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Photos by Haley Sullivan.

(Left) In the new lab, science teacher Janet Hughes neutralizes chemicals before disposing of them. The experiment was done in the Chemistry II class. Due to the bright colors of the lab, Hughes combined old equipment, to prevent staining, with the new.

(Top right) Sophomore Krayton Morse performs a flame test, testing to see what colors would be emitted in a flame based off of different wave lengths in Chemistry I class.

(Bottom right) Sophomore Jake Hefner examines his flame, before he begins working on his lab work.

# Science teachers, students mix old, new equipment in labs

#### Maddi Kennedy, staff writer

Now that the science department has all of the new equipment and space, it is time to start implicating lab into student's academic routines.

WIth the new equipment comes new experiences. Due to renovations students have not been as active in lab. Those in more advanced science classes are just now learning how to apply their knowledge in the activities.

"We have been low in lab for the past two years," science teacher Janet Hughes said. "So comparing to what we were before, even though everything was old in C building, we still had lab and our students were still above other students in lab when they went to college. We are not back to that yet, but we will be."

There are many improvements from the old facilities to the new.

"Our equipment works faster for the most part," Hughes said. "There is more equipment to go around to either individual student like in chemistry II or if we have larger classes for more groups. There is more physical room in the lab, so our students are not tripping over each other or having difficulty getting to the things they need. I have not yet done this, but I have the capability of doing labs I have not been able to do before because we have some equipment that is not replacement we just have never have had it."

Though lab practice is new to some students, teachers can still see the difference in engagement with students and their work.

"I feel like my students are interested in going to lab, and seem to

draw greater connections between the content and the inquiry in lab," biology teacher Tina Mondino said.

The hands on experience benefit student's understanding of the material they are learning in the classroom.

"I am a visual learner," senior Paige Gulley said."Being able to watch the reaction in chemistry happen in front of me, or watching the bacteria grow on the petri dish over a few days in biology, makes me more interested in what I am learning. I feel I better understand what is happening in the classroom when we take it to the lab."

The new opportunities not only engage students but teachers as well.

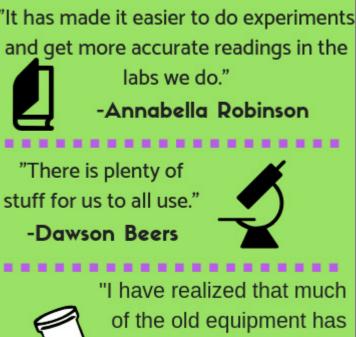
"It's like you are a new teacher because the things that you have always done a certain way because you knew it was the best that you could do are not now necessarily the best you can do," Hughes said." It takes a lot of time, thought and trial and error. You are never supposed to do something new in the lab you have never done before, so now you have got to have time to go practice it on your own."

Overall, the future seems bright for the science department.

"I think the science department is able to offer the quality of lab experiments that would be comparable to a community college," Mondino said. "If students choose to take those advances classes, they will build confidence toward going on in their college science curriculum."

# Lab Development Enhances Classroom

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of the old equipment has stains, and these stains make it harder to read numbers for data."

#### Infographic by Jack Gulley/Canva.

# School closes for deer day, gives student hunters headstart

Nolan Davidson, staff writer

This year students will not be getting the usual week off school for spring break. Although students will not have a week off in the spring, Harrisburg schools were not in session on deer day, Nov. 16.

Not many students are happy about losing out on spring break, but some are glad that they have gotten off for deer season weekend. "[I feel okay missing out on spring break] as long as we get deer day," junior Tucker Bryant said.

Many hunters were excited for the benefits of not having school on the first day of deer season.

"It is nice [to get deer day off because] I have no homework," freshman Drew Hawkins said.

Although for those who play sports, they do not get off as easy.

"Hunting was good except for the fact that I had practice," Hawkins said. Basketball players often have to choose between going to practice or staying in the woods.

While a lot of the students will not be participating in hunting, most still enjoy having a day off.

"I think it is fine, but a lot of people just take it as a free day and don't even go hunting," sophomore Cash Thomas said.

For most students, missing an extra day is not a problem until they realize how much work they need to get done before the semester's end. Teachers on the other hand are looking towards the semester end and are going to have to cram work in before grades end. Having another day off in the already short month of November can make that a problem. It will also be hard for those students who are trying to bring their grades up.

"I think that it's nice to have a day where you can hunt without getting penalized for it, but on the same note, you'll get behind in work from that day," Thomas said.

Even though the attendance and work might be stalled do to an added day off, students and teachers alike are focusing their attention on the amount of vacation days. This year the last day of school is on May 20, if no emergency days are used. Last year school did not get out until June. Some students see this as an advantage of not taking an extended spring break.

"It's dumb [that we do not get off for spring break], but then again, we will get out for summer sooner," Hawkins said.

(Top) 5:19 a.m. - Hunters, including sophomore Nolen Deaton and freshman Drew Hawkins prepare to go out on Friday morning Nov. 16. "Put your clothes on, tell everyone where you are going, get some snacks and a Dr. Pepper for later, and head off. Also don't forget your orange or your gun," Hawkins said.

(Middle) 11:39 a.m. - Deaton helps clean, skin and cut up the deer, one of which he shot. "The feeling before shooting a deer is a feeling of adrenaline and hoping you killed it," Deaton said.

(Bottom) 12:34 p.m. - The meat will be eaten and some given away to others for them to eat. "Butchering [the deer] was pretty easy, it just took a little [time]."



News



## Students Head to Theater Festival

#### XXXXXXXXXXXXX

This January, the cast of last year's spring musical, The Hunchback of Notre Dame, will travel to University of Illinois to perform, after being selected by a panel of judges.





News

# Speech members prepare for upcoming competitions

#### Kirsten Travelstead, staff writer

The speech season has begun with what the team considers a successful start. The team placed third overall at the Marion and Benton tournaments.

This year the speech team has brought home 11 wins for numerous speech and acting events. The team has been preparing for this season since speech camp in July.

"Preparing for this season has mainly consisted of working with coaches and running my events over and over to get memorized," sophomore Ravyn Gauch said.

Speech requires members to focus their time outside of school working on and memorizing their different speeches.

"I roughly put in two to three hours a week rehearsing my speeches," Gauch said.

For freshman, finding the extra time to memorize and practice their speeches can be challenging

"I have a packed schedule, and it was hard to get my script memorized with everything else I have going on," freshman Halle Lane said.

Despite the challenge of finding extra time to practice, both Gauch and Lane have had a successful start to the season. They are some of the junior varsity members who broke into the varsity finals at the Marion and Benton tourna-

ments. Their dramatic duo received a varsity finalist at the Marion tournament. Gauch has also placed first and second in poetry at both the Marion and Benton tournaments.

"Last season, I had a little trouble with finding each character with each page turn," Gauch said. "To help with this season, I decided to color code each poem to help me identify each voice and character on every page."

Members prepare for their speeches in numerous different ways.

"I have had to watch several videos on my speeches, so I could get different ideas about my characters I was portraying," freshman Kirsten Eversmann.

Each speech requires different methods of preparation. "The only trick to memorizing speeches to me is repetition and allowing myself plenty of time to get it done," junior Landon Gates said.

Gates placed first place in varsity informative speech and next in varsity declamation speech at the Benton tournament.

"For me, the most rewarding part of speech has been being a part of a team composed of the most friendly and talented students of the school," Gates said.

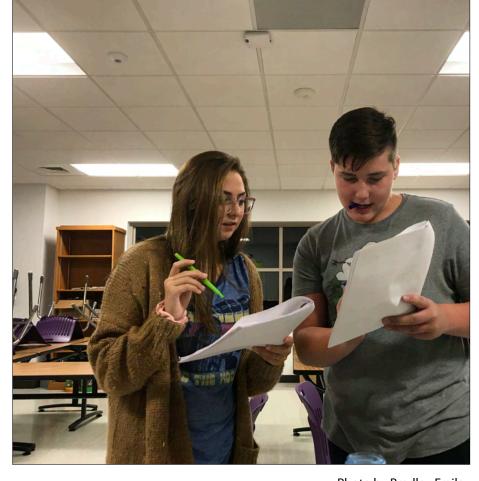
(Left) SI Legends and Lore taught by Krystal Wilson predict the winter weather with the "Old Wives Tale" of the persimmon seed. To predict the local weather, the persimmon needs to be locally grown. Once the persimmon seed is cut open, there is either a spoon, fork or knife shape. The spoon shape represents a shovel for a winter of heavy snow, the fork symbolizes a mild winter with powdery light snow, and the knife means there will be frigid winds that will "cut" like a blade. "The prediction was that there would a lot of snow this winter," junior Bethany Colby said.

(Right) Before they try to execute it themselves, SI Legends and Lore instructor Krystal Wilson demonstrates how to split the persimmon seed open in front of the students.



Photos by Maddi Kennedy.





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Former HHS student and speech team member Gracie Alexander and sophomore Jonah McGuire revise a script in preparation for the first speech tournament, which was held in Marion. Speech members started practicing individually with their coaches in July. "The shift from competitor to coach has been bittersweet," Alexander said. "It definitely makes me feel like I did not waste my time competing because now I get to share what I learned."

# Key Club focuses on fall activities, looks at future events

#### Bradley Frailey, CPS editor

Clubs are an essential part of many students high school experience. Key Club is one of the many clubs offered at Harrisburg High School aimed around serving the surrounding communities.

"I joined Key Club my junior year and loved it," senior Katie Wright said. "I enjoy being a part of the club and serving my community."

Throughout the year, members of the nation-wide organization can complete tasks and participate in local events to earn points. These points then add up at the end, and they put the student in good standing with the club.

"Key Club is a great club," senior Angela Colby said. "We do multiple things throughout the school year to help our community... and have a blast while helping out."

The yearly Trick or Treat for UNICEF, a charity that supports women and children, is one that many members look forward to each year. Members come in groups and are assigned certain areas of Harrisburg to trick or treat in, but they collect donations instead of candy.

"I have participated in the trick or treat both years," Wright said. "People are usually very happy to donate and going in a group of friends is a lot of fun."

Key Club also hosts a food drive in November to serve the community before Thanksgiving. Normally, many members take the opportunity to gain points and bring in canned food items, but this year was a struggle for the club.

"I don't believe we had as good of an outcome as we had hoped for," Colby said.

This year, the club only had seven members participate in the food drive, and only 70 items were donated. Those items will still be used for good, though, as the club's board of officers decides what events to plan next.



Juniors Clay Brigham, Selina Wang and Brandon Bui meet in club advisor Cathy Wall's room after trick or treating. The students who participated in the event had a holiday party with snacks and a movie. Before eating and relaxing, they emptied their donation boxes into a collection bucket.

(Top) Seniors Jake Evans, Brenden Mitchell, Elle Behnke, Levi Titsworth and junior Landon Gates rehearse their piece for the brass quintet segment of the showcase. The HHS band held their annual variety show Nov. 2. This year, the fund raiser proved to raise an amount that exceeded the program's previous expectations, which were based on past success. Due to the results of years past, the initial goal of the fund raiser, estimated by band director Hannah Drake, was to raise \$10,000. At the end of the night, after the money had been counted, the band ended up making \$14,500. Some of the profit came from the bake sale, the silent auction and donations from audience members. Another large source was the tickets, which included a meal and admittance into the event. According to Drake, tickets sold out guickly this year. "In terms of meeting our fund raising goal it was more successful than years past," Drake said.

(Bottom) Sophomore Alyssa Irvin and seniors Bradley Frailey, Levi Titsworth and Jack Gulley run through their song with accompanist and band director Hannah Drake. All four vocalists were acknowledged because they auditioned for and were part of the IMEA District Choir this year. The quartet also joined another vocal ensemble in the line up. An a cappella group consisted of a variety of students. Their performance of Pentatonix's arrangement of White Winter Hymnal was a favorite among those in the crowd. Both parents and fellow students praised the number, which the group practiced almost every day in the classroom."I personally enjoyed watching all the acts, but if I had to choose a favorite it would be White Winter Hymnal," junior Mackenzie Gidcumb said. "I really think the audience enjoyed it too."



Photos by Kisten Travelstead.



Senior Kaylee Robinson and freshman Halle Lane compete on a team of four against other art students during the annual Sidewalk Chalk Contest. Robinson and Lane talk about mapping out their chalk pumpkin before filling in the lines. Each year the contest is held at Harrisburg Middle School. The contest welcomes various schools from the area. Each team gets a square of chalk to work with and uses artistic skill to impress the judges. Other than being school appropriate, the groups can draw anything from movie characters to landscapes. This year first, second and third place awards were given, as well as an award for teacher's choice. According to senior Art Club president Hannah Mitchell, this year's first place trophy was awarded to a group from Carmi. The winning piece was an aerial view of a fried egg.

# **Artist Profile**

Niykee Heaton debuts as soloist

Sara Wangler, staff writer

Although famous on Youtube, Niykee Heaton is preparing to make a name for herself in the music industry.

Heaton was born on Dec. 4 1994 in Geneva, Illinois. Heaton was discovered through her acoustic covers on Youtube, then was signed to Capitol Records.

Debuting as a soloist, Heaton released "Starting Over," an EP consisting of three songs Oct. 5. The album isn't available in stores, but can be purchased on Amazon Music and iTunes for \$3.87. The team behind the album are very well known, producers include Post Malone and the late Mac Miller. Each song is a testimony of heartbreak, protecting one's heart and taking the blame in relationships. Equally hypnotic and sophisticated, the R&B sound along with acoustic guitar undertones give the listener something to think about.

Many girls can learn lessons from these songs as well as relating to the message. The title track, "Starting Over," is a story of struggling to leave a relationship. With lyrics like, "I look at you, I miss you and I stop from starting

over" there are many times that the listener can feel caught in a relationship. Following the tale of heartbreak is strong vocals and R&B elements, and a ballad style.

The following track is titled "Mascara." The song is a warning to not make her cry. The hook is extremely catchy and easy to listen to. The lyrics say," Ruin my lipstick, ruin my bed, ruin the hair up on my head, but don't you ever ruin my mascara." Following angelic vocals are complex melodies and fluid transitions.

Finally "Bad Guy" showcases the negatives of a relationship in which blame has been forced on one the other person. Heaton sings, "You can call me the Bad Guy, if it helps you sleep at night."

Even though the album is relatively short, it perfectly embodies a confused and hurt young woman. Heaton is not only a singer but a model as well, when she models she appears vulgar and inappropriate. Heaton was interviewed in 2016 by 247HH.com and states, "When people find out about me it's usually through Instagram because that's my biggest platform. Instead of looking at the caption or finding out more about me, the see me and think oh she's not talented, she's just famous for her body. I hope to change people's minds through my music."

Heaton is very inspiring in the sense of self love and having confidence no matter what. Hearing her talk about her struggle as a high school student and being completely clueless as to what she wanted to do in life really hit home. I look forward to seeing what else she has to offer and how far life takes her.

The finished recording studio has Teston reaching out to different musicians and genres alike.

"I am sure my parents aren't too happy with how loud I am all the time, but I am happy with how it turned out," Teston said. "It is just a matter of utilizing it now as I am only one person, and I would very much like to record other people. I always think that it is a good learning experience, to record another musician. I am specialized in punk and alternative rock, but I am expanding in other genres such as rap, pop and instrumental music."

The price for individuals who want to record with Catch Fire varies on what type of music is being recorded.

"It really depends on what they are doing," Teston said. "If they are doing an original work, it probably wouldn't be anything more than \$20, but if it is a cover of a song, and they are wanting to release it for the market, there is a lot of licensing that goes along with that, therefore the price would go up proportionally. If it is a singular artist, I would say it probably wouldn't be more than \$25, but if it's a full band, I will probably need about \$50 minimum depending on the size of the band."

Teston has recently been advertising the music he has created, and he is nearing the release of his EP or extended play which will include about 10 songs he has produced in studio.

"Overall the process of making music and trying to put myself out there has been a long and arduous task, and it still is a long and arduous task, but I believe that if I continue to drive myself to move forward in this field, I may at least see some returns," Teston said. "The goal isn't to be famous, the goal is to make music."



Photo by Anthony Cortes.

Teston is seen working on one of his songs for his newest EP release. He has built his setup by himself, and has bought his programs for music use. "I am just hoping the production guality is up to everyone's standards."



An important thing to understand is that I knew virtually nothing about Rami Malek ("Mr. Robot") or Queen before seeing Bohemian Rhapsody. Now that I have, am quite interested in each. The film, which is both a biopic of Freddie Mercury and a behind the scenes look at the band, is an entertaining piece with classic music and one amazing performance.

This film, named after the band's most iconic song, has a strong story that kept me interested the entire duration. Some of the most interesting scenes were not about Mercury himself but rather those who surrounded him. Insight into a legendary figure's life is what captures the audience's attention.

One thing I was not impressed with was the title. It is a bit misleading. At the end of the day, this is a film about Freddie Mercury. This might be because Malek is a shining star who sort of just drowns everyone else out, but the movie reads almost like a biopic. Personally, I think the title should have been more specific to the lead singer.

Interesting shots and smooth transitions were frequent throughout the film, but at times there would be a segment that would feel out of place or choppy. This did not completely disorient me, but it distracted me enough to lose the point the film was trying to make. At times, the choices would have been helped with a hint of subtlety.

Malek's stunning performance is what truly sells this film. Freddie begins the movie as a shy and introverted dreamer. The mannerisms are truly captured in the performance. Whether Malek was fidgeting his twisted hands or slightly jerking his jaw upwards, the portrayal of a star who

# **Artist's Paw Print**

### Malek passes into film royalty, impresses audiences Jack Gulley, news editor

**Cinema Cynic** 

was trapped in a thick shell was evident. As the movie progresses, so does the character. Malek's gestures, facial expressions and speech becomes more confident as the career of the band takes off. We see

this as gaining both assurance in his talents and passions and a more open mind toward his sexuality. Although the middle does have some

cookie cutter moments, the beginning and end of this film are heart-wrenching. As Mercury fades into addiction and disease, Malek does an amazing job of showing a person who is having trouble admitting defeat.

Some might have come to see this film with a fun loving vibe in mind, and, while half of the movie is exactly that, the other half is not. As Mercury's life gets darker and riskier, the film changes its tone subtly. Lighting and editing become more dull as Freddie is manipulated and abandoned by those around him.

Malek reminded me greatly of Tim Curry in Clue during comedic moments and of Jared Leto in Dallas Buyers Club in the more haunting and vulnerable sections near the end of the film. There are so many choices in his performance that no one could pick all of them up with just one watch. Malek would fit in with any group of seasoned actors.

Malek steals this entire production with ease. He twists the audience's emotions with finesse. Pride, selfishness, tragedy, joy and passion all flash by in one glance. The actor single handedly made me appreciate Queen and made taking on the role of a beloved icon look easy. For accomplishing that, a reward might be in place, possibly in the shape of a golden statue.

## Student creates recording studio

#### Anthony Cortes, staff writer

After investing much time and effort into his personal project, senior Franko Teston has assembled his own recording studio, Catch Fire Studios.

Teston has been working on this for two years and has recently started accepting musicians to come in and record.

'It started my sophomore year in the summer, but it really took off the summer of this year because I started building acoustic treatment for my room," Teston said. "I also started looking at the type of speakers that I needed and the correct placement for everything. Overall, I would say that I have collectively, over the last few years, invested about \$1000-\$1500 on equipment, all of the money being my own, none of it coming from parents, so it is a self-funded project."

Teston has been playing music since elementary school when recruitment for band started.

"I have always been interested in music since the fifth grade when Marc Henshaw brought me in to play an instrument, but it really started taking off my freshman year whenever I saw Zach Mitchell write a song for our concert band," Teston said. "That really sparked an interest for me to start writing for myself."

Teston was only taught how to play a single instrument in band, but he has since then learned how to play multiple instruments himself.

"In middle school, Henshaw taught me to play euphonium but he also taught me music theory, and I eventually learned that music theory can be applied to any instrument which provided the basis for learning the other instruments." Teston said.

One of the biggest challenges that Teston faces is time management.

"Being that I am in quite a few after school activities, I have had to put this on hold for a while," Teston said. "I am currently putting it on hold as school has accelerated, but any time that I find free time, I try my best to work on myself as a musician and work on myself as an audio engineer. I am definitely open to the idea of going into the music business, however I would like to keep my options open."

Teston's personal views on music drive his commitment to the project.

"Throughout my life, I have always had a love-hate relationship with music," Teston said. "The most you can get out of music is how much you put in, and even then you don't always get the amount you put in. The Law of Diminishing Returns comes to mind a lot when I think about music because you put in five hours of work and only get so much better than you were beforehand. Life without music, for me, would not be life at all as it has been a majority of my life so far."



Opinion



# Wait, What? The Senior Sequel

#### Command Z the Painting Pain Away

Bradley Frailey, CPS editor

Sometimes when I walk down the hall, take a seat in the art room or have some free time in my English class, I feel everyone's eyes all look at me.

I always feel uncomfortable, because I forget how beautiful I am and that people can't help but stare, but then I think- maybe it's the 12.9 inch iPad Pro casting a glare on my glasses. I explain to them that I'm painting, and to my surprise, they still seem confused.

At times, I forget that people don't understand artistic mediums past some Crayola markers or the paints that Bob Ross guy uses to make things look pretty.

It's not just the uneducated that stare as I use digital oil paint. A lot of shame and judgment comes from professional and respected artists. Many artists denounce forms of creation that they don't use or see as lesser-than, whether it's the type of piece someone's creating or how they are creating it.

While I understand that, for some, wrapping their brains around the fact that I can recreate that Bob Ross tutorial on a screen might be hard, many aren't open to idea of digital artwork or painting at all. Professional artists and normal people seem to think that digital art is easier, simply because I can hit undo as many times as I like. While creating digital does come with benefits, it also has its fair share of drawbacks, like any other medium. Different types of tools give very different effects that come with their own weaknesses and strengths, but since a digital piece can be fine tuned with a back button, it's labeled as lesser than.

critiqued for the purpose or content of their work. A lot of artists are criticized for the motives behind their pieces, and whether their art is aesthetically driven or concept driven. After watching and reading a lot of stories from people who have gone to art school or gotten their work professionally critiqued, people often get slammed for having "pretty" paintings or drawings, simply because they are "pretty." People assume since a portrait or a landscape is beautiful that it can't have a meaning or a concept behind it, therefore losing value. But, "prettiness" and "ugliness" are subjective opinions, and the movement to make everything "ugly" pushes artists away from making art about which they are passionate and forces them into a box of creating work simply to

Artists don't just get shamed for the medium they work with, they often get

please another. I've had my fair share of rude comments about my work. Some say that it is too pretty, some say my selfies are too gorgeous (which might be true), some hate that I draw digitally, and some hate some of my favorite artistic styles.

Artists are also too often shamed for the style of their work, whether it be realistic paintings, semi-realistic drawings, or manga illustrations. Saying that one style is superior to another is extremely toxic and stifles originality and expression. Sure, I might regret my seventh grade anime drawings, and I definitely cried when I saw my still life pencil sketch from sophomore year, but I'm glad I tried differently techniques and styles. As someone who hasn't been into creating artwork for very long, I bounce around and experiment with different techniques, because no matter how young or old, inexperienced or experienced, everyone can learn something new if they are open to it.

With every brushstroke and every stare, I think of how far art and expressing our thoughts and feelings has come in such a short time. I'm very lucky to have technology that allows me to experience tools that I might not have the means to come by, and I'm very fortunate to have affordable materials at Walmart that I can get home in no time- I'm talking about paint here, not Cosmic Brownies.

Having the internet to show me others art has inspired me to create and push myself, but let's respect others art and processes while we do our own work.

What is your favorite kind of art?

"My favorite kind of art is photography because it motivates me to think outside of the box," junior Devin Gunter said. "It amazes me how an ordinary object can be turned into art."

"I really like painting with watercolor," senior Reese Emery said. "It really does its own thing and bends the rules, which I find fascinating."

"My favorite kind of art is oil painting because I like the way that it goes on a canvas," freshman Halle Lane said.

Infographic by Kaylee Robinson/Canvas.



# Thoroughly Modern Maddi

Wasting time in the classroom

#### Maddi Kennedy, staff writer

Through my years of high school, I have experienced many different teaching styles. When I was younger it did not impact my performance, very nervous. This was the day where I got to but as I am nearing the end of my high school career I am noticing a big difference

It's a given that personality differences will likely impact how a person delivers content. I believe it benefits students to experience alter- This was the day that I had anticipated as native teaching styles, and it is impossible to control how a teacher well as dreaded. The midterm election was educated their students. What we can control is the content itself.

Most of the issues I have had are with required classes, like English sives to flip congress and become a check on for an example. Every person is required to take four English classes to President Trump. graduate. All four of my English teachers have had radically different teaching styles. As a person who is really keen on routine, it is hard for gruntled at the fact the the Democrats had me to adapt. I have found myself frequently taking the time to learn not taken back the Senate. I was very disaphow to implement skills I already have, just in a slightly different form pointed to hear that Beto O'Rourke (D) had to please my teachers. Sure, each class is different, but should there not ∥ost the Texas senate race to Ted Cruz (R), a be some sort of continuity, especially in a small high school like ours?

My junior year was the best year of learning I had. Most of my classes in 2016. really matched up, and I could use information from one class and apply it to another. I was learning American Literature while in U.S. History. finance their campaigns, O'Rourke refused Understanding what was happening in a certain area of history, made it to do so instead taking money via donations much easier to understand the literature I was studying.

In my jumbled senior schedule, I do not get that luxury. In my dream of dreams, teachers and board members would take the time to orga- money, or Political Action Committee, is necnize a system to maximize student learning time, maybe set a fixed cur-lessary for a campaign. But taking PAC money riculum for each class and tell students which classes are best to take can result in a candidate selling out to a cortogether.

I was told to double my sciences as a freshman, but instead I decided pander to these large corporations if they are to do one at a time. So as a junior, I entered Chemistry I in a class full elected. The result of taking PAC money can of sophomores. What I found is that in Precalculus and Chemistry I had be a government official who will fight for some of the same math by some grace of God. Applying the same math the economic interests of corporations rather in different classes actually helped me understand both of my classes than the people. and the subject at hand. Sure I would have been fine if I had not taken the classes together, but I would have just had to relearn the skill once only candidate to refuse PAC money, the im-I reached Precalculus.

I know this is a small example of a bigger problem, but my point O'Rourke did not gain the senate seat, his is this issue can be solved with simple communication. If students are campaign sent a message to politicians concurrently taught something they can apply across subject areas, across the country that people are done havthey gain the opportunity to think more critically. Is that not what we ing corporations run politics. want?



I awoke on Nov.6 very excited but also cast my vote for the 2018 midterm election. I awoke earlier than usual so that I could make it to the polls to vote before I went to school.

the day for liberals, Democrats, and progres-

After the winners were declared, I was disman I have disliked since he ran for president

While many politicians take PAC money to from his supporters.

Many individuals believe that taking PAC poration, necessitating for the candidate to

Although O'Rourke was by far not the pact that he left was incredible. Even though

In an interview on "Real Time with Bill Ma-

# The Aggressive Progressive

#### Changing corporate cash campaigns

#### Kole Phelps, staff writer

her," O'Rourke discussed why he refused to take any PAC money.

"Political action committees represent the corporations and interests that have business before Congress," O'Rourke said.

With O'Rourke denying these special interest groups, he has contributed to the wave of politicians working for the people not for the big businesses.

While O'Rourke ran with this idea most recently, it is reminiscent voters of the similar platform that presidential candidate Bernie Sanders ran with in 2016. Sanders ran using donations from supporters and his wave of democratic socialism continues to capture the interests of progressives across America.

O'Rourke went on to explain the problem with PAC money in the same interview with Bill Maher.

"They give money to members of Congress not just for access, although that's part of it," O'Rourke said "They're also buying outcomes, actual legislative language that appears in the bills, and in the bills that become laws."

If we allow corporations to run politics, then how can we ever expect for our representatives to fight for us instead of for the profit of a corporation who has bought them?

Politicians like Sanders and O'Rourke show us the power of the people. If voters across America continue to raise their voices against PAC and special interest group money, then we can show that our government cannot be bought. When we as Americans refuse to elect officials who refuse money from these groups, then we can start to shape a nation that works for its people.

# The Clarion Call

What do you think?

# How does spring break help you as a student?

As a student, spring break allows me to have time to relax and collect myself before classes start again."

-Katie Wright, senior

"Spring break gives me time for myself without having to worry about having all of my work done and studying for tests. It is a stress reliever."

-Makenna Markham, sophomore

"It gives me a break from school, work and everything else to relax before the end of the school year."

-Brooke Meylor, senior

"Spring break helps me take a second to regroup since we've had no break since the new year. It really helps me get caught up when I'm behind and figure things out." -Bentley Linch, sophomore

"School is really stressful for me and spring break gives me a break from all the stress."

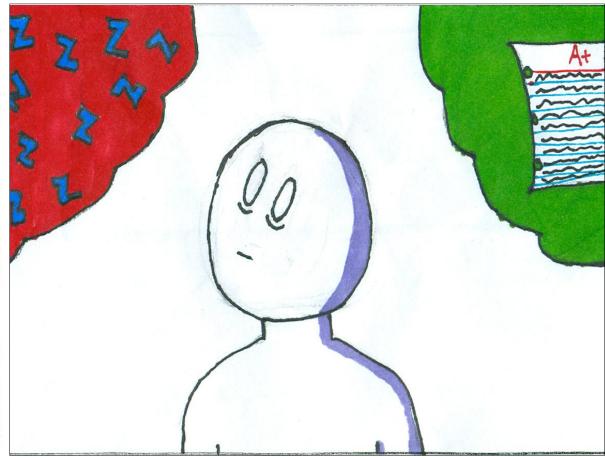
-Olivia Leckron, junior

# Shortened break causes concerns for students

As many students know, we are not getting a full spring break this school year. We are getting "Deer Day" off, which hasn't happened in the past, and the ending date of school is three days earlier than it was last year.

Some students and faculty are concerned that with a shorter spring break, students won't be able to recuperate as well as they would with a full week of break. Without a spring break, we believe that students will be less rested for the mental exertion that school requires, particularly in the spring. According to NYSUT, "Shannon Miller, school psychologist with the Germantown Teachers Association, says overall student anxiety is on the rise, especially in the wake of new Common Core standards and the high-stakes tests attached to them." Students prepare for state tests all year round and many feel that there should be more to the process. There is so much pressure that goes along with these tests; deciding whether a student moves on to the next grade level. Also, these test are ways to evaluate teachers. Kathi Gundlach is the president of the Classroom Teachers Association in Palm Beach County. "We shouldn't worry all year long about testing and what our students are going to do; we need to worry about learning," Gundlach said. Students often feel as though they are drowning in new information without getting to focus on what this information means to them and to the world. According to the Mayo Clinic, the stress that most students feel during school has many negative effects on their bodies including mentally, emotionally and physically. An extended break from school provides an antidote to the toxic effects of stress. "Vacations have the potential to break into the stress cycle. We gain perspective on our problems, get to relax with our families and friends, and get a break from our usual routines," Dr. Susan Krauss Whitbourne said.

Another topic that is a concern for some is the tradition of family vacations taken during spring break. Some families even travel to connect with family that they will more than likely only see once or twice that year. This break is especially important to international families. Psychologists say these trips are an important component in building strong family relationships. "An enriched environment offers new experiences that are strong in combined social, physical, cognitive, and sensory interaction," child psychotherapist Dr. Margot Sunderland said." Think: family together in the pool, walking together through the forest, touching long tall grasses waving in the wind, toasting marshmallows on campfire, hanging out together under warm sun, [and] feeling sand between the toes." According to the American Psychological Association, stress can have serious health consequences, increasing someone's chances of serious conditions such as heart disease and depression, and school is one of the major sources of stress for students. The APA recommends frequent long breaks, in addition to other activities such as exercise and mediation. Due to the pressures of school we feel that a short period of time does not allow for students complete recovery, and adding on to that the fact that students are pushed into a time of cramming at the end of the year in order to prepare them for final exams and/or the next school year.Not only is taking a long break from school beneficial to students' brains', if students do not have a recuperative break, it could actually hinder academic growth. Without a sufficient break students can lose focus on their school work. This also causes tremendous stress for students. "What I'm seeing as a pediatrician is that more and more kids are incredibly stressed," Bhargava said. "Not only have their academics been ramped up, but they are expected to do higher-level sports, high-level arts, and be on the go constantly." For next year's calendar planning, we suggest that the board bring students in to help discuss where periods of time off are needed most. We feel that by including students into the scheduling process we can better understand why the administration makes the decisions they make, and that they can see the students needs and understand their concerns.



When will I ever have time to catch some Z's?

Cartoon by Selina Wang.

#### The Purple Clarion • Harrisburg High School • 333 W. College St. • Harrisburg, Illinois 62946

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

# The rich history behind coffee

#### Nicholas Beckham, staff writer

According to the World Atlas, Brazil is the world's largest coffee producer. In 2016, Brazil produced a staggering 2,595,000 metric tons of coffee beans. It is not a new development, as Brazil has been the highest global producer of coffee beans for over 150 years.

But this was not always the case. According to the National Coffee Association (NCA), coffee plants are native to The Horn of Africa (Ethiopia, Somalia) and Southern Arabia (Yemen, Oman). In spite of its currently popularity, coffee did not become widely consumed until the Renaissance. Despite its late entry into the world of food and drink, the origins of coffee are just as unclear as other much older beverages.

There is a popular folk tale that explains the origin of coffee reported by The Atlantic Aug. 6, 2010. The legend of Kaldi comes from Ethiopia. According to legend, Kaldi was a Sufi monk taking care of goats. He noticed that his goats would become very energized and not sleep during the night after eating an unknown plant. Kaldi took this plant to a monastery and suggested that the monks consume it so they could stay awake for evening prayers.

At first the monks were offended by this and threw the beans into the fire. But after they smelled the beans roasting in the fire, they decided to try it. Whether or not this legend is true, Ethiopians are one of the first cultures to consume coffee, starting roughly in the 15th century.

Due to their proximity and trade relations with Ethiopia, the Yemenis and Omanis began cultivating and consuming coffee themselves, according to the NCA. Originally, it stayed confined to the Arabian Peninsula. However, coffee spread quickly when it began to be served in Mecca. This is due to the old Islamic tradition of Hajj.

According to Oxford Islamic Studies, Hajj is the religious tradition followed by both Sunnis and Shiites in which every believer would attempt to make a religious pilgrimage at least once in their life. Muslims would come from as far away as Ming (China) to try the "Wine of Arabia" while on their religious journey. Coffee was especially popular in the Islamic world as alcohol was forbidden by Sharia law.

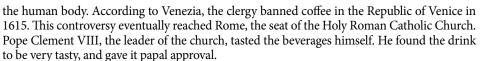
It was for this reason that coffee reached India before Europe, even though Europe was geographically closer to the original coffee plantations.

As coffee began to grow more popular, coffee houses began to appear. According to the Turkish Coffee Association (TCA), the first coffee house, Kiva Han was established in the capital city of the Ottoman Empire, Istanbul

During this time, coffee was an important part of Turkish culture The Ottoman Empire allowed a woman to divorce her husband if he did not provide her with a daily cup of coffee. Coffee houses became important cultural centers. Sometimes referred to as "Schools of the Wise," coffee houses were considered an important meeting place for scholars and artist.

The NCA claims that when coffee reached the European population, Yemenis and Omanis controlled most of the trade.

Many Europeans believed coffee to be a Satanic beverage, due to its stimulating effects on



Protestants also accepted coffee soon afterwards. Like in the Islamic World, coffee houses began to appear across the European continent, and eventually their colonies.

Coffee was brought to the New World in the 17th century, according to the NCA. Thomas Jefferson once described coffee as "the favorite drink of the civilized world." After the American Revolution, coffee became more popular than tea in the United States, as tea became much more expensive after separating from the British Empire.

Despite many offers, neither Yeminis nor Omanis would sell a coffee plant to foreigners, according to the TCA. Their nations had become very wealthy from keeping a monopoly on coffee. However, a group of Dutch privateers managed to steal a coffee plant and deliver it back to Amsterdam. This was presented as a gift to the French from the Netherlands.

King Louis XIV kept this plant in the gardens of Versailles. Admiral Gabrielle stole a branch from the tree and took it the French colony of Martinique in the Caribbean. These quickly grew across the island and gave France a large increase in income. Due to the profit he made, Louis XIV forgave Gabrielle of his crimes and made him governor of the French Caribbean colonies. This act led to coffee being grown globally as it is today.

The popularity of coffee continues to rise. Coffee Expo Seoul 2019 revealed that coffee consumption in South Korea has doubled in five years. Ten percent of their population claims to drink four cups every day.

Americans drink their fair share of coffee as well. According to an article in Food and Wine, "a study commissioned by the National Coffee Association surveyed 3,000 Americans about their coffee drinking habits. The survey found that 64 percent of Americans drink a cup of coffee every day, up from 62 percent in 2017, and the highest percentage since 2012.

"What's more is that while it might seem like you can't walk a block without seeing another coffee shop, most people still enjoy making coffee at home despite the popularity of cafés like Starbucks; 79 percent of participants said that they had brewed a cup of coffee at home the previous day, while only 36 percent of people said they had bought a coffee from an outside location."

Despite a slow historical start, the coffee business is alive and well from the \$1100 the average American spends each year to the \$20 billion dollar global coffee exporting business.







Coffee Shop Confessional local barista spills thoughts

Coffee is the most commonly consumed beverage in the United States. The impact of coffee on the economy is so large that consumers spent a total of \$74.2 billion according to the National Cof-

Consumed by millions each day, coffee has a great economic impact. While the global effect of the economics of coffee is important, many local communities find their local coffee shops to be great places to drink, socialize and work.

"There's a warmer atmosphere when you walk into local,"said barista Cierra Goolsby (2010). "How I feel, coming from both sides of the counter, is that it's less intimidating to ask questions. You have time to decide to try something new."

Goolsby has been working in coffee for six years this January and has worked at chain stores like Starbucks. Recently she has worked at Steam Cafe in Harrisburg and is currently employed at

is steamed liquid, caffeine, and flavor," said Goolsby. "Now do you want milk, almond milk, or half and half? Do you want espresso or coffee? It's really simple. The only difference between a latte and a breve is that a latte gets steamed milk, and a breve gets steamed half and half. It's very simple once you're educated."

Goolsby went on to say that she feels local stores have allow more freedom of expression with the drink and, rather than being rushed to get a drink out such as at a chain shop, she can

While many in Carbondale enjoy their warm caffeinated beverages at Longbranch Cafe, many citizens of Harrisburg look to their local Steam Cafe for their coffee fix.

"What's nice about local shops is that when a customer comes in and you know their usual order, that can make their day," said

The local shop in town also provides closer relationships with

"The loyalty of our customers is just awesome," said Adams.

Adams went on to say that she loves working in coffee because she can drink it all day and experiment with it. She also loves working with the drinks and helping customers discover what drinks they love.

However the coffee industry does not come without its challenges. Being a barista is not just making drinks,

"Being a barista is 20 percent making coffee and 80 percent cleaning a coffeehouse," said Goolsby.

Adams also mentioned the effect chain stores such as Starbucks can have on a local business.

Another problem that local shops can face is that their drinks can tend to be more expensive than those at fast food chains. Places like Steam Cafe use coffee beans from independent roasters to try to support small business. This can result in a more expensive drink

On top of that, the ingredients that make up a speciality drink "I love overcoming the challenge of showing other how coffee can also add to the cost. Adams explained that it can be frustratisn't has intimidating as they think. Your typical ordered beverage ing when people do not understand their process, because they use separate ingredients while making their drinks. Whereas Many fast food restaurants the entire drink, such as the powdered milk coffee, and flavoring all are created at the push of a button.

In contrast, stores like Starbucks who do make specialty coffee drinks, are often producing the company's own take on the traditional drink. So, when people use the term at a local coffee shop, such as in ordering a "frappuccino", this can be a problem at a local shop since that is a trademark Starbucks drink.

\*Starbucks has Americanized coffee," said Adams, "And most local shops try do everything the traditional way, so a lot of people can become confused when the drink they asked for is the real traditional version and not the American version."

However, many local shops continue to thrive in light of chain stores. Many have a faithful customer base that will continue to shop local.

"I feel the industry has been thriving recently and I don't see it slowing down," Goolsby said.

#### Nov. 28, 2018

# Girls' basketball team follows up with another strong season

#### Anthony Cortes, staff writer

Girls' varsity basketball has entered its regular season but has changed the way that they are practicing in hopes of having another successful season.

The team will be running the same offense and defense as last year, and according to senior Karsyn Davis, this season is sure to be a great one.

"I think we have a chance to win a lot of games this year," Davis said. "We play in one of the toughest conferences in the state, so I think those games will by far be the hardest. If we play together and stick to our game plan, we'll win every time?

The team has already had to make adjustments preseason for the upcoming season due to injuries. "With (juniors) Lauren McDaniel and Lydia Miller being hurt, we lost a huge chunk of our post play," senior Brooke Meylor said. "We have teammates stepping up and filling those roles as best as they can. With our posts being down this season, we are going to have to depend on the shooters we have on the outside arc. If we play team ball and run our stuff right, I think we'll have no problem this season."

Senior Alli Ferrell is still hopeful for a strong season and sees practice as a key component.

"We always start with conditioning and skills, then we move on to pushing each other to succeed in our practice scrimmages," Ferrell said. "I'm really looking forward to the great competition that we'll see. Every game brings good competition, and the conference teams are always tough."

Last year's team graduated three seniors, and this year the girls' basketball team will be graduating more at the end of the season.

"We have five seniors this year, and we have all been playing with each other since the fifth grade, so it's definitely going to hurt a lot playing my last high school games ever with them," Meylor said.

Jake Stewart remains the coach head coach, Jacob Morris is the assistant coach and Stephanie Ferrell is the JV coach. According to Davis, they have been a big factor in how the season will go.

"I really like our team because I feel like we mesh well on the court," Davis said. "Our coaches are the best. Coaches Stewart, Moe and Ferrell always do whatever it takes to prepare us for our games, even if it means sacrificing a lot of their own time scouting, making a game plan or going over plays."

Meylor feels that sports have greatly impacted her school career.

"I honestly don't think I would have made it through high school without the help from my teammates and coaches always pushing me to do better and make better choices," Meylor said. "Our team is a family; we help each other when someone is down. Since the day I learned how to dribble and shoot basketball, it has always been a way for me to escape. When I'm on the court, nothing else matters besides the game."

According to Ferrell, the team will be trying to meet and exceed the crowd's perceptions of the varsity team.

"I think we will have a great season and hopefully we can rise to everyone's expectations," Ferrell said. "I feel really positive about this season."



Photo by Anthony Cortes.

Senior Alli Ferrell warms up before the game against West Frankfort at the Harrisburg Invite. The girls won the preview tournament for the fourth year in a row.



Photo by Sara Wangler.

Junior Kierra Boyles practices stunting. The cheer team begins competition season Dec. 1 at Benton. "We work hard and practice until we are able to do the things we struggle with," sophomore Lilli Ford said.

# Cheer prepares for upcoming season

According to junior Maycee Hester, they have

said.

Before being able to perform at competitions, the team must create and practice their routine. This forces them to sometimes face challenges.

"There's not many issues, but if problems do come up, then we just try to talk it out with everyone and listen to everyone's point of view and concerns because we want the entire team to benefit and be happy with the decisions," Boyles said.

The team has also been having problems dealing with injuries.

"Injuries can be difficult to deal with because the person hurt can be out for a few weeks, which is a long time in competition season," Boyles said. According to sophomore Lilli Ford, the team works really well together.

'We aren't like most sports with seniority and all that where they are the only ones to make decisions," Boyles said. "We try to listen to everyone and then we will all decide what is best for the team?

There are high expectations for this season according to Hester.

"I think the season is going to be the best one yet," Boyles said. "There are many new cheerleaders, so it is a little bit of a rebuilding year, but we are already excelling, especially in our stunting abilities.

Even after practicing for many months, problems can still occur during their routine at the competition.

"Whenever something happens that wasn't planned, such as a dropped stunt or missed motion, we just try to make the best of the situation and keep going," Boyles said. "We really can't stop, so we have to continue in with the routine and still try to do our best."

At the competitions, many of the girls experience nerves right before performing according to Ford.

"The worst part is the waiting before they call out our school name to take the floor," Boyles said. "It is just a huge bundle of nerves in our stomachs and you can literally feel the suspense. Whenever you start the routine, the feeling eventually goes away but until that moment happens, it's just so scary and I'm very nervous." After so much time put into practicing, the team gets to see their hard work all come together for one routine.

"The best part of performing to me is the dance section," Boyles said. "I love this the most because it is at the very end of the routine, and we know that we have left everything on the mat, and we can just give it our all at the end."



#### Savannah Hubbs, sports editor

The cheer team has been preparing for competition season which begins Dec. 1 at Benton.

been working on their routine since August. "I love competitions the most because we get to show off all our abilities," junior Kierra Boyles

#### Nov. 28, 2018

# Boys' basketball prepares for season with young team

#### Nolan Davidson, staff writer

As the boys basketball team prepares to start off their season they have to put the finishing touches on their game.

All of the hard work and preparation begins long before the season starts.

"I have went on summer trips to play in Vandalia against other schools," junior shooting guard Connor Phalin said. "I've also lifted to get stronger for the season."

These summer trips are opportunities for players to improve their skills in the offseason. Coaches frequently give up their time in the summer to take the players to these games.

"Lots of summer trips to places and basically playing a whole season during the summer [has helped me to improve]," senior forward Will Sanders said.

Practices immediately before the season begins allows players to take what they gained from summer play and apply it to the team's plan.

"[Practices] have been tough, but we need to be pushed to get our full potential," Phalin said.

With a younger team, it is even more important to prepare for the season to get them playing at the level they need to be according to Sanders.

"Practices have been tougher than what they usually are," Sanders said, "We have a lot more younger guys than we've ever had since I've been here. The [younger guys] don't really understand how hard we have to run in practice."

The returning juniors are stepping up to lead the team and to meet the goals they have this season.

"Something I think our group should work towards is a winning season and being competitive in our conference,"

# Wrestling team awaits first match of the season

Madison McClusky, staff writer

Members of the wrestling team have their first match of this years season Tuesday Nov. 27.

As they practice and train, wrestlers will push to stay in their weight class.

"We have some good experienced guys coming back but will be relatively young and inexperienced at many weight classes," said coach Greg langley. "We do not want our experienced guys all at the same weight classes."

Losing former seniors can affect a team as a whole. Meaning former Juniors are now the leaders of the team, and the role models.

"Losing experienced seniors is always tough," said Langley. "You lose their leadership and the work ethic they show to others in practice and in matches."

Throughout the years current seniors have improved by learning new skills and perfecting the ones they'd already learned prior to High School.

"Our current seniors have for the most part wrestled since they were little," said Langley. "They understand what it takes to be successful and how much work it takes to reach their goals. They have improved each year, getting stronger and fine tuning their skills"

Being a wrestler can show improvement in not only physical but mental skills as well. In a sport you do not always just learn how to play it, but can learn other things important to life as well.

"I feel as though I've improved not only physically but



Photo by Nolan Davidson.

#### Sophomore Ben Brombaugh guards junior Connor Phalin during practice. The boys' first game is Nov. 26 during the "Ernie Bozarth" Memorial Thanksgiving Tournament.

junior point guard Will Gibbs said.

Working together and learning how to play as a team is very important.

"Our team realizes we will have to work for everything we achieve and we look forward to that challenge," Gibbs said.



Photo by Madison McClusky.

Sophomores Blake Eversmann and Caden Hopkins warm up before practice "Warming up helps get your muscles loose, making it easier to move," Hopkins said.

mentally as well," said junior Rheis Wasson. "Physically I'm much stronger and can do physical things longer. Mentally, I've become much more driven to do other things and not have the will to give up on some things."

Many have received letters, but they are not sure if they want to pursue wrestling as a career. For some, wrestling is something they not only plan to do throughout high school but also in college, along with a degree in another subject.

"I hope to get a scholarship for wrestling but it takes a lot of work," said sophomore Zach Hess. "I don't know if I'm wrestling in college because I might pursue my dreams and try getting a degree in the medical field."

# **Bullpup Athletes**

Freshman cheerleader finds place in flyer position



Jack Gulley, news editor

Freshman cheerleader Jaylen Walker has found her niche in her sport of choice. According to Walker, she is finding her own place on the squad, due to her previous experience.

Walker has done cheer since she was in the sixth grade, and she sees this as a positive asset for her success.

"I have been doing it for a long time, and I learn new stuff a lot," Walker said. "I have gotten better over time."

Although Walker attributes some of her success to taking gymnastics, she found that going into high school added more to her schedule than she had before.

"I do gymnastics, but I have not been doing it recently," Walker said.

Coming into high school, she was nervous of being thrown in the middle of the squad and feeling like an outsider.

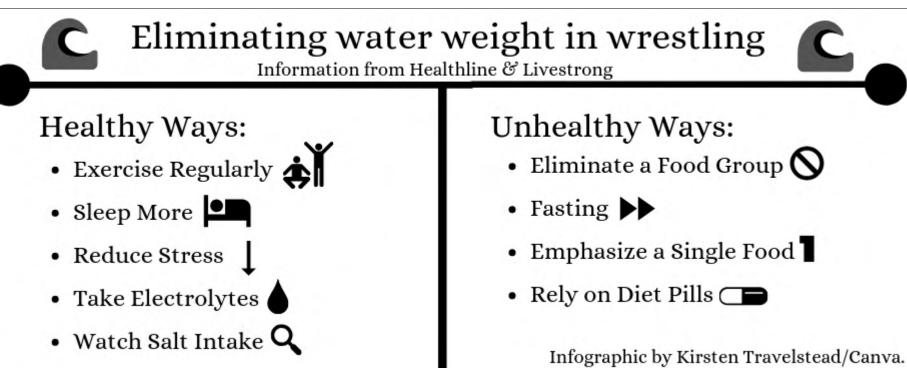
"I was scared coming into high school because of the older kids, and it was also hard trying out for cheer because I wanted the older girls to like me," Walker said.

Even though Walker was apprehensive, she has found those around her that give her support and advice. According to Walker, it is not hard to find someone on the squad to lift her up, sometimes literally.

"Maycee has helped me because she just encourages me to do new things, when I am scared to do it," Walker said. "Bella helps me, too. She helped me learn all the chants for football."

Walker has a reputation for being a flyer. The success of her stunting can be attributed to her small size, which enables her to be tossed easily. Aside from being thrown in the air and executing stunts, Walker finds her love for cheer in those around her.

"I love making memories with my friends, and riding on the buses with them to go to games," Walker said.



# Bowling takes on many new, young members

Kaylee Robinson, opinion editor

The season for boys bowling began on Oct. 22 and the season for girls began on Nov. 12. There are two seniors, 13 juniors, seven sophomores and two freshman on the teams this year.

The boys team has had two matches so far, where juniors Brody Irvin and Sebastian Barton took top scores on the team. The girls team had the first tournament of the season on November 24, where senior Claire McDermott and junior Addie Hanks took top scores on the team.

"This season is a lot different than other seasons because of all of the inexperienced bowlers that we have this year," McDermott said.

The new members on the teams include juniors Devin Davis, Nolan Bebout, Dylan Crank and Hannah Foster, sophomores Riley Wright, Laken Moore, Kaylen Pate, Lexie Cox and Vivian Fuerback and freshmen Reagan Brothers and Macie McDowell.

"I wanted to join the bowling team to try something new that I didn't have much experience doing," Moore said.

The seniors that were on the team last year were Keely Reed, Elizabeth Davis and Peyton Trammel. The new mem-

bers have more than doubled the loss of members last year. "We have lost a lot of good players due to them graduat-

ing but I think we will do well," Hanks said. Although there are many new members to the teams, there are some bowlers on the team who have had bowling experience for most or all of their lives.

"I have been bowling since I was eight and I have been on the team all of high school," Hanks said.

The two seniors on the girls team, McDermott and Chaela Sparks, will experience their last season this year. McDermott has been on the team all of high school and Sparks has been on the team last year and this year.

"I am more sad than I am nervous because it is my last year and I will miss it a lot after the season is over and after



Photo by Savannah Hubbs.

Junior Sebastian Barton bowls against Steeleville during their first home match. The team won 2753-2524. Barton had a score of 598.

I graduate," McDermott said.

According to Hanks, the team members are very hopeful and excited for their season and hope to succeed both individually and as a whole.

'I think we will do very well this season," Moore said. "We all get along and I think that is most important."

# Knee injuries take a toll on multiple athletes

#### Haley Sullivan, staff writer

According to a study by the National Center for Biotechnology Information, knee injuries are one of the most common serious injuries, and make up over 60 percent of sport-related surgeries in high school students.

The same study shows that over half of high school students on average participate in some kind of athletics, like sports or weight lifting.

Physical activity has been proven to benefit one's physical health, but participating in such activities can increase the likelihood of causing stress on the knee.

"Depending on the sport, on average I treat at least one bad knee injury a year," athletic trainer Tina McCabe said. "The most common types of knee injuries I see in student athletes are medial collateral ligament (MCL) strains or sprains in the meniscus."

Injury of the anterior cruciate ligament (ACL), which is the primary stabilizer of the knee, is also a very common place for injury to occur. According to the National Athletic Trainers' Association, the ACL can be easily damaged when an athlete pivots, stops quickly, changes direction too fast or lands after jumping.

An ACL injury can happen while playing any sport, but injury of this particular ligament are most prevalent in football, basketball and soccer. In addition to this, 50 percent of ACL injuries are accompanied by injury to other ligaments of the knee, and females are slightly more at risk for ACL impairment than men.

Junior Lydia Miller is currently recovering from this type of injury.

"I was playing in a basketball game, and I cut across the

lane to the ball," junior Lydia Miller said. "When I made a jump stop, I landed completely on my right leg. I felt the worst pain I have ever felt in my knee, and I just dropped to the ground. I ended up completely tearing my [anterior cruciate ligament] ACL and MCL. I also tore my meniscus.'

Knee injuries like Miller's are very common in athletes. The knee is made up of many important complex structures, which leaves plenty of ground for distress to occur, like fracture in the patella (kneecap), femur (thigh bone) or tibia (shinbone), dislocation of any of the bones in one's knee and/or sprains or tears of soft tissue structures like tendons and ligaments, according to the American Academy of Orthopaedic Surgeons.

There are various treatment options for these injuries, including the "RICE" method (rest, ice, compression and elevation), immobilization, physical therapy, non-steroidal anti-inflammatory medicines or possible arthroscopy surgical procedures.

"I had to have surgery to repair everything, and afterward I was non-weight bearing for six weeks," Miller said. "I was almost completely dependent on friends and family, especially right after surgery. Once I was off crutches, it was a lot easier, but I still had physical therapy three times a week and I couldn't do everything that I've always loved to do."

According to the National College Athletic Association and the Sports Science Institute, many athletes that are going through an injury tend to experience negative emotional responses such as sadness, isolation, irritation, lack of motivation, anger, frustration, changes in appetite, sleep disturbance and disengagement.

"For others in my shoes, my advice is to stay strong and remember that this injury isn't going to last forever and you will get better," Miller said.

thighs, it decreases

tension on tendons

Infographic by Savannah Hubbs/Piktochart.



Men receive more support than women

Swing

and

miss

Savannah Hubbs, sports editor

I have attended both boys and girls basketball games. To me, the singular difference between the two is the gender of the players, but another noticeable difference is the difference in the size of the crowd each brings in is much larger than it should be.

According to The Public Discourse, the attendance average for women's basketball at the NCAA tournament was 5,708 compared to the men's attendance at 20,550. That is more than three times the number of fans attending the men's games.

I have heard many people claim that their reasoning for attending men's sports over women's sports is because men are stronger, faster and more aggressive and therefore more entertaining to watch.

I do not feels this to be a fair comparison. In my personal opinion, girls are just as aggressive, if not more so, just in different ways.

According to The Charlotte Observer, "Jeff Walz offers a money-back guarantee to any fan who attends a Louisville women's basketball game and is not captivated by the quality of play. 'I've never had anybody e-mail me and ask for their money back,' says the eighth-year Cardinals coach. 'Ninety-nine percent of the time, they're impressed with the level of talent, athleticism and how good the players are."

The difference in attendance is not only seen at the collegiate level, but there is also a difference in the attendance of professional sports.

Even though women put in just as much time, energy and effort into their sport, they are still not paid the same amount. The U.S. women's soccer team make about 40 percent of what the men's soccer team does according to Time. The women's team is much more successful than the men's, but they are making so little in comparison. The women have won three World Cups and four Olympic gold medals, and the men's team has never won either contest.

Women are constantly treated unequally in sports, and it needs to stop. We are coming to an age where there are fewer instances where men and women are treated differently and even fewer where it is socially acceptable, but there is still a struggle with equality in sports.

Instead of only attending boys' athletic competitions this year, try going to a girls' game, and you may be surprised to find that they may be as every bit as entertaining as the boys' games.

## Quotes from the Pros

"... it had nothing to do with how much I love to play for my country. It had everything to do with what's right and what's fair and with upholding a fundamental American concept: Equal pay for equal play."

-Carli Lloyd, U.S. Women's Soccer

It will help maintain proper leg alignment and balance

Source: Everyday Health

#### Feature

# Personal fundraisers becoming popular for multitudes of causes

Elle Behnke, feature editor

Facebook has recently added a "personal fundraiser" feature. This feature can cover multitudes of expenses such as crises, medical bills and tuition for schooling.

This feature is very similar to GoFundMe, a site to help with personal expenses and fundraising for different groups of people.

"Facebook says that, at first, it'll only allow fundraisers to help cover six things: education expenses, medical bills, pets' medical bills, crisis and disaster relief, personal emergencies, and assistance for families after a death," The Verge writer Jacob Kastrenakes said.

Crowdfunding has become a phenomenon. Whether someone is needing a little money in their pocket, trying raise money for a trip, or trying to get their company off the ground, crowdfunding is an option.

This is popular because it is completely free to set up. Additionally, the creator is able to share their cause online for free.

Facebook users are also given the option to fundraise on their birthdays. Facebook will notify users with their options for charities such as The Alzheimer's Association, American Cancer Society and any other charities that are personal to the user two weeks before their birthday. For Diana Saez this platform was a great way for her to raise money for her home territory, where Hurricane Maria destroyed so much.

"All I want for my birthday is for Puerto Rico to see some love," Saez said, from journalist Meera Jagannathan. "I don't think that I would've raised that amount of money that conveniently, that easily, through any other method that I know of."

Even though this is a charitable cause, Facebook still has to put fees in place for the charities that are promoted.

"Facebook says that it doesn't make a profit off of its charitable giving tools, but that doesn't mean a fundraiser's creator gets to keep all of the money raised," Kastrenakes said. "They'll still lose 6.9 percent of the total, plus 30 cents per donation, to "payment processing fees, fundraiser vetting, and security and fraud protection."

That's actually favorable to GoFundMe's terms. GoFundMe takes 7.9 percent plus 30 cents per donation in the US.

From Meera Jagannathan's article, "Should You Start a Birthday Fundraiser on Facebook?", "I wish they were a little more upfront about it," Alok Gupta said. "But at the end of the day, they are helping bring attention towards good causes."

GoFundMe is a site for people to raise money for a multitude of causes. The site was formed in 2010 with more than \$5 billion being raised from more than 50 million donors.

Also from Jagannathan, "Being a part of GoFundMe also gives you access to the reach of the platform," Salvador Briggman said. "If you have a good story that garners attention and funding, they may assist you with amplifying the reach of your message."

GoFundMe also has fees in place for the causes created on its site. Facebook mimicked GoFundMe in this action as well.

"The website introduced a zero percent platform fee starting in 2017 for select countries: US personal campaigns, Canada, United Kingdom, France, Germany, Ireland, Italy, Netherlands, Spain," Briggman said. "Rather than asking for a fee for personal crowdfunding campaign managers in these countries, the website gives donors the option to leave a voluntary tip on top of their donation. For non-personal crowdfunding campaigns in the USA and countries that are not included in the list above, GoFundMe charges a 5 percent fee." There are ways to share and promote a cause on GoFundMe's site. If the cause garners a lot of attention and funding can be given assistance with amplifying the reach of your message. "Naturally, your campaign can also be shared on other social networks like Facebook and Twitter and gain reach that way," Briggman said.

The trend of personal fundraising/crowdfunding is growing more everyday.

According to GoFundMe's website, "In recent years, people have become accustomed to more personalized consumer experiences, services, and products," crowdfunding expert Paige Kutilek said. "Today, 75% of consumers are more likely to buy from a brand if they receive a personalized communication."

This could range from including personal details and reference shared values that can inspire people to action.

GoFundMe's website also mentions the new generation, Generation Z, growing up and becoming more active in internet affiars due to them never not knowing or having the internet.

"Generation Z uses a greater variety of devices and social media platforms than previous generations, and they use them near constantly: 95% use YouTube daily, 78% use Snapchat daily, and 66% use Facebook daily," Kutilek said. "Since your odds of reaching Generation Z are greater on YouTube and Snapchat, you'll need to add those platforms to your social media strategy and approach. For example, post all the videos you make for your fundraiser to YouTube, and consider creating a YouTube channel for your organization or cause."

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Jammie K. Stricklin, D.M.D



March For Our Lives -

\$3,531,110

Support Victims of Pulse A Shooting - \$7,853,140

- GoFundMe headquarters waived

all transaction fees and donated

\$100,000 to their cause.

Stoneman Douglas Victims Fund -

GoFundMe waived all platform fees and donated 450,000 to the cause.

Las Vegas Victims Fund-\$11,874,100 - This is the third largest GoFundMe project.





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## Senior portrait styles evolve over time

#### Haley Sullivan, staff writer

Each year seniors everywhere have their senior portraits made.

Although a lot of photographers find the art to be their field of study in college, many pick up photography as a hobby and pursue it.

"I would say I do about twenty shoots each year," yearbook sponsor/photographer Hilary Ford said. "I studied a combination of education, but photography came later, I kind of learned it on my own. It was more self taught, mostly because I started working on yearbook. I have gone to seminars and things for photography."

Despite the fact that many shoot as a side interest, Harrisburg High School alum Arianne Boma plans to pursue a career in photography.

"I am currently majoring in photography," Boma said. "I'm also studying construction management and graphic design."

According to Shaw Academy, photography comes in many different forms, such as aerial photography, architectural photography, candid photography, documentary photography, fashion photography, food photography, landscape photography, long-exposure photography, photojournalism, conceptual/fine arts photography, sport photography, street photography, war photography, wildlife photography, and portrait photography. Senior photos are a form of portrait photography, which is one of the most popular forms of the art.

"Growing up in a small town and personally knowing all the seniors I was shooting really helped me with learning to shoot portraits," Boma said. "They were easy going and felt comfortable when shooting with me. Plus since we knew each other and I had a general idea of what they like, locations, props and outfits were not very hard to pick out. It always ended up being a lot of fun to shoot."

Senior portraits have evolved quite a bit throughout the years.

"When I was a senior, you went to a studio to have your senior portraits made and it was all one location," Ford said. "Now everyone goes place to place and it is not so staged. We also used to have very formal pictures, like guys would wear black ties, all the girls wore pearls and things like that. now they're more personalized, like if someone plays a sport or is just really interested in something. It's way more individualized."

According to Boma, there's been modifications to portraits in the last few years since her graduation in 2016 as well, including a more common outside setting as opposed to a studio setting used more often during her senior year.

Within recent years, senior portraits are becoming increasingly diversified and individualized.

"The thing I like the most is how they are a lot like me and my style," senior Reese Emery said. "We took them in really creative places and it was just something that I would remember. I wanted senior pictures made because I wanted to be able to make memories and remember my senior year and just a little bit of what it was like."

The individualization of these portraits is a source of enjoyment for many photographers.

"Just the fact that I like being able to reflect that person and making them feel good about how they look has always inspired me as a portrait photographer," Ford said. "Also the whole idea of fashion and things like that."



Photos by Kole Phelps.

Pictured are Melissa Brinkley and Judy Winkeler. "There are 105 kids in the senior class. We registered at least 12 students today. Julian Wallace stayed later and may have registered more. Several kids were already registered. That's over 10 percent of the entire senior class and if you know how many of that 150 would actually be eligible to register (18 by Nov. 6), that percent for eligible voters registered to vote goes up," Winkeler said.

# Junior student receives 4-H scholarships for work in hippology

Sara Wangler, staff writer

Junior Hannah Haney has been in several 4-H and FFA competitions winning various awards and a scholarship.

Haney has been involved with 4-H since 2011 and wants to continue for as long as she can. Haney also hopes to encourage and coach others.

"I've been in 4-H for about seven years, I have participated in horse club for about four years," Haney said. Haney is considering veterinary medicine, but will definitely have horses involved after she graduates.

"I work with many animals, but I compete with my horse, dog, and dairy goat," Haney said.

Haney hopes to attend college, but like many she is still deciding.

"Anything medical generally has a good outlook as far as employment. But, I hope to stay involved in 4-H and possibly help others in my horse club advance their knowledge of the horse industry," Haney said. Haney has participated in hippology, horse bowl, and dairy goat show.

"I show at local shows like the fair, 4-H show, and fun shows in the area," Haney said.

Although Haney participates locally, she also attends bigger competitions throughout the area.

"It's kind of difficult to explain because I have done it for four years, but each year I do more than one thing," Haney said. I competed in 2015 regionals, 2016 regionals and state, 2017 regional and state, then in 2018 regionals, state, and nationals. Every year I've done horse bowl and hippology, but for nationals I only competed in hippology."

Hippology is a contest formally known as Equine Veterinary and Management Knowledge Contest

When a competition nears there is a lot to prepare for according to Haney.

"Usually getting up early to go get my horse from the barn, hauling to the show, entering all my classes, longeing an action in which a handler guides a horse along a rope and stake, and warming up, going back to the trailer to unsaddle, getting dressed in my show clothes and switching my horse to her show halter for halter and showmanship, then hurrying back to the trailer to saddle and get ready for the riding classes," Haney said. "Then the day before is usually a bath and banding for my horse then going home to load everything for the next day."

Haney won a scholarship for Superior Young Producers a scholarship program offered to 4-H members to encourage development and personal growth. this past summer and hopes to pursue it.

"I've been getting involved in as many things I can, whether that be clubs, competitions or programs. I'm also focusing mainly on my grades and school work," Haney said.

After being in 4-H and FFA for so long, a person is certain to make lots of memories according to Haney.

"Last year was also my first time showing a goat at all, so when I went to the 4-H dairy goat show," Haney said. "I didn't expect to win anything, but then we won senior showmanship champion and a pretty purple ribbon. For horse bowl and hippology, they're just really fun contests to participate in."

When going into competitions a person needs to have faith in their abilities. Believing is achieving according to Haney.

"Last year was my first time showing at the section 25 fair. I took my goat and my horse and ended up having a friend show my goat for me and then showing one of hers because I was busy with my horse at the time of the class for my goat. I am thankful to receive help, but there was a lot going on "Haney said. "The people on my team help me keep going."

The competitions really are group effort according to Haney.

"We've all become good friends since starting out the team together," Haney said. "Everything I've learned through the 4-H horse program has helped me to become a horse owner and have a greater understanding of the horse industry."

Coaches guide and keep the team going. Their experience and wisdom helps a great amount according to Haney. "My coaches are more about having fun in the contest and learning knowledge that can actually be useful, which makes it more fun to participate."

Although influenced by, many there are some very credible according to Haney.

"I would probably have to say I look up to my trainer, Josh Thomas, and his wife, Dr. Hannah Thomas, because they are amazing people and have helped to become a better rider and expand my general knowledge of horses," Haney said. "I would also have to say a good family friend, Linda Werkheiser, because she was my first riding instructor and helped me build a foundation of horse knowledge before I'd ever even heard of horse bowl and hippology."



Photo provided.

Pictured are Gwen Klinkey, Audry DeRossett, Katelyn Hamiltom, and Hannah Haney at the All American Quarter Horse Congress in Colombus, OH. "I think we were all pleasantly surprised when we got fourth out of seventeen teams, especially on our first competition. After a summer of weekly calls leading up to this, we could definitely see that all of our hard work and studying had paid off," Haney said.



Photo illustration by Kaylee Robison and Elle Behnke.

## School stress, anxiety causes health concerns for local student

#### Madison McClusky, staff writer

School can be stressful as students and parents know, but for some it is even worse than it is for others.

For a local middle school student it has caused various problems other than just stress, including health and mental well-being concerns.

"When under stress, our body responds by releasing hormones that increase our heart and breathing rates as well as affecting other organs of the body," Harrisburg High School nurse Angie Shires said.

Noticing differences in how he acknowledged conditions and behavior was one of the first things they saw change. Being a student alone can cause anyone to act out, but this time it was different.

"He wouldn't talk or tell us his how he was feeling, he would just keep it all to himself," said his mother.

Knowing what the medical definition of stress is can be important, as there are many different symptoms to be perceived as such. Many different things can be seen as stress when in reality it is something completely different.

"Stress is the body's reaction to harmful situations -- whether they're real or perceived," according to WebMD. "When you feel threatened, a chemical reaction occurs in your body that allows you to act in a way to prevent injury."

Although a lot of stress can be bad for you, stress can sometimes be beneficial for you in small doses.

"Stress isn't always bad," according to HelpGuide. "In small doses, it can help you perform under pressure and motivate you to do your best. But when you're constantly running in emergency mode, your mind and body pay the price."

If you frequently find yourself feeling frazzled and overwhelmed, it's time to take action to bring your nervous system back into balance.

Moving from a small school to a much more advanced school can be quite terrifying for kids his age. There are more teachers, more moving, which causes more stress, causing them to avoid doing school work or anything school related.

"A tween can become so overwhelmed that [he] can "check out," according to Un-

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hen someone sed to complete due to antiety, th sir anxiety

iènce of Bestumbere unor f any and the high nxiety are often nptoins.Theu may fear that other people w

sweating or if their voice starts shaking during a client meeting at work. The key is n the person that those things will never happen. but to reassure them that they can cope if or

#### derstood. "[He] may lie to avoid the challenge."

"The transition from a regular school, to the middle school, and going from one teacher, to 7 teachers" said his Father.

Symptoms of stress can vary. Not all symptoms are as noticeable, or visible as others, but it's important to know how to help manage it. If someone is suffering from stress, you might not know unless they tell you personally.

"Studies have found many health problems related to stress," according to WebMD. "Stress seems to worsen or increase the risk of conditions like obesity, heart disease, Alzheimer's disease, diabetes, depression, gastrointestinal problems, and asthma."

Not only does stress affect the person struggling with it, it affects the people around them. Such as family, friends, or colleagues. Stress does not only affect students but people of all ages.

"As parent you want to help your child grow and get through it," said his father "When they won't talk to you that's the biggest issue, there's got to be some communication."

School work plays a big role in stress caused by school.

Prioritizing other things over school work, such as video games or electronics can also cause an overload of stress.

"It's a stress reliever, but it's not really thinking," said his father. "You're in a different level of thinking, but it's not engaging your brain to learn something."

Being a parent and dealing with this kind of thing isn't always easy, especially alone. Sometimes you need to call in other family to help, like a parent.

"I called my mom and dad, and had them come in and help me," said his mother. After dealing with a child going through something like this, you are able to give other people advice on how to hopefully prevent this. Being understanding is important to help them get through what they are going through.

"As a parent, it hurts to see your child unhappy or stressed," according to KidsHealth. "But try to resist the urge to fix every problem. Instead, focus on helping your child, slowly but surely, grow into a good problem-solver — a kid who knows how to roll with life's ups and downs, put feelings into words, calm down when needed, and bounce back to try again."

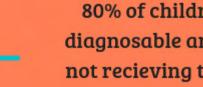
# **Anxiety in Teenagers**

Anxiety affects 25.1% of children between 13 and 18 years old.

Anxiety is a normal reaction to stress, but some people react more strongly to stressful situations.

25.1%





80% of children with diagnosable anxiety are not recieving treatment

Infographic by Kaylee Robinson/Canva

# Black Friday decreasing, leading to local shops, malls forced to close

Kirsten Travelstead, staff writer

Black Friday is often considered the beginning of the holiday shopping season. This year Black Friday falls on Nov. 23.

Black Friday is known for good deals and massive numbers of people thronging the stores.

"Black Friday gets its name from the annual store profits that would often tip into the black, meaning no longer in the red, which is accounting parlance for losing money once all the receipts were tallied"according to CNet writer Rick Broida.

Many stores release their Black Friday sales weeks in advanced, but many stores do not start those deals until the night of Thanksgiving.

While Black Friday may be in decline nationally, locally Black Friday is still popular.

"To me, Black Friday is a big deal. I love shopping. I also love a good sale! Black Friday consists of a lot of shopping and great sales, so it's perfect for me," senior Angela Colby said.

In Harrisburg, Walmart is expected to receive a good majority of shoppers. They have been preparing for the mass amounts of visitors by hiring new people.

"We have been hiring a lot of cashiers because we will need them on Black Friday night," senior Haley Steinmetz said. "Every cashier that we have is scheduled." Black Friday was once considered the best way to find holiday deals, but in today's society, technology has changed the way people find the best deals.

Cyber Monday has only been around for ten years, but it has caused Black Friday to experience massive drops in sales.

"Cyber Monday raked in nearly \$2.7 billion in online sales in 2017," according to ComScore. "Black Friday made \$1.97 billion."

"I like shopping online for Christmas gifts because it's so much easier to find what you're looking for," junior Mackenzie Gidcomb said.

Cyber Monday has become something so popular, many online sources extend their sales through Tuesday.

"The Tuesday after Cyber Monday is the second-largest online holiday shopping day of the year, with more than \$2.2 billion spent on that day alone last year" according to The Street by Jaso Notte.

But the combination of both Cyber Monday and Cyber Tuesday are just one of the reasons Black Friday is become less popular.

"I personally don't like Black Friday because of all the crazy crowds," senior Hannah Mitchell said. "It's much easier to just stay inside and get the same deals from the comfort of my house."

Consumers are also beginning to grow accustomed to retailers putting out good coupons and deals more consistently throughout the year. This makes the craze of having to find gifts for a good price weaken greatly.

Accenture Senior Managing Director Jill Standish said in a press release that "given the rise of constant discounts and promotions on sites such as Amazon, consumers are doing more of their holiday shopping year-round, and this is proving to be the biggest competitor to the traditional peak holiday shopping days."

"I enjoy shopping year round shopping rather than Black Friday because it is usually really hectic and crazy. Year round shopping is safer and it's easier to get gifts in the spring or summer," sophomore April Gulley said.

Even so, millions of Americans flock to nearby malls and shops to purchase their Christmas gifts for family members and friends, but that number has been declining every year. Shopping malls have also been a victim of online shopping.

"At one point there were 5,000 malls in the United States, but now we're down to 1100," according to National Review.

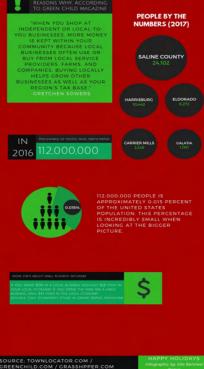
"My favorite mall is definitely the Eastland Mall in Evansville IN," senior Katie Wright said. "I love it because there are so many stores."

Shopping malls were once viewed as an American staple, but with the advancements of technology they are becoming a thing of the past.

In fact, the Illinois Centre Mall located in Marion is on it's way to becoming a part of the many dead malls in the United States.

"The stores in Marion Illinois Centre Mall have received letters from the mall owners telling tenants they have to be in 30 days," reporter Emily Manley from WSIL said.





In a matter of a month the only stores that will be open at the Marion mall will be the privately owned location like Target, Dillards, Mantracon, and Pirate Pete's.

# <image>

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