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MV silver medalist returns from Shanghai

By Alicia Sheldon
MANAGING EDITOR

Another athlete has earned his place in the history of MV athletics. Antonio Moore, a Special Olympics athlete, recently traveled to Shanghai, China, to compete in the Special Olympics World Games. He competed in three events, and returned home with two silver medals and a fifth place ribbon.

The Special Olympics World Games consist of 25 events, ranging from sports like volleyball and tennis to equestrian and dragon boat racing.

Antonio Moore brought home lots of Olympic hardware

Antonio competed in the 4 x 400 meter relay, the 400 meter run, and the shot put. His relay team won a silver medal, with a time of 3 minutes and 43 seconds. His second silver medal was won in the shot put, with a distance of 7.94 meters. In the 400 meter run, he earned his fifth place ribbon with a time of 58.59 seconds, which was the second time he broke his state-side best of 60 seconds.

Antonio began his endeavor in May at the Mt.

Continued on page 3

To inform, educate, enlighten, and entertain | A VERNOIS PUBLICATIONS GROUP PRODUCTION
French Club announces winners of food raffle
By Santiago Posada and Kat Bullock

The Mount Vernon High French Club, sponsored by Ms. Rebekah Reyling, announced the winners of the French Food Raffle on October 15, 2007. Shortly after the announcement, the winners of baskets of French food ran straight to 305A to pick up their prizes.

Winners included John Long, Kirstie Inman, and Natasha Kennedy, but the club itself also did very well.

[The French Club] made over $200 off the raffle, declared Reyling. “We will be using the money to buy French t-shirts.”

Reyling stated that there isn’t anything new coming up for the French Club except the celebration of National French Week.

National French Week will be November 5-11,” commented Reyling. “I’m not sure what we’ll be doing yet for that week.”

National French Week is a seven-day celebration of all things French, according to www.frenchteachers.org.

French classes all over the country will learn more about things such as French cuisine, sports, technology, arts and crafts, and dances.

MV Math team equates to a winning season
By Mike Greenwalt

Two, four, six, eight, whom do we appreciate? The math team ... a great addition to MVTHS extracurricular activities.

Mr. Bill England, team coach, hopes to improve and recruit math team members as they prepare for the ’07-’08 season.

“Usually twenty to twenty-five students stick with it through the entire season, I would like to see more,” stated England.

Last year the math team pulled out five qualifiers. To be a qualifier, a student must reach a certain score level to qualify for state. Mr. England prepares his students well, using practice tests without calculators and fun math games.

“This year we want to have as many as possible qualify for state,” added England.

“So far we have had meetings, but practices don’t start until November,” explained Chris Milburn, ’09.

The practices paid off for Math team members last season, with a first place freshman and sophomore team, first place calculus and algebra 2 team, first place sophomore eight person team, and first place geometry. The math team competed in regional and state levels last year.

“The math team’s main purpose is to get people who like math and to be able to express that with other peers,” expressed England.

The math teams consist of a calculator team, junior and senior team, freshman and sophomore team, and individual teams.

Coach England hopes to continue the success from last year.

Speech and Acting prepares for new season
By Amy Hawkins

Speech and Acting is geared up and ready for this year’s new season.

According to Mrs. Roxanne Crain, coach of the team, the Speech and Acting Team’s first tournament is November 3 in Herrin and the team is preparing at practice and outside of practice to perfect everything.

“We go in each week for thirty minutes, but if we have more than one event we go in thirty minutes for each event,” commented Alicia Sheldon, ’10.

Not only do they have a script to memorize, but it must be memorized by the time the next practice rolls around.

“We want them to know the script so we can make improvements and critique their performance,” said Mrs. Crain.

The good news for the students is that they keep the same script throughout the season. That saves room for critiquing, to excel at tournaments and move on to state competitions.

Mrs. Simpson begins duties with HOSA
By Martha Manne

Not everyone at Mount Vernon Township High School knows about HOSA. HOSA is a great organization that gathers together students with interest in health care as a career. However, not all members want to be nurses. The program encourages those students with other health care interests such as radiology, laboratory, physical therapy, and occupational therapy. One way HOSA helps is through offering job-shadowing.

“In clubs there are many different levels. There’s local chapters, state, and national,” said Mrs. Carrie Simpson, HOSA advisor.

At MV, the leaders of this year’s 2007-2008 HOSA club are Brittni Heaton as President, Sherri Jayne as Vice President, Heidi Moore as Secretary, Janalyn McCrary as Treasurer, Jen Roberts as Historian, Jasmine Hawthorne as Reporter, Brandi Winkleman as Parliamentarian, Rob Wilkie as Flag Bearer, and Ashleigh Younger and Angela Adams as voting delegates.

“HOSA will host a Halloween party at Country Side Manor on October 31. Students will be allowed to dress in Halloween costumes and residents will judge best, scariest costumes,” answered Mrs. Simpson. “We will [also] host a Christmas party complete with caroling at the nursing home in December.”

“[HOSA] offers students with an interest in pursuing a career in healthcare from all over the state of Illinois to meet and share their passion,” explained Mrs. Simpson.

“We will be touring a large healthcare facility such as a Children’s Hospital, SLU, or Barnes,” stated Mrs. Simpson, referring to HOSA week, held November 5-9.
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New driving laws take effect

By Lexi Scrivner

Legislation initiated by Secretary of State Jesse White to improve teen driving laws with the aim of reducing traffic accidents and fatalities involving Illinois teen drivers was signed into law on August 20, 2007 by Gov. Rod Blagojevich.

Under the new law Illinois’ Graduated Driver Licensing (GDL) program that governs drivers up to the age of 21 is said to be one of the strongest in the nation.

“The law will save lives,” said Secretary of State Jesse White. “Over the past year I’ve worked hard with my Teen Driver Safety Task Force to create legislation that better prepares new teen drivers and helps to prevent vehicle crashes, the leading cause of death for young people.”

The new law goes into effect January 1, 2008, and includes the following nine provisions:

1. Extends permit phase from three months to nine.
2. Nighttime driving restriction from 11 p.m. to 10 p.m. on weekdays and from Midnight to 11 p.m. on weekends for all drivers under the age of 18 and those who fail to graduate from the initial licensing phase. It exemptions for teens that are traveling to and from school activities and work.
3. Requires drivers under the age of 18 who are ticketed for traffic violations to appear before a judge and with a parent to receive court supervision. Also the attendance of traffic school for drivers under the age of 21.
4. Tickets the passengers age 15 to 20, in addition to the drivers, who violate the passenger restriction law.
5. Requires student drivers to complete a minimum of six hours of actual on-the-street driving with a certified driver education instructor.
6. Implements a true Graduated Driver Licensing system that requires new drivers to earn their way from one stage to the next.
7. Implements a stricter law in which the drivers’ licenses of those under age 21 would be suspended for each additional conviction following a driver’s initial suspension for two moving violations in a 24-month period.
8. Establishes tough, new penalties including license revocation and vehicle impoundment for drivers who are involved in street racing.
9. Doubles the period—from six months to 12 months—that restricts a new driver to a minimum of one unrelated teen passenger.

After being informed of these new laws, MV students expressed mixed reactions.

“There is no reason to move the curfew back because teens are just going to stay out anyways,” said Megan Whisler, 10’.

“I think some of these new laws are ridiculous. Almost no one brings just one friend to lunch,” stated Margo Richardson, 10’.

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Seniors look ahead to life after high school

By Brittany Kryger
VERNOIS NEWS

Colleges, scholarships, moving, and finding jobs are just a few things on a MV senior’s mind before and after graduating.

Seniors take many different paths after graduation. Who knows, maybe the class of 2008 will bring the next Bill Gates, Katie Couric or Louis Vuitton?

No matter what the future brings, student’s hopes remain high about life after high school.

“Talley said Rockin’ Rams Coach Mrs. Susan Talley.

“I know very few of the dance terms, so I am learning from the musician,” said Heather Johnson, ’08.

Some students know just where they want to go off to college.

“I plan on going to Rend Lake to major in physiology then hopefully go to UCLA, but I may pursue in becoming a musician,” said Talley.

Some students are unsure of what career path to pursue.

“I plan on going to college, but am not sure what I want to major in,” said Coyn Mateer ’08.

Haley Smith, ’08, who has chosen where she will go, said, “I’m going to attend, SIUC next fall, I’m very excited things could get crazy.”

“I want to go to college in Germany, and live with my aunt while in college,” stated Maria Arroyo, ’08.

Rend Lake College is a growing school that MVTHS graduates have been choosing to attend.

Jeremy Williams, ’08, revealed, “I plan on going to Rend Lake College on a running scholarship.”

“I am going to go to Rend Lake, and major in criminal law and justice to become a cop,” said Landon Ile, ’08.

“I plan on going to Rend Lake for two years to pursue in nursing, and then go to a four year university,” said Crystal Diaz, ’08.

“I am going to go to Rend Lake and try to get a full art scholarship,” said Ansley Murphy, ’08.

Though Rend Lake is an open opportunity, some students are still unsure of where they will go to school.

“I really have no idea what I’m doing for sure, but when I look ahead all I can see myself doing is education and becoming a teacher,” said Adrienne Skidmore, ’08.

Ryan Schmidt, ’08, has not chosen a school, but stated, “I am going to go to a four year university, and get a degree in radio television broadcasting.”

Though college and graduate school is a chance for students to get away from home and journey beyond the borders of Southern Illinois, some students want to remain nearby.

“I plan on going anywhere that’s not too far away that will offer me a scholarship for football,” said Joel Rush, ’08.

For people who do choose to go the distance, they must find a place to call home, or at least a roof over their heads.

“I am going to go to Rend Lake,” said Aaron Hefner, ’08.

“I plan on working for my college,” said Crystal Diaz, ’08.

The cost of school may be lessened by the magnificent opportunity, scholarships.

“I plan on going to Eastern through an English scholarship to become a teacher, and working a job to pay for the rest of it,” said Sarah Fairchild, ’08.

Ross Rubenacker, ’08, may decide on a school depending on a sports scholarship.

“I want to go to a Division 3 school on a golf scholarship,” Rubenacker said.

There are a few different ways students can apply for colleges and scholarships.

Students can apply by going to the Career Center and picking up applications from Mrs. Margaret Truitt. Students may also get help from their guidance counselors, or apply online.

There are all different categories of scholarships such as academics, sports, specific majors, certain colleges, and activities that a student may be involved in.

The Guidance office has several tips for graduating seniors.

“Make sure to watch deadlines and turn in applications and scholarships complete and on time,” said Mrs. Tami Lovin, Guidance Office.

“Get to know people,” offered Mrs. Jena Allen, guidance counselor.

Young, fresh-faced Rockin’ Rams take floor

By Lauren Duncan
NEWS EDITOR

Can you explain a “developpe”, a “pirouette”, or a “pas de chats”? The Rockin’ Rams dance team may be able to clue you in. This season the girls have been working together to improve their skills and knowledge on dancing and choreography.

“I know very few of the dance terms, so I am learning from the girls,” said Rockin’ Rams Coach Mrs. Susan Talley.

Talley, who is returning for her second year coaching the team, is not alone when it comes to new experiences. The team consists of five sophomores and six freshmen, and new art teacher Ms. Laura Coston has joined Mrs. Talley as a coach.

The young team members do not bring inexperience, though.

“It amazes me how talented the girls are,” stated Talley. Most team members are involved in other dance schools and have many years of experience.

The team has already shown its skills at the Cedarhurst Craft Fair, and they will be performing at all home basketball games and at competition.

This year students can expect to see the team crank dat Soulja Boy, jazz, Arabian, and kick on the dance floor. The team consists of only underclassmen, the group will compete as a junior varsity team at competitions to try and make it to finals at Bloomington.

“I’m most excited about the hip-hop or Arabian, one of the first ones, because we’re most prepared for it,” stated team member Erica Kirsich, ’10.

The Rockin’ Rams will be holding a fundraising event at the basketball games by selling raffle tickets for Coach sunglasses and Chanel merchandise. The team will be using the money to go to competition and purchase uniforms.

The team members and coaches have pulled together to create the best choreography and dance techniques to fit the music they have chosen.

“Our goal this year is to build self-confidence and prepare for the next four years,” said Talley.
Jaycee ‘House of Horror’ seeks to thrill and chill

By Leah Minor
EDITOR-IN-CHIEF

A muffled scream escapes from the rickety building. Members of a wide-eyed crowd gather outside the door, look from the direction of the scream to one another in a terrified silence.

The Jaycee’s annual “House of Horror” took place in the old blue train depot, 100 South 1st Street. The theme this year was “Carn-Evil,” or Carnival gone awry.

Jaycee member and retired Jaycee President, Owen ‘Del’ Herbert, confirmed that the Jaycees have had a haunted house as long as he can remember.

The haunted house opened on October 11th and will close on October 31st.

“We will begin at seven o’clock and we won’t stop until we run out of victims,” quipped Herbert.

According to www.HauntedIllinois.com, the “house of Horrors is conducted primarily for the enjoyment of ages ten to sixty-five. But, Herbert relayed that the haunted house is for any person who has enough gumption to go through.

“Tickets are usually somewhere around five dollars,” stated Herbert, “and all proceeds go toward other community projects in which the Jaycees are involved.”

“I think it should be allowed but not forced, and I do not think others should try and force their opinions,” explained Lauren Donoho, ‘09.

Religion is a sensitive subject when it comes to the classrooms, and can make many students uncomfortable.

“Religion should not be taught in school, maybe the idea of religion, different types of religion, but not that anyone should believe any one religion,” commented Michael McDaniel, ‘08.

“I think that religion in school is something that can be okay at certain times, but it is a sensitive subject,” confirmed Laina Parsell, ‘09.

She continued, “As long as people respect each other’s religion and choice it is fine.”

Other students are more in the middle. They believe the subject of religion in schools would be acceptable with the right approach.

“As long as everyone has the freedom to express their own religion, then religion should be accepted in schools,” explained Tyler Lehmann, ‘08.

“It [religion] doesn’t bother me,” added Melany Gant, ‘08, “You do not have to be involved in the conversations.”

Last year the infamous “House of Horrors” was themed around local legends. The house featured focused and swiveled around ghost stories originating from right here in MV and neighboring towns.

“This year’s them is a ‘Carn-EVL’ or a carnival gone awry,” confirmed Herbert.

There is more than one theory as to why humans enjoy being frightened.

“One theory says people are not actually afraid but excited by [situation], and the second explanation is that people are willing to endure the terror in order to enjoy a euphoric sense of relief at the end,” posted www.earthtimes.org.

To some MV students, the Jayvee’s haunted house was simply not frightening enough.

“I don’t think any haunted house should be targeting high schools,” said Tim Benoist, ‘08.

Benoist continued, “You grow out of it. You know it’s all fake.”

While for others the recollection of last year’s house still haunts their memories.

“The scariest part was the maze,” commented Lauren Zedalis, ‘08, on the 2006 House of Horrors.

“I don’t really know what to expect this year,” stated Teinisha Johnson, ‘08.

And some MV students have completely different motives altogether.

“It sounds like fun. There’s nothing else to do in Mt. Vernon,” quipped Katie Leevy, ‘09.

“The house is constantly evolving,” commented Herbert. “There are no scripts, just chaos.”

 “[This year] I’ll wait in the car while friends go,” concluded Zedalis.
A Eulogy for a Lost Lunch

Woe are we, for our beloved lunchtime has been taken from us so unexpectedly, but in this trying time, in this dark moment when our tears seem so uncontainable, we must press on. Press on, and look forward to a brighter day, a brighter day on that blessed shore of Fazoli’s or KFC or Sonic when we’ll all dance and masticate in unscheduled bliss.

And though this bright spot of sunshine left us so rapidly, its memory will always linger in our minds. Thoughts of warm spring days, lounging in the quad, memories of rainy days spent in our cars, watching the water flow slowly down the windows. Autumn afternoons playing in the leaves and readying ourselves for the impending chill.

We must hold on through it all. We must persevere through the sorrow and through the pain caused by stuffing food down our throats so we won’t arrive late to class.

The 55-minute lunch was a blessing in all of our lives. It made us laugh, smile, rejoice, and now, its memory makes us cry. Don’t look on the time that we lost, look on the time that we had, and on the promise that some glad morning, we’ll all be happy over there.

**Quirky Quotes**

“Is that the pope?...oh, that looked like a robe and I didn’t see the dog.” - Jessa Hawkins

“If you would be so kind, I’ll dance at your wedding.” - Jamey VanZandt

“Do you like waffles?” - Gabe Cralley

“I’ll be a cat with an afro!” - Alicia Sheldon

“Are y’all goin’ to KFC after church?” - Jamey VanZandt

“I’m feeling cranky and pubescent today and I don’t know why.” - Harry Potter Puppet Pals

“I don’t know; I’m not funny right now.” - Gabe Cralley

“Who is shrieking? Who is shrieking?” - Jamey VanZandt

“Sorry, it rained.” - Leah Minor

“I do like old women and meowing.” - Jamey VanZandt

“Potato may whistle while cooking.” - Green Giant

“Will you make me fudge?!” - Leah Minor

Eric is mad because he’s not funny enough to have a Quirky Quote.
The beast has a fiery temper!"

Louise, a nervous serving maid in the beast's castle played by Alicia Sheldon, '10, expresses a warning about her master in this year's Children's Theater Play, Beauty and the Beast.

Cast and crew were excused from all classes on Thursday, October 18 and Friday, October 19, to perform two shows each day for grade school children who flocked in by the busload to Mount Vernon Township High School's auditorium. There were also two performances open to the public on October 20 and 21.

A yearly Children's Theater Play has been incorporated into the MV list of extra-curricular activities for almost thirty years.

The show, also called script, is ultimately picked by the Director. Mary Beth Mezo, who is also a teacher here at MV has directed the Children's Theater production for the past two years.

"I labor over [what script to choose] all summer long," emphasized Mezo.

Also involved in the script selection and cast assigning are Assistant Director Jim Miller, and Stage Manager/Set Designer Donna Keen.

Before choosing a show these select few from the production team must analyze possible actors and actresses to fill each role.

"I have to think about who might be trying out," informed Mezo.

"It is not pre-casted," quipped Keen. "You can't do a show where you need a high soprano if you don't have a high soprano. You have to pick a show where you have several to chose from that can do that part. You've got to think of what you've got."

Try-outs were a week-long process that proved to be draining to the students who were trying out, but full of observations for the production team.

"I look for good solid citizens. [I] always look at the talent and if those trying out are teachable. I see if they're going to take direction well," stated Mezo.

"[We look at] attitude, past performances, and how quick they memorize, reliability, dedication. We will dissect down the very bone, if we have to," added Keen.

"I know they look for students that take direction well and students that are able to become their characters. There is a believable factor," stated Sergeant Jim Hawkins, Producer and School Resource Officer.

The two lead roles, the Beast and Beauty, were double-casted. This means that exactly 3 of the six shows were preformed by one

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Beast in half of the performances.

“Too many [hours] to count,” added Hope Wallace, ‘09, the Beauty opposite Levi in half of the shows.

Even though the student actors, stage crew members, and technical crew spent countless hours together, the general feeling at practices was one of comfortable compatibility and professionalism.

“The sportsmanship was really good. We all stuck together and helped each other out,” stated Wallace.

“Sometimes you wanted nothing more but to go home. But, at the end of the day these people (some you’ve never met) become your best friends,” remarked Courtney Lawrence, ‘10, who played Madame Rondeau, Beauty’s mother.

“Everybody was nice. Everyone got along,” stated Miranda Smith, ‘09, stage crew.

“All of the actors and actresses were very professional about how they did their job,” commented Sgt. Hawkins.

“Everyone was very supportive this year. We had a great time helping each other out and developing our characters,” agreed Jessa Hawkins, ‘09, the other in the pair of Beauty characters. Jessa preformed opposite Quinton Sledge, ‘09, playing the Beast.

Naturally, if you combine funny people and a lack of sleep at a late night practice, funny and memorable moments will be sure to follow.

“I thought it was funny when Mezo had a cop come and arrest Levi in result of a toilet papering incident,” quipped Sledge.

“There were a lot of good times,” remembered Hawkins.

“Watching the entire cast learn to waltz was pretty good,” added Mezo.

“There were many little funny things that happened all the time.”

“There were times when we just put our heads on the table and laughed,” explained Keen.

However, confirmed by all as the funniest moment during the entire performance experience, was the dubbed the ‘abracadabra rose trick.’

During the climactic scene the beast lies dying and finally drops his beloved rose to the ground as a sign that he has died. Suddenly Beauty runs in and kneels beside his death bed weeping heavily, crying out ‘I love you! I love you!’ Unfortunately, during this particular rehearsal, in all of her confusion and compassion, Beauty had sat on the rose prop! Seeing this, a nearby co-actor on stage bent over to ever so delicately pull the rose out from under Beauty. This quirky act sent everyone nearby into hysterics.

Mrs. Mezo stopped the scene and it took a good five minutes for everyone to calm down.

Hope Wallace, ‘09, as Beauty
Student suggests less homework; cutting down writing

By Logan Payne
VERNOIS NEWS

Why do Writing for Publications I students have to write an opinion every month? Some students aren’t very opinionated at times and can’t think about anything to write.

All teachers at MV give assignments like they are the only ones teaching the students and six other teachers aren’t doing the same thing.

Teachers are working towards more collaboration on Thursday mornings, but students will see if this is a good thing.

Students need a break sometimes, like watching a movie that coincides with the class. They need time to rest their worn and weary hands, to avoid carpal tunnel and arthritis in their wrists and fingers.

Students just shouldn’t have to do so many repetitive assignments, as they do with journals, essays, and problems.

Some students get bored, writing in four out of seven classes every week. Teachers can cut back on forcing knowledge into our still developing brains and give students a break.

Bowling comes to MV, brings excitement

By Shelby Campbell
VERNOIS NEWS

Mt. Vernon High School sponsors many sports teams from football to golf, and basketball to tennis. Many have realized that something is missing … bowling! This year that will change. Bowling will be introduced to the 07-08 school year.

Bowling is a fun sport that many and it would be a treat to our sports program students were introducing through their history classes. In P.E., very competitive, students looked forward to the opportunity.

Our bowling will compete against Harrisburg, Herrin, and Salem. Bowling is not yet a common sport in southern Illinois, so opponents will not be easy to find.

This season will be in action before you know it, and getting out and supporting our newly discovered bowling team will help them further their program along.

Bowling would be a great addition to the MV sports program, and will be an interest to many students. So let’s all take part in this new sport, and support our 07-08 bowling team.

Shoemaker questions Zipps’ absence

By Jordan Shoemaker
VERNOIS NEWS

A long, long time ago, over where the Auto Credit store is, across the street from Huck’s, and the Lutheran church, there used to stand a Zipps—the greatest fast-food restaurant in the world.

I can remember my grandma taking me up there, driving me through the drive thru window and just waiting for that juicy burger with the nice fresh bun coated with those taste bud-tingling sesame seeds. Then, of course, the greatest thing of all … the curly fries. Nothing in the world will ever beat the taste of those curly fries. The way they just melted in your mouth, or the feeling of holding one of those fries out the window because you can’t wait for them to cool off so you have to cool them quick style.

Whose idea was it to take away our Zipps? That was the worst idea I have ever heard, taking away the greatest fast food known to mankind. We must do something about this. We need our Zipps back!
**Pledge still has meaning**

By Emily Opalecky  
VERNOIS NEWS

An everyday routine for me is standing up for the pledge when the announcements come on. It is just a part of my regular day.

One afternoon, I did the usual pledge routine and a classmate of mine, who was sitting down, asked why I stood up for the pledge. I didn’t understand; it just comes natural to me. The pledge, for me, is a symbol of everything that has brought us Americans to this present day. Many soldiers have fought and died for this country, so this fellow classmate of mine has the choice whether or not he can sit down or stand up for the pledge.

I responded to him by saying, “My brother is over there [Iraq] fighting for me. The least I could do is stand up for fifteen seconds and say the pledge.”

Even though to some it is a hopeless cause, our men are still over there.

Do not think that this implies that one should or should not stand for the pledge, because that is their choice. But being questioned about it made me wonder, since it shouldn’t matter to them what I choose to do. I wasn’t hurting anyone or making him stand up along with me. I was, and I am now doing it because I want to.

It does hurt me to see students still sitting, but it is their opinion, their right.

It is an honor to live in a country with so much freedom (even if it is a little corrupt), which we do take advantage of.

Therefore, I will continue to stand for the pledge and everything that it stands for.

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**Students, staff join in a new state-mandated pause**

By Brittany Wingfield  
VERNOIS NEWS

On Monday, October 15 at approximately 8:21 AM, Shelby Timm’s voice broadcast over every classroom at MV.

“Let’s pause now for a moment of silent reflection.”

This announcement left many students staring at the intercoms with dumbfounded faces. Nervous eyes scurried about the room, searching for what exactly was supposed to be done during this time.

Now that the reason for this pause has been identified, some feel it is unnecessary and not welcome in our school.

However, when one stops to think about this, the positive aspects are clear.

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**Student suggests food, Breakfast Thursday**

By Mike Greenwalt  
VERNOIS NEWS

It’s 9:00 on a Thursday and I happen to be one of the lucky twenty-six to enjoy a breakfast supplement of my choice in my Writing for Publication I class.

More teachers must look into this as an educational boost.

Studies show that students don’t receive enough milk and protein along with fruits and veggies from the lack of eating breakfast. "Dr." Jamey VanZandt has held this activity since ‘03-’04. Granted, most students bring in pancakes and grease, but it’s still breakfast and breakfast is what we need. Breakfast on Thursday mornings, aka “Breakfast Thursday”, is way more important than one might think. Most students don’t have time to fix themselves toast or cook in the morning; at least the students are getting a good start one day out of the week.

Breakfast Thursday is not just good for the school, but good for the community. We all need Breakfast Thursday and the teachers at MVTHS need to think a little more into it.

It even goes a little deeper than just having breakfast on Thursday. During the PSAE, we got snacks so we could think better and receive higher scores. MV should fund snacks for the student body more often. Doesn’t the administration want us to be highly effective every day? It’s not like it can’t be afforded. All the school needs to do is write a special grant and it’s covered.

The administration would have to look into studies and see how important breakfast in the morning really is. This all has to start somewhere, and Breakfast Thursday is it.

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**Cralley speaks out against litterbugs**

By Gabe Cralley  
OPINIONS EDITOR

If there’s one thing that annoys me more than anything in this world, it’s seeing trash lying on the ground four feet from a trash can.

I know that I’m beating a dead horse, but seriously, it’s getting to the point that it is just ridiculous. Not a day goes by that I don’t see McDonald’s bags and Burger King wrappers strewn across the parking lot as I walk back to the campus from my car.

If you haven’t noticed, there are trash cans strategically placed so that you don’t have to go out of your way to dispose of your garbage on the way to class. It’s simply a matter of carrying it just a little bit farther from your truck. I promise it doesn’t hurt a bit.

Next time you’re about to toss your left-over food out the window, remember the trash cans and think about the image that you’re imposing on our campus.
Columns

WDML provides dream concert experience for local student

By Mike Greenwalt

Over The summer I worked fairly hard for my dad’s construction company, only hoping to get by another day. Little did I know, as I worked that job, life was finally going to cut me some slack. It was mid July, and while helping my dad and the plumber on a footing, I had the radio set to 106.9 prepared for the two ticket giveaways and the sponsors ready to name off. All I needed was to be the first caller and I was set.

I listened for WDML’s disk jockey Tom Sheldon to announce when the lines were open. I took out my phone and the line was tied up. The previous week I had tried to win Deep Purple tickets and came up short, as I was the sixth caller instead of the fourth. I felt nothing but pure disappointment, falling two calls short of becoming the winner. I moved on with my life and thought what if I could catch a break.

I had found out from a friend ZZ Top was playing in St. Louis. Without giving up my hopes I knew I had to take advantage of the situation. I searched the internet for information and found the sponsor listings, which have to be read off by the winning caller. I went to work the next week prepared and made sure I worked close to the radio. The morning started slow, like every other summer workday, old men gripping at me to get them tools and supplies. It wasn’t how I wanted to spend my summer, but I needed the money.

I began shoveling and pushing rock over plumbing pipe, as eight o’clock approached I heard the announcement for the ticket giveaways. Tom Sheldon come over the radio and explained the first caller will receive two ZZ Top tickets. I was ecstatic and as soon as Sheldon open the lines I dialed quickly. The line was busy, so I hung up and tried again. It rang, I thought this was it; Sheldon came over the line and told me to hold.

Could it be I actually won two $87 tickets for free? I waited patiently with thoughts racing through my head. He came back on the line and congratulated me as he told me I was the winning first caller and I needed to read the sponsors names along with my favorite radio station. It was a moment in time what I won’t forget; Looking at the clock approached I heard the announcement for the ticket giveaways. Tom Sheldon come over the line and explained the first caller will receive two ZZ Top tickets. I was ecstatic and as soon as Sheldon open the lines I dialed quickly. The line was busy, so I hung up and tried again. It rang, I thought this was it; Sheldon came over the line and told me to hold.

Could it be I actually won two $87 tickets for free? I waited patiently with thoughts racing through my head. He came back on the line and congratulated me as he told me I was the winning first caller and I needed to read the sponsors names along with my favorite radio station. It was a moment in time what I won’t forget; Looking at the plumber who didn’t seem to understand my excitement, or even know who ZZ Top was. It was a moment that made me realize you can’t always get what you want, but if you try sometimes you just might find, you get what you need.

Exchange student reflects on experience in America

By Priscila E. Araiza

August 5, 2007: the day I left my house, family, friends, country, everything. Going on a new adventure, living in a place I have been before.

I remember that my first day was so sad. Saying goodbye is not easy. And then when I met my new family, it was so strange. The first days I was always crying, I felt so alone, missing my country a lot and wanting to go back.

In school, it was so different. Being the new girl is not that fun and even worse is when you are used to talking a lot and knowing many people. The good thing is that people in this school are very nice but you need some time to know people better.

The language was also a problem, so it is difficult to write stories. If it is your first month here that also makes you feel nervous in classes and with the people.

I miss the food a lot; my mom’s cooking, the tacos, the salsas. I think food in my country is better and is not that fattening. Here I am starting to gain weight, so that’s not cool at all.

Sometimes I feel so homesick, and that is more on weekends because I used to do more stuff than I do here, but with every day that passes I feel better being here.

Right now I love my new family, I like the school, I am starting to have new friends and I am loving this country. I love shopping but the only thing that I hate is that I don’t have my car with me anymore and I have to be at the house at a certain time, being afraid that they can send me back.

My experience in being an exchange student is so interesting but difficult, but in the end I will learn a lot of things. I will learn not only the language and another culture but you also realize and value all the things that I have. The only bad thing about it is that I will have to say goodbye again.

Cross speaks out for Paul

By Caleb Cross

“I would rather be exposed to the inconveniences attending too much liberty than those attending to small a degree of it,” wisely pronounced Thomas Jefferson some two centuries ago.

But, today our leaders strive only to do the opposite of this by making the federal government only bigger and more powerful.

There are government policies in effect now stripping us of our civil liberties, such as domestic surveillance, the War on Drugs, and the regulation of marriage. After September 11, the government passed the Patriot Act which makes it possible for the government to access your personal information and even search your home without probable cause.

Not only is the federal government meddling in the personal lives of U.S. citizens, but also with other countries. We have started a preemptive war with Iraq and have American troops stationed in a great number of countries, and now we are fighting a War on Terrorism attempting to police the world.

This is, of course, very worrisome, but there is an answer.

Ron Paul.

Presidential hopeful, Ron Paul, is a libertarian running on the Republican ticket. He supports free trade, gun ownership, and is a very strict non-interventionist emphasizing, “Military force is justified only in self defense; naked aggression is the province of dictators and rogue states.”

He is staunchly against the government use of torture, domestic surveillance, the draft, the income tax, the War on Drugs, regulation of marriage, a national ID card, and foreign interventionism.

Unlike all the other candidates running for President who support policies that would either restrict us economically or socially, Ron Paul does not, declaring, “The purpose of government is to protect the secrecy and privacy of all individuals, not the secrecy of government.”

Ron Paul is truly a man for the people.
Johnson’s dream car materializes after fire

By Holden Johnson
VERNOIS NEWS

It was a tiny red Jeep Wrangler with bright yellow pedals that made me feel like I was king of the world. When I was about six years old my family and I would take a weekly trip to my grandparents’ house after church on Sunday afternoons to eat lunch. It was there, where I developed my obsession with Jeep Wranglers.

After I finished my Sunday meal I would race to the garage and be the first one to get to drive the prized toy Jeep. I would drive the Jeep around the fields and through woods for hours every Sunday afternoon. Ever since then I knew for sure that I was going to drive a Jeep Wrangler when I got my drivers license.

The year before I turned sixteen my dad and I went around looking at cars but we couldn’t make a decision. I knew that I would never be satisfied until I was behind the wheel of a Wrangler. About six months before my sixteenth birthday my grandparents gave me a 2003 Ford Focus Station Wagon. It was pretty nice car; it was equipped with a six-disc CD player, working air conditioning and windows. It got great gas mileage. One Couldn’t ask for a better first car, but it wasn’t a Jeep.

About the middle of June this summer I let my sister borrow my car to drive to St. Louis to hang out with some of her friends. Not thirty minutes after she left our house we got a phone call from her saying that she was sitting in a police car near the Centralia exit watching my car burn to the ground. At first we didn’t believe her, but it turned out that she was telling the truth.

After we picked her up, we all went out to eat as a family and then went to look at my crispy car at the junkyard. I went almost the whole summer with out a car until my dad surprised me with a new one. I was at a cheerleading fundraiser and my dad came in and asked me to help him unload the truck. I followed him outside to a red and tan Jeep Wrangler. I couldn’t believe my eyes, I was finally getting the car of my dreams. I may have be a bit of a downer since it doesn’t have air condition or a six disc CD player, and doesn’t get thirty miles to the gallon. But I’m satisfied.

Stress takes toll on teens

By Joanna Bayer
VERNOIS NEWS

Running out the door at 8:10 with an armload of books and your shoes halfway tied? When your agenda starts to pile up and is not dealt with in a proper, organized way, it tends to draw stress.

Teenagers have far too busy schedules. For most high school students, days consist of going to school, work, or any other extra curricular activity or sport. If we are planning on keeping your grade up, then this is the time to start homework. Spending a few hours a night is efficient I would say. With seven full classes on our late, the strain on us never ends.

Yes, we bring the busy schedule and priorities upon ourselves, I suppose, but how else would we handle it all. Teenagers’ are encouraged to join clubs and extra curricular activities, correct? Stress is an unavoidable part of our lives. It is especially likely to happen when your experiencing changes, either happy or upsetting changes. Too much stress on your body can lead you to feeling miserable, worried, or ill. In fact, some authorities believe that up to 90 percent of all illnesses are stress related.

Another reason some teenagers are put under stress is because most teenagers are required to have a job. The overall teenage employment rate, from age 15 to 19, stated the 51.6 percent of teenagers to work to help contribute to their own needs. Some teenagers have responsibilities, such as, car payments, cell phone bills, or gas. This requires them to work and able to fulfill their responsibilities.

When adults hear teenagers complain about our lives being stressful, why is it all they can say is, “You do not know one thing about being stressed! Life is stressful!” The causes of stress are as varied as teenagers themselves, and our worries shouldn’t be brushed aside simply because of our ages. Like adults, teens worry about finances, family, friends, world issues, their future, their past (“mistakes”), and more.

The next time you feel stressed and overwhelmed take some time and relax. Take a stand against over scheduling, be realistic, and solve the little problems first. I was once told that there is no use in getting worked up over nothing. Let us all relax and enjoy our high school days for a change.

Mateer runs out of gas

By Courtney Mateer
VERNOIS NEWS

I would have never thought I would run out of gas. Most of the time people think that they are not going to run out or that would never happen. What is funny is when it actually does.

One day last year I had been driving and my fuel light came on. For some reason that day I didn’t go get gas. I always figured it would last for maybe a while, so I kept on driving. I meant to get gas the next day, but I just forgot. I ended up driving the whole day on it. Which really was not very smart of me.

I guess I really wasn’t thinking. That night my friend and I went to the cabin to eat dinner, and decided to go into town after. While we were in town one of our friends called us. We met her and decided to go home and get our stuff to stay at the cabin by J.C. Lake.

When we were on our way back my car started to slow down. We ended up making it down the hill to turn in where I live. When I turned in, it was just barely going. There is a barn right by my house and somehow I turned there and just stopped. I tried to turn my car back on and it didn’t work.

Then I called my mom to tell her what happened. It was really hard to explain how my car just stopped right by my house. At first I guess I am pretty lucky that it stopped there. I’m just glad it didn’t stop on the hill. Now I try to make sure I fill up my gas tank as soon as the fuel light comes on. That will be something I will never forget.

Have a safe and happy Halloween MV!
**New season of South Park arrives on Comedy Central**

By Caleb Cross

The very familiar line is once again being heard in all new seasons of South Park aired every week Wednesday at 9:00 p.m. on Comedy Central.

South Park is now in its 11th season according to www.southpark.com.

South Park is a controversial cartoon in which there is a somewhat vulgar presentation of issues. Often then include racism, gay rights, environmental issues, censorship, political correctness, abortion, sexuality, and religion.

But what do students think of all this? “I love the fact they don’t care about what they make fun of whether it be race, religion, or gender,” reassured Josh Pollard, ’09. “It goes where other shows won’t, and that is what makes it great,” added Joe Sweeney, ’09. “I enjoy the brain numbing crude humor,” furthered Darwin Walters, ’10.

So with the new season here, many students are excited. “I’m quitting my job so I won’t miss anymore episodes,” admitted Morgan Feltmeier, ’08. “I’m excited because the episodes keep getting funnier and relate to current issues,” declared Johnny Beckham, ’09.

But, not only do students think the show is great, it has been nominated for an Emmy seven times and won twice.

Almost any avid South Park fan has a few episodes learned by heart, and students on campus are no exception. They will eagerly give blow by blow accounts of their favorite episodes.


So, after a little research it has become evident, on the campus of MVTHS, “South Park” rules.

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**Hanson makes a recovery**

By Haley Smith

Doctors diagnosed him with a rare condition that is caused by compression of blood vessels and nerves near the collarbone — that causes pain, numbness and loss of grip strength and also makes him more susceptible to blood clots. This is known as thoracic outlet syndrome.

Isaac plans on having surgery after the band’s tour to try and permanently fix the problem and plans on taking blood thinners.

Because Isaac’s condition, three shows were cancelled. One of those concerts was set to be played at the Pageant on October 6.

Reflecting on the cancellation, Alecia Zinke, ’09 said “I was devastated! I was so excited to hear ‘MmmBop’! But, the boy band isn’t letting anything get them down.

As of right now, the first tour stop since the surgery will be in Knoxville, Tennessee. The concert that was set to be played in their hometown of Tulsa has been rescheduled for November 11. As for the concert at the Pageant, word has not yet been given.

Zinke added that she wouldn’t be attending the rescheduled concert due to “major disappointment and not enough time!” If Hanson does decide to revisit, Isaac should be recovered and be as good as new!

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**Bret’s “Rock of Love” rocks MV**

By Amy Hawkins

A 44-year old dating 21 women is not exactly what most people would expect at that age.

On the show, each day was different for each girl. Every day the girls would compete for Bret’s date that night, whether it be a motocross race or just a game that Bret had made up.

At the end of every week they had the “elimination night.” The night the girls feared, and one girl would be eliminated and the competition would become more intense to win Bret’s love.

“I didn’t really agree with the show. All of the girls were fake, and I feel like Bret was in the show for the wrong reasons,” mentioned Kayleigh McCowen, ’09.

On the other hand there were die hard fans who sat at the edge of their seat to see who the next girl was to be eliminated. With every episode each girl wanted to show their love and compassion they had for Bret Michaels, by outdoing their competition.

Within those twenty-one girls, one went as far as tattooing his name on the back of her neck to make it “forever love.”

“Yes I would get his name tattooed on my neck, along with Pee Wee Herman’s, AC Slater’s and my cat’s.” stated Kristen Atchison, ’08.

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**VERNOIS NEWS**

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Celebrity: Not just for the talented anymore?

By James Jackson

In today's world the term “celebrity” gets thrown around quite a bit. However, persons who have gained widespread recognition from being seen on the internet, usually doing something outrageous, or out of the usual, are often known as “Internet Celebrities.”

One of the most recent examples of internet celebrity is the Britney Spears loving, Chris Crocker, who’s “LEAVE BRITNEY ALONE!” video has amassed over 11 million hits in its only four weeks on the popular video site YouTube.com.

“I thought the video was hilarious,” stated Matt Kramer, ’08. Darrel Mitchell ’09 then added “If that guy is being serious, then he is going way overboard. It isn’t that big of an issue, it’s just Britney Spears.”

For those who have not seen the video, Chris Crocker, a young man wearing eyeliner and makeup with black and blond hair strands in front of what appears to be a yellow bed sheet, and Crocker screams at and berates people who mocked Britney Spears performance at this year’s MTV Video Music Awards, which took place September 9th.

In addition to all of those hits there has been a slew of imitators making hundreds of videos in the same format as Crocker, quite often attempting to parody or make fun of him, including one with footage of Adolf Hitler giving a speech with Crocker’s voice overdubbed over the audio to make it seem that Hitler is in fact begging the public to “Leave Britney Alone”.

Anna Dismang ’09 said about the video “I thought that it was funny,” and added “that guy needs to get a life.”

With all this attention surrounding the video, several major news channels picked up this story and ran a feature about Chris Crocker. It even lead to his appearance on the “Maury Povich Show.”

There have been several other people that have gained notoriety from YouTube. Some of the most recognizable are Josh Laipply, a comedian who posted a video entitled “The Evolution of Dance” which shows him performing different dances throughout our culture. This video has over 60 million hits making it the most popular video in YouTube’s history.

Another Internet Celebrity is Luke Johnson who had the idea to see how many people he could get to call him by posting his phone number on the internet to determine how many strangers he could get to call him. As of April 17, 2007 he has 136,768 telephone calls from people that he has never met. If anyone is curious and would like to contact him, his phone number is 602-435-3694.

A final person that has become extremely famous because of the Internet, but not because of a famous video or doing something that would be considered outrageous, is Tom, the man with 200,000,000 friends.

Tom Anderson founded MySpace in August of 2003, and he is automatically added to everyone’s friends list as soon as an account is created, thus making him one of the most popular people on the planet.

Kirstan Emery ’09 proclaimed “Tom is a pretty good looking guy!”

Because of MySpace’s ever-increasing popularity with people everywhere, Tom has become one of the most recognized names in pop-culture today.

The focus of internet hype is not always focused on a person; other things can become famous for example, a song.

Recently on YouTube there was a group of people who filmed themselves going through a McDonald’s Drive through and doing a “McDonald’s Rap”.

“The McDonald’s Rap is raw” quipped Tyler Appleby, ’09.

This particular “rap” quickly became a craze; prompting several people, including many MV students to memorize the rap and recite it as often as possible, some even attempted to re-create the video by performing our very own McDonald’s drive through.

“Majic” Mike McDaniel, ’08, said “I don’t think being a celebrity matters either way… a person is just a person.”

So with the possibility of being a celebrity just a webcam and a few clicks away, does being famous really mean as much anymore?
Soccer achieves first winning season

By Kayla Reeves
VERNOIS NEWS

With heads held high, the 2007 men’s soccer team set many big expectations for the season and have already exceeded what they hoped for.

One of the prime goals was “to have a winning season,” varsity soccer coach, Mr. Steve Harrison, said with a big smile.

“We finished up to 9-5-2, defeating Belleville Althoff (6-3), Freeburg (4-1), and the Marion Wildcats (2-1). They have not been able to accomplish that since the program started in 2001.

Junior Ryan Quick broke the school record for most goals scored in a season. “It feels great, but I am even happier about having a winning record for the first time ever,” exclaimed Quick.

They team has been working really hard for the past couple of seasons to come out on top and then finally did it, but not with luck. The team has been playing together since they were little and have grown up with each other.

Harrison commented, “They are the best team ever. They always give 100%.” Not only did the varsity pull it off but so did the Junior Varsity. “The JV team helps the varsity out every day in practice,” added Harrison.

The team as a whole is doing better than ever. “They are improving every year,” stated Coach Harrison.

Regional will put the team to the genuine test.

“I think we have a really good chance to get to the championship,” Mr. Steve pronounced.

Landon Ile, ’08, added, “We have a chance to win without a doubt but we just have to come harder than the other team and never let off.”

“There is no pressure on us. We have a chance to get past regional’s. When we play well, we can play with anyone,” responded Coyn Mateer, ’08.

The Carbondale Terriers will host the regional tournament. The Rams play on October 17 at 7:00 p.m. against the Marion Wildcats.

Upsets run rampant in college football

By Justin Haney
Verino News

College football is awesome because it features the best players in the nation and their money isn’t secure yet, so they usually play their hardest.

Powerhouses each remain the same every year though and they dominate the college rankings, Michigan, Notre Dame, and USC are just a few of the schools that seem to always be ranked at the top. As of October 7, only USC is still ranked in the top ten.

Underdog teams like West Virginia are surprising everyone and moving up fast on every poll.

“Little known schools are taking over because of better recruiting,” said Cameron Young, ’08.

South Florida is 2nd among many top ten polls across the nation that’s the first time in school history they have been ranked that high.

“This is just a rebuilding year for Notre Dame,” commented Skylar Koch, ’08.

Maybe it is just a rebuilding year for several powerhouse’s across the nation but why do they still seem to be struggling against “lesser” teams?

“Florida is winning it all, and no team will change that,” cited Shane Thomas, ‘09.

Florida is a great football team but they got beat by LSU another great football team, who got beat by Kentucky a respectable basketball program but not so much in the football world.

“USC will come together and win it all...they always do,” commented Yonas Habtemariam, ’08.

It’s very possible that USC would beat any other college team in the nation on any given day but with a loss to Stanford, a well respected educational school but little known football team people are wondering what’s wrong in Southern California.

“After Michigan lost to Appalachian State, they are on a mission to prove they are still a top ten team,” stated Eric Lyday, ’08.

Maybe it was luck, but division two Appalachian State still beat Michigan a win, is a win.

“Michigan losing was a reminder that any team can get beat if they don’t show up to play hard and fast every game,” stated Ryan Peas, ’09.

“Recruiting is the biggest part of college football and more players want to go where they can play right away rather than sit the bench at USC for three years and only play one year of college football,” added Shannon Martin, ’09.

Everyone has a theory on why the polls look so different this year, but one thing has been proven over and over again. It isn’t over, until the last whistle is blown, so keep watching and see what happens the rest of the year in college football world.

One thing is for sure though this will be the most drastic year in college football history if it ends like it began.

Coach

By Ukierra Mays
VERNOIS NEWS

As fall sports rap up, Lady Rams basketball is just firing up as they begin practices to get ready for the upcoming season.

The Lady Rams will once again be led by head coach Sarah Rennie who enters her thirty-second season as head coach.

The Lady Rams have high hopes this year according to Coach Rennie. “I think we are in the top 3 teams in the South Seven, Althoff is loaded but we stack up well against the other teams,” stated Rennie.

The Lady Rams are making the jump from 4A to 3A this year due to the schools enrollment size.

“I am excited to get to play with schools of our same enrollment and will make every thing a lot more interesting for this season,” explained Rennie.

The Lady Rams will rely on their seniors for good leadership but will also have to ask a few underclassmen to step up and provide good minutes on the court.

“We have a good group of girls this year and they really work well together,” said Rennie.

As for Coach Rennie she is just looking forward to another season of doing something she loves.

“I love it, it’s a lot of time and work but I still enjoy it as much as when I started in 1976,” commented Rennie.
Changnon remains huge influence on MVTHS campus

By Eric Lyday
SPORTS EDITOR

From the time you are born in the city of Mt. Vernon the name Changnon is a familiar word to you. Kids and adults have great memories of watching MVTHS basketball in the historic confines of Changnon Gymnasium.

Stanley Changnon coached both basketball and football in a nine year stint at MV.

During those nine years, Coach Changnon won 229 basketball games and won back to back state titles making him the first coach in Illinois to accomplish this feat.

When many people don’t know is that coach Stanley Changnon has left his mark on MV in more ways than just two state titles and having the gymnasium named after him.

When Changnon passed away the one request he made clear was that he wanted to be cremated and wanted his ashes spread at Johnson Field in West Frankfort, and at our very own J.D. Shields Memorial Stadium.

This has been a well kept secret by the Changnon family and Goebel Patton who had worked in the West Frankfort school system with Changnon for more than a quarter century.

Patton stated in a story in Southern Illinois Sports Connection “Ashes to Ashes” by Jim Muir, “It was a story that needed to be told.”

In 1981 Patton was approached by Coach Changnon’s son Stanley Changnon, Jr. and his grandson Mark Changnon with a very unusual request. “They asked me if they could scatter Coach Changnon’s ashes on Johnson Field [West Frankfort’s field] and J.D. Shields Memorial Stadium in Mt. Vernon,” recalled Patton in the Southern Illinois Sports Connection article “Ashes to Ashes”.

The Changnons weren’t for sure if it was a request that would need to be taken up with the school board but Patton answered their question. “I told them to go and do what they needed to do and not tell me about it, back then I didn’t want to know in case there were any critics,” reminisced Patton.

Shortly following the request being made the Changnons made the long drive to the two destinations on a hot July day.

When the Changnon’s were questioned about coming forward about this secret they agreed with Patton that it was time for this story to be told.

“Coach Changnon was a great coach and a legend at MV, he won a lot of games in a short amount of time not to mention the two state titles,” added Creel.

“I agree that it’s time the folks in Southern Illinois know about this story. I think it’s important that the younger generation knows about a man that loved high school sports so much that he wanted a football field to be his eternal resting place,” explained Mark Changnon [grandson], in the story “Ashes to Ashes”.

“At the moment I was not aware of this until I read about in the Southern Illinois Sports Connection,” stated Doug Creel, Athletic Director.

Coach Changnon will be remembered as a fair coach but also as a disciplinarian.

“You did what he said or you weren’t going to play,” said Coach Changnon was known for his ability to analyze what his players could do. He changed his offense every year according to the talent he had. He always knew how to attack his opponent and was much into every detail of the game.

“He was a coach that you could say was ahead of his time, [Changnon] was teaching the jump shot while other coaches were teaching the two handed set shot,” explained Creel.

Coach Changnon’s career basketball record was 507-199 and his football records were not available, but his teams won seven South Seven Championships.

Coach Changnon will be remembered as one of the greatest high school coaches in Southern Illinois history and will forever be with us.

Rubenacker examines MLB playoffs

By Ross Rubenacker
VERNOIS NEWS

With only four teams left in the playoffs, there is no clear cut favorite to win. The Rockies and Diamondbacks are new to the post-season action, as well as the Indians. But it’s a different story for the Boston Red Sox. They have been many of times and recently.

So how big of a role does home field advantage really play? Well, in the Division Series, three of the four teams with home field advantage won the series. Which team will provide the best atmosphere for their team? “I think it may surprise the fans of the few teams that don’t make it (post-season) too often, so they will be the most riled up,” concluded Mateer.

“I think the Cleveland Indians will win the World Series, due to their good young talent they have,” announced Mike Greenwalt, ’08.

Take into consideration all the factors you want, but it all comes down to who will come through with clutch hits in key situations of the ball games and whose pitching staff can keep it together until the end of October. That’s what it will take to be crowned World Champions!

If winning isn’t everything, why do they keep score?

— Vince Lombardi
Changnon remains huge influence on MVTHS campus

By Eric Lyday  
SPORTS EDITOR

From the time you are born in the city of Mt. Vernon, the name Changnon is a familiar word to you. Kids and adults have great memories of watching MVTHS basketball in the historic confines of Changnon Gymnasium.

Stanley Changnon coached both basketball and football in a nine year stint at MV.

During those nine years, Coach Changnon won 229 basketball games and won back to back state titles making him the first coach in Illinois to accomplish this feat.

When Changnon passed away the one request he made clear was that he wanted to be cremated and wanted his ashes spread at Johnson Field in West Frankfort, and at our very own J.D. Shields Memorial Stadium.

This has been a well kept secret by the Changnon family and Goebel Patton who had worked in the West Frankfort school system with Changnon for more than a quarter century.

Patton stated in a story in Southern Illinois Sports Connection “Ashes to Ashes” by Jim Muir, “It was a story that needed to be told.”

In 1981 Patton was approached by Coach Changnon’s son Stanley Changnon, Jr. and his grandson Mark Changnon with a very unusual request. “They asked me if they could scatter Coach Changnon’s ashes on Johnson Field [West Frankfort’s field] and J.D. Shields Memorial Stadium in Mt. Vernon,” recalled Patton in the Southern Illinois Sports Connection article “Ashes to Ashes.”

The Changnons weren’t for sure if it was a request that would need to be taken up with the school board but Patton answered their question. “I told them to go and do what they needed to do and not tell me about it, back then I didn’t want to know in case there were any critics,” reminisced Patton.

Shortly following the request being made the Changnon’s made the long drive to the two destinations on a hot July day.

When the Changnon’s were questioned about coming forward about this secret they agreed with Patton that it was time for this story to be told.

“Coach Changnon was a great coach and a legend at MV, he won a lot of games in a short amount of time not to mention the two state titles,” added Creel.

“I agree that it’s time the folks in Southern Illinois know about this story. I think it’s important that the younger generation knows about a man that loved high school sports so much that he wanted a football field to be his eternal resting place,” explained Mark Changnon [grandson], in the story “Ashes to Ashes.”

“I was not aware of this until I read about in the Southern Illinois Sports Connection,” stated Doug Creel, Athletic Director.

Coach Changnon will be remembered as a fair coach but also as a disciplinarian.

“You did what he said or you weren’t going to play,” said Coach Changnon was known for his ability to analyze what his players could do. He changed his offense every year according to the talent he had. He always knew how to attack his opponent and was much into every detail of the game.

“He was a coach that you could say was ahead of his time, [Changnon] was teaching the jump shot while other coaches were teaching the two handed set shot,” explained Creel.

Coach Changnon’s career basketball record was 507-199 and his football records were not available, but his teams won seven South Seven Championships.

Coach Changnon will be remembered as one of the greatest high school coaches in Southern Illinois history and will forever be with us.

Rubenacker examines MLB playoffs

By Ross Rubenacker  
VERNOIS NEWS

This hunt for October is over. Eight teams locked their spot in the 2007 Major League Baseball post-season.

Unfortunately, four teams have already been knocked out. The Chicago Cubs, Philadelphia Phillies, and Anaheim Angels were all swept, with the Yankees right behind them winning only one game.

“The Yankees were the biggest disappointment, because they have the biggest payroll in all of baseball, and didn’t make it past the first round of the playoffs,” remarked Eric Lyday, ’08.

“The Cubs looked the worst. They were doing so good, then they got killed,” stated Jacob Lemons, ’08.

No one expected the Colorado Rockies to win their series against the Phillies, let alone sweep them. Same goes for the Arizona Diamondbacks, who swept the Cubbies.

“The Rockies surprised me with a first round win over the Phillips,” added Lyday.

Coyne Mateer, ’08 disagreed, “I think the Rockies and MVP candidate Matt Holliday will beat the Diamondbacks and the team from the American League to win the World Series.”

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**Fast-Food restaurants look for healthy alternatives**

By Jordan Haarmann

According to research done at Stanford University, by age 3 children prefer food out of a McDonald’s bags than the food mom and dad make at home.

This can set up serious obesity problems for kids that can’t control themselves from the greasy deliciousness of the fast-food industry. Growing obesity rates all over the country are causing the fast-food industry to offer healthy alternatives to the burger heavens we’ve come to love.

According to www.helpguide.org, 1 out of 4 Americans regularly eats at fast food restaurants.

Kyle Brookman, ’08, says he eats at fast food places every day. “[I go] everyday so I can absorb all the grease to stay warm in the winter,” Brookman added.

Kayla Reeves, ’08, agrees. “I go to fast food places everyday for lunch because it’s fast and cheap,” Reeves said.

Grease may keep students warm, but the demand for healthier meals is on the rise in the United States. So do MV students concern themselves with these new healthy meals?

“Not really. It’s just for show. No one orders them,” stated Ryan Ivers, ’08.

“Caesar salad + Wendy’s = cheap goodness,” replied Coyn Matee, ’08.

“I would order the healthy stuff, but it’s so much more expensive than the greasy things. For example, a McChicken which is fried is $1.07 with tax, but a grilled chicken sandwich, which is much healthier, is like 3 bucks!” explained senior Adrienne Skidmore.

Most fast-food places have added items such as salads, chicken and fish sandwiches, fruits and wraps. Some are even adding deli sandwiches following the low calorie path set by Subway.

“I eat at Subway because I like to eat fresh,” said Derek Campbell, ’08.

“I had the parfait one time [at Mcdonald’s] and almost puked. I’ll stick with my greasy cheeseburgers,” commented Chelsie George, ’08.

The chance for Americans to improve themselves physically is there with the addition of these healthy menu items, but the choice is yours.

“GO BIG MAC!!” exclaimed Griffin McDonald, ’08.

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**MV students create Hockey League**

By Coyn Matee

The NBHL (National Barn Hockey League) was founded on November 22, 2006, when 5 guys decided to buy 4 pairs of roller skates and try out roller hockey in a friend’s barn. It was an instant hit. They played every day after school, selected run out songs and were fast enough paced that they did not get cold in the winter.

Run out songs included, “Hells Bells” by ACDC, “Jump” by Van Halen and “Venice Queen” by the Red Hot Chili Peppers.

The games were played by a set of two teams each with 2 players, an all time goalie and two of the leaders expected to be on the team.

Reeves is proof, as after only a year of competitive bowling he already has an average of 201. (The average to become a pro is 200 after the age of 18). Reeves and Beckem will be just two of the leaders expected to be on the team.

The team will be coached by David Wagner, and bowling team try-outs are October 22 for the men and November 5 for the women. The team members’ schedule will include 6 match plays and 3 tournaments, not to mention the chance to go to state.
After a 0-2 start, the MV Rams turned their season around, winning six of their last seven and securing another South Seven title.

The Rams were doubted by some after the 0-2 start but head coach Dan Mings always had faith in his team. “I learned a long time ago that if you work hard enough, anything is possible,” stated Dan Mings, head football coach.

The “3-headed monster” consisting of Joel Rush, Dontrell Black, and Tyrance “Chicken” Stuckey, has been a big part in the Rams turnaround.

“They are very important to the team and special to me, we expect them to continue doing the things they do well,” explained Mings.

Joel Rush secured his spot in MV history becoming the all-time leading rusher at MV and eclipsed the 1,000 yard mark for the season.

“I am very proud of Joel for his accomplishments, but we stress the importance of family, pride, hard work and believe that WE is more important than me,” said Mings.

The Rams also have another luxury many high school teams do not and that is two great kickers consisting of Josh Sears and “Money” Mike Swinnen.

MVTHS has football, basketball, and soccer, but bowling? We know that many of MVTHS students enjoy bowling, but how successful will bowling be as an official sport?

“Strikes= success, therefore if the bowling team bowls strikes they will be successful,” stated Jacob Smith, ‘08

“I think the bowling team has a tuff year ahead of them, but it will be a building year for the team,” remarked Mike “big game” Greenwalt, ‘08

“I intend on trying out,” Greenwalt added

“Who would want to watch bowling!” announced Dakota Hayes, ‘10

Actually high school bowling is on the rise in Illinois. Starting in 2003 111 teams entered the ISHA state tournament. By last year the number is up to 144 competitive teams and is expected to jump even more this year, according to ISHA.org

“Would try out, but I highly doubt I would make the team,” declared David Spicuzza, ’08.

“I would defiantly join the team if it wasn’t during wrestling season,” pointed out Jacob Lemons, ’08.

“I like bowling, but it’s during basketball season,” related Janie Conner, ’10.

Students expressed an interest in the team, but many are involved with other sports so who will be on the team?

“This is the first year of bowling at MV so it will just be a building season to get the sport off the ground, but through the building process we can always get a few wins in the meantime” assured Josh Reeves, ’08 who has bowled a 288 high game

“We have a good coach and facility. We will do ok this year and probably even better the next... it’s all about improvement,” explained John Beckham, who bowled a 244 game just a week ago.