

Naarah Lindsay attends National Leadership Conference in Washington D.C.

By Heather Russell

Senior Naarah Lindsay recently attended the National Young Leaders Conference in Washington D.C. She was nominated to attend by VHS Biology teacher Corby Hight. The theme of the conference was "The Leaders of Tomorrow Meeting the Leaders of Today." The students were informed on how the government works and were involved in many mock sessions.

Naarah flew from St. Louis International Airport at 7:30 A.M. on October 16th, and was in Washington D.C. for seven days, arriving home early on October 22nd. Before leaving Naarah was asked by several people if she was afraid to fly in light of the recent terrorist attacks. She responded, "Airplanes are completely safe, and with the heightened security due to the terrorist attacks in September, I have no fears at all."

After flying into Washington Dulles Airport, Naarah met with some of the other teenagers attending the conference, many of whom were actually on the same airplane as Naarah. She stayed at the National 4-H Convention Center in Chevy Chase, Maryland. She became close friends with her roommate from New York and Naarah said that her Leadership Meeting Group (LMG) grew very close and spent almost all their time together.

Naarah was scheduled to get a full tour of Washington's historical monuments, but some of the

tours were cancelled due to the fact that there was anthrax found in the Capitol. The group was allowed to tour many historic sites including the Vietnam Wall, Lincoln Memorial, Korean War Memorial, JFK burial site, Arlington National Cemetery, FDR Memorial, Thomas Jefferson Memorial, the White House, Capitol Building, and Smithsonian Museums. Unfortunately, Naarah was not allowed to tour inside the White House or go on the floor of the House due to heightened security.

The most memorable part of Naarah's trip was seeing the Pentagon and all the devastating damage that was done during the terrorist attacks.

Along with touring museums and memorials, Naarah listened to many important speakers. Some of the main speakers included the Founder of the American Cancer Society and the Deputy Secretary of Energy. The participants also heard many retired senators, representatives, White House interns, and major news media officials speak. The topics ranged from the generally fast paced life in D.C., to the exciting and interesting world of politics.

With Naarah now knowing how our government runs from day to day, will this make her decide to pursue a career in politics? "I plan to be a pediatrician; however a career in politics is still a major option. I would love to



one day run for a seat in Congress. Who knows, maybe I'll get a law degree, major in political science and be elected as a Senator," Naarah said.

Naarah had an overall exciting and educational trip, except for the long delay at the airport on her

way home. She said she met, and got to know, many people that she will remember for the rest of her life.

Naarah felt very fortunate to be chosen to attend the Leadership Conference. She said, "I am truly honored every time I think

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The Homecoming

Court nominees are:

<u>Queen Candidates</u>	<u>Sophomore Attendants</u>
Ashley Hill	Alisha Humston
Aly Steele	Andrew Shoemaker
Amanda Threlkeld	
Ashley Troverz	<u>Freshman Attendants</u>
<u>Junior Attendants</u>	Geraah Dufford
Melody James	Casey Wilkins
Malcolm Oboun	<i>nominees are:</i>
<u>Senior Sweethearts</u>	<u>Sophomore Sweethearts</u>
Sandra Graves	Keri Teal
Jake Smith	Chase Wiggo
<u>Junior Sweethearts</u>	<u>Freshman Sweethearts</u>
Bobbi Sue Meyers	Stacy Bean
Cody Taylor	Ryan Reeder

VHS Students Attend Government Day at SIU

By Naarah Lindsay

On Saturday, October 29, five of Vienna High School's top students attended Youth Government Day at the SIU School of Law. Attending students from VHS were Naarah Lindsay, Andy Farmer, Ben Farmer, Sarah Stanfill, and Josh Stafford. The day featured key Republican and Democrat speakers from the Illinois State Government, as well as former Mayor of St. Louis, Clarence Harmon.

The day's activities began early that morning with an informal breakfast and the registering of each school's student representatives. Each student received a personal folder with information about political science and today's

working government. Activities began with the students being ushered into a conference room and greeted by a former member of Congress Paul Simon, and members of the press.

In addition to Paul Simon, the day also featured an appearance of Mike Lawrence, SIU's Assistant Director of the Public Policy Institute, who was the event's co-chairman. After a brief introduction Illinois Lt. Governor Corinne Wood gave a speech addressing the recent terrorist attacks, as well as how important politics are to Illinois' future leaders.

VHS student Josh Stafford commented, "Senator Simon is

an excellent man. He really cares about young people and the future of today's government. His thoughts were both encouraging and sincere, and I enjoyed hearing him speak."

The students then broke into small group sessions where they heard from four keynote speakers. The featured speakers were Kirk Dillard, Illinois State Senator; Debbie Halvorson, Illinois State Senator; Clarence Harmon, former Mayor of St. Louis; and Karen Hasara, Mayor of Springfield and former Illinois State Senator.

Issues brought up were mainly focusing on education and how

Congress plans to deal with budget cuts and funding in the upcoming year.

Around noon, all the visitors were invited to Paul Simon's house in Makanda for a barbecue. Mr. Simon gave one last remark, encouraging students to go into the political science field of study, and then closed for the day.

When asked how she enjoyed the day's activities, Senior Naarah Lindsay commented, "The more actively involved in politics I

Lady Eagles Fly High in the Conference Tournament

By Caryn Hill

The South Egyptian Conference Tournament was held September 29 through October 2 at Egyptian High School. The Lady Eagles were seeded number one in the tournament and they faced Meridian in the first round. The Lady Eagles pounded out hit after hit and beat the Bobcats by a score of 24-0.

The Lady Eagles faced Cobden in their semi-final matchup. Megan Mizell threw a one-hitter with 17 strikeouts as the Lady Eagles won 5-0.

In the other semi-final game, Goreville beat Dongola by a score of 3-2 to stage a championship match-up between Vienna and Goreville.

In the championship game, Vienna scored first in the bottom of the second inning when Chelsea Blankenship reached base on a bunt with two outs, and went to third on passed balls. Then, Shannon Bean beat out a deep grounder to the shortstop, scoring Blankenship. Caryn Hill scored

on errors made by Goreville's freshman pitcher. Megan Mizell hit a double, driving in two more runs to give the Eagles a commanding lead.

The Lady Eagles took the

Senior Ashley Trover commented, "We were pumped up for the game because we had already been beaten by Goreville twice this season and I felt like everyone knew we were going to win."

The Lady Eagles finished the season with a record of 14-4. Three of those four losses were gained at the Jackson Tourna-



Lady Eagles Left to Right Bottom Row: Mary Winters, Brooke Sadler, Sara Workman, Ashley Trover, Amanda Threlkeld, Stacy Bean, and Kaylyn Adams. Top Row: Kay Ross, Kayla White, Andria Davis, Grayson Summers, Jarrah Stafford, Audrey Hinton, Kisten Martin, Caryn Hill, Megan Mizell, Chelsea Blankenship, Brittany Sadler, Shannon Bean, Ross Hill, Jill Karaker, and Katie Ochs.



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Submitted by Cindy Smith

On October 12, 2001, The Ecology Club went to Mammoth Cave in Kentucky. Although the trip was long, it was also both fun and educational.

The Ecology members who went were Nikki Fox, Amber Hileman, Kayla White, Nicole Ming, Megan Gerdes, Becky Eddleman, Becky Fairless, Brandon Allen, Tyler McCuan, Zach Garret, and Kara Reeder. The chaperones were Cindy Smith and Ross Hill.

The trip took about seven hours to get there and a couple of trips to Brownville, Kentucky, before they finally arrived at our destination. Since they arrived late, they had to set up our camp in the dark.

The next morning, they were headed to the Mammoth Cave Visitors Center. They didn't take our tour of Mammoth Cave, but a formerly privately owned cave in the park called The Great Onyx, which is now owned by the National Park Service. The tour took about two hours and thirty minutes, and was by lantern.

While on the tour, they learned all about the beautiful

formations in the cave and what kind of rock they were made of. All of the formations were beautiful, and it was amazing how they were formed.

Also on the tour, they learned about the cave's history. One interesting fact about the cave was that it was privately owned by a woman named Miss Lucy. Miss Lucy was the daughter of the man who discovered the cave. When he died, he left her the cave. She built hotels near the cave, and provided guided tours through

Trash Pick - Up

Thursday, October 24, Johnson Country residents saw Ecology Club members helping out our community. The members, led and organized by, club president, Chris McBride to pick up trash 2 miles of highway 45, which was adopted by the Club.

Thanks for making our community cleaner!



Fundraiser Kick-Off

Monday, October 29 until Friday, November 9, members of the Ecology Club will be selling T-shirts, ball caps, Harry Potter items, and seasonal materials to help raise funds for their Spring trip to Smoky Mountains. Many items have "nature" themes to them, including "Ducks Unlimited items".

Please help support the Ecology Club, go shopping (remember Christmas isn't too far away!), and get some new clothes.

Senior Class

The Senior Class this year has high hopes for an awesome homecoming and an outstanding prom. They have raised a significant amount of money through the years and will finally get their rewards from their hard work. They have been selling magazines and will continue to sell them until through Oct. 26. Senior Night this year is planned for Feb. 15 and then follow by the all important Senior Prom which will be Saturday, May 4, 2002. Good Luck Se-

Beta Club

By Adam Waddell

The VHS Beta Club would like to invite you to respond to the request of President Bush for every American Child to donate \$1.00 for the America's Fund For Afghan Children. Please donate your dollar to Beta President Ashley Brooke Hill or Beta Sponsor Joan Clayton or Brenda Kreuter. Rebecca Dunlap, KatieOchs, Kaylyn Adams, Narrah Lindsay, Jessica Marshall, Michael Dunlap, Gloria Henarel, Mastly Abney, James Dunlap, Steve Dunlap, Amy Clayton, and Adam Waddell so far have donated. Please give you \$1.00 as soon as possible.

I want to make a special request to the children of America. Ask you to join in a special effort to help the children of Afghanistan. Their country has been through a great deal of war and suffering." Bush said during a news conference Thursday.

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Future Educators of America Poetry Through Song

Future Educators of America is a club for students who plan to pursue a career in education. It is sponsored by Mr. Trover and Mrs. Watson. Current members in club the club are Bobby Fairless, Maribeth Dippie, Ashley Trigg, Sarah Workman, and Sarah Stanfill. If any are interested in joining, please see Mr. Trover or Mrs. Watson.

The FEA seem to have a full and exciting year coming up. To get a good feel for the career students will be pursuing, the FEA students will observe a

By Tommy Waters & Mrs. Watson
teacher from one of our feeder schools.

Teacher appreciation week is a fun and meaningful week for this club. To show how they feel about this week, the students plan to do something for it. They are not sure what it will be yet.

The club plans to visit a college, and learn what they need for majoring in education. After they feel confident about their teaching skills, they plan to make a lesson and teach it.

By Andria Davis

One part of being in Mrs. Krueter's English 3 class is taking lyrics from a song and using its lyrics as poetry. This project was done by the 1st and 4th block English classes.

The students were given a couple of days full class time in order to get their information and reports together.

The reports contained what they thought the song was about, why they liked the song, their favorite line in the song, and how they related to the song.

The project was very suc-

cessful with many songs used. Such songs as "Fly Away From Here," by Aerosmith, used by Courtney Tanner, "Perhaps, Perhaps, Perhaps," used by Sarah Stanfill, and "Whatever Tomorrow Brings," used by Michael Craig.

The project was very successful. Courtney Tanner, a junior in Mrs. Krueter's 1st block class, commented, "It was really fun, and it made me look at music through a completely different perspective."

This gives the future English 3 students something to look forward to. This project is one that will help students realize that songs have meaning; not only to be entertaining but also to prove points, opinions, and to show life experiences.



FEA members: Sara Workman, Sponsor-Mrs. Watson, Maribeth Dippie, Sarah Stanfill, Ashley Trigg, Sponsor- Mr. Torver, Jessica Green, Bobby Fairless



Mrs. Krueter's fourth block English Class

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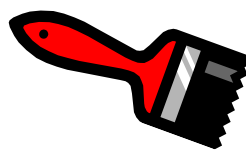
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Varsity Basketball 2001-2002

Page by Caryn Hill and Tommy Waters



Pope County Pirates

Sesser-Valier Red Devils

Meridian Wildcats



Hardin Co. Cougars

Fear This!

VIENNA CLASSIC

- Round-Robin Tournament Schedule -
November 19, 20, 21, 23, and 24, 2001

Monday-Nov. 19, 2001

6:30 -Sesser VS Meridian
8:00 -Vienna VS Hardin Co.

Tuesday-Nov. 20, 2001

6:30 -Sesser VS Hardin Co.
8:00 -Pope Co. VS Meridian

Wednesday-Nov. 21, 2001

6:30 -Meridian VS Hardin Co.
8:00 -Vienna VS Pope Co.

Friday-Nov. 23, 2001

6:30 -Pope Co. VS Sesser
8:00 -Vienna VS Meridian

Saturday-Nov. 24, 2001

6:30 -Pope Co. VS Hardin Co.
8:00 -Vienna VS Sesser

Lady Eagles

By Caryn Hill

The Lady Eagles had a victorious season last year. They finished the year with a record of 21-7.

The Lady Eagles won the 2000-2001 Conference Tournament, beating Goreville on a game winning shot by Ashley Broom. They also made it to the championship game of the Regional where they were defeated by Massac County.

The Lady Eagles graduated four players, three of which were in the starting line up. "We've graduated 3/4 of our scoring and rebounding on the team; remaining players will have to step up," said Coach Hill. Ashley Broom, Mareshah Belcher, Jennifer Verkey, and Leslie Scarborough were the four seniors that gradu-

ated last year.

Coach Hill also said that it will depend on how fast his younger players will adapt to the high school system as to what this season will bring. The Lady Eagles will be a young team with only two seniors on the floor-Amanda McCoy and Ashley Hill.

The Lady Eagles will be playing a tough schedule. Goreville, Massac County, Carbondale, and Mcleansboro will rank among the toughest teams the girls will face according to Coach Hill. The Ladies will also take part in a shoot-out at John A. Logan College, a Thanksgiving tournament in Mcleansboro, and a Christmas Round-Robin at Cobden.

Eagles

By Caryn Hill

With basketball season about to start, Coach Green is working hard to get his players in shape. The Eagles show up early to school and stay late getting in those few extra shots. They'll need it for Coach Green's high expectations for the upcoming season. "We will have a shot at winning our tournament, the Conference tournament, being in the winner's bracket in every tournament, and having a winning season," said Coach Green.

Last year the Eagles had a record of only 6-20. "The product on the floor should be better this year. These kids (returning players) have worked hard all summer, they've got good attitudes, and they're more knowledgeable about the game," commented Coach Green.

Coach Green is also working on his strategy for the coming season. "We're going to get up and down the floor, be smart, take better shots, and play the de-

fense," said Coach Green. He also says that his players will be more used to him and his style, allowing his players to know what he wants and how to get it accomplished.

The Eagles will have several returning players that will help them have a successful year. Jared Gurley scored the most points out of any returning player, and Brandon Bundren was the starting point guard for the Eagles in several varsity games last year. Last year's junior varsity team finished with a record of 12-7. Now a year older, this year's team should be very competitive.

The Eagles will be opening their season on November 19 as they host the Vienna Classic. The tournament will last from the 19th through the 24th of November. The teams in the Classic include Hardin County, Meridian, Sesser, Vienna, and Pope County. There will be two games each night. Starting times for these games will



Balls Out!



HARDIN COUNTY BOYS VARSITY BASKETBALL	
Nov. 19 @ Sesser	7:00
Nov. 20 @ Meridian	7:00
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Athletes Of the Month

Page by Chase Wiggs



Amanda is swinging for the fence!

Blake Curry-Baseball

Blake Curry is one of the top players on the baseball team. He plays right field for the Eagles and has been playing baseball in high school for four years now. He also has been playing basketball for two years.

Growing up, Blake said he had too many role models to list. Blake played baseball at New Burnside Elementary throughout his grade school years.

Blake said the baseball team looks very good this year. Their win-loss record was 10-2. He also said that he hopes the best season he will ever have is the one com-

ing up and that he hopes his best game will be every one he plays from now on.

The only achievement that Blake was proud of this year was everyone working and winning as a team. Blake also attended a basketball camp this summer. He said, "I really enjoyed it and learned a lot too."

Next year Blake says the team will be good but young. After high school he plans to attend college to be a sports physical therapist and of course play baseball.



Shane has one more season to play for the Vienna Eagles

Amanda Threlkeld-Softball

Amanda Threlkeld is a great softball player for the Lady Eagles. She plays left field and has played four years of high school softball. Outside of high school she plays summer ball and also played in grade school.

Growing up her main role model was her grandfather. He was her role model for many reasons, but mostly because he always believed in her.

Amanda said the coach this year is doing a great job with the girls and is known to most of them as "The wonderful Ross (Chevy) Hill."

Amanda said, "The Lady Eagles are awesome and we have

so much talent and teamwork this year." She also said that the team could not function without a single girl. This Fall the girls had a win-loss record of 14-4 and won the South Egyptian Conference tournament.

When commenting on the outcome of this year's season Amanda said, "I also think that we have a great chance at going to State in the spring. We have all of the talent we need and we haven't been there in a while, so I think it would be awesome."

Amanda stated that she didn't have any personal achievements softball this year, she was just proud of the whole team.



Blake has his game face on and is ready for next season

Shane Taylor-Golf

Shane Taylor is an essential player on the golf team. He is also one of the best players in the Conference. He has been on the golf team for four years now.

Marc Palmer (Coach P), is coaching the golf team this year. Shane's comment on the team this year was, "We all made big strides but next year when I'm gone I hope somebody steps up and fills my place."

The golf team had a win-loss record of 8-21 this year, but Shane said, "The best is yet to come." He is proud of the Medalist Honor he received in a few

matches for receiving the lowest score of the match.

Shane also commented on his best match ever. "It would have to be my 38 against Massac County and Pope County, which should've been a 36 but I doubled the last hole."

After high school Shane plans to attend John A. Logan and play golf. Shane said he would also like to give a special thanks to John Alexander, from the Gambit Golf Course, for helping the team all summer long.

*Athletes of the month are drawn at random

Page by Caryn Hill

VHS Recieves Defibrillator

VHS is the first school in the state to have the privilege to have an AED machine. AED stands for Automated External Defibrillator. This is the machine that shocks people when they are unconscious from a heart attack. According to Mrs. Reichert, the school nurse, the AED is the main thing that can actually save a person.

It's good to know CPR but it alone is not very effective. A person needs to know CPR in conjunction with knowing how to use the AED. Mrs. Reichert's goal is to train all teachers and the students in Health classes to use the AED.

At present four teachers have been trained. They are Mr. Green, Mr. Hill, Mr. Hook, and Mr. Trover. The AED will be on the wall in the commons area. Mrs. Reichert stated that she hopes it sits there for many years and collects dust.

Ross Hill said, "The heart is such a complex machine that it is imperative to have a machine to fix it. The AED is a quick response that fills this need and VHS having this capability is awesome. Hopefully I will never



Bobby Trover, Max Hook, Ross Hill, Jon Green, and Mrs. Reichert

Submitted by Mrs. Reichert



Mitchell R. Garrett
IPLS 3085



Kenneth McDaniel
IPE 052463

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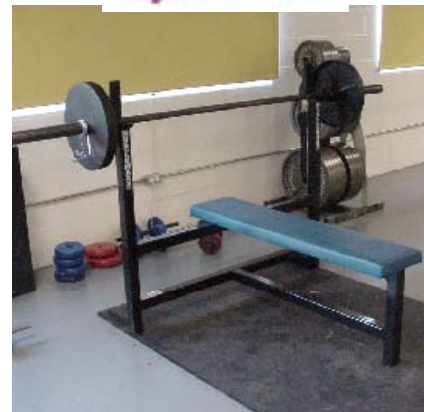
VIENNA EAGLES WEIGHT ROOM



The nearly completed Vienna High School weight room is now operating. It is located in what was formerly the Old Cafeteria. The gym was began to help athletes compete with other conditioning programs such as Mas-sac County and Anna-Jonesboro by increasing strength and conditioning in our athletes. To date \$3,600 have been invested in machines and free weights. Another \$2,000 has been planned to be invested in more equipment. At it's current funding rate the room will possibly be finished in two years.

All funding has been raised by athletes selling raffle tickets, donations form generous members of the community, and the very successful golf scramble. For its first year, the scramble was a huge success. The businesses in town helped out tremendously to make it such a profitable event. There were thirteen teams, comprised of four golf-ers each, with awards given for Longest Drive, Closest to the Pin, and other such accomplishments. For the winning team, a cash prize was given.

Additional equipment that is needed by the gym are two PowerRacks, two utility benches, and another two mili-tary presses. These along with other items are planned two help complete the weight room and help Vienna's athletes compete at the highest level of competition.



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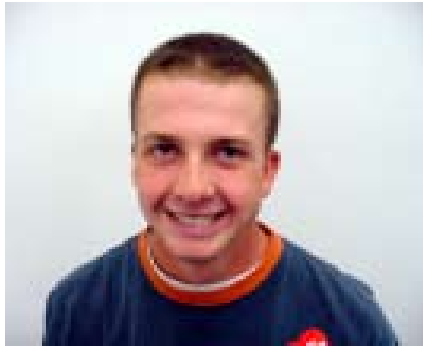
Compliments of:
Robin Wether-
ell,
DMD

Vienna, IL



Page by Brittany Sadler

Jake Smith



What do you value most in a relationship?

Honesty.

Which gender would you say has it easier in our culture?

Women... because they aren't men!

What cartoon character do you think you are most like?

Johnny Bravo... because he's a lifeguard.

If you could trade lives with anyone who would it be?

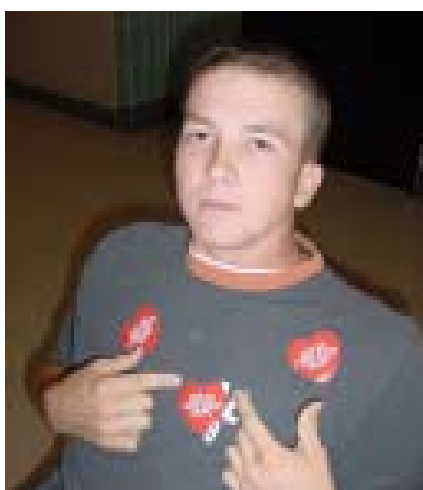
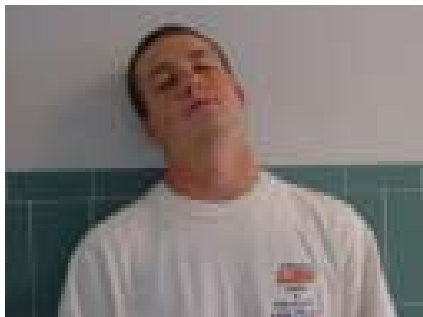
Ken Griffey, Jr... because he is awesome.

If you could wake up tomorrow having gained any one ability or quality, what would it be?

Invisibility so I could go and do anything I wanted to do.

Would you accept \$1,000,000 to leave the country and never step foot in it again?

I'd take the million dollars and then run.



Kalika Miller



What do you value most in a relationship?

Fun and comfort. If you can't relax and have fun, what's the point in being together.

Which gender would you say has it easier in our culture?

Guys, they have more freedom and less responsibilities.

What cartoon character do you think you are most like?

Daphne from "Scooby-Doo"... because she has good taste in clothes, has a cute boyfriend, and her best friend is smart.

If you could trade lives with anyone who would it be?

No one! I Love Me and my crazy life.

If you could wake up tomorrow having gained any one ability or quality, what would it be?

The ability to always make everyone happy, because it's IMPOSSIBLE!

Would you accept \$1,000,000 to leave the country and never step foot in it again?

No, I couldn't leave all the people I love for any amount of money.



Clayton Penrod



What do you value most in a relationship?

Trust and honesty.

Which gender would you say has it easier in our culture?

Women. They get jobs over men, get more respect, and men can't tell what they are thinking.

What cartoon character do you think you are most like?

Popeye... because my French class said so.

If you could trade lives with anyone who would it be?

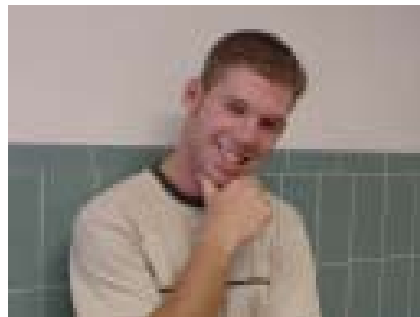
No one, I have no desire to be someone else.

If you could wake up tomorrow having gained any one ability or quality, what would it be?

To read minds. (See question 2)

Would you accept \$1,000,000 to leave the country and never step foot in it again?

No. Money is meaningless without freedom.



Tabitha Pyle



What do you value most in a relationship?

Trust, everything is built around trust.

Which gender would you say has it easier in our culture?

Males... because everyone thinks that men are stronger and better (which is not true)!

What cartoon character do you think you are most like?

Garfield because I'm lazy and eat constantly!

If you could trade lives with anyone who would it be?

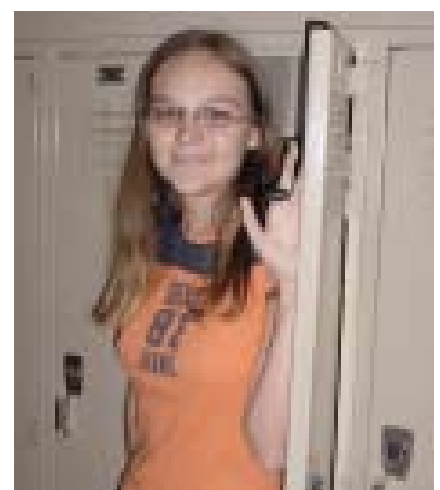
The President.

If you could wake up tomorrow having gained any one ability or quality, what would it be?

The ability to do math so I wouldn't have to try... It would come naturally.

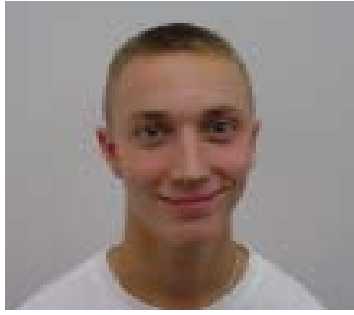
Would you accept \$1,000,000 to leave the country and never step foot in it again?

No, because I am glad to be an American and have all the freedoms I do.



Page by Brittany Sadler

Malcolm Obourn *Junior*



What do you value most in a relationship?

Honesty.

Which gender would you say has it easier in our culture?

Women; It's a man's world. All women have to do is cook, have babies, and clean house.

What cartoon character do you think you are most like?

Roger Rabbit, because of Jessica Rabbit (his hot girlfriend).

If you could trade lives with anyone, who would it be?

One of those guys flying a plane with a lot of bombs over Afghanistan, for obvious reasons.

If you could wake up tomorrow having gained any one ability or quality, what would it be?

X-ray vision, so I could see through walls and stuff.

Would you accept \$1,000,000 to leave the country and never step foot in it again?

Nope... "Proud to be an American."

Jessica Winters *Sophomore*



What do you value most in a relationship?

Honesty, truthful, sense of humor and wisdom.

Which gender would you say has it easier in our culture?

Females, because by law they get the same amount of money as men.

What cartoon character do you think you are most like?

Susie from "Rugrats" because she is always helping the babies when they're in trouble.

If you could trade lives with anyone, who would it be?

My mom. She's the most wonderful person in the universe.

If you could wake up tomorrow having gained any one ability or quality, what would it be?

The ability to have more knowledge, to get better grades, and go to a great college.

Would you accept \$1,000,000 to leave the country and never step foot in it again?

Brandi Craig *Freshman*



What do you value most in a relationship?

I would have to say honesty and trust whether it's a friendship or a boyfriend/girlfriend relationship.

Which gender would you say has it easier in our culture?

Males, because the females are still not treated the same or as equal as the males are even today.

What cartoon character do you think you are most like?

Cindy Lou from the movie "How the Grinch Stole Christmas," because she is little.

If you could trade lives with anyone, who would it be?

I don't think that I would want to trade lives with anyone because I like the way I live now.

If you could wake up tomorrow having gained any one ability or quality, what would it be?

It would be to run faster and longer without getting tired.

Would you accept \$1,000,000 to leave the country and never step foot in it again?

No, because I think I have too much freedom to just throw it all away.

Amanda Daly *Junior*



What do you value most in a relationship?

Trust. If you can't trust them, you shouldn't be with them.

Which gender would you say has it easier in our culture?

Females, because we know how to manipulate the guys to get our way.

What cartoon character do you think you are most like?

I'm most like Debbie Thornberry from "The Wild Thornberries." We're both crazy about guys, we love music, always worried about our looks, and always trying to get away from our siblings.

If you could trade lives with anyone, who would it be?

I'd have to say Jessica Biel, because she is beautiful, successful, and gets to act with lots of hot guys like Freddie Prinze Jr.

If you could wake up tomorrow having gained any one ability or quality, what would it be?

To be really smart. I could do my homework really quick and not hardly try. I would be a straight A student.

Would you accept \$1,000,000 to leave the country and never step foot in it again?

I don't think that I would because I would miss all of my friends and family.

Elvanus Watts *Sophomore*



What do you value most in a relationship?

Trust.

Which gender would you say has it easier in our culture?

Females, they get their way more often.

What cartoon character do you think you are most like?

The Road Runner, because I am fast.

If you could trade lives with anyone, who would it be?

A professional basketball player. I could do something I love to do and get paid for it.

If you could wake up tomorrow having gained any one ability or quality, what would it be?

More knowledge so my school work would not be so hard.

Would you accept \$1,000,000 to leave the country and never step foot in it again?

No, because we have more freedom in this country than in others.

Brandon Allen *Freshman*



What do you value most in a relationship?

Being able to be with someone who has your same values.

Which gender would you say has it easier in our culture?

Both male and female because they both usually work and do similar things.

What cartoon character do you think you are most like?

Garfield, I am always laid back and I don't care what's going on.

If you could trade lives with anyone, who would it be?

Jimmy Houston, I would host a show on the two sports I love most: hunting and fishing.

If you could wake up tomorrow having gained any one ability or quality, what would it be?

Wisdom. Life would be easier, and I wouldn't have to worry about grades.

Would you accept \$1,000,000 to leave the country and never step foot in it again?

Never. If I left the country, I would have no life.

Student Art and Poetry

Page by Keely Cochran

No use to tell them to move inland
cause they won't go.
No use in telling them to change their
mind
cause they're always right
No use in asking forgiveness
cause they are not forgiving
No use in asking them for help
cause they won't help
No use in asking them to be brave
for they are ashamed of the merest flinch-
ing

By Chelsy Lovelace



By: Melody James



By: Sandra Graves

The poetry on this page
was composed by
students in Mrs. Watson's
Reading Skills Class.

Confusion -this was in a dream
As if believing she was a princess
He held her close and kissed her cheek
looking upon her blonde shining hair
playfully blowing in the wind.
Her beautiful deep eyes sparkling
in the coming sunlight.
He always approached her as if frail to
touch.
Only because he loved her so much
The soft words she spoke melted his
heart
Often he would sit and remember the
great
times they had.
The way they loved one another
Kind of forgetting simple things about
the way
she smelled so, and the way her hand
caressed his.
As if already remembering how he lost
her some
three years back.
He sits and thinks of the dreams he still
has.
The way he remembered her some three
years back

By Ashley Goddard



By Chase Gilbert

Page by Keely Cochran

Guess Who

Can You Guess who these adorable babies are?

Answers on Page 16



1.



2.



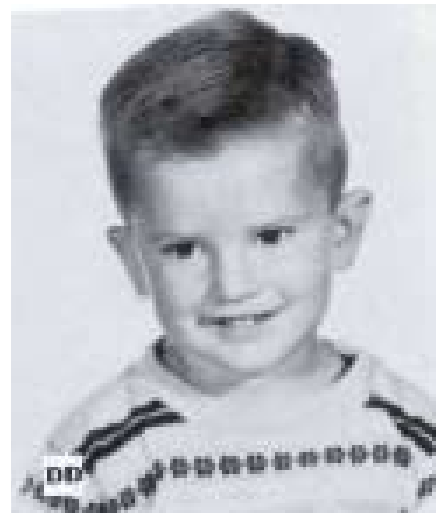
3.



4.



5.



6.



7.



8.



9.



10.



11.

- A. Ashley Hill
- B. Rebecca Dunlap
- C. Grayson Summers
- D. Travis Verkamen
- E. Brandon Bundren
- F. Mrs. Dehoet
- G. Mrs. Mizell
- H. Mr. Fairless
- I. Mr. Cole
- J. Mrs. Clayton
- K. Kellie Howard

Answers on Page 16

Match each Talon member with their scary Halloween Costume

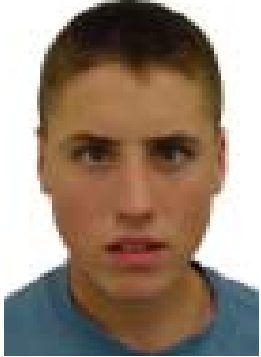
Courtney Tanner
Chase Wiggs
Shannon Bean
Heather Russell
Caryn Hill
Amy Clayton
Jessica Marshall

Tommy Waters
Mrs. Clayton
Adam Waddell
Keely Cochran
Andria Davis

Bryan Throgmorton
Kyle Stevens
Josh Aronson
Brittany Sadler
Ashley Johnson



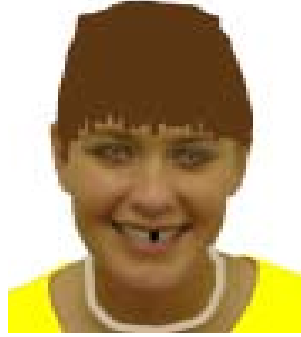
Q.



A.



B.



C.



Q.

D.



E.



F.



G.



H.



I.



J.



K.



L.



M.



N.



O.



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VHS Hosts 2001 Red Cross Blood Drive



Clayton Penrod, Kyle McCann, Tyler McCuan, Brent McHugh



Chelsea Blankenship



Brent McHugh and Chelsea Blankenship



Clayton Penrod

On October 3rd, 2001, the Health Occupations Students of America sponsored a Blood Drive with American Red Cross. It was the first blood drive held at VHS since the September 11th attacks on the World Trade Center and the Pentagon. The response was tremendous by both students and faculty. The goal was 45 units of blood, which was met. Below is a list of all those who donated:

Students

Dean Betts
Jared Gurley
Naarah Lindsay
Augusta Gully
Michelle Turner
Sonny Warren
Brandon Bundren
Malcolm Obourn
Rionna Cato
Christina Case
Nathan Rhymer
Rachelle Goddard
Amanda Threlkeld
Aly Steele
Travis Ames
Josh Aronson
Danica Bacon
Jake Smith
Sheena McCormick
Jessica Marshall
Joe Funk
Chase Hartline
Ashley B. Hill
Jennifer Lietzau
Miranda McMahon
Melissa Strawhacker
Keely Cochran
Ashley Johnson
Ashley M. Hill

Jereme Lence
Chris Pulliam
Drew Wilkins
Robert Havens
Maribeth Dippie
Kyle McCann
Rebecca Yandell
Richard Johnson
Kalika Miller
Blake Curry
Chelsea Blankenship
Tyler McCuan
Brent McHugh
Clayton Penrod

Faculty

Richard Reichert
Lisa Bremer
Shanna Massey
Lee Roy Stafford



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Climb Theater Visits VHS

by Josh Aronson

On Thursday, October 18th, Climb Theater visited Vienna High School to inform us about an epidemic plaguing America's public schools: Harassment. During the Assembly, the group performed a montage style skit depicting a harassed teen who runs away from home. Though many dismissed the skit as another "after school special," some students left feeling a bit different about the guy or girl they may occasionally tease.

After the skit was over the group traveled to Mr. Hill's

second block drama class to discuss the performance and talk about careers in theatrics.

I was in the class at the time, and I noticed most of the students were very attentive to the guest speakers as they described personal experiences and explained some necessities of drama.

I think the production was not only entertaining, but very informative, as well. The actors delivered the very important message that harassment



Cast of the Climb performance at VHS



The Talon Staff

Answers to "Guess Who" from page 13 and "Talloween" from page 14

"Guess Who" answers:	"Talloween" answers:
1-F	A- Tommy G- Heather M- Jessica
2-B 7-E	B- Caryn H- Adam N- Ashley
3-A 8-K	C- Shannon I- Keely O- Brittany
4-D 9-C	D- Kyle J- Amy P- Chase
5-G 10-J	E- Courtney K- Bryan Q- Mrs. Clayton
6-H 11-I	F- Andria L- Josh



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Vi-Hi Opinion

by Andria Davis and Kyle Stevens

Which is more important: popularity or intelligence?



Chase Gilbert
Senior

Intelligence. Popularity can take you only so far in the world. Intelligence can get you into a good college. It can also earn you friends.



Aaris Miller
Freshman

Intelligence is more important than popularity in life. Popularity lasts for a while and may be fun but where is it going to get you? Nowhere. Intelligence will get you a lot further in life, if you want to get into a college and get a good job you have to be intelligent. When you go to get a job they ask you questions to see how



Ryan Harper
Junior

I believe that intelligence is the most important, mainly because popularity is usually short term. Popularity does not stay with you the rest of your life. Even if it did, it would not guarantee that you would have a successful career. Having intelligence helps you to enable yourself to achieve education goals and become the



Amanda Adamson
Freshman

Well, to me, I would rather be intelligent than be popular. Being intelligent would benefit me in the future. I could become popular after getting a good job and making some-



Brittany Johnson
Sophomore

I think intelligence is more important because popularity won't get you anywhere in life and intelligence will get you far in life. Popularity doesn't last long, intelligence lasts



Michael Rinella
Junior

I think that popularity is the most important, because, without popularity, what are you? Absolutely nothing.



Aly Steele
Senior

Intelligence, because I don't need popularity, I have the best friends in the world! You're my hero!



Diana Shipley
Sophomore

Intelligence. Popularity may seem better, but it won't help in the long run. In the future it won't matter what you wore or how many "friends" you had. What will matter is what you learned and how you used it.

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Page by Amy Clayton



To my Dear...



That's Hil-larious!



The girls break it down.



Jump N Jive



Friends Forever



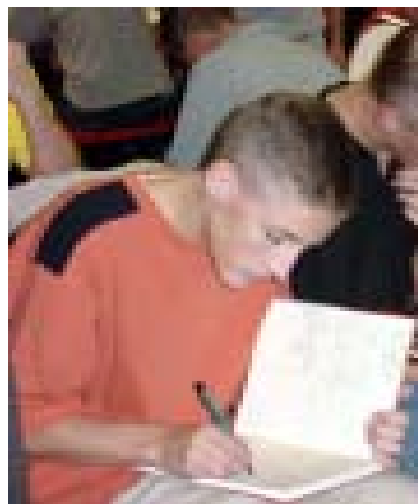
Come on! Let's go dance!



Oh no! Who's year-book do I have now?



I've been dancing all night!



I'll never forget you!



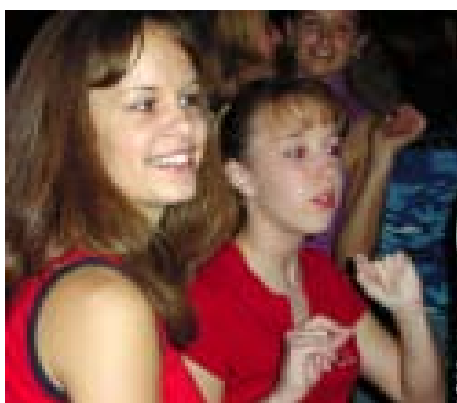
Party on Garth!



Last Dance



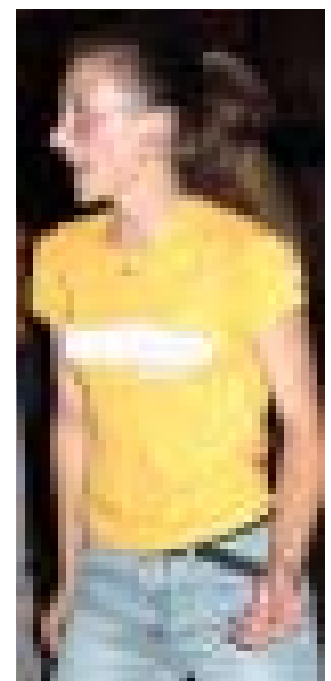
Dance all night long!



Everybody dance now!



Now who wants me to sign their yearbook?



I like to move it move it!



No! You can't see what I write!



Freshman pose for the camera



Here's my autograph



Best Buds



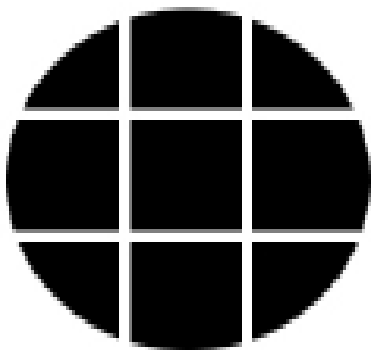
Are you a high school student getting ready to enter college, or thinking about college and have no idea what you are majoring in? Do you even know some of your majoring options are? Do you have some hobbies or things you excel in that you want to use in your future career and don't know how they fit in? If so, this table may help you to make a decision about your college future. Just match your interests to the career and college major. Most local colleges offer these classes, but a few may require you to attend a larger university or technical college.

A Major to Ponder

by Heather Russell

<u>Interests</u>	<u>Major</u>	<u>Career</u>
Reading, Writing, English classes, Reseaching, Design, Television, and Film	-Jounalism -Adveritising -Communications	Newspaper reporter, TV reporter or producer, press secretary, or public relations
Drama, Acting, Singing, Music, Art, Photography, Dancing, and History	-Performing Arts -Graphic Design -Art History	Actor, musician, graphic designer, art historian, choreographer, or museum curator
Clothing, Shopping, Fashion, Sewing, Design, and Entertain-	-Fashion Designing -Textiles and Clothing -Fashion Merchandising	Fashion designer, stylist, personal shopper, or a fashion editor at a magazine
Science, Space, Astronomy, Engineering, Computers, or Mathematics	-Computer Programing -Industial Engineering -Computer Engineering	Computer programer, systems analasis, astrologist, or NASA engineer
Math, Accounting, Leadership, Business and the Economy, or Economics	-Accounting -Mangement -Finance	CPA (certified public accountant), bank teller, Financial managment, or stockbroker
Helping people, Psychology, Reading, Human Behavior, and Research	-Phychology -Social Work -Sociology	Social worker at a hospital or school, teacher, or probation officer
Science, Medicine, CPR, Health, Animals, and Playing	- Sports Medicine - Animal Science - Medicine (M.D.)	Doctor, nurse, physical therapist, ambulance service worker, or veterinarian

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Marching Eagles

by Bryan Throgmorton

The Marching Eagles are off to a great start this year. Under the direction of Jarod Shumaker the band is sure to make you proud. This years feature song is "On Broadway," including a solo by Senior saxophone player Andy Farmer. A new addition to their look is black visors.

At their first performance of the year, SEMO Homecoming, they put on a great show. Mr. Shumaker said, "I have marched seven parades with you all and

this is the best performance I've seen."

The band also has two other parades scheduled, including the Anna Veteran's Parade and the Carbondale Christmas Parade. Please come out and show your



Keep marching on



Percussion



Whoa! Band rocks!



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Sat.: 9:00-1:00**

Eating Disorders: Walking A Thin Line Page by Courtney Tanner

There are several types of eating disorders. Some include Anorexia Nervosa, Bulimia Nervosa and, Chronic or Compulsive Eating.

Eating disorders are brought on by a complex interplay of factors, which include emotional and personality disorders, family pressures, and a culture in which there is an overabundance of food or obsession with thinness.

African-American girls and younger women are at a high risk because of their poor self image, due to racial issues. Eating disorders affect young people across the nation, including teenagers here at Vienna High School. A senior from VHS said, "I feel that today's teenagers are way too judgemental of outside appearances, and they should look at people on the inside."

Women with eating disorders are less optimistic, worry more, and tend to deny negative issues. Girls with eating disorders also tend to be perfectionists. They also appear to be more of a "goody-goody" and are less likely to rebel.

Forty-five percent of all people with eating disorders are over the age of 35.

In the average high school classroom, two girls will have an eating disorder, and a high school with a population of 3,000, at least 15 boys will have an eating disorder. Approximately ninety percent of people with an eating disorder have family history of alcoholism, depression, and childhood abuse.

Anorexia Nervosa is the third most common chronic illness in adolescent women. Anorexia leads to a state of starvation and emaciation, losing as much as 15 to 60% of their normal body weight. Weight is reduced by severe dieting. It is estimated to occur in .5 to 3 percent of all teenagers.

People who suffer from Anorexia Nervosa are terrified of gaining or maintaining a normal weight. Roughly 10% of anorexics die from medical complications or from lack of food. It often starts between the age of 13 and 20. Their breathing and pulse rate slow down, and blood pressure drops. Their skin turns dry and yellow, and their body also grows hair to protect from cold.

Bulimia Nervosa starts a little later than anorexia, usually from ages 16 to 21. Bulimia is characterized by

cycles of binge and purge.

An average binge takes in about 1000 calories, but intake during a binge can be as high as 20,000 calories or as low as 100. Girls average about fourteen episodes of binge-purging per week. The stomach acids from the purging wears down tooth enamel, causes sufferers to lose their teeth, and possibly causing liver, heart, and kidney damage. Bulimics are usually more open to treatments than those that are anorexic.

Chronic or compulsive eating is a disorder which involves binge eating without the purge. Compulsive eaters consume large amounts of food in a limited amount of time. They may eat rapidly and secretly or may snack and nibble all day long. They also tend to eat for emotional reasons.

Obesity is an excess of body fat frequently resulting in a significant impairment of health. It affects at least 39 million Americans, more than one quarter of all adults, and one in five children.

Each year obesity causes at least 300,000 excess deaths in the United States. The tendency to become fat

is fostered by our American life-style: lack of physical activity, combined with abundant, tasty, high fat food. "Everyone you see is thin, it's like being fat is wrong," commented a VHS Senior about media playing a part in eating disorders. Obesity increases the risk of developing conditions such as high blood pressure, diabetes, heart disease, stroke, gall bladder disease, and cancer of the breast, prostate, and colon.

Sheena McCormick, a VHS Junior said, "I think media plays a big role, I just think a lot of girls want to be thin and they have a picture of someone they think they should look like thrown at them."

Chase Wiggs, a Sophomore said, "I think sports have a lot to do with people wanting to maintain what they think is a fit body image."

If you or anyone you know suffers from an eating disorder don't hesitate to seek

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Sleep Deprivation Disorders Affecting America

by Andria Davis

Sleep Deprivation is a very serious disorder. There are many different classifications of sleep deprivation.

Excessive Daytime Sleepiness (EDS) is a condition in which a person feels drowsy and has an uncontrollable urge to fall asleep. This disorder is very dangerous times, if the EDS occurs while driving or operating heavy machinery.

Narcolepsy is a chronic neurological disorder that affects the part of the nervous system that controls how long a person sleeps and how long they are awake. It is estimated that 200,000 Americans have been diagnosed with narcolepsy.

The symptoms for narcolepsy are sudden feelings of drowsiness that come while driving, having dinner, talking, or working; sudden loss of muscle tone, ranging from weakness to complete loss of feeling; loss of ability to talk or move while going to sleep or waking up; nightmarish phases while sleeping that appear to be dreams; waking up in the night frequently; performing an everyday task with no memory of the action; and difficulty with learning and remembering things. A person with narcolepsy may not experience all of these symptoms.

Sleep Apnea is another common sleep disorder that affects

over 6 million Americans. Sleep Apnea is a breathing disorder that occurs while sleeping. Americans. Scientific studies have found that Sleep Apnea is associated with an increase in heart attacks and strokes. Sleep Apnea is also more common in men than in women.

This disorder involves a loss of airflow through the night, causing frequent awakenings in the nighttime hours. Four percent of middle-aged men and two percent of middle-aged women are affected.

The following symptoms occur if a person is diagnosed with Sleep Apnea: brief interruptions of air to the lungs; arousals during sleep; falling asleep while driving, working, or talking; headaches in the early morning; depression; being irritable; and memory and learning troubles.

Periodic leg movements in sleep (PLMS) is a disorder in which a person's legs, feet, or toes move during sleep. Some clues that someone may have PLMS are insomnia, excessive daytime sleepiness, awakening from sleep frequently, or when waking from

Seven Tips for Sleeping

- Get the sleep your body needs to function for activities and tests.
- Have a specific or regular bedtime. Also, try to wake up at the same time everyday.
- Try to get between 8.5 and 9.25 hours of sleep per night.
- In order to stay awake in the mornings keep bright lights on. At night, avoid bright lights so your body will start to settle down and get ready for sleep.
- If you are feeling sleepy try to stay in activity and avoid something that could be dangerous like driving a car.
- After you eat lunch, try to stay away from caffeinic drinks, food, or nicotine. Stay away from alcohol because it disrupts sleep.
- Just relax before going to



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