Coming Events



Oct. 18 -Soccer Regionals Begin

Oct. 19 -**Volleyball Senior Night**

Oct. 20 -**Earthquake Drill**

Oct. 20 -**Parent-Teacher Conferences**

Oct. 20 -**Speech Team Dinner Fundraiser**

Oct. 20-23 -**Tuck Everlasting**

Oct. 21 -**Football Senior Night**

Oct. 22 -**CC Regionals at HMS**

Oct. 26 -**Red Cross Blood Drive**

Oct. 29 -**Speech Team Mock Tournament**

Oct. 31 -**Key Club Trick or Treat for UNICEF**

Band Variety Show Fundraiser

Nov. 8 – **Election Day; No School**

Nov. 11 -**Veterans Day; No School**

Nov. 23-25 -**Thanksgiving Break**

Dec. 20-21 – Semester Exams

Fall musical contrast with last year's selection

Ayden Price

The drama department's fall show is "Tuck Everlasting." The show is about an eleven-year-old girl who runs away from home and meets a boy whose family holds an amazing secret.

'Tuck Everlasting" is based on a children's novel by Natalie Babbitt and is about a family that drinks from a spring and ends up living forever, but the twist is that they didn't know that they would live forever when they first drank from the spring. They meet a girl, Winnie Foster, and she joins in on all of their fun. Sophomore Bella Teston is playing Winnie.

"I believe that I'm lucky to get the chance to portray the role of Winnie Foster," Teston said. "Even though she is adventurous and courageous, I just hope that others will take away that they can have fun and be brave too."

This musical is different from last spring's musical "Beauty and The Beast."

Tuck is drastically different emotionally then Beauty," senior Braxtyn Baugher said. "From an emotional aspect, it is a whole different story. I was Cogsworth, and he is a comedic relief. In Tuck, I'm the villain which is already different, but The Man in the Yellow is nothing but rude, and I'm going to try my best to portray him the best I can."

The music is also very differ-

"Beauty and the Beast is a more standard musical theater type of show that everyone knows and loves," sophomore Zechariah Underwood said. "Tuck" is a more folk-music based."

The dancing from Beauty and from Tuck is totally different as well. Junior Mary Beth Winkleman is a dancer for Tuck and also danced in Beauty.

"For Tuck, I would say the

style is more folk. For Beauty and the Beast there was ballroom dancing, and I was a can-can girl. There's ballet in Tuck too," M. Winkleman said.

Drake is excited about the themes of the show.



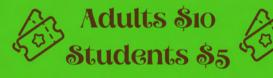
Photo by Francesca Messerschmidt.

Sophomores Sarah Winkleman and Ryan Persinger rehearse a dance from Tuck Everlasting. Winkleman has studied dance for 10 years at Touch of Class Dance Studio with instructor Melonie Motsinger.

> "Beauty and The Beast has a good message and a deeper meaning, but "Tuck" hits a little bit more emotional in that we see Winnie's life, ultimately trying to make the choices of living forever or living a normal life with death," director Hannah Drake said.



Tickets on sale now



(Can be purchased from any cast member or from director Hannah Drake)



Marching Bulldogs remain undefeated in parade competition

Celine Barnett

The Marching Bulldogs did it again, bringing home The Grand Champion overall prize from Mount Vernon's parade Oct. 1.

The band been competing since 2017 at the Mount Vernon fall festival. This is the band's fifth time winning.

As the Bulldogs marched along the steaming pavement, they revealed a revised routine.

We actually planned on using this routine last year, but there weren't enough kids involved," sophomore Karol Simmons said. "But, now since there are so many new freshmen, we finally got to give it a go."

Some say the routine can be difficult

"I think that the routines sometimes can be difficult," sophomore Zech Under-

However, we are able to execute them with the hard work and effort we all put in together. I feel like there has been a lot of improvement in every practice but the person we owe it all too is Mrs. Drake and the drum majors."

Others fight through the difficulties.

"I think my favorite part about doing the parades is the routines," sophomore Madison Kielhorn said. "We all come together, making music outside of the band room. I feel like that means something. We do make mistakes sometimes, but we learn from them."

The Marching Bulldogs hope to continue to stay on top as the compete in the remaining parades of this marching season



Photo by Abigayle Bragdon.

Drum major Ali Hankins prepare to lead the band at their first parade of the season. The Marching Bulldogs too first in the Popcorn Day Parade as well as in the Murphysboro Apple Festival Parade the following weekend.

> at Carmi Corn Days and the SIUC Homecoming Parade over the fall break.

> "I think that we've got a very good chance of winning. We've all put in so much hard work, and it always pays off in the end," senior Allison Dennison said. "I think we have improved over the years as a band. I personally find it entertaining to watch

Art Club uses their talent at West Side PBIS Event

Ellie Rann

Art Club is a great opportunity for students with artistic abilities to create not only beautiful work, but also great memories. The students in the art club use their talent to bring joy and fun to younger students.

Art Club has been a part of our high school for many years, but the advisors have changed over time. However, each year members always come up with creative ways to use their art.

"This is my second year as the advisor of the art club. Our first event was face painting at the homecoming game. We plan on volunteering more of our time face painting at football games in the future," art teacher Emily Wallace said.

When working with younger students, club members have an opportunity to encourage them to be more involved with art in the future. Having the high school students at West Side is a reward for the K-2nd graders.

"The high school kids always find it super rewarding to be able to work with younger students and the younger students are almost always excited to work with the older kids. Especially since this is a reward day, it will be fun for all of us involved," Wallace said.

Understanding that not all kids find an interest in art, some children may not enjoy the event. However, the high school students always try their best to give kids the best experience.

"I know it would be sad for the high school students if the kids did not enjoy the event," Wallace said. "But we normally go into these things optimistic because kids normally enjoy what we do."

Some of these interactions are rewarding, and create great memories for the high schoolers as well.

"I know one of the high school students had a rewarding experience with a nonverbal girl who wanted her face painted," Ms. Wallace said.

Many kids were smiling and showing off their face paint to their friends and other teachers.

"One girl loved her face paint so much she couldn't stop smiling when she saw herself in the mirror," senior Saleen Smith said.

Other kids enjoyed coloring, drawing, and spending time with the other high school students who attended.

"I look forward to doing activities like this again and I know the children will too. I've definitely gained more patience with this event," Smith said.



Photo by Ellie Rann.

Junior Tessa Heath face paints for many first graders at the PBIS event Sept. 30.



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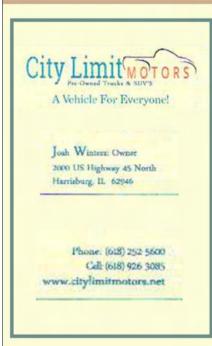
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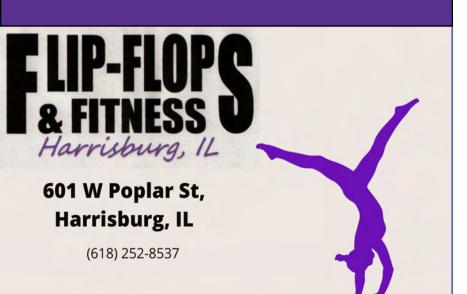


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Halloween 'traditions' becoming more horrorific each year

As October begins, one thing is on everybody's mind, Halloween. Halloween is a favorite holiday of many, being a time to dress up, get candy, go to parties and many other different types of

However, does everyone really know how to act when this season comes?

Many teens associate Halloween with fun, but can this fun also come at the expense of others? One feature of the fall season that goes back generations is the age old tradition of toilet papering peoples houses.

A walk around Harrisburg will show paper decorating trees and houses all across town, but what does this really do for anyone other than waste paper and cause a hassle for the victim?

Other common pranks that happen during this time of year consist of throwing eggs at people's houses, putting instant mashed potatoes on people's lawns, and even leaving hot dogs in people's yards. All of these pranks not only waste food, but are just a hassle when it comes to clean up. Another classic of Halloween is costumes. Everyone has memories of dressing up to go trick or treating without a care in the world, but maybe we do need to think about those costumes.

Ever since Halloween became popular, one problem has been the cultural appropriation that costumes tend to play into. According to Brittanica, cultural appropriation "takes place when members of a majority group adopt cultural elements of a minority group in an exploitative, disrespectful, or stereotypical way." This is commonly present in Native American costumes, costumes that include black-face, and in other costumes that attempt to make the wearer of the costume more similar to the original culture.

This doesn't even mention other sorts of offensive costumes, such as costumes based on the mentally ill, dis-

As high school students, we should really consider if we are celebrating Halloween in the right way. This Halloween, take a minute to think before choosing a costume or vandalizing somebody's home. That way, everybody can celebrate the holiday safely and comfortably.



Cartoon by Bailee Clifton.

Teen anxiety can be debilitating

Keelan Melton

Life may be traumatic or amazing but either way it will affect everyone differently. Anxiety is a key aspect of that.

When I have a panic attack, my chest hurts to the touch. My vision blurs, and the world spins around me. Almost as if the world is crashing down

Anxiety is a serious matter and should be treated to all students and teens, not just the ones that have been reported because, some have anxiety but it hasn't been reported.

My anxiety is caused by triggers that kick my mind into a spiral that I can't get under control. Some of my triggers are certain songs, cars, people or even places, anything that could connect to my past traumatic experiences.

I am not trying to say that you have to have a traumatic experience to have anxiety, but it is one of the things that is the cause of mine. But see I wouldn't just blame it on my trauma either, I would also say that there are other things to it such as the pressure of the public or parents.

One of my biggest reasons is the pressure of failure. I was raised in a household where you have to do everything right and if you don't then you are not good enough.

But see it isn't just home life either, it is also how the school system is set up. How some say you have to get straight As to make it in the world. Or you have to go to college to become someone. And that just isn't true either

Social media is another major part of my anxiety, and it causes me to have social anxiety too because it makes me want to stay inside and not socialize with others. When I get on Instagram for instance, I see body builders or people that are wealthy. I keep scrolling and scrolling hoping that I will become like that, and it destroys my mental health, but that is what makes

The pressure of social media is overpowering along with the pressure of perfection.

The ways I help myself in these situations is that I count my breaths and focus on breathing. I listen to a comfort song and be around someone I fully trust, such as, a family member, a significant other, or even a best friend. For me, I go to my best friend and hold their hand because it is comforting and makes me feel safe.

To help others around you, let them know that they are safe. That no one is watching (the pressure of the public eye), that you will not leave them and that they are cared about and loved.

I also do think that the school and public should address anxiety in a more helpful way. I believe there should be classes taught to teachers on how to help students when they have an attack of any sort, from anxiety attack all the way to a seizure.

I also believe there should be some type of assembly or class for students about anxiety instead of hiding it from them and letting them struggle with

I was embarrassed to find help from anyone, so I believe there should be a monthly checkup with every student to make sure that they are doing okay, that their home life is good or to even have someone to talk to because some have nobody that will listen.

Anxiety is not something that should be taken lightly. It is a serious problem and could lead to worse things such as depression, which could lead to thoughts of self harm. Remember these words; you are not alone. You are cared about. You are loved. And you are amazing.

Costumes can be offensive. A YouTube video produced by Teen Voque describes how people of various subcultures can be hurt by the appropriation of their culture for a costume. In the video, Laura Cortez, an 18-year-old first generation Latina, describes how the use of looks associated with her culture can actually erase the history behind them. Check out the whole video at https://youtu.be/d6Y5cARFJw8

Make sure that those facts are straight

Ayden Price

Rumors are easy to start. One might tell the truth to a friend and that friend might repeat it, but might mix the words just a little. Before you know it, false information is being circulated.

Social media is the number one source of how rumors starts with our generation. It's just gossip with friends, then it leads on to much more. Then one group knows, then another one, and then the whole school knows and sometimes it leads to bullying.

In today's society most people do not check their facts before giving their opinion on a situation. What does it mean to get your facts straight? It means to understand something correctly.

Facts help to paint a fuller picture. Without facts we'd move forward on the foundation of misinformation, and our decisions would be influenced by incorrect assumptions or opinions.

So why is it important to check your facts before speaking? The first reason is to build trust. In order for others to believe what you say, they need to be able to trust what you say. That's why it is important to check the facts before making them public.

The second reason is to gain authority. Having authority increases the chances of others listening to what you have to say. The more authority you have the more likely people are to trust you and your opinion.

The last reason is to stand out from the crowd. Using your facts to help others succeed will help you stand out from the crowd.

To stop spreading false rumors, it is crucial to get both sides of the story. Make sure that what you have heard is true. If a person is well known for not giving correct information, then proceed with caution. And remember that just not sharing the rumor at all is always the best method for making sure that false information isn't spread.





Winkler's photos are on display in the hall of the English wing.

Photo by Caleigh Whiting.

Winkler exhibits skills in photography

Celine Barnett

In the hall in the English wing, students may stumble across English teacher Stephanie Winkler's works of art.

Besides teaching the love story of "Romeo and Juliet," Winkler enjoys photography. But not just any photography; Winkler enjoys ruin photography. Ruin photography is the art of taking photographs of abandoned buildings.

"I like watching nature take over," Winkler said. "It happens really quickly, there's just something about it. I also like them because they are spooky, and I enjoy digging into their local history. Each building has a story. So it's almost as if I'm getting a small history lesson as I take the pictures, and do research."

Winkler's photos are primarily black and white.

"I enjoy shooting pictures in black and white, because it gives more contrast between the white and dark," Winkler said. "It gives the photos a sharp, creepy vibe. I feel like contrast can be a huge thing in the photography world."

Not only does Winkler take the photos, but she also pairs pieces of literature that the English department teaches along with presenting the shots.

"I think photography is a way to show people the world through your eyes, because when you're a photographer, you're making very conscious choices about what exactly you're including in your shots," Winkler said. "And then, other people see it the way you want them to see it."

Although it may seem fun to check out abandoned buildings, Winkler does not advise trespassng on private property.

"There have been times where I have found some interesting things while exploring the abandoned buildings," Winkler said. "But, I think that's another reason I enjoy it so much. One of my favorite things I found was an old blue typewriter. I left it there for others to find, but it's the special moments like those that I really enjoy."

Costume controversy grows each year

Bailee Clifton

Controversial costumes have been discussed more prominently in the media during recent years. Parents often purchase costumes for their young children that aren't appropriate for their age or culture.

Further, teenagers and young adults are wearing costumes that shouldn't be worn as costumes at all.

According to Leila Fadel at NPR WSIU Radio, "For some ethnic and racial groups, Halloween has long been haunted by costumes that perpetuate stereotypes and instances of cultural appropriation. Halloween is around the corner and guess what that means? Someone will metaphorically step in it with an insensitive or straight up racist costume."

Many people are becoming more culturally sensitive. The younger generation has taken it upon themselves to learn and teach others about what's wrong with simply taking something from someone else's culture and using it at will. Whether it be through social media influencers sharing about their cultures and experiences or through personal findings, cultural appropriation through clothing and costumes has been brought to the spotlight and is finally being discussed.

"I'd say any kind of cultural costume, especially sugar skulls, (is inappropriate)" sophomore Natalie Beck said. "And any kind of Native American costumes are the most controversial."

The oversexualization of some costumes has become a relevant issue as well. With young children, certain costumes should be avoided.

"Controversial costumes that I've seen are ones that are obviously the ones that appropriate cultures and oversexualize things," senior Reagan Brasher said. "Non-child friendly costumes around smaller children, or children in general, can lead to uncomfortable situations and just a bad Halloween experience overall"

bad Halloween experience overall."

Halloween is supposed to be a fun.

light-hearted celebration and when people take costumes too far it ruins the night for some. While some people find happiness in dressing in these costumes, they can lead to uncomfortable situations.

"Bad Halloween nights would consist of groups of people dressed inappropriately with a lot of skin showing," senior Skye Casey said.

Being out in public in an R-rated costume is one thing compared to being somewhere where the costume might be a bit more appropriate.

There are certain situations, like school, where costumes need to be heavily regulated in order to stick to the school rules like dress codes.

"The most controversial costumes, in my opinion, are those that show too much or break dress code," history teacher Marjorie DeNeal said.

Everyone has their own views and opinions on this topic. Teenagers think that once they hit a certain age, or grade level, that they can dress however they want on Halloween, without consideration of others. Parents get to decide, for the most part, on what their younger children dress up as and normally go for a fairy, witch, or Disney princess of some sort.

"I once read an article that criticized little girls for dressing like Moana, but in situations like that, I feel that the little girls are aspiring to be strong females," DeNeal said.

According to Marci Robin and Lizz Schumer at Good Housekeeping, "Events like mass shootings, natural disasters, COVID-19 and movements like #MeToo should never be used as inspiration for Halloween outfits. Even if you haven't been personally impacted by any of these events, making light of them reminds countless others of trauma they've endured on a night that's meant to be lighthearted."

And at its best, Halloween offers a chance to try on a new personality.

"Gendered costumes aren't necessary either," Casey said. "I just want to be a ninja."





all information found at <u>bartonhillfarms.com</u>





Tales of the Old Slave House: Dewar recalls childhood sleepover at Crenshaw Mansion

Savanna Milligan

One of the oldest standing buildings in Southern Illinois is the Crenshaw House. Located near the intersection of Routes 1 and 3 in Gallatin County, nine miles west of old Shawneetown. The Crenshaw house was built in 1842 by John Crenshaw who made most of his money from taking water from a nearby salt well and he boiled it down to make salt.

"My best friend's dad was the proprietor or the owner and he lived at the house itself," principal Scott Dewar said. "So the house that the tourists actually got to see was actually separate from the living quarters. The living quarters looked like any house that you or I would live in, but then you open a few doors and you would enter into the mansion part of the house which is where all the history was."

Crenshaw couldn't operate the business by himself which is where the Crenshaw House gets it well-known name— "The Old Slave House." This house is home to a lot of history, and there are stories that slaves were held captive in the house even though Illinois was a free state.

Many visitors claim the house is haunted, but Dewar has stayed there overnight.

"I have actually spent the night there on two separate occasions," Dewar said. "The first time I was 12, and the second time I was about 14."

Many people claim that when they are there they witness some supernatural things, but Dewar says he never really witnessed anything that scary.

"On a couple of occasions, being young boys who were kind of rambunctious and out for adventure, late at night we would go up to maybe what they call the haunted part of the house, which is the third floor, what i would call an attic and we would do that at midnight, but as far as hearing any spooky

sounds or anything like that I never really experienced any "supernatural" stuff that everybody claims was there," Dewar said.

Even though Dewar never witnessed any supernatural events, he feels the house is still pretty spooky.

"The Crenshaw House is a very big and old house so honestly on any given day it will be pretty spooky just from hearing the floors creaking and knowing the history behind it," Dewar said. "The very top floor is where they supposedly kept the slaves that worked in the salt wells. It has jail-like cells, and if you walked in on a normal day, it would be pretty spooky because the floor was really creaky and a few boards were loose."

In addition to the history of slavery, the house's reputation also includes housing celebrities.

"The bottom two floors are very elegant and it's a well-kept mansion and a lot of famous people have actually spent the night there including Abraham Lincoln," Dewar said.

According to local historian Jon Musgrave who has written extensively about the property, in September 1840, Abraham Lincoln was a state representative. Lincoln was in Gallatin County for over a week attending debates in Southern Illinois. The Crenshaws hosted a ball on the second floor in honor of the debates. Lincoln along with many other male guests spent the night in the Southeast bedroom of the Crenshaw House.

In 1850, the Crenshaw family moved to the town of Equality, Crenshaw hired a German family to live in the house and operate the farm. He ended up selling the house in 1864, and he passed away in 1871. He was then later buried in the Hickory Hill Cemetery and by 1913 the house was owned by the Sisk family.

In December 2000, the state of Illinois bought the house and the 10 acres it

sits on from the Sisk family for \$500,000. It is currently closed to the public.

Seniors end golf careers in Sectionals; Nicholes advances to state again

Triton Kielhorn

The golf season for the 2022 school year has come to a close. Members of the golf team reflect on their performances this year.

Senior Grant Wilson believes that the team put in their best efforts.

"I'm really proud of the team's performances this year," Wilson said. "Day in and day out the leaders on the team worked their butts off at practice and it showed when it came to match day.

Wilson mentioned that he occasionally had to miss golf for soccer matches, but he didn't have to worry about the team slacking.

There were many days that I would have to miss for soccer, but there wasn't a match where someone didn't step up and fill a role," Wilson said.

Wilson believes that the team did their best and didn't have to improve a whole lot. "Honestly, there's nothing that sticks out to me as the captain," Wilson said. "I think we've done a good job controlling the things within our reach. Golfs definitely a mental game, and you can ask anyone who's ever played. It's hard to keep a good round going or put the bad shots behind you. But again I'm proud of all of my guys all of the time. It's never easy for them. The team did their best and didn't have much to improve on."

Senior Evan McDermott also feels as if his attitude towards the sport has improved immensely and that he has bettered his game

"Both my attitude on the course was much better and also my shot making," McDermott

The girls team have also done well, too, according to junior Frankie Leigh Nicholes. Nicholes appreciates the work put in by the girls this year and can't wait for the next sea-

The girls have improved so much over the season," Nicholes said.

Nicholes also mentioned the fact that the team has a lack of seniors, but she believes it leaves room for improvement next year.

We have no seniors, so I'm excited to improve even more for next year," Nicholes said.

Nicholes qualified to play at the state level. Nicholes feels her performance started off terribly.

"My performance was actually pretty terrible on the front nine." Nicholes said.

Nicholes, however, gathered herself and began playing better the next time she went up.

'If I would have continued playing like that I would have not advanced. When I started on the back I tried and became a new person. My performance was much better after that" Nicholes said.

Nicholes is feeling a little nervous about the upcoming event, but is hoping for a better performance.

'I'm nervous, but excited. I know what to expect since I went last year, but I am hoping for better results," Nicholes said.



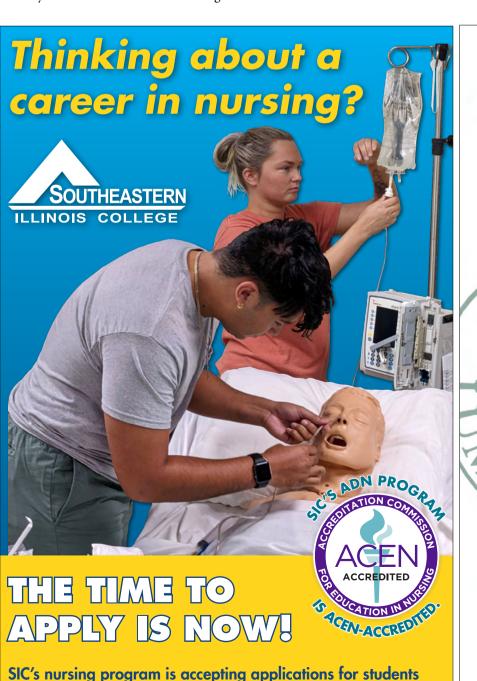
Photo by Keelan Melton.

Junior Frankie Leigh Nichols walks the fairway at Shawnee Hills Country Club Aug. 18. Nichols will make her second appearance at Red Tail Run in Decatur Oct. 7-8.



Senior Luke Winkleman confers with coach **James Herren** after running at the Harrisburg **Invite Sept. 20**

> Photo by Keelan Melton.



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Football to host Carterville Lions on Senior Night

Riley Mize

The game against the Rangers was very intense, going head to head with touchdowns. With four minutes to go in the fourth quarter and a score of 21-24, the Bulldogs were unable to get the points they needed.

The loss was a big one where conference standings are concerned, giving the Ranger one more win than the Dogs.

They have worked hard trying to be the best that they can to meet expectations of coach Matt Griffith.

"Eliminating the small mistakes, we've done the big things right, just getting better at getting our assignments down when it comes to offense and defense," Griffith said.

Getting ready for an upcoming game is not always just about getting up and going to practice or just getting up to go to the game. There are some things that Coach Griffith expects of them.

"I want them to be locked in mentally. Also for them to make the corrections that we talk about during film," Griffith said.

"(Friday Sept. 23) was our best performance so far, yet we knew what we needed to do," junior Triton Kielhorn said. "Even though we had a few hiccups, we didn't stress too much over it."

Players see the need for improvement. While they have only lost two games, the

Bulldogs need to buckle down and get a grip on things.

"It's going to take a lot of time and dedication to get where we want to be. We need to buckle down and not stress over little things. We need to keep working and start focusing only on what we need to fix," junior Triton Kielhorn said.

The Bulldogs are training for their last game against Carterville Oct. 21 at home at 7:00 p.m. This is also senior night for the Harrisburg Bulldogs. They are feeling very confident about the upcoming game.

"The last game of the year is going to be tough. Definitely going to be a winnable game," senior Andrew Unthank said. "Going into our last game knowing whether or not it will be my last football game ever is definitely emotional for me and all of our seniors. Hopefully making the playoffs is definitely in the picture for us."

Football is more than just a game. Life lessons and lifelong memories are created under the Friday night lights.

"Football has impacted my life a lot," Unthank said. "I grew up always wanting to play football. Football was a way of standing out for me. Football has taught me a lot in life– to trust the man beside you. To have a responsibility and to be with family. With this being my last year playing football when it all comes to an end I just want to know that I have left an impact on our community and the younger classes."





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Photos by Ayden Price.

The Bulldogs recover a fumble against the Massac County Patriots.



Senior Sebastian Brown dribbles the ball in the Aug. 30 match against Massac County.



Photos by Ayden Price.

Sophomore Adrian Mann kicks the ball downfield against the Patriots .

Soccer team anticipates Regionals

Keelan Melton

The soccer team is moving toward post-season buoyed by their 11-5-4 record. With two games left in the season, maybe even more if they win at regionals, which gives them time to perfect their team play.

Even though they lost multiple players, the soccer team has proved that they are not the weak Bulldogs after all.

I am very happy about the record this year because we did better compared to my previous years, senior Sebastian Brown said.

The record has improved a lot along with the players.

"I think the most improved player this year is Zach Plumlee, sophomore. Compared to the start of the season he has improved tremendously," Brown said.

oroved tremendously," Brown said.
Seniors Kelsyn Fricker, Jack Winters,

and Wekey Wang agreed with Brown.

The group agreed that Wang was the most improved player since he started

back in his freshman year. He, however, is not going to attend college for soccer. Engineering is on his horizon.

Fricker does plan to pursue a collegiate career.

"I am planning on playing for St. Charles Community College after high school," Fricker said.

Winters is planning on going to SIUE. Brown is still undecided.

"I am planning on going to college for soccer but I am still considering which school to go to," Brown said.

While Winters is thinking about his future, the season this year is what is more important to him right now.

"The games that we lost we could have won if we played as a team, especially compared to the ones we did win," Winters said.

They are hoping they work as a team at Regionals. Fricker has confidence that this will happen.

"Regionals aren't going to be a problem. We are going to win, no doubt," Fric-







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- Food & Nutrition
- Housing
- Dental, Vision & Hotlines & Hearing
- Education
- Mental Health & Substance Use
- Healthcare
- Helplines
-& more



Step 2: Family fills out an initial screening to identify needs

> Step 4: Family will be connected to resources & services

Service Integration Coordinators will follow up with families to assist:

Step 5:

- -That needs are being
- -Appointments are being made
- -Work with Community **Providers to coordinate** care



Healthy People...Healthy Communities

