"For a better Tennessee High"

Volume CVIII, Issue 2

Tennessee High School, Bristol, Tennessee

September 30h, 2022

What's Inside

Bristol Hit the

Jackpot!

Page 2

Mr. Snyder:

"Once a Yearbooker, Always a Yearbooker"

By Bree Eaton

Serving Tennessee High for over 100 years, The Cadema has been our own personal time capsule. From documentation of school activities to picture day and to senior ads—our yearbook has been a testament to our time here at THS. Diving into how the yearbook is made, we can find out why it's so important.

Throughout the hallways, you can find "yearbookers" capturing photos and conducting interviews to fill the pages of Cadmea. The pages of the yearbook contain moments from homecoming, prom, classes, and clubs. Co-editors and seniors Layne Richardson and Zoe Arrington, who are responsible for creating the themes and pages, are hoping to "make a book that everyone can enjoy." In addition to prioritizing memories from each senior class- which is arguably the best year to look back on- Layne and Zoe are hoping to make this book special for their peers.

The notorious senior ads serve as a

way to honor these editors and other seniors. Filling some of the last pages of the book, the senior ads exhibit the graduating seniors with their name displayed in big letters, childhood and senior year photos, and loving messages from their family. "[The senior ads] give students and parents a good way to commemorate four years of high school in a single way," said senior Sophia Rehim, who works in senior ads. "They can take you back through your highschool years, your growth, and the ways you've changed."

From hurrying to meet deadlines to parties, the yearbook has it all. However, it's not all pages and adsit's also a family. Famous for her love and dedication to the yearbook, Anita Vickers has been behind the scenes for the past 26 years. Following in her dad's footsteps, Mrs. Vickers became yearbook advisor very early on in her teaching career. Being surrounded by her dad's yearbook community from a young age, Mrs. Vickers wanted to "bring that community to Tennessee High". To her, the yearbook "should"

tell the story of the year. It is a tradition with journalistic integrity." The book cannot be completed without the "strength of [her] staff," said Vickers. Her legacy in yearbook is filled by her "yearbookers" – the students who quickly became her second kids. These relationships last a lifetime; from attending graduations, weddings, and baby showers. As their famous saying goes, "once a yearbooker, always a yearbooker.



Changing Desks Page 3

Bands Unite Page 4

How To: Live a Thousand Lives Page 5

Therapy? It's On-site Page 6

Viking Word Search Page 7

Where Did Viking Pride Go?

By Caitlin Vining

"We are Tennessee High." That is the name of the speech our principal, Mrs. Kirk, gives at graduation. This speech embodies who we are as a community and how we present ourselves. For a time, our school, once infamous for "insane" Viking pride, seemed to have lost its school spirit. Many of us students heard crazy stories from our teachers, siblings, and parents who attended THS about school rivalries, chants, band pep tunes, and dominating wins! These students "bled" for the Vikings. All students wondered "Where did this Viking Pride go?", and "How do we get it back?" With determination between administration, the student body, and the community, Viking pride is growing stronger and stronger than

Tennessee High's biggest advocate for Viking pride is certainly our principal, Mrs. Kirk. When she took on the role of principal at Tennessee High six years ago the community had a dedicated focus on school spirit, but then covid hit. When we were out of school, students missed learning how to be a true fan. Since then, her goal has been for students to begin to have fun and get involved again. "If you have fun, you will always want to come back", Mrs. Kirk remarks.

Kirk has also created the Biggest Fan group this year. Consisting of students from each grade level and from all over the school population, they are responsible for "leading" the Maroon Maniacs. Their overall goal is to up engagement and help bring more student involvement to all sports and activities at THS. They are slowly repairing our broken school spirit piece by piece via the creation of student section themes and cheers.

This year alumni have come back to their alma mater, including cheer coaches Micah Garrison and Alessa Miller. Both attended and cheered at Tennessee High, Head Coach Micah graduating in 2016, and Assistant Coach Alessa graduating in 2019. Both coaches cheer[ed] in college: Micah cheered at Milligan, and Alessa currently cheers as captain at

King University, which she led to a conference grand championship. Giving back to younger athletes is a key part in both coaches returning to Tennessee High. Wanting to see them grow and succeed is a major goal.

When Micah and Alessa attended THS, school spirit was at its peak with a legacy of student involvement, so they also noticed the change in spirit after covid hit.

Mrs. Kirk, Coach Micah, and Coach Alessa all agree that there needs to be a huge return of the VT game. The infamous football game between rivals Tennessee High and Virginia High that was treated like a homecoming game with the entire town involved. The Biggest Fan group alongside Mrs. Kirk stepped up to the city



council meeting with a proclamation that September 16th be Viking Pride Day. Together they helped get this proclamation signed, boosting Viking spirit throughout the entire community. Community involvement is so important, which is why the establishment of September 16th as Viking Pride Day was an important step in bringing back school spirit.

In the school year of 2022-2023, Tennessee High School has been bringing back more and more school spirit. Soon enough we will have our own crazy stories about school rivalries, chants, band pep tunes, and dominating wins. Together we are stronger. Together we are Tennessee High.

Meet the 2022 Maroon & White Fall Staff

Senior EditorNathaniel Morefield

Junior Editor
Callie Eckley

Journalists

Alex Akard
Hayden Arnett
Piper Booher
Joseph Burriss
Caden Cartwright
Ricky Cortez Aleman
Sydney Cunningham
Bree Eaton
Kaylee Hamrick
Ada Ritchie
Liz Rouse
Caitlin Vining
Torey Walk
Joan Weddington

Layout Team

Kaylie Cunningham Halle Mullins

Business Managers

Ryan Bunning Lilly Chafin

Advisor

Mariel Story

Design Consultant

Dereck Shipley
"The Bearded One"



YA Bento Boxes

By Ada Ritchie

Head down to the Bristol Public Library for Young Adult Bento Boxes that are for tweens and teens ages 11-18. The Bento Boxes are monthly subscriptions including books, snacks, and a prize based on your interests, the inspiration behind the boxes being traditional Japanese bento boxes.

Young Adult and Teen Librarian Abby Powers said, "I want each box to be unique. I pick books from multiple genres that the teens already selected from a google form list. If they want to try new things, I will even pick a book at random that has good reviews."

The bento boxes have 2 books in them and need to be returned to the Bristol Public Library or the Avoca Branch Library. If you are interested in getting a Bento Box, you can fill out a form that is accessible at the Bristol Public Library website or the @bplteenreaders Instagram page.

Bristol Hit the Jackpot!

By Halle Mullins

After much construction and controversy, the Bristol Casino has finally opened its doors. Housing 870 slot machines and 21 table games, it has changed Bristol as we know it.

The Bristol Casino opened on July 8th, 2022, and generated nearly 12 million dollars in just its first month. However, the current casino is only temporary. It will be replaced by the full-fledged Bristol Hard Rock Hotel

and Casino in 2024.

This has been a long-awaited process due to the conflicting views of the community. A vote was given by Bristol voters about whether casino gaming should be allowed in the city of Bristol, Virginia. The results of the vote were 71.14% yes and 28.86% no. This vote allowed construction of the casino to begin, and the rest is history.



TSS Composts, Upcycles, and Picks Up Trash

By Kaylee Hamrick

Three years ago, THS alumni Carmen Webb and Amy Shi walked into Mr. Slone's class with a mission. The two girls wished to start the school's first ever environmentalist club—Teens Supporting Sustainability. They wanted to show that teens are not as lazy as adults make them out to be, and that they can make change in the environment.

Last year, TSS participated in Trout In The Classroom, a nationwide initiative allowing students to do their part in restoring local trout populations. The Trout Committee received eggs from a state hatchery to raise and eventually release in a local stream. TSS worked to develop the schools recycling program and start a

compost bin as well.

This year, TSS leadership has their sights set on even greater ambitions. Newly elected president Alice Shi says, "This year my goal is to hopefully participate in more composting, upcycling, and trash pickups. Our officers are trying to start up projects and get everyone involved, not just people in TSS."

But, in order to accomplish these goals, TSS needs manpower. Shi reiterated, "If you are interested you can join any time; everyone is welcome!" To any young environmentalists looking to join Teens Supporting Sustainability, contact Mr. Slone at slonej@btcs.org for more information, or consider attending a meeting held on select days directly after school.

TSA: A World of Opportunities

By Callie Eckley and Bree Eaton

The Technology Student Association, better known as TSA, is a club for those who have already taken a computer science course and are interested in furthering their knowledge via fun competitions and projects.

Coding Software and Engineering Design just skim the surface of what TSA has to offer. Members can write and design a children's book or create the next style trend in the fashion design competition. The world is your oyster and TSA is the pearl. All you have to do is sign up with Mrs. Del Gaudio, then start preparing for the upcoming conferences. This is a great opportunity for anyone interested in STEM as a career path.

THS Golf Team Places at Regionals

By Lilly Chafin

On Monday, September 19th, the THS golf team went confidently to the district tournament in Elizabethton. They made sudden death playoffs, and after an extended game, the men's team ended up placing into regionals.

Coach Wally Profit, who has taught at THS for 26 years, said that this year's team has "made major improvements since last year." With the team practicing everyday but Fridays, minus game days, that progress happened fast.

Profit's top player, Junior Carter Myers, dropped an average of 2 strokes this year. Junior Tripp Lively's average has gone down 4 shots. Both players are contributing to the team's average this year. As the season continues, I guess we'll see who's the best, by par.



By Torey Walk, Joseph Burriss, and Caitlin Vining

With each new school year comes many new changes: new classes, friends, or teachers. But as students walked the halls of Tennessee High School once again this August, it became apparent that Mr. Snyder, the well-loved English teacher and soccer coach, was nowhere to be found. But fear not! Mr. Snyder can be found just up the road in Bristol, Virginia at St. Anne's Catholic School, where he now serves as the Principal. St. Anne's Catholic School is a private school ranging from pre-3 to eighth grade, enrolling roughly two hundred students a year. St. Anne's varies greatly from public elementary and middle schools in Bristol, with smaller class sizes, school uniforms, and emphasis on Catholicism in daily instruction.

Principal Snyder voiced his love for teaching, but was driven to pursue a career in administration to

Mr. Snyder: Changing Desks

"invoke the change he couldn't make as a teacher." According to Snyder, teaching "made [him] appreciate that each kid is different." From discipline to supporting fine arts or clubs, teaching "made [him] admire what teachers do." He has also, however, felt an intense new weight of a principal's responsibilities on his shoulders. "At the end of the day if something does not go right, that's on me. If something happens with the school, that falls on

Despite the stress of a new job, he absolutely loves what he is doing. His days are longer, but it is "all worth it" to him. His daughter Marley attends St. Anne's as a preschooler, and Mr. Snyder appreciates being able to see her more. Despite spending most of his career around teens, he finds himself loving working with younger kids. "A kid will come give me a big ole' hug, and it's nice. It'll make my

me," Mr. Snyder stated.



day."

Mr. Snyder is currently working on his doctorate in education at Milligan. "It's definitely not easy to juggle it all. I work when the kids go to bed," he said. Although it's a challenge, Principal Snyder remains focused on his goals to successfully complete his doctorate, boost St. Anne's enrollment, and raise two healthy children.

Mr. Snyder most misses the THS kids, his wonderful homeroom, and his colleagues: "Shout out Tim Davis, David Strickland, and Jase Slone," he said. To all of us at Tennessee High, Snyder wants to say thank you. "My coworkers really pushed me to do what is best for me. My students and players really supported me, and knowing I have that support means so much to me. To my homeroom: I love y'all, and I will be at graduation. And to my soccer guys, remember to look up in the stands this season," Mr. Snyder said. I know we all can't wait. Good luck, Snyds!

My Time Volunteering at the Gray Fossil Site

By Piper Booher

This summer, I uncovered a unique and perfect place to get my volunteer hours: Gray Fossil Site. The Gray Fossil Site is an active Pliocene-era fossil dig site that also includes the Hands On Discovery Center. Lucky for me, it offers volunteer opportunities for anyone over the age of 16 years old. Throughout my underclassman experience, I had always had difficulty finding a place to get my 80 hours of volunteer time for Tennessee Promise, but after digging up the chances offered at Gray Fossil, my problem was solved.

Paleontology is a passion of mine, and seeing a place so readily available for people with similar interests really made me feel more confident about going into the paleo field. A few days a week, I took on a two-shift work day: 9am to noon, and 1 pm to 5pm- with an hour lunch break in between.

In the morning, we started by screening: a careful sifting process where we stood over tubes of water and bounced the sediment-filled containers off of the water in a repetitive motion. Definitely hard on your muscles! Sometimes, the diggers at the site gave us these heavy, yellow bags, which we poured into the screening tubes. We would wait for the sediment and clay to dissolve to make fossils more visible. In the afternoon, we went to the lab station and cleaned fossils that were collected after screening. Although the process might be tedious to some, I frankly enjoyed screening and the muscle it helped me develop.

I especially enjoyed the entertaining

conversations with the workers and volunteers. As we worked, we discussed absolutely everything from favorite prehistoric periods, guessing games, media analysis, and hysterical inside jokes.

Most of the fossils we cleaned belong to ancient relatives of familiar animals today, dating back over 20 million years ago. Ancient tapirs make



up 90% of the fossils we find at the site due to their abundance in population. We also found rhinos, crocodilians, wolverines, and even red pandas. The rest of the animals we recognize are sadly not around anymore, like the majestic mastodons and the recently-discovered bone-crushing dogs.

Volunteering can unearth opportunities to explore future career

options. I discovered the joy of working at Gray Fossil Site, and with a little exploration and luck, you can find a volunteer workplace that matches your interests!

Victor's Voyage: Journey to Tennessee High

By Kaylie Cunningham

For hours, I scanned the yearbooks in search of Victor the Viking, our renewed mascot. Hours upon hours went by and Victor was nowhere to be found. We had a mascot before, didn't we? 101 years worth of yearbooks and I found eight mentions of a mascot, only two of which pictured a person in a mediocre Viking outfit. Hidden in the pages of yearbooks were only names listed as mascots, a mention of a "mascot: spider", and a picture of the 1970's goose handler (yes, a real goose). We never really had a consistent mascot, so where did Victor come from?

Last year, after several student meetings discussing school spirit, the Maroon Maniacs decided that Tennessee High needed more morale. Through Covid and quarantines, our school lost much of its traditions; we lacked the pep in our step. Conversations started about the potential of a mascot, but they still needed a person to wear the costume and represent us at all of the school sports events. An anonymous member of the group volunteered to take on the role. That volunteer, who we'll just call Victor, explained that taking on the role of mascot was "a natural flow that they fit the part of."

Although wearing a Viking costume may seem simple enough, the outfit presents several challenges. For one thing, just keeping up with the costume is difficult, as it had been stored in the castle, lost, found, and redesigned in its current form. Even with the advances of the current costume, which provides

more temperature control but heavily decreases the mascot's ability to see, the act of making appearances two to three times a week in an outfit that limits visibility and traps heat requires a lot of stamina. To keep from blindly stumbling onto the field, Victor is allowed to have a buddy to assist in navigating around our incredible and historic Stone Castle. However, the costume is not even close to the most challenging part of the job. Victor sometimes struggles with the celebrity life, as eager fans desiring a photo can turn an innocent game into war. "If a BeReal goes off— it's game over," Victor said.

The costume and the fame are all a part of the game-one Victor the Viking would never take for granted. Despite the sporadic history of mascots-spiders, geese, or Vikingsour mascot promises that this time, Victor is here to stay. Our mascot said, "We hope that Victor lasts for a very long time for future Vikings to roam across the ages."



William King Celebrates the Art of Tennessee High Students

By Joan Weddington

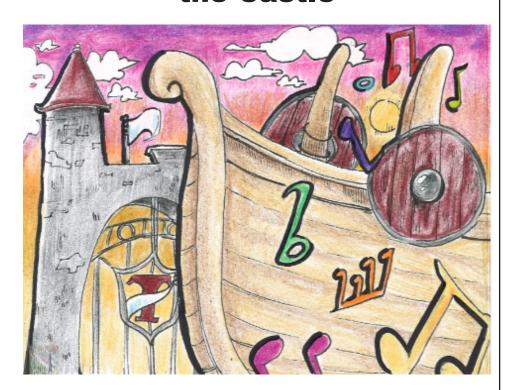
Located in Abingdon, the William King Museum of Art launches a new exhibit displaying multiple pieces from high schoolers in the region, including artwork from our own Tennessee High students.

Shawn Graham, one of the art

educators at Tennessee High, is elated for the opportunity to showcase his student's work at the museum. "We are so grateful for the opportunity Charlotte Torrance (Director of Youth and Family Education) is providing our students," Graham comments. "The talent level of these kids has earned a reputation of such a show and should be on display more often, they amaze us every day." Through its showcase of student art, the William King Museum of Art hopes to begin a tradition of celebrating the talents of local students in the region.

The exhibition will be on display from October 3rd to December 9th on Level One of the museum during its regular hours. Be sure to stop by to check out the amazing talents of our own Tennessee High students as they help to represent our vibrant and colorful Viking pride!

Bands Unite: 70th Music at the Castle



By Ricardo Cortez Aleman

As the Marching band season begins to unfold, the Mighty Viking Band hosts its 70th annual competition: Music at the Castle. On Saturday, October 1st, multiple wonderful bands come together to perform at the Stone Castle.

Our band will perform their own production, Voyage to Vahalla, as the exhibition performance. 33 different bands from across Tennessee, Virginia, and North Carolina will compete for awards such as Grand Champion, Best

Percussion, Best Color Guard, Best Marching, Best General Effects, Fan Favorite, and many more.

Tickets cost 10 dollars for adults, 5 for students, and free for kids 5 and under. All funding towards the event goes to the Mighty Viking Band, so attendance is appreciated. The exhibition performance begins at 9:10. Check the MVB instagram page for information of each band's performances' timeslot @ths_mightyvikingband.

What's the Splash: Maroon and White Swim Meet

By Liz Rouse

The THS Swim team is hosting the meet of the year. The Maroon and White swim meet on October 18th is all about speed. The team captains will choose between Maroon or White. Our swim team is dividing and competing against one-another. The coaches will then decide which swimmers belong on team Maroon or White, in a dueling battle between colors.

The entrance fee is \$7 for everyone. The Maroon and White meet is a longheld tradition for our swim team; this will be the first one in a long time. This year we will have around 30 swimmers participating. The meet is all about having fun and friendly competition to set the team into gear for the season.

"I get to make new friends and challenge myself," said Ada Richie, junior swimmer, who is hopeful that this swim season will be her best yet. Paul Letson swims because "it's the best thing to do to stay fit, and the competitions are fun." Let's show our swimmers some love and support at their Maroon vs White pre-season meet.



201 Pennsylvania Ave.
Bristol, TN 37620

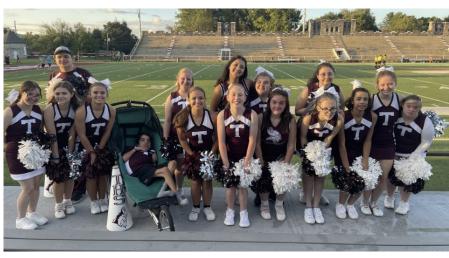
All about Cheesecake and more...

Jeffrey, Jim & Maggie

Email:
tipnthescalebristol@gmail.com
Follow us on Facebook



423-646-2285



Fired Up Firecrackers!

By Callie Eckley

Sparking the school spirit this year is none other than Tennessee High School's Firecracker Squad. Coach Amanda Vance defines the Firecracker Squad as a cheer team that is "all-inclusive" adding that "people with and without disability, anyone and everyone could join!" Partnered with the organization Generation Spirit, the team works to achieve the goal of raising school spirit by cheering at underrepresented sporting events. You can catch them at Soccer games, Volleyball games, Pep Rallies / Events, JV Football games, JV Basketball

games, Swim meets, making goodie bags for Wrestling, as well as in the spirit sections for Softball and Baseball games.

Both in and out of practice/ events, Coach Vance loves to see the relationships that are built among team members when all students are on equal footing. It's never too late to join in on all the fun, Viking Pride, and acceptance. Just contact any of the coaches; Amanda Vance, Rachel Fleenor, or Regina Roberson for information. We can't wait to see the Firecracker Squad continue to light up the stands!

Breakfast Club

By Nathaniel Morefield

It was abundantly clear from the moment we started talking, what a thoughtful person Allyson Keylon is. The self-described "overthinker" does more than think; she dreams, and then, she turns those dreams into reality. Keylon flies planes for fun, performs incredible ballet pieces, and dreams of a career as an actress. She must have figured out something that I haven't.

Much of her motivation, funnily enough, has come from superheroes. "Superheroes had such a profound effect on me. I'm not sure how to say this without sounding kind of sad, but I didn't have friends as a kid. I had comic books." Keylon went on to explain how she draws strength from "those stories about people who have been through terrible things yet make amazing things out of their lives."

Reading comic books like Wonder Woman inspired her to get a Pilot's License at the Elizabethton Municipal Airport under the instruction of Larry Hinkle and Larry Kimble. After all, what's more superhuman than the ability to fly? Maybe, just maybe, ballet.

If you have ever seen a ballet performance, you have certainly noticed the incredible physical balance of the dancers' bodies, and the distinct artistic balance of both passion and grace. Allyson calls it a "duality." She has a philosophy that everything in life requires a delicate balance. "Ballet is a contradiction. It is a combination of beauty and strength. It's having to use every muscle in your body while looking effortless," she said. This pursuit of dance at Watt's Dance Studio was inspired by her favorite superhero, Black Widow. She wanted to convey Black Widow's signature combination of power and elegance.

Characters like this were Allyson's foundation in building her identity. If she has figured something out, it's that in the art of others, we can find ourselves and use that as a driving force. Perhaps the most important goal in Allyson's life is her intention of becoming an actress. "When I've acted," she said, "being able to be somebody else and in touch with their emotions has really helped me get in touch with mine. I can understand other people better because I've pretended to be other people." She wants to help others to find that motivation that she's found in superheroes. "In the end," she explained, "I do want to help people, almost in the same way that those movies helped me. If I can help someone in the same way that all of that helped me, it'll be worth it."

How To: Live a Thousand Lives

By Sydney Cunningham

When you think of high school English, you most likely think of writing a lot of essays and reading—or reading the summaries—of classic books. These classics have been popular for ages, but they look quite different from popular books today.

Part of this is the audience reading now compared to then. In the past, there was a much smaller percentage of people who could read and had the resources to read often, but now almost everyone can read. It also helps that there is a bookstore/ Starbucks combination in almost every city, so a wide variety of books are much more widely available.

Historically, books were read with the intention of learning something, making them mainly academic. They often portrayed stories that reflected everyday life and were meant to teach a lesson. Little Women, for example, tells the story of four sisters learning to grow up and find their place in society. Even though it was first published in 1868 it remains popular to this day, with the most recent film adaptation being in 2019. Frankenstein, though less life-like, teaches lessons on consequence and acceptance; when

Frankenstein finally succeeded in his quest to create life, he was disgusted with what he'd done and had to learn how to deal with his actions.

Current popular books have a much different feel to them. Often, they center around a love story, and are much more fantastical than classic books. It Ends With Us, by Colleen Hoover, tells the story of Lily Bloom and her picture perfect relationship. That is until a boy from her past reenters her life and changes everything and she now must try to save herself and her relationships. People We Meet on Vacation, by Emily Henry, showcases the complicated relationship of Poppy and Alex; every summer after meeting in college they went on a week-long vacation together. However, that all ended two years ago, but now they have one more chance to fix their

relationship.

While you can still learn something from current popular books, it's not the focus. Nowadays, most people read books as a way to escape reality; from stress over school or work to never-ending mounds of homework to desperately waiting for that one person to text back, life never lends you a dull moment. So, at the end of the day people just want to relax and forget about their problems for a little while. They don't want to open up a book and be faced with complex language and someone telling them to be nice, they want to have someone else to fight for and laugh at when things go wrong.

Books now are meant for more than just learning more about something. They are ways to completely escape reality, and, if only for a little while, be

> a completely different place with no worries. However, I would encourage you to still try and learn something from every book you read, old or new. You never know what you might get out of it



What to do During a Staycation?



By Alex Akard

So, are you stuck in Bristol this fall break and think there is nothing to do? Well, think again!

The Bristol Public Library hosts weekly book and gaming clubs in their teen space, along with the occasional Dungeons and Dragons game.

The drive-in movies feature different movies to watch every weekend.

For a challenge, grab a few of your friends and go to the escape room

downtown and see if you can beat the

If you are more into art, you can head on over to Kiln' Time to paint some pottery or take one of their painting classes. The Sherylyn Millard Art Exhibit is October 1st at the Blue Ridge Comedy Club for any interested attendees.

Feeling more active? Take a hike on one of Steele Creek Park's hiking trails or jump on over to Just Jump and have some fun with your friends.

Go to Interstate bowling or the Putt Putt Fun Center with a group of your choice if you are looking for a competition.

For a more school-related approach, fall break is the perfect time to finally catch up on those less than spectacular volunteer hours or finish the neverending personal finance.

Lastly, and most importantly, make sure to take many well-deserved naps.



The Science Competition of the Year

By Bree Eaton

From all across Tennessee, students with knowledge of math and science come together for the annual Science Bowl. The competition consists of teams who are given fast paced academic questions dealing with math, biology, chemistry, physics, and space. The questions range from tossups to bonuses.

All of this starts at the Tennessee Science Bowl– which takes place in late February. The winning team gets to compete again later that year in the National Science Bowl in Washington D.C. For those interested in joining, you can contact Mr. Reece or Mrs. Bittenger. This is a perfect opportunity to show off your math and science wits and to have fun with a science community.

Therapy? It's On-Site.

By Hayden Arnett

If you haven't already heard, on-site therapy has luckily made its way to our school. Amanda Weiford is THS' school-based therapist that is available to assist you whenever you need to reach out to someone for help or need someone to talk to. Located at the back of the guidance office, Mrs. Weiford-provided by Frontier Health-is here to make therapy and mental health help readily available to all students.

Mrs. Weiford has been our school therapist since the 2021-2022 school

year, and since then, she has helped countless students navigate their mental health journey. She said she wants to help students because she "want[s] to provide people with evidence-based treatment modalities they may not have access to at other schools and just offer more access in general." Mrs. Weiford is available anytime during the school day. Students can reach her at her school email, weiforda@btcs.org, or by double checking with the guidance secretary, Mrs. Stigal.

Tri-Cities Tsunami Insurance*

Covering Northeast Tennessee and Southwest Virginia since 1986. Family owned and operated.

Best Rates In <u>ALL</u> of Appalachia!!





Senior Insurance Agent: Ryan C. Bunning

Phone: (423)-3788-2284

*Does not have any legal weight. Purely satirical

Future Fairs and Fires?

By Piper Booher

College representatives, industry and military recruiters, and even a few people from local businesses offering jobs, attended Tennessee High's first Future Fair, held September 14th.

Tuesday afternoon of 2:30 from 5:30 of September 14, the Future Fair was held

In terms of the practical use of the Future Fair, there were tons of adults present with the aim of helping students out with college and career. A few of these include: college representatives, industry and military recruiters, and even a few people from

local businesses offering jobs.

When interviewing a senior and visitor of the Future Fair, Alex Prim, about the Future Fair, they summarized it by stating it was a pleasant experience with a few tricks up its sleeves.

Overall, the Future Fair is a pleasant and informative event with tons of school spirit present, and reassurance of opportunities outside of Tennessee High. The event had a defining way of showing the aforementioned school spirit: with a bonfire lighting and Viking-esque chanting.

There is an announcement about the fair on the official school website.

Haunted Tours: Decades of Doom

By Alex Akard & Ada Ritchie

This year on October 21st, Tennessee High School will be hosting the Haunted Tours to serve as a fundraiser for both the Theater Department and Maroon and White. The Haunted Tours will occur during the football game and start at 6:00 and last until 11:00. The enter and exit will be at the Southside Entrance Door 11. Through the halls, the audience will see depictions of different horrifying events throughout each decade. The tour will be crafted by theater, Maroon and White, and a collection of other clubs. Be afraid. Be very afraid.

Anchor: School Spirit, Pink-Out, and Female Empowerment



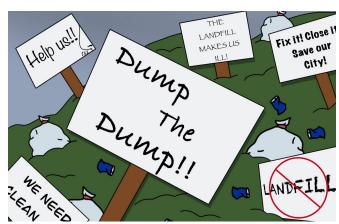
By Hayden Arnett

After its short break during the summer, Anchor kicked off this past month by welcoming its new underclassmen members. Anchor is a student-led, exclusively female club that students are voted into during the fall semester of their freshman or sophomore year. To join Anchor, students need to stop by Ms. Declercq or Mrs. Arnold's room-the two sponsors of the club-at the beginning of the school year to enter into the voting ceremony. From there, select students will be chosen by the present members to join. In Anchor, students boost school spirit through their

support of sports and other schoolsponsored events. For example: each year, Anchor raises money for the pink-out game by selling pink Viking Pride shirts.

Anchor's main goal is to create a community of girls supporting girls during their time at Tennessee High School. A way to show that, president Bridget Flahrety explains, is "after you have been chosen, one of the upperclassmen will make a gift basket specific to you as a way to bring everyone together." The leaders of the club-president Bridget Flahrety and vice president Laynie Richardson-welcome you to join Anchor next school year!

What's That Smell? Locals Help Bring Relief from Bristol Virginia Landfill



By Lilly Chafin

The Bristol Virginia Landfill has been troubling our area with a disturbing smell for months now. Locals have taken a stand to try and get the dump fixed or shut down, and thankfully, they did just that. Due to our community's effort, the dump is no longer taking in trash.

Dr. Samuel Weddington, who is also the pastor of First Presbyterian Church in Bristol, has been a powerful figure in these movements. Weddington is part of an organization called Hope for Bristol, which was created to help relieve the community's problems caused by pollution. Hope for Bristol has raised money to buy 1,100 air purifiers to reduce the smells in the homes of people most affected.

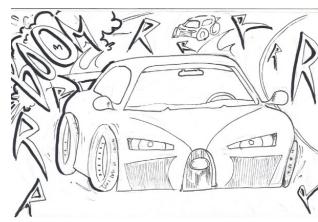
Thanks to vocal citizens like Weddington, the negative impacts of the landfill will end. Until then, the stench is a little more bearable.

THS Comic Corner











Viking Word Search

T B I E L A M A R O O N A V
W P R C M S T T C H X T C I
E H R R T A V Y O I O I I C
O T I H I L N I D R P A M T
E I E T N H S I K L I R E O
E S E R E I T C A I E S A R
A X E V I L I E S C N I D T
G A T E N A C M T E S G H S
E K R O C K Y T O P S H S S
L A T E D I R P G N I K I V
O C L E E S S E N N E T T O
N P R H O D R A T S I R T I
B R I S T O L O H O O R A H
R I C S T O N E C A S T L E

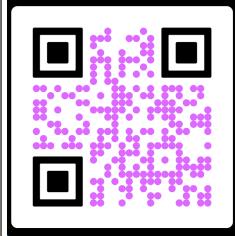
AXE
VIKINGS
TRI STAR
HOORAH
VICTOR
MAROON
BRISTOL
WHITE
TENNESSEE
VIKING PRIDE
STONE CASTLE
MANIACS
SHIELD

Play this puzzle online at : https://thewordsearch.com/puzzle/4088525/

THS Meme of the Month



Want to Know About a Club? Scan the Code!



Vikings Vocalize

What is the most underated sport?

9th Grade Emma Dollar: "Cheer"

9th Grade Isaac Frye: "Walking to the Vending Machine"

10th Grade Noah Broglio: "Cross Country"

10th Grade Georgia Simora: "Staying awake in psychology"

11th Grade Maddie Harris: "Parking in South Side"

11th Grade Jacob Ruiz: "Wrestling"

12th Grade Natalie Beheler: "Soccer"

12th Grade Kasey Hagerman: "Men's Volleyball"

Teacher Mr. Davis.: "The Science Bowl"



PROFESSIONAL TELEVISION PRODUCTION

NOW OFFERING LIVE EVENT STREAMING!

HIGH END BROADCAST QUALITY CAMERAS, BOOM CAMERA, INSTANT REPLAY, PROFESSIONAL GRAPHICS

FOR MORE INFORMATION CONTACT HOLLY AT

holly@masterstv.com or 423-968-7736

