



# JCHS TIMES

February 2023 Volume 3, Issue 9



"I can remember being in grade school at Jefferson and thinking that I couldn't wait to get to high school to be a JC Indian and play football, basketball, and baseball. When I got there, I was fortunate to be a part of a football team to make history in our town by being conference champs for the past 3 seasons, having a 12-1 record, and going to the semi-finals my senior year. I feel very blessed and thank God for giving me the opportunity to play Division 1 Football at Lindenwood University. I am also thankful for my family always supporting me, my teammates, and the great football coaches here at Johnston City High School, who have taught me more life lessons than just football."  
-Logan Hunter



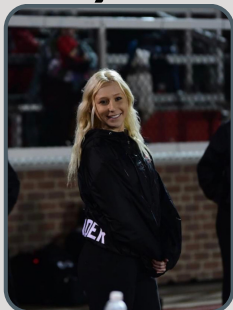
## Logan Hunter signs with Lindenwood!



[JCINDIANS.ORG/HIGHSCHOOL](http://JCINDIANS.ORG/HIGHSCHOOL)

# SENIOR SPOTLIGHT

## Zoey Fern



Zoey's favorite movie is *The Little Mermaid*, and she can't live without *her mom*. Through high school, she is involved in *cheer*. After high school, she plans on going to *SIU* while traveling to *Italy*. Her favorite high school memory is the *JC Fireworks 2021*.

Zoey lived in Texas during her sophomore year!



## Colton Cutsinger

After high school, Colton plans to become a welder and travel to Montana or Utah. His favorite TV show is *Yellowstone*, and he can't live without water.

Colton works with horses!

## Brooklyn Hewlett



Brooklyn is involved in volleyball, CNA, track, and HOSA. After high school, she plans on going to college for nursing and traveling to New York. Brooklyn can't live without her mom.

Brooklyn hates pickles!

## Danielle Myers



Danielle is a part of FFA, the National Honor Society, and Student Council. After high school, she wants to become an ag teacher. Her favorite movie is *8 Seconds*, and her favorite TV show is *Yellowstone*. Danielle wants to travel to the Fort Worth Stockyards at least once. Her favorite high school memory is all of the FFA trips she has been on.

Danielle enjoys working with livestock!

## Logan Forcum



Logan's favorite movie is *Space Jam*, and he can't live without Micah Parsons. After high school, he plans to attend SIU and travel to Italy. He has been involved in football throughout high school. Logan's favorite high school memory is the JC fireworks in 2021.

Logan grew up in Florida!





## Damar Hamlin

By: Amiri Rose

Damar Hamlin, age 24, Buffalo Bills Safety, was injured in a Monday night football game against the Cincinnati Bengals. The Buffalo Bills safety (Hamlin) tackled Tee Higgins in the game. He stood up perfectly fine, then he collapsed. The Medical Team had to perform CPR twice on the field and once in the ambulance. The news reports say, "He is still in critical condition." The doctor said that he had a cardiac arrest. He is responsive with his hands and feet, but he can't breathe on his own. The doctors also said that the young athlete might never play NFL football again. He gives back to his hometown kids, and his Go Fund Me has exceeded 7 million dollars.

## Boys' Basketball

By: Amiri Rose

The JCHS Boys' Basketball team is doing very well this season, with an overall record of 16-11 and a conference record of 7-2. The team has been working very hard with coaches Scott Burzynski, Jake Vanwey, and Will Carmickle. They hope to achieve their goals of being Black Diamond Conference champions, making it through regionals, and winning.



# Educators Rising

## By: Peyton Shelton

Our Educators Rising Chapter held yet another successful holiday enrichment event this December. Once again, we had quite the turnout, with 54 kids ages K-4 participating in different holiday activities. These activities ranged from cookie decorating and gingerbread puzzles to dodgeball and ornament making. This was a fun time for our students and student helpers and an incredibly educational experience. Kids were taught critical thinking and motor skills. Club members also learned important lessons about being educators, such as creating lesson plans and classroom management.

"It is multi-faceted: 1. To teach things to students that aren't taught in regular classrooms, like STEM activities. 2. Create a positive experience and atmosphere associated with the schools. 3. To get perspective teachers' hands-on experience working with kids of different age levels."-Club sponsor, Mr. Shick about the enrichment activities.

These enrichment programs are held twice a year, once in the winter and again over the summer. It is a fantastic opportunity to help our future teachers and give back to our community. Educators Rising has had an incredible number of kids participating in the two years since they started, and we hope that number continues to grow.

(Applications to join Educators Rising open in the Spring)





# LITTLE EGYPT ART ASSOCIATION

## 2023 Art Contest

We would like to show the contestants of the Little Egypt Arts Association January Art Contest. This school year, Mrs. Fielder was given the chance to enter 5 students she felt deserved to be able to show off their art. All art was created during the school year as projects.

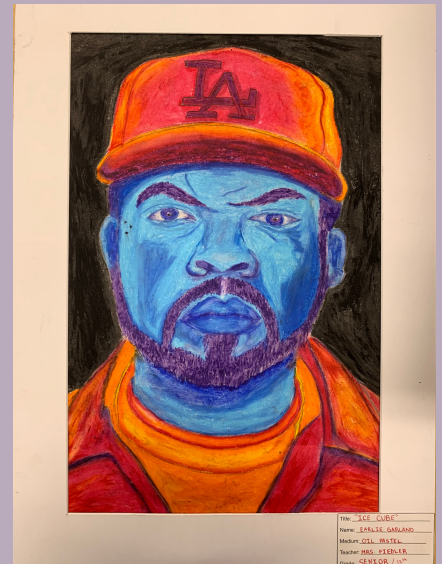
Exhibit dates will be January 9th - February 18th, 2023  
601 Tower Square Plaza, Marion, IL.



GAVIN  
TRIMBLE  
"Charlie Chaplin"  
Medium: Oil Pastel  
Grade: 12th



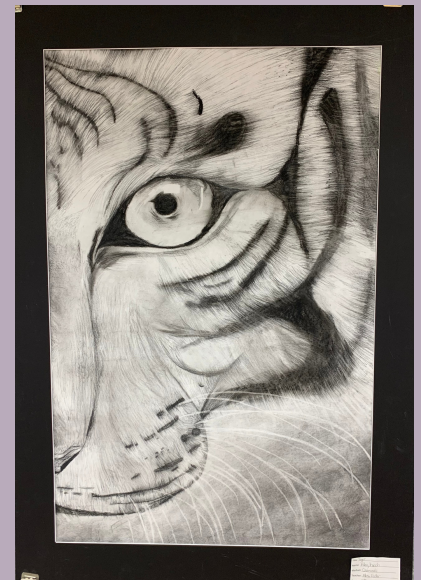
KATELYNN  
TURNER  
"Value Flower"  
Medium: Pencil  
Grade: 10th



EARLIE  
GARLAND  
"Ice Cube"  
Medium: Oil Pastel  
Grade: 12th



AVA  
SIMMONS  
"Free Spirit"  
Medium: Charcoal  
Grade: 11th



RILEY  
KIRSCH  
"Tiger"  
Medium: Charcoal  
Grade: 11th

# Black History Month

By Libby White

In 1926, Carter Woodson brought about the first "Negro History Week", which eventually led to Black History Month. Woodson wanted the week to coincide with Abraham Lincoln's birthday, honoring the abolishment of slavery, and Frederick Douglas's birthday. This began to become a whole month of celebration in early 1976, ranging in activities such as events, museums, and public school awareness worldwide. During the Civil Rights Movement in the South, the Freedom Schools incorporated Black history into the curriculum to advance social change.



## How to Approach Your Emotions

By: Erica Hinkle

Emotions are a natural instinctive state of mind deriving from one's circumstances, mood, or relationships with others. Everyone deals with these feelings. The problem is that most people need to learn how to deal with them. With the lack of normalization on this topic, people get used to dealing with hatred, anxiety, and fear without any encouragement or aid. Here are ways to help you deal with this and what to do if someone you know is struggling.

If you are struggling and feel lost or stressed, there are multiple ways to help you cope. As students, one of the things that we deal with the most is procrastination. Procrastination is the action of delaying or postponing something. People often confuse this word with laziness, but they are not the same.

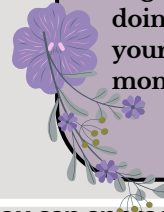


(Procrastination usually comes from anxiety, low self-esteem, and depression.)

Breaking tasks into manageable steps is a great way to help with this problem. You can commit to a small job first; the feeling of accomplishment you get from that will help you move on to the next task.



Connecting with others who share the same feelings is a great way to feel relief. Reasonable amounts of social support are correlated with increased levels of oxytocin, which helps diminish feelings of anxiety. Practicing self-care is another excellent way to help. It improves concentration, minimizes frustration or anger, and increases your energy. Even doing something as simple as changing your pillowcases or stepping outside for a moment can do wonders.



There are multiple people you can approach that would be willing to listen, give advice, or encourage you to seek help. These people could be family, friends, teachers, or any trusted adult. Just know you are not alone, you deserve to be heard, and it can improve. You can also contact teachers, someone in the office or our social worker.



# Wrestling Team



The team just finished regionals with Jude Beers placing 2nd and heading to sectionals along with Ben Harris, Randy Fuqua, and Riley Randolph as alternates.

Our Team: Head Coach Travis Brown  
Assistant Coaches: Troy Johnson and Paul Suchecki

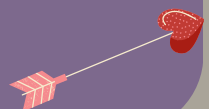
Marcus Smith, Blake Peters, Kegan Baltzell, Jacob Bruner, Jude Beers, Randy Fuqua, Gage Stafford, Treyton Hercules, Eli Crespi, Casey Tanner, Nathan Walters-Tinkes, Micheal Wolze, Jerry Tate, Zachary O'Campo, Nickolas Cullum, Randy Aguilar, Luke Bargo, Jace Weaver, Gabe Lively, Carlos Giron, and Ben Harris



## Valentine's Day

By Alex Johnson

Valentine's Day is a popular holiday across multiple different countries. As children, we give cute cards and candy to each other; as adults, many of us give chocolate or roses to loved ones, but the true meaning of Valentine's Day is violent: to honor two murdered men. A Roman emperor executed two men named Valentine on the 14th of February, but in different years. They were honored and loved by the Catholic Church, and made it a holiday. The holiday became popular in the 1840s and has gained even more attention. Who wouldn't want to feel admired and appreciated at least one day out of the year? If you're making someone feel special, a simple heart-felt gift may mean more than a dozen red roses and a teddy bear. A handwritten letter, personalized bouquet, jewelry, picture collage, or a combination of their favorite things like candy, blanket, candles, etc., could melt someone's heart at that moment!



# Indian of the Week



**Tyson Stroud** was nominated by Mrs. McPhail for being a hardworking and caring man "He shows pride in his community, and you can always count on him!"



**Talyn Frick** was nominated by Mrs. Morgan for always being polite and respectful. "Talyn is always positive and willing to help others."



**Logan Moore** was nominated by Mrs. Kosco for always being willing to help other students and people around him.



**Kegan Baltzell** was nominated by Mrs. Gualdoni for having good citizenship and always getting things done.



**Eli Crespi** was nominated by Mr. Johnson for always willing to lend a helping hand, encouraging everyone around him, and keeping a positive attitude!



**Angelice Evetts** was nominated by Mrs. Grear for always putting in 100% effort and having a positive attitude.