

THE BURROW

The Student Newspaper of Hamilton County Senior High School

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McLeansboro, Illinois

March 2008

Fox places second at state



Jacob Harrowood
The Burrow

The 3 point shoot-out ended with a bang for Hamilton County. Junior Seth Thomas advanced all the way from Hamilton County Regional, through Benton Sectionals, to placing second individually at state competition in Peoria.

On March 6 at approximately 5 p.m. Thomas was headed into the preliminary round with 31 of the best shooters from around the state of Illinois, making him the 32nd. After all 32 shooters took their turn, only four were able to advance. Thomas tied for the best score that round making 12 of 15 threes, which advanced him to the final four.

Thomas said, "I was just excited about making it to state, but making it to the Final Four was awesome."

The following day around 8 p.m., Thomas competed for the state championship in the final round, but fell short by only one shot.

"I will remember this for a long time. I had a lot of fun and met a lot of new people," Thomas added.

Christian Thompson, from Walther Lutheran was the champion with 10 baskets made. Thomas had nine, Justin Kunz of Braidwood and T.J. McNelis of Aurora both finished with seven.

Junior Kane Smith said, "I'm proud of

Seth. We made a good run this year and hopefully we can do it again."

Smith accompanied Thomas as they advanced to the Benton Sectional, before Smith was eliminated, just one step away from state.



Junior Seth Thomas places second at the state 3 point shootout.

Carbondale tuition prices set to sky-rocket



Jonathon Cantrell
The Burrow

Students at Southern Illinois University of Carbondale may have to start paying more for their tuition. More than \$450 per semester is what the University is considering to increase the tuition by.

Students entering their fifth year as an undergraduate could also an increase of about \$195 per semester.

\$54 in athletic fees is another proposed increase. The increase in tuition wages will not affect most current students, because of a state law that requires student's tuition to be locked for four years.

If prices do go up, then it might change many students' minds of enrolling at SIUC.

Students want to spend as money than they have to. If one wants to go to the college then the price shouldn't matter if he or she wants to attend at the school.

Several students that recently enrolled at SIUC have changed to Southern Illinois University Edwardsville. This may not be because of the price changes, but several students at Hamilton County who have thought about going to SIUC have changed their minds to SIUE.

Senior Orry Taylor plans to go to Rend Lake for his first two years of college, because of the fact that it would be the same education, but will cost less. For several students going to Rend Lake first is easier, because they say they don't want to jump into a four year college or a university and not be able to handle it.

Who's behind the Saint of St. Patrick's Day?



Samantha Russell
The Burrow

Whether you remember being pinched for not wearing green as a child or spend time in your church learning/noting a particular Saint, St. Patrick's Day is commonly

celebrated throughout this country.

St. Patrick's Day is the holiday marking the death of St. Patrick, a man who drove slavery out of Ireland and introduced Christianity. St. Patrick, himself, was sold as a slave in his teens. He died at the age of 76 on March 17, 461.

In Ireland, the St. Patrick's Festival is 5 days long and has become popular only within the past 10 years. St. Patrick's Day is celebrated with more enthusiasm in the United States, particularly in New York, than it is in Ireland. St. Patrick's Day takes place during the religious tradition of Lent. In Ireland on March 17, eating meat is common during the feasts, despite Catholicism being the accepted religion.

Wearing the color green to represent "The Emerald Island" of Ireland is a common tradition in the United States. Many Irish believe green in an unlucky color, despite what we believe. The shamrock is another popular custom on St. Patrick's Day. St. Patrick used the shamrock to explain to the people the trinity, The Father, The Son, and The Holy Ghost.

Journalism students place at SISPA



Brian Harland
The Burrow

On Feb. 26, both the journalism II and advanced journalism classes took a field trip to participate in the Southern Illinois Student Publication Association (SISPA) competition. The event was held at in the Student Center at Southern Illinois University in Carbondale.

The contests consisted of different situations in which students were to either write, interview or organize for a high school newspaper.

The group entered the day with a not-too-bad record after bringing home two awards last year, both of which were in the editing category. But with the past behind them, the hard work presently put forth began to win more than anyone expected.

Of the 13 students that accompanied the journalism teacher Mrs. April Jordan, 7 of them left with awards. Senior Samantha Russell was awarded an honorary mention for her editorial story. Junior Jonathan Cantrell won third place in the news writing competition. Sophomores Brittini Blades and Brittney Brewer also brought back a third place award for their efforts in the newspaper workshop. Winning first place was seniors Luke Bowman and Jeff Robinson along with junior Matt Bryson in the newspaper workshop.

Although some of the students did not place, they too brought home knowledge that can be useful to the school and themselves. They gained the experience and the knowledge of what it takes to be successful in today's media.



Several members of The Burrow Staff proudly display their awards before leaving SIUC campus.

STORIES WORTH SKIPPING TO:

WEIGHT LOSS WAR
- WALL 4

ARE YOU ON YOUTUBE
- BRYSON 2

PALE IS THE NEW TAN
- MORLAN 4



Bettering the school experience



Senior Derek Files is enjoying his July schooling.

Lucas Adkisson
The Burrow

Students can hardly ever wait for summer. Having only a Christmas break and a short spring break, they arbitrarily drag their feet through their monotonous days until a true break raises its beautiful head. They would hardly ever think year-round school is a good idea. Especially around here. Students don't realize, however, that there are many benefits to year-round school.

A typical year-round school structure is

two to one (two months of school, one month break). Starting in January you actually get four months of R&R all together. Since it's not all at one time, you can stand the eight months of school. Also, with the shorter breaks in between the school months you'll remember more when you come back. Don't worry about, say, Christmas. December would be a break month. You'll also get Thanksgiving off but not much else during the school months.

Indeed, year-round school helps with educational productivity and lowers the stress levels of high school students. All in all a very good idea.

Are YOU on YOUTUBE?

Matthew Bryson
The Burrow

A growing number of people are using video cameras to capture important or entertaining moments in everyday life. With the help of one of the most entertaining sites on the web, www.youtube.com, anyone can enjoy the great moments.

With Youtube, anyone can become a celebrity. Many people have become globally known, such as Chris Crocker, who is a Brittany Spears fanatic and also a little off-kilter. Being a celebrity isn't the only thing that makes Youtube so great. It's also great for keeping in touch with friends and family over great distances by using videos to talk to each other. You don't

even have to wait for your show to come on the television, just sit down at the computer and watch your show or clips of your show. Music videos are also a great feature on Youtube.

Youtube also has its faults. Because anyone can post on Youtube, sometimes you find the clips blurry or just plain bad. If one was to find a video as such then

they could comment on it using the comment feature. If commenting isn't your thing and you want to give visual messages and then just reply with a video reply.

Youtube is hands-down

one of the best websites to date and also allows your videos to be posted on any of your favorite site such as Myspace, Bebo, or Facebook.

You Tube
Broadcast Yourself

Bible hunt: Easter



Seniors Samantha York and Rhet Vaughan cuddle with a bunny in Mr. Johnson's room.

Lucas Adkisson
The Burrow

Easter is a time of candy eating and egg hunting for all ages. However it also has a religious significance to many of the Christian faith. Easter was made by the Catholic church to celebrate Christ's resurrection. Don't ask me how the bunny and eggs came in (maybe something about the Passover feast and 'rebirth'). It is also the end of the Lenten partial fast, which is done in remembrance of Christ's forty days and nights of fasting in the wilderness. Even though fasting and remembering Christ's victory over death are important and good things to do, should they be set aside to one time of the year?

The fasting for forty days and forty nights does show faith and wanting to get closer to God, unless you only do it for the sake of tradition. Prayer and fasting has been recommended though the new Testament and examples are found all over the old Testament. Yet all these occasions are done with meekness and the pure want of drawing closer to the lord, of focusing on him. We are also told that we should fast in secret, that we should not be as the hypocrites who

put on a show when fasting. It doesn't help at all.

Now I myself don't attend to lent or Easter, but that does not mean I don't fast or celebrate Christ's resurrection. True I do not fast as often as I should, but I do fast with reverence and supplication and prayer, focusing fully on God. I also celebrate the resurrection of Jesus every day. I am not saying that I believe those that celebrate Easter in a religious sense don't remember Jesus being raised from the dead any other time.

I believe that celebrating Easter because it is Easter is wrong. It is just a name for a day on which Christians remember and rejoice in Christ's resurrection. The action is what we should be given importance instead of the day itself. Yes, Easter is set for the time in which Christ arose from the dead. However it should not be stronger than any other day, for each day should be as strong in rejoicing and thankfulness as many Christians have on Easter.

As much as Thanksgiving should not be the only day that we are thankful for the physical blessings the Lord has given us, Easter should not be the only day that our rejoicing and thankfulness of the gift of Christ is at its strongest.

THE BURROW

Hamilton County Senior High
1 Fox Lane
McLeansboro, Illinois

Co-Editors

Brian Harland & Michaela Morlan

Staff Writers

Lucas Adkisson
Brittini Blades
Luke Bowman
Brittney Brewer
Mathew Bryson

Jonathan Cantrell
Jacob Harrawood
Jeffrey Robinson
Samantha Russell
Arissa Vineyard
Rachel Wall

Business Manager

Jonathan Cantrell

Layout Designers

Jacob Norris
Brandi Cahill
Morgan Barnett
Becca Biggerstaff


Brittany Anselment
Leslie Wheeler
Kalila ragan
Chris Zarek

The Burrow is the student newspaper of Hamilton County Senior High and is produced by the Journalism & Desktop Publishing classes under the instruction of Mrs. April Jordan and Mrs. Lisa Auten.

Eating right equals prizes



Freshman Daniel Kirsh enjoying his healthy meal.

 **Brittney Brewer**
The Burrow

Eating healthy doesn't have to be boring. Students can make March a healthy month in their lives. HCHS is participating in National Nutrition Month and making it really cool.

The ladies who run our cafeteria are giving away prizes for eating healthy. They give students a ticket for having three of the five food groups on their trays. At the end of both lunches, Monday through Thursday, Mr. Scott reads off the winning ticket numbers. The students whose numbers are called receive two pencils, a pen, and a free side item.

On Fridays, Mr. Scott draws one ticket; the student with this ticket will win a gift certificate to Mimmo's or Autens.

On the last Thursday before Spring Break, the prize selection changes. They will be giving DVDs, and another mystery prize, which the cafeteria staff had not yet decided on.


Although some students scoff at the ticket system while saying "we eat how we want," other students appreciate the rewards. Sophomore Breana Linder said, "I like how they are putting the effort in having us eat healthy."

Teachers are exempt from the ticket and reward system in the commons area, but biology teacher Mr. Vallowe said, "I like being an omnivore."

Teenagers and children in America run a high risk for obesity, partly because America is a 'fast food country.' Many athletes grab food on the go. Even though they are athletic, these kids still have the same chance becoming obese.

In general, it seems to be a good idea for the school to push for healthy eating habits. If students eat healthy they will have more energy, and more awareness of things going on around us, including in the classroom. Eating healthy gives HCHS students the chance to not become another statistic. Not to mention the fact that research has shown better test scores and grades from students eating healthy.

Time to 'spring forward'

 **Arisa Vineyard**
The Burrow

On March 9, the central time zone gained an hour of daylight due to daylight savings time. What is daylight savings? According to National Geographic's website, daylight savings is a system to reduce electricity use within a day's time.

The idea is thought to have come from Benjamin Franklin in the year 1784. In a journal he wrote that "if they set the clocks back an hour it would save time so people won't have to get up as early and light a candle."

In the year 1942, President Franklin D. Roosevelt issued "War time." This was a year-round time-saving system during World War II, which was established to conserve energy. After "war time" ended in 1945, many states adopted their own time saving systems.

In the year 1966, the Congress passed the Uniform Time Act, which required some states to set their clocks forward an hour during the spring and set them back an hour during the fall.

The only states exempt from the daylight-savings system are Hawaii and most of



There is a reason we 'spring forward'


Arizona.

Freshman Sydney Walker said, "I like the time change. I just don't like the fact that when it is eight at night it still looks like daytime."

The Bachelor King finally performed after numerous delays



From left to right: Director Mike Johnson, Freshman Kira Irons, Seniors Nicholas Burke, Cortney Byers, and Lucas Adkisson strike a pose in front of the set during one of the final rehearsals.

 **Samantha Russell**
The Burrow

The school play, "The Bachelor King", is having its debut performance March 13 here at the high school. Mr. Mike Johnson and Ms. Katie Crain are the directors of the play and the cast includes seniors Cortney Byers, Samantha Russell, Lucas Adkisson, Nicholas Burke, Jeff Robinson, Mollie Gonzalez and Rachel Campbell; sophomores Chris Zarek, Jason Litherland, Stephanie Smith and Kirsti Auten; freshmen Kira Irons, Hannah Hill, Jed Holloman and Alex Lewis. Junior High extras include Gloria Arndt, Samantha Davis and Julia Reynolds. A succeeding performance of "The Bachelor King" will be held the following night at the same time here in the high school commons area.

With activities of all types going on through the school year, the cast of this

production has had a hard time getting it together. With scholastic bowl, church and family functions the play has been set back from its original date in January to March.

Mr. Johnson said scheduling practice on stage in the commons area is "impossible" and it's easy to see why. Between cheerleading, track and basketball practices the commons area was occupied.

The cast would like to thank Mr. Payne and Mrs. Fries and their classes for graciously designing the set and costumes.

Throughout the course of practicing there have been drop-outs, sicknesses and plain rebelling against certain areas in this production. Yet, despite the delays, the cast and crew are looking forward to a successful event.

Senior Nicholas Burke is quoted as saying it's going to be the "best play ever."

Mr. Johnson had to say, "It's going to be great. The kids have been great."

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Getting away from HCHS for a week



Jonathan Cantrell
The Burrow

After 10 long weeks, Hamilton County Senior High is going to start fourth quarter out by going on Spring Break.

Even with snow days, students are ready to get out of school and have one week off to do whatever they want.

Junior Kaitlyn Sloan plans to sit on the beaches of the Bahamas during Spring Break. Swimming, shopping, tanning and relaxing at the Atlantis Hotel.

Sloan said, "I am not going to miss school at all."

Flying out from Dayton, Ohio on Wed.,

March 18, she will spend a full week there. Jokingly Sloan said, "I'm never coming back."

Seniors Jamie McGovern, Ashley Miller, Lacy Vineyard and Erica Vaughan all plan to stay close to Hamilton County. Spending the week at McGovern's house, the girls plan to make random country laps, hang in town, and get a lot of sleep. During the day, they plan to go shopping, go out to eat and tan for prom.

Miller said, "I can't wait till Spring Break, and to get away from school."

Vineyard said, "As long as I'm away from school and can sleep in, then I don't care what we do."

Even though Sloan and several others, including senior band members, plan to get out of the state, many plan to just stay in town and be with a few friends and get away from everyone else.

Pale becomes the new tan



Michaela Morlan
The Burrow

One 20 minute tanning session increases the chance of getting melanoma by 55 percent.

According to www.coolnurse.com, between 20,000 and 24,000 salons are listed in the Yellow Pages, claiming 22 million plus clients each year.

"I tan all the time! I guess I've never really thought about what I'm doing to my skin, but I feel better about myself when I'm dark," senior Jayla Stephens said.

Most people believe that people tan only to get darker, however this is not always true. According to www.theita.com, a well-known side effect of exposing the skin to ultraviolet (UV) light is the production of vitamin D.

"It's fine if you don't over do it. I only

tan to get ready for dances. I don't think I have to be dark during the winter," junior Brooke Biggerstaff said.

In the United States, the indoor tanning industry (ITI), currently estimated at \$5 billion, inaccurately advertises vitamin D production and UV protection as health benefits of tanning. People who tan in an indoor tanning facility may be susceptible to skin cancer due to unrestricted, uninhibited, long-term UV radiation exposure.

While many believe that indoor tanning is safer than outdoor tanning, many of the same health risks, including skin cancer, skin/eye burns, photo aging, photo-drug reactions and alterations of the immune system are associated with this activity.

"I've done it yes, but it is extremely bad for your skin and I wouldn't recommend doing it," School nurse Rhonda Tracy stated.

Weight loss wars



Rachel Wall
The Burrow

Hamilton County High School is now the home of a new type of competition: weight loss. Seniors Holden Jackson and Ethan French are gearing up to get healthy through a competitive and rigorous weight loss program entitled "Team Wiggins."

Team Wiggins is led by senior Nick Wiggins. He is helping Jackson and French get into shape through weight training, running and dieting.

"Holden and Ethan came to me wanting my help to get them into shape because they wanted to be healthier," Wiggins stated.

Even though both French and Jackson share a common goal, their plans in how to achieve it differ. Jackson is running a mile and a half daily. French is doing these things and also weight training when he has the time.

While Jackson stopped drinking sodas and started eating salads, French is simply drinking more water and eating less during each meal.

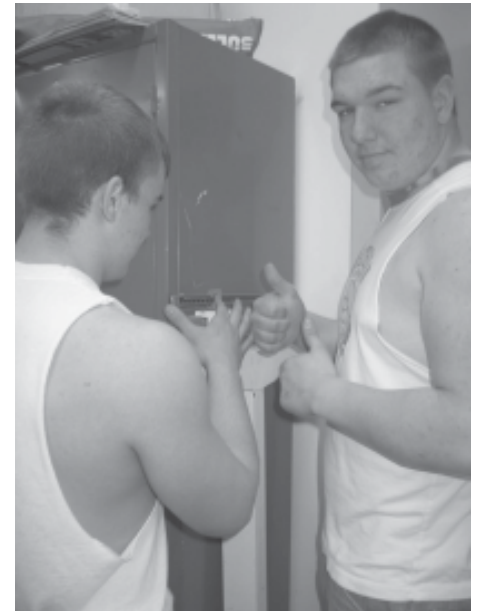
Even though their weight loss plans differ, they are currently neck and neck in the competition, with Jackson currently leading with 15 pounds lost, while French trails 5 pounds behind.

Jackson is proud of his current progress but believes he shouldn't take all the credit himself.

"I would like to thank my mom, Criss Angel and Team Wiggins for their dedication and support," said Jackson.

Although this is a competition, French believes it's about much more.

"It's not about winning or losing, as long as we become healthier together," French stated.



Senior Nick Wiggins helps fellow senior Holden Jackson weigh in, and watches senior Ethan French pump some iron.



Do's and don'ts for cell phone users and abusers



Brittni Blades
The Burrow



Do people think it's polite to answer their cell phone in a restaurant, movie theater, or public transit! There are times where the answer is yes, but most of the time it's unnecessary. Whenever hanging with a friend, try to keep calls as short as possible. Talking on the phone for too long makes the person you're with feel less important than

the caller. Also, when with a big group of people, leave the room don't interrupt their conversation.

If on a date or with a very important person it will be impressing for ignoring incoming calls saying, "We'll talk later." Unless it's an important call, excuse politely before taking it. Sometimes it's alright to take calls in public places or in a line somewhere if you speak very softly and don't use inappropriate language.

Really remember to put the phone on vibrate whenever in church, theaters or meetings. If it goes off, quickly hit the end button and turn off the phone. Everyone forgets something now and then, but have the decency to do something about it. Whenever there's a bad connection, don't yell; call them back with better signal.

According to Joanna L. Krotz, who writes about cell phone etiquette: 10 dos and don'ts stated 72 percent of Americans agree that users' worst cell phone habit is having loud conversations in public. Sophomore Breanna Brock said, "I hate whenever people talk so loud on their cell phones, it's rude and annoying."

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STUDENTS

Chase



Griswold

Senior Chase Danger Griswold is a respected member of the student body. His favorite classes are any with Jeff Robinson. Griswold's favorite teacher is Doc. In his free time he enjoys watching the movie "Brokeback Mountain" and listening to his favorite band the Spice Girls. When most students are fretting over quarter exams he says, "Nah I'm a genius". His favorite high school memories include all the times tagging along with Michael Bowers to witness all the amazing stuff he does. His spring break plans include dragon hunting in Canada and he says "I'll be very busy over Easter because I am the Easter bunny. Griswold is looking forward to graduation saying "I have been waiting for six years".

Krista



Welch

Junior Krista Beth Welch is one of HCHS' more original students. She thinks high school sucks but her favorite teacher is Mrs. Jordan. Her favorite movie is "Edward Scissor Hands" and her favorite band is Dashboard. Welch is kind of worried about quarter exams, but plans on having a lot of fun and camping over Easter and spring break. She is not participating in any spring sports. She says, "I'm not much of a sports fan although I have been getting my pickle ball on in P.E."

JOSH



HALL

Sophomore Josh Hall is one of HCHS' friendly faces. Josh's favorite classes are any with Doc or Mr. Payne. His favorite movie is "Good Luck Chuck" and his favorite band is the Charlie Daniels Band. He is on the Foxes baseball team. His favorite high school memory is when "Cole tried to whoop Hamson." Josh's spring break and Easter plans are to play baseball.

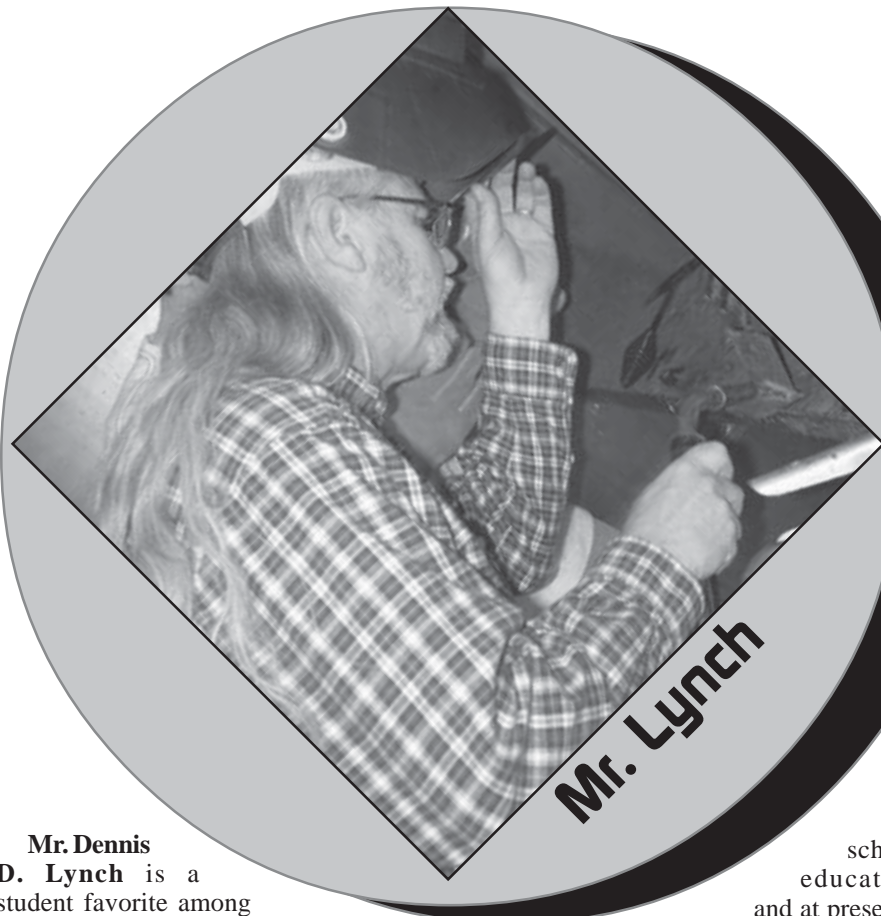
Kelsey



Bowman

Freshman Kelsey Ann Bowman is one of HCHS bubbly personalities. Bowman's favorite class is second hour English with Miss. Allred and her favorite teacher is Miss. Cockrum. She enjoys listening to Blind Melon and her favorite movie is "Superbad." She is currently a member of the Foxes softball team. Over spring break she plans to play softball and during Easter she will be spending time with family. Her favorite high school memory to date is having a "dance off" with, Nikki Ojala before a basketball game.

TEACHERS



Mr. Lynch

Mr. Dennis D. Lynch is a student favorite among the staff at HCHS. He goes by several nicknames but the only one approved for print is "Doc". He teaches transportation, welding and junior high shop. He says his favorite class to teach is "Prep period, and I'm really good at it". He chose not to give up anything for Lent he said "I don't do that anymore. I lent out my new car one time, to my best friend and got it back with an empty gas tank and a missing rear fender." He also says, "I ask myself everyday why I got into high

school education and at present I am still unsure why. Maybe it was because I was young, foolish and under the misconception that you could teach something new to someone who already knows everything." He enjoys working at HCHS, "Feeling young at heart and being told all my life, by my mother, that I will never grow up, makes me feel very fortunate to be working at HCHS because I fit right in. Doc's spring break plans include sitting on his front porch and relaxing.



Mr. Payne

Mr. Chad Phillip Payne is a fresh face at HCHS this year. He has no nicknames but advises this, "I have never been in the military so do not call me Major Payne unless you want one". He got into high school education because he feels it is his patriotic duty to his country to educate the youth of America, plus he loves sawdust. He had quite a few classes in

high school. He said, Mr. Lynch's classes were always fun, Mr. Vallowes were fun but tough, Mr. Kirkpatrick's were tough but he tried to make them fun". Mr. Payne has enjoyed his first year at Hamilton County. He says, "This is the best school I have worked with in my ten year career. I do wish we were at the old building because of all the memories. Over spring break Mr. Payne plans on a lot of a lot of rest and relaxation.



Foxes swing for the fences

Michaela Morlan
The Burrow

The infield is being raked, pine tar is being brought out and Coach Jeff Gray is making the new line-up for the 2008 season. Hamilton County Senior High Foxes Varsity boy's baseball season has begun.

The baseball teams will play a total of 36 games this year. The coaches, along with the team, have great intentions of beating their 18-13 record from last year. "I think we could be really strong this year if our pitching stays strong. Our hitting and defense are our two best assets right now," Coach Gray said.

The Foxes first game will be on March

18 at Edwards County. The team is definitely anticipating their first game, and hoping for a victory. The team's first home game will be March 25 against Waltonville at 4:30.

Coach Gray is looking forward to this year because this is his first group of seniors he's had since they were in junior high. "It's gonna be tough losing my 7 seniors. This is the first group I've had since they were 7th graders. They've all put in a lot of time and dedication and I appreciate that," Gray added.

"I've grown up with these guys since 7th grade and I can't believe this is our last year playing ball together. It's sad, but I think we're all kind of ready to go our separate ways. I really hope we're able to make our last year together memorable," senior Tanner Spicuzza stated.

BASEBALL

- | | |
|-----------------------------------|----------------------------------|
| Apr. 08–Fairfield 4:30 Home | Apr.23–Gallatin County 4:30Away |
| Apr. 09–Hardin County 4:30 Away | Apr.24–Carmi 4:30 Home |
| Apr. 10–Cairo 4:30 Home | Apr.25–West Frankfort 4:30 Home |
| Apr.12–Marissa 11:00 Home | Apr.28–Wayne City 4:00 Away |
| Apr.14–Grayville 4:30 Home | Apr.29–Carrier Mills 4:30 Home |
| Apr.15–Johntston City 4:30 Away | Apr.30–Woodlawn 4:30 Home |
| Apr.16–NCOE 4:30 Home | May1–Elkville Elverado 4:30 Home |
| Apr.17–Trico 4:30 Home | May2–Carterville 4:30 Away |
| Apr.18–Waltonville 4:30 Away | May6–Elderado 6:00Away |
| Apr.19–Galatia 10:00 Home | May7–Thompsonville 4:00 Away |
| Apr..21–Elderado 6:00 Home | May9–Benton 4:30 Home |
| Apr.22–Ziegler Royalton 4:30 Away | May10–Galatia 10:00 Away |



Senior Rhett Vaughan takes his practice swings before stepping in the box.



Freshman Steven Lemmons pitches a win for the JV Foxes.



Senior Orry Taylor steps up to the plate.



Senior Brody Mitchell gets loose before the game.

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Track is just beginning

 **Luke Bowman**
The Burrow

The track season is coming to an awfully quick start; with their first meet on March 20 at West Frankfort. Last season the boys and girls both finished 8th in the Black Diamond Conference, which is very respectable.

Senior Justin Williams is looking forward to the season. He said, "I think we'll be pretty good as a team, and individually we have a lot of strong runners and jumpers."


The Foxes' track teams are hoping to see people at their meets to show some support.

Sophomore Breanna Brock said, "The girls this year won't be bad, and individually we will do just fine. I can't wait till our track meet."

Track

- Boys
 Apr. 23 – Carmi Invite 4:00 Away
 May 3 – Harrisburg TBA Away
 May 8 – BDC 4:00 Away
 May 12 – West Frankfort 4:00 Away
 May 16 – Sectional 4:00 Away
 COED
 Mar. 18 – Benton 4:00 Away
 Mar. 20 – West Frankfort 3:45 Away
 Mar. 25 – West Frankfort 3:45 Away
 Mar. 26 – Carmi 4:00 Away
 Apr. 18 – Fairfield 4:00 Away
 Girls
 Apr. 16 – Carmi 4:00 Away
 Apr. 24 – Fairfield 4:00 Away
 Apr. 30 – BDC 4:00 Away
 May 9 – Sectional 4:00 Away

New look for Cardinals

 **Jacob Harrowood**
The Burrow

The St. Louis Cardinals are known to be tough contenders at the playoff level, but as the 2008 season rolls around, St. Louis is more focused on rebuilding. As the off-season went by, the Cardinals decided to release and trade a few players.

Players such as Jim Edmonds, Scott Rolen and David Eckstein, who combined for nine All-Star selections, 10 Gold Gloves and 118 post-season game appearances while wearing a St. Louis uniform.

Edmonds asked to be traded after realizing his playing time would be diminished after the Cardinals brought in, top prospect Colby Rasmus, although the young star might not start the year in the majors.

Rolen also asked to be dealt after he clashed repeatedly with manager Tony La Russa. Eckstein was simply allowed to walk out as a free agent.



Senior Kyle Ragan said, "The Cardinals probably won't be in the World Series, but they will be playoff contenders. I'd say the Boston Red Sox will repeat this year."

So with Spring Training in full-swing, which direction are the Cardinals headed?

According to stlcardinals.com, La Russa said, "I think we're putting together a team to contend for a championship. I think we're going to be very competitive. We're going to have guys on the position-player side that will provide a lot of energy and attention to execution."

La Russa also thinks with pitchers Mark Mulder and Chris Carpenter getting healthy, the bullpen will definitely be solid.

Senior Brody Mitchell said, "With a lot of new players, if they can stay healthy, they (Cardinals) could make playoffs. But I doubt they can make it to the World Series."

Lady Foxes hitting off a new season

 **Brian Harland**
The Burrow

Coming off of a 9-and-16 record last season, the Lady Foxes softball team began preparing for what looks to be a tough season. Coach Chrissy Cockrum's two returning seniors and well-prepared freshmen keep the hopes of the team high.

"We have some freshmen who know what it takes to get the job done so I think we can make something of this season," senior Samantha York said.

Freshman Kira Irons stated, "I know the

teams we're playing are good, but we're better." The season for the Lady Foxes starts at Mt. Vernon on March 20. The girls' first home game will be March 25 against the Harrisburg Lady Bulldogs. With the aid of the new batting cage, the girls are able to work and improve their hitting skills.

"Now we have more tools to help us get better and hopefully take us to a season that will be remembered after the season is over," York said.

Although the weather has limited the Lady Foxes' practices, the anxiousness can't be measured.

"I can't wait until we get to show everyone what we can do," Irons said.

SOFTBALL

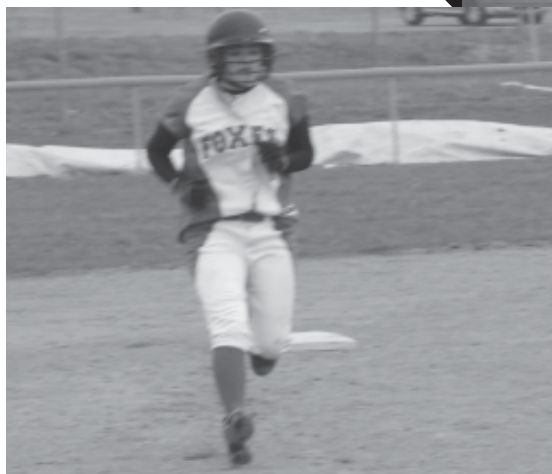
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|-------------------------------------|---|
| Apr. 8– Fairfield 4:30 Away | Apr. 24– Carmi 4:30 Away |
| Apr. 9– Hardin County 4:30 Away | Apr. 26– Elkhartville Elverado TBA Away |
| Apr. 10– Mt. Carmel 4:30 Away | Apr. 28– Wayne City 4:00 Away |
| Apr. 14– Grayville 4:30 Home | May 1– Elkhartville Elverado 4:30 Away |
| Apr. 15– Johnston City 4:30 Home | May 2– Caterville 4:30 Home |
| Apr. 17– Trico 4:30 Away | May 6– Eldorado 4:30 Home |
| Apr. 19– West Frankfort 4:30 Away | May 7– Benton 4:30 Home |
| Apr. 21– Vienna 4:30 Away | May 8– Crab Orchard 4:30 Home |
| Apr. 22– Zeigler Royalton 4:30 Home | |



Freshman Kayla Kreher pitches at the season opener



Senior Nikki Ojala comes set at shortstop



Freshman Kelsey Bowman rounds second



Freshman Kayla Kreher takes a practice swing before stepping into the box.

Criss Angel: Mind freak or just plain creep?



Luke Bowman
The Burrow

Everyone knows the guy who can levitate, go through a wood chipper, and get ran over by a 12-ton roller. They know him as Criss Angel, the Mind Freak. Some students at HCHS are really into him, and

call themselves loyal freaks. Seniors Holden Jackson and Nicholas Wiggins, after watching Criss levitate across a side walk, are firm believers in him.

Senior Nicholas Wiggins said, "Criss Angel is for real, he's not like David Blaine - his magic is fake. [Angel] may have sold his soul to the devil or something like that but his tricks are the real thing."

Each time people watch Angel they are more amazed.

"It just fascinates me that someone can walk up walls, and swallow a quarter that goes down his arm and cuts it out with a real knife. This guy is for real, it's that easy," said Wiggins.

Junior Brandon Biggerstaff said, "Criss Angel? Please! That guy is so fake. And

anyway, if he sold his soul to the devil I wouldn't give him a penny."

So there it is - both sides of a controversial topic. A lot of people have heard a lot about Criss Angel lately. It's hard to say if it is real or not; nobody really knows.

One can find more information about Criss Angel on the Internet. He is on numerous sites, but he also has his own at www.crissangel.com.



Seniors Holden Jackson, Luke Bowman, Nick Wiggins, and Ethan French show off their new shirts, which boast "Criss Angel" on the front, and "I Loyal Freak" on the back.



'Carbon' is anything but a copy



Matt Bryson
The Burrow

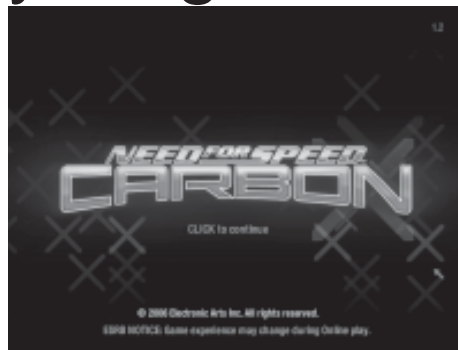
One of the best racing games out right now is Need for Speed: Carbon. Need for Speed: Carbon picks up where the player left off in Most Wanted, driving out of Rockport in his recently-retrieved BMW.

The game is set inside the fictional city of Palmont which is next to Rockport, and was used in Need for Speed: Most Wanted.

This game is great because of the choice of cars and the customization process. Players can choose from many licensed cars divided into three classes: tuners, muscle cars and exotic cars. There are many cars under each of these categories making 46 different vehicles to choose from.

Carbon also features the Canadian actress and model Emmanuelle Vaugier, who plays Nikki, the player's main source of help and ally in the career storyline.

Game play is very fast paced. The primary goal is to win races in different areas and ultimately to win the area for the gang.



When winning one also gets upgrades and cash for the vehicles. Winning races isn't easy, but one has the chance to hire crew members to assist them in the races by bumping people out of their way or showing them shortcuts.

Apart from racing, there is also free roam, where one can roam the city and cause mayhem by speeding and messing with the police.

Getting caught by police will cost them though. Money won when racing will go towards paying their tickets. Their crew, however, helps them out by distracting cops.

This game is the best in the Need for Speed series so far. The games continue to get better and better. Carbon will not disappoint even the experienced gamer.

Degrassi tackles real teen problems



Brittney Brewer
The Burrow

Degrassi: The Next Generation is taking teenage life to a whole new level. The stars of Degrassi are now older and starting to face a lot of different real life issues, like, pregnancy, drugs, eating disorders and death. In recent seasons they "went there," but this season, by far, is the best.

In the first new episode of this season, Caitlin is back and is up to no good. Caitlin was in recent seasons and was a former Degrassi student before the new characters were added. Ellie, who is known to be very quite and a little bit shy, is supposed to interview Caitlin about her new movie. While Caitlin is in town she hooks up with Jesse, Ellie's boyfriend. Ellie walks in and is really upset with Caitlin and Jesse. While interviewing Caitlin, Ellie becomes very opinionated about Caitlin. Ellie decides she doesn't want to be with Jesse anymore. The moral of this episode would have to be that boys aren't everything they think they are.

The second episode was about promoting Purple Dragon, a high energy drink. They audition "Purple Dragon girls," who must fit into and look good in short dresses. Emma, who has had problems with her weight in recent seasons, is against the campaign at first, but decides it's easier to go along with it than to be the voice against it. She tries out to be a 'purple dragon girl' and makes it. She is going to drink Purple Dragon when another girl takes it from her because the drink is high in calories and carbs. The other girl points out that Emma is already in the biggest size they have. Emma uses this as an opportunity to take a stand.

She takes the dress off in front of the entire school and clearly makes her point. This episode was awesome. Everyone thinks Emma is a goody two-shoes, but this episode proves she is a real teenager and she has a wild-side to her.

The other two episodes have been less notable. This season by far is the best season. The only thing wrong is that J.T. York is missing. J.T. was killed last season, in the saddest episode ever, by Degrassi's rival team.

Degrassi is a good teen show. It goes 'there.'

Will Ferrell returns to theaters for his new movie



Brittni Blades
The Burrow



Another movie starring Will Ferrell, Semi Pro came out in theaters Feb. 29. Will Ferrell plays the main character Jackie

Moon. He is the owner, coach, and forward for the Flint Michigan Tropics. They are a team getting ready to be put out of business. Moon wants his team to be in the NBA, so he convinces the commissioner to put the four best teams in the NBA instead of just the teams with the most fans.

Moon really wasn't like a coach he never ran plays or anything he just goofed off with his team. So the team decided to make Woody Harrelson, a NBA veteran and teammate, take over the team. Before they would win they had to play the game instead of their usual passing it to Clarence, who would score all their points.

Some of the funnier moments in this movie are including a ridiculous crunch-time camera angle of Will Ferrell shooting

free throws granny-style in short-shorts. It was amusing to see Moon try to pull in a bigger fan base by creating and performing a halftime show because his business is

failing.

This movie was overall hilarious, and I would recommend others to seeing it!

Bret R. Vaughan

Agent

bret.vaughan@countryfinancial.com



Hwy 14 East
PO Box 248
McLeansboro, IL 62859

Insurance & Financial Services

office tel (618) 643-2348
office fax (618) 643-2514
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