



# TIGER TATTLER

"The Student Newspaper of Herrin High School"

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## Herrin Tigers think pink to fight cancer

By Luke Hentrich

**B**reast cancer, one of the most common cancers in existence, takes the lives of thousands every year.

Herrin High School recently did its best to help out those affected by this type of cancer by hosting its third annual "Pink Out" basketball game on Friday, Feb. 8.

Proceeds for the cause were raised from game ticket sales, concessions, and the sale of t-shirts and hoodies.

In addition, the Rotary made a donation, and the Travel Club donated part of its proceeds from a spaghetti dinner and dance to the cause.

Organizers have not yet tallied how much money was raised. Last year's event raised about \$3,000.

A separate donation was collected for Amy Chaney, the mother of Freshman Ashlee Chaney. Chaney has been diagnosed with ovarian cancer.

The "Pink Out" day started off with students arriving at school in their best pink attire, showing their spirit for the cause.

At the end of the day, a pep rally was conducted. Students enjoyed performances from the band, cheerleading squad, drill team and flag team.

The pep rally was also full of laughs, as a best dressed contest full of students in over the top pink outfits was held. The winner of the contest was senior Jimmy Capes.

A highlight of the pep ral



HHS Students painted up in pink for the third annual Pink Out game. Photo by Rebecca Bayless

ly was a relay race involving the junior varsity verses the varsity basketball players.

Each member of the relay team had to run to half court, spin around a baseball bat 10 times, put on a bright pink bra, and then run down the court and make a layup. The varsity boys won the challenge.

A letter from former HHS student and creator of the Pink Out event, Emily Lind, brought a serious note to the rally.

In the letter she said that when she created the event three years ago, she had no idea of how huge it would become. She said it is very special to know that her simple idea has made such a huge impact. At that moment students realized how special it is to be a part of something so inspiring.

The evening kicked off with a spaghetti dinner sponsored by the HHS Travel Club, and the Student Chamber was on hand to do face painting.

The basketball game received a good turnout,

with hundreds of people coming to pay tribute and donate to those who suffer from breast cancer. Local cancer survivors were recognized during the game, as well.

The Tigers put up a good fight against state ranked Harrisburg, but lost the game 52-44.

However, winning was not as important as the cause on that night.

Sitting in the stands during the game, sophomore student Mary Jones offered her perspective.

"I had such a great time! The atmosphere was very electric and everyone was so excited to help the cause."

After the game, students were treated to a dance sponsored by Student Government.

The Pink Out game started out as a small idea, but has turned into a Herrin High School tradition.

"I'm so glad our school hosts an event like this," said Jones. "It's great that we can have an opportunity to have fun, but also benefit those who need us most."



HHS Cheerleader Whitney Young claps for the Herrin Tigers. Photo by Rebecca Bayless



Showing that he can be pretty in pink, Senior Jimmy Capes wins the pink attire contest held at Friday's pep rally. Photo by Rebecca Bayless



Woodis twins hand out free OTSD gear to kids during the Pink Out game. Photo by Rebecca Bayless

## Business with Future Leaders

By Max Goins

The Illinois Future Business Leaders of America's Southern Area Conference was held at Southern Illinois University in Carbondale on Wednesday, Jan. 9, with 712 advisers, members, and guests registered from 18 area schools.

The theme of the conference was "FBLA: Igniting Innovation. Herrin FBLA had 110 members, two advisers, and three guests in attendance.

As Secretary of the Southern Area, Herrin FBLA Secretary Taylor Eisenhauer played an integral part in this conference. Haleigh Holloway was elected as the Southern Area Secretary for 2013-2014, and Shauna Bayles, president, gave the Herrin FBLA chapter report at the conference. "Shauna always does an excellent job speaking at FBLA events," said Herrin FBLA sponsor Melissa Frankel.

Congratulations to the following members of the Herrin High School FBLA chapter who won awards at the conference:

Placing first in their respective events were Landon Deaton, Ashlee Kuan, Chris Restivo, Taylor Eisenhauer, Spencer Gualdoni, Justin Lukens, Emilie Sgutt, and Karissa Yoast.

Second place winners were Lindy Stevenson, Laura Guebert, Kimmy Bennett, and Hayley Cobb.

Bringing home third place awards were Austin Stallman, Tori Mattingly, Kailee Murphy, Olivia Delai, Kayla Fann, Ashley Sons, Jesika Alongi, Josh Davis, Charsi Kane, Maddy Kramer, Austin Mallow, Macy Russell, and Taylor Winn.

"I was very pleased with our performance, and I'm looking forward to being even more successful at our state conference," said Frankel. FBLA members are currently preparing for the State Leadership Conference which takes place in Springfield on April 12 and 13.

## Spanish Club News

By Mrs. Estes

Students love to learn more about the culture and customs of Spanish-speaking countries than offered in the curriculum of their Spanish class!

These members enjoy attending engaging meetings and planning for holiday festivities for El Día de Los Muertos, La Navidad, and El Cinco de Mayo.

These festivities include engaging activities to learn more about how these Latin-American holidays are celebrated.

Members also enjoy attending activities outside of the school, such as International Night in March, a Justo Lamas Group concert in March, and Foreign Language Day at Southern Illinois University in April.

Members can get excited about a fantastic t-shirt design each year that they get to wear and keep to remember the Spanish Club years of high school!

Join the Spanish Club! You will love it!

¡Pura Vida y Gracias! Herrin Club de Español.

## Honor Society Mostaccioli Dinner

Saturday, Feb. 21

Herrin Middle School

Tickets \$6.00

Takeout available

4:30 - 7:00

## FCCLA members attend competitions

Two FCCLA Tiger Paws Members participated in the Illinois FCCLA Proficiency Events regional competitions.

The competitions were held recently at Aldersgate Church in Marion.

Senior Morgan Jennings competed in the Children's Literature Presentation Event while junior Jessica Bird competed in the Personal Childcare Provider Portfolio Event.

Jennings and Bird did a fantastic job and will find out their overall scores at the Section 19 Spring Rally on Feb. 21.

Senior Katie Russell also attended the competition because she is the FCCLA Section 19 treasurer.

She handled registration as well as covered the foundation duties while Jennings competed.

Congratulations on a great competition, ladies.

Herrin High School Presents:

## "Twelve Angry Men\*" (\*Jurors)

Thursday and Friday

Feb. 21- 22

7:30 p.m.

Herrin Civic Center

Come see this tale that explores what happens when 12 people are locked in a room and have to decide whether a 19-year-old should live or die after being on trial for murdering his father.

## Take Action - Eliminate Distraction OTSD Week

Did you know that car crashes are the number one killer of teens? Students are reminded to always do the basics: buckle up, drive the speed limit, never drive under the influence, and don't text and drive.

Operation Teen Safe Driving week offered several activities for HHS students.

Monday, Feb. 11, kicked off the school activities with an all school assembly. Mayor Vic Ritter proclaimed the week OTSD Week, and then students were treated to motivational speaker Jeff Yalden (story on page 5).

At lunch on Monday the Williamson County Sheriff's office was at the school to give a demonstration with the fatal vision goggles.

Bracelets were given out to every student at HHS to wear during the week.

Wednesday was pledge day at lunch for students to sign pledges to be safe drivers. Signs were placed at HES to remind parents that school zones are no cell zones

On Thursday OTSD members handed out Valentine's candy to students who were buckled up when they left school.

Bracelets and chapstick were handed out at local businesses to help make all aware of the focus of the week.

Information provided by Mrs. Tracy Cornelius

Herrin Middle School presents

## "Beauty and the Beast",

Feb. 14th, 15th, & 16th

Herrin Civic Center

7:00 - 14th & 15th

2:00 - 16th

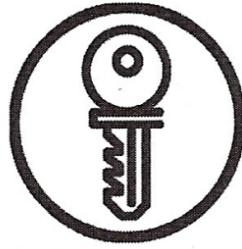



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The Editorial Board is composed of the Tattler editorial staff and the faculty adviser. If the opinions expressed in an unsigned editorial are not unanimously agreed upon by the Editorial Board, the vote count of the board members will be included in or at the end of the editorial.

Letters should be 300 words or less and must be signed with the writer's name. Names *will* be published. The Tattler will not publish letters attacking individuals.

Students or staff at HHS submitting letters may give them to editor Spencer Gualdoni or bring them to Mrs. Myatt in Room 1110. Letters may be edited by the Tattler staff.

Letters may be mailed to Herrin High School, c/o the Tiger Tattler, 700 N. 10th St., Herrin, IL 62948; or they may be e-mailed to: <faye.myatt@herrinhs.org>

# The Roar of the Tiger: Our Opinion

## Legalization of marijuana: a hazy decision

By Karen Garegnani

As many know, Colorado accepted Amendment 64 into their constitution on Nov. 6 of 2012.

This legalized the sale and use of marijuana for persons of 21 years of age or older.

This is a big step and change in our world. Could we expect to see the legalization spread to Illinois?

In reflecting on this legislation, I found several pros and cons.

Many teens think marijuana is harmless; however, it is very damaging to a developing brain which makes it even more dangerous for younger people.

When I first heard about the legalization of marijuana in Colorado, I was shocked. I immediately pictured myself nervously walking down the street with a bunch of "stoners" sitting at every corner.

People automatically associate drugs with crime. At least I do. The thoughts that accompany the legalization of marijuana are very frightening. At first, I was absolutely 100 percent against this.

However, the more I think about it there are actually a few pros to this amendment.

Perhaps legalizing marijuana would make it easier for underage teens that are using marijuana to be caught. It could also shut down marijuana drug dealers. Cannabis is out there, and if people want to smoke it, they will find a way -- regardless of the laws.

It's arguable that alcohol is just as dangerous as marijuana. There are more drinking and driving accidents than accidents related to marijuana, right?

I also like the idea of it being done out in the open, rather than in rings and private dealings. It would make the abusers and teens easier to monitor.

It would no longer be done in secret, and it could end some crimes involving marijuana buyers and their drug dealers.

Our government can also collect taxes from the sale of this substance. And our government is always in need of new revenue.

Although there are pros, they are uncertain, and I believe the cons outweigh them.

I worry that legalization may make more teenagers believe that it is okay to try it. The fact that its use is currently illegal for everyone may be keeping



Karen Garegnani

some teens from experimenting with it.

There was also a recent instance at The University of Colorado where a student made pot brownies for his class and professor.

The students were not aware, and one student was even hospitalized when they found she had large amounts of THC in her system (a substance found in marijuana). Would this have happened if it was illegal?

As far as the taxing of marijuana goes, people could begin growing it themselves rather than buying it.

They will get it at a lower cost, and I think you would begin to see people selling it to each other again.

Overall, I believe this kind of change in the law is very risky. To be honest, I'm just thankful that the first state to try this legislation is not Illinois.

## Is it Still Bullying?

By Gabby Wilson

How often do we hear about bullying? Have you made it through a year of school without hearing something about it? Do you know someone who has been bullied?

We have all had the speech. School makes sure that you don't get through one year without hearing something about it

I know most of you are tired of hearing it, so I am going to ask you to think about something else.

Who is your favorite celebrity? What is your favorite band? What is your favorite sports team? Who do you adore the most in the fabulous world of fame and fortune?

Now, how often do you hear someone hating on your favorite... (fill in the blank here).

I know I hear the hate about my favorites all too often. I respect that everyone has his or her own opinion, but is it really necessary to post it everywhere? I mean, some people post their hate on Facebook and Twitter.

Not that bad, you say, right? Alright, maybe it is not that bad. I mean he or she is still only expressing his or her opinion.

I think these types of people take it too far, though, when they post how much they don't like some celebrity on their page.

Telling a celebrity that the world would be better off without him or telling him that he needs to die is the same thing as bullying.

I know we all tend to forget this, but celebrities are still humans. They have just gone after their dreams and achieved things that we believe deserve high recognition.

Maybe it is just me, but I feel bad for the celebrities. If anyone said any of those things to you or me, that person would be considered a bully.



Gabby Wilson

What happens when they do it to someone famous, though? Most of the time, nothing happens.

It seems that we live in a world where it isn't alright to say hurtful things to someone who isn't in the spotlight, but nothing is done if you say something hurtful to someone famous.

Celebrities get it worse than us "regular" people. Their every move is watched. Someone always has something to say about who they are with or what they have done.

I think we need to fix this. And it really isn't that hard.

Just don't send hate to anyone. If you see someone being hateful towards a celebrity, say something to that person. Be the better person.

Learn when the right time is to express your opinion. Sometimes you may just need to keep your thoughts to yourself.

Maybe you still don't think that this could be considered bullying. Think of from a different angle.

Most famous people started off where you and I are. No one thought they would make it big, but now look at them.

Who knows, maybe one of us is the next big star. Maybe someday one of your friends is going to be a star and has to deal with someone sending him or her hate. Will you consider it bullying then? Or is it just part of the job description of being a well-known name?



Photo Credit: Cartoon by Erlein Tacastacas

## Intern wants to be role model

By Karen Garegnani

Some students may have noticed a new face this semester in the guidance office.

Mr. Cornelius Taylor is a graduate student at SIU who is interning in the guidance department. Taylor is from Chicago and came to Southern Illinois to study at SIU. He is working towards a master's degree in counseling in education.

"SIU gave me a chance at education when others did not," Taylor said. He says he is very grateful for all his professors and how helpful they are to him.

Taylor says he wants to be a counselor because, "I want to make a difference in students' lives." He said students do not always have a positive male role model in their lives, and he wants to help those students.

Taylor said that he had a guidance counselor who affected him in a positive way, and this also served as an inspiration to his career choice.

Taylor said he likes the diversity at Herrin High School. "I have had the opportunity to meet great individuals," he said.

He said this experience is different than what he expected. Taylor said he thought he would just be running errands, getting coffee, and making copies; however, he is getting a great learning experience.

"I love the guidance office," said Taylor. He is very thankful for the guidance counselors.

Taylor was a recent guest speaker in several speech classes. He spoke to the students about choosing a career. This information will help students not only as they prepare their career speech for class, but also as they plan for their futures.



Allison Kern



Emilie Sgutt



Maddy Kramer



Joshua Davis



Hanna McCree



Macy Russell



Michaela Davis



George Mabley



Jessica Loyd



Charsi Kane



Dylan Teckenbrock



John Barron

## HHS Seniors named Illinois State Scholars

Twelve HHS seniors have been named Illinois State Scholars.

The prestigious award, given annually by the Illinois Student Assistance Commission, was awarded to: **John Barron, Joshua Davis, Michaela Davis, Taylor Eisenhauer, Seth Griffin, Charsi Kane, Madelyn Kramer, Jessica Loyd, George Mabley, Macy Russell, Emilie Sgutt and Dylan Teckenbrock.**

Illinois State Scholar winners rank in the top ten percent of high school seniors from 749 different high schools across the state.

Selection is based on SAT, ACT and/or Prairie State Achievement Exam scores, and/or class rank at the end of the junior year. High school guidance counselors work in conjunction with ISAC to determine the winners.

**Emilie Sgutt** was also named a **National Merit Scholar**. All winners of Merit Scholarship awards are chosen from a finalist group, based on their abilities, skills, and accomplishments.

A variety of information is available for NMSC selectors to evaluate: the finalist's academic record, information about the school's curricula and grading system, two sets of test scores, the high school official's written recommendation, information about the student's activities and leadership, and the finalist's own essay.

## Gualdoni earns three awards

Senior Spencer Gualdoni is the recipient of three separate awards for his accomplishments this year: The Daughters of the American Revolution Good Citizen Award, Herrin Chamber of Commerce young Citizen of the Year Award, and All-State Honors Choir Award.

The HHS faculty votes for the recipient of The Daughters of the American Revolution Award. The award recognizes a young person with the qualities of dependability, service, leadership and patriotism.

Dependability includes truthfulness, loyalty and punctuality; service includes cooperation, courtesy and consideration of others; leadership includes personality, self-control, and the ability to assume responsibility; and patriotism includes unselfish interest in family, school, community and nation.



Spencer Gualdoni

Gualdoni was awarded the Young Citizen of the Year by the Herrin Chamber of Commerce for his work in the community.

Gualdoni began a fundraiser in 2008, "Southern Illinois Kids Got Talent," that has raised more than \$24,000 for the Williamson County Child Advocacy Center.



Picture courtesy of French Studio

## Student Chamber members work coat check

HHS Student Chamber members recently worked the coat check at the Annual Herrin Chamber of Commerce Dinner, and raised money for the Student Chamber.

The dinner was held at the Herrin Civic Center. Former Student Chamber sponsor and retired HHS Librarian Cheryl Fitzgerald was awarded the President's award by Chamber President Kelly Green.

The award was given for Fitzgerald's years of volunteer service to the community.

Pictured are HHS Student Chamber members are George Mabley, Taylor Eisenhauer, Karissa Yoast, Seth Griffin, and Austin Mallow. Not pictured is member Brett Green.

## Review of: The Old Republic

By Kortney Young

In Star Wars: The Old Republic, players explore an age thousands of years before the rise of Darth Vader when war between the Old Republic and the Sith Empire divides the galaxy.

The Old Republic is a massive multiplayer online role playing game (a.k.a MMORPG). While exploring the galaxy, you play alongside thousands of people from all across the world.

The Old Republic was released by Bioware in December 2011, and has recently instated a “free-to-play” option for those who do not wish to pay monthly installments to play.

While the “free-to-play” sets restrictions (certain armor is unavailable, options to customize companions is closed, etc.), it does not affect the overall game. However, it is an annoyance for players.

The Old Republic offers a wide range of customization and freedom that is rare to find in video games.

When customizing his or her character, players can choose from six different species based on the alignment they've chosen (for example, Empire or Republic, light or dark).

If one chooses to align his character with the Republic, the character has the option of becoming a smuggler. From there he can choose the race of the character.

The storyline of the game changes, depending upon the customization of the character. Basically, a player with a smuggler character will have different stories to pass than someone with a sith character.

The creator is quite flexible, with customization options unique to each race, but players are limited to strictly humanoid races and a few rather similar body sizes.

Males at least get a “fat” option – female characters don't even get that. What a surprise.

For a universe with a vast number of established intelligent races of all shapes and sizes, this feels limited. You can't, for example, play as a Wookiee or a droid. In the grand scheme of things, it's a minor annoyance, though.

Players have the ability to choose how their character interacts with others. Depending upon how you interact with characters, your characters alignment is determined.

If your character is kind to others, the character gains light side points. Likewise, if the character chooses to ignore a plea for help, he gains points toward the dark side.

The dialogue is rich, realistic, and in my opinion, the best aspect of the entire game. The graphics are a close second.

The time and effort Bioware put into the creation of The Old Republic is impossible not to notice as soon as one begins playing.

It is definitely a game worth buying, but it's recommended that you are comfortable with massive multiplayer video games before hand.

## The Hobbit: An Unexpected Journey

By Bianca Hazen

The Hobbit: An Unexpected Journey, hit theaters all over the world on Dec. 14. I went to see it at midnight, and I am grateful that I did.

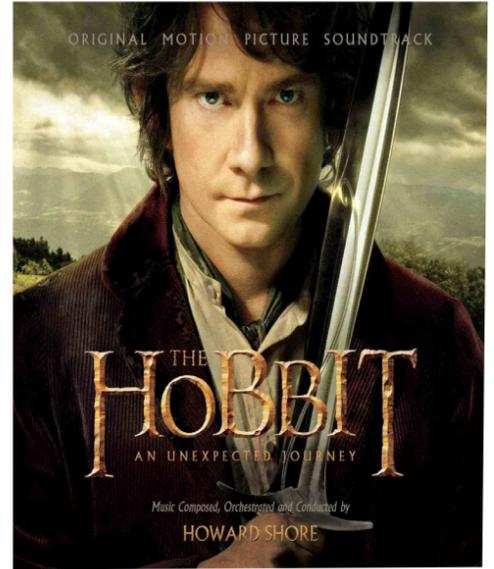
Martin Freeman, the actor who played the Hobbit Bilbo Baggins, did a wonderful job portraying the young Hobbit.

In this movie, the quaint little Hobbit is off on an adventure, though, he's not quite sure he is up to it.

“I can't just go running off into the blue! I'm a Baggins, from Bag-End,” he tells Gandalf, the Wizard in Charge of their company.

He makes many friends along the way, including the band of dwarves that he travels with: Thorin Oakenshield, Ori, Nori, Dori, Gloin, Fili, Kili, Dwalin, Balin, Bifur, Bofur, and Bombur.

My favorite character of the movie is, and probably always will be, Gandalf the Grey, of course. He's the person who gets Bilbo and the Dwarves together for this little adventure. The Dwarves are wanting to go back to their old stronghold that has been taken from them many years prior by the blood-thirsty dragon Smaug the terrible. It has taken hold of their old home and all of the treasures within.



Of course, as will happen in movies that are made after books, there were a couple of changes that did not coincide with the book. As always, when this happens, there are some people who think that the change was good, and are glad it was made, and there are some that get angry and say that they hate the movie. I, personally, welcomed the change.

This is definitely one of the best movies that I have seen this year, and I think that the actors did a wonderful job in living up to the expectations of the book and the characters that they were playing. If you haven't seen The Hobbit yet, I definitely recommend it. In fact, I encourage it!

## Motivational speaker reminds students to take time to think

Teen motivational speaker Jeff Yalden spoke to the HHS student body, faculty and staff on Feb. 11.

Yalden's message focused on choices and attitudes.

He told students there are two things that have made a difference in his life.

The first is what Yalden calls “choosing four T's.”

“Take time to think,” Yalden told students. “The reality of life comes down to the choices you make every day.”

The second thing that makes a difference in life is attitude, Yalden said.

“Be grateful and don't take things for granted,” he said.

Yalden's presentation was part of OTSD week (Operation Teen Safe Driving).

Mayor Vic Ritter began the assembly by reading a proclamation from the city proclaiming Feb. 8-15 as Teen Safe Driving Week.

As Mayor Ritter read the proclamation, he paused to re-read one particular line.

“Motor vehicle crashes are the leading cause of death in youth ages 15-19,” he re-read to the crowd.

Yalden urged students to not text while driving. He told them if they get a text while driving, to ask their

passenger to to reply for them, or to just remind themselves that the text can wait.

He told students that a teenager looks down while driving 7/10 of a second longer than an adult.

“Seven-tenths of a second can mean the difference between life and death,” Yalden warned.

The motivational speaker hit on many topics with the youth.

He spoke of his teenage nephew who has autism and told the students to be thankful for the little things in life that are taken for granted.

He urged the students not to judge other people by how they look or how smart or wealthy they are.

“Why do people judge other people?” Yalden asked. “Why are people so hateful?”

Yalden brought many in the audience to tears when he relayed a story about his beloved chocolate lab who died.

“I made a promise then to appreciate the little things more. Don't take your friends and opportunities for granted,” he warned.

Sophomore Brittany Olmstead said, “I liked him. I liked his quote, ‘Anger is like peeing in your pants; everyone can see it, but only you can feel it.’”



Joking about his tattoos, bald head and beard, motivational speaker Jeff Yalden of Cape Cod, MA., entertains students with his stories. “Man, if you ain't laughing, you ain't learning,” he said.

Photo by Rebecca Bayless



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## Do Your Know Your STD's?

By: Kaybryn Gooch and Madeline Collins

The subject of sexually transmitted diseases can be an uncomfortable one to address, but it is a topic that teens need to be aware of.

Compared to older adults, sexually active young adults between the ages 15-24 are at higher risk of acquiring an STD, and so this group should be aware for the sake of their health.

The most common STD, Chlamydia, has the highest infection rate among people ages 15-24. Chlamydia is caused by bacteria that commonly infect the genitals, anus, and throat.

It is spread through contact with infected semen and vaginal fluids. Most women show no symptoms. Most men discharge a fluid through their penis.

There is an average of 3,407 cases per 100,000 females. Chlamydia rates for men aged 1-19 increased 60 percent from 730 cases per 100,000 in males in 2009 to 774 cases per 100,000 males in 2012.

Between 2009 and 2010, gonorrhea rates increased for people between the ages 15-19.

Gonorrhea is caused by bacteria that commonly infect the genitals, anus, and throat. It is spread by infected semen and vaginal fluids. Most women show no symptoms but men usually notice a thick yellow/green discharge from the penis.

As in previous years, women between the ages of 15-19 had the highest rate of gonorrhea (570 cases per 100,000 females) and the rates continue to increase.

As for men between the ages of 15-19, the rate of gonorrhea is 2,534 cases per 100,000 males.

There are many more STDs out there, and it is important to know about them, too.

A few students of Herrin High School were asked what they knew about STDs, and most knew little to nothing about them. Furthermore the students didn't even know what the most common STD was.

Along with gonorrhea, Chlamydia, genital herpes (HPV) and HIV/AIDs, syphilis is one of the six most common STDs.

Syphilis is highly contagious and can be transmitted by contact with infected blood or semen. Signs of syphilis include sores, swollen glands, rash, and flu like symptoms.

HIV/AIDs are caused by the HIV virus that invades the immune system. It can be fatal. It can be transmitted through contact with infected blood and unprotected sexual relations.

Genital herpes (HPV) are caused by human papillomavirus and occur often on, in, or around the genitals. They are spread through unprotected sex. Symptoms are soft growths that form to look like cauliflower in the genital region. There is no cure for HPV, though outbreaks can be controlled.

The best way to avoid an STD is abstaining from sexual contact.

## Beat the Flu

By: Emily Caldwell

It's been a hard year for nurses and doctors alike in the fight against what is said to be the worst flu season in more than 10 years.

This year's flu season has already taken a toll on the U.S. with several thousand people hospitalized and the death of over 30 children, according to the Center for Disease Control and Prevention (CDC).

The cause is said to be from a fairly new variant of a flu virus strain called H3N2, which is the source of many flu viruses, such as the swine flu.

The sudden change in climate and the virus' "head start" had its own effect on the severity of the flu season.

According to a study conducted by Arizona State University, fewer people get influenza during warmer winters, leaving them vulnerable to the virus and allowing the virus a head start come flu season.

With the hotter than normal summer, the season started exceptionally early this year, meaning many have not had the chance to get the flu vaccine beforehand.

If all of that isn't enough to scare you, according to CNN, two states have already reported widespread (meaning more than 50% of the state's land) flu activity this year.

But don't fret! The people most likely to get it or have more severe cases are people over the age of 60, or those with other health issues.

If you are still worried, however, there are a number of ways to beat the outbreak.

Having healthy daily habits is an excellent start. Simple things like washing your hands frequently can reduce the likelihood of catching the virus. Hand sanitizer is NOT a replacement for washing one's hands.

Getting enough rest and drinking lots of fluids are some other ways to prevent from getting sick. Drinking after someone also isn't the best idea, either.

Know the signs. Typical signs of the flu include nausea, high fever, or feeling more tired than usual.

If you are feeling these symptoms it's best to see a doctor.

According to Kelly Brewer, our school nurse, if the virus is detected, doctors will give you treatment, but only within first 48 hours of the sickness.

So, if you are experiencing symptoms of the flu it's best to go to the doctor as soon as possible.

It's never too late to get the vaccine. Places like Walgreen's, Kroger Pharmacy, and the CVS Pharmacy store in Marion currently offer flu vaccinations for those over 6 months who have yet to get one.

However, be sure to call ahead and schedule they don't run out of vaccines. You can also find other locations for vaccines near you by logging onto <http://www.vaccines.gov/>.

It's good to know that the vaccine is little over 60% effective, but, according to CDC website, works better the sooner you get one. So don't hesitate!

## Child abuse: an on going problem

By Spencer Gualdoni

Elisa Izquierdo was a six-year-old Cuban American girl who became a symbol of child abuse in the United States during the 1990's.

She lived with her mother and five half-siblings in an apartment in Lower Manhattan. Elisa was a wonderful student in school, with her teachers describing her as being "radiant with a brilliant smile."

In November of 1995, Elisa's mother, Awilda, began to beat her daughter by hitting and punching. Two days later, Awilda had a conversation with her own sister. Awilda stated that Elisa "was on the bed like retarded. Not eating or drinking or going to the bathroom."

Elisa's aunt offered to take care of the other children so Elisa could be taken to the hospital, but Awilda responded that she would think about it "after she did the dishes." By the time Awilda allowed a neighbor to call the police, Elisa was dead.

When firefighter Michael Brown arrived at the apartment to begin performing CPR on Elisa's motionless body, he knew that it was hopeless.

Elisa was covered with bruises and cuts, bones in her hand were protruding through her skin, and her head had been partially crushed.

Because of Awilda's history of drug abuse, sole custody of Elisa had initially been assigned to her father when her parents broke up. Unfortunately, that did not last.

Awilda went through a drug-treatment program, married, then in November of 1991 won the right to have Elisa visit every other weekend. Elisa's father and teachers immediately noticed a change in the little girl.

Upon returning to her father's house, she would throw up and refuse to enter the bathroom. Teachers reported the behavior to city social workers, but they allowed visits to continue after Awilda promised

not to hit or spank Elisa.

Then, Elisa's father suddenly died of cancer, and the court sent her to live full-time with her mother. A year and a half later, Elisa was dead.

Why was Elisa living in an abusive household when relatives and teachers were suspicious?

Caseworkers claimed that the system failed. They blamed current laws that, they claimed, "keep too many children in abusive homes based on a parent's promise to correct behavior."

Elisa's case was extreme, and was very obviously abuse. But the word "abuse" can be difficult to define. Abuse depends on both the circumstances and the attitudes of society in which the action occurs. In earlier years, corporal punishment and beatings were widely accepted methods of discipline, even for small children.

Child abuse continues to occur

more and more frequently, which is harmful to the children and causes them psychological damage that will stay with them forever.

According to current statistics, more than 1.1 million documented cases of child abuse occur each year in the United States.

The term "child abuse" was originally conceived to describe the intense physical beating of children or adolescents. This phrase now encompasses many forms of abuse, including physical, sexual, emotional, and parental neglect.

In today's society, two of the more publicized types of abuse are sexual and physical; while there are other ways to neglect a child, these abuses are the most commonly performed.

Sexual abuse is defined as "any sexual activity between an adult and a child, or the sexual exploitation of a child for the gratification or profit of an adult."(continued next page)

## Child Abuse (from pg. 6)

Abusers who perform these actions are often people in positions of power or trust, such as parents, step-parents, siblings, or other relatives.

In most situations, boys and girls are abused by adults whom they know and who can control them, or an authority figure that they trust and love.

Some factors that contribute to the cause of sexual abuse are opportunity and change. Opportunity refers to situations when a parent might not be available during times of illness, depression, or involvement outside the home. Change applies to families who have undergone recent stress such as relocation or unemployment, which makes the children more susceptible for being abused.

The first task for treating child abuse is to identify and report the incident. Once a report of suspected child abuse is made, the case is checked into by the police or a social service agency.

The child is typically examined by a doctor, who consults with the investigator and looks for signs of sexual or physical abuse. If the abuser is a family member, the local social services agency or child protection agency will usually handle the case.

When a child is abused by a nonfamily member, the matter is normally handled by the police. If the circumstances are worse, especially the degree of risk to the child's safety, the abuser or the entire family may be required to attend a treatment program.

Some of the offenders will face criminal charges. If the child's safety is in the question, he or she will be removed from the home. For treating physical abuse, child protective service agencies and hospitals rely on those who come in contact with the children, such as teachers or relatives, to notify them about cases of suspected child abuse.

Physical abuse can vary from neglect, in which the child is not being taken care of properly for extended periods of time, to severe physical beating that results in death. Mild forms of abuse may simply require training the parents to better understand the vulnerability of the lives of young children. However, the more serious physical beating of a child may result in he or she being placed in a treatment center or foster home while the parents undergo therapy to overcome their violent actions.

On the other hand, sexual abuse treatment depends on how the victims react to the trauma. For example, are the children showing signs of post-traumatic stress disorder, anxiety, or panic attacks? Depending on the severity of the symptoms, a therapist might recommend medication in addition to psychotherapy sessions.

The problem of child abuse is one that will not go away quickly or easily. Although attitudes toward punishment are changing, there are still too many children who are affected each year by the trauma of abuse. Only through continued education, from children, adults, and parents, can these problems be eliminated. This will allow children to not live in fear, but with hope for the future.

Whenever you suspect that a child is being abused or neglected, or at risk, please call the Illinois Child Abuse Hotline at 800-25-ABUSE (22873). If out-of-state, call 217-524-2606.

## Tiger Trait Of The Month: Compassion

noun:

a feeling of distress and pity for the suffering or misfortune of another, often including the desire to alleviate it.

Entry from www.dictionary.com

**"Love and compassion are necessities, not luxuries. Without them, humanity cannot survive." -Dalai Lama XIV**

## The centuries old traditions of Valentine's Day

By: Lauren Sheehan

Valentine's Day is a holiday often celebrated with the ones we love. It is celebrated in many different ways, depending on where you live.

Its roots can be traced all the way back to the second century in Rome when the Emperor Claudius felt that married men were more emotionally attached to their families, and thus, would not make good soldiers.

He believed that marriage made the men weak, so he issued an edict forbidding marriage to assure quality soldiers.

The ban on marriage was a great shock for the Romans, but they also feared to protest the emperor. A bishop named Valentine thought the decree was unfair, and he secretly performed many marriages.

Unfortunately, he was caught and arrested, and according to legend, was executed on Feb. 14, 270.

Across the world Valentine's Day will be celebrated in many ways. In Japan, for example, Valentine's Day is celebrated at two different times of the year.

On the traditional Feb. 14, the girls give homemade chocolates to their male family members, their boyfriends, and to their friends, while on March 14, also known as White Day, the boys give chocolates, flowers, and other presents to the girls that they love.

Canada is a country that has similar customs to the United States for Valentine's Day. Children exchange gifts and cards with their friends and enjoy a day at school where they have a party and sometimes have special activities for the holiday.

Children also give either homemade or fancy store bought cards to their parents and teachers.

Students in high school, or senior school as it is called in Canada, hold school dances and parties to celebrate Valentine's Day.

Students and teachers at Herrin High School will also celebrate in their own special ways. Some of these students and teachers were interviewed about what they do for this holiday and also about what their favorite chocolate candy is.

Sophomore Nicole Foskey said, "I get tons of chocolate and flowers every year for Valentine's Day. I enjoy eating and sharing the multiple piles of chocolates with my family. My favorite chocolate candy would have to be coconut M&M's."

Freshman Bre Wise said, "My parents and I go out to eat normally for Valentine's Day. The chocolate candy hearts are my favorite to eat."

Teacher Mrs. Brandon said, "My husband and I share the chocolates we get until we get sick while lounging in the man cave. My favorite chocolate is dark chocolate with any type of nuts."

Office secretary Mrs. Constable said, "My husband takes me on a date, usually to Red Lobster. Then we go home and stare at the stars."



Ms. Samantha Goetting

## English Department welcomes new teacher

The Herrin High School English Department welcomes Mrs. Samantha Goetting to the staff.

In addition to teaching English, Goetting is the sponsor of the Yearbook.

"My dream job was Herrin High, and I couldn't be happier with this position, my co-workers, and my students," Goetting said.

Born and raised in Herrin, Goetting is a former HHS student, although she transferred to Carterville High School where she graduated in 2002.

While a student at HHS, Goetting was involved in dance, Lifesavers, Student Government and Honor Society. She was in those same activities at Carterville High School, as well as yearbook, Alpha, and plays.

After high school, Goetting graduated from Southern Illinois University in Carbondale with a Bachelor's Degree in English Education with an endorsement in middle school language arts. While at SIUC, Goetting was a Saluki Shaker.

She is a member of the English Honor Society, the IEA/NEA, and the NCLA.

After graduating from college, Goetting worked as a hair stylist and a substitute teacher. This is her first full-time teaching position.

"I hope I inspire and reach students and encourage them to become leaders, or at the very least, reach further than they normally would have," Goetting said.

She is married to Joe Goetting, a graphic designer, and has two daughters, Ava, 4, and Zoey, 8.

## Horn signs with Lady Vols

By Chais Schumacher

On Jan. 17, Herrin High School senior Abby Horn signed a letter of intent to play for the John A. Logan volleyball team in the upcoming 2013 season.

### High School Career:

Horn has become one of the top athletes to come through HHS, playing four years of volleyball, basketball, and track.

She has had great success in all three sports, and set records as well.

This year, Horn scored her 1000th point in basketball, and just recently got her 1000th rebound.

Horn also played a huge part in the 2011 regional champion volleyball team.

### The Decision:

"I really wanted to play with the incoming freshmen," said Horn of her decision to sign with the Vols..

Horn played four years of club volleyball with several incoming freshmen at John A., which played a big part in her decision.

"Having my first two years of college payed for to play volleyball is a great opportunity," said Horn.

### Next Season:

Horn is looking forward to playing for Logan for the next couple years.

"I can't wait to focus my time on just one sport and see where that takes me, said Horn.

"My life is a sad athletically absorbed world."

## Bowler fights through illness to qualify for State

By Chais Schumacher

**T**he HHS Boys' Bowling Sectional was a rough day for the Tigers.

The team went undefeated last season and placed 11th at State, but despite their 13-1 record this year, the team placed fifth at Sectionals in Mt. Vernon and failed to advance on to State.

The team was plagued most of the season by injuries and illnesses.

But despite all the setbacks, junior Austin Carey still managed to qualify individually for State.

Just a week before the Sectional, Carey was out with the flu, making him weak for several days. Carey also spent four hours in the E.R. on the Friday before Sectionals.

When it came time to bowl, Carey looked as ready as ever, but then his right eye began to swell. Carey bowled very well the entire day and went into the last game in first overall, but by the last game his eye was almost swollen shut.

"The toughness that that kid showed at Sectionals, after spending four hours in the E.R. Friday was amazing in itself. He was tied for first going into the last game, but [he] just ran out of gas," said Head Coach Mark May.

*"The toughness that that kid showed at Sectionals, after spending four hours in the E.R. Friday was amazing in itself!"*

*-Head Coach Mark May*

Even with a bad last game, Carey still placed fourth overall and was the first individual in the Sectional to advance.

"Lots of rest was definitely key," said Carey. "I felt like crap and sat down in between each frame. Picking up my spares was what made the difference along with the help from my coaches."

Right after it was announced that he had advanced to State, Carey was called back into the E.R. for more blood work. Doctors were concerned with the swelling in Carey's eye and did not want to take any chances.

He spent several hours Saturday night at Herrin Hospital and was then transferred by ambulance to Carbondale.

Carey would then spend the next four days in the hospital with what doctors called sinusitis and cellulitis.

The swelling in his eye was caused by bacteria of his eye tissue, probably caused by his body being already weakened by the flu.

Doctors were concerned that the bacteria would spread not only into his eye, but also to his brain. After several I.V.'s (intravenous therapy) and multiple shots, the swelling went down and Carey's eye looked normal again.

Carey got out of the hospital just a day before he had to leave for State, and was still quite weak.

He received a picc line in his arm that he would have to wear for almost two weeks. The picc line has a tube that goes from in his arm, past his armpit, and directly to his heart, so he can distribute medicine while away from the hospital.

After the first six games on Friday, Carey finished in 53rd and qualified for the second day. Carey bowled roughly the same the second day and finished in 49th place. Last year he placed 22nd.

"After being in the hospital for four days with the picc line and the shots, to bowl 12 games and average five pins more than in the season shows more of his resilience; how he fought through the obstacles says a lot about his heart, desire and ability," said May.

As for the future, May has high hopes yet again for both the team and Carey.

"We have several strong bowlers coming back. We are losing great seniors whose work ethic I hope rubs off," said May. "I hope that they stay as close as they were this year and again put team over self."

Through all the setbacks, both the team's and Carey's season were successful.

"As a team we are proud of Austin and feel that he represented us very well," said junior bowler Stephen Benjamin.

## Flag Team prepares for State

**T**he Herrin High School Flag Team has done well in the several Illinois Dance Team Association competitions it has participated in since football season ended.

The team earned first place at a competition held at Altoff Catholic High School in Belleville, where Jordan Barnett received a Rising Star Award for Excellent Showmanship.

In addition, the team earned a qualifying score to be able to compete in the State Competition on March 16 at the University of Illinois in Champaign.

A team must earn a score of an 80 or higher to qualify. At the Edwardsville Competition, the team also placed first with a qualifying score, and Elisabeth Elliott received a Rising Star Award.

At the Marion competition, the team earned second place and a qualifying score, with Liz Forquer earning a Rising Star Award.

The team will travel to Benton to compete this week, and the final Illinois Dance Team Association competition will be held Feb. 16 at Belleville East High School.

The HHS Flag Team works all year around. They went to SIU Summer Camp for a week to learn new skills and improve upon previous skills.

The team has also performed at John A. Logan College during halftime, at the Herrin Fest parade, HHS Homecoming parade, and the Christmas Lights parade, as well as at Herrin Elementary School's good behavior parties.

Football season routines performed by the squad include "Tiger Rag & Loyalty," "Get Back" and "Let It Be" by the Beatles; "Oy Como Va" by Santana; "Live and Let Die" from the James Bond Movie Goldfinger; and "Respect" from the Blues Brothers Theme.

"We really appreciate all of the support we've received throughout our football and competition season," said Coach Terri Smith.

In order to prepare for the State Competition, Smith said, "We will continue to practice hard and improve our techniques until they are flawless."

Team members for football are: Jordan Hutson, Elisabeth Elliott, Jordan Barnett, Haley Fulgham, Julia Matuszaczak, Becca Ferrari, Victoria Barnett, Ashley Muir, Devin Judd and Ryely South.

The Competition team consists of: Jordan Hutson, Elisabeth Elliott, Liz Forquer, Jordan Barnett, Haley Fulgham, Devin Judd, and Becca Ferrari. The manager is Victoria Barnett. The team is coached by Terri Smith and Tracey Elliott.



Back: Jordan Barnett, Captain Jordan Hutson, Devin Judd, Elisabeth Forquer, Haley Fulgham  
Front: Captain Elisabeth Elliott, Rebecca Ferrari

## Girls' Track Team

By Kendall Herrod

The HHS girls' track team started practicing recently, in preparation for the upcoming track season.

Coach Bombguard coaches the sprinters, Coach Mallow coaches distance runners, and Coach Weiling coaches the throwers.

The coaches push the girls to do their best and give it their all. They do so by making the girls run, do agility workouts and ab workouts.