THE

PURPLE CLARION

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Theater department 'has got this'

Freaky Friday to premier this weekend

Kylan Jerrell

The theater department is set to perform its spring theater show, Freaky Friday, March 15-17. The show is heavily based on the 2003 movie with Lindsay Lohan and Jamie Lee Curtis, where a mom and daughter get into an argument and magically switch bodies.

"I play Katherine, but for most of the show I play Ellie," junior Natalie Beck, a lead role in the show, said. "The concept of the show is about a mom (Katherine) and a daughter (Ellie) who have to live in each other's shoes for a day and how that affects them."

Freaky Friday differs from shows that Harrisburg has previously performed.

"We typically do big fantasy shows," director Hannah Drake said. "I mean, that's probably what we're most known for; (this show) is incredibly contemporary and opposite."

The set will also be different from past shows.

"The technical elements in this show are large and different from our other shows," Drake said. "This is pretty much a unit set, but we're getting LED walls installed for this show, so it's all about projections to show our different locations, and that's something we've never done, and that's what probably makes us the most nervous right now."

Freaky Friday will be different from the fall show HHS performed last year, Matilda.

"As an ensemble member, (Freaky Friday) is definitely a bit more difficult than my parts in Matilda," freshman Dwayne Trammel said. "The ensemble does a lot of dancing and singing at the same time. The show is really fun. All the dances are different, and it keeps you on your toes."

Similarly to the two leads who have to play two dif-

ferent characters, the large ensemble will also have to play multiple characters.

"Anytime you have a movie musical, or where a musical has been turned into a musical from a movie, there are certain challenges with it," Drake said. "One of the biggest is that there are lots of characters in lots of locations, so you have a ton of named characters that are only in a scene or two, and because of technical limitations, you can't have every single person play someone else."

Just like any other HHS show, the cast fully expects to overcome any challenge in their way.

"I think the show is coming together nicely," Beck said. "I feel like every show you have that moment of panic where you are like 'it isn't going to get done,' but in the end, they are always amazing. I know I speak for almost everyone when I say we are so excited to get to share this show with our families, our school, and our community."

Beck is excited to share the show with an audience.

"I'd say (to those attending) expect to have a good time," Beck said. "You'll laugh; if you're like me, you'll cry. It has a bit of everything; I think anyone can enjoy this show."



Photo by Frankie Messerschmidt.

Members of the student ensemble watch freshman Noah Billman, "list-master" Adam expectedly. As list-master, Adam must keep track of all of the items on the list of "The Hunt," an annual school wide scavenger hunt. To find out more about The Hunt, and the rest of the story of Freaky Friday, students can see the show March 15-17 at the George T. Dennis theatre at SIC.

Prom committee decides theme

Riley Mize

A Night of a Thousand Lights is set to become a night of a thousand stories. Students on the Prom Committee have agreed on the theme for this year's Prom, to A Night of a Thousand Lights, to portray a night sky looking room.

Prom will be held May 4.

Midnight Rose Garden, Midnight Masquerade, and Night of a Thousand Lights were all themes the Prom Committee had as options the students had agreed on.

"The whole committee got together and looked through the magazines," junior Lily Cranmore said. "We all came down to three options and we all voted on what we liked the best."

The adviser of this year's Prom Committee is Spanish teacher Kristin Allen. Allen gathered a group of six juniors that are now part of the committee.

committee.

"We all discuss our ideas for Prom, we pick our theme and then de-

cide on how we are going to decorate things," junior Kinzleigh Smothers said. "We also have to sell Bulldog Bucks cards to raise money for Prom."

Students on the committee are making sure that they have everything they need.

"There will be a DJ, dancing, refreshments like juice, water and soda,"Cranmore said. "There will also be snacks and cookies, and we're hoping, a lot of fun."

All students must buy a ticket to get into Prom. Prom tickets will be sold closer to the event. The money raised from the ticket sales will go towards expenses.

"Ticket prices will range from \$20-\$25," Smothers said. "The money from the tickets will go towards decorations and snacks that will be provided there."

Junior parents are raising money for After Prom.

"After Prom will be held from 11 p.m.-3 a.m.," Smothers said. "(It) will be held at the bowling alley in Muddy. There will be bowling, games, prizes, food, drinks, and chances to win all kinds of prizes."



Clarion excels at Winter Conference

Kylan Jerrell

Every year since 1951, the School of Journalism and Advertising at SIU Carbondale, with the help of SISPA (Southern Illinois School Press Association), holds its annual Winter Conference to give high school students greater insights into the world of journalism.

This year was the 73rd annual Winter Conference, and 230 students from 12 different schools came from the Southern Illinois region to participate Feb. 28.

The winter conference has 14 on-site categories for students to compete in, and two people from the same school can apply to the same event, whether it's the newspaper or the yearbook events.

"School journalism includes year-book and web as well as social media," Purple Clarion adviser and current director of the SISPA executive committee, Cathy Wall, said. "A lot of schools don't have a newspaper or a website, so the only record of what happens in the full year is the yearbook."

In addition to competitions, the conference also has sessions where students can learn more about different aspects of producing the paper.

"Local photographer Stephanie Susie has presented for the last three years," Wall said. She added that having local business people in shows students that what they learn in their journalism classes can have real world applications.

Another speaker at the conference was Aaron Manfull, the chair of the Journalism Education Association's Digital Media Committee. Manfull's keynote address was about how students can use AI in the process of producing their student media. He also conducted one of the learning sessions.

"I thought it was really useful, because it showed what people can do to advance their publications," senior Frankie Messerschmidt said. "I'm really interested to see how AI is going to change journalism."

Wall believes high school students reap many benefits from attending the Winter Conference.

"I think the Winter Conference is a big deal," Wall said. "It's a place for kids to learn and a place for them to connect with other students who are engaged in similar activities. It's always nice to meet someone who shares your passions."

Students who typically wouldn't gain recognition for their journalism work

have the opportunity to be recognized at the Winter Conference.

"Yeah, (the competition) is about your team and how well they work together to support one another, but it's also an opportunity for kids from small to get some recognition," Wall said. "A lot of times, small schools like ours, it's not that they're reporting for just their school-they're reporting for their community."

Despite surrounding schools having more students to compete, the Purple Clarion still placed for awards.

"We have consistently held our own, which is pretty impressive," Wall said. "When you consider we have a much smaller staff than schools like Belleville West, or Edwardsville, or Alton and the fact that we're able to go and produce content that is every bit as good, I think speaks pretty highly of the commitment my students have."

Wall and her staff are currently working to add an archival element to the Clarion website.

"I used to have these posters around the top of my room that listed all the awards my students won individually in journalism competitions," Wall said, "but when we remodeled, I had to take them all down. I still have them though, and before I retire, I want to get those names posted on the Clarion website."

Wall also hopes to begin the process of digitzing archival copies of the Clarion and posting them in a format that will be easily searchable.

"It's going to be a big job," Wall said, "but my staff likes the idea and they are willing to help me do this

Messerschmidt, the Purple Clarion editor and a three-year Winter Conference attendee, is proud of her fellow journalists.

"Unfortunately, we have a much smaller staff compared to a lot of schools that always attend," Messerschmidt said. "We still do so well, though. We had 27 awards with our small but mighty staff; I think we all did our best in our competitions, and I'm proud of everyone."

Whittleigh Trusty, a senior and newest recruit of the Purple Clarion, placed first in her event: on-site feature writing.

"Newspaper as a whole is still new to me, and I honestly considered not going or participating in SISPA because I had no idea what the competition even was," Trusty said. "It wound up being a fun, unique experience, and honestly I'm kind of sad I won't get to go next year."

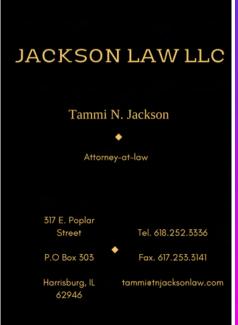


Photo Provided by Cathy Wall

Seniors Whittleigh Trusty, Frankie Messerschmidt, Kylan Jerrell and Gavinn Swann show off the awards they won at the Southern Illinois School Press Association (SISPA) contest Feb. 28. Students across the region sent in articles, layouts and competed on site in writing and design contests at the event. Additionally, adviser Cathy Wall was honored with a Legacy Award due to her contributions during her time as SISPA director.









Bryleigh Lewis 3rd

Review

Frankie Messerschmidt 3rd



Avery Woolard 1st

On-site Feature

Whittleigh Trusty 1st





Student problems with Chromebooks makes me ask, "Are they really better?

Kennedy Borders

HHS students are given one Chromebook to last them four years of highschool. Now that it's my senior year there seems to be more problems with the Chromebooks, but not only mine.

I'm always typing on my Chromebook. Most of my keys are nonfunctional. One thing that really makes it hard is my comma key does not work. Every time I need to use a comma I have to copy and paste one.

Last year work was mainly on computers. This year is better because we actually have some paperwork. Last year I told the Media Center about my Chromebook case because it was broken. The zippers were no longer working so my Chromebook could just fall out at any time. Everywhere I walked I carried it a certain way; if not a catastrophe could happen. After I told them about it at the end of the year, they told me they would have it fixed by next school year. When I got it back, the case had not been fixed or replaced. However, it was just a case so I wasn't that

But as my senior year has gone on, my Chromebook became hard to manage. More keys started messing up, and it just made me mad, so I started using a Mac-Book from the News Media Production lab. Typing is a big part of our journalism class, and high school in general so having a good computer to use is essential. A Clarion member, senior Avery Woolard, is having similar problems.

"My Chromebook is very messed up now that I have made it to senior year," Woolard said. "My space bar doesn't work and half of my keys are messed up as well. With no space bar it is basically impossible to type, so I am also using a Machook from the lab."

Sometimes Chromebooks will just stop working entirely.

"A couple days ago my Chromebook stopped loading, and I took it down to the media center to see what they could do," junior Cole Abney said. "They gave me a loaner Chromebook, but it didn't seem to work too well at all. The keys were very sticky and were very hard to type on. It took more time to type and do my assignments." Currently 50 loaner Chromebooks are avaible. There's always a protocol if a student's Chromebook is broken, but for students who leave their Chromebook at home and find there are no loaners are out of luck because everyone is expected to be responsible and bring their Chromebook every day.

As the computers get older, it's no surprise that there will be problems. Chrome-books cost about \$300 for schools, and it's reported that the Chromebooks last about four to five years. According to Education Week, other schools have Chromebook isssues.

Not all kids can access Wi-Fi outside of school, so computer assignments like NoRedInk and Edpuzzle should be done in class. Teachers should keep all the Chromebooks in the classroom to keep them in better shape and can be charged fully for the next day.

Another option would be for students to bring their own computers and conect to the school network, but not everyone has one.

Finally, we could use labs like the one in the College and Career Center to use the computers instead.

In my opinion it would just improve our high school experience if we could go back to paper and pencil work for most assignments so everyone gets a fair chance; if our Chromebooks are not working properly how are we supposed to do our work without having a lot of stress?



Teens are not helpless against human trafficking

What students can do to help fight modern slavery

Bryleigh Lewis

Human trafficking has been a problem around the world since ancient history. It's becoming more and more common, but it should not be. Teens can potentially protect themselves from human trafficking and fight to stop this awful crime.

According to the Illinois State Police's website, human trafficking is one of the most under-reported and under-identified crimes and one where most victims typically do not reach out for help. Human trafficking happens all across Illinois. Trafficking rings have been found in urban and rural areas of the state.

There is more than one type of human trafficking including forced labor and sex trafficking.



The Price Isn't Right!

Prom expenses have gotten out of hand, but there are ways to reign them in

Avery Woolard

Most high school students love the idea of dancing the night away at the Prom, buying a pretty bouquet, renting a suit, getting their hair and makeup done, buying shoes to match their outfit perfectly, and to top it all off... the magical dress. While this sounds like the perfect display of elegance and grace, for most families Prom can be a financial burden.

The average household income in Harrisburg, Illinois is \$58,374 with a poverty rate of 24.1% according to Census.gov. This makes about 2000 of the 8100 residents of Harrisburg impoverished. This can make Prom a financial burden.

The average special occasion dress costs between \$300-\$399 say Promdressshop.com. This is such a costly amount of money to spend on a dress for one-night wear. Though many people do their makeup and/or hair themselves, some choose to have professionals do this for them. Combined this can take \$150-\$200, as stated by PromHeadquarters.com.

Locally, the SIC cosmetology program offers cheaper hair appointments around the time of the surrounding counties' proms. This is awesome because it means anyone can get a more affordable hair appointment, and it helps out the SIC students and gives them more experience in hair styling. Students who find themselves in a rut, not wanting to do their hair but also not wanting to spend a large amount of money on a professional, can call ahead of time and make an appointment with a SIC cosmetology student.

After the dance, many students try to resell their dresses. When students try to resell their dresses they are under, if not half the original price, which still leaves someone spending around \$200 not including if the dress has to be shipped to the buyer and the accessories needed to complete the outfit.

Another option is to locate a dress giveaway. Since the Prom is a school-affiliated event, I think it is awesome that the school holds used Prom dress donations and takes those to create a "Prom Dress Giveaway" for students to browse and pick out a free dress. This is extremely helpful for families who may be financially struggling at the moment and can't take on Prom expenses.

Key Club hosted a giveaway last year as well as one for Homecoming. They will also be giving away dresses this year. Students can make an appointment with club sponsors Janet Hughes or Cathy Wall or with White Hats adviser Heather Mandrell to view and try on dresses. Any junior or senior can participate.

Prom is a night full of fun and memories that will last a lifetime for both girls and boys. Most people might think that all the expense is on the dress buyer but there is also a huge money loss for a suit to rent. The average cost of renting a suit for Prom can range anywhere from \$30-\$100 according to Flexsuits.com. This does not include the dinner that is typically attended before the dance, to buy bouton-niere and bouquets which average \$55 together says Phillipflowers.com.

Another option for lowering the cost is to make flower arrangements at home. There are cheaper and more affordable flowers at Walmart, floral stores, or online that Promgoers can buy to put together their bouquet. All it takes is some hot glue and some ribbon around the stems to make them stay together.

Overall, prom is a night to remember that is full of so many fun memories and pictures to look back on forever. As the years go on and prom expenses seem to rise, never doubt that there are cheaper ways to get around some of the major costliness of Prom. Just remember, the amount of money spent doesn't necessarily equal the amount of fun you have.

But teens aren't helpless when it comes to battling this crime. There are things we can do to help.

We can all watch for signs that a person is a potential victim of trafficking.

If a person seems to be controlled or isolated by an employer, they may be a victim of trafficking. Working in dangerous conditions without proper safety gear, training, adequate breaks, or other protections is another sign. Other signs are feeling scared or unable to leave their job or home, and having a controlling parent, guardian, romantic partner, or "sponsor" who will not allow them to meet or speak with anyone alone or who monitors their movements, spending, or communications are all signs of labor and sex trafficking according to the Illinois State Police website.

Some other ways that students can help fight against human trafficking, according to Illinois government resources are encouraging local schools or school district to include human trafficking in their curricula and to develop protocols for identifying and reporting a suspected case of human trafficking or responding to a potential victim. Students can also organize a fundraiser and donate the proceeds to anti-trafficking organizations.

One thing that every teenager could do to spread awareness is using social media platform(s) to raise awareness about human trafficking, using the hashtags #endtrafficking or #freedomfirst. T

Locally, the R61 boutique in Harrisburg is taking initiative in helping to fight human trafficking (see the story about R61 at hhspurpleclarion.org). Shopping at this resale boutique provides funds to fight this crime. I feel that this is a great way to start spreading more awareness around smaller areas like Harrisburg and will hopefully fight human trafficking in our area.



Students find varied benefits by participating in co-curricular school activities

Before students even enroll in high school, becoming familiar with the different activities, clubs, and sports they can join is advisable. Some, however, may be on the fence when it comes to deciding if participating in extracurricular activities is worth it.

We believe that extracurriculars are important due to how they benefit the individual and the community, and how they can prepare students for life post-graduation. There are many types of extracurricular activities offered at HHS– from speech team to Key Club to Dawg Pound and more. There are activities for everyone.

While there are many observable benefits that come with extracurricular activities, some students may still wonder what the point is. High school is already such a busy time of life, and not everyone wants to spend even more time at school during extracurriculars. They may feel that this wll add stress to an already hectic schedule loaded with demanding classes Admittedly, activities such as theater, speech and FFA all take up a lot of time and could be stressful for some. Other students may not feel that they have that time outside of school for extra activities, especially if they have a job on the side of school. But there are benefits that make the sacrifices well worth it.

One main advantage to extracurricular activities are the benefits they bring to the individual. Extracurriculars help students discover new hobbies and interests in a familiar environment. An article from College Board's BigFuture explains how high school is the perfect place to try new things in the form of extracurriculars. They claim that "high school is a time to try new things, learn new skills, and develop new passions." Along with new skills and hobbies, students can also make new friends.

Another aspect that draws students to certain activities is the impact they can have on their community, whether it be within the school or outside it. Community service clubs are largely popular in high schools nationwide. HHS offers two clubs with a main focus on community service, Key Club and White Hats. However, other clubs offer community service opportunities as well, such as Art Club and History Club.

Having experience in community service looks really good on college applications which is another big draw to these types of clubs. College admissions officers love an application that shows a student's skills outside of their academic abilities like time management and work ethic. Soft skills such as communication and teamwork are traits employers desire, too. Some schools even have extracurriculars, such as Reserve Officers' Training Corps, dedicated to students looking to join the military after graduation.

Overall, extracurricular activities are a mostly good experience for high schoolers to have. Whether it be something small or something large, there is usually an activity for everyone and the benefits they have for students and their future make them worth investing time a person's time.

Students question if intercoms are interuptive or innovative

Leah Haugen



Nobody likes being interrupted, especially during a presentation.

Intercom interruptions have been an ongoing complaint issue throughout the semester with both students and teachers finding the interruptions to be a distraction.

Having an intercom in schools is beneficial as it notifies students and staff of daily announcements, reminders, and other news. However, using the intercom is unnecessary when it comes to disrupting the entire building over one student.

A solution to this issue is calling that student's current period and notifying them to report to the office. This will ensure that other classes are not interrupted and that the student is actually in the building at that moment.

While the intercom has many uses, the constant interruptions in class distract students and cause teachers to lose their train of thought. When teaching lessons, there is often a flow to presentations. However, interruptions over the intercom affect this. Interruptions during lessons can cause students to lose focus towards another thought rather than the lesson itself, often taking a few seconds to reshift and proceed with the lesson.

Those who struggle with concentration issues find the intercom interruptions to be a bigger distraction. This can be a problem in buildings with younger students who naturally have shorter attention spans as well as students with ADHD.

An announcement over the intercom only takes a few seconds. Although, there are infrequent moments where the intercom will malfunction, this loud ringing and static is a technical problem that affects those with hearing sensitivities and can distract those who are testing.

Despite the frustration, students and staff are understanding of the mishaps with the intercom.

"It feels as if someone is interrupting me all day. As if it only turns on when I'm in the middle of a perfect thought. However, I do understand the importance of the intercom as the secretaries aren't to blame. It's just the frustration of getting interrupted," English teacher Stephanie Winkler said.



Cartoon by Francesca Messerschmidt

Picking clubs can be overwhelming to some. It never hurts to ask for help when finding the right choice.

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The Purple Clarion is non-biased, student produced news, sports and feature publication dedicated to accurately reporting events that interest and impact the students of HHS.

Staff

Francesca Messerschmidt, editor Kennedy Borders Sydney DeVous Leah Haugen Kylan Jerrell Bryleigh Lewis Riley Mize Gavinn Swann Whittleigh Trusty Avery Woolard

Letters to the Editor

The Purple Clarion encourages letters to the editor. Letters should be sent from a school email or printed and signed and submitted to adviser Cathy Wall. All work is subject to editing at the discretion of the staff, and once submitted, becomes property of the Clarion. Content in letters to the editor do not necessarily reflect the opinions of the Clarion staff.

The Purple Clarion is a member of the Southern Illinois School Press Association.

People to flock from across nation to view eclipse

Gavinn Swann

The Southern Illinois region will see a total solar eclipse April 8. People from across the nation will be flocking to the region to experience the event.

Harrisburg is in the epicenter of the path of the eclipse and totality (where the moon is completely covered by the sun) will last approximately four minutes.

"It's going to be really good for the city of Harrisburg," Eclipsefest planning committee member Lisa Knight said.

"Eclipsefest" is a city-wide celebration of the eclipse. The event will feature live music, food trucks, children's activities, and other family-friendly events.

"We see a lot of people each year come to Harrisburg because of Sasquatch fest. We're hoping that we can cash in on that with this event for the eclipse," Knight said.

The main event will take place at 121 Veterans Drive, with gates opening at 10 a.m. The main attraction will be a concert by country music singer Ronnie McDowell. Tickets are \$25 and all proceeds from sales will go back to Coleman Tri-County Services who will use it to help those in need.

"Ever since we were able to have Wynona Judd in 2020, we have been able to attract many people for concerts and other events," Knight said.

The influx of people also creates a lot of possibilities for local businesses and restaurants to make money.

"Our Sasquatch fest is one of the busiest weekends of the year for local restaurants, so these festivals create a lot of revenue and cash flow for Harrisburg," Knight said.

Saline County is ranked as the fourth poorest county in Illinois by various sources. The lack of industry and investment in the communities has left many people without options, causing those folks to move out.

"Lots of people are in bad situations, that's why we're capitalizing on this event, to show people the possibilities in Harrisburg," Knight said.

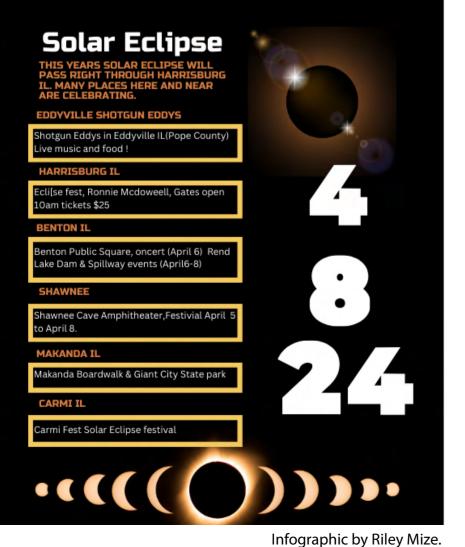
The hope is that tourists who come to visit for the eclipse will realize the potential that Harrisburg and Southern Illinois has to offer, and hopefully those same people will invest and bring industry to the region.

"We have a couple of ladies that have booked camping spots and are pulling their campers here from South Carolina. It goes to show that word of this event is reaching across the nation, I've talked to multiple hotels and most of them are nearly fully booked" Knight said.

This eclipse is set to last for about four minutes of totality, nearly double the time of the 2017 total solar eclipse. The partial eclipse will begin at approximately 12:42 p.m. CST. Totality will begin at approximately 1:59 p.m. CST.

"It was said a lot in 2017, but this eclipse could be a once-in-a-lifetime experience for many, the next one isn't until 2044. So please come out and support the community and celebrate with us," Knight said.

If you're located in an area with little light pollution, you'll be able to see some of the brightest stars, like Orion, and even a few planets



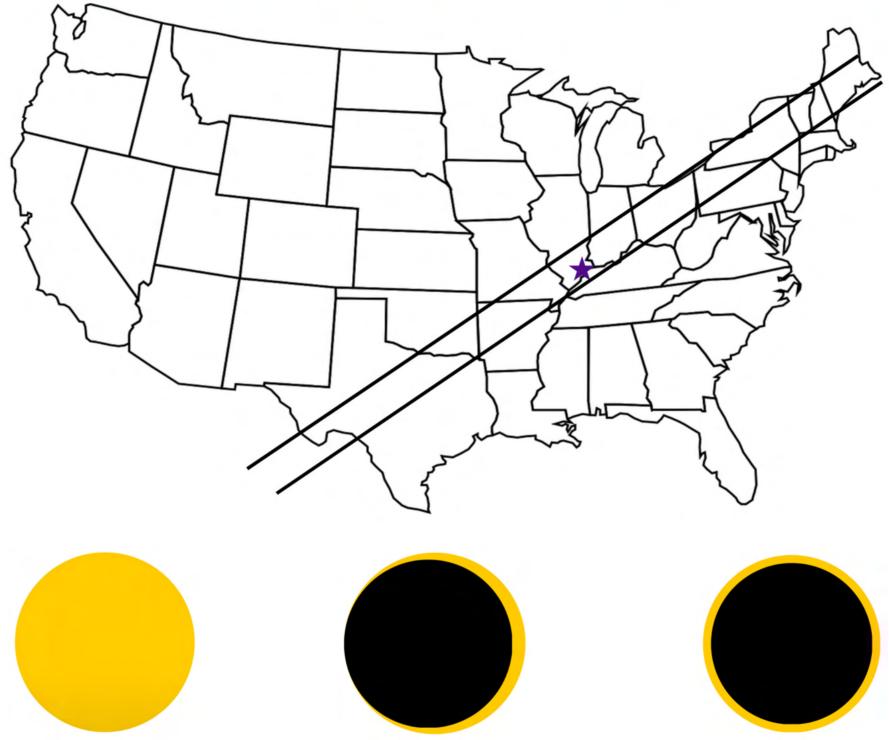
and was thought to be an omen of bad things to come. The word eclipse comes from the Greek word ekleipsis which means "being abandoned".

In ancient Greece, a solar eclipse was

seen as a sign that the gods were angry

During an eclipse, local animals and birds often prepare for sleep or behave confusedly. Local temperatures often drop 20 degrees or more near totality.

PATH OF TOTALITY FOR APRIL 8 SOLAR ECLIPSE



A spot near Carbondale, Illinois will experience the longest duration of totality, more than 2 minutes and 40 seconds.

Just like tornado chasers, eclipse chasers also exist. Known as umbraphiles, which means shadow lovers, eclipse chasers are known to plan their world travels around pursuing eclipses. The element helium was discovered on August 18 1868 by the French astronomer Jules Janssen (1824-1907) when he observed the spectrum of the Sun during a total eclipse in India.

The maximum number of solar eclipses (partial, annular, or total) is 5 per year, and there are at least 2 solar eclipses per year somewhere on the Earth.

Solar eclipse happening over Harrisburg: A twice-in-a-lifetime event

Whittleigh Trusty

Every once in a while, an event occurs that causes our sun to be blocked out by the moon. This ends up causing a ring-like appearance to the astral bodies, and we call it an eclipse.

When a total eclipse occurs, it can only be seen from certain areas, and it just so happens that Harrisburg is the ideal viewing spot for the one that will occur April 8. There are multiple types of eclipses, however.

"Solar eclipses occur only when the Moon passes between the Sun and Earth during (the) New Moon but not every New Moon. When the Moon passes only partly across the Sun's disk, we see a partial solar eclipse. When the Moon blocks out the entire Sun, [...] we see a total solar eclipse," said the National Solar Observatory (NSO) in "Eclipse Science."

What will occur on April 8 is a total solar eclipse. The moon will completely block out the sun, leaving only the "corona." The corona is the name given to the outer parts of the sun. During an eclipse, it can be seen surrounding the moon, leaving just the ring around it. Until then, it's important to wear UV blocking glasses.

"For anyone not viewing the moment of totality, solar eclipse glasses are crucial for protecting your eyesight. These are the points in which only part of the sun is blocked by the moon, and even brief views directly into the sun's light can damage your retinas — permanently," said Jamie Carter and Taylor Fox in an article for "Travel and Leisure".

Thankfully, these special eclipse glasses make watching the solar eclipse before the moment of totality safe. Since the Sun is so far away from Earth, it appears about the same size as the moon, leaving just the outer part of it visible during said totality. This blocks most of the Sun's light, making it safe to see. Due to how uncommon it is for total solar eclipses to occur over the same spot twice, people come from all over to see the event.

"It definitely brings the science community together. Other people it brings together to have a good time and have fellowship, things like that, but the science community it does. It also brought attention to Southern Illinois, because NASA came, and a lot of scientists have come, so that part's been a big deal," said science teacher Janet Hughes.

Student safety while experiencing the eclipse

Leah Haugen

When viewing the eclipse, eye protection is necessary as directly looking at the sun can cause permanent damage to the eyes. Safe solar viewing glasses, also called eclipse glasses, are made for the purpose of protecting your eyes from potential damage from the sun.

The solar eclipse can cause blindness due to retinal burns and damage from the light. When the retina is damaged, it affects the process of sending information to the brain. Without these signals, the brain will struggle to make an image, eventually leading to blindness.

When the retina is damaged, there is no pain. According to the American Academy of Ophthalmology, those who have endured eclipse blindness seldom feel pain or discomfort as there are no pain nerves in the retina. If damage occurs, visual symptoms will occur 4-6 hours later.

Counterfeit eclipse glasses are a problem on the market as they do not provide the true protection from the sun's rays. According to the American Astronomical Society, glasses labeled as ISO 12312-2 Standard have verifiable protection and can be used to view the eclipse. This label can be found on the side of the glasses.

Even viewing the eclipse through a camera lens can damage the eyes just as much as viewing it directly. Viewing the eclipse through the camera viewpoint does not prevent potential damage from the light. Special camera lenses are made to ensure minimal damage to both the camera and the eyes. It is important to buy appropriate equipment ahead of time.

People who wear glasses must have eye protection as well. Eclipse glasses should be worn over prescription glasses.

People must wear eclipse glasses at all times when viewing the eclipse. However, there is a small time period during the eclipse where it is safe to remove the glasses. This time frame is known as totality. Totality is when the sun is fully covered by the moon. When the sun's light is no longer visible through the glasses, it is safe to remove the glasses and view the eclipse.

"I would definitely have the glasses that are provided," said school nurse Angie Shires. "Eye damage can result in vision distortion and color change."

We think of total eclipses as rare but the occurrence of an eclipse isn't actually that rare. A total eclipse occurs about once every 18 months.



Congratulations to senior athletes who have signed to play at the collegiate level





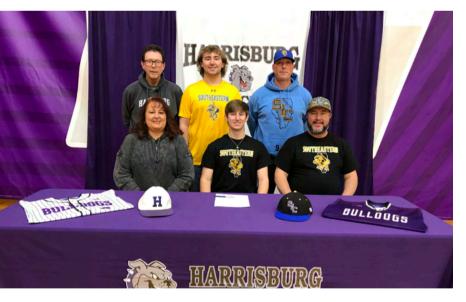
Frankie Leigh NIcholes, golf – John A. Logan College



Josh Golish, baseball -Olney Central College



Malachi Black, track – Southeastern Community College (Iowa)



Noah Arnold, baseball – Southeastern Illinois College



Ryli Fulkerson, volleyball - Frontier Community College





Jack Ford, baseball- Lincoln Land Community College



NCD IDC

Q&A: Insight from the Dugout

Kennedy Borders

Jay Thompson Varsity Baseball coach

Q-How do you think your season will go?

A-We expect a very successful year. We return eight starters and all of our pitching.

Q-What do you think are your team's strengths and weaknesses? A-We have lots of experience and are very athletic.

Q-Do you feel more confident knowing several of your seniors have signed to play college baseball?

A-I have always had confidence in our seniors. They have contributed to our success for several years.

Q-What's your winning strategy going to look like for this season? A-We have to throw strikes and catch ground balls. I know we will hit.

Q-What is your approach on handling conflict among your team? A-We have never had conflict with these guys, and I see no reason for that to change.

Q-What's an example of how you've improved your players' technique?

A-No comment

Q-How do you deal with pressure from parents regarding their child's playing time?

A-I do not talk to parents about playing time. That is my decision.

Q- How do you manage stress during high-stakes games?

A-I try to model a calm demeanor. If I act stressed, they will, too.



Red Stafford Softball coach

Q-Why did you become a coach?

A-I started coaching softball 16 years old and just loved the game.

Q-Can you describe what a typical practice looks like for your teams? A-We work on improving and strengthening the basic skills and work on the game situations each day in preparation for games.

Q-How do you view the relationship between academics and athletics?
A-The players and student athletes. The students/academics come first.

Many students that are successful in the classroom will be successful on the field which contributes to a good work ethic.

Q-What does your bench look like during games?

A-Players are to be engaged in the game.

Q-How many girls do you plan to have on the team, because more players equal less playing time?

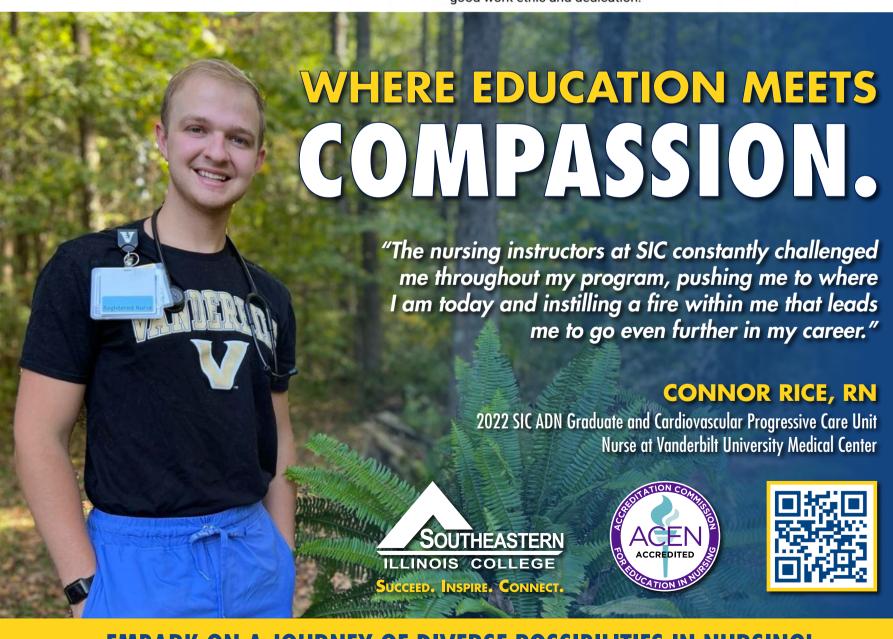
A-This year we currently have 17 players.

Q-What has been your most important accomplishment as a coach? A-My most important accomplishment is seeing my players continue their athletic and academic careers at the next level and also going to the IHSA State Tournament.

Q-How do you think this season will go compared to last year's season? A-I hope for the team to improve every year and to continue to work hard to achieve that goal.

Q-How do you motivate your athletes?

A-I motivate my players by encouraging them to work hard and develop a good work ethic and dedication.



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In a 'pinch'? Here's how to celebrate St. Patrick's Day

Avery Woolard

St. Patrick's Day has been celebrated for over a thousand years. According to https:// time.com, the March 17 celebration started in 1631 when the Church established a Feast Day honoring St. Patrick.

The U.S. started to celebrate this Holiday on March 17, 1737, when a group of elite Irish men from

Boston came together to celebrate over dinner what they called "the Irish saint,"

More than one in 10 people in the US have ancestors who left Ireland according to Quartz. As this holiday arrives, Americans get ready to wear green and spread some shamrock spirit as they honor their Irish heritage.

Over the years, many St. Patrick's Day traditions and myths have been introduced as part of the celebration. Wearing green, green-colored foods and dying the Chicago River green, parades, the theories of lucky shamrocks, sneaky leprechauns, and pinching those not wearing green have all become part of what was originally a religious celebration.

Leprechauns have become icons of the celebration. Tales of these small creatures first emerged in the eighth century, Their name is thought to come from the word "luchorpán," meaning small body- no surprise there as they are said to be only 2-3 feet tall as Trafalgar reports. Leprechauns are mythical figures in Irish folklore. While they are best known for hiding a pot of gold at the end of the rainbow, they are also supposed to be very sneaky, playing lots of tricks on unsuspecting humans according to Very Well Family.

One of the major Illinois traditions happens in Chicago. Enjoy Illinois reports that every year since 1962, the city dyes the river the Saturday before St. Patrick's Day. Chicago transforms the waterway into a shade of bright emerald green by dumping 100 pounds of environmentally friendly dye into the Chicago River. Since the whole river takes on this iconic color, there are a lot of great spots to view the dyeing on St. Patrick's Day. We recommend finding room on any of the bridges crossing the Chicago River. Still, visitors might have to get there early to snag a prime spot, according to the Enjoy Illinois' "The History of Chicago River Dying."

Locally, there will be a St. Patrick's Day 5k run/walk in Murphysboro Illinois. Participants are encouraged to wear green. The Murphysboro St. Patrick's Day 5K Walk/ Run is set to go down on March 16 says Let's Do This. St. Louis, Missouri will also be having their 55th annual St. Patrick's Day parade March 16. This Parade will happen "rain or shine". It begins at 20th and Market Streets, and proceeds east to its conclusion at Broadway and Clark Streets. The celebration is regularly noted as one of the top in the country according to Irish Parade The Parade - St. Louis

There are some other Irish traditions in the area as well. The Southern Illinois Irish Festival will take place April 27. The Southern Illinois Irish Festival is a free community event celebrating the beauty and heritage of Irish music and Celtic culture with a combination of regional and local performers offering music, dance, and authentic experiences for everyone. This festival is located in Carbondale, Illinois, and has an annual attendance of 1500+ with 20+ performers, reports Southern Illinois Irish Festival. Their mission is to ignite an appreciation of all heritages and cultures, throughout Southern Illinois and Beyond. The festival's goal is to unite the community, through food, music, and dance, with an appreciation for shared heritage and the importance of history.



Infographic by Avery Woolard.





Ste 1

Harrisburg, IL 62946



Graves Insurance Agency

Joel Graves Owner 105 S Commercial St Ste 1 Harrisburg IL 62946

P 618-252-9215 F 618-252-9217 Jgraves4@farmersagent.com



Students, staff remember Steve Vinyard's impact

Sydney DeVous

One of HHS' beloved staff members, Steve Vinyard, passed away Feb. 27, but his legacy will live on in the Harrisburg community and with students at HHS.

"Vinny has been at HHS for 15-20 years. While being at HHS, he's made a big impact on students because he loves and supports all the students," principal John Crabb said.

According to Crabb, Vinyard attended band concerts, worked basketball games, and worked as a substitute teacher. He wanted the students to actually learn something and would try and teach a lesson to be sure the students took something away from the class.

"We had kids that would go to SIC for a musical, and he would go and support those kids by watching the musical they were in. I've seen him at Walmart or just wherever and former students will come up and talk to him, give him a hug," Crabb said.

Crabb added that Vinyard was his baseball coach 35 years ago.

Hayley Harper (2018) added that her favorite memory of Vinyard would have to be anytime he subbed in P.E. because she hated that class and he would always make it better for me and more enjoyable.

"Mr. Vinyard has positively impacted myself as well as many other students

feel the same without

Vinny"

through his teaching career," Harper said. "His bright personality made him so easy to love. He cared about every single student he came across. The way he cared for us as students has shaped me into the child care provider I am today, and I aspire to impact students the way he has. He is a teacher I will literally never be able to forget."

Many students echo Harper's senti-

"Vinny has definitely made an impact on students," sophomore Kaniyah Hodge said. "Whenever a teacher would be out you would always hear 'The teachers out today, Vinny is our sub,' and when I heard that, I would always look forward to the class. He would always talk about sports and make jokes."

Hodge added that he was always an outstanding sub that everyone would look forward to even when they were having bad days.

"My favorite memory of Vinny would be when he was in PE subbing because he would let us listen to music and even sing along with us," Hodge said. "He would encourage us to do more in the weight room by always saying 'Come on girls! I know you're stronger than that."

Vinyard's willingness to attend student events created happy memories for many students.

"Vinny has definitely made a big impact during my years in high school. He was always trying his absolute best to make students feel happy and equal. My favorite memory of Vinny was at cowboy prom my freshman year," Autumn Jackson (2023) said. Jackson added that Vinyard and former HHS principal Scott. Dewar were out on the floor dancing to "Save a Horse, Ride a Cowboy."

Freshman Giovanni Roski said that she enjoyed when Vinyard subbed in her classes because he always tried to make class fun and was somehow always capable of putting anyone in a better mood.

'He would always find a way to brighten me up, even when I was down," Roski said. "He would always encourage me to do my work even when I thought it was impossible to do."

As principal, Crabb valued Vinyard's investment in HHS students.

"My favorite memory of Vinny was one day last year he subbed in a class for about two or three weeks," Crabb said, ' and this girl was failing and Vinny showed up early every day to school to tutor her as a sub and she passed a big test, thanks to Vinny's help and she came up to Vinny in the cafeteria one day and she gave him a hug while in tears and Vinny said to her 'That's exactly why I show up every day."

"Anyone who has been around Vinny has a memorable story about him. Whether it's talking about sports, knowing when the next major storm is going to hit, reminding kids about how close they are to graduating, or occasionally banging on the drums like there's no tomorrow. If you walked into class and saw Vinny, you knew something interesting was going to happen. He will surely be missed in the halls of HHS." - junior James Hutchinson

"This year when we played Benton in football, it was going to be the first time I started on defense. I was really nervous, but that day Vinny was my sub in 2nd hour and we were talking about football, and he was the first person to tell me that he believed that I would do good. That stuck with me, and I remember sitting during halftime, and his words were stuck in my head." - junior Briar **Butler**

"I'll miss how every time Vinny subbed him and Xander would have an argument about the Ohio State. Once, they even bet a 24 pack of Coke Zero on a game." - junior Dathan Case

"My favorite memory of Vinny was my sophomore year in Mr.

-senior McKenna Boon

Craig's class. We had specific directions of no talking because we were taking a test, but vinny made sure we had conversations with him the whole class period."

"He was my maternity sub and while I was in the hospital in labor, I was trying to give him direction on opening up Amazon to play a video for my kids. 10 minutes into the conversation, he asked me if the internet needed to be open to get Amazon. I told him to just go get Mrs. James and hung up. All while I was in labor. He and I loved to talk about history, he was a history nut. Especially the Cold war and JFK he would talk your ear off. I'm going to miss that. I don't know a lot of people that want to

sit down and talk about history." -

history teacher Marj Deneal.

"The high school doesn't - senior Grace Trammel

"When he was doing AE, several years ago, he called me from across the hall and said "This kid needs some help with math," I looked at the math and said it's "this this and this" he said "I have a 170 IQ but sometimes I forget math," I wouldn't let him just say that and I told him off and there was another science teacher who just could not keep a straight face," - resource English aide Kelly Chapman

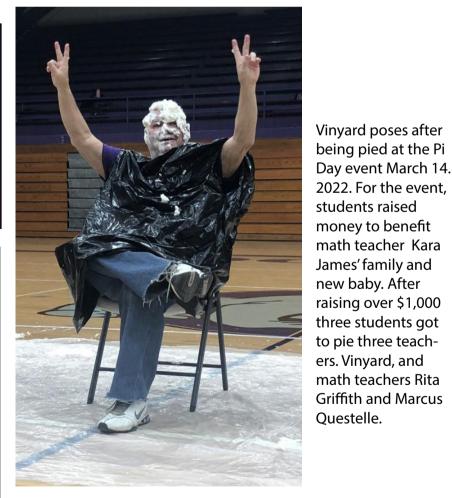


Photo by Frankie Messerschmidt.

"One time he was in my class and all the kids were teaching him "gen z" things, and he hit the griddy, it was hilarious. He was always making us laugh."

- sophomore Breanna Stapleton

"One time when Vinny was a sub in Mr. Craig's class, his phone wasn't wanting to work so he grabbed his glasses off his face and slammed them on the desk and broke them."

- junior Halle Boggess

"When he'd come into Subway I'd give him my employee discount. On Fridays he'd buy me cookies to return the favor."

- senior Baily Cook.





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