



Graphic by Alyson Danielson

VOL. 4 NO. 4: March 2023, Photojournalism Edition

Southwestern High School's Student Newspaper

A DAY IN THE LIFE

Photojournalism Projects Profile Southwestern Students, Staff and Faculty

By Trojan Times Staff

JAMESTOWN, N.Y. — You've heard it before a dozen times: "a picture is worth a thousand words."

With this in mind, the staff of the Trojan Times undertook a study in photography—specifically, photojournalism—this spring. Not only did student-reporters learn from professional photojournalists and study historical cases of photojournalism, but they worked to apply their new-found skills to document the community here at Southwestern.

Over the course of March, Trojan Times staff members each picked a person at Southwestern that they thought was inspiring, special or important to highlight in some way. They then followed these students, staff and faculty members around with a camera for the day. They took photos and conducted interviews to not only detail a day in that person's life, but also to create a portrait of that person, both visually and in writing.

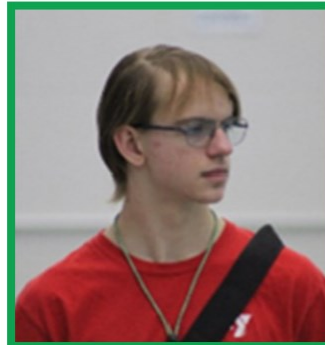
We hope you enjoy these in-depth photojournalism projects! Read on to discover who we are featuring this spring and on which pages you can view their profiles.



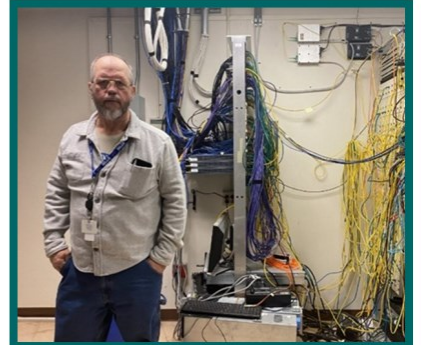
Officer Cashmore
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Madame Mazzone-Bower
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Mr. Brown
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The Famous “Cash Money”

An Inside Look at Southwestern’s Resource Officer

Words & Photos by Madison Swartz

JAMESTOWN, N.Y. - You probably see Officer Cashmore walking around with his Starbucks and talking to students about their day. Or he is enjoying his lunch, hearing all the latest gossip in the cafeteria. Mr. Cashmore is our resource officer, but he is so much more than just that to the students here at Southwestern.

No matter what Mr. Cashmore is doing, he is always on the watch for something suspicious. He was hired to protect the school and has been at Southwestern for four years. Mr. Cashmore is also an alumnus, so he was a Trojan even before joining Southwestern as a resource officer. Fun fact: he is also a part of the SWAT team. He is known as a loving man to our students. Here is what senior Aryana Strong-Butterfield has to say.

“One of my favorite things about Cashmore is that he listens even when he doesn’t have to,” Strong-Butterfield said. “He is an ear to vent to and he doesn’t judge. Cash has made the four years at



Mr. Cashmore shining his light to create a perfect reflection.



Mr. Cashmore’s badge that shows which branch he works for.

Southwestern more bearable, because of his friendly acts of kindness.”

Mr. Cashmore isn’t just a police officer; he has a family with his wife and their son named Duke. One thing about Mr. Cashmore that stood out to me was what he had to say about his son. When asked what his favorite thing about being a dad was, his reply showed how much he can love someone.

“I would have to say the bond and connection I have with my son,” Mr. Cashmore said. “It’s crazy to think, but I don’t know if I could ever love anything more than him.”

Mr. Lundgren also had something to say about Officer Cashmore. They have been friends for a while, so they know each other very well. Mr. Lundgren described Cashmore as professional, happy and kind.

“He is a family man,” Mr. Lundgren said. “He and his wife planned a surprise 40th birthday party for his brother-in-law. You can tell that his family is the most important part of his life. He is professional, happy and kind.”

So, what made Mr. Cashmore want to become a police officer and more specifically, why a school resource officer?

“When I was younger, my father’s very good friend was a New York State Trooper,” Mr. Cashmore said. “I remember him all the time stopping by my house and visiting with my dad. I just thought he was the coolest guy ever and told myself then that I wanted to be a police officer. And I love kids. Honestly, that’s the truth. I look at all the students in the district as my own. I love the relationships that I have built over the years with the students and being able to help in any way I can to better build relationships with police and the student community.”

Personally, I think this shows everything about him. He is who he says he is. Mr. Cashmore is a very caring person. He shows students he cares by participating in volleyball during gym, talking to kids in the hallways and taking you seriously no matter what your age is. When I asked other kids and teachers about Mr. Cashmore, I never heard one bad thing. Everyone had not only one, but many good things to say about Mr. Cashmore.

According to principal Mr. Cooper, “Words that come to mind about Mr. Cashmore: he has a big heart, he cares, and he takes his job seriously. He works with us, he’s very much a team player and he cares about the school community and just wants to make sure kids have a great experience while they’re a Trojan.”

Mr. Cooper and Mr. Cashmore spend a lot of time together.

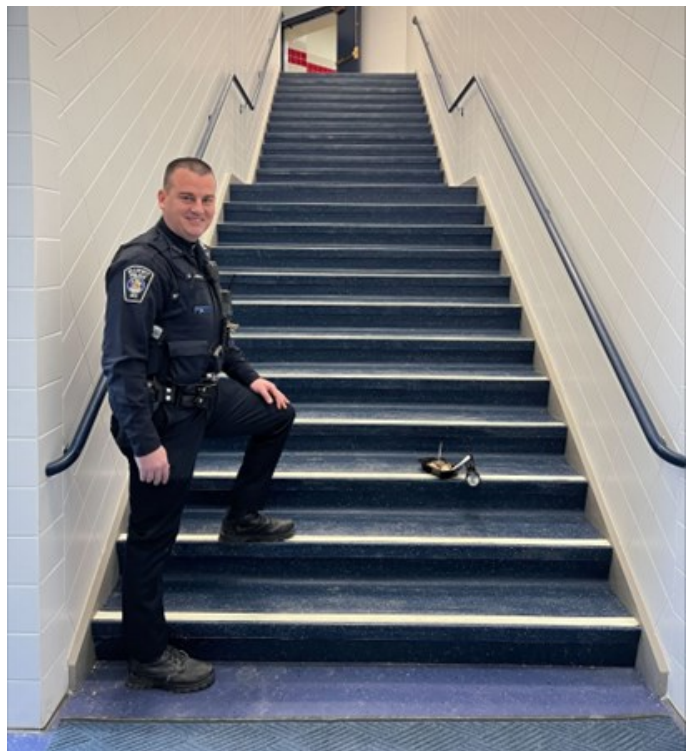


Mr. Cashmore looking at his reflection.

er. They work together all the time on important topics, have offices right next to each other, and Mr. Cooper also coached Mr. Cashmore when he played for Southwestern back in his high school days.



Mr. Cashmore with his famous Starbucks obsession.



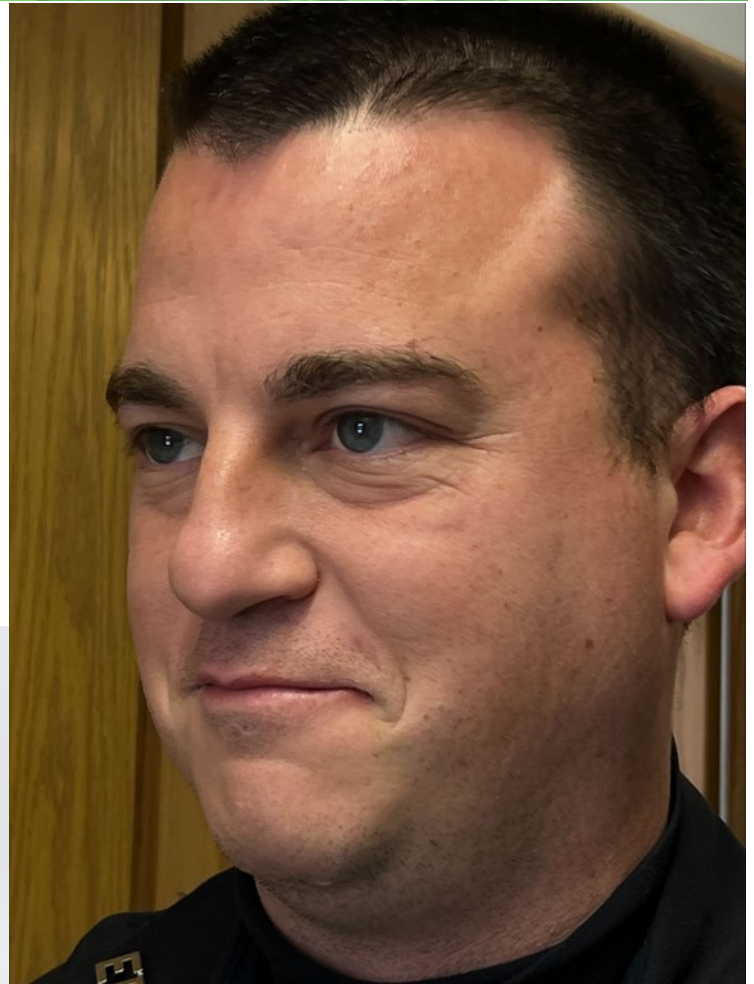
Quick snap of Mr. Cashmore walking up the stairs before lunch.

Seeing Mr. Cashmore work firsthand for the past four years, I have come to the realization that he truly does care. He wants to see the kids exceed and wants to have relationships with students. He is a genuine character and his many positive traits stand out. Another thing that I loved about my interview with Mr. Cashmore was his favorite quote. I think it represents him perfectly and how he lives by this quote:

“Never let the fear of striking out keep you from playing the game.” - Babe Ruth

Mr. Cashmore is always there to help you and willing to listen. If needed, you can reach him at his tip line on the remind app at the following @scsd-cashm.

Or, if you *really* want to say thanks, bring him his favorite Starbucks order: an iced blonde Americano or a cold brew with oat milk!



(Above) Portrait of Officer Cashmore showing his true smile!



(Left) Mr. Cashmore standing in front of his car with his serious stance.



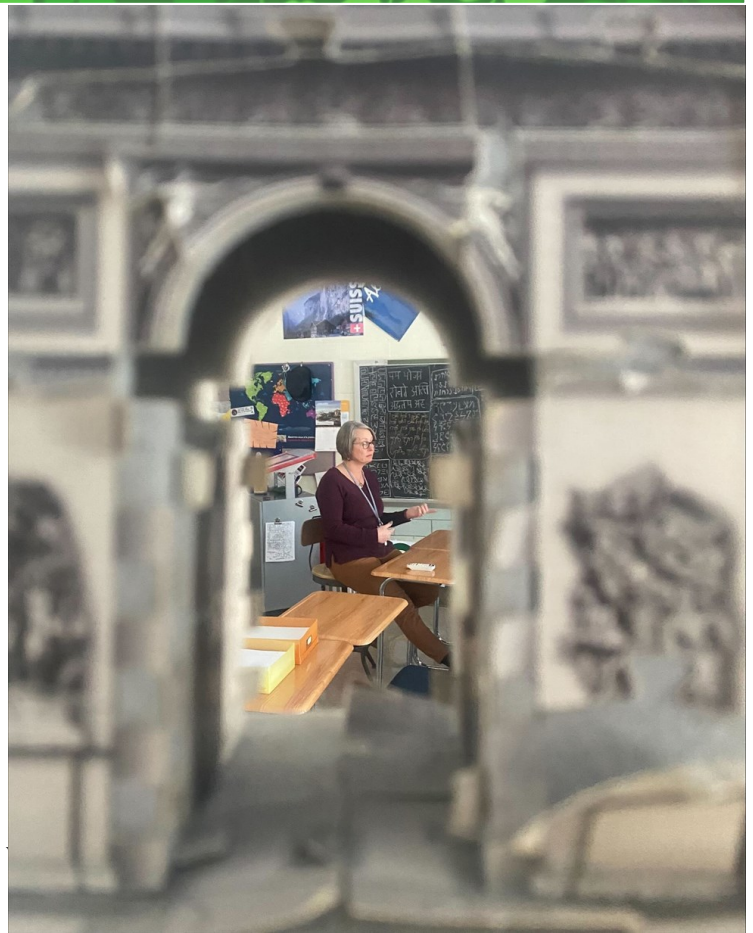
INSIDE the LIFE of the MARVELOUS MADAME MAZZONE

Words & Photos by Dustin Hendrix

JAMESTOWN, N.Y.—On any given school day, you can see Madame Mazzone walking back and forth, back and forth between the middle school and high school. Being Southwestern's only French teacher is a demanding job, as she is responsible for the entire French curriculum from eighth to 12th grade.

Madame handles the job like a pro, always bringing enthusiasm and a passion for teaching to every class. In the classroom, she shares skills and knowledge that extend far beyond French and into culture, history and the arts. You would never know it, but Madame Mazzone never planned on being a French teacher.

Mrs. Autumn Bower-Mazzone grew up the eighth of nine children on a farm outside Jamestown. Her



Mazzone as seen through a 3D-puzzle of l'Arc de Triomphe.

father, a pastor, could speak German and her mother spoke some French. Despite living in a trilingual household, Madame Mazzone picked up French very well while struggling to grasp German. Why?

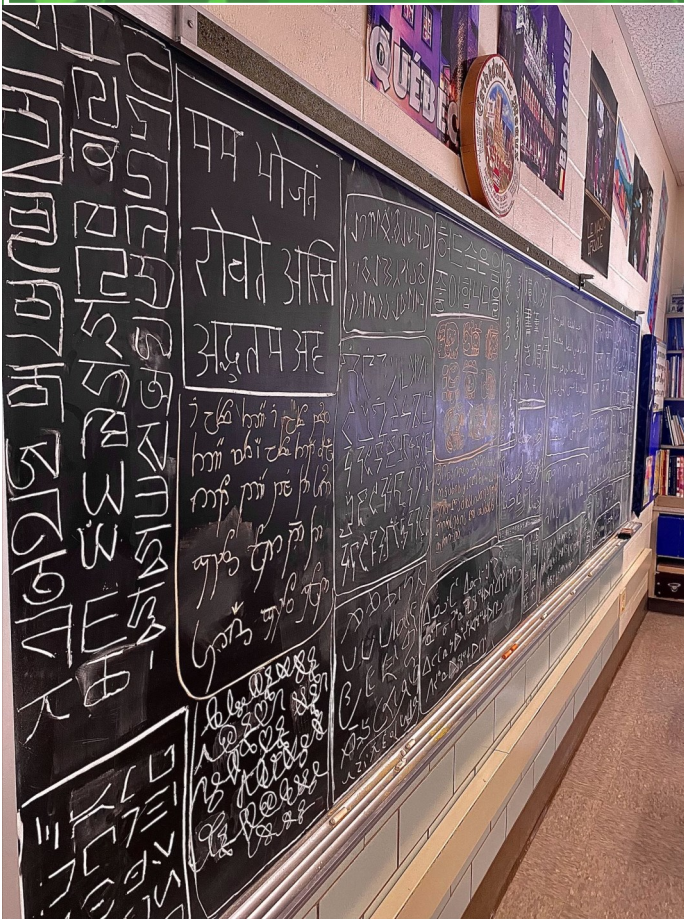
"It's easier to learn the second language from your mother because their voice is in a higher pitch," Madame Mazzone said. Fortunately, French would come in very handy for her in the future.

Madame spent many of her early days reading books on the back of her pony as he would wander along a path. When Madame wasn't reading, she was singing or listening to music. She would later go on to study voice and is an excellent opera singer to this day.

Madame Mazzone's journey to becoming a French teacher was not a straight path. In fact, it was originally science that caught her interest as a subject. "Science always interested me as a young child,"



French Club meets to plan out their trip to France and Spain.



Scripts of foreign languages written out by seniors Samuel Mincarelli and Cameron Lemk.

Madame said. “I loved figuring out why things happened and how things work.”

Although Madame eventually realized that pathology was not her calling, it wasn’t until her first kids were little when she realized teaching could be for her.

“I never wanted to be a teacher, until we were on vacation with the kids in Williamsburg,” she said. “I was teaching them things about the Jamestown settlement and they were absorbing everything I taught them. ‘I could do this!’ I thought to myself. I liked seeing their faces when something makes sense, and them wanting to know more about it.”

Madame Mazzone said it was like something hit her over the head. Not long after her vacation, she decided to enroll in education at Fredonia. Still, then, she did not yet know she would be teaching French. It wasn’t until she impressed the French professor with her language abilities that she realized French education was her calling.

After graduating Fredonia in 2005, Madame Mazzone taught at Salamanca High School for two

years. Leaving Salamanca was difficult, she says, but it was nice to be back home in Jamestown when she was hired by Southwestern. Now, she has been Southwestern’s sole French teacher for the past 16 years.

Today, Madame Mazzone enjoys curling at Jamestown Ice Arena, crochet, reading and travelling. She is the supervisor of the French Club and the Key Club. Her great curiosity leads her to be knowledgeable in everything she does, a trait that every fantastic teacher has.

Madame’s students think very highly of her and it is easy to see why.

“French is a difficult subject, but a teacher of her caliber makes the class entertaining and engaging,” said senior Vincent Skaggs.

Madame Mazzone’s lessons often go far beyond the French language.

“Her projects give perspective to different cultures and regions around the world that speak French,” said senior Hudson Dawson. “The most important part of her class is that she tries to teach real empathy and a way to look at the world in a more inclusive way.”

Madame Mazzone’s dedication to the subject and passion for teaching make her a shining example of an exceptional teacher. She is always willing to go above and beyond to provide her students with the tools and knowledge they need to succeed. I consider it an honor and a privilege to say I’ve been taught by Madame Mazzone for so many years, and I hope others realize how fortunate we are to have a teacher like Madame at Southwestern.



"Thank You" letters Madame Mazzone has saved and collected over the years.

Logan's Legacy

Words & Photos by Nate Lewis

JAMESTOWN, N.Y.—You've heard of Einstein, you've heard of Hawkins... will Logan Hren be next? Logan Hren is a senior here at Southwestern and is actively involved in many AP classes and extracurricular activities. You know he is smart and very motivated to succeed — but who really is this future genius?

Hren wishes to pursue a career in mechanical engineering and is actively taking advanced collage courses to achieve that goal. One of these classes, Physics E & M (Electricity and Magnetism), is a very difficult class that isn't even offered at Southwestern.

"It's brutal," Mr. Pagett, the physics teacher, said. "The math component is very rigorous."

Hren is currently enrolled in five AP classes, not including the AP Calculus exam he will challenge after taking college calculus over the summer. All these courses require an immense amount of time and effort to maintain good grades and understand the material.

"The key is to stay organized," Hren said. "I have a bunch of folders for my classes which keep my

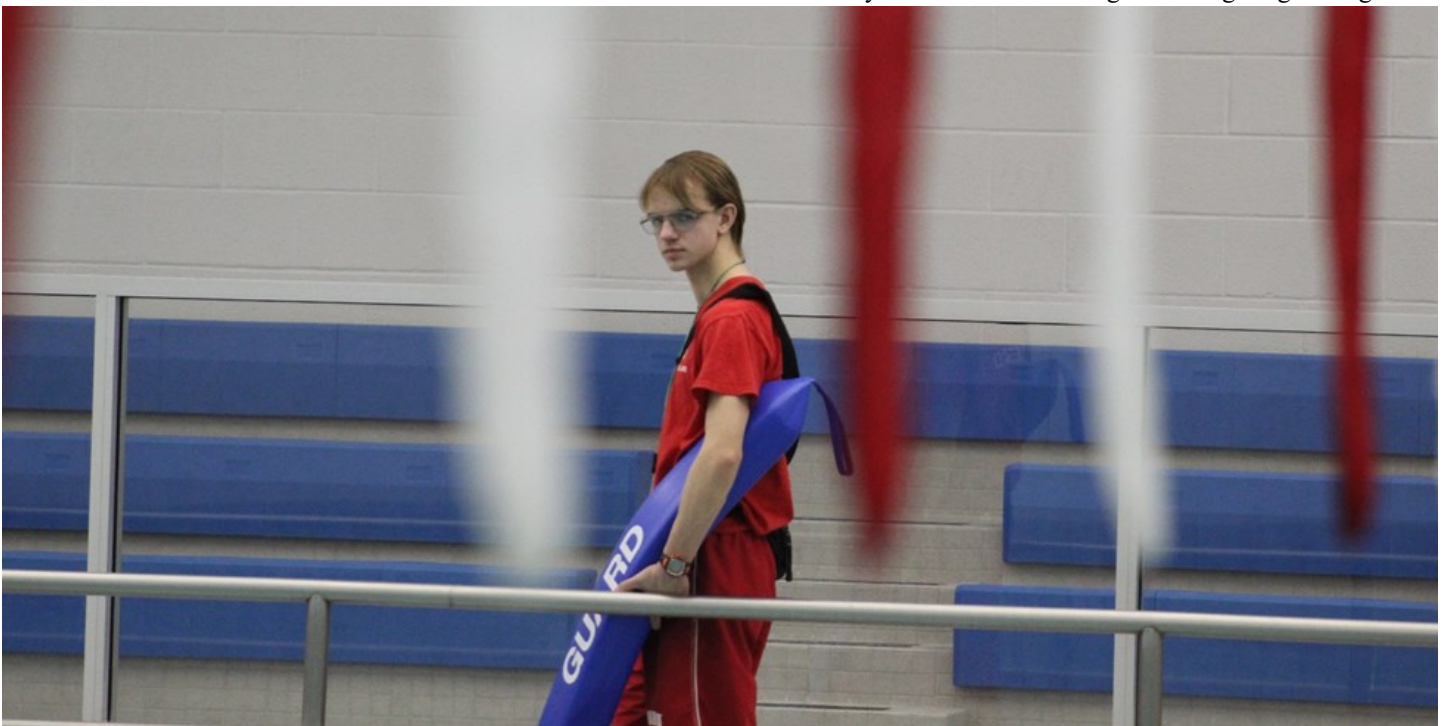


Hren studying after school.

work straight and make life easier."

Even with the limited spare time that Hren has, he still is able to work and do sports. A few days out of the week, he will get up at 5 a.m. in order to arrive at the school by 5:55 a.m. for his morning lifeguarding shift. He will then proceed to go to school, followed by a two-hour swim practice after school. Once home, Hren will complete homework and squeeze in some time for an occasional fun activity such as video games or a good book.

Hren surveys the swimmers during a morning lifeguarding shift.





Hren working hard at swim practice.

When asking people to describe Hren, work ethic was always the first thing that was mentioned. Other traits were the immense amount of time and hours Hren puts into all of his activities and his dedication to do the best he can on each and every one of them.

“From his mornings lifeguarding, to taking physics as a sophomore, and now taking E & M, this really attests to his outstanding drive and work ethic,” Mr. Pagett stated.

This hard work paid off, as Hren has acquired some respectable awards and honors.



Hren deep in thought, solving a problem.

One award with which Hren was recently recognized was the letter of commendation for his excellent performance on the PSAT.

“I was very impressed when I heard about his award,” William Dorman, a fellow senior, remarked. “Logan is one of the most intelligent people I’ve ever met.”

Hren has also broken the pool record in the 500 yard swim, stealing the record from the previous record holder Jordan Powers with a time of four minutes 54 seconds. He is also closing in on the state time and



Backstroke lines, symbolizing Hren’s time at the pool.



hoping to qualify soon.

“It’s a big achievement for me, it’s faster and better; bringing me closer to states,” Hren said.

He has since qualified for the state championship meet.

Aside from his outstanding academic and athletic portfolio, however, who really is Hren?

Hren enjoys playing music and is part of the band, choir, Choraliers and jazz band. He also loves to play videogames and experiment with technology. He even goes beyond just enjoying the videogame, instead attempting to beat it in as little time as possible. Lastly, Hren is an adrenaline junkie, loving things like rollercoasters, amusement rides and anything that gets his heart racing.

One of the things that makes Hren stand out from everyone else is his eagerness to push himself to the max in everything he does. He is the type of person who strives for perfection. I have experienced this firsthand, as I ran cross country with Hren. With my dad (Mr. Lewis, the eighth-grade teacher) being the coach, I get to experience what goes on behind the scenes. On meet days, Hren is one of the first people to arrive and the last to leave. He immediately asks what he can do to help. At the end of the day, Hren can be seen picking up other people’s garbage that is left on the ground, carrying the tent and congratulating people on their performances.

“The best way to push yourself forward is to understand that while talent may help a person, no matter who you are, pushing through the hard parts are what leads to success,” Hren said.

Next time you are walking the halls, keep an eye out for this excellent student.

Hren, his trusty water bottle, and the science emergency shower.



THE PUZZLE PIECE OF SOUTHWESTERN

A Personal Profile on Mr. Seastedt

Words & Photos by Angelina Wilder

JAMESTOWN, N.Y. – This is the man who takes a large part in keeping the school functioning with our wi-fi running, lights on and laptops working. Someone who may go unnoticed, but who plays a very important role for Southwestern. This is Mr. Seastedt.

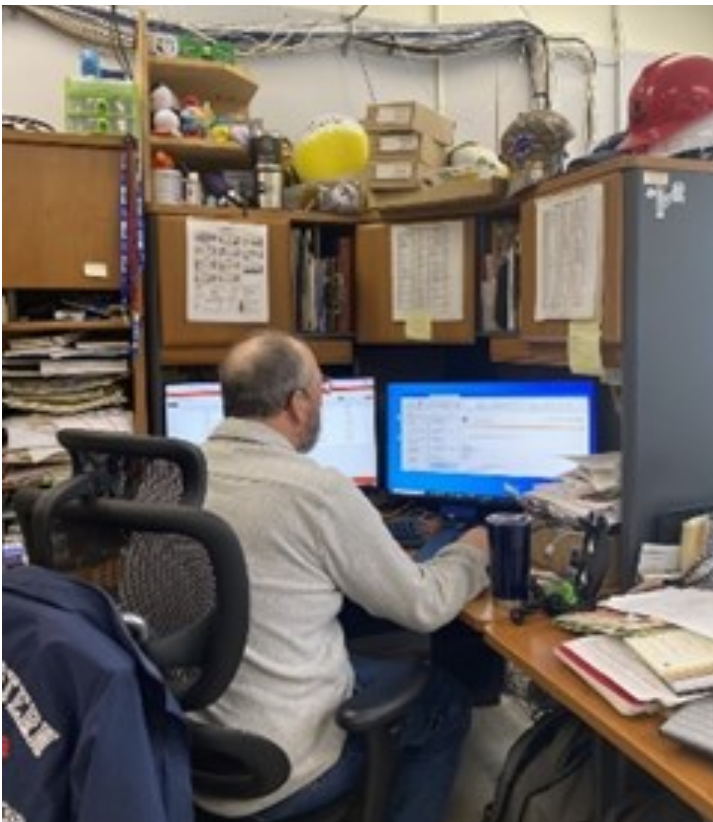
Mr. Seastedt has worked in the IT department for 23 years and works throughout the entire school district. He works with the sounds systems, projectors, computers, internet, lighting and more throughout the elementary, middle and high school.

Mr. Seastedt says he likes that he gets to “...see the different technologies and deal with something new every day.”

“When you work in a place the size of our school district, there are many pieces of technology that we all take for granted,” said Mr. Rounds, who works alongside Mr. Seastedt. “The clocks, the phones, the security cameras, the Wi-Fi, the bells and the doors. All these things we just expect to work. What we don’t



Mr. Seastedt sorting and checking the cables for the math wing of the high school.



Mr. Seastedt looking through his email to figure out his agenda for the day.

realize is the effort that goes into keeping that infrastructure up and allowing 1800 people to function daily.”

Mr. Seastedt, among all of the other tasks he has to do around the district, additionally plays a large role as the president of the Civil Service Employees Association, also known as the CSEA.

“I graduated from Jamestown in 1980,” Mr. Seastedt said.

After graduation he went straight to the U.S. Coast Guard.

“I was an electronics technician in the Coast Guard for 20 years,” Mr. Seastedt said. After Mr. Seastedt retired from the Coast Guard, he took a test and became certified to work in the IT department at Southwestern. He’s been here ever since.

Outside of school, Mr. Seastedt has a great family.

“I have a wife and we have three dogs and four kids, two grandkids and three cats,” Mr. Seastedt said.



A busy day in the life of Mr. Seastedt: fixing the wi-fi, testing the Bluetooth speakers in the gym and grabbing his favorite candy from Mrs. Donahue's office.

"I also like auctions, both online and going to live auctions."

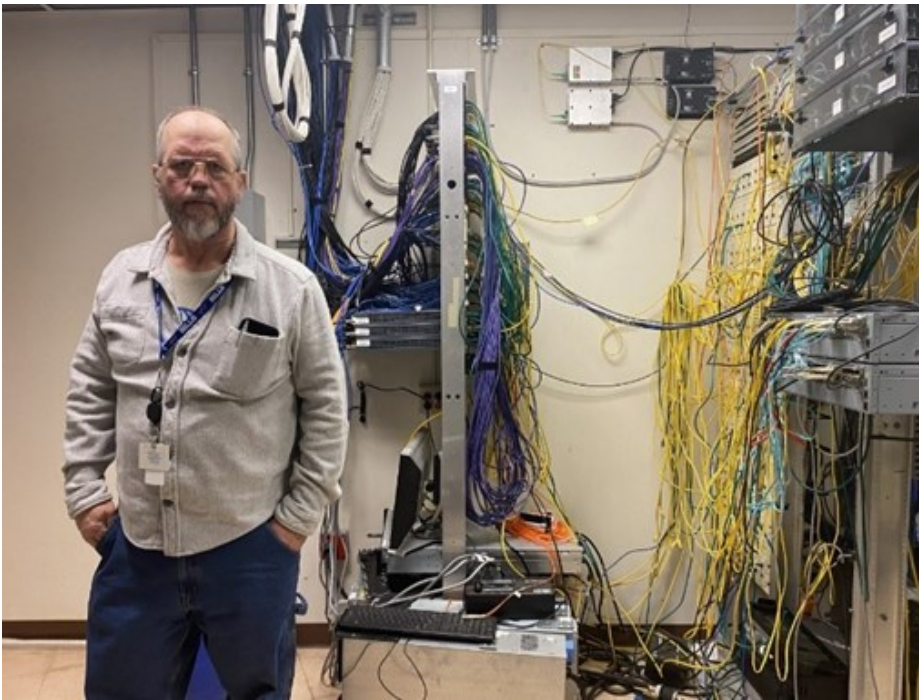
When Mr. Seastedt is not at school, those are a few hobbies that he enjoys to do in his free time.

Mr. Seastedt is loved throughout the whole Southwestern school district and plays an important yet lovable role.

"I would describe Mr. Seastedt as one of the most generous or giving people I know," Mr. Rounds said. "To use a played-out cliché, he's the type of guy that would give you the shirt off his back. Mr. Seastedt gives his time and effort freely. Being around him, you learn the meaning of service."

"He's a really important piece of the puzzle around here," Mrs. Schrader said. "Behind the scenes we have this whole tech crew who really works hard to make sure we have the functioning equipment that we need every day to do our jobs."

"Mr. Seastedt is just that guy you can get ahold of—call him and he will be



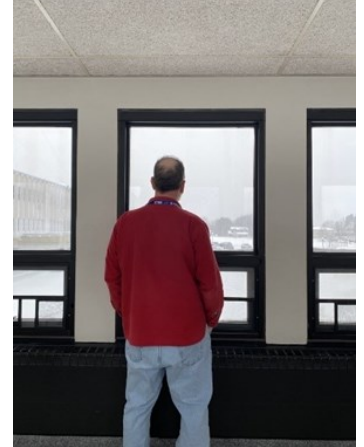
there to help you,” Mrs. Schrader said. “He’s just a very important piece to the puzzle.”

You may see Mr. Seastedt helping out your teacher or fixing your laptop, but Mr. Seastedt also has a friendly personality and has many friends throughout the entire school. He stops to see how all of his friends are doing, makes some jokes and may even be found taking candy from Mrs. Donahue’s snack bowl.



So, the next time you see Mr. Seastedt in the halls or helping out your teacher, don’t be hesitant to wave and say hello!

Mr. Seastedt is a jack-of-all-trades. From top to bottom: Mr. Seastedt checks on wires and cables; he inspires a piece of artwork in Mrs. Brown’s room (an “S” for “Seastedt” which features a collage of his favorite things), he fixes a clock and he demonstrates how to use a camera.



“HE’S JUST A HAPPY GO-LUCKY GUY!” A Personal Profile on Senior Owen Riggle



Riggle in his “Horton” hat from the school musical.

Words & Photos by Kira Ricker

JAMESTOWN, N.Y.—Southwestern senior, Owen Riggle, is not a circus performer; however, he knows how to juggle many things at once, all while keeping a [smile on his face](#).

Riggle is employed at both the Southwestern Student Credit Union and Wegmans where he can be found making delicious subs. During the school day, he can be seen learning at BOCES where he specializes in computer software and is a member of the National Technical Honor Society.

In the little free time he does have, he enjoys playing disc golf and creating disc golf courses.

On top of all of that, he is also very musically inclined, being a member of the choir, Choraliers, jazz band and band, where he plays trumpet.

Usually, during musical season, Riggle can be seen displaying his talents backstage as a part of the tech crew; however, this year he took his talents front and center as the lead role in this year’s musical production of “Seussical.”

Riggle thought it would be just another year conducting the light and sound boards behind the scenes for musical. However, when he saw he was cast as Horton, a lead role, he said he was “very surprised and a little nervous,” not having a ton of experience on stage.

Now Riggle states, “I am kind of glad because I really enjoyed it.”

This switch to the stage has also brought musical director, Ms. Beichner, a lot of gratitude as she appreciated that Riggle was, “passionate about what we’re doing on stage” and “so easy to work with.”

Riggle posed on the set of “Seussical.”





Riggle's credit union badge.



Riggle posed on the stairs.

These qualities make him perfect for the stage, paired up with his singing abilities and friendly cooperative personality.

When Riggle is not on stage, you can find him taking care of customers, completing transactions, and helping inspire new ideas at the school credit union where he interns.

Mrs. Parker, the head of the credit union, says Riggle is, "very intent on being successful at what he does."

This quality will help him in his future endeavors as he plans to attend Jamestown Community College for cybersecurity, then venture on to Rochester Institute of Technology to earn a degree in computing and network security.

One can see that Riggle has a lot on his plate. Most weekdays he leaves his house for school in the morning not to return until 9 or 10 p.m. Being this busy can take a toll on a person, but he has learned how to manage his busy schedule.

Riggle is an immensely kind and bubbly person, despite having to handle so much on a day-to-day basis. If you see him—whether it be at Wegmans, BOCES, on stage or just in class—he has a smile on his face.

Ms. Beichner also describes Riggle's personality as,

Riggle greeting customers at Wegmans with a smile.





Riggle poses in the doorway of his digital photography class.

“laid back, lowkey, friendly and nice to everybody, and just pleasant all the way around.”

These qualities hold true for Riggle and are what make him such a unique and special person.

You may look for Riggle to help you in the credit union or make you a delicious sub, but what you should be looking for is a new friendship.

His happy, go-with-the-flow personality is contagious and makes for a great quality in a friend, classmate, stage partner, and co-worker.

As Mrs. Parker said best, “He’s just a happy go-lucky guy!”

Riggle and his trumpet in the band room.



Riggle shows off his personality while working at the credit union.

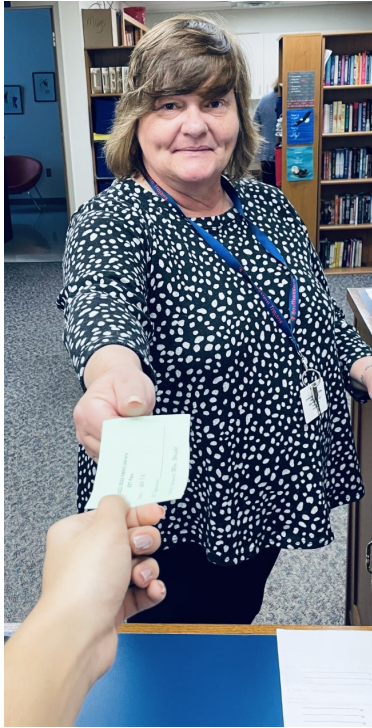


MEET MRS. LUND

Library Aide and Advocate for Students

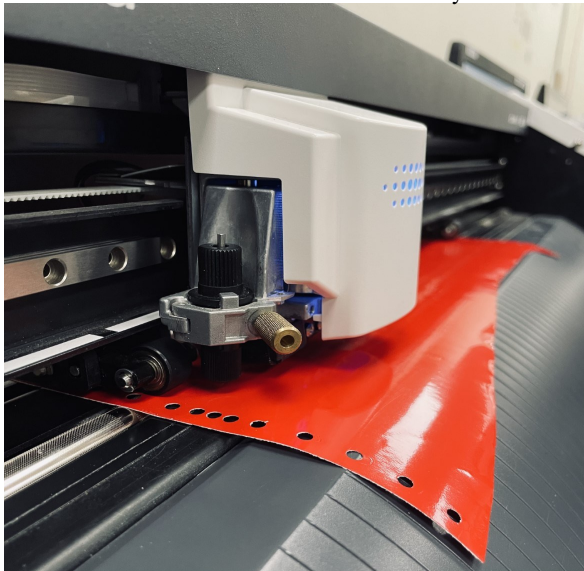
JAMESTOWN, N.Y.—Standing at the main desk in the library, Mrs. Lund waits with passes in her hand. A swarm of students enter the library as soon as the bell rings. While handing out passes with a smile on her face, Mrs. Lund asks, “How are you today?” to the students as they sign up to stay in the library during EET. Soon enough, sign-up spots fill up and the school day begins.

Mrs. Lund works as an aide at the high school library and helps students with testing accommodations. As an aide in the library, she does everything from reor-



Mrs. Lund gives a pass to a student early in the morning.

The vinyl cutter used for making stickers by Mrs. Lund.



ganizing and dusting the books to helping students with the 3D printers. She has an important role, although one that is not always seen, and deserves appreciation.

Mrs. Lund's day starts with getting the EET schedule ready and making sure that students that signed up for EET have made their way up

to the library with signed passes from their EET home-room teachers. Then she walks around and makes sure that all the students have whatever they



Mrs. Lund dusts the library bookshelves.

need. She helps students with finding books that they want to borrow and take the ones back that have come in for return. She also helps students with 3D printing, vinyl cutting and any kind of tech problems. After everyone has everything they need, she starts to organize returned or brand-new books into their assigned places. Mrs. Lund, thereafter, dusts the shelves and cleans the tables and other items the library has .

“My day is just whatever everybody needs,” Mrs. Lund said. “It is never the same.”



Mrs. Lund organizes books.

“She [Mrs. Lund] is a very welcoming and warm person,” Liam Clementi, a junior, said.

Mrs. Lund’s kind attitude towards everyone makes her one of the most approachable people in the school.

Periodically, she gets requests from teachers for making vinyl cut stickers, 3D printed projects or helping with books for a class.

Mrs. Lund’s day goes by very fast and is often hectic. Nonetheless, she always has a smile on her face.

“Just be yourself,” is Mrs. Lund’s motto.

Mrs. Wright, the high school librarian, has been working with Mrs. Lund for five years now and they both share a lot of responsibilities.

“What we do in the library has a lot to do with your relationship with the kids and [Mrs. Lund] cares about how the students feel,” Mrs. Wright said.

Throughout the day, multitudes of students come in with various requests and Mrs. Lund fulfils them all.

As Mrs. Lund aids students that need extra help with test-taking, she reads and helps the students understand the questions clearly while making sure that they have a quite space to work in.

“Mrs. Lund is incredible with students,” Mrs. Schrader said, “She has a way of interacting with some kids that are sometimes hard to reach, and they now go to her for advice.”

Mrs. Wright and Mrs. Lund hand a magazine to a student to read.





Mrs. Lund looks at the snow out of a window in the library.



Mrs. Lund leaving after a long day.



Mrs. Lund cleaning the relaxation pod in the library.



MR. BROWN:

Professional Teacher

Words & Photos by William Dorman

JAMESTOWN, N.Y. — From the classroom to the weightroom and everywhere in-between, Mr. Brown is a large-and-in-charge educator who uses his unique personality to give a quality education to Southwestern's student body.

Mr. Brown is a former Southwestern graduate raised in Celeron, N.Y. who has attended Southwestern High School nearly his whole life; first as a student, and later as a teacher.

In fact, Mr. Brown remains an important member of Southwestern's faculty, even serving as president of the teacher's union. And as for the students, most agree that class is much more interesting with a character like Mr. Brown.



Mr. Brown happily working during his prep time.
Photo by William Dorman.

What students might not immediately notice, however, is how hard Mr. Brown works for his students every single

day. As a social studies teacher and assistant coach for the track team, Mr. Brown always puts forth the utmost effort to help students learn.

Mr. Brown's friend, social studies department colleague, and fellow graduate from Southwestern, Mr. Sirianni, thinks very highly of Mr. Brown.



Mr. Brown teaching students how to bench press.
Photo by William Dorman

“Mr. Brown is an excellent teacher,” Mr. Sirianni said. “He is very serious about teaching, and a true professional.”

Mr. Brown was, of course, not always a teacher. Mr. Brown loved high school, loved history and looked up to his teachers. Eventually, this led him to seek a career in education.

One such teacher Mr. Brown took inspiration from was Mr. Thurnau.

Even as an adult, Mr. Brown has an incredible respect for the former teacher and wrestling coach at Southwestern. In fact, both Mr. Brown’s room and his desk are inherited from Mr. Thurnau.



Mr. Brown supervising lunch time.

“They offered to give me a larger room, but I refused,” Mr. Brown said. “I told them I’m not going to leave this classroom; it’s Mr. Thurnau’s.”

He had the same response when asked about his desk.

Much like Mr. Thurnau, Mr. Brown strives to serve as a positive influence for his students. “My greatest achievement is when former students seek me out; it shows me that I made a positive impact,” Mr. Brown said.

While Mr. Brown may joke around in class, when looking at his teaching style, it’s clear that this attitude does not stop him from trying his hardest to be a good mentor to his students.

As Mr. Sirianni said, “That’s his style; he uses sarcasm, and it works. Some love it, some hate it.”

Love it or hate it, Mr. Brown’s not changing anytime soon!



Mr. Brown demonstrating proper form for the cable curl.



Mr. Brown is an avid Browns fan.