better they get at the plate and determining what pitches they want to swing at."

Besides more play time, club sports bring in more advanced trainers and play with and against the best athletes.

"Playing club has allowed me to get better training and better competition," senior Devin Butler said.

The commitment of playing for a club team requires a lot of time.

"The only negative aspects about playing travel ball is how busy summers can get," Rider said. "Every single weekend in summer, I have a travel ball tournament."

Although it takes up a lot of time, club sports allows athletes to visit many different and new places they may not have otherwise ever seen.

"I have gotten to play softball in places I normally wouldn't have gone to," Rider said. "In the fall and summer, Chattanooga, Tennessee holds a huge tournament. Over the summer, I had a huge break between games, so I got to go sightseeing, and it was really cool."

Apart from the game, players are able to meet new people and create friendships.

"Club sports also benefits me because I get to meet people from different towns and even states, which I think is one of the best parts about travel ball," Rider said.

# Cheer squad ends season with all time best finish

Jack Gulley, news editor

The varsity cheerleading squad advanced to state this year, where they received a 17th place finish. This is the first time in Harrisburg's history for the competitive cheer squad at the high school to advance this far.

Former cheerleader and current coach Jess Martin (2018) has joined the coaching staff this year as a volunteer. She volunteers her time with the squad to provide her skills and insight. According to Martin, it was rewarding to see the squad advance and place at the state competition.

"These girls have worked extremely hard all season," Martin said. "Making it to state made it all worth it."

Although Martin just finished her cheer career last year, she is finding benefits in coaching she did not see in competing.

"Honestly, when I first began coaching this season, I assumed every accomplishment they made would be bitter-sweet because I could not compete with them," Martin said. "As the season went on, I realized that I had come to terms with my cheer career being over and just focused on the girls' accomplishments. so at every competition, especially state, it was only sweet getting to watch them excel."

Junior Kara Futch experienced her first year of cheer this year, and she enjoys the way the girls on the squad come together as a true team. This being her first year, Futch said the state competition was intense.

"I was really nervous at first, but the adrenaline takes over your body," Futch said. "For those three minutes, all you want is to do your best."

Sophomore Bella Topps found the competition to be extreme too. Topps was confident in the squad's background and work ethic.

"We had lots of practices and worked really hard to make everything look as good as possible," Topps said.

The team is losing one member to graduation, but Martin hopes people will be encouraged to try out, especially with the squad's added credentials.

"We will finish out the basketball season and then begin preparing for the upcoming tryouts," Martin said.

Tryouts for the team are April 24-26. Topps, who bases and frontspots on the team, wants to see the team spirit mentality continue. She attributes the success of the team to this attitude.

"I think our team got to state because of the positive mindset we all had and how much time we put into the routine," Topps said.

## Swing and miss



## Players are forever impacted by sports

Savannah Hubbs, sports editor

Sports greatly affect the lives of many athletes in more ways than just athleticism. For myself, sports have taught me many important life lessons.

Children are able to begin playing sports at a young age, so many begin learning significant lessons early in life.

Participating in athletics teaches us to be responsible and deal with the consequences of our actions. Most sports require gear that must be used and worn at every practice and game. Even at a young age, athletes may be punished by running or not being able to play a game for not remembering an essential piece of their gear. If an athlete is still able to participate in the practice or game, they may have a disadvantage or become injured due to their forgetfulness.

Sports also help athletes create friendships and learn to work well with others. In team sports, bonds need to be created with teammates in order to be able to perform to the best of our abilities. Some of the best teams have players that know each other and work together so well that the players know what one another will do before they actually do it. Learning how to work as a team to achieve a goal at a young age will help them as adults to work better on group projects that may be required for school or in their work environment, in turn, making them more successful members of society as a whole. The team can also help athletes feel better about themselves due to constant support from teammates.

Athletic participation may also keep people out of trouble. Sports require a lot of time and energy, so this can help keep athletes from being exposed to harmful activities or substances. Athletes also are expected to be able to pass drug tests and perform to the best of their abilities, which cannot be done while abusing hazardous drugs.

There are many other benefits to be gained from playing sports and being a part of a team. I know for myself that some of my best memories have been from sports and the friends I made through it. Even if I was not the best athlete on the team, it does not mean I did not gain anything from playing a sport.



Photo provided.

## Junior Maycee Hester and senior Hailley Short cheer at Pickneyville. The squad finished second.



# Come and get it!

## Community benefits from a second free meal opportunity

Bradley Frailey, CPS editor

A new local charity, Heaven's Kitchen, has gained popularity from the surrounding community with help from Dale Fowler, but this program strives off of the help from community members.

According to Give.org, fewer than one in five adult Americans have high trust in charities. Local community members are getting involved in local organizations that help people in their own communities. Starting a charity is a very rewarding challenge explained Heaven's Kitchen founder Val Hodges.

"[Getting started was] scary in the beginning, because you aren't sure if what you desire is what truly the community is willing to accept help with," Hodges said. "The beginning of our decision was to make this a place that people did not feel like it was a traditional 'soup kitchen' - we didn't want them to come up and get a plate through the line, we wanted to serve our community in the physical sense."

Hodges told about how Heaven's Kitchen started simply as a conversation about how to help local students.

"Heaven's Kitchen began as a conversation between Dale Fowler, Dawn Horn and Amanda Hunt and I

about how we could possibly begin feeding the kids throughout the year over breaks," Hodges said. "We had a round table discussion... searched for a location and literally prayed over it and decided it was time to begin."

Adults aren't the only people who involve themselves in helping the community.

"I involve myself in local charities by signing up for them during YFC and at my church," sophomore Katie McAnnally said. McAnnally helps in Heaven's Kitchen, and other local charities. "I help by just doing anything I can and keeping things running smoothly when they're busy," McAnnally said.

There are many ways students can get involved, according to McAnnally.

"I found opportunities by hearing about it around church," McAnnally said. "People started asking me to sign up, then eventually charity work starting growing on me and I just signed up for more."

Giving time isn't the only option. HMS student council sponsor Jennifer Irvin explained how their council members stay involved in the community.

"The student council donates money to support local members of the community when help is needed," Irvin said.

According to Hodges, Heaven's Kitchen would not

be where it was today without the help of other local charities.

"Clothes for Kids helped get us started along, with a donation from the Elks and the opportunity to use the Presbyterian Church Annex," Hodges said.

According to McAnnally, local charities can help a community rally together, and those who help with them see the change in their communities.

"I think that charity events like Heaven's kitchen brings the community closer together," McAnnally said. "It helps people who don't really have as much as others get what they need... it's a positive thing for the community."

For those looking to have more faith in charities, McAnnally gave her personal advice.

"My advice to other students is to put yourself out there and volunteer for things like this through local churches or YFC," McAnnally said.

Hodges gave similar advice to those looking to get a start in charity work.

"Explore every single opportunity you can and make every contact you can," Hodges said. "Express your concerns with the need you want to fulfill and never ever be afraid to share your dream- who knows, someone else may have the exact same dream."

# HEAVEN'S KITCHEN

lead by the Fowler Bonan Foundation

## WHERE

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Harrisburg, IL.

## WHEN

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## TIME

5-6 p.m.

# Teachers working towards advanced degrees

Nolan Davidson, staff writer

Many teachers in Harrisburg High School have, or are on track to obtain their masters degree.

There are many benefits to having a masters degree, one of them of course being compensation benefits such as higher wages.

"A masters degree will not only help me financially, but personally as well," Agriculture teacher Cacy Ellis said.

Ellis is pursuing a Masters in Agriculture with an emphasis in Agribusiness Economics.

"Outside of teaching I enjoy working on my family's row crop farm, where we grow white corn, yellow corn, and soybeans. I decided to pursue this degree so I could better understand the business and marketing side of our family farm," Ellis said.

Kara James is also furthering her education and working towards a Masters of Arts in Teaching.

"Obtaining a masters degree has always been a personal and professional goal of mine," K. James said. "The classes I have taken have provided me with teaching strategies that are beneficial to myself and my students. I have thoroughly enjoyed my program and am excited about completing my degree soon."

While Ellis and K. James do not plan on becoming an administrator, English

teacher Lana Bell does.

Bell is in the process of obtaining her Masters degree in Educational Administration.

"I have chosen to further my education due to personal and professional goals that I set for myself," Bell said. "In my opinion, individuals should continue learning throughout their lifetime. This degree will give me options as I continue what I feel is my life's calling in the educational system."

Math teacher Mallory Wilson is also working to obtain her Masters degree in Educational Administration.

"I feel that education is constantly evolving and that it is important to continually further my knowledge in my profession," Wilson said. "It is important to be a lifelong learner. I feel that this new degree will help to give me more future options for my career in education."

Nick James is also working to further his education and will be attaining a Masters degree in Educational Leadership with a specialization in principal preparation.

"I saw an opportunity to expand my knowledge and give myself more advancement opportunities in the future," N. James said. "Once I complete my degree I will have the option to apply for an administrator position. I am not looking to move into that role yet but will evaluate opportunities as they arise."



Photos by Nolan Davidson

English teacher Lana Bell helps sophomore students Hayden Gaskins with class work. Bell teaches freshman and sophomore English and is one of the sponsors for White Hats Club.

# No break does not have to mean no fun

Elle Behnke, feature editor and Kaylee Robinson, opinion editor

*This year's schedule does not feature the regular spring break, but students can still take advantage of the long weekend to make some memories. Whether students enjoy indoor or outdoor activities, the tri-state area has a lot to offer.*

## Play outside

Families save up money for years to be able to go on vacations. According to Forbes, a summer vacation, on average can be, "\$1,145, or \$4,580 per person for a family of four." Not everyone is able to raise this money, and this is where families can look into staycations.

According to Dictionary.com, a "staycation" is defined as "a vacation spent in one's home country rather than abroad, or one spent at home and involving day trips to local attractions." With a shorter spring break this school year, a staycation is a convenient alternative to leaving town.

According to senior Mackenzie Marshall, living in a rural area with few attractions can leave teens frustrated. The outdoor attractions of Southern Illinois offers students a way to get away without breaking the bank, and staying relatively close to home.

"Some of my favorites in Southern Illinois are Burden Falls, Garden of the Gods, Trig Tower, Devils Backbone, Bell Smith Springs, Little Grand Canyon; I could go on and on," Harrisburg resident Elizabeth Eversman (1995) said.

Harrisburg is the "Gateway to the Shawnee National Forest", which is a fact that most citizens of Harrisburg know, yet might take for granted.

"I do forget that we have places like Garden of the Gods so close to us," freshman Mitchell Quisenberry said. "And I think many Southern Illinoisans forget that we have beautiful places like that so close to us."

With many attractions to choose from such as Millstone Bluff, Iron Furnace, Stone Face and more, citizens from all over Southern Illinois can have a staycation filled with adventure in their own backyard.

"Our river camp down in Rosiclare is one of our favorite places to visit to get away," Harrisburg citizen Laura McLaughlin said.

These attractions have drawn people from around the country to come see them, which can surprise some locals.

"I think it's the fact that we've all gotten so used to having it so close, that we want to do something different once in a while," Marshall said.

The Shawnee National Forest brings in many people out of town, out of state and potentially out of the country. During August 2017, the total solar eclipse brought an estimated 14,000 people to the Carbondale Saluki Stadium, according to Fox Two Now; St. Louis. That doesn't even cover the amount of people that weren't in the stadium, or all over Southern Illinois.

The Southern Illinoisan estimated anywhere from 30,000 to 60,000 people would visit the Southern Illinois area. According to Chicago WGN Nine, tourism officials in Southern Illinois said about 200,000 people traveled to the 16 county region to watch the solar eclipse.

According to the University of Minnesota, "Being in nature, or even viewing scenes of nature, reduces anger, fear, and stress and increases pleasant feelings." According to Marshall, sitting in a movie theater watching a movie that costs eleven dollars can leave a person happy for a limited time, until that movie is over. Being in nature for a couple hours can leave a person invigorated for hours and even days afterwards.

"I can definitely feel some stress when I go. The sight you get to see at Garden of the Gods really makes you feel a lot better no matter what kind of mood you're in," Marshall said.

According to a study done by the University of Derby, not only does being in nature make a person feel better mentally and physically, but so does exercise. Many of the outdoor activities in Southern Illinois require a person to climb or hike to get to fully experience the outdoors. According to the U.S. National Library of Medicine, "cortisol, testosterone, prolactin, growth hormones," are secreted during exercise which can help relieve pain and stress.

"The science tells us that being in a natural setting and being mindful, in particular, in a natural setting, has therapeutic effects on your mental health," Dr. Robert Zarr, a pediatrician who founded and directs the nonprofit Park Rx America, said. "It actually

makes you feel better. Depression can improve, anxiety can improve, attention deficit hyperactivity disorder can improve, and there are some studies that have looked at high blood pressure, diabetes and overall mortality. These are the things that are killing us. Chronic disease is the modern-day plague [and] is largely driven by our behavior."

## Stay inside

Those who are not in to the outdoors can also find lot of things to do in the area.

According to an article by Psychology Today, one of the best ways to become closer to others is to share memories. Memories can easily be made without spending very much money.

"The bowling alley usually is not too expensive and neither is just going to McDonald's and sitting and talking," senior Brianna Belt said. "No matter where we are, my friends and I always have a good time."

Other than super simple things like driving around or eating fast food, people get creative with ways to have fun in the comfort of their own home or town. According to freshman Halle Lane, having "staycations" are sometimes more fun than vacations because you do not have to travel for so long and spend a lot of money.

"Some of my favorite places to go with my friends are Showplaces Cinemas, Emery Brothers Skating Rink, Steak N Shake, and Goodwill," sophomore Katie McAnnally said.

Another way to spend less money while still hanging out with friend is staying in and having a movie night or a game night. Though this may sound old fashioned to some, others say these can prove to be just as fun as elaborately planned nights or trips to different destinations.

"I like to have movie nights with my friends," Belt said. "We eat snacks and watch all kinds of movies and it does not cost much of anything."

According to an article by Lifehack.org, thrift shopping is a great experience that everyone should participate in because you can find nice clothes for a fraction of their original cost.

"I love going thrift shopping," Lane said. "You can find a lot of crazy and weird stuff in a thrift store and you can also find really cute clothes for really cheap."

According to McAnnally, a lot of money does not need to be spent to have fun with your friends.

"Roller skating, ice skating or even just going to eat with your friends in town does not cost as much," McAnnally said.

According to an article by Dave Ramsey, one of the biggest things teenagers spend their money on is a spring break trip. By staying home and going to cheaper places money will be saved but memories will still be made.

"A few of my favorite places to go with my friends are the bowling alley, Target and Goodwill," Lane said. "These places are not very expensive and they are good places to go to have fun with friends."

This four-day weekend that replaced the usual break is a great time to make memories with friends according to McAnnally.

"I am going to enjoy our four days off to the best of my abilities," McAnnally said. "Most of my time will be spent making memories with my family and going on little adventures with them because that is what we usually do for our spring break."

In Harrisburg, Locals can find indoor in places such as the public library. The Harrisburg Public Library hosts many teen programs on Friday nights.

These "fun nights" include snacks, games, movies and music. They are held on Friday nights, and the library offers programs for adults, too.

Many places in the local area offer indoor activities for little to no cost. Teenagers and adults looking to find some fun need not look far, as southern Illinois. has many opportunities to save cash and have a blast.

Downtown areas in surrounding cities have multiple restaurants, shops, and activities. In downtown Evansville, right on the river sits the River Kitty Cat Cafe. Customers will be welcomed by cats a quick bite of lunch, dessert, or takeout. The cafe offers vegetarian options as well as comfort food of all kinds. The cafe has a cozy and casual atmosphere along with free WIFI. Customers are more than welcome to work on laptops, chat with friends or enjoy a moment of alone time.

## WHY GETTING OUTDOORS IS GOOD FOR BODY AND MIND

According to Medical Daily, "spending time outside is good for your mental health and can help with seasonal depression."

Lead author Caoimhe Twohig-Bennett, from UEA's Norwich Medical School, said: It reduces the risk of type II diabetes, cardiovascular disease, premature death, and preterm birth, and increases sleep duration.

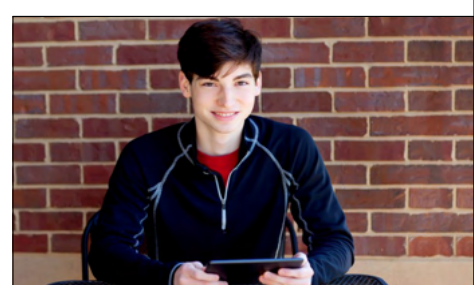
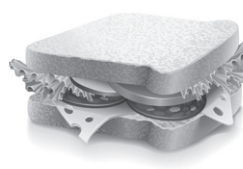
According to Harvard Medical School, "You'll be happier. Light tends to elevate people's mood, and there's usually more light available outside than in. Physical activity has been shown to help people relax and cheer up, so if being outside replaces inactive pursuits with active ones, it might also mean more smiles."

Information from Medical Daily, Harvard Medical School and Business Insider Infographic by Elle Behnke/Canva

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# Veteran dance student pirouettes through 10 years of dance instruction

Sara Wangler, staff writer

At Touch of Class dance studio, Melonie Motsinger dedicates most of her time to her passion. Motsinger has been teaching the art of dance since she was 12 years old and hopes to teach until she physically can't anymore.

"I always tell my husband that I can see myself at 85 still teaching and coaching", Motsinger said. "I hope to continue my passion for as long as possible."

During her childhood, she moved constantly. Her father was an active soldier, so to continue her passion she danced in every city they moved to.

"Moving constantly was difficult, but I learned so much from so many different people," said Motsinger.

After moving for most of her life, her family settled in Louisiana where she danced and went to college.

"I studied at a dance school and got my degree in business and leadership. I started my college career at the University of Louisiana Monroe, then finished at Mid-Continent University," Motsinger said.

While her father was stationed in Germany, Motsinger got an opportunity to dance for Surrart Ballet Company.

"It was very interesting," Motsinger said. I danced; it was my job."

After owning her studio for over 25 years Motsinger says it's her second home.

"This is my home, i'm always here because it's my passion," Motsinger said. "I teach dance, balance the business side with the teacher aspect."

Motsinger has around 70 students enrolled in her studio. She also choreographs musicals for Harrisburg High School.

"For Harrisburg High School, I went way back in 2002 when I did "Chicago" under CJ Harbison. Then I did a few musicals out at SIC, then Hannah picked me up in I think Wizard of Oz. So it's been that far back," Motsinger said.

Running a business has its ups and downs accord-

ing to Motsinger, but that doesn't stop her from putting everything into her work.

"You've got the business side of it, which is what my degree is in," Motsinger said. "Then you have the artistic side of it. You have to be able to balance those pretty well. You have to come up with costumes, choreography and music. Music is huge, matching a song with choreography is a key part."

As a veteran dancer of Touch of Class, junior Olivia Wilson has 11 years of experience under her tutu. Wilson hopes to be an inspiration to younger dancers and those who want to start dancing.

"When I was younger I really looked up to the older dancers, but now that I am one of the oldest I really just keep my own style," Wilson said.

Motsinger has been Wilson's instructor for a decade "Melonie has always pushed me to be the best I can be," Wilson said. "She knows what I can do and continues to encourage me and pushes me just a little farther to make me better."

Preparing for a show consists of hard long hours and dedication.

"We spend the majority of the year practicing and perfecting our dances to get them as good as we can, then the day of the show we have a dress rehearsal then it's showtime," Wilson said.

As a dancer Wilson puts in hard hours a week to nail her routine.

"I usually dance about 4-5 hours a week dancing, and I will teach dance lessons on top of that until soccer season starts," Wilson said.

Wilson makes sure to take care of herself in the best way she can.

"You have to be in pretty good physical shape," Wilson said. "Dance is a lot harder than many people think and it can take a toll on your body. I haven't had any injuries too serious. I have had some knee issues that come and go. But I have definitely had my fair share of blisters and pulled muscles though," Wilson said.

Performing can be nerve racking-according to

Wilson, but with her fellow dancers and families support she always leaves it all out on the stage.

"I've been in over 20 shows," Wilson said. "I hope to continue performing for as long as I can."



Photo provided.

Junior Olivia Wilson poses with an Arabesque in Attitude for the Touch of Class annual photo shoot. The costume featured here will be showcased in the Touch of Class recital this summer.

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