



Attendants were selected by their classes on August 29th.

Junior attendants are Zoe Cullum, Sydney Pietrantoni, Taylor Woolard, and Erin West.

Sophomore attendants are Josie Anastasi, Mariah Hall, Taylor Johnson, and Olivia Mays.

Freshmen attendants are Reese Cargal, Aliyna McCoy, and Carlee Rogers.

Our handsome football players will escort the ladies. **Escorts** are Cannon Ashmore, Kegan Baltzell, Jude Beers, Brennan Cargal, Nolan Causey, Nick Cullum, Keaton Fort, Randy Fuqua, Wade Galbraith, Diego Garza, Wyatt Henderson, Trey Johnson, Kaden Koenig, Blake Peters, Evan Sanders,, Roper Sanders, and Marcus Smith

SENIOR QUEEN CANDIDATES



Five senior candidates were chosen as **Queen candidates**; this honor will be selected by the student body on **Coronation night, October 11th at 7:30 pm.**

Candidates pictured above are:
Aarilyn Watson, Arista Hill, Hallie Newell, Hope Newell, and Riley Kirsch.

New Staff at JCHS



Mrs. Harvey
Biology

My name is Mrs. Harvey. I taught alternative high school and GED classes at Shawnee Community College for two years before beginning at Johnston City High School. This is my first year teaching full-time in a traditional public school setting. I have a bachelor's degree in Biological Sciences from Austin Peay State University and a master's degree in Plant Biology from SIUC. I have many hobbies including gardening, fishing, crafting, etc.! I'm so excited to be here at Johnston City and enjoy getting to know everyone so much!



Ms. Thornton
Ag & FFA

My name is Ms. Thornton, and I am the new Foods & Horticulture (Ag & FFA) teacher here at JCHS. This is my first year teaching, but not my first year at JCHS. I am a proud Johnston City Alum! I enjoy being outdoors, working with my horses (or any livestock), growing plants, and cooking/baking in my free time.



Mrs. Norris
Business

My name is Mrs. Norris, and I am in my 22nd year of teaching. Before teaching at JCHS, I taught at Anna-Jonesboro Community High School, Shawnee Jr-Sr High School, and Project Echo. I enjoy spending time with my family, riding with my grandchildren, cooking/baking, and watching Kentucky Basketball...GO BIG BLUE! Before teaching full-time, I was a freelance court reporter in South Central Kentucky. I am very thankful to be part of the JCHS Tribe!



Ms. Ligon
Band

My name is Ms. Ligon, and I am from Kennett, Missouri. I graduated from Southeast Missouri State University in Cape Girardeau in the spring of 2023. I have a Bachelor's degree in Music Education with an instrumental emphasis. This is my first year teaching. I teach general music at Lincoln, Washington, and chorus and band at JCHS. I listen to podcasts, read books, and go to state/national parks in my free time. A couple of fun facts are that I am from the hometown of Sheryl Crow, and this summer, I met Murr from Impractical Jokers and got a picture with him.

VOLLEYBALL

The 2023 Lady Indians are halfway through their season, and here are some insights thus far. The team started their season with a **straight-set, non-conference win** over West Frankfort. This win **motivated** them, and they went on to win the next two games, one of them being a conference match. They would then take on Herrin, an excellent game for the Lady Indians. They faced big hitters and strong defense all night and put up a great fight going into **three sets**.

JCHS hosted a volleyball invitational, which the team attended. They brought home **second place**, and two of our players, **Josie Anastasi** and **Hope Newell**, made the **All-Tournament Team**.

The team started work in the summer with open gyms and conditioning, and their hard work didn't stop. In October, the team will be hosting a **Ross Babington Scholarship game**. There will be a **silent auction** where they can raffle off gifts and baskets. **All proceeds will go to the Ross Babington Scholarship**. The JCHS Volleyball team still has half of their season ahead of them, and we wish you the **best of luck**. **Go Indians!**



Front: Olivia Mays, Mariah Hall, Erin West, Zoe Cullum, Karleigh McVey, Peyton Smith, Peyton Johnson, Erica Hinkle, Maci Saylor **Middle:** Kylie Dugger, Talyn Frick, Carsyn Clark, Josie Anastasi, Hope Newell, Hallie Newell, Sydney Pietrantonio, Head Coach Ashley Gualdoni
Back: Coach Ashley Carmickle, Coach Will Carmickle, Kyla Watson, Anna Wagley, Marlie Roland, Aliyna McCoy, Abigail Crum, Gracelynn Lenon



HERE'S A
RECIPE:

Did Someone Say Pumpkin Spice Latte?

By Talyn Frick



Add pumpkin puree and pie spice to a small saucepan over medium-high heat. Stir with a spatula until very fragrant and bubbly, 30 seconds - 1 minute, then add sugar and stir until smooth and frothy, another 30 seconds.

Whisk in milk, add vanilla, and mix until the drink is hot for 2-3 minutes.

Brew espresso or coffee into a mug (*or omit to keep this kid-friendly*), then strain the milk mixture into the cup and serve. The straining step is optional but catches larger pumpkin pieces and chalky spices.

- 2 T 100% pumpkin puree *slightly rounded*
- 1/4 t pumpkin pie spice
- 1 T sugar (*to taste*)
- 1 C milk, any kind (*try unsweetened almond milk*)
- 1-1/2 t vanilla
- 1 shot espresso OR 1/4 cup strongly brewed coffee
- Whipped cream OR coconut cream for topping, *optional*

Prepare Your Lawn for the Cold Seasons

By Olivia Slinkard

The seasons are getting colder, and the days are getting shorter. It would be best if you started preparing for the holidays and the damage your lawn will face this winter. If you have never thought about taking care of your grass or are having trouble year after year with it, you must pay attention to this article!

Fall and winter can be very dry sometimes; roots and soil can suffer from these harsh conditions if not treated. Just like your dry skin, **moisturize it!** Rain, sprinkler, watering can, whatever you use to water your plants, make sure you **do not over-water in winter**.

Rake; it's hard work, but leaving dead leaves on your lawn can attract mold and bugs and leave no room for your grass to breathe. You can make it easier to transport the leaves by placing a lightweight tarp down to rake them onto.

Heavy soil can be hard to plant in and for grass to live in. You will get the best results if you **aerate your soil** in the **late spring or early summer**. It's a little late for that now, but it's good to remember for later.

Just like ensuring your soil is hydrated, it is just as essential to ensure it is **fertilized**. Please research what you should use and how you should apply it if this is your first time.

Lastly, should you **mow your lawn**? This isn't as necessary since your grass goes dormant in winter, but a **trim before winter** will help **prevent diseases** such as snow mold from building up in your grass.





Growth vs. Fixed Mindset

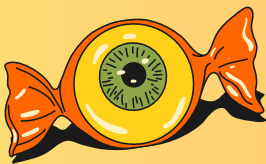
by Erica Hinkle

How do you react when a challenge is put in front of you? Do you fear it or take it head-on? Depending on how you answered that, you may have a growth or fixed mindset. Someone who **thrives with a challenge** and is considered a springboard for growth and developing abilities has a **growth mindset**. A person with a fixed attitude **believes they are either bad or good at something** based on their inherent nature. They may say they are "a natural" at something or "no good at this."

There are many **downsides to having a fixed mindset**. It **stops** you from overcoming adversity, **prevents** you from taking significant risks, creates **poor confidence** and self-esteem, **lacks** self-awareness, and promotes **negativity**. People with a fixed mindset also are more prone to **perfectionism**, which can be **destructive**. All these factors can **sabotage your happiness**. It would be best if you took the path of a growth mindset for many reasons.

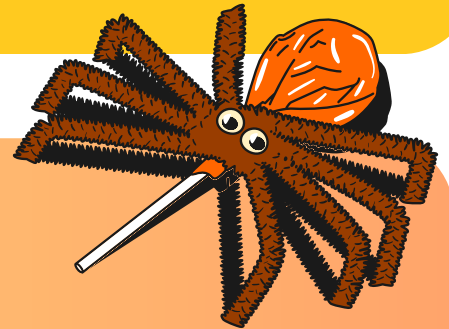
With a **growth mindset**, you realize **you can change** over time and are more open to **reflecting, learning, and growing** from challenges. This enables you to **bounce back** from setbacks and failure. These types of people **learn from their mistakes**. If you are passionate about something, you're bound to make mistakes. If you want to keep doing what you love, you must learn to **accept** these mistakes.

There are many small changes you can make. **Practice gratitude and mindfulness**. Changing your mindset can take a bit, but it will be **worth it** in the long run. *With all this in mind, would you still choose to fear that challenge?*



Halloween and Its Origin

by Erica Hinkle



Halloween is a holiday celebrated by many and is loved by our young, but have you ever thought about **how Halloween has come to be**? Its origins reside in the ancient Celtic festival of Samhain, a pagan religious celebration to welcome harvest at the end of summer. People would light bonfires and wear costumes to **ward off ghosts**. We celebrate Halloween on October 31st because it is said that the first Celtic festival was held on this day. Over the years, **Halloween has changed in many ways**. The tradition of guising was formed. **Guising is going from house to house to put on a small performance to be rewarded with food and treats**. The costumes have also changed; the Irish used to be witches or ghosts, while others would wear animal skins and become macabre figures.

Has this changed your perspective on Halloween? We still use some of these traditions today, including guising (trick or treating) and wearing costumes, but only some spend their holiday doing this. Some stay home, watch movies, play board games, or spend time with friends. **How do you spend your holiday? What do you plan on doing this year?**



SENIOR *Spotlight*



Anastacia Brown

Anastacia's favorite show is *Shameless*, and her favorite movie is *The Notebook*. Her future plans include attending college to major in social work and traveling to China, Japan, and Germany. Her favorite high school memory is the time she gave a speech about curse words in Borg's room. She dreams of owning an old Ford like her dad's and building it up to be something that her dad would've had.



Bailey Parola

Mr. Watt's class holds all of Bailey's favorite memories. She loves *Breaking Bad* and *Twenty-One Pilots*. Bailey intends to major in cosmetology and travel to New York. A random fact about Bailey is that she does not know how to ride a bike.



Maddy Sciluffo

Maddy tells us that she can barely drive; she hit three deer and almost hit a donkey! Luckily, she plans on becoming an OB nurse and can take care of any sustained injuries. She is a member of the Student Council, HOSA, and NHS. She cannot live without her phone, loves watching *Shameless*, and wants to travel to Greece. Her favorite memory is wrapping potatoes in Mr. Watt's class for the baseball fundraiser.



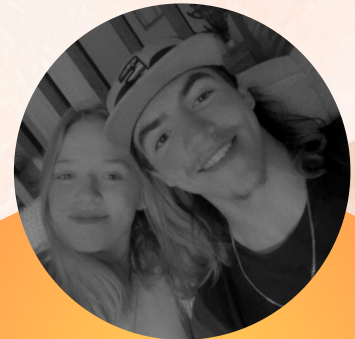
Arista Hill

Arista's favorite show is *Hocus Pocus*; she can't live without music and runs Track and Field. She wants to go to college for entrepreneurship and start a business that evolves around art. Her plans after high school are to finish college and then travel around the world. One of the first places she wants to travel to is Thailand. Her favorite memory is when she went to state in track and won the championship in her junior year. One random fact about Arista is that she wants to learn how to tattoo.



Aarilyn Watson

One of Aarilyn's favorite memories is when she and Isiah danced together at homecoming. Her favorite show is *After*, and she can't live without her friends Arista, Natalie, Megan, and Libby. Her future plans are to go to college, and she wants to be able to travel; her destination will be Bora Bora. She has 11 siblings, and she does dancing in her spare time.



Macy Fischer

The parties in Mr. Watts's class are some of her favorite high school memories. Macy's favorite show is *Lucifer*, and she can't live without her boyfriend. One fact about Macy is that she has 22 cousins on one side of her family. She plans to travel the world, and she wants to travel to Florida.

SENIOR *Spotlight*



Sarafena Rogers

Sarafena's favorite show is *Vampire Diaries* and her favorite memories are from homecoming week and all the field trips for all the clubs she's been on during high school. Her plans are to go out of state for college to become an elementary teacher, then come back and teach here in JC at Jefferson. She also plans to visit all of her family members around the US. She says she could not live without her boyfriend or her cat, Diego. A random fact is that she has her middle name tattooed behind her left ear, she also listens to rock/heavy metal music. She has coached cheerleading for a youth group for five years.



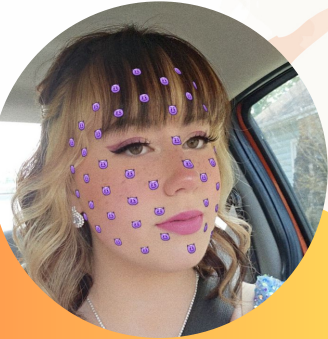
Ava Simmons

Her favorite memories are helping set up and participate in the annual JCHS art shows. Her favorite show is *Friends*, and she can't live without her family. Her plans are to go to college and find an art-related job. She hopes that she can travel to London. She likes to go antiquing, and she is a part of the Student Council and Art Club.



Paige Berry

Paige can't live without her dog and Her favorite show is *Scooby Doo*. She wants to obtain her teaching degree. Her favorite memory is going to all of the football games. She wants to travel to New York. Her first name is Jeanette and she loves to hang out with her best friend Emma Jones.



Ellie Burns

Ellie's favorite movie is *Goodfellas*, and she can't live without her three cats. She plans on becoming a lawyer of some type and would love to go to Wisconsin. Her favorite memories include the bus rides during competition season for dance. She loves Post Malone, and she is a dancer in her free time.



Isaiah Wagley

He can't live without sports; his favorite show is *The Walking Dead*. He plans to go as far as he can playing baseball and hopes to go to Texas. His favorite memories include being three-time Conference Champions in football, and he has two middle names.



Briley Lauderdale

She can't live without her family, and her favorite show is *Scream*. She hopes to become a livestock veterinarian and does not want to travel anywhere. She has two brothers; her favorite memory is Class Wars in her sophomore year.

"What is a poem?" You may ask yourself. I think poems are what you want them to be. Some people write poetry as a hobby or maybe for fun. Others might just like writing in general. Lots of individuals write poems as an escape. It can be a way to express themselves without having to speak verbally. Poetry has been popular since around the 18th century. Researchers believe early forms of poetry were sung and passed down by oral history, such as prayers or chants. Poetry is a great way to express yourself. It can give one sense of mind.

As you look at this poem, consider what it reminds you of. How does it make you feel? How do you think the author of this poem feels? Take a deep interest in the reading shared with us by **Gracelynn Matthews** and **Keira Hayden**.

The Drowning Puppet

by Maddox West

Two-legged figure
Dancing alone in fear
Contorted with ignorance
Stabbing souls with a spear

The voice of an angel
Yet eyes brewed with violence
Like portals drawn from he**
Lacking virtue, black silence

Swarms of dejection
Embracing eternity
For which cannot be defined
Forged by uncertainty

Two-legged figure
Parading with glee
Yet juggling the Earth
With an arrow in the knee

A swift black horse
In a dreadful empty space
Approached and diminished
By a man with no face
The tall puppet dances
With a flesh-torn grin
Unwilling to serve
So shall die amongst sin

The voice of an angel
Yet eyes brewed with violence
Like portals drawn from he**
Black silence, black silence

A man with a vision
So blinded by the fire
Submerged in putridity
As filth taints flesh, a human spire

The puppet's body erupts.
Vile liquids flow
In the mouth of humanity
A man drowns alone

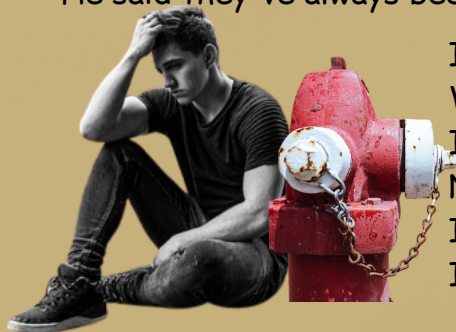
A jagged, abandoned mind
Contains joy and remorse
Is destined to die
Atop a swift black horse

The drowning puppet **laughs**

Blue Fire Hydrants

Joe Palmer

One day, I woke up and noticed all the fire hydrants were blue
Everything else was the same, but this was new
I asked everyone, what did this and or who
One man answered and told me what he knew
He said they've always been blue, exactly like you



I'm blue like the hydrants from my head to my shoes
What game is this? What mind did I lose
I swore yesterday that these fire hydrants were not blue
No one believes me. I don't know what to do
I sit by a fire hydrant as I don't have a clue
I say I'm not supposed to be blue, and neither are you

Oh, to go back home where fire hydrants aren't blue and nothing else is new.