

Maroon & White

“For a better Tennessee High”

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Tennessee High School, Bristol, Tennessee

March 11th, 2022

Kinley Leonard: A Quiet Leader

By the Maroon & White Staff

On Sunday, March 6th, THS lost senior Kinley Leonard. She is remembered by her classmates, coaches, and friends as a sweet, fun, and insightful person. Kinley played volleyball, loved art and music, and had an interest in psychology. Her bright, dimpled smile and willingness to talk about the things that mattered made an impression on us all.



Volleyball

Kinley was a “back row player” who, according to her former coach, Ms. Johnson, “worked her tail off to get right there and always had the support, despite not getting the glory the front row does.” Johnson went on to describe Kinley’s kindness and leadership, saying, “She was a quiet leader. She was always kind to me and she was always giving hugs, and I think that was just our relationship.” Coach Tiller remembers Kinley as “somebody [he] always clicked with and enjoyed being around.” Coach Tiller recalls a particular conversation they had after a game: “She had really been struggling and we sat after a game and talked for a long time. And then the next time out, it was like she was a totally different person. She looked over at me and smiled and said, ‘Yeah,

you’re right, I can do it.” Madison Blair, who played volleyball with Kinley, said, “She was very positive on the court, fun to play with, and uplifting.” Rachel Kent, who also played volleyball with Kinley, said, “She figuratively and literally had a spring in her step during plays. She was supportive but also knew how to motivate you to do better at the same time. She was the ideal teammate.”

Art

Kinley took Art I and formed a close bond with Mr. Graham. After completing the course, she spent her free time in the art room. She enjoyed creating art out of oil pastels, drawing faces on flowers, the sun, and the moon. Graham said that he respects Kinley for the way she dealt with difficult situations. “She maturely owned up to everything. I think she held herself accountable and noticed rights and wrongs from herself and she owned up to all of that. She truly, honestly tried to be better and better as a person.”

Music

Music played a big role in Kinley’s life. She loved throwbacks like The Beatles and Pink Floyd, and loved anything by Mac Miller. Her friend Lily Rosser says that “She was a party girl at heart,” and some of her favorite songs were “UCLA” by RL Grime, “Thug Cry” by Solider Kid, and “Spins” by Mac Miller. Kinley also used music to help her through tough times. Her friend Abigail Woodring recalls Kinley sharing the song “Friends Don’t” by Maddie and Tae with her. This was during a rant about a boy, and Abigail will always associate this song with her. Through the music she loved, we

will remember and celebrate her life and the joy she brought to us.

Psychology

Kinley loved psychology, so much so that she dreamed of becoming a school psychologist when she got older. Mr. Grindstaff, her Psychology and American Government teacher, had nothing but good things to say about her: “Even if this had not happened to Kinley, I honestly don’t think I would have had anything negative to say about her.” He spoke of how she was intrigued by everything, and eager to learn. “It seemed as though she always had a smile on her face, no matter what,” says Grindstaff. He enjoyed having her in class—and called her his “amen corner”—because every time he would teach she would nod or even say “Amen.” He goes on to say that she had the best attitude out of all his students, and was extremely passionate about psychology. It’s hard not to imagine what a wonderful psychologist Kinley would have made.

Purple and Tie-Dye

Today, we honor Kinley by wearing her favorite color, purple, and the design she loved to wear, tie-dye. We remember an artistic, athletic, and authentic person who was, above all, kind. She was the kind of person who would lend an ear to anyone who needed it. Izzy Gilbert remembers simply running into Kinley during bathroom breaks: “We would talk about our families and our lives. She would always try to make people happy. She was just a sweet soul.”

Summer Rain Air

By Kinley Leonard

The touch of air after a summer rainfall feels almost like a new beginning. The air transitions from a bare, dry current, into something much more; a refreshing damp, and colorful feeling. It gives a sense of freshness, like we can start over now. Many people see rain as dreary, or downing, but don’t consider the aftermath of the rain. For instance, the smell of dewy grass and new life is rejuvenating. Stepping outside

on a warm summer day, after a long rain shower, is a satisfying experience. The way the moistness trickles onto your skin and decides to stick around for a while. I know it sounds almost silly, but just stop and think about it. The rain brings new life, new creatures, and refurbishes the old ones. That’s something astonishing. We too need refurbishing sometimes, and it’s the little things, like a summer rainfall, that give us

that. Also, the smell is a different type of sweet. Not like candy, or ice cream, but almost like the grass was dipped in honey. Sometimes fog comes with the rain, which covers up the things of today, and pushes them away. All so that we begin again tomorrow, a new beginning.



What’s Inside

What in the Wordle?

Page 2

Spilling the Tea with Huber

Page 3

Spilling the Truth with Rachel and Ruth

Page 4

I Am

By Kinley Leonard
I am enduring volleyball matches.
I am a walk through the frigid woods every Christmas.
I am four different Christmases each year.
I am a split family, but still a very close knit one.
I am an independent mother with a kind soul.
I am a stepfather who became the father figure that I needed.
I am fighting for what you believe, despite others opinions.
I am dependable friends with good shoulders to lean on.
I am working morning to night when necessary.
I am therapeutic drives.



Meet the
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& White Fall
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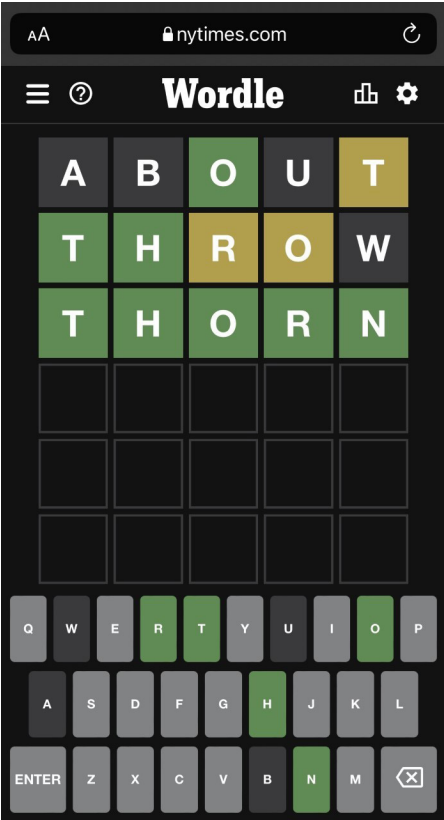
What in the Wordle?

By Alex Akard

Wordle has become a recent hit amongst hundreds of thousands, but what is it? Wordle is an online game found on the New York Times website. The objective is to guess the daily word in six or less tries. The fewer guesses, the better. A green box surrounding a letter means it is correct, a yellow box means the letter is in the word but not in the right spot, and a gray box means the letter is not in the word. Afterwards, players can show their Wordle chart on social media without spoiling the daily word for others. Seems pretty simple, so why is it so popular?

One of the reasons it could be so popular is the community aspect. Because there is only one word per day, and everyone has the same word, it both brings people together in a shared struggle, but also forces them to compete against one another. According to psychologist Lee Chambers, Wordle stimulates two areas of the brain: the language and logic-processing areas. This leads to the release of dopamine, a chemical known as the "feel-good" hormone. The release of dopamine causes people to go back to Wordle, again and again. However, Wordle is not the only game

like it out there. Many popular spin-offs include Taylordle, a Taylor Swift Wordle, Star Wordle, a Star Wars Wordle, Lordle of the Rings, a Lord of the Rings Wordle, and Wizarding Wordle, a Harry Potter Wordle. While many games come and go, Wordle seems to be everyone's new daily obsession.



Track Hits the Ground Running

By Molly Johnson

As winter sports begin to wrap up their seasons, spring sports get off to a great start. One of the biggest teams competing this spring is the Track and Field Team. The track team, led by head coach Brad Stubbs, plans to kick their season off on March 17 at Sullivan East High School. As of right now, their season is set to wrap up sometime in late May. Coach Stubbs feels that their biggest competitors this spring is going to be Dobyys Bennet and Science Hill high school. The THS track team is composed of both boys and girls. Track meets have a total of 19 events including individual, team, and field events. To help prepare for this upcoming season, the track team is holding practice Monday-Friday after school. Coach Stubbs is

most looking forward to "watching his athletes improve their speed and athleticism" this season. This goes right along with his favorite part of track: every athlete can see their own gains at each meet because of their individual time on the stopwatch or tape measure. Goodluck to all our track and field athletes during their season!



Important Dates
for Seniors!

By Sophia Detrick

- March 11th**- Send in 2 photos to Mrs. English for the Senior Memory Video at EnglishT@btcs.org
- March 11th**- Submit community service hours to the counseling office for graduation recognition
- April 8th**- Submit the Graduation Behavior Agreement to homeroom teacher OR Mrs. Ketchum
- April 14th**- Submit the State Distinction Google Form
- April 21st**- Cap and gown photo
- April 22cd**- Submit the Exit Survey/ Senior Awards Recognition
- April 30th**- Prom
- May 2cd**- Submit Work Ethic Diploma Registration and Tracker
- May 12th**- Senior Awards
- May 12th**- Class Night
- May 19th**- Senior walk at elementary schools and TMS
- May 20th**- Graduation practice at 9am
- May 20th**- Graduation at 8pm

They Lived In A
Material World

By Caitlin Vining

Back To The 80s, starring our very own Tennessee High classmates, is set to play April 8th, 9th, and 10th. For students, this is a fun, musical show for all to enjoy. Some [older] staff members are able to relive this decade and all that came with it, much of which has come back into style. Mom jeans, crewnecks, funky socks, Chuck Taylor Converse shoes, and other 80s trends have poked their heads into today's society.

Theater sponsor, Mrs. Amber Davis, received pictures from staff throughout the school and used them to promote the auditions for the musical. The cast members of Back To The 80s recreated a few of these pictures, and would love for everyone to come down and enjoy their show!



Adaptive Aquatics Event Returns

By Kaeman Wilcox

On February 15th, 140 athletes from the special education departments of Tennessee Middle School, Westridge High School, Abingdon High School, Holston View Elementary, and, of course, Tennessee High joined together for Adaptive Aquatics. This event was canceled because of COVID-19 last year, but returned with a great turnout this school year.

Volunteer lifeguards and work-based learning students assisted in events. Students competed in a big splash competition, as well as freestyle races. At the end, everyone got to enjoy a free swim in the THS swimming pool. This event brought students from different schools together and gave CDC students a chance to embrace some friendly competition.

Coach Stubbs, a CDC teacher and THS track and field coach, said prior to the event, "This is a special day because it's a chance for the kids that don't get to participate in school sports to compete." After the event, all the students, teachers, and peer tutors bonded and ate lunch together.



Tennessee High Librarian’s Trip to Auschwitz Leads Her to Defend the Reading of Maus in Today’s Schools

By Scarlett Farrey

We have all heard the saying, “Those who ignore history are doomed to repeat it.” Sadly, when books discussing history are censored, they increase the likelihood that the next generation will be ignorant of important issues from our past. In Tennessee, the McMinn County Board of Education is in the process of banning Maus, a graphic novel by Art Spiegelman, which depicts the story of Spiegelman’s father and the hardships he endured during the Holocaust. This past October, in a personal trip to Poland, Tennessee High librarian, Ms. Shannon Silvers, visited two infamous Holocaust sites: Auschwitz and Auschwitz Berkinknow. Ms. Silvers has seen artifacts of the Holocaust in person, and feels that Maus should not be banned. “I feel like Auschwitz is something everyone should see if they have the chance,” Silvers said. In her view, seeing and remembering the struggles of the Jewish people is what prevents another Holocaust from happening. “[The Nazi’s] took everything from the Jewish people; there was a room full of hair where they had shaved them to sell their hair.” Silvers recounts that this experience at Auschwitz and Auschwitz Berkinknow has increased her empathy not only

for the people who suffered, but her dismay at those who ignored the cruelties taking place there. She connects this back to the banning of the graphic novel Maus. In other words, even today, when we ban a piece of history we are ignoring it. The book Maus is a true story, a piece of history. History should not be banned because it makes people uncomfortable. The people who died in the Holocaust have the right to be represented in schools through this book. “Until I visited the site I didn’t know the extent of the cruelty, and I feel that I understand more of what the Jewish people went through,” Silvers said. She described one of the most horrific remnants of the concentration camp: “One [gas chamber] was still standing. We went in there, and there were claw marks on the walls where people tried to escape.” The cruelty the Jewish people endured—and the deaths of six million Jews—should not be banned or forgotten. It is through telling their stories that we remember the dangers of antisemitism and hatred, and how these attitudes can create the preconditions for genocide. As in Spiegelman’s book Maus, no one, not even one as small as a mouse, deserves to be forgotten.



Wrestling Goes to State

By Avery Hommel

The THS boys wrestling team had 7 qualify for sectionals and 4 of them qualified for state. To qualify for state, the wrestlers had to place in the top in their weight class. Coach Shuler, the THS wrestling coach, has been coaching for 15 years. He wrestled for 7 years when he was younger. The state qualifiers include senior Perry Roller who has been wrestling for 5 years and is part of weight class 138, another senior Sam Weddington who has been wrestling for 4 years and is part of weight class 220, senior Keith Ankers who has been wrestling for 5 years and is part of weight class 145, and junior Aiden Fennell that has been wrestling for 3 years and is part of weight class 152. Along with these 4 individuals, Ryan Phipps, Eli Moore, and Aiden Smith also qualified for sectionals. According to these wrestlers one of the biggest challenges wrestling presents is weight cutting. Some wrestlers have to lose pounds in a day that most people would lose in a month. They do this by fasting, running, and a lot of sweating. While all of them believe wrestling is a very hard sport Ryan Phipps stated that his teammates are the people who help him get through it. He said that the best thing he’s gotten out of wrestling is the bonds he has made with his teammates and coach. Wrestling can reward you in many ways, Keith Ankers said the best thing he’s learned from wrestling is that hard work pays off; the harder you work the greater the reward. All of these wrestlers have worked very hard for their accomplishments. Perry Roller placed 4th at state and made the all-state team! All of our sectional and state qualifiers had an amazing season.

Restaurant Review: Bristol Gardens & Grill

By Ryan Bunning

Located on Vance Street in Bristol, VA, Bristol Gardens & Grill offers a unique experience not quite like any other place I’ve had the chance to visit. While the restaurant did feature traditional seating in a screened-in porch, I believe most people will be more interested in the opportunity to dine inside one of their greenhouses. The staff was friendly and helpful, and they even offered samples of their menu items to help you make your decision. As for my choice, I went with the smoked chicken salad sandwich. The smoked chicken salad sandwich features the expected: shredded chicken, celery, onions, and lettuce. Where it differentiates itself, however, is the distinctly smokey taste that’s a perfect characteristic of a barbecue restaurant. The menu is both larger and more diverse than I expected it to be. Bristol Gardens & Grill boasts produce that is grown right there at the Vance Street location, as well as locally sourced meats. If you’re in search of a restaurant that stands out as unique, be sure to try Bristol Gardens & Grill.



Spilling the Tea with Huber

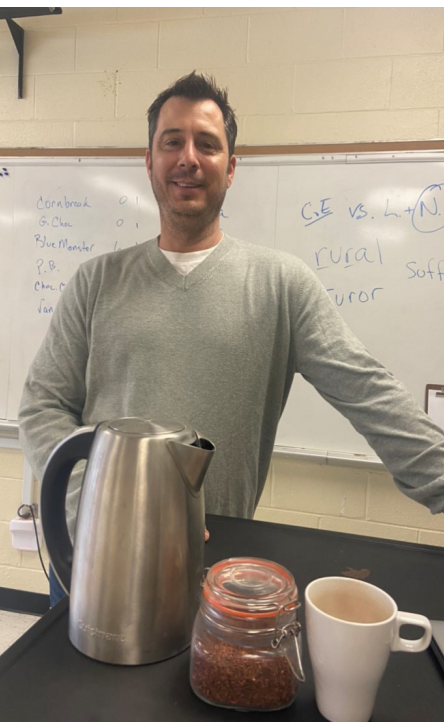
By Harper Robinette

The student body of Tennessee High knows Cross and Morelock for their love of coffee, but if you head up the main stairwell, you’ll find Coach Huber and his love for tea. Coach Huber teaches world history, E learn, and the community center class here at Tennessee High while also helping out with the girls soccer team on the side. But, as you turn in his classroom your eyes are not drawn to the board, but to the tea kettle that sits on his desk.



Getting his tea from Tealyra, a website that calls tea lovers from all over, Huber drinks tea throughout the day as he teaches, drinking approximately 3.5 liters a day, which is close to 18 liters a week. He keeps all his flavors and kettle here at school, so he doesn’t do any tea drinking at home. Coach Huber currently has around ten to twelve different flavors, but his favorite will always be oolong tea. He has been teaching for 20 years now and he tells us that he started ordering from there around 16 years ago. His day wouldn’t be complete without it now. Many people grow up drinking sweet tea from the closest fast-food place, for example Pal’s. However, Coach Huber grew up in California drinking sun tea that his mom made by putting tea out in the sun to brew. He didn’t

grow up drinking sweet tea. During summertime, Coach Huber will occasionally have some bags of Lipton Tea, just like his mom did. Growing up he liked tea, but it wasn’t until later in his life when he needed a healthier substitute for coffee, that tea made a big comeback. We all have those special things that we love, that are just our thing. We now know that Huber’s is tea. As he says, “it’s a simple drink I enjoy”. Sometimes it’s the simple things that can make all the difference. If you ever want to try some tea, just bring a mug by Coach Huber’s room and he would be more than happy to let you try a sip.



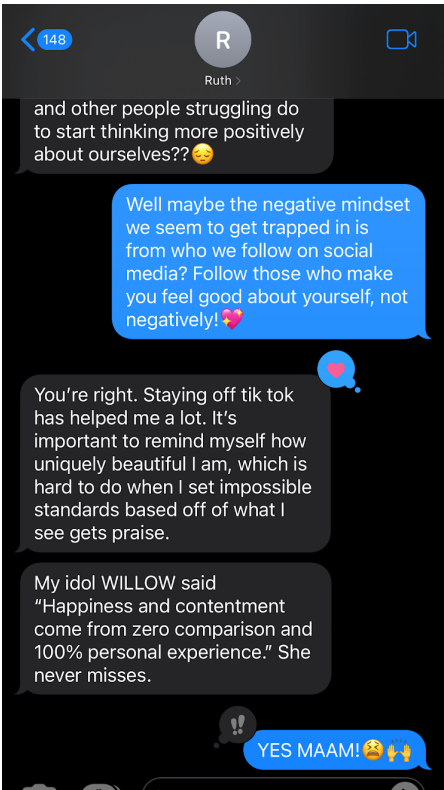
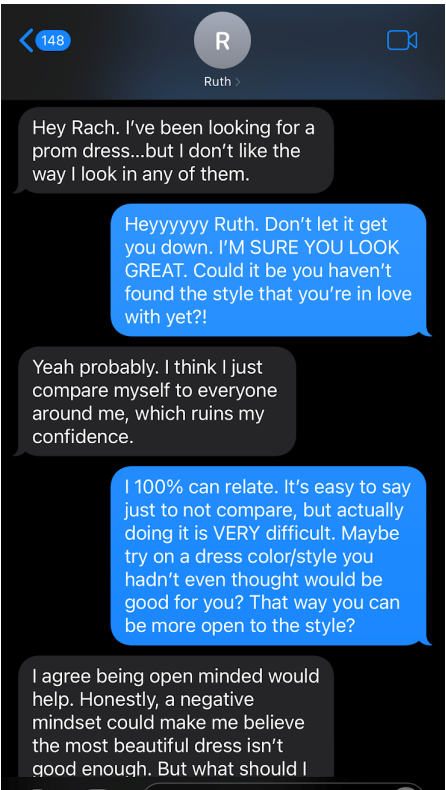
Mai Closet

By Danica Mai

Hey THS, spring is right around the corner. Not only are the seasons changing, but your wardrobe can change as well. For anyone who doesn't know what this column is about, this is an article in which I give fashion advice to people who want to take their outfits to the next level. As the blossoms begin to bloom, so should your sense of style. To build a great sense of style, you can try to figure out what aesthetic you want to emulate. To find an aesthetic, we first need to figure out what exactly is an aesthetic. The dictionary definition of an aesthetic is "a set of principles underlying and guiding the work of a particular artist or artistic movement." There are many different aesthetics you can find inspiration through such as academia, grunge, preppy, and alternative. But there are also more specific looks you could look at like cottagecore, e-girl, street wear, and y2k. With so many different avenues to take your style, which one do you choose? I would first start by looking on pinterest or the internet. Research different aesthetics that you are interested in. Try to find common items or colors with your favorite outfits within the aesthetics you picked. You can also have more than one aesthetic you can try to emulate. Being able to be open to different types of styles will evolve your fashion sense. Once you have picked out the aesthetics you want to try and the different items you need, it is then time to go buy some clothes for your new style. If you are having a hard time figuring out where to start, I would try a thrift store. It is a place that has a variety of different types of clothes at a great price as well as being environmentally friendly. If you prefer online shopping, there is a site called Depop. This website allows you to buy second hand from different people all around the world. Depop has a wider selection compared to your local thrift store, but the price for clothing is higher as well as shipping cost. There are many stores out there that are also specific for certain aesthetics and social groups, such as Zumiez being a great place for a more skater look. Although buying clothes to match an aesthetic is nice, I would recommend having a mix between the basics and specialty items so you can mix and match. Having a certain style to take inspiration from can help guide you to have your own sense of style. For more tips and tricks for upgrading your closet, make sure you read the April issue of the Maroon and White!



Spilling The Truth With Rachel and Ruth



“For A Better Tennessee High”

By Campbell Kent

Our beloved newspaper has been a part of the school since 1915, and is still going strong. The name “Maroon & White” itself originated with a former student, Allen Rucker. Since 1915 the paper has worked with the slogan “For A Better Tennessee High” by bringing the life of THS onto our cherished newspaper. For example, in the 1951 May issue a mystery senior gave advice on what they wished they had been told starting out in highschool like “Get a sense of values! Know what is most valuable and do that thing first”. Another article that our newspaper has created to make a better Tennessee High is the September 2001 issue, in a article regarding the 9/11 attacks we receive a quote said by Mr. Nelson Pyle, a former THS principal, “We must try to make something positive”. These two articles are just some of the ways that our staff and students have worked “For A Better Tennessee high” by using the power of Maroon and White to create a better environment. In all of our issues there’s mention of hard working students and teachers in our school. It is their stories that also contribute to the key to making “A Better Tennessee High.” The newspapers show us where we have come from as a school and show us what life was like for the Vikings in the past. With the newspaper we can see into the news that was and may still be affecting our school. We see what

fashion trends were popular and learn what the teens were thinking and gossiping about in our school years ago. Our 100-year-old slogan “For A Better Tennessee High ” is still alive today. The fact that the very same slogan started a century ago is something the staff of Maroon & White has carried out for the betterment of our school. To me this means that we are all working for one goal and together we can reach it by bringing the life of our school on to paper. Maroon & White is and will always be a big part of our school and the staff will continue to bring amazing and divergent ideas and our story to the table because we are all working “For A Better Tennessee High”.



Are Award Shows Becoming A Thing Of The Past?

By Halle Mullins

Are award shows becoming a thing of the past? This is the question on many of the avid watchers’ minds. Award shows have always been known to garner controversy whether it is about the problematic hosts, Coronavirus concerns, or lack of minority representation. Though they have never been as threatened as they are now. I should know because I was one of the most passionate watchers. Year after year, I would tune in to watch live as Hollywood’s most rich and famous accept awards and go on exhausting political rants. It did not matter whether it was the Oscars or the Country Music Awards, I would sit down and happily watch as various categories were announced. Though, as the years went on, it seemed that there had been an extreme drop in viewership. CNBC reports that the Emmy awards in September 2021 experienced the lowest viewership in the history of the awards with only 5.1 million viewers. Is this problem to be blamed on the fall of live television, or is it just that they have lost their appeal? I believe the drop off is due to the lack of excitement the younger generations feel in seeing their favorite celebrities. The ability to see your favorite actor or singer is commonplace in the world of social media. We are no longer limited to only a few evenings each year of live interaction with our favorites. Instagram and Twitter give us daily access to those we admire most. Though I do not think that awards shows will become completely extinct, I do not see a place for them in the modern world. This does not necessarily mean that they cannot evolve to the changing times. I think they should continue with a new awareness of the absurdity that they represent. If they are not able to do that, then maybe it is time to say goodbye to one of Hollywood’s longest pastimes. Occasionally it’s time to say goodbye, but I will definitely miss the pretty dresses.



The Man Who Lives On A Turtle

By Scarlett Farrey

Sometimes the simplest things in life are the most comforting. One teacher at Tennessee High, Mr. Tim Davis, tells his students about a simple thing that brings him comfort. “At one point in my college years I remember hearing a Native American myth that the world is a turtle, and we are all inhabitants on its shell.” Mr. Davis goes on to explain that when he is feeling anxious or overwhelmed, he pretends that the world is a turtle, and that he lives on its shell. “It makes me feel this sense of empowerment, it’s the paradox of making myself feel small that I feel significant.”

Mr. Davis grew up on a self-sufficient farm in Hanover, Pennsylvania with his parents and four brothers. He describes his childhood home as “at the end of a lake, with a vast view of the horizon”. Mr. Davis often says that he has lived two different lives; the farm boy versus the educated college man. He explains that he grew up in a strict family, closed to outside influence or other voices. Throughout his life he has come to understand that “All voices deserve to be heard, even those we disagree with.”

Mr. Davis attended Baylor University

in Waco, Texas. “One of the reasons I felt so drawn to Texas was because I wanted to explore the wild west, to become that cowboy who lives close to the land and doesn’t need anyone.” Over the years, Mr. Davis has come to realize that the concept of a true man being the lone rider, was wrong. “I have fought to accept that being a true man is being vulnerable, and being able to ask for help, that being a true hero is not necessarily fighting for justice but being kind and a good listener.”

When asked about a moment that changed his life, he recalled his first job after college: working in a factory counting boxes. On his first day, there was a retirement party for a man who had counted boxes for thirty years. “It was at that moment that I realized humans were meant for more than just being machinery, rather than counting boxes for 30 years.”

As someone who has experienced many hardships in his life, Mr. Davis had advice for those going through a rough patch in life. “Sit with your feelings and honor them, cry, laugh, let it out. Your emotions are worth your time; out of that quiet healing comes and it takes time, don’t try to

move on.” Your feelings are valid, no matter how absurd you think they are. Sometimes you need time to heal, to deal with what is happening in your life.

“At the risk of sounding like a boomer, I think we spend too much time on our phones. It robs us of human experience and human interaction.” Mr. Davis goes on to explain that he

feels that because of social media, no one has life-changing moments anymore, they just watch other people have them. Social media turns into an echochamber of one belief, and all other voices are drowned out.

As Mr. Davis says, “All voices deserve to be heard, even those we disagree with.”



Artwork by Kaeman Wilcox

Ye vs. Skete?

By Ayden Dotson

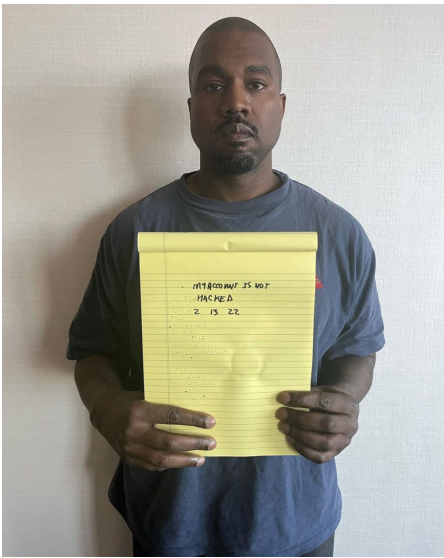
Kanye West is a household name. He has been an artist since 1996 when he was only 19 years old. At the time, he produced 8 tracks for Chicago rapper, Grav. Since then, Kanye has had an amazing musical career, but he seems to have a lot of drama surrounding him recently.

It began after he and his wife, Kim Kardashian West, began having problems in their marriage. Kim filed for divorce in February 2021, but the case is still going through court today. Not much longer after that, Kanye decided to legally change his name to 2 letters, Ye. Ye is on Instagram all the time, posting many times but deleting them soon after. All those posts relate to Kim and her new boyfriend Pete Davidson.

Pete Davidson is a comedian who started dating Kim Kardashian in late October 2021 after Kim hosted SNL. Since then, Kanye has done nothing but try and get his wife back. This includes creating a whole new name for Pete, Skete. Only days after Davidson reactivated his Instagram, it was deleted from the amount of hate he received. Many Kanye fans went over and spammed Pete’s comment section with rude and unnecessary remarks. Pete has also dealt with mental health problems for many years before this, so leaving the platform was the

smartest thing to do for his own health. Kanye’s response however, was that he “Ran Skete off the gram. Tell your mother I changed your name for life.”

This entire “fight” has been completely one-sided. Kanye was the only one responding and he is basically replying to himself. Through all this turmoil, he continues to try and reunite his family. Kim however, is not having it. Since then she has filed to be single and to have his last name removed from hers. Kanye will continue to push for his family until he cannot any longer. Kim is not far from finalizing her divorce and continuing her life without Kanye whether he is ready for that change or not.



Choir Goes to State

By Molly Johnson

This year the THS choir group had 11 students qualify for state. 8 of the 11 have qualified for sure and the other 3 will be going as alternates. The students who qualified for state are Danica Mai, Ethan Riffey, Nyla Surber, Makinzi Goforth, Claire Hankins, Delaney Rogers, Anna Shelley, and Amelia Terry. The 3 alternates are Skye Meyers, Ariana Floyd, and Spencer Hopkins. These people will be leaving on the 27th of April to travel to the Grand Opry Hotel in Nashville where the concert will be held. The actual concert will take place on 29th of April. To qualify

for state all the singers participated in an audition sometime in early September or around the beginning of this school year. This audition is what determines if they go to regionals (all East) or state (all state). Congrats to all that qualified and good luck at your concert.



Business Battle

By Ryan Bunning

On March 4th, students of Mrs. English’s Business 3 class participated in the Career Quest for Business at Northeast State Community College in Blountville. Students conducted interviews and presented their business plans to a panel of judges. Lorianne English took first place, securing a \$2000 prize. In addition, Anderson Jones, Shelby Cosner, and Stephen Hicks all received interviewing awards. Competition participants also had the opportunity to view presentations from a variety

of speakers with different professional backgrounds. The Career Quest offered students a unique opportunity to compete with other aspiring entrepreneurs in the region.



Traditional Swedish Lussekatter

By Scarlett Farrey

These beautiful Swedish saffron buns are typically made for Sankta Lucia, a day to commemorate the martyr Saint Lucia of Syracuse. The legend states that “she wore light in her hair”, and a ceremony is held where a young woman is chosen to wear a crown of candles and walks the streets singing. She is followed by hundreds of children, singing with her until they get to a church and hold mass.

For this recipe you will need:

- ½ tsp saffron threads
- 2 tbsp milk
- ½ cup raisins
- 1 ½ cups milk, warmed to 80 degrees F
- 2 ¼ tsp active dry yeast
- ¾ cups sugar
- 6 tbsp butter, melted and cooled
- 1 egg, lightly beaten
- ½ tsp salt
- 6-6 ½ cups flour

First, gently grind your saffron threads into a fine powder with the back of a spoon. Then add 2 tablespoons of milk and set the saffron milk aside for an hour or two.

Next place your raisins in a bowl of water to plump.

In a large mixing bowl, add the warmed milk, about 2 tbsp sugar and

yeast. Cover and let stand until the yeast is nice and bubbly, usually 5-10 minutes.

Add in remaining sugar, melted butter, beaten egg, and saffron milk.

Make sure the butter is cooled, otherwise it will start to cook the egg and be gross.

Mix in the salt in flour in thirds, add just enough flour for the dough to be kneadable. Knead for about 5 minutes in the bowl and then cover and let rise for about 70 minutes, or until dough is doubled in size.

Once risen, plop the dough on a floured counter and knead. Divide into 24 even pieces and roll each piece into a 6-inch snake. For each piece spiral the ends to form a scrolled “S”. Put one plump raisin in the center of each spiral.

Place the buns on a cookie sheet, leave plenty of space between buns

In a small bowl, beat an egg with some water to form an egg wash, and brush over buns. Set the buns aside for 20-30 minutes to rise.

Preheat the oven to 425 degrees Fahrenheit. When the oven is ready, bake buns for 8-10 minutes until golden. Make sure you let them cool for a few minutes before you dig in!



What Your Favorite Girl Scout Cookie Says About You!

By Keona Fielitz

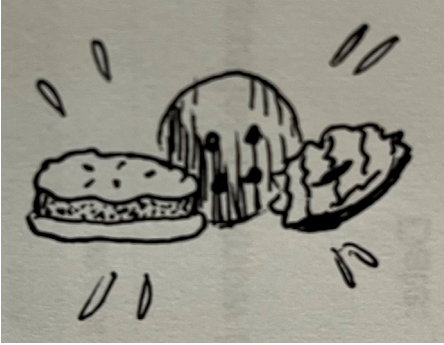
Trefoils: You enjoy clean and simple things: flavors, clothing, lifestyle. You are very dependable and kind, always there for your friends when they need help. You might be described as basic, but you don't really care what other people think.

Tagalongs: Peanut butter and chocolate is classy, just like you. You are not super adventurous, but that doesn't mean you're boring. You likely get along with everyone and have few haters if any at all. Your friends think you are probably put together and very pleasant to be around.

Samoas: You enjoy all the walks of life, new experiences, and mature things. You like a balanced combination of comfort and adventure. When people first meet you, you seem shy and sweet. But once they get to know you, they see you are the life of the party.

Thin Mints: You are either super weird or super cool, or a combination of both. You like to have fun, and you like being eccentric and you describe yourself as “different” unironically. You probably drink monster energy, and you definitely had an indie phase.

Do-si-do's: Be honest, is this really your favorite or are you 50 years old? You are frank with your words, yet you are very genuine. You get down to business and don't sugar coat things. You are definitely the dad/mom friend.



Staycation Ideas

By Harper Robinette

Sometimes when being at home for long periods of time, it seems like there is nothing to do and we are just bored out of our mind. Over spring break, many of us may be experiencing this. We may be “staycating” instead of “vacating”. However, there are plenty of activities we can do to stay busy, whether it's getting out or staying in.

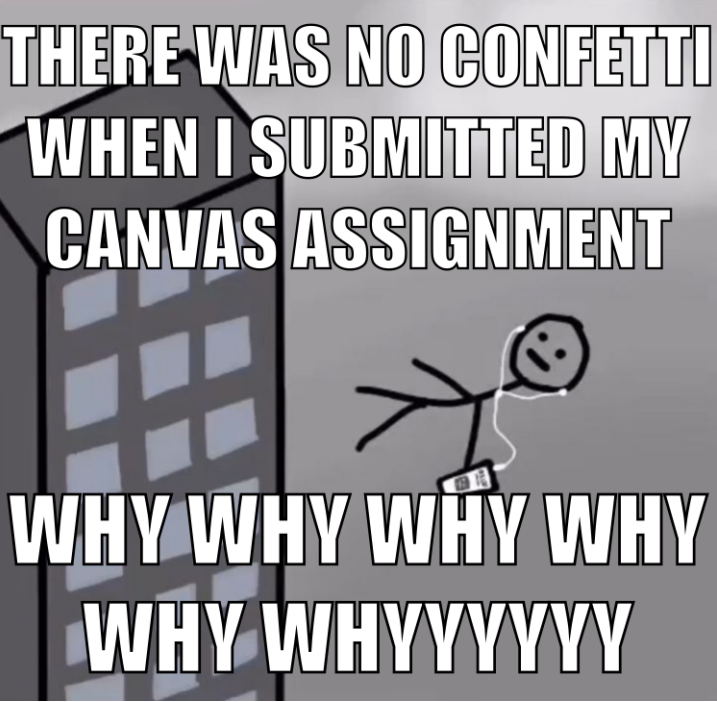
Here are some examples:

- Read a book
- Bake!- maybe you could try a family recipe or surprise your friends with desert
- Binge watch a new series (or watch an old favorite)
- Clean out your closet
- Go for a run
- Have a dance party
- Free up storage on your phone by deleting pictures, old messages, or old games
- Explore podcasts
- Rearrange and redecorate your room
- Take a nap
- Plant flowers or start a garden in your backyard

Word Unscramble

By Sophia Detrick

1. igprsn
2. egislalre
3. krbea
4. potusr
5. tbefyutlr
6. arin
7. oselfwr



THS Meme of the Month

By Ruth Rose

ACROSS

5. A flower

6. Precipitation

7. Not cold or hot

9. Flying a _____ is the perfect windy day activity

10. Another month of Spring

12. Rain or sun protection

DOWN

1. A brief fall of rain

2. A small pool of water

3. A day for playing tricks

4. The season after winter

8. A month of Spring

11. Mother's Day is celebrated on the second Sunday of the month of

APRIL	RAIN	SHOWER	WARM
PUDDLE	MAY	SPRING	KITE
TULIP	MARCH	UMBRELLA	APRIL FOOLS