

VOL. 5 NO. 5 June 2024



THE TROJAN

TIMES

FINAL EDITION

TOP 10

SPECIAL
OLYMPICS

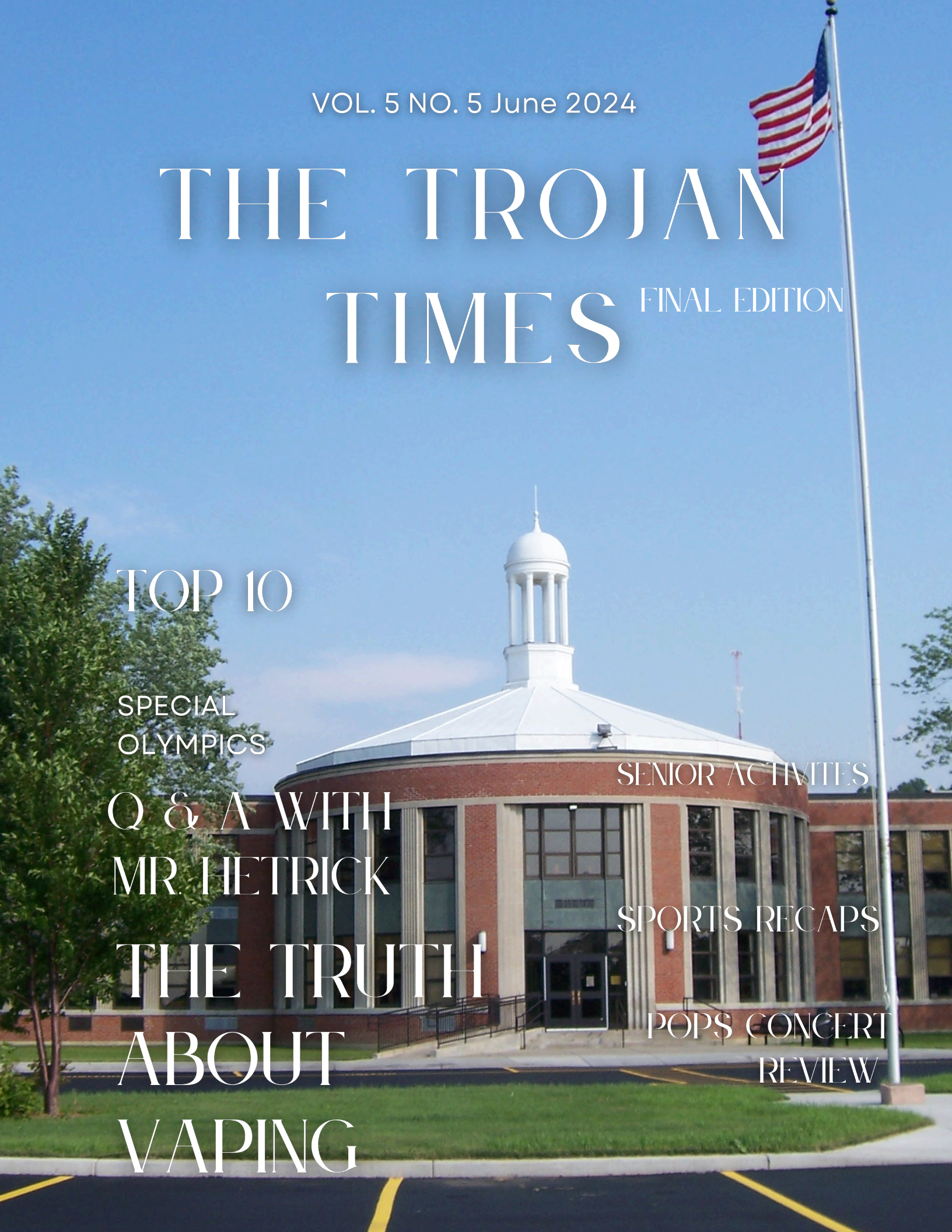
Q & A WITH
MR. HETRICK

THE TRUTH
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On behalf of the *Trojan Times* staff, we hope you enjoy our June 2024 issue. Have a relaxing, safe summer.





LETTER FROM THE EDITORS

Thank you for picking up this year's final edition of *The Trojan Times*. In this edition, we've worked very hard over the last month-and-a-half or so to bring you some of the best stories from this exciting time of year. In this paper, we've got articles about our graduating seniors, all the exciting events that have or will happen, a Q & A with Mr. Hetrick, and a first-ever for *The Trojan Times*, a feature story about vaping.

Our staff thought it would be important to share our research and interviews we've done about vaping and the use of other nicotine products with you. Lots of effort was not only put into this feature story, but the paper as a whole.

We'd like to thank all of our teachers and the administration for helping us keep *The Trojan Times*

running throughout this year.

We hope you all have a fun and safe summer, Trojans. And again, thank you.

Editors-in-Chief

Jonas Gesing & Chase Kartez

Class of 2024 Top Ten

Top Ten

1. Kenji Walters
2. Lucy Colburn
3. Sam Kautzman
4. Sterling Wynham
5. Abbey Galati
6. Joslyn Brown
7. Heidi Swan-Leuze
8. Reece Beaver
9. Philipp Meyer
10. Landen Cramer



Pictured from left to right: Sterling Wynham, Lucy Colburn, Reece Beaver, Philipp Meyer, Abbey Galati, Joslyn Brown, Sam Kautzman, Heidi Swan-Leuze, Kenji Walters, Landen Cramer

By Sam Kautzman

JAMESTOWN, N.Y. – On May 20th, the top 10 students of Southwestern’s class of 2024 were announced on the loudspeakers. These hard-working students were bussed to the Harbor Hotel to enjoy a luncheon in celebration of their achievement. For most, this is the culmination of years of focus and dedication to their education.

The valedictorian of this year’s class, Kenji Walters, said, “I’ve always made it a goal to be valedictorian, since sixth grade.”

This is the dedication the students on this list have put into their educational careers - years upon years of work that lead them to the top.

The salutatorian, Lucy Colburn, had a different story. In reference to being in the top 10 she said, “I never made it a goal until I was second.”

However, this does not mean there was no work put in. The salutatorian took six Advanced Placement (AP) classes over her junior and senior years – a hefty workload.

This is a similar situation to the 10th-ranked student, Landen Cramer. Cramer jumped five spots from 15th to his ending position of tenth during his senior year alone. This is likely due to the five AP classes, which are weighted more than normal classes.

All this hard work does pay off, but that doesn’t mean students cannot have fun too. Walters said, “Top 10 was worth it, but I would say I could have found a better balance with social life.”

The Trojan Times celebrates these 10 seniors along with the rest of their class on a great high school career and wishes them well in their future endeavors.

JCC COLLEGE CONNECTIONS STUDENTS OF THE YEAR

By Faith Hamilton

JAMESTOWN, N.Y. - Who comes out on top when it comes to the Jamestown Community College Connections courses? None other than Sam Kautzman and Connor Young.

Each year the award is given out to one junior and one senior enrolled in JCC Connection courses. The Student-of-the-Year is described as someone who takes on the challenge of college-level classes while exhibiting positivity, leadership, and perseverance.

Sam Kautzman was chosen as the Southwestern senior who best exemplifies these qualities. He serves as vice-president of National Honor Society and fills his schedule with rigorous AP classes and college courses, such as Newswriting and Editing.

This year alone, Kautzman's schedule included four JCC courses, three of which were AP classes. Serving as editor multiple times, Sam is a big part of the school newspaper's smooth operation. Sam plans to attend RIT in the fall.

When asked what this award means to him, Sam stated that the award was "Truly an honor." Kautzman continued to state that he was not expecting to win, but that it was cool to be nominated.

Kautzman is not the only star among Southwestern's connection courses: Connor Young claimed his own College Connections Student of the Year title for the junior class.

Young's schedule also keeps him busy with the connection business classes he takes. Young is also co-president of the student council and attends board meetings every month at the side of Declan Kennedy, the other co-president.

A list of all student recipients from area schools can be found on the SUNY JCC website. <https://www.sunyjcc.edu/programs/high-school/college-connections/soty>



*JCC College Connections Junior Student of the Year
- Connor Young*



*JCC College Connections Senior Student of the Year -
Sam Kautzman*

SLIP N' SLIDES, SUNSETS, AND SALUTATIONS

By Faith Hamilton

Jamestown, N.Y. - With the year winding down, the senior class of Southwestern has begun to make their final memories. Now that prom has passed, the seniors have a few final hoorahs to take in.

The class of 2024 started off their year with a sunrise and breakfast down at the turf to mark the beginning of their end at Southwestern. Music played through the speakers and the smell of donuts and coffee filled the air as seniors took in the start of their final year.

The class intends on ending it the same way, with a sunset on the last day of school. This will most likely entail similar things to the sunrise, food, music, and memories.

The seniors also recently took their senior trip to Washington D.C. and Ocean City, MD. The seniors enjoyed sightseeing the monuments in the nation's capital, fun in the sun at the beach in Ocean City, and spending time with their friends. Senior Kayla Witruke said, "It was a great experience and I made great memories with my friends."

Class advisor, Mr. Burkholder, reminisced on the best parts of advising the class: setting up for prom and getting to watch the class come together.

Burkholder expressed that the senior class is a core group of kids who lead the school: "They definitely bring a lot of energy to the school, their presence's going to be a hard one to replace."



Seniors pose in front of the Washington Monument and Lincoln Memorial (top) and at Mug and Mallet restaurant at Ocean City (right)



SENIOR DECISIONS

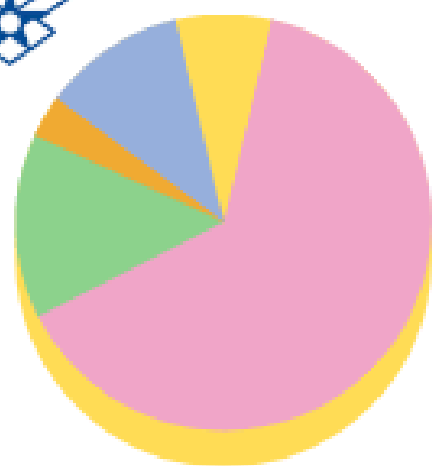
By Heidi Swan-Leuze



Highlighting Our Future Heroes

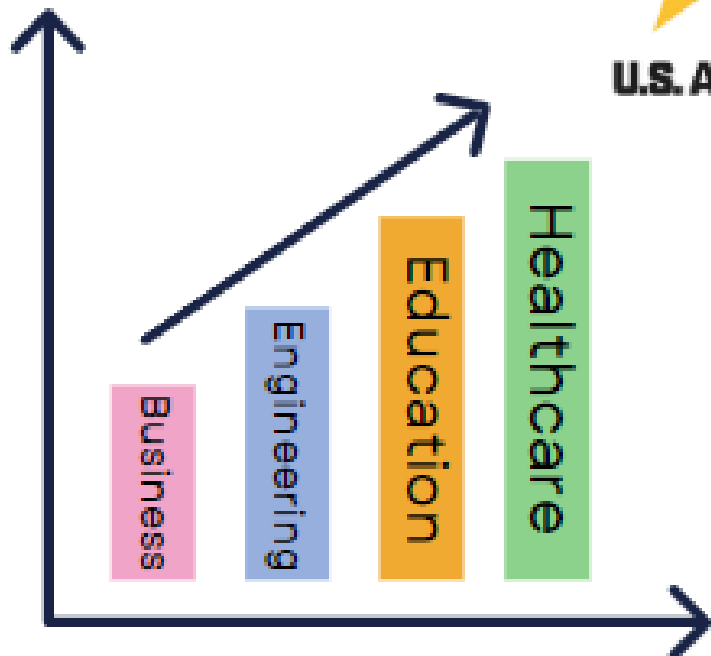


U.S. ARMY



- Jamestown Community College
- University of Buffalo
- Rochester Institute of Technology
- Daemen University
- SUNY Geneseo

Top 5 College Picks



Top Majors

DOUBLE THE DEGREES

BOCES HIGHLIGHT

By Kayla Witruke

JAMESTOWN, N.Y. – As Southwestern High School approaches the end of the year, not one, but two graduations are near. Forty-two of Southwestern’s seniors will soon take the stage on June 17, at 6 p.m. at Chautauqua Institution.

BOCES is a public education collaborative in New York that works as an extension of local school districts. It provides services that small school districts are unable to offer on their own. There are over a dozen CTE programs, Small Animal Science, Cosmetology, Welding, Construction, and Health Careers being a few. Students have opportunities to participate in internships with business, industry, and education partners that correspond with their program.

Senior BOCES student, and National Honor Society president, Erika Pickard is part of the criminal justice program. “BOCES has prepared me for my future, it gave me the chance to interact with recruiters from the Air Force where I was given much needed information in more depth,” Pickard stated. After the Air Force she intends on eventually becoming a K9 Officer. The program at BOCES has provided many unique opportunities: some including trips to the Mayville Jail and Brocton Penitentiary, as well as a police officer camp out in Olean where the class performed arrests, lifting, fingerprints, and traffic stops.

BOCES provides amazing, hands-on, work experience and can help many in their future careers.

Senior, Gabriel Tyger is studying Automotive Technology. He got the chance to work a paid internship at a local dealership doing various diagnosis and replacements on vehicles. Tyger claims that “BOCES is a great opportunity to pursue a field that isn’t available from your main schooling.” After graduation and his service in the Air Force, he plans to continue his trade.

Some of our graduates could have earned certifications like their Certified Nurse Aid, Barbicide, Servsafe, FEMA, CPR & First AID, Narcan, and more. BOCES has so many options and benefits to offer, it is a unique experience that Southwestern students are privileged to be a part of.



Cole Johnson interning during his senior year at BOCES

NATIONAL HONOR SOCIETY INDUCTION

Newly-Inducted members of the NHS pose in front of the school.
Top: Carson Couchenour, Liam Rankin, George Marshall, Micah Lindell, Tristan Taylor, Jameson Sauder, Dani Mincarelli, Inara Meer
Middle Top: Trevor Loverme, Alex Watkins, Alex Piazza, Stella Hren, Hunter Smith, Audrey Delong, Ariana Silakowski, Siri DuBois
Middle Bottom: Gavin Anderson, Lily Robinson, Adriana Bango, Abigail Cama, Braya Beaver, Tryniti Card, Chloe Charles, Riley Stump,
Bottom: Lily Williams-Jones, Ellie Pearson, Bailey Bishop, Katelyn Casel, Ellie Giltinan, Madilyn Lent, Eliana Barone, Lucy Brown.



By Jonas Gesing

JAMESTOWN, N.Y. — Scholarship, Service, Leadership, Character -- These are the four pillars of the heart of the National Honor Society (NHS).

For Southwestern High School's Holland Rood Chapter of the National Honor Society, 28 sophomores and five juniors were inducted into the club earlier this month.

The process of being inducted into the NHS started in early March. Prospective sophomores and juniors who were academically eligible (meaning a GPA of 92 or higher) were given the opportunity to fill out an application form.

In the application, students needed to write an essay about how they meet the four pillars of the NHS, along with documentation of their volunteer hours served. Students also needed a letter of recommendation written by a member of their community.

After turning in their applications, students were eligible for faculty screening and input. A council made up of teachers appointed by the principal then voted on whether to accept a student or not.

Once students are voted in, they are invited to the induction ceremony. At the ceremony, each student has a guest speak about the students' character, or a memorable life event.

"We thought the students were a good representation and good models for the school," said Mr. Padgett, an advisor for the NHS. "It's a huge responsibility with big expectations. We expect 20 community volunteer hours, good academic standing, and to be good role models for the entire school," Padgett added.

The Trojan Times would like to congratulate the following students on their acceptance to the NHS:

Juniors: Eliana Barone, Siri Dubois, Shaylynn Lane, Ellie Pearson, and Hunter Smith

Sophomores: Gavin Anderson, Adriana Bango, Braya Beaver, Bailey Bishop, Lucy Brown, Abigail Cama, Tryniti Card, Katelyn Casel, Chole Charles, Carson Couchenour, Audrey Delong, Ellie Giltinan, Stella Hren, Madilyn Lent, Micah Lindell, Trevor Loverme, George Marhsall, Inara Meer, Danielle Mincarelli, Alexander Piazza, Liam Rankin, Lily Robinson, Jameson Sauder, Ariana Silakowski, Riley Stump, Tristan Taylor, Alexander Watkins, and Lily Williams-Jones.

A FRESH START WITH COFFEE CART

By Alexis Grijalva

JAMESTOWN, N.Y. - Coffee cart supplies teachers with their morning coffee and a sweet treat.

The service was started after Covid through the transition jobsite program in all three cafeterias. The students that are part of Mrs. Stockwell's life skills class help out in the cafeteria. It was created because Mrs. Stockwell needed to find a transition job in the school. Many other schools have a coffee cart, but the idea to include Holland Rood Chapter of the National Honors Society (NHS) members was Mrs. Stockwell's original idea: "Nobody does coffee cart as well as us."

Mrs. Stockwell believes coffee cart is a great opportunity for the NHS members and the students that work coffee cart to learn from each other. It's good for the coffee cart workers to know other kids in the school and to create those friendships, that normally may not have been formed, according to Mrs. Stockwell and Mrs. Damcott. The jobsite serves many different purposes to get different work skills, like customer service, counting money, communication, active listening, and collaboration.

The money from coffee cart funds the 222 Closet, which provides food, clothing, and hygiene products to all students in the Southwestern district. The organization also funds food for unified sports, as well as the Active Learning Program. Coffee cart also funds Mrs. Stockwell's life skills class; the money provided allows them to take field trips and experience different jobs in the community.



Coffee cart serving up a new treat. From left: Joey Reyes, Mrs. Evans, Cooper Strong.



Coffee Cart during their morning rounds. Pictured from left: Mr. Emley, Rachel LeRoy, Shelby Swarhout, Mrs. Evans.

Sophomore Trenton Fegley works coffee cart the most, and his favorite aspect is helping people with their mornings and his least favorite is all the walking. According to Fegley, one important life skill he has learned is patience.

Mrs. Damcott, co-advisor of NHS, believes that coffee cart is a great opportunity to create partnerships between coffee cart helpers and NHS members. "Two groups that don't come together often," Mrs. Damcott said.

Coffee cart is an eye-opening experience that everyone can learn from. It has been a bright addition to the Southwestern community.

SUMMER SOLSTICE

PROM 2024

By Maddie Wakeley

JAMESTOWN, N.Y. – As the school year comes to a close, excitement filled the air for the much-anticipated event of the season: prom. This year, Southwestern upperclassmen attended prom at the stunning Chautauqua Barn, where the theme of summer solstice set the stage for a night to remember.

At the entrance, the students were greeted by beautiful decorations that created a whimsical atmosphere. Floral arrangements consumed every corner, weaving through the wooden beams and hanging from the rafters. Vibrant hues of purple, pink, and green danced under the lights strung across the ceiling.

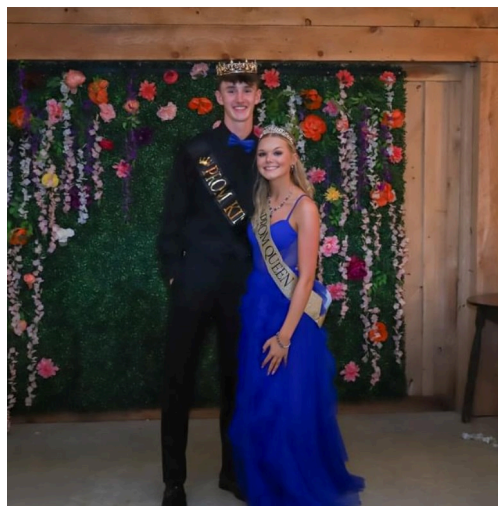
As the night unfolded, the barn came alive with laughter and music. The DJ played upbeat tunes, each song echoing off the wooden walls and enticing everyone to dance. When asked about her experience at prom, senior Jaidyn Newhouse said, “Prom was so much fun! I love getting dressed up to go out and dance with all of my friends.”

Amidst the excitement, the crowning of the prom king and queen - Gabe Tyger and Heidi Swan-Leuze brought an extra touch of magic to the evening. With applause from all of their peers, the deserving couple stepped forward to claim their crowns. Swan-Leuze cherished this moment she got to share with the prom king Tyger. When asked about her feelings on the night, Swan-Leuze said, “Becoming prom queen is something I have dreamed about since I was a little girl. It was truly an honor to be chosen for this title.”

According to Tyger, being chosen as prom king was a pleasant surprise.



Pictured from left to right: Tavio Hoose, Zoe Pike, Kayla Witruke, Janelle Rishel, and Mary Reynoldson in front of Chautauqua Barn



Gabe Tyger and Heidi Swan-Leuze crowned as prom king and queen



Pictured from left to right: Lauren Cotter, Reece Beaver, and Faith Hamilton enjoying dinner at prom

SUN, SPORTS, AND SMILES

A LOOK INTO SOUTHWESTERN'S 2024 SPRING FLING

By Brayden Haaksma

JAMESTOWN N.Y. - With this spring season came some beautiful weather, along with a wave of excitement as the whole high school gathered for the "Spring Fling" Field Day, a day for students to enjoy outside. While the bright sun was shining down and laughter was filling the air, students took part in a variety of activities which included everyone from freshmen to seniors.

The dunk tank was quite the favorite among students and a huge crowd began to form in anticipation of seeing people drop into the cold water. Kenji Walters said it was fun to be in the tank and he enjoyed getting "to make fun of everyone's throwing." Neves Hoose, Mr. Baglia, and Officer Cashmore all volunteered for the dunk tank as well.



Students Play Tug of War. Photo by Kayla Patrick



Students Play Volleyball. Photo by Kayla Patrick

Many activities were run by students. For example, art students took up the task of face painting and the gamers club helped with the Mario Kart booth. "I always enjoy doing face painting and I like to see everyone's reaction," explained senior Rachel LeRoy, adding, "it truly brings everyone together."

Students enjoyed the flexibility of being able to choose their own activities. Cooper Degnan talked about how he "really enjoyed playing in a volleyball circle with all my friends."

There was no pressure to play any specific type of game; getting together with friends is what Southwestern Spring Fling is all about.

The Spring Fling had unanimous support from all the students, and the day was all around a lot of fun.

SWCS Trap Club

Wins States



*Back Row: Seth Vaughn and Dylan Coffin,
Front Row: left to right Hunter Smith, Connor Swafford, Aiden Dearman, Chase Kartesz, Peter Conley, and Austin McKotch.
Not pictured: Thomas Casuccio*

By Seth Vaughn & Mrs. Eimiller

BUSTI, N.Y. - Busti was ‘booming’ this past spring--with the sounds of trapshooting that is.

Every Tuesday from March 12 through May 14, the SWCS Trap team, ages middle through high school, practiced at a premier shooting facility--the Busti Trap and Skeet Club.

Under the direction of Coach Mr. Brian Westerdahl, practice consisted of shooting clay pigeons as the team competed against other clubs around the state.

Although the boys have a lot of fun, when it’s time to shoot, they take the sport seriously. With safety being first and foremost, the boys always wore earplugs and protective eye gear and learn and follow the safety protocols of shooting.

This year, the team took first place in states.

In addition to having a winning season, for many of these young men, the skills they gain are useful in real life: “Not only has Trap club made me a better duck hunter,” explained senior Chase Kartesz. “I’ve also formed new friendships with other guys who also enjoy this sport.”

“It was a nice surprise to learn that we won states this year,” explained Peter Conley, adding “Pulllllllllll, Bryyyyyyyan,” a famous saying on the team.



Busti Skeet & Trap
Club

1181 Southwestern Dr,
Jamestown, NY 14701

(716) 487-9539

Pictured above: Austin McKotch, Chase Kartesz, Seth Vaughn, Peter Conley, Dylan Coffin

AN OUT-OF-COMMISSION KITCHEN

By Matthew Lefler



The new freight elevator in the cafeteria. Photo by Mr. Cooper



The current inside of the high school cafeteria. Photo by Mr. Cooper

JAMESTOWN, N.Y. -
Something more than food is “cooking” in the new Southwestern lunchrooms

With renovations starting last summer, work has been ongoing throughout both the middle and high school.

Mr. Cooper, the high school principal, said the cafeteria has not been touched since the building was originally constructed in the 1950’s.

The changes, according to Mr. Cooper, include updating the loading dock, adding a new entrance, more classroom space, improving the serving lines, updating the aesthetics, and adding a new freight elevator.

Future plans for the school include upgrades to the baseball facilities and the library, Cooper said.

Mrs. Paden, the lunch manager, said that the new lunchroom will include a single lunch line that wraps around the back side of the cafeteria with separate areas designated for each food type.

She also said that the construction has affected where the food is made and how it’s brought over. “We’re making it at the middle school. So, then we have to go from the middle school kitchen, up the elevator, across the school, over to the other elevator, [and] down.” The lunch schedule has also changed slightly, as the long trek “altered it a little bit to make it [the food] easier to transport,” she said.

In the meantime, students are eating lunch in the multi-purpose room, as the construction does not end until late into summer break.

Donavin Brown, a junior at Southwestern, says, “its nicer being closer together,” and he “talk[s] to more people now.” But, he said, “the lunch lines suck now.” So, he brings his lunch from home now. In the new lunchroom Brown looks forward to “sit up on that balcony like a king.”

CHAUTAUQUA'S GOT TALENT

By Philipp Meyer

JAMESTOWN, N.Y. - Chautauqua's Got Talent is a county wide talent show for all ages showcasing people in our very own community. It is open to all ages and any talent with the most popular ones being singing and dancing.

Once the contestants have auditioned and been accepted, they must perform in multiple rounds of competition. The audience votes on their favorite performances, and those contestants stay in the competition while those who got the least votes are removed. After multiple rounds this narrows down to the top ten contestants for one final performance each. The winner of Chautauqua's Got Talent earns \$1,000 and studio time at Found Recording Studio.

This year's winner was a mother named Angel Bush, who sang and played the ukulele. Southwestern seniors Marley Ohl and Aly Dalton participated in the competition, and both made it to the top ten fighting for the chance to win it all.

"It is the most stressful thing I've ever done," Ohl said.

Many Southwestern students (like Meredith Kimball, Rachel LeRoy, and Aly Danielson) went to watch the competition and support their classmates: "There was a lot of really strong competition this year," Kimball said.

Hopes were high for Aly Dalton and Marley Ohl, "My bets were on my friends Marley and Aly," Kimball said.

Overall Southwestern students agreed that Angel Bush was a very talented performer and deserved one of the top spots in the competition. "Angel was really good," LeRoy added.

Overall, Chautauqua's Got Talent is a great community opportunity for everyone around our area. "It brings people together," LeRoy said.

Kimball agreed, "It's just a super fun experience and also it brings the community together."



Chautauqua's Got Talent Logo



Angel Bush after winning Chautauqua's got talent. From left to right Steve Davis, Jamie Lee, Angel Bush, Ysla Maj, and Angelo Valentino

A NIGHT OF "POP"

By Abbey Galati

JAMESTOWN, N.Y. —This year's high school "Pops" concert was held on May 30, 2024. Ranging from groups as large as the choir, with 120 members, to solo performers, this annual concert never fails to impress.

This concert is always a hit because of its fun, light, and upbeat nature. Songs performed in this concert are typically pop songs.

For example, the band performed a medley from the popular 80's American rock band, Journey.

Mrs. Sigler, the band director, shared her feelings about the memories and emotions this kind of music can bring: "Every single song in this piece brings me back to being a teenager!"

Students Matt Bielata, Aly Dalton, Lucy Colburn, and Brooke Shutters showed off their musical talents at the concert after making it past auditions in front of the music faculty.



Pictured from left: Lucy Colburn, Brooke Shutters performing their flute duet



Tenor/bass choir performing a song accompanied by select orchestra members

The orchestra collaborated with senior singers Sophia Segrue and Marley Ohl in their performance of "Emmylou," by First Aid Kit, a Swedish Folk duo of two sisters. Segrue shared that her experience being a part of both the choir and the band in the Pops Concert has given her a chance to express her love for music, even though she's "never been much of a singer."

Junior Meredith Kimball joined the orchestra as a solo singer to perform "Feeling Good" by Michael Bublé.

Featuring Bobby Von Volen on the electric bass, the hard rock song "For Whom the Bell Tolls" by Metallica had the audience on their feet. Von Volen said performing his first "big solo" like that made him feel "empowered" and "completed" along with the "huge rush of adrenaline that came with it."

This fun and energetic event is always a great way to showcase Southwestern's talent and wrap up the school year.



The high school band performing at the Pops concert

Dalton sang "Somewhere Only We Know," by Keane, as a solo performance.

Shutters and Colburn performed "Summer Evening," by Traditional Irish, as a duet on flute.

Bielata performed "Country Roads," by John Denver, as a duet with his sister, Jackie Bielata, a Southwestern Alumni. The duo received a standing ovation for their performance.

Ms. Huther, the choir director, shared that the tenor and bass song for the choir, "Viva La Vida," was a recommendation from a couple of ninth graders. She even created an arrangement for a small chamber group from the high school orchestra to accompany the singers. This type of collaboration is what the Pops concert is all about.



Pictured from left: Sophia Segrue and Marley Ohl singing a duet



The high school orchestra performing the song "For Whom the Bell Tolls"

KICKIN' THE NIC'

VAPES AND ZYNS: THE RISKY SINS

NICOTINE NIGHTMARE

Eyes wide open, you wake up in the middle of the night searching for a buzz. You try to fight the addiction, but you can't fall back asleep. Reluctantly, you get up out of bed, look under the mattress, and take a hit from your vape. How did you get to this point? What started in the high school bathroom, only as a one-time smoke, took over your life. You become antsy during class, out of breath during sports, and anxious all the time. The only relief: a quick hit. Once you start, the addiction kicks in. You think you can quit at any time, but by the time you try to stop, you're already hooked. You rely on nicotine, and without it, you can't function anymore.

ANONYMOUS STUDENT QUOTES



"I don't use them but I've tried one. It was horrible, I almost threw up."



"I'll quit at some point, eventually."



"It made me feel so sick, I didn't know it could increase chances of oral cancer."



ZYNS and other nicotine pouches still contain the negative effects of nicotine, and also increase the risk of periodontal and gum disease. They also cause gastro-intestinal effects, like nausea and vomiting.



People develop 90% of their bone density by 18, and vaping significantly decreases bone density in this development phase. Other substances, such as meth and heroin have also been found in "street" vapes



The median cost for vapes per month is anywhere from \$50 to \$75. Not to mention healthcare costs as an adult, which could increase up to \$2,000 a year.

SO WHAT NOW?

You've tried to quit before so what makes this time different? Ask yourself why you want to quit, and then set a commitment date.

Surround yourself with people who support you and your efforts. For more help, contact hotlines or organizations in the community like Prevention Works.



1 JUUL POD



20 CIGARETTES



HETRICK'S FAREWELL

Q and A's with Mr. Hetrick

By Chase Kartesz

JAMESTOWN, N.Y. – A year after Mrs. Beck retired, fellow gym teacher Mr. Hetrick decides to call it quits. After decades of service, he has made a positive impact on students, sports, and the community throughout his teaching career. It is easy to see students' positive impression of him, so the *Trojan Times* staff decided to interview Mark Hetrick himself to get his perspective of his time at Southwestern, along with some Hetrick humor.

Q: What is your name?

HETRICK: Mark Farron Hetrick. I'm named after an Irish pub.

Q: What made you want to become a gym teacher?

HETRICK: I didn't. I was a biology major, I got my degree in pre-med, met my wife, and decided to not go back to school, so I just went and got my physical education degree, 'cause I'm athletic and good at everything that I do. So, I said I might as well be a gym teacher.

Q: What is one of your all-time favorite memories from teaching here?

HETRICK: Hitting Kyle Cashmore in the head with a dodgeball during a mat ball game.

Q: How many years have you been teaching here?

HETRICK: 26 of the best years of my life. I've been scarred by all of these young men.

Q: What is your favorite memory from this year?

HETRICK: When I got the news that I could buy back a year and a half, and I could retire this year.

Q: Would you like to say anything else?

HETRICK: You know it's time to retire when you start having kids of parents that you've had in gym class.

Hetrick's smile and light-hearted personality will be missed, but he has made a great impact on the people he has met. The wise words of senior, Zachary Bishop, say it all: "I will miss him so much; he was such a beautiful man."



Mr. Hetrick doing his favorite job - reffing volleyball

IT'S SHOWTIME!



Dalton Directing and Starring In Upcoming Musical

BY: Mrs. Eimiller

Belting Out *Beetlejuice*



Pictures above: Aly and Jamestown senior Isaac Sinatra performing a medley of *Beetlejuice* songs at Chautauqua's Got Talent in May 2023

Jamestown, NY--When senior Aly Dalton saw *Beetlejuice* live at Shea's Theater in Buffalo just over a year ago, she fell in love with it.

After that, she and a few friends were going to create a vocal recording of the show just for fun.

But after talking with the managers and owners of Aspire theatre, the idea grew into an actual live performance scheduled for the end of August 2024.

Since then, the Southwestern senior has been working with other local actors and singers from Jamestown and Southwestern to make this happen.

The first full cast rehearsal began the end of May although many of them have been practicing the songs since last year.

"Once we were given the opportunity to perform a variation of the show on an actual stage, we made a cast of people and started rehearsing," explained Dalton.

Jamestown senior Isaac Sinatra and Aly have been collaborating to make this show work. "Not only are we both leading in this production, but he has taken on the role as vocal director, teaching all the music and harmonies, and set director, planning, and building all the sets," she said. "I have taken on the role of choreographer for the many different dance numbers in this show along with the difficult task of being the director making everything run smoothly."

The show is set to be a dinner theatre the end of August. Dates are still to be determine. More information is coming.

SOUTHWESTERN COMMITTED ATHLETES

By Ebaad Meer

Declan Kennedy, specializing in the hurdles, will attend SUNY Cortland, where he will compete for their Division III Track and Field Team. Throughout his high school career, Declan has demonstrated exceptional talent and dedication to his sport. His favorite high school track and field memory is winning the 110 High Hurdles at the Super 8 Meet of Champions during his junior year.



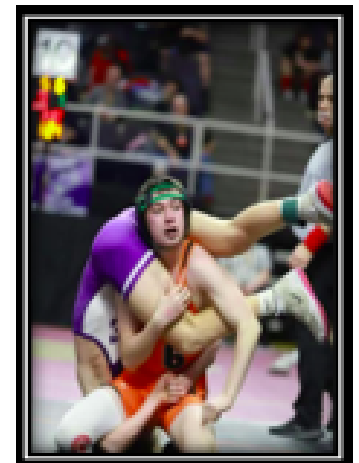
Declan Kennedy sprinting

Alexis Grijalva, focusing on sprinting events, will attend the University at Buffalo, where she will join their Division I Track and Field Team. Known for her speed and work ethic, Alexis has been a standout athlete throughout her high school years. Her favorite memory is breaking the one-minute barrier in the open 400 Meter Dash, a milestone that marked her as one of the top sprinters in Southwestern history.



Alexis Grijalva crosses the finish line

Kenji Walters will attend the Rochester Institute of Technology, where he will wrestle for their Division III Wrestling Team in the 133-pound weight class. Kenji's wrestling career at Southwestern has been marked by his skill and perseverance. His most cherished memory is winning the sectional championship during his junior year.



Kenji Walters goes "out the back door"

Tremendous Trojan Triathlon

By Kenji Walters

JAMESTOWN N.Y. - Swimming? And Biking? And Running? Who can do all that back-to-back-to-back? According to physical education teacher and organizer Mrs. Seiberg, anyone can do it in the Trojan Triathlon.



Pictured right: Tristan Taylor sealing the deal for his team's victory.
Photo by Shelly Phillips

The Trojan Triathlon, which took place on Wednesday, May 29 at 3:30 p.m., starting in the elementary school swimming pool, consisted of three laps of swimming, a mile-and-a-half bike ride, and a mile run. Students could have participated in one event with a team or tackled the entire race on their own.

The triathlon was started under the vision of Mrs. Beck and Mrs. Seiberg. Now, 8 years later, the tradition is still running (or swimming or biking) strong.

A triathlon is the ultimate feat of endurance. All three events build stamina, strength, and muscle, while still possessing their own, unique challenges, according to *Men's Health*.

The triathlon starts with swimming, which drains the participants of all their energy, especially if they are not experienced swimmers.

Then, participants must mount their bikes and start pedaling in a cross-terrain ride. Biking fatigues leg muscles in the midway point of the race.

Finally, students must complete a mile run, which ends at the track, to secure their time and place. Running isn't easy to begin with; but for participants who competed solo, running was the last thing they wanted to do after swimming and biking.

This year Kenji Walters won the solo competition. He said, "I definitely underestimated the challenge. I was exhausted during the swimming, and I never was able to catch my breath."

Team winners Abigail Cama, Aiden Dearman, and Tristan Taylor said their key to success was playing to each one of their strengths. Cama is a member of the swim team, Dearman is an experienced biker, and Taylor is a member of the cross-country team.

Mrs. Seiberg encouraged every student to participate; even as daunting as the event sounds. Students end up having fun and gain a sense of accomplishment after they cross the finish line.

The triathlon also gives students "exemption from one P.E. class," which students usually use on the day of the mile run according to Mrs. Seiberg.

SIDENOTE: I began writing this article not expecting to win the Triathlon, so just imagine I didn't write it.



Runners waiting until their biking teammate arrives to start their mile. Photo by Shelly Phillips

GOLD MEDALS GALORE



2024 SPECIAL OLYMPICS RECAP



By Joslyn Brown

JAMESTOWN, N.Y. – It is time to pass the torch for the 2024 Special Olympics. The games were originally scheduled for May 22nd, but due to a thunderstorm, they were pushed back to May 23rd. Although foul weather delayed the event by a day, the participants showed no lack of spirit and determination.

The Special Olympics were held at Strider Field in Jamestown, and hundreds of kids ranging from elementary to high school attended to compete against other students from Frewsburg, BOCES, and many more. Southwestern had a large showing, with multiple students from Mrs. Stockwell's class attending and numerous elementary classes as well. Students participated in athletic events, such as long jump and the 100-meter dash throughout the facility.

To begin the fun-filled day, all classes participated in the opening ceremony that was kicked off with the Jefferson Middle School marching band leading the parade around the field and concluded with a torch run led by police officers from multiple stations throughout the area.



Ernie doing a broad jump. Photo by Mrs. Damcott.

MY FAVORITE PART IS THROWING THE SOFTBALL.



SHAWN

I LIKE LONG JUMP.



ERNIE

Trojan pride was prevalent throughout the event. Volunteers from National Honor Society and other students throughout the school attended the event to cheer on the incredible athletes competing. Southwestern volunteers ran the broad jump station and were able to watch countless Trojan athletes participate. Students from Mrs. Stockwell's class shared their favorite parts of the Special Olympics (see side graphic).

Mr. Hetrick also attended the event and helped run the broad jump pit, as well as recruit students to volunteer. He explained that his favorite part of attending each year is rooting for the kids and seeing them participate: "It's their favorite day of the year."

Mrs. Stockwell and Mrs. Seeley bring high school students to the Special Olympics each year. Observing the immense amount of support shown by everyone at Special Olympics is one of Mrs. Stockwell's favorite parts: "We all look forward to it yearly," she explained.

SCHOOL RECORDS

SPRING SEASON

Baseball

Overall Record: 13-5

Coach Brown: "I was very proud of the hard work and dedication the players put in."



Softball

Overall Record: 5-12

Coach Anderson: "We had ups and downs, good wins and good losses."



Flag Football

Overall Record: 1-8

Coach Burkholder: "We are looking forward to increasing participation and competing for a Section VI championship in the future!"



Girls Golf

9 girl golfers this year.

Coach Seiberg: "We had a lot of 'wins,' and we are looking forward to another wonderful season next year."



Boys Golf

14-4 in league and 19-6 overall.

Coach Seiberg: "The boys golf team had a great season and were led by a great group of seniors. Austin McKotch led the team with a 40 average and represented SW at sectionals."



Boys Tennis

Overall Record: 7-4

Coach Yachetta: "Brayden Haaksma and Alex Watkins were our top two singles players, both advanced to sectionals."

Unified Basketball

Overall Record: 5-2

Coach Emley: "We take a lot of pride in Unified Basketball and the comradery it can develop within our school community."

Girls Track & Field

Overall: 6-0

Coach Frisbee: "This has been an incredible year for girls' athletics in general, I'm very proud of our team to carry that success into the spring."

Boys Track & Field

Overall Record: 6-0

Coach Sirianni: "We got 40 guys out for our team, and they all contributed to the success of our program."

TRACK & FIELD

TROJAN TRACK TRIUMPH

By Declan Kennedy and Joslyn Brown
JAMESTOWN, N.Y. - On your marks, get set, go! The 2024 season has seen numerous broken records and championship titles for the team, with some of the best performances yet to come.

The girls 4x400 meter relay has broken the school record twice so far, the first time being at the Falconer invite early in the season, setting a momentous tone for the rest of the meets.

Freshman Emma Lewis has also had a successful season early on, breaking her own school record in the steeple chase, as well as hitting the super standard, automatically sending her to states for this event. The girls 4x800 meter relay also shattered their own record by 8 seconds at the county meet. Most recently, the girls 4x400 meter relay has also hit the super standard and attended the state meet in Syracuse on June 7th and 8th. Senior Declan Kennedy had an eventful season, despite an ankle injury mid-season, he broke the 110 meter high hurdles record shortly after his return.

Both the boys and girls teams have begun to keep tallies of their league and county titles. The boys have accomplished their seventh league title and county title in a row, and the girls team has repeated their victory for the second year in a row in the league and county titles, as well. Both teams have also gained the title of Section 6 Class C champions for the fourth year in a row. The Class C meet was held at Southwestern on Friday May 24.

Record books and stopwatches aside, the Southwestern track & field team truly is a family, and the connection between athletes is unheard of on most other sport teams. Head girls coach, Mr. Frisbee said, "We treat track like a team sport, not many other schools do that." There is no doubt that this season has been one of the most successful in Trojan history, with over thirty athletes attending the Sectional meet at Alden High School.



Owen Hayes running Steeple Chase. Photo by Shelly Philips

Unified Basketball Storming the Court



The crowd unites to form the signature pose of Ernie Confer, at the assembly game.

Photo by Tim Walters

This year the team consisted of 15 players, four of which were seniors. Longtime helper and player Jose “Guapo” Martinez said, “I remember we couldn’t get anything going at the beginning of the season and now we’re walking through everybody.”

Coach Emley expressed how proud he was of each player and the teamwork they developed throughout the year: “At the beginning of the season, we worked on our dribbling and shooting, but now we’ve been able to put plays together.”

The highlight of this year for Joey Reyes was the assembly game after the Spring Fling, which saw the entire student body on their feet to celebrate a victorious effort by the Trojans.

To sum up the season in a few words, Ernie Confer had this to say, “Cowabunga, I like basketball.”

By Kenji Walters and Sam Kautzman

“You can’t win if you don’t play as a unit.” - Kareem Abdul-Jabbar.

Over the course of the past three months, the unified basketball team has become just that: a unit on the basketball court.

The unified team finished their season with a record of 5-3 and took home a second-place medal at the culminating game in West Seneca. According to Special Olympics, unified sports “joins people with and without intellectual disabilities on the same team,” giving more students the opportunity to participate in sports.

Blaine Dunn dribbling down the court against Cattaraugus Little Valley. Photo by Tim Walters



GAME, SET, MATCH!

A RECAP OF THIS YEAR'S BOYS' TENNIS TRIUMPHS

By Braden Haaksma and Matthew Lefler



Matthew Lefler and Brayden Haaksma on their senior night (photo by Leah Lefler)

JAMESTOWN, N.Y. — The Boys' Varsity Tennis team had an amazing season, finishing second in their league.

Within the season, Brayden Haaksma, along with Alex Watkins, were two out of the four of Chautauqua County, that went to sectionals. They ended up placing second and third respectively in counties.

After replacing coach Beck last year, coach Yachetta did a great job taking charge of the team and driving them to do well.

The tennis team is easy to join, no experience is needed. While only the top eight play in matches



Photos of players on the tennis team. starting with the top left, in a clockwise fashion, Nolan Lefler and Chase Haaksma, Miles Moore, Oliver Peterson, and Gavin Ternullo (Photos by Leah Lefler)

that count towards whether they win overall, there is often time and people willing to play exhibition matches. Also, whenever team members are allowed to challenge the person/partners above them and obtain their spot if they win.

Seniors Haaksma and Matthew Lefler stated that they, “had a terrific time.”

Haaksma played first singles, and Lefler played second doubles. With both graduating, there is a gap in the roster, making next season a prime time to join!

BASEBALL

TROJANS END STRONG SEASON

By Jonas Gesing and Chase Kartez

JAMESTOWN, N.Y. – As the school year comes to a close, Southwestern’s Varsity Baseball team closes out another successful season.

Although the weather was cold to start their season, the team came out hot, winning six games in a row to start off their season.

“I was unsure how we were going to start. We have a lot of young players, but I felt like we were going to be promising,” said junior Judd Harris. “After the first two weeks it was clear that our younger guys knew what they were doing and were going to be a huge part of our team’s success.”

They continued to be strong throughout the regular season, with a record of 8-4 before the playoffs. Finishing as the fifth seed, the boys had a long road ahead of them to reach the section championships.

“As the fifth seed, that first game was going to be an easy one. After that it would be a little tougher,” said Harris.

With a dominate win against Eden in the first round, the boys moved on to face one of their toughest opponents of the year: Roy-Hart. Despite a tough fight from the Trojans, they were unable to beat Roy-Hart, falling in the quarterfinals with an overall record of 12-4.

“Obviously a two-hour bus drive didn’t help us out,” Harris said. “Overall it was a strong season and I’m optimistic for next year.”



Baseball players pose after a win.

From left to right: Gavin Anderson, Chase Kartez, Alex Watkins, Jameson Walsh, Judd Harris, George Marshall, Oscar Harris, Bottom: Peter Conley

SOFTBALL

By Heidi Swan-Leuze

The Trojan Times

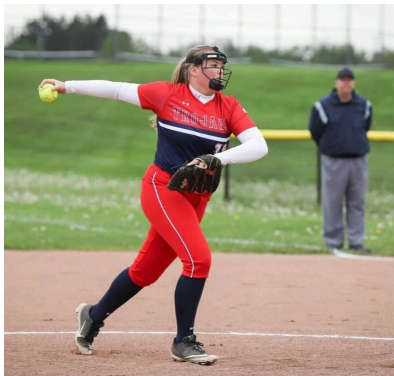


Southwestern seniors on senior night



Eliana Barone hits a double against Dunkirk

JAMESTOWN, N. Y. -



Maddie Burnett pitching to JHS

COACHING

Both on and off the field, the coaches provide the team with immense support. According to Lily Robinson, the starting left fielder, she felt very supported by her coaches. They taught her skills that helped improve her performance and mindset. Robinson “couldn’t ask for anything better.”



The team lined up before a home game

WHY PLAY?

Southwestern girls varsity softball is open to all eligible 11th and 12th graders, with the exception of some underclassman. Southwestern softball is a sport filled with thrill. For Eliana Barone, a junior, she plays softball because she likes the challenge and the team atmosphere. In addition, softball aids in the growth of friendships and teaches you the meaning of hard work. These skills are both true, according to McKenna Bogdanowicz and Jaidyn Newhouse, senior members of the Southwestern varsity softball team.

MEMORIES

Making memories is arguably the best part of playing a sport. For Siri DuBois, her fondest memory of the season was hitting the very first home run of the season, at Bemus Point Elementary School against Maple Grove. Not only did DuBois hit one homerun this season, but two. Peyton Lillie and Maddie Burnett join DuBois also enjoyed the pleasure of hitting “homers.”

SEASON RECAP

This season was most definitely one to remember. The lady trojans finished the season with an overall record of 5-12. Although this was not the record they hoped for, “We still made fond memories that each player will forever cherish,” said Hayden Dawson.



Payton Swartz, the starting shortstop

ADVICE

Even though the Southwestern Girls Varsity Softball team did not bring in the record they anticipated, they still had fun.

According to Payton Swartz, “Having fun is the most important part of any sport.” Eliana Barone advises students who are unsure about playing softball, to engage in the sport and immerse themselves in the discipline softball provides.

SOUTHWESTERN SAILING

By Philipp Meyer

JAMESTOWN, N.Y. - The 2024 sailing season has just ended with the spring fling regatta on May 25. Southwestern's top team secured the winning position. The team consisted of Philipp Meyer, Nolan Lefler, Mathew Lefler, and Hannah Dearman.

Throughout the season, Southwestern took fourth and fifth place in two local regattas which qualified them for MASSA Silvers at Washington College in Maryland. In this event they placed 17th in two days of light wind sailing. "Overall, it was pretty good," Mathew Lefler said.

This year there were three seniors on the team. Matthew Lefler, Hannah Dearman, and Philipp Meyer.

When asked about what he hoped for the future of the sailing team Matthew Lefler said, "I would like it to be bigger and for more people to show up."

The sailing team is open to anyone in the high school and is free for the first season. High school students can show up to any practice and hop in a boat and learn to sail.

"There are really nice and knowledgeable people there who are very kind when it comes to teaching new people" explained Lucy Colburn



Pictured from left to right: Aiden Dearman, Tristan Taylor, Carline Churchill, Jack Ballard, Siri Dubios, Jack Colburn, Annika Hedin, Philipp Meyer, Nolan Lefler, Matthew Lefler, and Hannah Derman.



The fleet going upwind to the windward mark during a low wind race.

FLAG FOOTBALL

TROJAN GIRLS SEASON RECAP

By Madelyn Wakeley and Kayla Witruke

JAMESTOWN, N.Y – Southwestern High School’s girls flag football team have just wrapped up their second season. Despite a series of tough losses, the spirit of the game and the bonds between the players have never been stronger.

Many students who joined the flag football team this year were also involved in other spring sports, making it a juggling act to balance practices and games. Thankfully the coaches, Mr. Burkholder and Mr. Arnold, were willing to work through all scheduling conflicts with the student athletes, giving everyone the opportunity to be a part of the team.

To kick off the season, the Trojans had made their way out to Orchard Park for a Buffalo Bills NFL Scrimmage Day. In the ADPRO Sports training house, the day was spent with quick warmups following three different scrimmages, and eventually ending the evening at MOE’s Southwest Grill for a quick energy boost.

The ladies later went on to acquire their first victory in the first game of the season against Hamburg, beating them 20-14. Despite the upset and losses that continued throughout the rest of the season, the girls did not give up. They put up a fight in the first playoff game, it was neck and neck up until the last three minutes where the Dunkirk Marauders took the lead. Coming just short of a win, the trojans took a loss with a score of 14-12.

Although the season was short lived, there are many more on the horizon. Southwestern’s girls flag football team will be ready to tackle whatever comes their way next year. Here’s to many more seasons of fun, friendship, and football.



(Top) Senior girls pose during senior night. From left: Kayla Witruke, Grace Anderson, Avery Casselman, Erika Pickard. (Left) The girls in a huddle during a game. Photos by Shelly Philips

