

the PURPLE CLARION

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Photos by Nolan Davidson.

(Left) Cafeteria staff prepare for the day's lunch. "I do not want any child in my cafeteria to walk away hungry," head cook Michelle Hughes said.

(Top right) Hughes prepares the entree during lunch. The cafeteria serves a balanced meal, complete with a salad bar and fresh fruit.

(Bottom right) Freshman Christopher Allen stands in line, waiting for his lunch in the cafeteria.

Free lunch programs will offer accessible meals next school year

Nolan Davidson, staff writer

Lunch will be free for every student desiring to eat in the cafeteria in the upcoming 2019-2020 school year. However, contrary to rumor, the high school campus will not be closed at lunch due to the changes.

Principal Scott Dewar said that campus will not be closed because it might prove to be too difficult to make such big schedule changes.

Even though the campus will remain open, the cooks are hoping that more students will choose to eat in the cafeteria.

"I hope more kids come and eat," head cook Michelle Hughes said. "If I am here preparing lunch for one person, I would just as soon prepare lunch for 500. My theory is go big or go home."

Although closing campus is not impossible, it is not happening any time soon because of scheduling and lunch room capacity issues.

"There are still kids that are not going to participate in school lunch," Hughes said. "I do hope it goes to offer. Hopefully, I can gain a few kids now that it is a free meal for everyone."

The cafeteria workers try their hardest to make healthy food tasty for the students. Certain requirements and restrictions prevent the cooks from serving some items. Therefore, different options are presented.

"I like that the food in the cafeteria has a good variety and fresh fruits and vegetables" freshman Chelsea Davidson said.

Numerous students take advantage of open campus and do not opt to eat cafeteria food at the

high school.

"I don't often eat at the school, but I think it is good that they are making lunch at the school free," sophomore Creighton Fuerback said.

Community Eligibility Provision is the service that is going to make free lunches possible next year.

"It is [a program] for schools who have higher than 50 percent free and eligible students for free and reduced meals," district food service coordinator Val Hodges said.

The Community Eligibility Provision program reimburses the district at a higher rate for lunches.

"The way it is now is that, for every child that goes through the lunch line, they are either free, reduced, or paid," Hodges said. "If they are free, they are reimbursed from the state at one rate, reduced are reimbursed at another rate and paid are reimbursed at another rate."

Although lunch is free, seconds or extra items that the cafeteria offers are not going to be covered by this service.

"Every child is free, and every meal is free," Hodges said. "Anything that you buy that is not a reimbursable meal, like cookies or Gatorade, that is not free, but the meal itself is free as long as it is a full meal. This will go from pre-k all the way up to twelfth grade."

Separate from the CEP program, the district is waving athletic fees for the 2019-2020 school year.

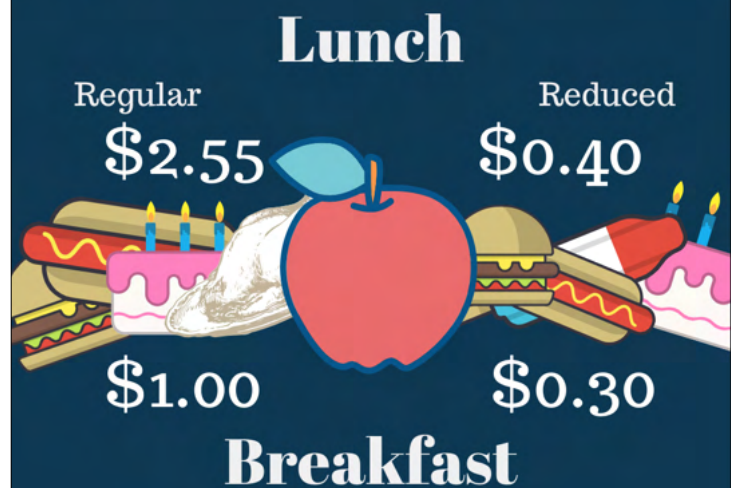
"Because the district is in a better financial shape, it is kind of a thank you back to the community for weathering these storms in the financial status that we have had to go through recently with the district" Hodges said.

Reduced lunches help local students

HHS has a high number

of students who use the reduced lunch programs, according to Valarie Hodges

Reduced Prices



Infographic by Bradly Frailey/Canva

Regional speech team members, coaches prepare for upcoming State series

Elle Behnke, feature editor

Regular tournament speech season is coming to a close with the State series tournaments approaching.

The team has averaged third place throughout the regular speech season. Senior Callie Oxford shed some light on how she balances school work with the speech season.

“Speech can be hard to balance with everything I am in, but if you want something bad enough, you make time,” Oxford said.

Assistant coach Hannah Owen (2011) is one of three main coaches for the speech team and has high expectations for the team at Regionals.

“The practices themselves become more rigorous because we are trying to make sure all of our events make time and are performance ready,” Owen said. “However, this time of year is less busy for the team as a whole because now we are focusing on preparing 15 events instead of 40-50.”

“Making time” is a phrase that refers to the fact that certain events and speeches need to reach a certain time to be qualified for judging. Regionals, Sectionals and State tournaments are all different from regular season tournaments due to which team members get to attend these tournaments.

“In speech, there are 15 events for Regionals, and as a team, we can only choose the person who has been the most successful in their event for that year to be our Regional entry,” Owen said. “The goal is to try and make as many of our 15 events into Sectionals, and then hopefully into State.”

Though the Regional, Sectional and State tournament are all more high stakes tournaments, some do not feel the pressure they represent.

“With Regionals approaching, my practices with Mrs.

Mondino will be more intense,” Oxford said. “We will be diving in more, using critiques from judges, to make my performance as great as we can. We want my delivery to be sincere, but powerful.”

Being a part of a high school speech team is very beneficial, according to Owen.

“Speech is an excellent way to get comfortable speaking in front of people,” Owen said. “Not just public speaking, but even speaking on a personal level. It gets you more comfortable communicating with peers, family, co-workers and future employers.”

With higher stakes tournaments approaching, team members have to buckle down, not just on making sure their speeches are the best they can be, but also that their school-work doesn’t falter.

“It is not very difficult to manage everything,” sophomore Rachel Lands. “It just takes commitment, hard work and concentration to be able to fit everything in my schedule. I have actually seen an improvement in my work ethic since I started speech because of having to fit more items into my schedule.”

The team has had an extremely successful season, according to Owen.

“We have had an extremely successful season,” Owen said. “We have a smaller team compared to some of the other teams in SISAL (Southern Illinois Speech and Acting League). We have enough talent on the team to be competitive with those bigger teams. These students...really give it their all to be successful as an individual speaker and to help the team be successful as a whole.”

Lands echoes Owen’s sentiments.

“The season has gone well,” Lands said. “I have had a good time, and it has been a great learning experience for me.”



Photo by Elle Behnke.

Junior Addie Hanks reads lines from her script during a Performance in the Round (PIR) rehearsal. The PIR will be taken to Regionals and is made up of numerous team members. In the event, members portray a story, performing in a circular shape. The group has been practicing since winter break, where they had a rough read through of their script.



Photo provided by Hannah Drake.

Senior Jack Gulley, junior Landon Gates, senior Bradley Frailey, senior Levi Titsworth, senior Reese Emery, sophomore Alyssa Irvin and junior Lillian Hart meet with each other after the District Concert in November.

Students accepted into state choir

Kaylee Robinson, opinion editor

Every year the Illinois Music Education Association (ILMEA) holds auditions for a District Concert where students can perform in a band, chorus, jazz band or orchestra ensemble. If a student is accepted, they may also be chosen for the All-State conference.

Seniors Bradley Frailey, Jack Gulley and Levi Titsworth were accepted for the All-State choir, the most ever accepted in one year at HHS.

Auditions for ILMEA are held in October, and the actual concert happens in November. The list of students accepted to All-State is released at the end of November, and the All-State conference happens in January.

“I was in shock when I found out I made it,” Titsworth said. “I did not think I would make it to District Concert, let alone All-State.”

HHS alumnus Carter Reed (2018) was accepted into the All-State choir during his senior year, along with senior Reese Emery, who was accepted into the All-State Honor Band for flute and junior Lillian Hart, who was accepted into the All-State Band for flute.

“All-State was a very cool environment to get to be in a choir with people who were at a similar skill level to me,” Reed said. “It was just very refreshing.”

According to Reed, this is also a great place for students to make new friends from other schools around Illinois.

“If you are chosen to participate in an ILMEA ensemble you are getting the opportunity to practice and perform with other advanced musical students,” band and choir director Hannah Drake said. “Those experiences will help them continue to improve and grow in their music education.”

All-State choir members are put into different choirs before the concert happens, but All-State band members have to re-audition when they get there to determine their chair number.

“I am very excited for this opportunity,” Titsworth said.

Students spend three days working on their music and learning new techniques and skills, and perform what they have learned in a concert for friends and family and other observers.

“It was a really fun experience,” Reed said. “I got to skip school to rehearse choir nine hours a day for half a week, which was fun. I was also very intimidated when I got there because everyone around me was so talented and rehearsed, and I had just gotten the music the day before. I was nervous for the first day or so, and then, it was all good and a fantastic time.”

Drake has worked with these students for years, not just in choir, but in band and theater as well.

“I am extremely proud and excited for them,” Drake said. “For these three musicians, All-State is a once in a lifetime event, and I hope they enjoy every second of it.”

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Students prepare for interschool academic WYSE competition

Maddi Kennedy, staff writer

Athletes are not the only ones preparing for the late winter post-season. Some of the school's top students will soon be competing on the Worldwide Youth in Science and Engineering (WYSE) team. The team is preparing for the upcoming season of college level exams.

Students must be nominated by at least two teachers to be considered to participate in WYSE.

The competitive events— English, math, physics, biology, chemistry, computer science and graphic engineering— are set up by Eastern Illinois University.

The WYSE team will attend Regionals, and they may advance to Sectional or even State.

"The team did well last year," senior Annabella Robinson said. "We won the Regional and got to advance to Sectionals. Unfortunately, no one was able to advance to State. I hope to be able to place in at least one of my subjects and hope that the team is able to make it past Sectionals this year."

Robinson was chosen to participate as a junior and will be a returning member this year.

"It was a great learning experience when I was a junior," Robinson said. "I was not really sure what to expect. Since I will be a returning member, I feel like I know what the tests are going to be like, and I will be able to be more confident about it all."

There are five juniors on the team this year. For some, entering this new competitive activity is nerve-racking.

"It is kind of intimidating," junior Lydia Miller said. "I am really nervous that I am not going to do as well as people expect me to. I do not know how the testing process works either, so I do not know what to expect."

WYSE competitions can aid in building valuable skills for those students participating.

"I am looking to get some experience and get better at taking timed tests," Miller said.

WYSE team members do not prepare like students on a typical high school team. Members are expected to practice on their own time.

"We were given practice tests for the subjects we are in before winter break ended," senior Franko Teston said. "The tests are filled with college-freshman-level content, so if we do not understand something in the practice test, we go to teachers for help."

Because the team consists of only upper-classmen, some members participate for the advantages WYSE could provide later in life.

"WYSE team looks good on college applications, so I am hoping that it will help me with getting into a good college," Miller said.

For some members, WYSE tests are not just about the competition but a way to put their personal education to the test.

"I'm always looking for ways to challenge my critical thinking," Teston said. "Because of this, I believe WYSE is a good way to challenge the knowledge I've gained during my time at HHS."



Photo by Selina Wang.

Senior Elle Behnke talks to junior Mason Hale as they wait for the keynote address at the FBLA conference held at SIUC Jan. 10.

Students competed in a number of events. Juniors Selina Wang and Rheis Wasson placed first in Emerging Business Issues and senior Grace Wang won first in Public Speaking. Sophomore Jonah McGuire took third place in Computer Design. All will advance to State April 5-6.



(Left) Junior Mackenzie Gidcumb draws a portrait at the Cedarhurst Center for the Arts in Mount Vernon, IL. Members of the club traveled to the museum to see the local award winners from the national Scholastic Art & Writing Awards. "Going to the exhibit was such a great experience," Gidcumb said. "It was truly inspiring to see other high schoolers' work.



Photos by Bradley Frailey.

(Right) Senior Ashley Hall admires her silver key awarded sculpture amongst other award winners. Students could view work that won regional and national awards in categories like painting, drawing and illustration, photography, digital art, and multiple others. "I feel really good about making it in," Hall said. "I have gotten a lot better at art this year."

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The Aggressive Progressive

Climate change catastrophe

Kole Phelps, copy editor



According to Scientific American, if we continue to burn fossil fuels at our current rate, the earth will cross the danger climate threshold by 2036.

Climate change has been an issue for many years now. Numerous Americans now consider climate change to be a problem that requires drastic solutions. However, Democrats are primarily the ones who have used the issue as a campaign topic. The biggest problem is that many do not have a serious plan to fix the issue. With President Trump pulling out of the Paris Climate Agreement, Democrats are now attempting to find those solutions.

There are many who continue to deny the fact of climate change. Those on this side of the debate will point to global temperature changes. They also claim that there is no scientific consensus of the existence of climate change, yet NASA reports that over 97 percent of scientists believe that man-made climate change is real.

New York congresswoman Alexandria Ocasio-Cortez (D) proposed a "New Green Deal." According to the Atlantic, "The Green New Deal aspires to cut U.S. carbon emissions fast enough to reach the Paris Agreement's most ambitious climate goal: preventing the world from warming no more than 2.7 degrees Fahrenheit by 2100." The plan would also impose a 70 percent income tax increase on the wealthiest Americans in the country.

Many believe that this is a radical move, which Ocasio-Cortez acknowledges,

but it may be what the country needs to stop the climate from crossing the danger threshold. But, if we are going to impose radical taxes to address the problem, there must be compelling evidence to prove it is as bad as some think. According to NASA, "The planet's average surface temperature has risen about 1.62 degrees Fahrenheit (0.9 degrees Celsius) since the late 19th century."

Not only has the temperature increased but, "most of the warming occurred in the past 35 years, with the five warmest years on record taking place since 2010." Along with temperature increase there are other signs that show proof of global climate change such as warming oceans, sea level rise, and increased extreme weather events.

A large part of climate change is due to the greenhouse gas effect. The greenhouse gas occurs when gases in earth's atmosphere trap sunlight instead of allowing it to escape into space. While many gases are naturally occurring, the rate of concentration in the atmosphere is increasing. Carbon dioxide is responsible for most of this effect. But, humans are making it worse.

Carbon dioxide concentration in the atmosphere is currently 40 percent higher than it was when industrialization began," according to the European Commission on Climate Change. The causes for these rising emissions can be attributed largely to the burning of fossil fuels and deforestation.

The effects of climate change will transform the earth with irreversible effects. Sea levels will rise, the earth will become warmer and the Arctic could become completely iceless. In order to stop this catastrophic event, humans need to change.

One way to stop this is to decrease waste produced by humans. Refillable water bottles and decreasing plastic waste will help, but moving towards a clean renewable energy source will likely be key to stopping climate change. However, this is nearly impossible without radical reformation of our laws and legislation.

In order to stop the global climate catastrophe, we must demand that our politicians reform our national energy systems. The "New Green Deal" may be considered radical, but it's step in the right direction for making our planet cleaner for future generations.



Cinema Cynic

Film awards can influence viewers

Jack Gulley, news editor



The gowns drag across the carpet, the decorations sparkle and the air fills with anticipation. Awards season has already kicked off with the Golden Globes. Instead of releasing predictions or opinions for televised award shows, like the Oscars, I hope to shed some light on how the glamour of the awards can guide those watching at home.

There are many things I enjoy about film awards. I love keeping up with rumours, watching movies after they have been nominated and making predictions of my own. However, award shows can help broaden the minds of audience members, showcasing the artistry of underground films, even if they would not have been drawn to some of the nominated films prior to watching.

Award shows are often filled with excitement. Take Ellen Degeneres' star-studded selfie. Not to mention drama, like the Best Picture mix up of 2017. By drawing people in with gags and glitz in commercials and ads, I wish more of those watching would take an interest in some less known films.

Mainstream movies are constantly playing at the movie theater in town and for good reason. People will come see the next show stopping Marvel movie, which makes money, but they might overlook an independent drama because they have never heard of it. Award shows get the word out about underground films, and if audiences pay attention, they could give their support to a studio or director who truly needs it.

Watching these types of events can also be beneficial to those who already know a thing or two about film. If someone has an interest in cinema, the awards give them a chance to hear from directors, sound editors, cinematographers, actors and costume designers all in the course of one program. Hearing the industry's legends' successes can add numerous layers of film interests within a person.

Acceptance speeches are often filled with phrases about how powerful the impact of film is. Film, literature and music all have one thing in common- people have always and will always be entranced by them.

A great way to learn about cultures, various people and differing viewpoints is to watch meaningful films. This year has an excellent lineup for anyone, whether joining forces with film or continuing a passion. There is something for everyone to be found. I cannot remember a year with such appealing movies, like the heart-wrenching drama "A Star Is Born," the action-packed "Black Panther" or the political comedy "Vice."

I think a good movie unites people, especially in times where we are torn apart. I see so many talented people trying to use their platform as an outlet to bring us together. Hopefully, more people will take the upcoming Academy Awards seriously this year because, if they do, the impact could be incredible.

Wait, What? The Senior Sequel

Feeling guilty never felt so good

Bradley Frailey, CPS editor



Recently, my friend asked me if I wanted to hang out soon, but sadly, I had to tell him things just couldn't work out. "I know this sucks," I said, "but my planner says I'm all booked up until April 1 of 2019."

Saying this out loud made me realize that, like I already knew, I am way too busy, but also, I could have an awesome April Fools prank. Most importantly, though, I've realized that I spend a large majority of my time preparing for the future. I'm always prepping for a test or a large event, trying to figure out how to work around my many schedules, or simply wishing away the spare moments of a day.

Staying busy may look good on college transcripts and help me get out of the house, but as one activity turns into 20 clubs, organizations, programs, and assignments that all occur within the same week, a day at home does not seem so bad. It seems like every moment I have something new to do. Trust me, it takes a lot of work beforehand to work out how to store all the ice cream needed to calm me down on a bad day.

The reason I schedule my mental collapses in the middle of the week is that, truly, there's no other room in my planner for it. Sometimes, it seems like I spend more time talking about my schedules, practices, and due dates than I do working on the projects themselves. Attempting to fit in time slots to do homework, shower, eat and sleep between a school day with after-school practices from at times can be daunting, especially when you add in a Netflix special.

Yes, I already marked off July 4-7 to watch and emotionally recuperate after watching Stranger Things season three. After going through life with so many club calendars to fit together, I can only imagine it's what being a Tetris block feels like.

Since I relate to them so much, playing Tetris has become a very introspective way to look at my life critically. Rarely do I ever find myself enjoying the small, daily events, like seeing student after student throw away their drinks at the main door, or getting a sniff of that assorted fruit scent coming from the boy's bathroom.

Honestly, at times, I feel so exhausted that I would rather be anywhere else than where I am in a particular moment. Taking advantage of the small things in life instead of wishing time away by imagining getting back into bed can help time to slow down and give time for reflection. This can even open up a spot to contemplate a week's agenda in a healthy and constructive way, instead of freaking out and worrying about how much needs to be checked off the to-do list.

Today, I took a second look at my planner and decided that maybe I didn't really need that mid-week mental health day as much as I need to help myself all the time by staying in my present reality. So, I picked up that eraser, got rid of my emotional breakdown extravaganza, and did what a good friend would do- I added "Sob cry while watching 'A Star is Born'" to my Wednesday.

The Clarion Call

What do you think?

Why do you think students come home from college and do not return?

"It could be the fact that life has just hit them and they realize that they have to start paying a lot of money by themselves for the things they want."

-Halie West, senior

"There could be multiple reasons. Maybe they cannot afford it or they just realize that college life is not for them."

-Brylee Horn, sophomore

"Life is about commitment so if you go to college for one semester and do not go back it is because you are lazy. You cannot just find the easy way out and quit."

-Addie Hanks, junior

"I think that people who do not successfully finish college just are not ready to take that big step."

-Bentley Linch, sophomore

"I think when students get back from college they realize everything they miss and find more reason to stay in their hometown."

-Rachel Hutchinson, freshman

Students come home from college for good

When students enter high school, they start the long process of being prepared for college. But, many of the students who go to college, will not stay to finish their degree. This is in part because students are often pressured to go to college and pick a school that is not right for them. This could be avoided if students did research before deciding which school, if any, is right for them.

Before deciding where they want to spend the next chapter of their life, students should make sure they know what the campus where they plan to live is like. Doing research on different schools will prevent students from any surprises at their future school. With no research done, a student could end up hating the campus or realizing that their major does not provide the classes they want to take.

College visits are a good way for students to make sure they are going to a college they will actually like. On most college visits, students get a tour of the campus and they get to see what life is like there.

Sometimes students can even stay overnight in a dorm room to experience dorm living. They also allow prospective student to talk to a peer and ask questions that won't come up in the "official" tour, like what kinds of restaurants are close to campus. They can ask what the parking is like there or where the bank is on campus.

Students will often take "gap years" and wait to go back to college or to even start college at all. This could be necessary for a person who has not grown up and matured enough to be in college yet. While college is also a great place to become more grown up, if the wrong person goes at the wrong time, they

could end up dropping out all together.

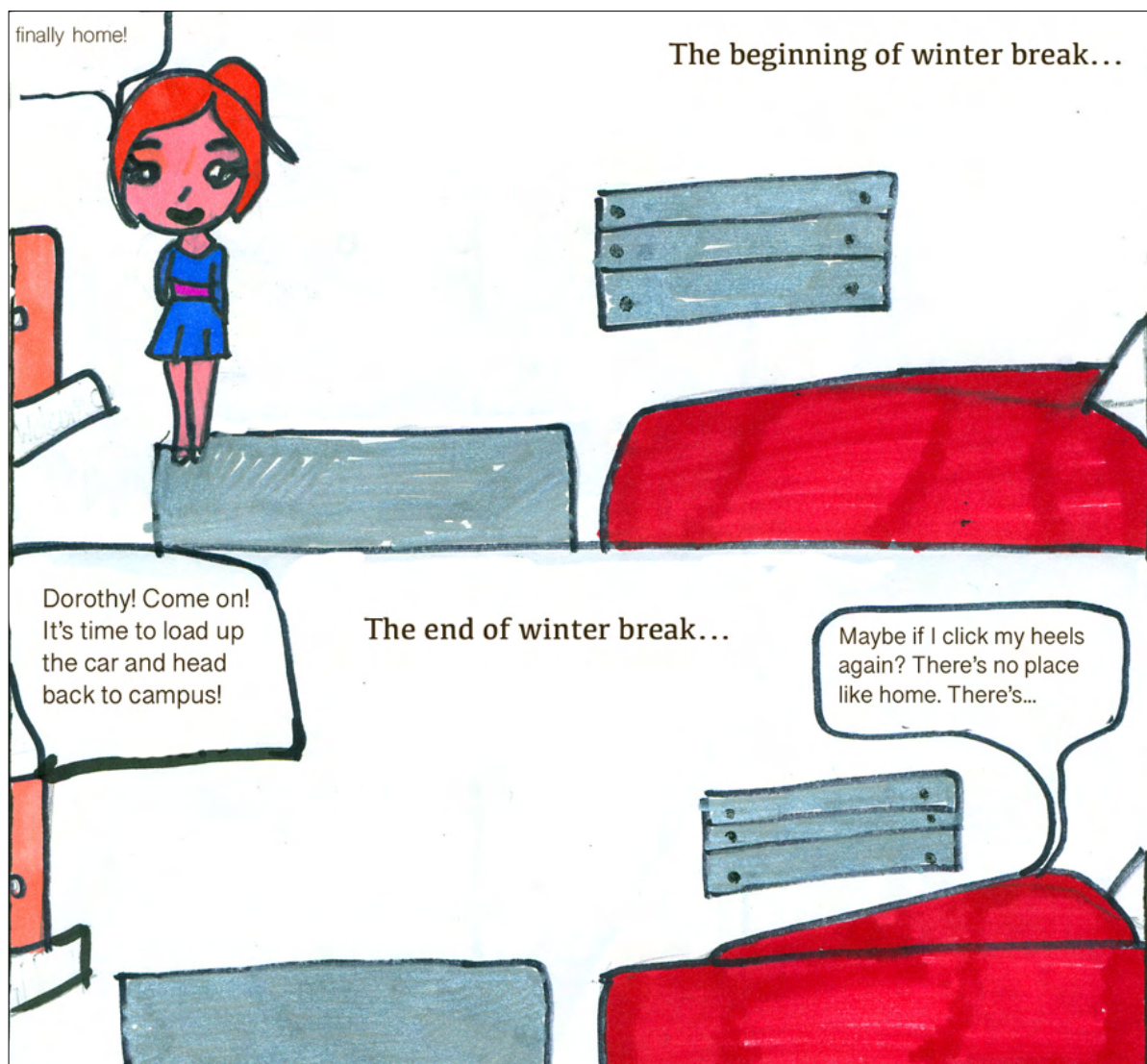
Something we do not get told a lot as high school students is that college is not the only option. Some jobs do not require a full four years at a university. So before making the decision about school, students should make the decision about their future job.

According to research done by National Public Radio, since high school graduates have been encouraged to get their bachelor's degrees, trade jobs that require shorter and less expensive training and pay more are going unfilled. This could be avoided if students would take the time to look into other jobs that do not require extensive schooling.

Before deciding to go to college, if that is their decision, students decide what they want to major in. But often times, students will pick a major that is too hard for them or that they do not even like. It is okay to switch your major, but by doing research beforehand, students could avoid that completely.

A lot of the time, instead of switching majors, students will say that college is too hard or not for them and drop out. Talking to counselors and teachers can prevent this. They know a lot about college, so talking to them about what degree would fit best can benefit.

We need to start researching and planning for our futures because if we do not, we might just end up back in our hometowns with no college degree and no clue what to do for a job. In order to be successful, we have to learn everything there is to know about the colleges we are looking at. By doing this, we will save time and money instead of wasting it on the wrong fit.



Sometimes, there really is no place like home.

Cartoon by Selina Wang.

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The Purple Clarion is an unbiased, student-produced new, sports, feature and opinion publication dedicated to accurately reporting event 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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Integrating learning styles into contemporary education

Nicholas Beckham, staff writer

In the contemporary world, education is vital to success. Even the least demanding careers require some skills, such as basic mathematics and literacy.

The responsibility of educators is to assure that their students learn efficiently as possible. A common complaint they receive is only appealing to some students and leaving others behind. Often, this is blamed on a lack of diversity in teaching styles. This has led to an effort to incorporate new teaching methods in schools across the nation.

The most commonly accepted model of education is the VARK model. The Nation Center for Biotechnology Information (NCBI) reports on Neil Fleming's 1987 model. Fleming acknowledges four styles of learning: visual, aural, reading/writing, and kinesthetic.

Aural Learning

Aural learning is more often referred to as auditory learning. Aural is oldest type of teaching. It is the same method used by tribes to teach myths, and used by the Classical philosophers.

This method is used in modern education in the form of lectures. With the internet, educational videos are very easy for anyone to access. Khan Academy, for an example, provides free videos than anyone can access. Their subjects include mathematics and science, from elementary to college levels.

While educators may not always be able to provide auditory sources, there is always a way to give students secondary sources that could appeal to them more.

Visual Learning

Visual learning can start as early as visual information can be processed. According to Stanford University, this is typically at eighteen months. Visual learning is often used, but usually in small parts. Graphs and charts appeal the most to visual learners. While some models consider reading to be visual, Fleming separates it.

Visual learning can be incorporated without much effort from the educator. Color coding notes can help regardless of the class. For subjects such as Biology, coloring diagrams are very helpful for visual learners. Flashcards are an already commonly used method that have proved to be effective.

Integrating, Flaws, Ideal Teaching

Educators and students that understand the different types of learning still may overlook an important fact. A common misconception is that everyone has one specific learning type. According to Fleming's original studies however, 61% of students prefer multiple styles of learning. Typically, students prefer reading/writing with another style.

Understanding these methods of learning is important for both educators and students. Understand their fallibility is equally as important.

The idea of learning styles is very widely accepted. A 2012 Dekker study showed that 90% of educators in the United Kingdom believe that they are legitimate classifications. The credibility of Fleming's studies, however, has recently come into question.

Studies from the National and Kapodistrian University of Athens in Greece and the University of Dundee in Scotland reveal one of the largest flaws with these teaching methods. That is, many students disagree with educators on what style best suits them.

This discourse has led some to believe that dividing teaching in different styles is harmful.

An educator should be able to cater to individual students and their needs without forcing them to accept ineffective methods. The only way to achieve this state is cooperation between the students and educators. While this can be asking a lot from younger students, more mature students would benefit greatly from more communication.

Visual technology helps students learn material

Kole Phelps, copy editor

The rise of Youtube has allowed many content creators to relay hours of information completely free. With this rise, educators have found that youtube and other video sharing sites can help students learn and understand material.

For visual learners, videos in or outside the classroom can be a useful tool to comprehend lessons and skills.

History teacher Marj Deneal has been using videos in her classroom for many years now. "I think students understand better if it's a video because its of the visual learning," Deneal said.

Learning visually is a common learning style that many students may miss out on during time in the classroom.

According to professor Theresa Spanella "The visual learning style, often referred to as the spatial learning style, is a way of learning in which information is associated with images or graphics," Spanella said. "This learning style requires that learners first see what they are expected to know. People with this kind of learning style are often referred to as visual-spatial learners."

Some visual learners find that videos in the classroom can allow them to learn in a way more suited towards them.

According to LifeLearn, "With video, viewers can go at their own pace. They can pause, repeat small sections or the entire video, and they can return to it at a later time if they forget any of the key tips".

Deneal has implemented videos into her curriculum as a way to help her students in the subject of history.

"I like using EdPuzzle and youtube videos," Deneal said. "I think kids like watching videos and if you can incorporate the questions as you go along it works out better than doing work-

sheets."

Students may enjoy videos in the classroom more, but for a video to be educational it needs to meet some psychological requirements.

"One of the primary considerations when constructing educational materials, including video, is cognitive load," CFT Assistant-Director at Vanderbilt University Cynthia J. Brame said.

According to Brame, the cognitive load theory suggests that there are different components of memory one of which is working memory but, "Because working memory is very limited, the learner must be selective about what information from sensory memory to pay attention to during the learning process, an observation that has important implications for creating educational materials," Brame said.

Deneal also believes that even though videos can be fun, they must add something useful to the lesson. "I think you have to walk a fine line you can't just show videos continuously," Deneal said. "[The videos] are always short about four to ten minutes and then I can incorporate them with other types of learning."

Deneal believes that if she can incorporate videos into the lesson plan that many students will have a better understanding of the topic and can cause students to have a more pleasant experience in the classroom.

Videos can have greater impact on the students learning ability as long as it is combined with other mediums and is presented in the correct educational context. According to New York University, "It is indeed a powerful medium, but as with anything else, video must be created with an eye for strong pedagogical choices in order to be most effective."

Kinesthetic Learning

Kinesthetic learning is also known as tactile learning. Clarke's scholarly article on Kinesthetic learners states that students with ADHD or a similar condition could benefit the most from Kinesthetic learning strategies.

This discovery is very important, as it could prevent intelligent students from being held back. A common fear that educators have is kinesthetic learning is impractical and difficult to implant.

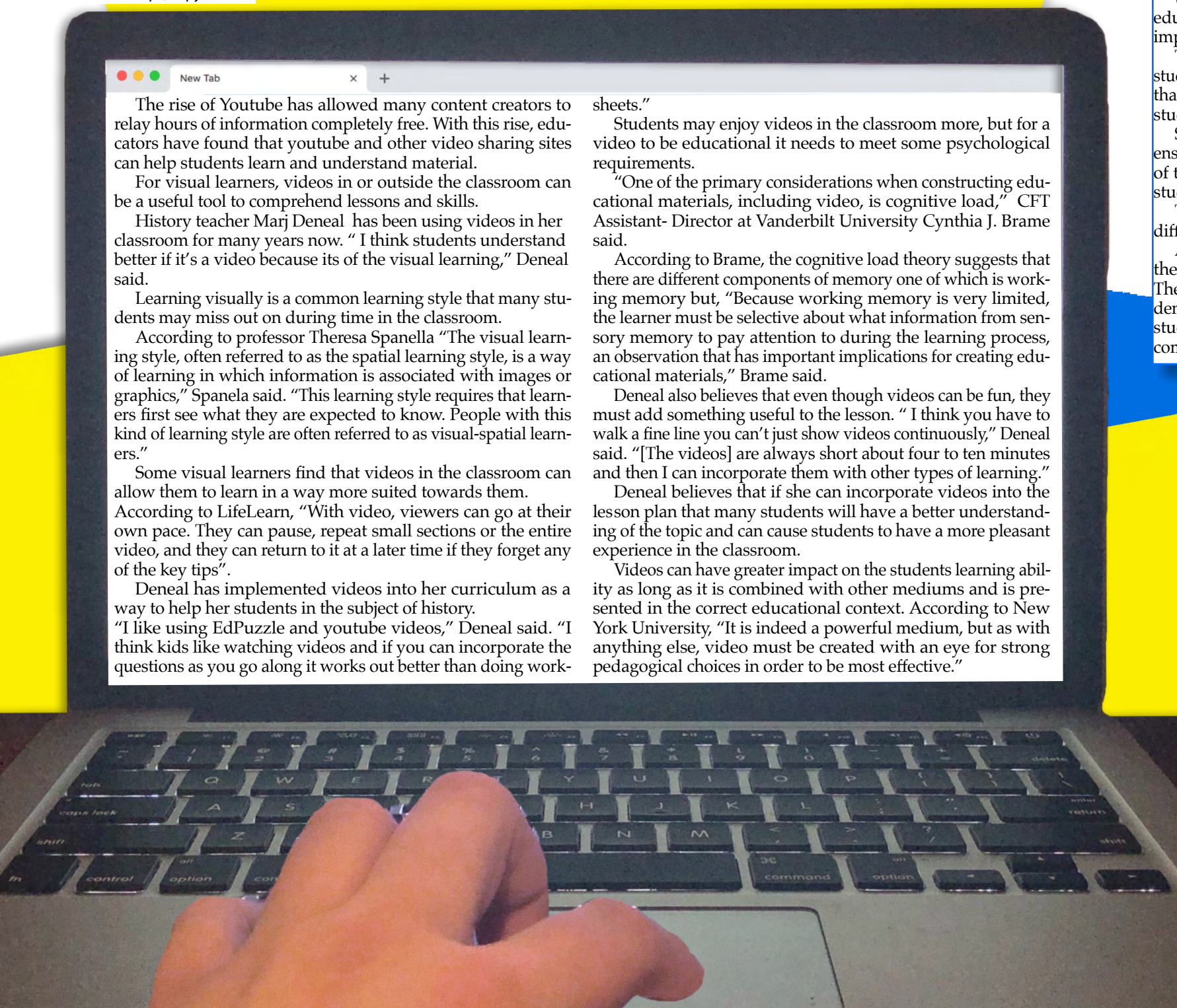
However, experimental groups have found that things as simple as chewing gum or walking laps combined with another learning method can greatly benefit Kinesthetic learners. Kinesthetic exclusive methods are often impractical, so they aren't often used.

Reading and Writing

Reading and writing is the most common method used in modern education. Without proficiency, or at least competence in this skill, succeeding in education is practically impossible. Unlike the other styles, reading and writing isn't possible to replace.

Students that struggle with this could incorporate other methods with reading and writing to improve their efficiency with it. The Washington Post on July 31st, 2016, reported that audio books are a great solution for those that struggle.

Visual learners can be helped using illustrations or animations, those this is admittedly more impractical. Regardless, educators need to focus on teaching this style, as it is irreplaceable and the most common.



Lady Dogs build winning record

Nolan Davidson, staff writer

The girls' basketball team has overcome stumbling blocks and achieved a record of 24-3 so far in the season.

Senior forward Karsyn Davis has been awarded for achieving 1000 points in her high school career.

"It is a really big honor and I could not have done it without my teammates and coaches," Davis said. "[Coach Jacob Stewart] has always believed in me and my teammates have always done a really good job of helping me get open."

The team as a whole is currently on an 11 game win streak this season.

"We felt confident coming into the season that we would be competitive," senior power forward Madeline Rider said. "So far, we are 19-2 and are improving with each game."

This winning record was achieved even with the injuries earlier this season.

"We have definitely over exceeded expectations especially when we have had two possible starters get injured before our season started," assistant coach Jacob Morse said.

Despite these injuries, the team has grown.

"We have definitely developed as a better team on the court," senior point guard Alli Ferrell said. "We are now comfortable with our team on the court, and we are a family off the court which helps us grow as a better team when we play big teams,"

The team is prepared to be competitive in post season play.

"Our goals for the rest of the season include playing successively and then working hard to win conference and start postseason playing, hoping to go far," Rider said.

The team last year lost at Sectionals.

"We would like to win conference and Regionals, so we can have another shot at Sectionals," Ferrell said.

The team has created a helpful environment for upcoming players.

"They have really matured and played together very well," Morse said. "[They have helped] the younger freshman become better players and helped them to adjust to the faster style of high school basketball. We are a great group of upperclassmen consisting of five seniors, and seven juniors who help makes things easier for our program to run smoothly."



Photo by Nolan Davidson.

Sophomore Lauren Gribble boxes out her defender to get open. The Lady Dogs won against the Wayne City Indians 77-31. "As a team, we all worked together to dominate Wayne City, continuing our winning streak," Gribble said.

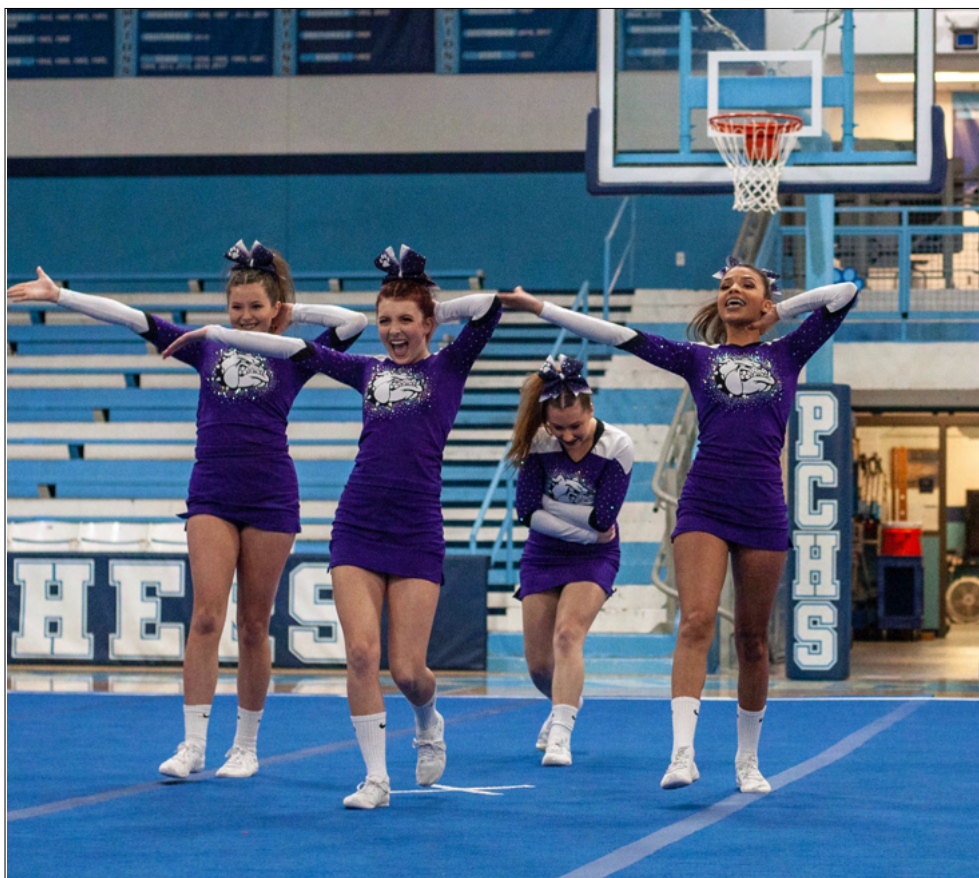


Photo provided.

Sophomores Lilli Ford and Kinsley Angelly and juniors Kara Futch and Hannah Goldman cheered finishing second at the Pinckneyville Competition. "During the competition i felt really excited and happy," Ford said. "I like competing a lot and enjoy being on the mat."

Cheer team makes it to State

Madison McClusky, staff writer

Bulldog cheerleaders finished above 50 percent of all teams involved at the State competition in Springfield, after finishing second at Pinckneyville High School and third at Carterville High School.

According to head coach Caitlyn Dismang, the girls finished out with no conflicts affecting their overall score.

"We had zero deductions from our routine and the girls poured their entire heart into the entire performance," Dismang said. "I was very pleased with their performance. We placed 11 out of 28 teams with our raw score placing us at seventh."

Their last competition will take place Jan. 26 in Edwardsville for IHSA cheerleading Sectionals.

"We will compete against 15 talented teams- the top five teams will advance to finals," Dismang said. "Our goal is top five."

According to Dismang, senior Hailey Short is the most experienced on the team.

"She cheered for Galatia School through her sophomore year and also has cheered on an All-Star competitive cheer team(non-high school)," Dismang said.

Short says it can be stressful being a senior in a sport and even more being the only one on the team.

"Being a senior in a sport is pretty stressful as it is," Short said. "But being the only senior gets more challenging. Luckily the juniors are able to help out with some decision making but they also have the mind set that if they mess up, they get another chance next year."

Dismang compliments freshman Chelsea Jaegers and Jaelynn Walker for being very talented flyers for the team.

"After a team member made a school transfer to Edwardsville HS, Jaelynn has stepped up to the plate to take her spot," Dismang said. "They are both very talented and can only go up from here."

According to Dismang she is proud of her team as a whole, and is looking forward to finishing this year strong and next year's season.

"The 2018-2019 school year was planned to be our 'retraining year' after losing seven seniors," Dismang said. "I can honestly say this has been our best year yet. With the entire team talent, hard work and dedication- it really shows how teamwork really makes the dream work."

Bowling prepares for state series

Kirsten Travelstead, staff writer

Boys bowling team recently traveled to SI Bowl in Carterville to compete at Regionals Jan. 14.

They will travel to Alton to play their sectional Jan. 21. They have a record of 11-2.

"Our team didn't do too bad, but we definitely could have done better," junior Sebastian Barton said.

The team placed third overall at their Regional.

"We could have made it to first place, but we were struggling with spares," Barton said.

Barton placed first overall with a win of over 100 pins. His average was 225.

"Our coaches have had us in the classroom explaining to us about lane

play," Barton said. "We are also to heavily practice on spares."

Girls bowling team will travel to SI Bowl in Carterville to compete at Regionals Feb. 2.

"Practices have been longer, and we have been more focused on our spare shooting," senior Claire McDermott said.

The girls currently have a record of 7-1.

"The team has done well considering there are only two experienced bowlers on the team," McDermott said.

There are nine underclassmen on the team.

"I think since the beginning of the season I've progressed a lot, and I usually go to the tournaments on Saturdays with varsity," freshman Rowan Cluck said.



Photo provided.

Senior Claire McDermott practices for Regionals. They will be held Feb. 2 in Carterville. "I'm sad because it is my last Regional, but I'm ready to do my best and hopefully place," McDermott said.

Boys basketball works to improve record

Haley Sullivan, staff writer

The Bulldogs finished 0-4 in the Carmi White County Invitational Tournament.

Sophomore Ben Brombaugh says the team is off to a good start, and they are getting better everyday.

"I feel like we have been playing decent, but not to the best of our abilities," sophomore Andrew Bittle said. "I think I have been doing okay for a sophomore, but there is still a lot of room for improvement. The upperclassmen have taught me quite a bit of leadership skills as this season progresses."

According to junior Zayne Hayes, the team has played a very tough schedule at this point in the season.

"I don't think we are doing as bad as our record shows," Hayes said. "Whenever we play hard, we have the ability to win."

The team is learning and developing to the level of play seen in varsity basketball.

"I feel like the team is on a learning curve," senior Will

Sanders said. "The majority of the members of the team have never played varsity basketball, and there is a certain level that varsity athletes have to perform at that the younger guys are just starting to see."

The boys are taking numerous measures to seek improvements, including use of "Hudl," a software company for watching and analyzing film to prepare for games, according to Hudl's website.

"Many of us on the team, myself included, have spent a lot of time in the gym over the spring, summer and fall," Bittle said. "We have watched a ton of film on the app 'Hudl' this season, and gone over the things we see to give us the best chance to win each game."

Bittle believes that as the season continues they are getting used to playing at their absolute hardest.

"A goal we have as a team is to just start playing harder and being smarter on the court," Hayes said. "We can not have turnovers against good teams and still expect to win. A lot of this season has been part of preparation for next season."

Wrestling team works to make improvements on mat

Haley Sullivan, staff writer

With a record of 7-11 as of post time, the predominantly young team is pushing to improve and gain experience as the season progresses.

The team is also fighting to get into better shape.

"As a team, we still have a long way to go, but we have definitely improved since the beginning of the season," junior Rheis Wasson said. "I feel like I am in much better shape than I was last season, but I can always continue to get better."

Although the team is relatively young, the upperclassmen are working to push the underclassmen towards bettering themselves.

"We are a very young team this year," Satterfield said. "I feel like the seniors are really carrying us and helping us learn a lot. I did not expect to win very many matches at the varsity level because I am just a freshman, but I am continuing to learn from each and every match."

Junior Tucker Bryant puts in the work off of the mats to better himself.

"I try to get stronger and improve my skill through lifting and stretching," Bryant said. "The team also practices each day. We start practices with running, then drills and we finish with conditioning. I feel like putting in all the time and extra effort has helped me to grow a lot as an athlete."

Many others are also giving it their all and pushing themselves this season.

"I've been preparing for this season by working on conditioning and technique, as well as keeping a positive mind set throughout the year," senior Kody Cavender said. "As a team we all have been pushing each other to get better during practices and throughout wrestling matches."

Cavender's goals for the season include advancing to state and placing in the top ten. He also said that many other members of the team have individual goals for the rest of the season.

"I hope that the team is capable of pushing past our hardships," Wasson said. "I also hope we are able to grow closer to our full potential."

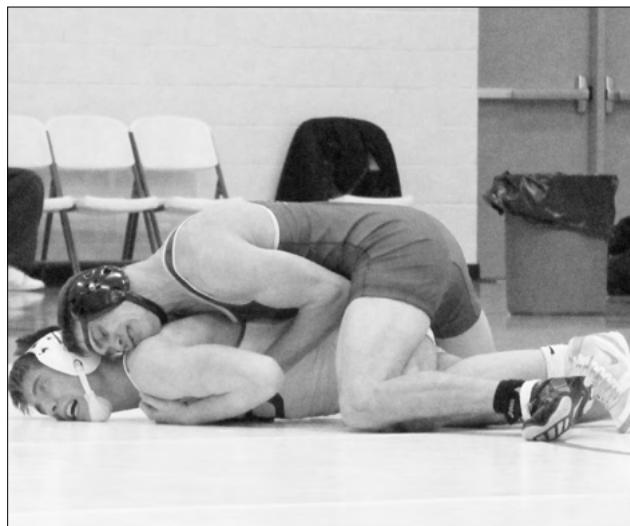


Photo by Savannah Hubbs.

Senior Kyle Cavender works to pin down his opponent from Benton.

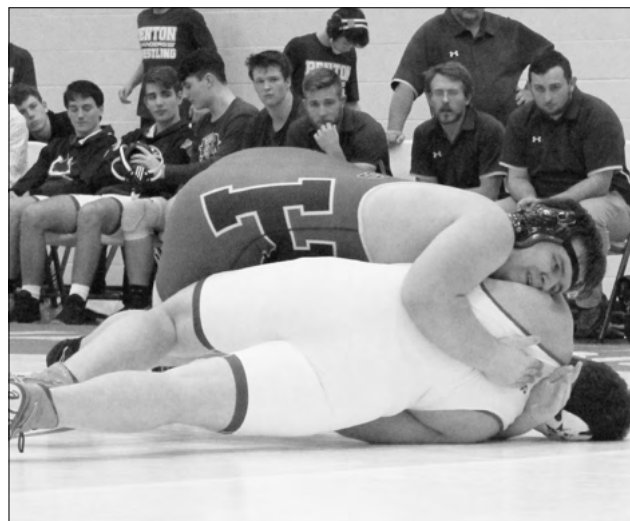


Photo by Savannah Hubbs.

Junior Rheis Wasson wins his match against a Benton opponent.

Swing and miss



Preseason training benefits athletes

Savannah Hubbs, sports editor

Many athletes, myself included, are not afraid to voice how awful and miserable preseason training is. The beginning of the new year means spring sports are running and working out to get in shape for their upcoming season.

According to febfast, preseason can help prevent injuries because athletes "will be fit and ready for the physical demands expected of [them]."

Preseason helps to strengthen muscles surrounding joints that reduces injury. A review in the British Journal of Sports Medicine found that preseason tasks such as strength training can reduce sports injuries to less than one third and overuse injuries were almost halved.

As a soccer player, injured ankles and knees are very common. We have players that get hurt every season. If we took time to do strength training focused on our legs, we may have fewer complications with these types of injuries. For baseball players, they may need to do more upper body related exercises to protect elbows and shoulders.

Although preseason does a lot of good, it can create problems if athletes are pushed too hard. Orthopedic Associates states that "Athletes should not increase weight training activity, mileage or pace by more than 10 percent a week. This will help allow athletes' bodies to recover properly." Coaches should watch over their athletes to make sure they are challenging themselves, but doing it in a healthy and safe manner.

Preseason is a time for coaches to push their players to be as fit as possible because once season starts most of their practice time will be consumed with perfecting techniques and plays. Although it does not seem like it at the time, preseason gets us ready to sustain the long season of competition and recover quickly. The teams that take preseason more seriously tend to outdo opponents that would otherwise be on the same playing level.

Preseason seems like a never ending road with no benefits, but if we push through it we as individual athletes and teams will get to see what we have been working for with the start of season.

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Protests, civil rights in Southern Illinois

Sara Wangler, staff writer

Segregation was at peak in the 1960s with many schools, businesses and restaurants being “white only” in different places. A college town known as Carbondale, Illinois was especially segregated due to the town being built around a railroad and most of the employees being African-American. The area became known as a “black town” according to The Daily Egyptian.

Margaret Nesbitt was interviewed by The Southern Illinoisian in early 2018 about her experience living in Carbondale during the 60s and 70s. Nesbitt moved to Carbondale at the age of four. In her mid twenties she got a job at SIU working in food service, she retired after 25 years and began to aid in the fight for equality.

One of Nesbitts most vivid memories happened in 1970. She was at home when she heard open firing a block from her home. A Black Panther house[a] was shot at hundreds of times while in a standoff with the police.

“It sounded like war,” Nesbitt tells The Southern Illinoisian.[b]

Her husband was at work, she was alone with her children, so she told her son to get the gun and guard the door. Seven hundred seventy-eight bullets were fired into the house, not a person was harmed. It was a miracle according to Nesbitt.

The Student Nonviolent Freedom Committee (SNFC) was founded in 1962 at Southern Illinois University according to Opensiuc. This organization led protest all across Southern Illinois, but when members heard of a small town at the very end of Illinois in desperate need, they rushed to aid in the fight.

In June of 1962 Reverend Blaine Ramsey of Word Chapel Church in Cairo invited around 20 SIU students to attend a meeting to address the situation in Cairo. A Tennessee native, Mary McCollum, spoke at the meeting representing SIU. McCollum was a former Freedom Writer and professional civil rights activist. The first protest was against Macks BBQ,[c] with McCollum leading. As the crowd turned violent, a man attacked the crowd with a knife cutting McCollum and causing her to have twelve stitches. But that didn’t stop the activists, instead of backing down they recruited more and more people according to Opensiuc.

Charles Koen, a local of Cairo, joined in the fight as McCollum’s right hand man. He spoke on behalf of all African-American residents of Cairo. Growing up in such a town, Koen describes it as “dehumanizing.” Koen’s first act of resistance came when he was introduced to Ramsey, a new pastor from The University of Illinois. He encouraged his congregation to challenge Cairo’s unjust systems of racial discrimination, he later plunged himself into activism by joining the executive board of the local National Association for the Advancement of Colored People (NAACP) according to Legends of America.

The Student Nonviolent Coordinating Committee[d] conducted a series of places to “test” in June. The first stop for the young activists according to SNCC [e]Digital was the Mark Twain restaurant they were refused service despite the law that banned segregated public accommodations. The waitress then used colorful language[f] and threatened to call the police.

“I heard about the activism in Cairo, but I had no idea it was started in Carbondale. I really wish I was older during that time. Marching for something like that would have been life changing,” Hise said. [g]

By August most of the local restaurants had been persuaded to serve all customers, but that didn’t stop them from overcharging or providing poor service. On August 17, 1962, Koen led a march toward Roller Bowl to much surprise the

students were beaten like dogs as reported by SNCC Digital[h]. Many students had severe injuries to the head caused by crowbars, leading to hospitalization.

As of now protests aren’t slowing down, yearly marches for Human Rights are held in downtown Carbondale according to the Southern Illinoisian. In January of 2018 over a thousand people marched for Women’s rights starting at the Carbondale Civic Center. Similar to other marches in the United States, the march was peaceful and included several minority groups.

Ages ranged among participants, from 12 year olds to a seasoned activists. The committee who organized the event wants everyone to feel comfortable with expressing their opinion, no matter age or background. Spectors say the main goal is to look forward and not in the present.

Martin Luther King Jr.'s Six Principles of Nonviolence

1. Nonviolence is a way of life for courageous people.
2. Nonviolence seeks to win friendship and understanding.
3. Nonviolence seeks to defeat injustice not people.
4. Nonviolence holds that suffering can educate and transform.
5. Nonviolence chooses love instead of hate.
6. Nonviolence believes that the universe is on the side of justice.

Information from The King Center
Infographic by Elle Behnke/Canva

Looking back on segregation in local area

Elle Behnke, feature editor

Segregation was a budding issue all through the nation in the early and mid 1900s, and the late Charlotte Taborn (graduation year), saw these affects first hand.

Laken (2017) and Lotte Miller (2018) are Taborn’s granddaughters and shared their grandmother experiences growing up in the age of segregation as an African-American woman.

“I was able to gather some information about my grandmother and the struggles of being a black person in a segregated place,” La. Miller said.

Students are taught that there were segregated water fountains, restaurants, clothing stores and more that were a staple of segregation in the civil rights period.

“She told a story about having to drink from a different water fountain as a girl,” La. Miller said. “She went to get a drink, and my great-grandma pulled her back and told her no, that she must drink from the colored fountain.”

In spite of enduring many hardships, Taborn pushed the boundaries of what African-Americans could accomplish.

“She was in the first class to go to an all-white school in Harrisburg,” La. Miller said. “Which was Logan school. She had formerly went to Lincoln school which was for black children.”

Additionally, Taborn paved the way for other women.

“She was the first minority Girl Scout in the area,” La. Miller said. “She was the first black Homecoming queen candidate at HHS and the first black woman to work

for the Illinois Department of Employment Security.”

Senior Savannah Hubbs’ great grandmother was the troop leader of Taborn’s Girl Scout troop.

“My grandmother, Wilma Donovan, always said she was the first Girl Scout troop leader in this area to have an African American girl in her troop, and it was Charlotte Taborn,” Annette Hubbs (1985) said. “Whenever I would run into Charlotte she would always have to tell the story. She always thought highly of my grandmother because of it.”

Taborn started the now annual Martin Luther King Jr. breakfast. This year will be the seventeenth year the breakfast has been hosted.

“She began the annual MLK Jr. Breakfast in an attempt to remind those of the civil rights movement and the furtherment of African-Americans,” La. Miller said.

Senior Kole Phelps attended the breakfast with his father, Kelly Phelps.

“I just showed up, ate and chatted with people,” Ko. Phelps said. “I talked with the mayor about the breakfast and he seemed happy to be there. He’s also glad that Mt. Pleasant Baptist Church holds the event. Many people of color gathered there, talked with each other and ate with one another. It was a great way to celebrate community and diversity, and to reflect back on all that Martin Luther King Jr. did for people of color.”



Photos by Kole Phelps.

Volunteers from Mt. Pleasant Baptist Church help serve breakfast at the annual Martin Luther King Jr. Breakfast at the Harrisburg pruit building. The breakfast brings together community members to celebrate the life of Martin Luther King Jr. “This is a great breakfast they have every year,” Mayor John Robert Mcpeek said. “It’s great to see Mt. Pleasant Church feed the community.”

Students produce podcasts, exchange ideas

Kole Phelps, copy editor

Podcasts are a digital audio media platform that cover a wide range of topics. At HHS, two students are producing their own podcasts.

Jonah McGuire is the producer and host of "Pan Left", a podcast about films and the film industry. McGuire said that one of the benefits of having his own podcast is that you are in control of all aspects of it.

"I think it's really fun," McGuire said. "It's also a way to express yourself, get your thoughts out there and if other people care they can listen."

"I think people like podcasts because people seem more genuine," McGuire said. "In self controlled media in general, it seems people are more genuine."

Blake Eversman is another student who has a podcast. Eversman's podcast, titled "Conversational Conservative", focuses on discussing his own conservative opinions on politics.

"[Podcasts] gives you more freedom," sophomore Blake Eversman said. "Freedom to express your opinions, your ideas, whatever you want to talk about."

When creators edit their own podcast, they have control over their own content and what is published.

"I would say that the best part of doing a podcast is being independent," Eversman said. "I've seen many shows where the editors censor clips of the speaker."

McGuire and Eversman both use their own time, money and labor to create, edit, produce and post their podcasts.

"I bought my own microphone, and I use a free editing software," McGuire said. "Sometimes I'll send it to a friend to see if they have any editing suggestions, and then I get royalty free music for the intro."

Eversman also uses free software to publish his podcast.

"I just want to make sure that everything is as clean as it can be," Eversman said. "I don't want there to be a lot of editing if I can help it, but I do go back to make sure if something needs to be fixed, I fix it."

McGuire also said that a benefit of podcasts is that they are completely hands free.

"You don't have to worry about missing some detail that you can only see on a screen," McGuire said. "You can listen to it while working, I personally listen to them while doing homework or mowing."

While some podcasts discuss politics and news, oth-

ers tell stories like radio dramas of the 1930's

"I think [podcasts] are the perfect bridge in between the two generations," McGuire said. "Older generations listened to radio shows, which have been dying out. Whereas more people are listening to podcasts more than ever before."

According to Forbes young millennials only spend 12 percent of their time with radios, where as they spend a mean average of over six hours listening to podcasts according to Edison Research.

While McGuire thinks that podcasts are a great way to bridge the gap between generations, Eversman believes that podcasts are a way to bridge the gap on social issues.

"All [Conservatives] really have is Ben Shapiro, who has been an influence on me," Eversman said. "Being raised in a conservative household, I came to find that I related to [conservative] ideas more, but that's not to say that I have a problem with Liberals."

Eversman also added that while his podcast leans toward conservatism, it doesn't mean that he is not completely against all liberal ideas.

"This is America, [liberals] can believe what they want and say what they want," Eversman said.

Eversman said that he started doing his podcast as a hobby.

"At first I thought it would be fun to put my opinion out there and see what people think," Eversman said.

But, throughout the process it became something else to Eversman.

"I have voice in America, which is not something you see in some countries, I want to express my first amendment right to the farthest extent," Eversman said. "Not to offend anyone, not to make anyone think that my opinion is superior, I'm just saying that this is what I believe."

Eversman went on to discuss

the importance of expressing one's opinions.

"My grandfather always said that a man who doesn't speak doesn't move," Eversman said. "If you don't use your voice and don't stand up for what you believe in, then no one else is going to do it for you."

According to podcast insights, 48 million people listened to podcasts last year, and 16 million people in the U.S. are "avid podcast fans".

With these numbers, we are seeing a new rise of accessible information according to clinical psychologist Jordan Peterson.

"I think today's day and age is the best time to be alive than there ever has been," McGuire said. "You can get any piece of information right at your fingertips. You can also let anybody hear what you have to say in a matter of seconds. It's the best time to hear and the best time to listen."



Photo by Kole Phelps.

Sophomore Jonah McGuire records his podcast "Pan Left" in the old library. His podcast consists of movie reviews. With the equipment that he uses, McGuire can record his podcast anywhere he chooses. "My whole setup fits in my laptop bag. The mic stand, my laptop and my microphone can all fit in there, including a second microphone stand in case I need to interview someone," McGuire said.

Student learns lessons through competitive pageants

Jack Gulley, news editor

Gaining communicative skills, scholarships and friends are something junior Maddi Ladd is familiar with, and she accomplishes these things by doing one simple thing: competing in pageants. Between playing on the diamond and giving presentations, Ladd finds time to get coated with makeup, doused in hairspray and zipped into a gown before competing in something she loves.

Pageants, which are one of Ladd's passions, are widely known by the general population, but Ladd experiences the behind the scenes aspect. As a model and pageant participant, Ladd feels like others view her interests in a light-hearted or even joking sense. However, Ladd is serious about her competitions and rigorous in the preparation required.

"I work out with a personal trainer twice a week to stay fit and dress ready," Ladd said. "About three weeks before pageant day, I will meet with my pageant coach as much as possible and text her 24/7."

Conferencing with her coach is so time-consuming it was difficult for Ladd to find time to complete this interview.

Ladd has competed in three pageants, taking the titles of both second runner up and first runner up. She feels that crowning is the most nerve-racking stage of pageants.

"You are standing there in front of a crowd trying to look as put together as possible, when you are freaking out inside, and if you do not win, you still have to be extremely happy," Ladd said.

Aside from preparing her gowns and being nervous, Ladd is involved in softball at the high school and Future Business Leaders of America. These activities have individual schedules that do not always coincide, yet she maintains her grades and plays on a traveling softball team. According to writer Lorie Witkop, pageants can often add extra stress on to those com-

(Right) Junior Maddi Ladd shows off her winnings at Caterville Free Fair pageant where she placed second runner up. "I've made lasting friendships being in these pageants," Ladd said. "I often text Makenna, who won the pageant that I won second runner up at, for pageant advice and anything in between."

peting.

"When competing, the common teen insecurities can be magnified," Witkop says.

However, Ladd has gained confidence and mentors from her experience thus far, breaking the stereotype about pageants. In fact, Ladd has started friendships with her peers, even though they are competing.

"I have made a lot of friends, which we call sister queens, and I can go to them for advice, since they are older than me," Ladd said.

Ladd has also enlisted classmates to aid her in preparation. Senior Savana Robinson has done Ladd's makeup before pageants, and she sees a positive influence on her friend.

"I do think Maddi is affected, but in a great way," Robinson said. "She loves them deeply, and it makes her happy."

Robinson sees a change in Ladd's confidence after her competitions.

"It gives her a chance to be out of her comfort zone, which can be challenging," Robinson said.

Robinson thinks the variety and individuality of the pageants keeps it exciting for Ladd.

"I think they are important to her because it is something different every time," Robinson said.

Even though Ladd enjoys the pageants, there are also practical reasons for her taking part in the competitions.

"I mainly do them for scholarships," Ladd said.

Gaining money for her future through pageants plays a part in her daily routine. However, the activity has led her down many different paths.

"Recently, I started modeling for a dress store near Chicago," Ladd said. "They are a huge sponsor for a lot of pageants, and they pick about 25 pageant girls to model for prom."

Throughout the entire experience, Ladd feels as if she has changed for the better. Ladd sees the positive sides of pageants, even though she started the competitions as a joke.

"It has taught me to accept change in my life and that I can definitely be successful at more than one thing," Ladd said.



Photo provided.



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Problems in college take students back home

Savannah Hubbs, sports editor

Graduation is fast approaching and high school seniors everywhere are dreaming of the days when they will go to college and be free of constant parental supervision.

According to EdSource, more and more college students find themselves heading back home after the first year, some after the first semester.

According to College Parent Central, "several national studies suggest that as many as one third of college students do not return for their sophomore year of college, but there is little data regarding how many of those students leave at the midpoint of their first year."

Although many students do not return to school at all, some decide to transfer, often to a community college, as an alternative that will keep them closer to home.

"Now that I left the University of Southern Indiana, I am going to Southeastern Illinois College for the spring semester, and then I am attending Southern Illinois University Carbondale in the fall," college freshman Karrigan Bush (2018) said.

There are many different reasons students do not want to return to school.

According to EdSource, "70 percent of College Track's non-completing students cite factors such as stress, isolation and feeling a lack of social belonging as the reasons they withdraw from school."

EdSource states that even academically advanced students can see negative effects in their performance due to poor social-emotional wellness.

"I wanted to leave USI because I was very unhappy there," Bush said. "I did nothing but sit in my room after classes because no one socialized there. It was weird. Basically felt like if you did not go there with people you knew, you would have no one."

One way to potentially prevent a dislike in the chosen college is to do research on all aspects of the college such as financial aid, location, academics and size and visit it.

According to U.S. News, "Students and parents should have no unanswered questions by the time they send their deposit to a school, experts say."

In Bush's case, it took attending the college to realize it was not what was best for her, even after doing visits and research.

"I didn't have any doubts about going to USI before attending," Bush said. "I was sure it was the college for me. I visited the campus as much as possible, and talked to some people I knew that went there."

Low-income and first-generation students also face difficulties when it comes time to returning to school.

"According to a survey from LendEDU, more than half of the current college students surveyed said they had to drop out of college after they were unable to find funding. What's more, nearly 79 percent of those surveyed added that they may need to delay graduation as a result of financial constraints, and 55 percent of them said they struggled to find enough money to pay for college overall," stated in an article by Fox Business.

Although changing colleges in the middle of the year can cause chaos, Bush feels it was the right choice for her.

"Leaving USI made me feel 10 times happier," Bush said. "I can finally eat healthier, I can hangout with my friends more and spend more time with my family. I finally have a job. Finding a job over there was extremely hard. I am way less stressed then I was when I was at USI."

Quotes For Thought

According to data from Complete College America, only "...20 percent of students complete a bachelor's degree in four years."

A study done by Toby J. Park, an assistant professor of educational leadership and policy at Florida State University claimed that, "While a percent increase in wages has a roughly 4 percent effect on the odds of stopping out," according to the study, "we see a whopping 13 percent decrease in the odds of graduation."

"The U.S. has the highest college dropout rate. We're number one in terms of the number of people who start college but we're like number 20 in terms of the number of people who finish college." - Bill Gates



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