

the
PURPLE CLARION

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Photos by Kirsten Travelstead.

(Left) Sponsor Nick James and senior officer Paige Cook register people for the Barn Golf tournament as junior officer Jaden Oglesby watches. (Top right) FFA State President Sophia Hortin gets ready to putt on the first course of the day. (Bottom right) The first hole at Harrisburg required participants to get their golf ball over the trough of water to finally reach the hole.

A Hole-in-One

FFA hosts interclub Barn Golf fundraiser to kick off club season

Kirsten Travelstead, staff writer

FFA held a brand new interclub fundraiser Oct. 13. The club as participated in a Barn Golf competition.

The event began in the morning at the high school. Participants played three holes at HHS before moving on to other sites.

As one host of an event, the club raised \$5000. "Barn Golf is a miniature golf course in six different locations," FFA sponsor Nick James said. "There are three holes at every stop, and teams travel between the six locations."

Players were sent all over area to places like El-dorado and Pope County to golf.

Participants formed their own teams and travelled to the different locations.

All schools involved in Section 25 of FFA helped host this fundraiser. Each school made different holes and set them up at their home school.

"It has been great working with other schools," FFA officer Paige Cook said. "Galatia is bringing a hole to Harrisburg. It will be a way for us to interact and build relationships."

Harrisburg was responsible for making the other two holes for their stop. Students who are taking ag classes worked on the holes.

"Our ag classes have been building the holes,"

Cook said. "They've worked very hard on it." The two holes Harrisburg built featured different obstacles the players had to overcome. In the first course, participants had to manage to get their golf ball over a trough of water

"I enjoyed building the golf holes because it was something different, but fun," senior Kyle Cavender said.

Harrisburg received many positive comments from the crowd.

"My favorite one was the first one that we started out on," FFA President Sophia Hortin said.

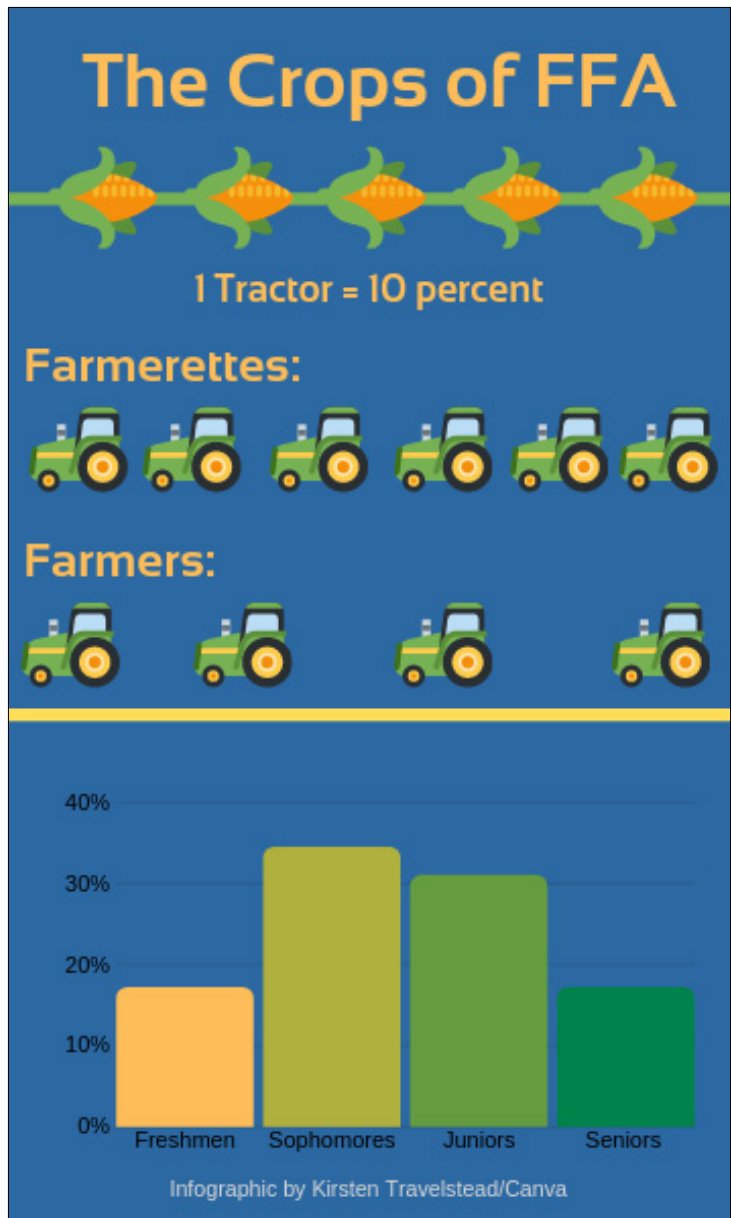
This is the first time the Harrisburg chapter of FFA has held a barn golf event.

Richard Clark was the winner of the tournament out the 60 people who came out to play. He scored a 69.

Due to the success of the fundraiser, FFA hopes to host another Barn Golf tournament sometime in the future.

The fundraiser was only one of several important events in the month of October including students attendance at the National Convention in Indianapolis, Indiana.

According to the convention website, participants can expect, "motivational keynote speakers, energetic concerts, fulfilling workshops and a sweeping expo floor bustling with agricultural education and industry opportunities."



Theater department prepares for upcoming performance

Elle Behnke, feature editor

Illinois High School Theater Festival (IHSTF) is a non-competitive high school theater festival that showcases talent from all across Illinois. Last year the department chose a Disney show for their annual spring musical. In the spring of 2018 the department performed “The Hunchback of Notre Dame” and are now getting the chance to take the show on the road.

This year’s festival is held at University of Illinois at Urbana-Champaign. The lead up to a show’s adjudication, or judging, is a whirlwind of after school rehearsals and time spent at home working on individual acts and/or songs.

“I just like to sit down with my script and look through it and figure out where I have trouble. It’s also good to find rehearsal tracks online for your music. As for dialogue, it just takes time and practice to get everything memorized and ready,” sophomore Alyssa Irvin said.

On Oct. 30 at Southeastern Illinois College (SIC) the cast and crew of “The Hunchback of Notre Dame” are putting on a free performance at 7 p.m., which will double as their adjudication performance.

“I would say I’m probably the most excited about reviving [“The Hunchback of Notre Dame”] and having the opportunity to take it for other students to see what we worked really hard on,” Irvin said.

According to the cast this is more somber and serious than previous performances such as “Junie B. Jones”, “Peter Pan”, and “Seussical”.

“I think this show is very unique compared to what you usually see at TheatreFest. So I think that will really help us stand out and hopefully get picked to travel with our show.

Last school year the department took “Seussical” the musical to the festival. With it being the fall show and summer show last year it was beneficial to have it adjudicated and take it to the festival. This school year, the department is taking a show that they haven’t rehearsed since the spring before.

“Despite not having it done for a while, it’s all coming together,” senior Levi Titsworth said.

The fall show this year was “Addams Family” and with trying to practice this show along with “The Hunchback of Notre Dame” it has been busy fall for the students, staff, and parents involved.

(Top) Junior Sam Winkleman plays percussion in order to practice before the runs of the show. Winkleman makes up a fraction of the orchestra for the adjudication performance. If chosen, Winkleman as well as other students will travel with the group to IHSTF. Director Hannah Drake will also play in the pit.

(Middle) Seniors Kaylee Robinson and Maddi Kennedy wait off stage in preparation for their next scene. While not on stage, the cast members make jokes and skim through scripts. They also rehearse and review for upcoming songs, dances and scenes together.

(Bottom) Juniors Landon Gates, Sophie Winkleman and seniors Katie Wright and Bradley Frailey perform as the show’s congregants. These roles act as narrators of the story of the show.



Photos by Elle Behnke.

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Book Club starts on new initiative

Jack Gulley, news editor

This year, their Book Club sponsors and members have decided to do something different. Book Club sponsors Beverly Alvey and Melinda Jones have noticed a negative attitude around the school.

“Last year we got to talking about a program that used to go on a long time ago called ‘Pay It Forward,’” Alvey said. “We decided to implement that in our Book Club.”

The members are hoping to bring out positive behavior in others by being kind. Soon, Alvey wants the club to start utilizing these ideas for students who might not have the best opportunities outside of school.

“There are a lot of kids in the building that may or may not have a good home life or simple kindness in their life, so we thought by starting maybe it will turn into something bigger,” Alvey said.

Alvey and Jones both said they also hope to start a tutoring program with members.

“We are hoping that some of our club members would help kids maybe with their reading,” Alvey said.

Even if a grant does not get approved, Alvey still sees hope for the idea.

“We are hoping we can spearhead that movement, even without the grant, of some of our book clubbers to help kids read,” Alvey said.

The members of the club are seeing the changes they make. Junior Lydia Miller can see the change almost immediately.

“Especially after Book Club meetings, you can see people kind of smiling at each other, just saying hi to everybody, and trying to lighten everybody up,” Miller said.

Although Miller would be interested in the tutoring aspect of the club’s new goal, she does not think it will be an easy task.

“The hardest part would just be finding time in my own busy schedule,” Miller said. “I feel like there are students who want to do better, but they just do not understand the concepts.”

Alvey sees this new initiative as a good opportunity for the members of the club.

“Simply be kind because that kindness could lead to something bigger and better in their life,” Alvey said. “It is going to enrich your own life by being kind.”



Photo by Kole Phelps.

Natalie Phelps-Finnie talks to government teachers Dan Craig’s senior class about her role in state government as State Representative. Dan Craig asked both Natalie Phelps-Finnie and State Senator Dale Fowler to speak while his classes were covering the legislative branch of government. With the upcoming election, both speakers commented on the stresses of campaigning.



Photo illustration provided.

English teachers take students to live performance of Frankenstein

Kole Phelps, copy editor

English teacher Elizabeth Dawe took her English students to see a stage production of “Frankenstein” at the Luther F. Carson Four Rivers Center in Paducah. This group included a majority of the senior class, who Dawe hopes to introduce the literary work to in the future.

The all day event took place Monday, Oct. 22.

Dawe has told her classes that she hopes for them to see and understand the story, so when the classes read the books further down the line, they will already have been introduced to the story and the characters’ backgrounds.

Senior Paige Gulley is active in high school theatre as well as other activities and was excited for the event.

“I think it is cool that we get to go see a play instead of just reading it in class,” Gulley said.

Later this year, students in Cathy Wall’s Honors English III class will take their own trip to the Carson Center to see a production of “The Crucible.”

Junior Devin Gunter is enrolled in the class and also involved in theatrical productions.

“It’s supposed to be a show that is very minimalistic,” Gunter said. “There won’t be many extravagant costumes or props, so it will be very different from what we do here at the high school.”

While Dawe makes the trip annually, Wall does not.

“The program the Carson Center offers usually doesn’t include something that connects well with my course outline,” Wall said. “I took some students to see an adaptation of “The Scarlet Letter” several years ago, but this is the first show they’ve had in a while that I’m excited to take my students to see.”

Wall’s goal is to show students a different “telling” of the story.

“We read the play in September and watched excerpts from the 2004 screen adaptation, but seeing the show performed live is altogether different,” Wall said. “My plan is to have a class discussion on the bus ride home about how the see the play differently after watching it performed on stage.”

Students attended an Aquila Theatre performance of “Frankenstein” at the Carson Center in Paducah. Students from surrounding areas also attended the performance, stage in honor of the 200th anniversary of the nove. “It was definitely different, but I had never seen a traveling show before.” said senior Reese Emery. “It was definitely interesting.”

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Band anticipates upcoming Variety Show

Madison McCluskey, staff writer

The variety show, a band tradition, is being held at Dorrisville Baptist Church in the multi-purpose facility Nov. 2 at 7 p.m.

"It's a fundraiser for the band," said sophomore Katie McAnally "We do it every year to raise money to replace band gloves and buy new things for the band."

This year's theme is "A Night With the Stars." All aspects of band, theater, color guard and choir are showcased at the event.

One performance will include a color guard and Illinois Music Education Association vocalists collaboration. The group will perform "This is Me" from the recent film "The Greatest Showman."

Band seniors will perform "We are the Champions."

"We are going to be playing the song on our prospective instruments," senior Kaylee Robinson said. "During part of the song, we will put our instruments down and sing. We want the crowd to sing with us."

There will also be a short, comedic skit featuring various band students.

Reserved tables were sold in advance for \$200 each, and sold out completely within two weeks.

"On the Thursday night before the variety show, we usually set up, and the set up takes about two hours, but we also practice that night," said senior Brianna Belt.

Participants run the whole show and decorate at the same time the day before the event.

"The day before is probably the most stressful because it's the first time doing everything, and we're trying to perfect it," said Belt.

After the show, the room must be returned to normal so that services can take place on Sunday.

"After performing we immediately start taking everything down and start cleaning up," Belt said.

Members are excited about the upcoming show.

"Everyone is excited but somewhat nervous. I know I get excited because I've done it multiple times but those that have never done it are probably a little more scared or nervous," Belt said.

Being in the variety show is not only important to students because they are raising money for the band, but because their parents are there to support them.

"All of our parents are there and they're our biggest supporters and I'm glad we do this because they enjoy it so much," Belt said.

There is more to the variety show than just the band playing music.

"During the show there is a huge silent auction that goes on and we take a little break and play a game," Belt said.

Each band section is responsible for creating a gift basket that is auctioned during the event.

Other prizes are donated by local businesses and patrons of the fine arts program.

The meal is catered by Tiffany Michel Horton. This year's meal will include chicken, a sweet potato casserole, and cheesecake for dessert.

"Every year audience members look forward to the food," drum major Jack Gulley said. "They especially love the desserts."



Photos by Anthony Cortes.

(Top) Senior Chaela Sparks donates at the blood drive Friday, Oct. 26.

(Bottom) Math teacher Gabe Angelly sets the example for students by donating blood.

Harrisburg High school students and staff are typically among top donators in the area. In spite of a field trip scheduled for the same day, every slot was filled according to assistant principal Randy Smithpeters.



Photo by Savannah Hubbs.

Senior Dustin Bennett army crawls on the ground during the War and Conflicts class. Bennett plans on joining the United States Army after graduation. The students simulate trench warfare in a project, while studying World War I and the techniques used for battle. "I think it was a great learning experience," senior Angela Colby said.

War class experiments with hands-on curriculum

Kirsten Travelstead, staff writer

U.S. War and Conflicts is a new class that was added to the schedule for students to take this year.

This class is different from most classes the high school offers because it is taught by two teachers, Mrs. Cox and Mrs. DeNeal. The main focus of this class is geared to projects rather than homework.

"So we're co-teaching the class and what that kind of is, is that we bring both our groups together and her and I just interact in the classroom and teach at the same time," teacher Mrs. DeNeal said.

This is the only class currently offered at the high school that is taught by two teachers. They take turns teaching in each other's classrooms.

"To be honest, I didn't know how that would work out at first, but it ended up being really great, they work very well together," senior Angela Colby said.

This class being taught by two teachers isn't the only thing new. This class focuses more on group projects rather than having homework. This class is based on heavy participation.

"This class rarely has homework. We do a lot of hands-on work and projects," Colby said.

One of the projects the class focused on was on trench warfare. The students did a unit on World War I. They spent a week learning specifically about the trench warfare.

"We devised a simulation where we took wadded up paper balls," DeNeal said. "The students actually made trenches out of pads."

The students seemed to enjoy the project.

"It was a great learning experience for the kids in the war class," Colby said. "It did a great job of showing many obstacles the soldiers of World War I faced."

This semester the class is focusing on the World Wars. Next semester they plan to study the Vietnam War, and hopefully the Cold War and the Korean War.

Cinema Cynic

“Beetlejuice,” “The Witches” serve up Halloween fun

Jack Gulley, news editor



Halloween can be a trying time for the weak of heart and stomach. If someone does not enjoy beheadings or jump scares, there are some movies that should not be overlooked during the Halloween season.

Some of the most iconic Halloween movies are those without gore and ghosts. “Hocus Pocus,” “Halloweentown” and “Ghostbusters” have proved to be fun films for all ages, but watching the same three movies every year might get tiring. Hopefully, this guide can shed some candle light on movies that fly their broomsticks under the radar.

For starters, I need to address a movie that is frightfully underrated. The 1988 Tim Burton classic “Beetlejuice” is a film that has humor, a little spookiness and great performances. Burton, like always, has a skillful way of including haunting imagery juxtaposed with whimsical storytelling. Therefore, even though the plot is based around the underworld and hauntings, the mood feels light-hearted the whole time.

Finding pleasure in movies like “James and the Giant Peach” and “Matilda” will lead to loving another Roald Dahl classic that has been buried alive. “The Witches,” starring Anjelica Huston as the Grand High Witch, is a quick adventure that focuses on a young boy on the run from witches. The thing that makes the film worthwhile, even more so than Dahl’s strange, heartwarming story, is Huston, who has a knack for Halloween fun (see “The Addams Family”).

Although the franchise is widely

known and appreciated, taking a trip to Hogwarts is not the worst idea around Halloween. The Harry Potter series, specifically the first installment, is perfect for the season. The visuals of the large and sometimes creepy castle is a perfect setting, especially when jack-o-lanterns are levitating above the Great Hall.

And what could be better than a story about a group of singing aliens who use a human couple as a source of entertainment for a momentous night? Probably nothing. “The Rocky Horror Picture Show” is a twisted take on the Frankenstein story. The content is mature, but the fun is guaranteed.

If fun for the family is desired, consider “The Adventures of Ichabod Crane and Mr. Toad,” except skip the Mr. Toad part. This adaptation of the Legend of Sleepy Hollow is often given the short end of the broomstick, but it is super entertaining. The narration and animation screams classic Disney.

The second is the infamous “It’s the Great Pumpkin, Charlie Brown.” This movie is perfect to pair with a pumpkin carving session. The sweet sentiment will leave you wishing it was Halloween all year round.

Instead of using the excuse of “I don’t like scary movies,” go out and look for a film that is much less frightening. There is an abundance of October fun waiting to happen, and it does not have to include chainsaws and blood. So, break out the candy corn and apple cider, and have a more Bette Midler, less Jamie Lee Curtis Halloween.

Artist Profile

TTNG releases “Animals Acoustic”

Franko Teston, staff writer



In celebration of the tenth anniversary of TTNG’s “Animals,” the band has decided to revisit and reimagine the album into an acoustic masterpiece. Released Oct. 5, “Animals Acoustic” is the perfect album for rest and recreation.

TTNG—formerly known as This Town Needs Guns—is a math rock band from Oxford, United Kingdom, according to their biography from last.fm. “Animals” is a concept album following a theme of naming each song after an animal: “Chinchilla,” “Baboon,” “Lemur,” and so on.

The original album “Animals” was comprised of a vocals, guitar, bass and drums along with nontraditional rock instruments such as trumpet and violin. Their rework of the album changes the instrumentals from a “rock band” sound to an “acoustic ensemble” atmosphere.

One of the biggest changes in the rework from the original album is a complete lack of a rock-styled percussion section. Instead, “Animals Acoustic” incorporates a wide range of auxiliary percussion: xylophone, marimba, etc.

Furthermore, the reworked album uses many various stringed and woodwind instruments, such as violin, guitar, trumpet and flute.

In contrast to the changes in instrumentation, TTNG reached out to their former vocalist, Stu Smith, to lay down vocals for the album once more according to an article by Andrew Sacher titled “TTNG reunite with original vocalist for ‘Animals’ acoustic LP and tenth anniversary tour.”



Artist’s Paw Print

Junior student specializes in special effects

Anthony Cortes, staff writer

With Halloween right around the corner, most people will start to think and plan for costume designs. Many students would not think about such details as blood color, but one student is interested in just that.

Junior Maddie Johnson has been following her passion of creating special effects and produces many of her own materials.

“I’ve been doing this for almost a year now,” Johnson said. “The first time I did it was the first of November last year. I mainly watched YouTube videos on how to make scar wax and what not to do with certain looks. Other than that, I am self-taught.”

Apart from the materials, Johnson also uses a variety of tools to help her accomplish her realistic optical effects.

“I have an eyeliner brush, I use the end of that to help smooth it out,” Johnson said. “I also use sponges for bruises, stipple sponges for blood and so on.”

Johnson has an Instagram and Facebook account, maddiejohnsonsfx, for people to see her works, and she is open to helping people with their costumes this Halloween.

“I would like to try and do people’s makeup, but I for sure want to try something new and extra gory for Halloween,” Johnson said.

Although she has had the materials for several years, Johnson only recently started tinkering with her special effects.

“I found fake vampire blood from like six years ago in my closet,” Johnson said. “I had been watching special effects videos before, but I thought I would give it a try if I had the things to do it with.”

One of the struggles that Johnson has faced with her special effects is finding other people to work on.

“There will be people that comment on my makeup page asking if it’s real, even though it clearly states that it’s not,” Johnson said.

According to Johnson, there is a lot more creativity that can be put into special effects makeup as opposed to cosmetics that are used year-round.

“I prefer to wear special effects makeup rather than regular makeup,” Johnson said. “It’s kind of ironic, considering I can make it look like my finger is sliding off of itself, but I can’t apply eyeshadow to save my life.”



1



2



3



4

Step 1: Apply scarwax and blend it out.

Step 2: Put colors on the wound and fill in the cuts.

Step 3: Blend out all of the colors and put fake blood on it.

Step 4: Fix anything that is unsatisfying.



Wait, What? The Senior Sequel

I can trick or treat if I want to

Bradley Frailey, CPS editor

Halloween is quickly approaching, and I've suddenly started thinking about one thing—trick or treat. Specifically, I need to figure out my costume.

When I tell people that I'm searching for the perfect look for this once a year occasion, they tell me that I'm too old for the tradition. I've never understood that. Why is it that the moment teens get to freshman year, they are expected to throw away any silliness and fun from their past? Why can't I continue to have fun in life, and why does everyone take everything so seriously?

I understand that, as I get older, I have more responsibilities, and there are many moments in any day where I have to be attentive and serious. So what is the problem with letting to and "being a kid" for just a little bit?

Ever since I was little, creating the perfect Halloween fantasy has been my part of the year. As I grow older, though, some grow impatient with my need to get into the spooky headspace. People say I have too much to do to be worrying about what I'm going to wear October 31.

Sure, I do stack my plate too full, but it's important to stay involved in things

that I love. But Halloween and getting in my gear is always a highlight for me, and just because I'm growing up doesn't mean I have to lose the things I love.

I love Halloween so much, sometimes people tell me I go overboard. One time, I dressed up like Britney Spears, circa 2008, and shaved my head at every doorstep.

When my parents caught wind of this (and a bit of my hair came with that wind), they weren't mad at me for shaving my head, they just told me that I needed to get serious with life. Tell me, how can I be more committed than shaving my own head?

Just because I like to joke around and have fun doesn't mean I can't be serious about things. I can have fun with life and still be professional and hardworking.

I work hard every year to get my costume to be perfect. I frequent different Halloween shops and multiple Walmart self-checkouts to get the perfect look.

Sometimes when I go to the self-checkout, though, this one worker always asks me why I'm buying so many boxes of bat-brownies, and says I'm too old to be having this much fun with the holiday.

Since when has growing up meant that I can't have any fun in life? Sure, I have to be serious and work hard. I have enough tasks in a day to employ at least five personal assistants, but that doesn't mean I can't enjoy life.

I just went to Walmart and got the final piece of my costume (This year I'm dressing up like Flashback Marry), and the same worker gave me the same speech about growing up, but this time, I gave her a speech of my own. I told her to step off her high headless horse and have some Halloween fun, because even though we have things to do, places to be, and we are all growing up, we can still enjoy life.

After I finished, she started to cry, and got mascara all over my "use code james for 10% off" sweatshirt, but I didn't take it too seriously. I just told her to start living life, took her to the Halloween section, and got her the scariest costume of all— Laura Lee's career.

What was your favorite childhood Halloween costume?

<p>"I would have to say my favorite thing I was for Halloween was the purple Teenage Mutant Ninja Turtle," sophomore Lilli Ford said.</p>	<p>"My favorite costume from my childhood was when I was a gorilla and I had a banana and everything," junior Landon Simpson said.</p>	<p>"My favorite costume was probably when I dressed up as Sacagawea," sophomore Ravyn Gauch said.</p>
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Infographic by Kaylee Robinson/Canva.



Thoroughly Modern Maddi

*Christine Blasey Ford,
American Hero*

Maddi Kennedy, staff writer

I was sitting in a St. Louis, Missouri pizzeria when I heard the news. Brett Kavanaugh is officially a Supreme Court Justice. I went silent. As a citizen I was astonished. As a woman I was terrified.

One of the biggest arguments against the validity of Dr. Christine Blasey Ford's statement that I heard was the amount of time between the time Brett Kavanaugh sexually assaulted Ford and when she finally came forward.

Ford stood in front of the Senate Judiciary Committee, and opened her story with one of the most powerful quotes of the entire hearing.

"I am here today not because I want to be," Ford said. "I am terrified. I am here because I believe it is my civic duty to tell you what happened to me while Brett Kavanaugh and I were in high school."

The big question is why she waited until Kavanaugh was about to become a Supreme Court Justice. Why did she not report the assault immediately? Why does Kavanaugh need to face repercussions so many years later?

According to the National Sexual Violence Resource Center, rape is the most under-reported crime; 63 percent of sexual assaults are not reported to the police.

As to why it goes unreported, that requires a more complex answer. Some victims do not recognize the incident was sexual assault, some believe it is unimportant and some are too ashamed to report what happened.

When Ford came forward, she did not come forward for herself. She told her story because she believed it was her duty as a citizen to bring attention to Kavanaugh's alleged horrific acts as a teenager.

The fact of the matter is that time does not excuse sexual assault. Ford was forced to carry the baggage of her assault for the rest of her life and to relive it publicly. Even when she came forward, she was blatantly ignored.

When the Senate Judiciary Committee made Kavanaugh a Supreme Court Justice, they publicly announced their stance on sexual assault. They demonstrated that no matter what boys do in high school they should not be required to suffer the consequences as an adult. They showed girls that coming forward about their sexual assault is useless, that they are objects.

The Senate hearing for Kavanaugh is a prime example of why victims of sexual assault do not come forward. Ford was publicly ridiculed for sharing her story. Her heroic act of speaking out against her alleged assailant was not out of selfishness but out of necessity.

Being a Supreme Court Justice is a powerful position, and someone who has committed a terrible offense should not be able to obtain that power. Christine Blasey Ford is a hero, no matter what anyone says.



The Aggressive Progressive

Protest turns into profit

Kole Phelps, staff writer

There is an online underground network of intellectuals working amongst us to promote the art of civil discourse and help Americans rediscover what they have in common. I remember stumbling upon this network almost accidentally.

I happened to come across the podcast "Waking Up" by Sam Harris. This peaked my interest and it led me down a rabbit hole of listening to people like Jordan Peterson, Ben Shapiro and Dave Rubin. This made me think "Where did these guys come from, and how did this online community form?"

These commentators, philosophers, scientists, psychologists and writers fill a much needed niche in our society. That niche is one where people have civil discourse over what really matter, even if that means offending some and risking everything.

The Intellectual Dark Web or I.D.W is a network of public intellectuals who use many platforms to exchange and debate ideas. Members of the I.D.W range from neuroscientist, philosopher, and left wing member Sam Harris, to right wing, anti-Trump conservative Ben Shapiro.

There are many members of the so called Intellectual Dark web, such as Jordan Peterson, Brett Weinstein, and Christina Hoff Sommers to name a few.

Although most of these intellectuals disagree on many key factors there is one thing they all have in common— they have been abandoned by their sides of the political spectrum. Sam Harris and Brett Weinstein both who fall under the left wing have been repeatedly criticized by their own political party. Meanwhile many conservatives turned away from Ben Shapiro after he refused to support President Trump.

Many who oppose these free thinkers oppose them because of political disagreements or misunderstanding them. Sam Har-

ris is regularly attacked for having views that are "Islamophobic," yet Harris has never claimed to dislike Muslims. He's only claimed to disagree with Islam. As a critic of religion, it's only natural that he critiques Islam in the same way he critiques Christianity.

I found Sam Harris around December 2017. After a long journey of watching his debates and lectures I discovered his podcast that shares the same title as one of his books "Waking Up".

While Harris deals with religion and philosophy, Jordan Peterson is a clinical psychologist who found his way onto the Intellectual Dark Web scene.

So why should we care about people like this? Why should anyone care what a couple of people think and write about?

In our current political climate, there is so much talking over one another, that many people do not sit and just listen to someone else's opinion. Many will enter the debate and ignore rules of logic for their argument and just continue to fight and walk away angry.

The Intellectual Dark Web has created a space where people can debate, talk, and present their ideas in a civil manner. While many of them have little in common politically, they all agree that our current political climate must be changed.

We all can learn one thing from the Intellectual dark web, to agree to disagree. Civil debate is a lost art. We must be willing to present ideas to others and have a civil discussion about it. We must end all the shouting matches that we see on cable television networks today. If we want to find common ground on ideas, we have to be willing to listen. When we are able to listen to new ideas, then we may finally be able to return to civil discourse.

The Clarion Call

What do you think?

What have you done to explore your options on your own?

"All my life I have known I wanted to play Division 1 softball at the college level. I have gone to softball camps and traveled to get exposed to college coaches."

-Madeline Rider, senior

"To explore my options, I really have assessed my own interests at the moment and done research on the lifestyle for different careers I am curious about."

-Landon Gates, junior

"I have done research on different colleges that I've thought about going to. I started taking online college classes at SIC. I have definitely become more responsible."

-Brianna Belt, senior

"Instead of relying on teachers, I would rather work on it myself. I get newsletters and mail from colleges I am interested in."

-Devin Gunter, junior

"Talking to friends who are in college has helped me think about where I would like to go. Researching and getting advice from my parents has been a big help."

-Sophie Winkleman, junior

Students responsible for future successes

We have had the help of our teachers since we began our public education, whether it be for class work, clubs, volunteer work or personal problems, but there are some things we need to learn to do on our own.

As we approach college, we must begin thinking about our futures, what schools we will attend and what we want to pursue as our careers. This will require us to set aside time for this important work.

As students, we have to balance our school work, any extra curricular activities and for some, work. This does not leave us much time to spare to research topics and look for opportunities that will benefit us in the future, so it is helpful when other people give information to us. It makes it easier for us when we can just read information that is given to us without going through the process of finding it. As a matter of fact, it is what many of us have come to expect.

Seeking help is not a bad thing, but it needs to be sought in reliable resources. If a career possibility is an engineer, it probably will not be beneficial to ask a teacher about what to do. Instead, the wiser course is to seek someone in that field that can describe what they did to become an engineer and give any tips that might ease the path for those who hope to achieve a similar end.

There are also camps and programs offered to students that provide an idea of what is beneficial for potential members of a particular career to learn, and when applying to get into a university program, those that had a pre-professional experience may have an upper hand.

Finding ways to gain information first-hand experience is one of the more beneficial ways to learn, and it will have greater meaning and value because it is something we sought for ourselves.

Relying on someone else to do research something in which we are personally interested may lead to unsatisfactory results. We know what we want to learn about a specific field of study, so if we give that job to someone else, we may get information we already know, do not care to know or worse yet, is not what we are looking for. Taking personal responsibility and initiative for finding out what we need to know can also give that knowledge greater value because we had to work to find it.

Not only does doing our own research benefit our learning, but it prepares us for when we are on our own in the real world.

As we get older, we have to become more independent and stop relying on other people. If we start becoming more independent now, by taking research of our potential careers into our own hands, it will help us transition out of being dependent learners and prepare us for our futures.

We need to start researching what we want to do now rather than later. The sooner we start, the more opportunities we will have to get first hand experiences by attending camps or job shadowing that will help us determine what we really want to do. If we decide we do not like the requirements of our potential career choice based on research, it allows us time to look into other careers before starting our college application process and could potentially save us thousands of tuition dollars pursuing a career that was never the right choice.



Cartoon by Selina Wang.

Open wide! Here comes the reality check!

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

The Purple Clarion is an unbiased, student-produced news, 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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Vaping

*solution for some,
problem for others*

Nick Beckham, staff writer

BRAIN

releases dopamine leading to addiction

RESPIRATORY

vaping can cause irritation to the lungs, eyes, throat, and may lead to cancer

LUNG

can cause cancer and popcorn lung

Stimulants have long been popular among humanity. Caffeine, sugar, and alcohol have only grown more popular overtime. Tobacco usage, however, has quickly declined over the last several decades.

According to the CDC statistics, 27.5 percent of United States youth were using cigarettes in 1991. In 2013, only 15.7 percent of youth used cigarettes. A similar decline can be found in alternative methods of tobacco consumption, such as chewing.

The reason for this decline is likely changes in culture. Tobacco is publicly criticized on the media for its adverse health effects. The decline in the popularity of smoking suggests the campaign has worked, at least in part.

However, this old habit has been replaced with a new one. The successor of cigarettes, vaporizers, have so far proved to be very successful. A vaporizer is an electronic device with the purpose of simulating smoking.

Vaporizers are typically cylindrical shaped, sometimes with a box at the end to store batteries. An atomizer heats up a liquid solution and creates a vapor that can be inhaled. This liquid solution is commonly called vape juice. Vape juice contains vegetable glycerin and propylene glycol. Most juice contains flavoring, and some juice may contain nicotine.

Cannabidiol (CBD) oil is often used in vaporizers, though they were not intended for that purpose. As the name sug-

gests, CBD oil is collected from cannabis plants. It is typically used for medical purposes. CBD oil can legally be obtained in the state of Illinois. Though it does not produce the "mind altering" effects of marijuana, it does imitate the physical effects.

Compared to smoking, vaping is a very new trend. According to the Consumer Advocates for Smoke-free Alternatives Association (CASAA), Chinese pharmacist Dr. Hon Lik created the Ruyan in 2003. Ruyan, Mandarin Chinese for "resembling smoke," was the name of the first modern vaporizer.

Three years later, these vaporizers were introduced to the United States. A recent MTF survey from 2017 showed that 27.8 percent of high school seniors have vaped at least once within a year of being interviewed.

The popularity of the vaporizer is concerning for some. Tobacco Control Journals have stated that vaping is less harmful than traditional smoking. This statement is commonly twisted to make consumers believe vaping to be completely harmless. According to the Yale School of Medicine, however, vaping has negative consequences similar to its predecessor. Immediate symptoms of vaping consumption include headaches, nausea and respiratory difficulties. Continuous vaping can increase the risk of heart attacks, adenocarcinoma (lung cancer), and various diseases. One notable disease associated with vaping is bronchiolitis


obliterans. This disease is more commonly called "Popcorn Lung" as it can be caused by inhaling the chemicals in microwave popcorn. Popcorn Lung causes the bronchioles (air passages) in the lungs to become inflamed. This in turn leads to difficulty with breathing. The root cause of this disease is the chemical diacetyl. Commercial vaping companies have admitted that some of their products contain this ingredient. Though treatment with antibiotics can stop it from worsening, the effects of Popcorn Lung are permanent. If the vapor contains nicotine, it can be very addictive. Nicotine dependency is both expensive and unhealthy. The aforementioned Yale School of Medicine has researched nicotine's impact on the human body. They have learned that nicotine usage has consequences: increased diabetes risk, infertility, gum disease, premature aging, and many more. Nicotine consumption symptoms can stack with the previously listed vaping symptoms, putting health at even higher risk.

From a health standpoint, vaping is preferable to smoking. It is not ideal however. Vaping provides undesirable health effects and an addictive pleasure.

Finally, vaping is illegal to minors everywhere in the United States, and many states have banned the public use of vaping devices, regardless of age. Whether or not these restrictions should exist, they reveal that vaping is harmful enough to incur limits on its practice.

out of **7 stores** tested, only **3 stores** carded our staff

who in town **ID'ed?**



vaping

multiple hhs students said they vape...

for the taste and flavors

socially, for fun, and for the nicotine buzz

students also talked about... CBD Oils Destressing The high cost of vaping

Football finishes season without advancing to IHSA playoffs

Nolan Davidson, staff writer

Seniors have finished their high school football career and leave the reigns to the juniors and sophomores.

With a record of 2-7, the Dogs will not be advancing to the playoffs.

“The season definitely didn’t go how I wanted it to,” junior back up quarterback Jacob Penrod said. “Our goal every year is to make the playoffs, and it is disappointing not meeting that goal.”

While it is tough coming from a losing season, the team hopes to improve.

“This season has really just made me hungry to go out and get better next year,” Penrod said.

The team has already seen a lot of improvement throughout this season.

“I feel like I have matured and gained confidence,” senior offensive tackle Dawson Beers said. “Last year I was a junior playing with mostly seniors. Now I am more comfortable and confident in myself and know my positions better.”

Good coaches can help the program to continue helping players get better.

“Coach Griff has helped me a lot from learning the plays and calls to the countless drills that I feel like I can now do in my sleep,” Beers said.

Many linemen, which history teacher and coach Matt Griffith help, admire Griffith as a coach.

“My teammates, especially the seniors, and Coach Griff [have helped me improve],” junior center Sam Winkleman said.

Seniors have helped juniors improve and now juniors will have to do the same with the sophomores, but there are other ways players can improve.

“Film always helps a lot,” Penrod said. “If you can know the defensive formation or the style of offense they play, it goes a long way in practice and you’re more prepared come game time.”

In spite of the difficult season, players are taking away positive memories.

“My favorite part of football is Friday nights,” Penrod said. “I love the roar of the crowd, running out of the tunnel and just the overall atmosphere of it. The feeling is like nothing else.”



Photo by Nolan Davidson.

Junior Jordan Dalton carries the ball downfield against Massac County during the Homecoming game Sept. 21.



Photo by Nolan Davidson.

Junior Will Holand carries the ball downfield before being tackled by Massac County’s defense. The Bulldogs won 40-29.



Photo provided.

Senior football player Dawson Beers and his parents, Terry and Michelle Beers, pause for a photo before the Senior Night game Oct. 19.



Photo by Nolan Davidson.

Members of the Dog Pound cheer on the football team at the Pink Out game Oct. 12.

Key Club Food Drive

Turn in non-perishable foods to Mrs Wall or Mrs Hughes.

Make sure the used by date has not passed.

Five items= one point



10 items= two points

Due date for contribution is Thursday, November 15

Girls' track team advances to Sectionals

Nolan Davidson, staff writer

The girls' cross country team has advanced and will run at Sectionals Oct. 27.

According to senior captain Franko Teston, the boys' cross country team did not make it to Sectionals due to a small team and some members who started late.

"The road to Sectionals is looking more and more narrow each day," Teston said prior to the event. "The girls team has a competitive chance to get into Sectionals, but it is looking pretty rough for the boys."

With cross country seeming to be a difficult sport, there are plenty of challenges along the way.

"The toughest obstacle I have faced as an individual is getting a low enough time to help better the team's score," freshman Madison Hannan said. "The toughest obstacle I think we as a team have faced, is not pushing to our fullest potential."

Though the boys team did not make it to sectionals, they have improved throughout the season. "My fastest time this year was an 18:58," Teston said.

How they have improved is almost as important as the improvement.

"Dedication and motivation from other team members [has helped me improve]," junior runner Josh Smith said.

Motivation seems to be a common theme among long distance runners.

"Staying motivated helped me get back on track to where I was last year," Teston said.

Other runners may not have met their goals but have still shown improvement.

"I haven't improved as much as I wanted to but I have shaved off about three minutes from my initial starting time," Hannan said. "Hopefully next year I will improve more and do better." Many of those who do not like running



Photo by Nolan Davidson.

Junior Hannah Reid runs the course at Southeastern Illinois College. The girls' cross country team will compete at Sectionals Oct. 27.

might wonder how people can enjoy the cross country team.

"I do enjoy cross country, yes. But sometimes it is very tough for me. Especially when we do speed drills or one mile repeats," Hannan said.

Some members participate just to stay in shape, while others have a true passion for the sport. "Cross country has been and always will be my favorite sport" Teston said.

Volleyball loses during first-round of postseason

Anthony Cortes, staff writer

The volleyball team moved into post season play, and hosted the IHSA Regional Tournament Oct. 22-25.

Carbondale is the first team that varsity played in Regionals, Tuesday Oct. 23. The results of this match was a Carbondale win with a score of 25-17 and 25-22.

"Carbondale has a really strong outside hitter so we had to make sure we rotated well on defense," senior Josie Drone said. "Last time we played Carbondale, we did not play very aggressively on offense, so we knew we had to fix that. We played strong and had a good defense, but Carbondale also played an awesome game."

According to junior Carsen Borders, the team has been through many changes throughout the season, including rotations in positions.

"I think the biggest change was when (junior) Victoria Thai got hurt, and twisted her ankle," Borders said. "After that, (junior) Daizha Locke filled in Victoria's position as a back row player."

Compared to last year, the varsity team did not make it as far in postseason. This affects the way that volleyball will be preparing for its upcoming seasons.

"I think the main difference for preparation is we don't have the height anymore so we are going to need to use our speed and our defense to continue into postseason." Borders said.

As the season ends, the seniors of the team are growing



Photo by Savannah Hubbs.

Senior Madeline Rider spikes the ball over the net against Anna-Jonesboro. Volleyball defeated A-J in three games on senior night.

sentimental.

"I am sad that seven years of volleyball has come to an end, but I feel like we did well against Carbondale," Drone said. "I am excited to move forward in life, but I will always be thankful for the times I have had from volleyball."

Bullpup Athletes

Freshman works to keep up with seasoned players



Haley Sullivan, staff writer

Madison Hannan, a freshman cross country runner, has overcome the difficulties of getting into a high school routine and has had a successful season.

"This season has gone pretty well for me," Hannan said. "Performance wise, things could always go better, but I am definitely not disappointed in myself."

This freshman is already thinking about the future and preparing herself to get where she needs to be.

"I plan to keep running all four years of high school," Hannan said. "If I improve enough in my future high school seasons, I would consider running collegiately for a scholarship."

Hannan plans to prepare herself for future seasons.

"The team has really pushed me to go my hardest this season, and that has really helped motivate me to get better," Hannan said. "Also just thinking about all the reasons I need to keep pushing myself has helped. I plan to train with a close friend of mine who is an excellent runner."

As much as Hannan works to better herself as an athlete, she still faces hardships in each race.

"The hardest part about this season was working hard and pushing myself to get the best time I could get each race so I would have a time good enough to benefit the team's score," Hannan said. "I have really pushed myself this season and worked hard to push others to work hard this season as well because that's all that really matters when it comes down to it."

Hannan plans to continue her freshman year playing sports as well.

"In addition to running cross country, I play soccer and run track," Hannan said. "I have enjoyed using cross country as a way to train to compete and stay in shape for other sports."

Cheerleading by the numbers



ALL CHEERLEADERS MUST BE THERE PROMPTLY AN HOUR BEFORE THE GAME STARTS

Infographic by Madison McClusky/Canva.

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Swing and miss

Concussions need more attention

Savannah Hubbs, sports editor

In the past couple of decades, concussions and brain injuries in football have become a common topic and for good reasons. Most recently, a high school football player in Georgia died after experiencing cardiac arrest stemming from a brain injury according to a quote from the Pike County coroner in CNN.

A 16-year-old linebacker from Pike County, Dylan Thomas, began experiencing difficulties in the third quarter when he was unable to stand, but he was able to answer questions and tell the trainer he lost feeling in his left leg. The coroner said in a statement that Thomas continued to get worse before being taken to a hospital and going through 40 hours of surgery, medical testing and additional life-saving measures. When reviewing the game film, the coaches were unable to pinpoint an exact moment that Thomas would have experienced extreme head trauma according to CNN.

For many years, the NFL's Mild Traumatic Brain Injury Committee claimed that sustaining a concussion "does not involve significant risk of a second injury either in the same game or during the season" and denied a link between repeated head impacts and long-term brain damage.

Forensic pathologist, Dr. Bennet Omalu was the first person to identify chronic traumatic encephalopathy (CTE) in former Pittsburgh Steelers' center Mike Webster, who committed suicide after living with many mental and physical problems according to CNN. Webster was just the first of many to be found with CTE. A study published in The Journal of the American Medical Association identifies CTE in 99 percent of deceased NFL players' brains that were donated to scientific research -- 110 out of 111 former NFL players according to CNN.

After making a career of football for an extended period of time, many of the professionals experience difficulties related to brain injuries, but high schoolers, who experience less traumatic game play and less time playing the game, can also have problems.

CNN Chief Medical Correspondent, Dr. Sanjay Gupta said in an interview on Morning Express with Robin Meade that about 13 high school football players died in the last year. High schoolers should not be experiencing hits hard enough that cause them to lose their lives, and improving safety equipment will not fix the problem. The problem is caused when the brain moves in the skull after a sudden run or stop from a hit according to Gupta.

Changes in the game need to be made to make it safer because if it is not, the players will continue to sustain injuries throughout their lives. I understand that football is a violent game, but small changes can be made to treat head injuries when they do happen. We, as athletes, need to recognize that if we experience hits to the head, it is for our own safety to come out of the game and rest because if we are not fully healed, and we experience more head trauma, it will only make things worse for our health.

Two boys, two girls compete at Sectionals

Elle Behnke, feature editor

Boys and girls golf season is over following team losses. Two students on the girls and boys team advanced to Sectionals individually.

On the boys team, freshman Ashton Hall and sophomore Andrew Bittle competed in Sectionals, and for the girls, senior Annabella Robinson and freshman Madison McClusky competed.

The boys and girls have competed in four regular season tournaments. Robinson and senior Alli Ferrell are the two seniors graduating from the golf team this year.

"I tried to play my best, and I stayed positive knowing it was my last match," Ferrell said. "The last hole of the tournament really brought me into tears. Just knowing I started my freshman year with my coaches and just knowing that was the last hole that I would be playing on their team."

The girls' golf team ended their season by finishing in fifth place at Regionals Oct. 3. The boys team end their season by finishing with a total score of 377 at Kokopelli in Marion.

Ferrell and Robinson wish both teams luck for the years to come.

"I hope the teams keep working everyday and also have fun making memories on the team," Ferrell said. "My advice would be to just have fun. There were so many matches that I would get mad at one bad shot and not even think about how to make up for it."

Soccer finishes season with hopes for next year

Haley Sullivan, staff writer

The boys' soccer team new coach, Jared Butler has been changing things up quite a bit.

"Playing with a new coach changed the way we play, which has been hard but I think it has made us a lot better," junior Brock Bergman said. "We are also a much younger team than we were last year, so the underclassmen learning to play with older, tougher competition has been a challenge as well."

Bergman went on to explain that Butler has done a lot to help them improve upon their touches, passes and having a more positive mindset, and other players agree.

"We keep playing hard, even if we don't win a game," freshman Tyler DePew said. "We don't give up on it."

Despite the improvements they have already made this season, the boys believe they still have a lot of room for improvement.

"This season our biggest focus has been to just keep improving," junior Landon Simpson said. "One of our biggest issues right now is that the team needs a lot of work on practicing teamwork."

Although the team's season was not as successful as they had planned, they have hope for the future.

"One goal I have for the team is to get a win," Simpson said.



Photo provided.

Senior Alli Ferrell hits the ball at the Metropolis golf course.

Due to this year being their last high school season, Robinson and Ferrell decided to play as positive as possible.

"I still wish I would have played better all year, but I still got to enjoy the awesome times with my friends," Ferrell said. "I want everyone to have fun with this game because it definitely goes by way too fast."



Photo by Savannah Hubbs.

Sophomore Quinyon Thomas takes a corner kick. The soccer team lost to Mt. Caramel 0-7. "This season has been difficult having such a young team, but we are doing the best that we can," junior Landon Simpson said.

Signs and Symptoms

- Imbalance
- Headache
- Confusion
- Memory loss
- Loss of consciousness
- Vision change
- Hearing change
- Mood change
- Fatigue



Sources: CNN, Centers for Disease Control and Prevention, Cleveland Clinic

What to know about concussions



Recovery

- Avoid mental activities such as reading, working or staring at screens too long
- Avoid physical activity
- Take caution to which pain relievers are used because some can increase risk of bleeding
- Rest and get sleep

Preventative Measures

- Teach proper techniques to avoid hits to the head
- Limit the amount of contact during practices
- Make sure athletes avoid unsafe actions
- Make sure athletes always wear a proper helmet



Infographic by Savannah Hubbs/Piktochart

Psychology of fear...

Brain chemicals produce emotions that make fear enjoyable for some

Kole Phelps, copy editor

Is fear something that can be enjoyable? With Halloween coming up many are flocking to haunted attractions and watching their favorite scary movies. Yet this can be a curious case. Shouldn't people hate being scared?

According to Psychology Today, fear is a normal, healthy human reaction. Mankind's ancestors relied on fear and its side effects for their survival.

As humans have evolved, they developed a system of fight or flight when faced in a dangerous situation.

Rachel Feltman explains in a "Washington Post" article that the fight or flight response can produce "a weird kind of high."

But fear as a business, is a relatively new phenomenon.

"It's more of a mental factor," freshman Nicholas Riggs said. "In haunted houses you're put into the scary situations."

Riggs said that he also likes watching scary movies, a past-time shared by many students.

"My favorite scary movie is 'Hereditary,'" sophomore Avah Businaro said. "I think people like being scared because it gives you a feeling that you don't get everyday; it gives you a thrill."

In a "Psychology Today" article, Dr. Margee Kerr explains why some people enjoy a good scare.

"Usually when we're scared, it is a bad thing," Kerr said, "it's our bodies well-developed threat response system letting us know something is not quite right, and preparing us to run or fight."

But when people are frightened, the brain releases chemicals such as adrenaline, endorphins, dopamine and serotonin. This might be why some love being scared.

"This response shares a lot with other high arousal responses, like when we're happy, excited, and surprised," Kerr said.

Dopamine is the chemical most commonly associated with happiness. In a scary situation, the brain is releasing high levels of dopamine.

However some people do not enjoy being scared.

According to a Washington Post article by Racheal Feltman and Sarah Capman, it is never a good idea to try to force someone into a scary situation. Not everyone experiences the rush of epinephrine in the same way.

"For some a racing heart, sweaty palms, and the grueling weight of anticipation is just too much to tolerate, let alone purposefully induce," Kerr said. "However, for many who do like being scared, "those with particularly efficient dopamine and reward systems, being scared in a safe place is a source of enjoyment and makes them feel good."

Those who are going to scare themselves typically need to feel some sort of safety.

"To really enjoy a scary situation, we have to know we're in a safe environment," Kerr said. "It's all about triggering the amazing fight-or-flight response to experience the flood of adrenaline, endorphins, and dopamine, but in a completely safe space."

While being scared can flood the brain with all sorts of chemicals, those being frightened might feel closer to those with whom they share this experience.

"If it was a good experience, then we'll remember them fondly and feel close to them, more so than if we were to meet them during some neutral unexciting event," Kerr said.

This can also be traced back to the chemistry of the brain. After sharing that experience, those memories are more likely to last.

So according to the experts, being scared is fine, but people should do so in a safe environment.

"One of the reasons people love Halloween is because it produces strong emotional responses, and those responses work to build stronger relationships and memories," Kerr said.

This fascination with being scared has led to a proliferation of haunted houses and other experiences that promise a good old-fashioned scream.

According to an article by Lynn Taylor Rick for the "Rapid City Journal," "The Haunted House Association ...estimates that there are 2,000 haunted attractions nationwide."

According to the association's website, haunted houses and the halloween industry make almost as much in forty-five days as Hollywood makes on North American ticket sales in a whole year.

And the fear industry is not limited to the Halloween season. According to azcentral, a part of the USA Today Network, horror films are big business year round. While they may not make as much money as a comedy film, the overall return is higher as horror films are typically cheaper to make. What's more, there is plenty more money to be made on sequels as audiences are already familiar with the brand.

TOP 10 PHOBIAS

www.fearof.net

#10 Trypophobia

The fear of holes



#9 Aerophobia

The fear of flying

#8 Mysophobia

The fear of germs



#7 Claustrophobia

The fear of small spaces

#6 Astraphobia

The fear of thunder & lighting



#5 Cynophobia

The fear of dogs

#4 Agoraphobia

The fear of crowds or open spaces



#3 Acrophobia

The fear of Heights

#2 Ophidiophobia

Fear of Snakes



#1 Arachnophobia

The fear of spiders

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Michelle Way makes her Way back to teaching

Sara Wangler, staff writer

Michelle Way retired from HHS after many years as a math teacher, and she's back to help students.

Way said that retirement showed her that she is meant to teach. So she came back to help with the newly developed Matrix program.

Program coordinator Joe Thompson was very convincing and made sure she new she had a place in the new program.

"When we found out she was willing to help, we were thrilled. We wanted to make her apart of it because she's so experienced in teaching and she's really good at math. It seemed like the right choice," said matrix teacher Joe Thompson.

Way had a few reservations about returning to HHS.

"I retired in 2005, but I missed teaching," Way said. "The only thing I was hesitant about was the new school and new generations of students."

"At first, it was a little intimidating working with my old math teachers. When I started, Mrs. Way, Mrs. Harbison, and Mrs. Gillespie were the math teachers at HHS. I took over for Mr. Harper. I had all of them in class when I was in high school, so I was nervous. They all made me feel very welcome and right at home," said geometry teacher Gabe Angelly.

Being gone for so long, Way was hesitant to teach a completely different generation, but is enthusiastic about her part in the new program.

"My main focus is math," Way said. "I want students to be more open-minded about math,

and I hope I can inspire them."

"I loved Mrs. Way as a teacher. She was very enthusiastic about math and I always enjoyed her class. I will always remember the Matrices lessons from her Alg 2 class. I loved the challenge of completing those problems. Mrs. Way and Mrs. Harbison were two of the most influential people in my decision to become a teacher," said Angelly.

If a student wants to go into education, they will need to love it according to Way.

"I attended Eastern Illinois University and my first teaching job was at Paris High School," Way said. "My main goal is to inspire, not just in math but in life."

Nothing will be easy and you have to keep going according to Way.

"My mom was ahead of her time," Way said. "She went to college and then joined the war. Education was very important to her and she pushed me to work hard."

Classrooms have drastically changed since Way's retirement. A lot can change in 13 years, according to Way.

"I always and still do love blackboards," Way said.

Way also believes that it is important to work one on one with students.

"I like being able to see everything, [even though] going desk to desk can be challenging."

When a student gets it, when they have that "aha!" moment is the best feeling according to Way.

"I hope I made a difference in that child's life," Way said.



Photos by Jack Gulley.

(Top) Juniors Sam Winkleman and Jacob Penrod join hands in prayer at the See You at the Pole event. The students had a group prayer to end the morning's gathering.

(Bottom) Sophomore Cash Thomas tunes and wams up on his guitar in order to play for the at-

Local churches walk to honor loved ones lost to Alzheimer's

Madison McClusky, staff writer

October is Alzheimer's months and walks are held each year to raise awareness about the disease and raise money for research.

One local church walks to honor Father Don Abell, who they lost to the disease.

"[St. Mary's does] it in honor and remembrance of Father Don Abell," said freshman Anne Marie Podoriski. "The Alzheimer's Walk is in memory of the people we love and to honor them."

This years Alzheimer's Walk was held at the Marion Veteran's Administration facility. Around 100-150 people attended.

Podoriski is a member of the church but her personal connection with the disease is even stronger. Her

grandfather, Jerry Wenzel, suffers from Alzheimer's as well. He was diagnosed around six years ago.

"My family has had a rough two years," A. Podoriski said. "My Grandpa is suffering from this horrible disease. It affects his life because he doesn't remember anything or anyone. He can barely walk or get around."

Over time, the family started recognizing symptoms.

"He just started with forgetting everyday things like appointments," Podoriski's mother, Delia said. "He always said the Rosary in church and he forgot how to say that."

Alzheimer's affected him so much that it caused him to leave his home.

"One day he walked away from the apartment and was going [to his former home in Junction]. A guy picked him up and tried to help, but dad couldn't tell him what he wanted," D. Podoriski said.

Eventually they reached their limit, and moved both parents in with them.

"We had to get police involved. He was missing for about three hours. So that's when they moved in with us," D. Podoriski said.

Anne Marie's grandmother, Sue Wenzel, has taken all

of this the hardest out of the family.

"It has not been easy especially with my mom being in denial about dad's condition," D. Podoriski said.

Delia has two children, but her son, Blane, was always someone who was close with her father. Now she feels as if she has four.

"Dad and my son Blane has always been really close but dad turned on Blane and was very mean and nasty talking to him," Delia said. "This has since gone away but at the time was really hard for both of them."

As he has gotten worse Delia and her family has started doing basic tasks for him.

"We have to watch him at all times, feed him as in get him something to eat, tell him how to dress, how to walk most days."

Alzheimer's is not only something that affects the person with the disease but the person's family.

"Just remember that they are still a person and need to have love and understanding more than anything," Delia said. "Just hold their hand or talk to them and let them know you love them."

Podoriski and her family are not responsible for taking care of her grandfather. Both of her maternal grandparents now live with the family.



Photo provided.

WALKING IN MEMORY OF FR. DON ABELL

alzheimer's association™

PARISHIONERS AND THEIR FAMILIES



Creating positive workspace boosts creativity, work ethic

Maddi Kennedy, staff writer

Colors, smells, temperature, light and comfort all have effects on productivity. When combined just correctly, these components can have a great impact on lives.

Dedicating a space specifically for studying and homework has been known to make people more focused on their work. Personalizing this space can be fun and helpful for those that have trouble with focusing.

“My ideal study space includes cool colors like purple and blue, medium lighting, a chair and desk facing the corner of a smaller room away from the door, and a lavender smell,” junior Landon Gates said. “Sometimes if I am peckish, I also have a bowl of cashews sitting by my glass of water.”

Most artificial lights do not provide the light needed to signal brains to be awake and alert. Studies show that natural light in the classroom leads to improved test scores and classroom performance.

In my opinion, the super bright lights and white walls at school are really distracting,” senior Paige Gulley said. “It gives me headaches and makes it near impossible to focus. I do my homework in my room, so I try to keep it more neutral and not so harsh on the eyes.”

Colors have been found to affect emotions. While this is not directly linked with productivity, color is still important while creating a positive space. According to Fre-

shome, colors act in three basic ways: active, passive and neutral. When choosing a color the purpose of the room should be considered.

“The color that has the most positive effect on me when it comes to staying on track with my work would be yellow,” sophomore Bentley Linch said. “It is vibrant and calming, and keeps me alert. A color that’s really distracting for me is red. When I see red, I think of stress, anger and tension.”

Rachel S. Herz, an assistant professor of psychology at Brown University, explains in an article from Scientific American that smell can impact environment. It does not affect you like a drug, but rather by memory. In order for a smell to trigger a response the scent must be associated with an event. Whether the space is to relax or buckle down and get work done, a particular smell might make it easier.

“I like to use my oil diffuser with lavender, patchouli or orange while I study,” said Gulley. “Those are my favorite scents, and they make me feel refreshed and awake.”

According to Villanova University, comfort is key. Studying should take place in a comfortable space, but not so comfortable that focusing becomes difficult. Instead of doing homework in bed or a big comfy couch, opt for a desk.

“Studying at a desk helps me organize my thoughts and focus on the subject at hand,” Gates said. “By limiting my space, I am limiting my distractions. To keep comfortable, I make sure to sit in a soft chair, listen to calming music (no lyrics), and have essential oils diffusing in my room.”

Essential Oils and what to do with them

The physical and chemical properties of the volatile aromatic compounds that compose essential oils allow them to quickly move through the air and directly interact with the olfactory sensors in the nose. Such unique properties make essential oils ideal for applications inclusion in aromatherapy – using these compounds from plants to help maintain a healthy mind and body – as well as other applications. The type of volatile aromatic compounds present in an essential oil determines both the oil’s aroma and the benefits it offers.

Lavender	Widely used for its calming qualities
Frankincense	Soothes skin and provides a calming, balancing effect on emotions
Peppermint	Alleviate occasional stomach upset and promotes healthy respiratory function
Lemon	Provides cleansing and digestive benefits and supports healthy respiratory function
Eucalyptus	Purifying properties that can be beneficial for the skin and for cleansing surfaces and the air
Rose	Balance moisture levels in the skin, reduce the appearance of skin imperfections, and promote a healthy and even skin tone

Oils can be blended to produce even broader affects. Be sure to check for skin sensitivity before using as most essential oils must be diluted to use topically.



Productivity

Designate a place specifically for work

Keep phones out of work space to avoid distraction

Get comfy! Make sure seating, temperature, etc. is just right

Junior attends summer medical program in Boston, Massachusetts

Kaylee Robinson, opinion editor

The Congress of Future Medical Leaders was held in Boston, Massachusetts at the University of Massachusetts in June.

This is a three-day event where students from all over the United States with a GPA of 3.5 or higher and an interest in the medical field get to come and learn about the medical field from many professionals.

Junior Savanna Haney was one of the students who attended, and she got see and hear about a lot of different medical procedures and even watch a live surgery.

“One day we got to watch a live surgery, a hysterectomy, and we could ask them questions and they would answer it while they were doing the surgery,” Haney said. “It was a robotic surgery, so the person that was actually doing it was across the room. It was almost like a video game. It was really crazy.”

The surgery, which took about an hour, was performed by Dr. Briana Walton and Dr. Kay Hoskey, obstetrician-gynecologists based in Annapolis, Maryland. According to Haney, watching this surgery made her more sure that she doesn't want to be a surgeon because she has a hard time watching.

“I [initially wanted] to be a pharmacist, but I am kind of changing my mind,” Haney said. “I want to be a fertility specialist to help people figure out why they can't have children and try to help them.”

According to the National Leadership Academies, along with the live hysterectomy, students got to hear many lectures and seminars from some of the greatest living minds in medicine, winners of the world's most prestigious international prizes.

“We got to hear from a Harvard professor and the Dean at John Hopkins, Dr. Paul Rothman,” Haney said. “They talked about different things at their schools.”

Along with learning about the medical field, students got to get a better idea of where they might like to go to college and what they would like to do in college.

“I have a few universities I have been looking at,” Haney said. “One of them is University of Wisconsin in Madison. I have family members that live there.”

According to Haney, there were a few stories she heard from people that made her emotional. One was a story about a woman named Carmen Tarelton whose ex-husband broke into her house in the middle of the night and beat her and put a compound on her that burned her skin. She was in a three-month-long induced coma and went through 38 surgeries. Over the course of five years, she had 17 more surgeries.

“This woman was the first to receive a full face transplant in the United States and the man who performed the surgery, Dr. Bohdan Pomahac, spoke and then she spoke,” Haney said. “I cried when I heard her story.”



Photo by Kole Phelps.

Principal Scott Dewar present junior Savanna Haney with a certificate recognizing per participation in The Congress of Future Medical Leaders

Another story Haney heard was a man named Larry Hester who received a bionic eye from the Duke Eye Center because he had retina pigmentosa. The doctor who performed the surgery was named Dr. Bohdan Pomahac. Hester found out he had retina pigmentosa in his 30s and he is in his 60s now, so he has not been able to see for over 30 years.

“He is only the seventh person in the US to receive a bionic eye,” Haney said.



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