

THE BURROW

The Student Newspaper of Hamilton County Senior High School

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McLeansboro, Illinois

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Stylist takes on school and work



By Autumn Dixon
The Burrow

Insurance, gas and other expenses are a huge expense these days. While some teenagers look to their parents for financial support, others take a more "independent" approach.

Brianna Barker works at Deb's Shear Happiness, where she is only allowed to wash hair and clean-up. She does cut hair on the side in her basement, but she is legally not allowed to charge money for the cuts, although she is able to take tips. "You have to go to school and get your license. Schooling takes around 9 months. Since I don't have a license, if people ask me to do their hair, I can in my own home," Barker stated. Like some beauty salons, there are the regulars. "Random people ask me, but it's not like it's the same people every month. The

only people I cut on a regular basis are my mom, dad and sister. It's easier cutting my family's hair because I'm only human, and if I mess up they can't get too upset. I also like doing my friends' highlights. It gives me the experience and they trust me enough to where I don't really get nervous and they turn out pretty good."

Barker started cutting her own hair in the 7th grade. When peers realized that it didn't look so bad, they asked her for trims and styling for Jr. High dances. She did little things here and there, but her junior year of high school is when she really got into the fact that she may want to become a hair dresser.

In August of 2006, Barker will be attending Studio RLC, a Paul Mitchell Partner School, to learn her basics. It is going to take her around 9 months to obtain her license. She will then be able to cut hair outside of her home.

Small school, big hair



Above Sarah Vallowe. Got Hawk?

Wristband mania



By Katie Kimble
The Burrow

Walking down the halls of HCHS, students everywhere can be seen wearing rubber awareness wristbands. The words engraved on them range from "Saving Babies" to "Support Our Troops," and some of the most popular awareness bands are those that say "Livestrong." Introduced by Lance Armstrong, the "Livestrong" bands were designed to enhance the public's cancer awareness. The trend quickly picked up, and soon FBLA was selling them for the Relay for Life and the March of Dimes, and Fellowship of Christian athletes sold over 200 awareness bands for Lymphoma research that read, "Say it, Fight it, Cure it." A few of the bands are just in support of a team such as the St. Louis



Cardinals (they say, "Go Cards"), and others are used to raise money for charities such as the American Red Cross and American Heart Association. Sophomore Jessica Hart, who thinks that the wristbands are a good idea, said, "I think they're inspirational, a way to lift people up." They are the new fashion statement, so put one on and show others what you stand for!



By Stephanie Hart
The Burrow

Over the summer, Junior, Sarah Vallowe, decided to sport the timeless Mohawk. When asked why she decided to do so she said, "I got my Mohawk because I just wanted to be different." The Mohawk hasn't always been a fashion icon; it originated in Mohican tribes, a Native American tribe who flourished near the great lakes. During times of war, the men would pluck or shave parts of their hair, leaving a strip of hair down the middle. The base would be left dark, while the ends would be dyed orange to look like the sunset.

The Mohawk became a fashion icon whenever Mr. T wore the hairstyle in Rocky III. During the 80's, as punk rock became popular, the Mohawk began to evolve. There are different types of Mohawks; liberty spikes, reverse Mohawk, fans, tri-hawk, bi-hawk, death hawk, and the increasingly popular

Fauxhawk. Brandon Flowers, lead singer of The Killers and Angelina Jolie's son Maddox are a few social icons who are guilty of the Fauxhawk.

Few people at Hamilton County Sr. High have seen Vallowe's Mohawk in all its glory, but those who have seem to be impressed. Junior, Reegan Schuster, with great enthusiasm said, "I love it, it's hot!" Sophomore, Jayla Stephens said "It's awesome when people have the guts to do things different."

Styling a Mohawk up can be a strenuous labor. Junior, Katie Karcher, Vallowe's Mohawk technician, can sometimes be seen with a blow-dryer and hairspray frantically trying to get the hair to stand. Karcher said "It's heck to put up but it's worth it!"

The facts on phobias



By Sara Veatch
The Burrow

Phobias are fears that people have. Many people have fears of material things, but some people fear things that they cannot see or touch, and that is part of the reason that they are scared of it.

Through a survey that was conducted on 319 students in our school it was determined that 78% of the students surveyed have some kind of a phobia. The number one phobia in our school is Arachnophobia (the fear of spiders). Sophomore, Alex Pauls said, "I hate spiders and small spaces."

The ten most common phobias in the world are Arachnophobia (The fear of spiders.), Sociophobia (The fear of being judged or criticized by other people



The number one fear of the students in our school is spiders.

or a fear of social situations.), Aerophobia (The fear of flying.), Agoraphobia (The fear of open places.), Claustrophobia (The fear of being trapped in small, confined places.), Acrophobia (The fear of heights.), Emetophobia (The fear of vomit.), Carcinophobia (The fear of cancer.), Brontophobia (The fear of thunderstorms.), and Necrophobia (The fear of death.). 69% of the students at Hamilton County Senior High has at least one of these ten phobias. Junior, Corissa Cox said, "I have Arachnophobia, big time."

Phobias can be overcome. 32% of the students that were surveyed have had a phobia at one time and have overcome it. For some people getting over it comes with maturity, for others it may take as much as special counseling.

Fear is something we all have to live with. The only thing that separates all of us, is how we deal with it.

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A deadlier planet

 **By Travis Ackley**
The Burrow

It's time for the people in our great nation to wake up and smell the destruction. Too long have we stood silent, and naively assumed that the lives lost due to Mother Nature have been strictly coincidental. 254 million people were affected by natural hazards last year according to BBC News, nearly three times as many as in 1990. Events such as earthquakes, volcanoes, floods, droughts, storms, fires, and landslides killed about 83,000 people in 2003. 13 years ago, that number was around

53,000. That's an increase of 30,000 people! Obviously, hurricanes have also wreaked havoc upon people living in parts of the coastal U.S., and we must not be ignorant that there are people in the Caribbean enduring the same predicament.

The possibility that all of that is mere coincidence is about as probable as me going to Harvard on a full scholarship from the NAACP! In a society where everything has to be rationalized and everyone has an explanation for everything, why is it that so many people have remained completely ignorant of the fact that something has to be causing this global trend?

Scientists have theorized that Global Warming could be causing the worldwide



increase in disaster. According to Wikipedia (an online encyclopedia) the increase in the earth's temperature is said to be melting ice caps and glaciers. As a result, the water level in the earth's oceans is rising. Scientists say that this influx of water is causing the seas to become more violent. As a result, islands

are being covered and mainland is being battered as a result.

Many people are viewing recent events as fulfillment of prophecy. Luke chapter 21, verse 11 states, "There will be great earthquakes, famines and pestilences in various places, and fearful events and great signs from heaven." The Bible has become an explanation for many people, as to why certain things are happening and to find out what comes next.

Form your own opinion, whether you accept one of the previously mentioned theories or form a hypothesis of your own. Don't, however, be content with being ignorant of the fact that there has to be a reason for this phenomenon.

Evolution vs. intelligent design

 **By Abby Hill**
The Burrow

The ongoing battle of separation of church and state continues. Years ago it was thought that evolution had won its battle with intelligent design and the topic really had not been brought up again until about thirty years ago when new evidence came out. This evidence supports the fact that there can only be one way that humans were created...intelligent design.

Evolution is the idea that the human race 'evolved' from animals. When closely examined, the living world is filled with evidence that complex organisms not only



could have evolved through evolution's trial-and-error mechanism, but must have done so, because their structure, physiology, and even genetic makeup are

all inconsistent with the demands of intelligent design. However, the idea that intelligent design provides is the fact that all organisms were created by careful and conscious design, so perfectly formed that they cannot be explained by the random workings of evolution alone.

The four crisis confronting evolution are: The Second Law of Thermodynamics, fossil gaps, no known mechanism and mounting evidence for a young Earth. The Second Law of Thermodynamics states that there is a principle change in nature that without intelligent design would go downhill, not uphill. If evolution were true, then the fossil record found in the Earth's crust would show a slow shading in the


fossil remains from the lowest one-cell forms at the bottom layers all the way up to a man at the top. There are only two mechanisms for change and all studies for change within animals and plants have only been studied within certain species. Also, evolution 'proves' that the Earth is billions of years old when new evidence is coming out that says that the Earth is not nearly that old.

here are many reasons to believe in evolution and obvious reasons to understand why it, rather than intelligent design, is taught in schools. However, it is intelligent design that has proved to be a more reliable idea to believe in how the world came about.

<p>THE GOOD</p>  <p>Families being together Tons of food</p>	<p>THE BAD</p>  <p>Holiday traffic Leftovers for weeks</p>	<p>THE UGLY</p>  <p>Shopping madness Expected weather</p>
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Do you remember?



By Callan Howton
The Burrow

It seems that sometimes we get caught up in the music of today and forget about the groups that have been singing for a while. One band that was big in the 70s and 80s was Lynyrd Skynyrd. Skynyrd is known as the signature rock group of America's working people. Sophomore Jayla Stephens said, "I like the band because they're freakin' awesome. The music is awesome." Junior Tara Biggerstaff said, "They're the awesomest band ever! They have cool music." Both

Stephens and Biggerstaff had concert tickets but the shows were canceled.

Their first album, "Lynyrd Skynyrd", came out in 1973. In 1974, their second album "Second Helping" was released, getting them their first charting single, "Sweet Home Alabama". Junior Dustin Brown said, "'Sweet Home Alabama' is my favorite song from the group." The band's first top 20 song was "Freebird", released in 1975. On October 20, 1977, singer Ronnie VanZant, bass player Steve Gaines, and road manager Dean Kilpatrick were killed in a plane crash. Allen Collins later died after being in a paralyzing car crash in 1986.

In 1987 old and new members formed a new Lynyrd Skynyrd. The new group included Gary Rossington, Leon Wilkeson, Artimus Pyle, Ed King, Johnny VanZant, and Billy Powell. From 1988-2000 they released eight new albums and one greatest hits CD.

The group continued touring in 2001 and released yet another album in 2003. Skynyrd's latest tour was in 2004, celebrating 30 years of "hard rockin'." Still today, after over 30 years, the band continues to tour.

Scholarship stress

By Brandon Miller
The Burrow

Because students, especially seniors, are constantly bombarded with stressors such as research papers, articles, projects, etc., they learn to acclimate and decrease the amount of daily stress they experience. Scholarship applications and deadlines are just what seniors need to bring their anxiety up to a suitable level.

Filling out the forms can be time consuming, senior, Donny Seibert, says,

"Filling out scholarship applications causes me a lot of stress. It takes two to three hours for me to fill out one." To make the ordeal less painstaking, the school offers a plethora of cooperative services to help seniors find appropriate scholarships.

The school has forms for some local scholarships and students are notified of new scholarships via the school announcements. Also, the Unit 10 website has a list of different scholarships, local and otherwise, available anytime for students to check. Seibert says, "I check once a week to see what new scholarships are available."

Woman for president?



By Callan Howton
The Burrow

A woman for president has been thought about for years but has never actually happened. Beginning on September 27th, ABC's new hit show

"Commander in Chief" put the idea into a television series. When President Bridges dies due to a brain tumor, Vice President Mackenzie Allen (Geena Davis) steps up to take over the presidency. Sophomore Justin Williams said, "It's a good show. It shows how the constitution works."

New President, Mackenzie Allen, takes the role of President with courage and determination. She does not seem to care that people are criticizing her decision to step up and take over. The people (in the series) are unsure how a woman will handle being President. Mrs. Deborah Vaughan said, "I don't know how the public will take it. I'm not sure if people are open minded enough to except the idea of a woman president. I hope it has a good effect though."

The show takes you into the world of politics. It shows you how power does come with responsibility. So far, President Allen has faced a Russian President, Mexican border issues, and has slowly began seeing the effects of her presidency in her family. Speaker of the House, Nathan Templeton, has been completely against Allen the entire show. He is working against her in every way possible. The new President Allen is said to "overcome the many obstacles facing her and prove the world wrong about having a woman president" in future episodes.

The draft

By Rhet Vaughan
The Burrow

There are approximately 1.4 million personnel available for duty in our military right now. In times of peace, we have more than enough to protect the U.S. homeland and abroad interests. But when a larger problem arises, the military may need to call in reserve forces. In a major conflict, the United States may even set up the draft, taking soldiers from the general civilian population.

The idea of a military draft, also called conscription, has been around in one form or another since ancient times. In its relatively short history, the United States has implemented a number of different conscription systems to fill its military ranks in both peacetime and wartime. Currently, the United States is not practicing conscription; it has an all volunteer military,

meaning active troops serve on their own agreement. The military is able to recruit enough troops to fill its ranks, at least during times of peace. Additionally, the United States maintains a volunteer national guard and a corps of volunteer reserve troops. These highly trained forces stand ready to assist the military at the president's command.

Men between 18 and 25 are legally required to register with the SSS within 30 days of reaching eligibility. The SSS keeps the names and addresses of all registered men on file so they can be called up easily if the draft is reinstated. Most U.S. citizens become eligible on their 18th birthday; others become eligible the day they are no longer exempt (the day they drop out of a military academy, for example). Eligible aliens are required to register within 30 days of entering the country.

Draft reinstatement is always a possibility in any time of military crisis. We should always be ready.

Avian flu



Chickens are slaughtered to stop the spread of Avian Flu

By: Nick Holloman
The Burrow

The H5N1 virus, more commonly known as the Avian Flu, has been around for quite some time, but only now has it been causing hysteria in the U.S.

Flu pandemics have been common over the 20th century and have been deadly all across the world including the United States. The worst pandemic in recorded history was the Spanish Flu which struck

in 1918 killing more than the Black Death of 1347-1351. Junior, Samantha Rooney says, "Its because of the outbreak of 1918 that I'm scarred of this new flu", and with good reason.

The first documented case of the H5N1 was in Hong Kong in 1997 where the Avian Flu was transmitted to 18 people, leaving 6 dead. In birds the H5N1 is fatal leaving nearly 100% death for all that contract it. Luckily the flu cannot be transmitted easily from bird to human and no cases of human to human transmission been reported. However, because of the mutagenic nature of influenza viruses, its feared that it may mutate into a virus that is easily transmitted from person to person.

The Swiss-based drug company "Roche" has upped their production of Tamiflu and has donated 3 million packs to the World Health Organization. Tamiflu has been proven to help nullify symptoms of the flu and significantly increase the chance of survival for those who take it. Though Tamiflu isn't the answer to stop a would-be pandemic, it will be a tool used to fight it. The only effective method is quarantines when the illness flares up in certain area.

After the flu-vaccine shortage of last year and the government's unsatisfactory reaction to Katrina, many are worried. Most nations have already decided on contingency plans for a flu pandemic and are already putting them into action. The United States has only just begun discussing ideas. Now that this problem has been highly publicized, a flu-pandemic plan is a priority for our government.

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Student



Amanda Fay Howe she is fourteen-years-old and a freshman. Howe doesn't have a car right now but her dream car is a Mustang. She doesn't have a job but enjoys riding her bike and hanging out with her friends. Howe likes to listen to country music and watch movies, but there isn't one that she considers her favorite. The ideal date for Howe is going out to eat and watching a movie. After high school, she intends on going to college at Rend Lake and becoming an elementary teacher.



Lukas Bruce Dale is fifteen-years-old and a sophomore. Dale isn't able to drive right now but has a 1999 Chevy Silverado. Even though his truck is nice enough he would like to drive a Hummer H1. Dale doesn't work right so in his free time he hangs out with friends. He listens to country music and his preferred movie is Full Metal Jacket. Dale stated that his dream date would be, "long and action packed". After high school, Dale would like to be an Illinois State Trooper.



Sixteen-year-old Timothy Rex Jeffries II drives an Oldsmobile Sierra Cutlass. His car gets him from point A to point B but his dream vehicle is a Mazda RX-7. In Jeffries spare time, since he doesn't work, he hangs out with friends, drawing and sleeping. "The usual". Boondock Saints is his favorite and when Jeffries turns on the radio his presets are set on hard rock, alternative and metal...no country. After he gets out of high school Jeffries plans on going to college.



Zachary David Collins is eighteen-years-old and drives a 1998 Pontiac Sunfire. Collins likes his car but he'd prefer to drive a 2005 Mustang. For fun Collins enjoys playing the piano, being artistic and hanging out with his friends and his girlfriend, Sam. He has no preference on music but when it comes to movies, Lord of the Rings is his favorite. An ideal date for Collins is, "dinner, a movie and then going back to her house to chill." After high school Collins has decide to go to college. He hopes to go to University of Illinois.

P R O F I L E S

Getting through the tough times



By Stephanie Hart
The Burrow

Junior, Melanie Sanders returned to school October 13th, after being absent since her severe car accident on September 9th. Melanie was sent to Deaconess Hospital in Evansville, Indiana and stayed there for a week.



Friends of Melanie were completely shocked after hearing of the accident. Melyssa Hart commented that "This isn't something you can prepare yourself for; getting a phone call at 6 a.m. that one of your best friends was in the worst wreck you could imagine, the day got worse when we all go to school and people began to make rude comments on the situation." There have been noticeable changes in people close to her, Melanie's best friend, Junior, Erin Prince, said "It's sad that it took something like this to make us realize how delicate life really is. I'm so excited that she's back to school and better."

Even a severe wreck couldn't keep Melanie down for long, after waking up; she was her old self again. Under heavy sedation, Melanie made comments like "I've got to go feed the people" and "I want some pink lemonade," quotes that some of her friends said they would never forget.

Working Hard



By Katie Kimble
The Burrow

For some students, school in itself is stressful enough. For others, such as Senior, Mitch Kelly, three o'clock doesn't necessarily mean he gets to relax. Mitch is just one of the many students here at HCHS with an after-school job, and he has two. He works in town at both Fred's and Nelson's Electric, averaging about 30 hours a week. At Fred's, Mitch has to put out the freight, sweep the floor, and take out the trash. But it doesn't really invade his social life. "I have to pay my truck off, but eight is the latest I ever work," Mitch said. He's not taking any night classes at this time, but when he graduates, Mitch plans on becoming a police officer.

Make a Difference Day



People participate in Make a Difference Day all around the world.



By Sara Veatch
The Burrow

Make a difference. This is something that some people really take to heart. Make a Difference Day is a national day to help others. This day was started by USA Weekend Magazine. It is an annual event that takes place on the fourth Saturday in October. Anyone can participate in this event. You can do something individually or you can form a group and do something together. You can do something as big as collecting clothes and other items for the needy and raising money for a good cause or as small as spending the afternoon with the elderly. This day is all about volunteering. Anyone who participates can send in an entry form to USA Weekend Magazine and become eligible to win \$10,000. Each entry must explain what they are doing on this day and if they are raising any money and if they are where the money goes to. The money that the winners receive does not stay in their pocket. The money goes toward their project. For example, if you collect money for the Red Cross, then the \$10,000 would go to the Red Cross. Millions of people volunteer on this day each year. This year it was held on October 22.

Here in our area, this was the third year that Fairfield Community High School has participated. In recent years, they have raised over \$50,000, and have donated it to specific families in their school who needed it. This year, they raised over \$12,000 and donated all of the money to the Dr. Dennis Scranton Memorial Cancer Fund.

This year the school had a breakfast, a chili supper, and about 40 students put on a "Hee Haw" entertainment show. "The students are very involved in this day. There are more students than teachers that help. They are very dedicated," said Fairfield English teacher, Linda Vaughan. Besides students, well-known people in the school and community helped out. The FBLA played a major roll in Make a Difference Day this year. They organized the breakfast and some other activities.

This year's Make a Difference Day was a big success. The school hopes to come up with a lot of new ideas for next year, so they are already starting to brain storm. It takes a lot of time, effort, and dedication to put this day together.

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CASE III

All About the Benjamins



By **Brittany Heil**
The Burrow

Athletics in this country are becoming bigger than ever. More and more people are starting to attend sporting events each year. As a result, the sports industry is a booming business worth trillions of dollars. Clearly, the benefits are being passed on to the athletes. A lot of these teams are owned by billionaire companies such as Fox television, or have signed merchandise deals with companies like Nike. Sports franchises also make millions of dollars yearly off the sale of their merchandise.

Male athletes are among the most highly

paid people in the world, especially in basketball and football. A typical professional basketball player makes more money playing for only fifteen minutes of a game than a professor can make in the whole year. The player can even play poorly and his discipline would be less playing time. Even still the player would receive the same amount of money, no matter how much he plays.

Golfer, Tiger Woods, ranks number one in the list of highest paid American athletes. His estimate earnings from June 2003 to June 2004 was \$80.3 million. That includes salaries, bonuses, prize money, endorsements and appearance fees. The most paid NFL player from June 2003 to June 2004 was Peyton

Manning, making an estimate of \$42 million. In baseball it's Alex Rodriguez, who made \$26.2 million. When Shaquille O'Neal joined with the Los Angeles Lakers he signed a contract for \$120 million to play for over seven seasons! Alonzo Mourning signed with the Miami Heat for a seven year deal worth about \$112 million. According to media sources, Michelle Wie, a 15-year-old pro golfer, has signed endorsement deals with Nike and Sony worth \$10 million. Her signing deals alone are making her golf's richest female, and one of the highest paid athletes in women's sports.

With the salaries of pro athletes rising to enormous proportions, many observers have started to wonder if athletes are worth the



money. "I think that the amount of money that pro athletes make is a rather grandiose example of how sports are over-hyped," said senior, Brent Reed.

NBA Preview: Competition is Back



By **Caleb Kirsch**
The Burrow

The 2005-06 NBA season is underway. Teams once again are testing their draft picks and newly acquired players for the right combination to win a championship. Even the best teams are still tweaking their teams to find the right balance to compete once again.

It wasn't long ago that the Eastern Conference was known as the weaker of the two conferences. The champion has come out of the Western Conference two out of the last three years. Although this year, the Eastern Conference has changed for the better, and the two conferences are balanced once again.

The East this year has 2004 champion Detroit Pistons looking strong again. They made the playoffs the last two years, and are always producing a competitive team year in and year out. Another Eastern Conference contender is the Miami Heat. After turning their franchise around after the 2003 season, they have again made key acquisitions to their team. They recently signed future hall of famer Gary Payton to the team, and scoring threat Antoine Walker.

In the West, the San Antonio Spurs are looking to grab their third championship



in four years. Team leader Tim Duncan is back again, and is always regarded as one of the best players in the league. The Los Angeles Lakers resigned former coach Phil Jackson, after a brief retirement. The Lakers hope Jackson will bring them back to the playoffs, after a disastrous season last year.

With the Eastern Conference finally looking strong this year, no one knows for certain who the favorite is to win the championship. "I think the Boston Celtics will win the championship," says Sophomore, Ricky McVay. Sophomore, Jody Webb disagreed saying, "Miami will definitely win this year."

This year's season is expected to be a tight race all the way to the playoffs. With many teams already in playoff form, no one knows for sure who will go all the way.

Mount Up



By **Brian Harland**
The Burrow

To some people basketball is somewhat of a goofy sport. Think about it, abnormally tall, lanky, grown men attempting to throw a round ball through a small hoop suspended ten feet in the air. However, as is the case with most situations, throwing in a donkey only adds fuel to the funny fire.

That is exactly what the Buckeye Donkey Ball Company has done, with their coordination of the very unique sport. The concept seems farfetched, silly, and crazy yet the game continues to be something of a spectacle. For those of you

that are completely lost and have absolutely no idea of what Donkey ball is, the rules are simple.

The game is basketball, with a few twists and turns. The objective is still to put the ball into the goal, but the process of getting it there has been distorted. In order to receive, pass, or shoot the ball, one must be mounted on a donkey. There are two teams involved with eight or more players on each team. Eight donkeys are used. Four players from each team play at a time.

This alteration has been going on since around 1934. Throughout its fifteen statewide area, the Buckeye Donkey Ball Company can be hired for fundraising events or just to have a good time.

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Wilma tests FEMA

By Nick Holloman
The Burrow

Hurricane Katrina has come and gone by, leaving behind catastrophic damages and deaths costing the government the people's faith.

Wilma too has come, while not near as damaging as Katrina it still hit Florida hard as a Category 3 storm instead of Category 5 as it was originally predicted.

Estimated damages are as high as 9 billion dollars worth of damage making Wilma the third most costly Hurricane beaten only by Katrina and Andrew. Wilma hit land near Naples, Florida early on the morning of October 23 with winds up to 125 mph. Meanwhile in the Florida Keys, few heeded the mandatory evacuation order, and thousands were left without power.

Since Katrina, the Federal Emergency Management Agency (FEMA) has been in the hot seat because of blunders in the



Wilma hits Fort Lauderdale, Florida.

aftermath of the devastating storm. It is likely they will have better luck and motivation with Wilma's aftermath. David Paulison, acting director of FEMA said "We're going to move quickly as we can" in response to the hurricane clean-up. Roads need to be removed of debris to allow easier travel, and helicopters will be used to spot people in need. While Wilma wasn't as bad as originally predicted it will act as chance to for FEMA to make up for Katrina.

Diet drinking predicament

By Amanda McEwen
The Burrow

When people think of drinking diet sodas, gaining weight never enters their mind, but recent studies show it could do just that.

Some think drinking diet soda gives them an authorization of eating more than normal because of the fewer number of calories. The truth of the matter is, when drinking a diet soda, those calories are still there.

Diet sodas have also been found to increase cravings for sweets. The artificial sweeteners in diet drinks tend to whet the appetite and make people want more to eat. The body's natural ability to 'count' calories may be disrupted when drinking artificial sweeteners. This could be part of the cause for the increasing numbers of people in the United States who lack the ability to regulate food intake.

Researchers say drinking diet sodas is

not the sole cause of obesity, but it could be a contributing factor. Those who drink diet soft drinks in moderation won't be hurt, but water is still the best bet.

Researchers also encourage anyone who does drink diet sodas not to switch to regular soft drinks and for the person who drinks four or five regular soft drinks a day that is 600 wasted calories. If a person is to do that every day, they'll gain a pound a week. Some students here at high school drink sodas due to the mere fact that they don't like anything else that is offered. Sophomore, Jeff Robinson states, "I drink a soda for lunch because I really don't like anything else they have and knowing that I can gain a pound a week doesn't really bother me. I'm trying to gain weight anyway."

Taste buds can get use to anything. Whether they don't like the taste of diet drinks or the lack of taste in water, when you start to drink what is healthy they'll eventually like it.

Draining of Dolan's Lake has begun

By Amanda McEwen
The Burrow

On September 8th, the final decision of draining Dolan Lake was made. As water levels have already begun to drop, fish have been initiated into a feeding frenzy.

The total area of the lake was 75 acres, but has already started to drop to the designated level of approximately 20 acres

by this coming December. The reason for such a drastic change in a short period of time is to further develop the sport fish population.

The department of Hamilton County Fish and Wildlife Conservation Area says that for several years the sport fish population has been on a down hill slope. The declining population is mostly due to an excess of unwanted species.

"I think the idea of draining Dolan's Lake

is great. Unwanted fish will be out and fishermen can focus on what they are trying to catch," says Junior, Anthony Jenkins.

While there is still a limit on the fish you may take home, this will soon change and the public will be encouraged to fish out the lake.

Once the lake is ready for restocking, fish such as large mouth bass, channel catfish, black crappie, bluegill and red ear sunfish will be added.

The lake is expected to be back up to its regular level in the spring if the weather is



Dolan Lake. Courtesy of McLeansboro.com

normal. Once new sporting fish are added fishing is expected to be catch and release for some time.

New student voters

By Brandon Miller
The Burrow

In a few weeks Election Day will be upon us and for the first time in their lives, some HCHS students will be joining the crowds in the voting houses to cast their ballots. The imminent fate of the local government lies partly in their hands.

On November 8, this select few will get to decide whether or not they will play an active role in the future of our local government, or sit back and let nature take its course. Senior, Brittany Wagner, states, "I think it is very important for people to vote because being a democracy we're supposed to help run our government, and by not voting we're not helping making our

country what we want it to be." Wagner later added, "People who don't vote have no right to complain about how the government is run. They didn't take part in helping to change what they don't like."

Some people don't have a problem with new 18-year-old voters, but others think they don't have enough life experience, or the proper maturity levels to be entrusted with such a responsibility. The voting age was 21 before the Vietnam War years. It was changed when citizens complained that being 18 should be old enough to vote if it was old enough to go to war and possibly die for the country. Wagner says, "Age shouldn't matter, just because they're 18 and the youngest in the voting population doesn't mean their opinions about the subjects voted on aren't validated."

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The sweet smell of success “The Heat is On”

By Travis Ackley
The Burrow

We are in the midst of a very exciting time in Foxes' sports. The football team may be on the verge of their first playoff berth in about a decade. The boys' and girls' cross-country teams have captured the Black Diamond Conference championship every season that they have been a member. 2005 was no different, as they narrowly escaped with a four-point win. The volleyball team has unsurprisingly compiled a very solid record and look forward to doing well in postseason play after gliding to an 8-0-conference record in route to the BDC title.

The boys' golf team was an impressive 42-16 and sent two representatives to Sectionals.

We have had a very successful fall, and as the winter sports draw nigh it is clear that Foxes fans still have reasons to smile. The boys' basketball team returns three of their previous five starters and two other players that saw major varsity minutes. Senior Jerrod McGill will also return to action this year, after being sidelined due to injury as a junior. Expectations are also high for the Lady Foxes, as they return all five starters from a 30 win team.

Since the beginning, Foxes' fans have steadily grown more and more accustomed to successful basketball programs. The boys' program ranks first in school history

in wins, compiling well over 600. The boys' basketball team also paces all other school sports in: regional titles (19), 18+ win seasons (23), fewest losing seasons (2), and win percentage (.723). In 1984, the boys' basketball team became the only team in school history to capture an Illinois state championship. That team, to this day, is the only undefeated state champion ever, in Illinois.

The girls are by no means mediocre, either, on the hardwood. After going an awful 11-77 in their first 6 seasons, the girls have since had 23 winning seasons in the last 25 years. Last winter the girls broke the single season win record previously held by the 1986-1987 team. That 86-87 team got third place in state and is the only Foxes girls' team ever to do so.

Historically, the boys' and girls' cross country teams have not lagged far behind the pace that the ball-bouncers have set. The teams have six state tournament appearances between them, to go with a total of 13 regional titles. The boys' team also won second place at state in 1997-1998.

Other state appearances made by past Foxes teams are: 1989-90 Boys Baseball; back to back runs at state by the football team from 1977-79; and the football team again in 1986-87 and 1992-93. The boys' golf team also made a run to state in 1994, and in 1982 the boys' track and field team finished sixth at state. In 1992-1993 the scholastic bowl team also made an appearance at state.

By Travis Ackley
The Burrow

With five starters returning from a 30-win team, the pressure is on the girls' basketball team to provide an encore. “[The] pressure is a motivator,” senior point guard, Jessica Whitlow said. She added, “The team's expectations are to hopefully build in chemistry and follow the road to the state championship.”

Junior post player, Toni Webb ranks this year's team among the top Foxes squads of all time. “I would probably put us third, because we broke the school record [in wins] last year,” Webb said. It is clear that Webb is not the only one that is expecting a lot from the Foxes.

“I am ready to win! This year should be a fun and exciting one,” senior guard, Alicia Meadows exclaimed.

The one potential downfall to this year's team could be their lack of depth. Junior, Alex Bullock and sophomore, Jayla Stephens are just two of the key contributors (off the bench) from last season that aren't expected to return.

“The loss of our bench players will hurt us. Alex was a great shooter and Jayla was excellent at handling the ball,” Meadows said. She also mentioned, “Everyone needs



As we enter basketball season, this empty gym will be replaced with the sound of squeaky shoes and smells of salty popcorn. Photo taken by Travis Ackley.

to step up this year.”

While some team members are optimistic about the girls' obvious bench difficulties, others have taken a more “cautious” way of looking at things. Senior, Miranda Hathaway is included in the latter. “We've lost a lot of our bench...that worries me,” Hathaway said. “Every team needs a good bench.”

Despite the various conflicts that surround this team, their eyes remain focused toward the same goal. Their objective is to do well in the state tournament. “We want to make it to state. We all know that we can do it!” Meadows exclaimed. “Everyone needs to come and support us!”

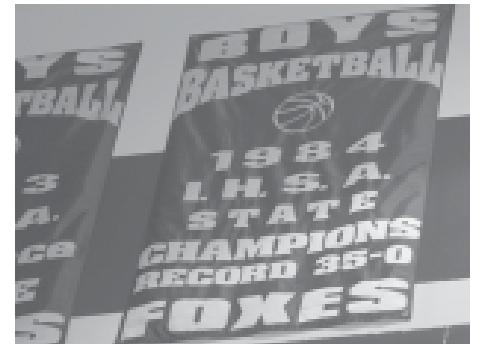
Looking for a championship

By Brian Harland
The Burrow

Grab your lucky tube socks and lace up your Nikes, because we are about to embark on what could be a historical season in foxes basketball. With each point slapped onto the scoreboard, a step is taken making the victory that Hamilton County fans have been longing for even closer.

The varsity foxes will soon begin their attempt to recreate the action that took place over twenty years ago, in 1984, when the McLeansboro foxes had a record of 35-0, claiming the state championship. Practice began November 7, but the real challenge doesn't commence until the boys meet the Eldorado eagles on December 2 at Eldorado.

The fans are getting energized as the day



This year, the boys will look to find a companion for our lonely champion banner. Photo taken by Travis Ackley.

draws closer when the crowd will chant DEFENSE and the players strive to be the best. Bulldogs, eagles, pilots, and indians had better watch out this season, because the foxes are on the prowl and they are looking for victims.



Thanks to all the hard work of all our teams, watching fox sports continues to make us happy and proud. Photo taken by Travis Ackley.

Staying fit and healthy!

By Brittney Heil
The Burrow

The fall sports season has come to an end, now it's just the worry of remaining healthy and staying in shape for your next season. You don't even have to be in a sport to want to be in shape either, it's good way to get healthy and have good nutrition habits.

The most important thing to remember while doing training in the off season is nutrition. Eating well and hydrating goes a long way to improve your ability to exercise. Water is the most important nutrient for active people. You can survive for a month

without food, but only a few days without water. When you sweat, you lose water, which must be replaced. Drink fluids before, during, and after workouts. A lot of athletes like to drink sports drinks such as Gatorade or PowerAde during workouts. During continuous workouts of greater than 90 minutes your body may benefit from a sports drink. Another essential nutrient is carbohydrates. Carbohydrates are your body's main source of energy. Sugars and starches found in foods such as breads, cereals, fruits, vegetables, pastas, and table sugar are important carbohydrate foods.

When training during an off-season or just trying to stay in shape, it is important to use proper equipment. No matter what sport or exercise routine you do, you need to make sure your equipment and footwear fits properly. Running in worn-out shoes increases injuries. When training, it is important to remember not to over train yourself, whether it's just running every night or working out in a weight room. Allowing your body to rest is as important as building strength and endurance. You don't get stronger by constantly training hard. You'll build fitness by alternating workouts with recovery.

Just remember this winter to keep eating healthy, and continue your training. It will take work, and it's not going to be easy. It takes time and consistency to build up fitness and performance.



Students are working hard to stay fit. Photo taken by Travis Ackley.

Baseball video replays

By Caleb Kirsch
The Burrow

A major problem started in baseball, since its beginning. Not steroids or gambling, but possibly something just as painful to teams and fans.

Blown calls from umpires have been a reoccurring nightmare for baseball teams. A team can play their best game of the season, only to be brought down by the opinion of an umpire. Many games have been won and lost by an umpire not being in the right position to make a call, or simply just seeing something completely different than what is right. Most blown calls are played over and over on video replays after the game is over, to try and determine what the call should be. Even though officials can replay the call after the game is over, there is no way to fix the problem.

A solution to the problem has been brought to the attention of Major League Baseball by managers and coaches. Some think that it would be beneficial to be able to replay a questionable call, and be able to confirm or change the call in the middle of the game. Others argue that baseball has always been played without replays, and

they shouldn't change it now. Sophomores, Bryan Thomas, and Kyle Ragan were both asked if they believe replays should be approved in baseball. “No baseball shouldn't have instant replays,” says Ragan. Thomas instantly replied saying, “No!”

No word has been concerning the possibility for instant replays for the 2006 season. Even though instant replays are currently being considered, compromises must be made before it ever comes into effect.



According to some, bad calls ruin baseball, others think replays would only slow down an already long game.

Walkie-Talkie Watch?



By Aaron Trotter
The Burrow



If you don't have a cell phone, maybe the new walkie-talkie watch would be for you.

It happens to reach over 1.5 miles, which is way farther than a normal walkie-talkie. Just slap it on your wrist, and your ready to chat, old school. The new technology ensures that good connections are possible even with high winds and loud traffic. You can also maintain contact to one or more devices on any of the eight channels the watch has to offer. It can also automatically find channels carrying transmissions. No price has yet been placed on this new gadget, but it is sure to cost chatters a bundle. So if your ready to catch up with the rest of the world in technology, perhaps buying the walkie-talkie watch make you feel less behind.

Koppel replaced



By Johnny Barrow
The Burrow



Ted Koppel has won every major broadcasting award, including 37 emmies.

ABC News announced on October 17 that they would replace the legendary anchor for "Nightline", Ted Koppel. Koppel

will be replaced with a three-man team including Martin Bashir, Cynthia McFadden and Terry Moran. Koppel has been the only anchor for the show since he began in 1980. His final broadcast will be on November 22 after 26 long years on the show.

These three new anchors will assume their duties on the November 28th edition of "Nightline". Beginning on November 28th, the program will feature new multi-topic formats, instead of focusing on one topic. Mrs. Barrow, a long time fan of the show, said "I'm sad that he is leaving the show, he was a great reporter, with him gone, I don't know if I will watch the show much more".

Koppel doesn't plan to stop working with the news, after he is gone from "Nightline" he plans on writing reports and documentaries in the future. "If this doesn't work, we might see it disappear really quickly," states Robert Thompson, director of the Center for the Study of Popular Television at Syracuse University, "With Koppel gone, it'll be easier for ABC to take it off the air without controversy."

New James Bond



By Johnny Barrow
The Burrow

Daniel Craig has been named the 6th man to play the character of James Bond. The 37 year old actor made this official on October 14. He follows great actors such as Sean Connery, Roger Moore and Pierce Brosnan as the men to play this great super spy. "I had a couple of Martinis when I found out". I've been a Bond fan ever since I was a kid and I've got a big pair of shoes to step into after Pierce". It took two years for director Martin Campbell to announce that Craig beat out such names as Colin Ferrel, Jude Law and Ewan McGregor for this role. Craig will also be the first ever blonde James Bond.

The title of the new movie is "Casino Royale", which is due out in theaters in November of 2006. Craig's first major role as an actor was in the BBC show "Our Friends in the North" in 1996, he starred in the gangster film "Layer Cake". He also starred in Tom Hank's "Road to Perdition".

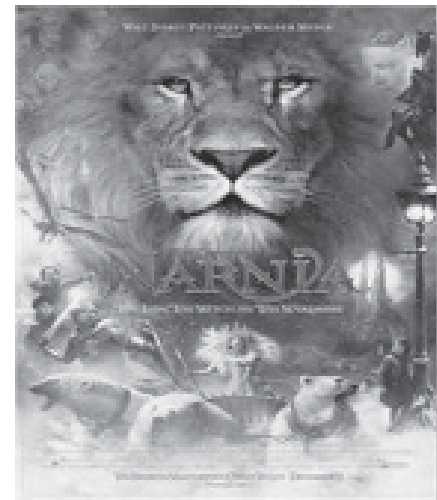


"Our Feature Presentation"



By Aaron Trotter
The Burrow

Disney and Walden Media are proud to bring to the screen C.S. Lewis's classic novel, *The Lion, The Witch, and The Wardrobe*. The story follows the adventures of four siblings, Lucy, Edmund, Susan, and Peter in World War II. Together, the Penvenise children enter the world of Narnia through a magical wardrobe. Once there, they find themselves caught up in a battle for the country of Narnia. Before fans decide to watch the movie, it has been suggested that they first read the *Chronicles of Narnia*, the set of books written by C.S. Lewis. It has its own details that can be pick up on only by reading the books, such as its many references to biblical Christianity. This movie is bound to excite fantasy-lovers, and they will get their fill December 9. Chris Monroe, a movie reviewer, says this about the new flick, "There are a thousand stories in the land of Narnia...The first is about to be told."



The Lion, The Witch, and The Wardrobe soon to hit theaters this December.

As far as making films of the other books, no news has been announced at this time. However, Disney is sure not to abandon this project as this film has been named, "the most anticipated movie of the year."

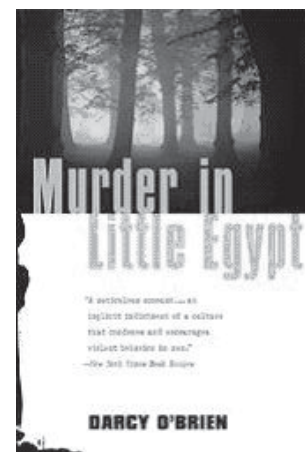
Book Review: Murder In Little Egypt



By Devane Prince
The Burrow

If you have been to the library lately you might have noticed there is a new bookshelf entitled "The Southern Illinois Collection". On this shelf you may find many books about the history of southern Illinois, or books by authors from southern Illinois. When I was looking over the new shelf a book caught my eye, *Murder in Little Egypt*.

In this story Darcy O'Brien unfolds the story of Dr. John Dale Cavaness, the southern Illinois physician and surgeon who in December 1984 was charged with the murder of his son Sean. Outraged by the arrest of the skilled medical practitioner who selflessly attended to their needs, the people of Little Egypt rose to his defense. In the trial, however, a very different, disturbing portrait of Dr. Cavaness would emerge. For throughout the three decades that he enjoyed the admiration and respect of his



community, Cavaness was privately terrorizing his family, abusing his employees, and making disastrous financial investments as well as brawling and womanizing. This is strange story about a bizarre man living a double life. "It's one of our most popular books; I highly recommend this story to anyone", said Senior High Librarian Kenneth Kirkpatrick.

New iPod hits the market



By Devane Prince
The Burrow

The Apple computer company has unveiled the newest in line of many iPods. The new iPod is an all around upgrade to previous versions. It can store up to 15,000 songs, 25,000 photos or over 150 hours of video and has 20 hours of battery life. The newest feature is the 6.35cm color screen on which users can watch music videos, TV programs and display photos.

"Our verdict is that this new iPod is an excellent music player. It has all of the strengths that have made prior iPods monster hits, and a few subtle refinements. Plus, it's a surprisingly decent video player,

with crisp, smooth vivid playback of TV shows, music videos, short films, video podcasts and home videos", Walter Mossberg of the Wall Street Journal said.

Apple has also made a deal with Disney so one can now download Disney movies and shows from ABC like *Desperate Housewives* and *Lost*. The new iPod starts at \$299.

