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Tennessee High School Sophomore Competes at State Cross Country Meet

Meghan Bryant

On November 5th, 2020, sophomore Zoe Arrington participated in the state cross country meet at Sanders Ferry Park in Hendersonville, Tennessee. Before the meet, Arrington put in countless hours of effort in training. Workouts were a pivotal part of preparing for the meet, as Arrington said, "the goal from the very beginning was to make it back to the state meet. Knowing that was one of the big goals, I used the whole season- from any workout, cross training day, easy run, or race- as preparation for the meet, along with making the little things like sleep, good nutrition, and stretching a priority!" Arrington has eagerly put time into running, because it is something she loves and is passionate about. She enjoys many things about running, as she said "... I love the post run feel (also known as a runner's high!), I love the fact that what you put in you get out, I love that running is a process, I love all that I've learned through it, I love the relationships and friendships I've formed through it. The list could go on and on. It's safe to say running has my heart."

Prior to the meet, Arrington felt positive and sure of herself, as she voiced, "in the days leading up to the race I had one of my best workouts of the season and my body was overall feeling really good! This really gave me the confidence that I was physically ready to put it all out there and have a good race." This doesn't mean, though, that she was completely free from nerves, "of course the nerves were starting to come, but I just tried to keep telling myself that I was ready." Arrington in fact, was ready, and excelled at the meet.

The day of the meet was one filled with both excitement and nervousness. However, the begin-

ning of race washed any fear she had away. Describing the moment the race began, Arrington said, "after the start gun went off, all of the nerves I initially had went away and the adrenaline took over." In the end, Zoe Arrington finished with a time of 18:24, which put her at 8th place. She was the first underclassman to finish, and earned an All State title.

As a sophomore, Zoe Arrington still has many goals for the remainder of her high school career, as she expressed, "long term in cross country I have many goals! Some include being a state champion, lowering the school record, inspiring and leading the rest of the cross country team and runners to come, continuing to get faster, continuing to compete at the national level, and hopefully having the opportunity to run at a D1 school." One thing that is for certain, is that running will continue to be an integral part of Zoe Arrington's high school journey and life.



Sophomore Zoe Arrington wins 8th place in state cross country meet.

The school's plan for after the holiday

Sophia Detrick

We've done it! 2020 is almost over and we're inching closer to the two biggest holidays of any year, Christmas and New Year's. These holidays are always a time of cheer, gathering, and warmth, but what will it look like this year?

For the last nine months our lives have consisted of staying at home, wearing a mask, and safeguarding ourselves six feet away from others. As the semester wraps up the only question on everyone's mind is, what are we doing when we come back? Will it be a situation like in August where we went all remote for a week and then slowly integrated back into a normal schedule? Or will we plunge straight into in-person full time and potentially run the risk of Tennessee High becoming a hot spot for new Covid-19 cases?

As someone who likes to spend these joyous times engulfed in the love of the Christmas and New Year spirit with friends and family, the idea of not being able to do that is less than favorable. During these times, individuals flock into packed areas which, usually, is a safe and momentous celebration, but this year it could become a breeding ground for sickness. Although mask wearing and socially distancing will likely be integrated into this year's holiday festivities, the virus is likely unavoidable in any scenario.

Many schools in the Tri-Cities area have already decided to have the first week, if not few weeks, after coming back from break be online. This will help decrease a possible outbreak by letting anyone who has the virus get it out of their system before returning in person.

To prevent the spread of Covid-19 cases in our area, BTCS has decided to return fully remote after Christmas Break from January 6th-15th. This takes a big weight off the shoulders of parents and students alike. Although it may not be fun, the number one priority is keeping everyone safe and this seems like one of the only possibilities.

2020 has thrown us for the BIGGEST loops and it has certainly been a wild ride. Just because this year hasn't been the best, it doesn't change the hopeful spirit of the holidays! We just have to remember to be safe when spending it with family and friends. One thing to remember this holiday season, whether you spend it with your family and friends in person, or over a zoom call, is to stay safe, have fun, and wear a mask!

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Bringing the Community Together: Aldi's Advent Calendars

Gibson Bartlett

The sun peeks its piercing rays over the mountains and past the rigid geometric lines of the Aldi Food Market. It's 7:48 AM on November 4th. Today is advent calendar day.

A small posse collects outside the store awaiting the release of Aldi's famous advent calendars: packages with openings for each day of December containing various treats. There are different themed calendars for chocolate, coffee, cheese, or other delicacies, but one thing's for certain. Everybody wants one.

More and more cars roll into the lot as the crisp 38 degree air seeps past coats, gloves, and masks. There is an unspoken bond accompanied by some tension in the air. Each member in this twenty-two shopper group has the same goal and uncertainties float around as to how many calendars are available.

"I hope they have enough of the chocolates. That's all my kids will eat."

"Do you think they'll restock them later?"

"Is there gonna be a fight like last year?"

"I'm just getting the cheese, so I better go to the front of the line."

There's a varying degree to the type of customer present: newcomers who heard about the calendars on Facebook, advent-enthusiasts purchasing for their third or fourth year, and season laptop-wielding pros making their stop at the third Aldi store they will visit this week. And don't forget the spouses and children relegated to the frigid parked cars. 9:00 AM.

Free-for-all.

A female employee with short brown hairs unlocks the doors as the reservation tickets, line placement, and any sense of control vanishes. Cheese is the first to go, followed by chocolate. Coffee is well-supplied this year.

Almost as quickly as the rush began, customers exit the store with meticulously decorated cardboard boxes ranging in size from standard shoeboxes to flat picture frame rectangles to behemoth triangular beverage crates.

Shoppers stroll to their cars with victorious grins as the eyes of their passengers light up with holiday spirit.

Come December, this special group along with their family and friends will enjoy a special treat each day and be reminded of the anticipation and excitement of the release of the annual Aldi's advent calendars.



Aldi's Advent Calendars

Navidad en diferentes culturas

Sheany Regules and Fabian Maqueira

Mientras que las navidades y los días festivos se acercan, muchas personas se preparan para celebrar entre amigos y familiares. Sin embargo, no todas las culturas tienden a celebrar los días festivos de la misma manera. Muchas personas celebran de acuerdo a las tradiciones de sus países de origen o de acuerdo a sus religiones.

Samuel Weddington, un alumno en THS, nos dice que en Corea durante la Navidad, "normalmente se come sopa de pastel de arroz. La Navidad tiene un propósito más religioso y algunos pueden usar," esta es la ropa tradicional para las fiestas y eventos formales. También agregó que "en Corea todos tienen un año cuando nacen. El día de Año Nuevo todos juntos cumplen un año más."

En nuestra escuela también hay alumnos que no celebran la Navidad, uno de ellos es Isaac Bell es descendiente de una familia judía, lo que significa que en su religión no celebran la navidad como parte de su cultura. "Me siento orgulloso de lo que soy incluso si casi todos celebran la Navidad y yo no porque me hace sentir diferente y especial en mi propia forma", nos dice Isaac, "desde chiquito siempre vi a mis amigos celebrar la Navidad y a veces me sentía raro pero ahora que soy mayor me siento aun mas orgulloso de lo que soy".

En países como Cuba y México no se celebra solamente la Navidad, también se celebra Los Tres Reyes Magos el 6 de Enero. Esta es una tradición que fue pasada por los españoles cuando tomaron control sobre esos territorios. En esta tradición, conmemoramos a los tres reyes magos, Melchor, Gaspar, y Baltasar, quienes viajaron desde lejos para traerle regalos al niño Jesús. Durante este día, los niños reciben regalos como se cree que los recibió el niño Jesús. En México veras festivales y fiestas, especialmente en la Ciudad de México. Este es también un momento en el que las familias celebran el nacimiento de Jesús con co-

midas como tamales, pozole, buñuelos, y otras comidas tradicionales.

As Christmas and holidays approach, many people prepare to celebrate with friends and family. However, not all cultures tend to celebrate holidays in the same way. Many people celebrate according to the traditions of their home countries or according to their religions.

Samuel Weddington, a student at THS, says that in Korea during Christmas, "you will usually eat rice-cake soup. There is more of a religious purpose to Christmas and some might wear. This is traditional Korean attire for holidays and formal events." He also added that "in Korea everyone is a year old when they are born. On New Year's Day, everyone collectively turns a year older."

In our school there are also students who do not celebrate Christmas. One of them is Isaac Bell. He is a descendant of a Jewish family, which means that in their religion, they do not celebrate Christmas as part of their culture. "I am proud of who I am even if almost everyone celebrates Christmas and I do not because it makes me feel different and special in my own way," Isaac tells us. "Since I was little I always saw my friends celebrate Christmas and sometimes I felt weird but now that I'm older I feel even more proud of who I am."

In countries like Cuba and Mexico Christmas is not only celebrated, the three kings are also celebrated on January 6th. This is a tradition that was passed down by the Spanish when they took control over their territories. In this tradition, we commemorate the three wise men, Melchor, Gaspar, and Baltasar, who traveled from afar to bring baby Jesus gifts. During this day, children will be given presents just like baby Jesus is believed to have received. In Mexico you will see huge festivals and parties, especially in Mexico City. This is also a time where families celebrate the birth of Jesus with foods such as tamales, pozole, buñuelos and other traditional foods.

One Last Viking Pride

Fabian Maqueira



The Viking student section on senior night

This school year has been anything but usual and most of us are still only talking to teachers and friends through a computer screen. We were lucky enough to be able to participate in our Fall Sports season, especially our senior class since they have officially wore their jerseys for the last time as a high school student and many of them for the last time in their life.

Now all those times under

Friday night lights have stayed with football season reaching to its end November 6th. Our school football team unfortunately was unable to play

The Heem!

Jacob Finch



Faris' stoic nature in full display.

The class clown is an archetypal trope that is considered to be a central part of the high school experience due to years of its placement within the media we consume.

So much so, that generally one unknowing jokester is given the title for a specific class, and he or she must maintain that status for the remaining years of their general schooling. However, one question has seemingly arisen, how does the titular "class clown" feel about this appointment?

Faris Rehim is a current senior at THS, and is generally regarded as the class clown for the 2021 graduating class.

"I would never consider myself the class clown," Faris humbly stated. "I feel like my humor is [niche] and people who are females don't tend to like it as much, so I'd say unfunny stuff around them and they'll laugh." Faris is not al-

ways enigmatic and cracking jokes, he has quiet days like the rest of us. However, according to him and his friends, the witty remarks aren't even on purpose at this point. "Sometimes I don't even notice [when I say something funny]; it's become a normal part of conversation for me."

For the rest of us, it can be hard to open up and joke with a group of people we don't know that well, let alone one of the teachers. However, a central piece to Faris' comedic routine involves teachers. "I don't like to crack jokes in front of teachers who don't appreciate it. Luckily, THS is filled with good hearted teachers and staff [who play along]." One of Faris' favorite memories is cutting up with some of his friends in Mrs. Perdue's class and getting her involved as well, so when both parties are playing along, he has the most fun.

No matter what, Faris' best moments are with his friends. "Best friends are the ones you can laugh with the most," Faris explained, "and everything becomes funnier when more people get involved." You'll never find Faris without a group of at least few friends cracking jokes and being his normal self. This positive reinforcement keeps him going and makes him feel at home with large groups.

Whether Faris is launching small paper airplanes into the ceiling tiles of a classroom or talking about why Kanye West is the greatest to ever do it, you will never find him not up for

their last regular season game since the entire varsity team had to quarantine due to COVID. This turn of events hurt our "Mighty Vikings" the most during this year's playoff game. "I feel like if weren't quarantined for two weeks the outcome would have been completely different," Jaden Keller tells us, "we only had two days to practice I feel like we could've worked out some kinks if we had more time." Jaden is a senior at Tennessee High School and has played for our football team all four year.

As a senior that feeling you get at the end of your sport season, that feeling of knowing that you have reached the end of what you love to do, the end of your sport career in a competitive way, that feeling of emptiness after you hug your teammates after a loss, or those happy nights when you would sing back in the bus coming home from a win away from home and realize that all those moments won't be back, that moment it's when it hits you the most. When asked about his last game as a high school student Jaden said, "it was definitely nail biting but very happy how it turned out, at the start we didn't think we were gonna to play one game let alone almost a full season so

Bristol Virginia Rolls the Dice

Sophia Detrick

2020 has for sure been a year to go down in the books not only globally, but locally as well. On November 3rd, 2020, Bristol, Virginia residents were able to vote on whether a casino would be coming to Bristol. Finally the question on whether a fun casino, resort, and so much more has been answered, a resounding YES! The mayor of Bristol Virginia, Bill Hartley, answered a few bubbling questions within the community. "... The idea of a casino came from when a company who had bought the old mall building contacted Jim McGlothlin from the United Company about an idea to fill the space..." There was only one problem, they would need the support from the city. Following months of advertisement and uncertainty, the residents of Bristol Virginia voted and were 71% in favor.

"It will be more than just a casino. It will be a casino and resort! They will build a 500-600 room hotel adjacent to the property. There will be restaurants, retail, activities for the family, a few things including sports, a very large space for venues and events. The final thing will be the Hard Rock Entertainment concert venue which will hold about 3500 to 4000 people..." Of course you have to be 21 to enter the casino part of the resort but there will be plenty of things to do for the small children and teenagers! Mr. Hartley said that we can expect the casino to be finished, give or take, around the end of 2022 with its opening, hopefully, in 2023 with construction starting summer of 2021.

Christmas Cheer Through the Years

Maddy Wilson

For those that celebrate Christmas, oftentimes the most cherished memories of the holiday are during childhood. Blinded by nostalgia and the excitement of gifts and other festivities, Christmas may not seem to have a lot of meaning at the time. Josie Russel, a youth director at Central Presbyterian Church in Bristol, Virginia, is no exception to this. Now 37, she looks back at her childhood Christmas memories and what it meant to her at the time versus now. Like any other kid, it was "time off school, presents, Santa, and candy", but now it has a new significance.

She describes one Christmas that was memorable to her, "My family didn't have a lot of money when I was growing up. One Christmas was going to be particularly bad, but people in our church noticed

and made sure we had plenty of presents and all the food we needed for a Christmas meal." And even though she knew about it at the time, she says "now that I'm older, I realize how amazing that really was." In contrast, as an adult, her favorite memory was about three years ago when her family gathered at her mom and dad's house with her new nieces and nephews. She recalls "staying up late, putting together toys for the kids, and hanging out" as her favorite parts of the evening. Now, Josie says she prefers Christmas as an adult. Her family has the same traditions, just with new family members, which makes it that much better. Josie says she also prefers it now because she "actually realizes what's going on. It's an actual season and not just one day of presents and craziness."

Best places to get hot chocolate

Sheany Regules

Hot chocolate. The exquisite chocolatey drink that warms our tummies on a cold, gloomy day. Although I'm not one to reach for hot chocolate and prefer coffee, it's still good to have once in a while. In my opinion, there's many factors that go into making the perfect hot chocolate. To start off, it has to contain the perfect amount of chocolate. Second, if it's too hot it takes away from the absolute joy of the first sip. Last, the whipped cream needs to be smooth and not overpower the drink.

In our community there're many places one can obtain hot chocolate, so I went around the community on a mission to find the best hot chocolate.

To start I went to our local Black Bird Bakery. The small hot chocolate, 12 oz, was only \$4.10 however I would rate it an 8.5/10. The whipped cream wasn't the best and it overall tasted very chocolatey. The temperature was actually pretty good considering you could drink it immediately without burning your tongue.

Second, I went to Dunkin Donuts at the pinnacle. I also got the small, 12 oz, and it was only \$2.06. I would rate this drink a 1.5/10. It was too watery and didn't even have whipped cream or marshmallows. The temperature also burned my tongue and I couldn't drink it for 5 minutes.

My next stop was Starbucks at exit 7. I got the smallest size, 16 oz, which was only \$3.87. Overall I would rate this a 6.5/10 because it did taste

slightly like coffee. The whipped cream was buttery but extra points for chocolate drizzle. The temperature was great and it didn't burn my tongue at all.

My last stop was Bloom at downtown Bristol. I got the smallest size; 12 oz and it was only \$3.16. Overall I would rate this a 8/10. The whipped cream tasted great but did leave an after-taste in your mouth. The temperature was okay, I did burn myself.

In my very important mission I would say the best hot chocolate was Blackbird. Then Bloom and then Starbucks and last Dunkin. For the price I would recommend Starbucks since it did contain the most oz. If you don't like hot chocolate that's too chocolatey, I recommend Starbucks. If you just like water with a dash of chocolate your favorite will definitely be Dunkin Donuts.



Hot Chocolate Cups

Hallmark Movies are Overrated

Sophia Detrick

Ah yes, Christmas time. The smell of peppermint and hot cocoa seeps through your house as you curl up in your fuzzy blankets by the fireplace and turn on a... Hallmark movie?!?! Hallmark movies are overrated; I said what I said. This holiday season I sat down and forced myself to watch three Hallmark movies, you know as one does. Spoiler Alert! I fell asleep before the first one even ended...

Hallmark Christmas movies seem to target the "It's so bad that it's good!" area of movies. Not all Hallmark movies are terrible, most of them just slide into the "bearable" spectrum of Christmas movies, and we won't deny the fact that Hallmark movies do well with their production and obviously put a lot of effort into them. At least most of them do... The main problem with these movies is, they're not realistic. It's doubtful a prince is just going to abandon his entire country just because he thought you were really pretty. *cough cough* One Royal Hol-

iday *cough cough* Just like its never ending clichés and movie plots, Hallmark movies lack diversity within its characters. There seems to be an overused plot of a female character needing to be fulfilled with a man in her life. We only ask for A CRUMB of a strong female lead that doesn't need a man to be happy Hallmark! Because of these factors, Hallmark movies lack substance which is just a snooze fest for movie-lovers.

Some may argue that the whole purpose of Hallmark movies are the nice warm feelings you get when you watch them, but the only feeling I get is tired. Watching consecutive Hallmark movies is like having a bad dream, waking up, going back to sleep, and then having the exact same bad dream all over again but with a few slight changes. Overall, Hallmark movies are overrated and you should switch the TV to watch a real Christmas movie this holiday season.

When is The right time to decorate for

Christmas?

Sarah Clever

When it comes to decorating for Christmas in 2020, there are three types of people: Traditionalists, who don't want to rush things and will always decorate after Thanksgiving, Extreme Christmas Fans, who for all intents and purposes celebrate Christmas year round, and Decorate-Whenever-Because-It's-2020ists. I've gathered my research from polls and websites. Some people this year are finding their normal, and wanting to wait till after Christmas. However the other half is our whatever's and early decorator's combined.

This year, I fall into the last category. Normally, I'm a traditionalist, but it's 2020, and this year just calls for a little extra Christmas spirit to help get us through this doozie of a year. This point of view has its advantages. First, by decorating and shopping earlier, we distribute the stress of preparing for Christmas over a longer period of time. Second, more Christmas equals more Christmas music, and more Christmas mu-

sic equals more holiday cheer. Third, pouring our energy into Christmas decorations and shopping gives us a positive place to focus our energy. And finally, a home decorated for Christmas at Thanksgiving can still be a home full of gratitude and family love. The Christmas decorations don't detract from thankful hearts. This year, they might even expand them.

The traditional people do not want to rush things. They say you can't forget about thanksgiving though. Like come on it's food and a family gathering. The Traditional do not want to rush, they want to take their time. They do not want the Christmas stress yet, they want Thanksgiving stress. If you are a traditionalist to the core, and not even 2020 is going to change that, I applaud your consistency and devotion to your values. But if you decided to jump into Christmas a month earlier this year, well, I'm right there with you. Whoever you are this year, you do you boo!

Best and Worst Stocking Stuffers

Mary Huffard

There's nothing like waking up on Christmas morning and spending time with your family and loved ones. This year, make sure to be on you're A-game for stocking stuffers. Here is a list of things you should go for and avoid.

These items are suggestion for your friends and family this holiday season! For those who love sweets, give them a mini Lodge cast iron skillet for the tiniest of sweet meals. This is perfect to bake, and curl up on the couch with on a cold wintery day. A portable charger, this is something that everyone can use throughout their day. For those in need of relaxation, perhaps some essential oils. If the person receiving the gift does not have a preference on scent, try a sample pack. For those who love playing games, give them

a nice card game such as: Uno, phase 10, or even just a deck of cards. One of the most versatile gifts are some gift cards. These can be to their favorite restaurants, stores, or online shopping. Personally, I would be happy to have any of these gifts this year. These gifts fit everyone's needs and preferences.

You will probably want to stay away from giving out these gifts this holiday season. Candy Canes that are not peppermint. This is overall quite a letdown and defeats the whole purpose of the candy. Chocolate without the wrapper, because um gross! Black licorice, who in the world would eat this and actually enjoy it. Also stay away from giving them coal, this is just a cruel joke.

Online School: Is It the Best Option?

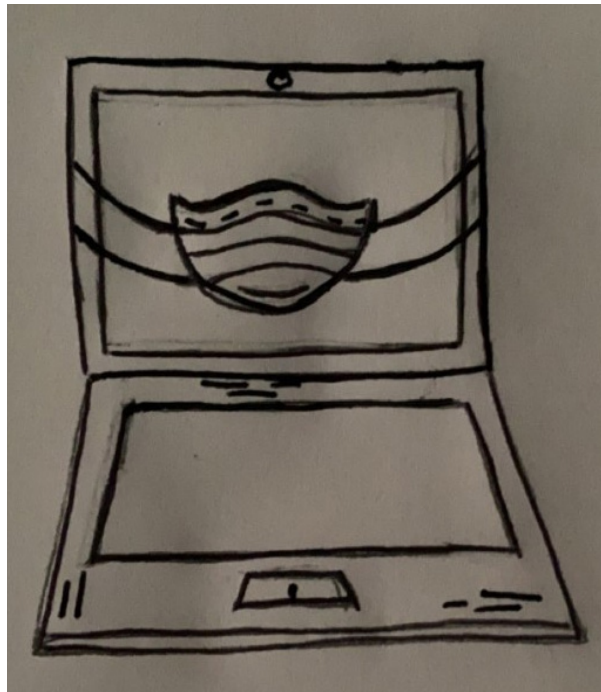
Maddy Wilson

Going into the winter season, more school districts across the country are going completely remote due to rising Covid-19 cases. Questions arise regarding online education and whether or not it's just as good, better, or worse than in-person learning. Although these are important issues, with coronavirus still being a rampant problem in the U.S. and in our county, it seems now that remote learning is the best option. Especially for our school district due to cases rising at a rapid rate. And currently, according to Mrs. Shu, 332 students at Tennessee High have chosen to go fully remote. Online schooling may not be as notable, but it is certainly the solution.

The most obvious pro to online learning is safety. With all students and staff being at home, there is no way someone could contract coronavirus and spread it to their peers in that environment. It also helps our community as a whole, protecting vulnerable family members and others. Also, with cases rising, more students are getting exposed and are forced to quarantine for two weeks at a time. This can be disruptive to learning and hard to adjust to so suddenly. If the entire school went online, there would be a period of having to adapt, but afterward there would be no sudden change of environment right as you were used to the routine. Next is the homogeneity of every student doing online learning. The confusion between trying to keep up with online students and in-person students can be overwhelming. Also, everyone would feel equally as important if they were all on the same platform.

With these pros come a series of cons, namely unmotivated students and difficul-

ty focusing in such an environment. It's easy to slip into an apathetic routine of logging onto a class and immediately going on your phone. It can even be lonely and damaging to your mental health to stay in one place all day. These are all valid reasons to have a distaste for remote learning, but like everything else we've had to change during these times, this is no different. It may not be the most fun, but adapting is crucial. Adapting can possibly bring new positives and we will learn to find solutions to these issues. And the sooner our school does change, the less difficult it will be in the coming weeks or months. Although both learning pathways are different, if teachers and students work together, remote learning can not only be the safest option, but perhaps the better of the two-- at least for now.



What's the Deal with Anti-Maskers?

Julia Slagle

With new laws comes people who rebel against them. This new wave of anarchists call themselves "anti-maskers." These are citizens who refuse to wear a mask in public, some to the point of arrest, who claim being forced to wear a mask infringes upon their "constitutional rights." After interviews with those alongside the anti-mask movement, I found that the majority believe our government enforcing masks on society violates the 9th Amendment, which states that all the rights not listed in the Constitution belong to the people, not the government. Anti-maskers use this to support their claim that since there is no specific amendment in the Constitution addressing whether a government can enforce masks, the option to wear one is up to them. Yes, masks can be very annoying, and it would be pleasant if we lived in a time where we were not required to wear them. However, this is a terrifying time for those more vulnerable to the virus. Citizens over the age of 85 are 630x more likely die from the coronavi-

rus, and even higher for those with preexisting breathing problems. The 9th Amendment does make it unconstitutional to arrest someone for something silly like the color of your shirt, but masks are a necessity during this time, not an accessory. Additionally, the 10th Amendment, which appears directly after the 9th, states that any power not given to the federal government is given to the states. This means that our states ARE allowed to enforce masks, no matter how atrocious that idea may seem to some. In conclusion, although wearing a mask in public isn't that fun, it is just common courtesy to wear one for the sake of others. This is not our government's attempt on controlling us, it is simply an attempt to save the millions of lives already lost from COVID. In the case that forcing someone to wear a mask WOULD be unconstitutional, I don't believe it would hurt to give up that right for a short period of time if it meant I could save one innocent life from passing away.

I'm Still Here

Gibson Bartlett

Lately, I've been more conscious of touching stuff around school. Desks, SOMETHING, door handles. Oh, the door handles. Doorknobs and push bars can be packed with germs, so I've been exploring ways to avoid touching them at all costs. Sure, they make those plastic key-shaped tools that can open doors with less germs, but they can be cumbersome to whip out on a dime, and sure using your sleeve or shoulder to touch doors would mean less bacteria on your hands, but instead that stuff just goes on your shirt.

I've found a way to open doors that encourages cleanliness while also looking really cool. Kicking. Yes, if you've seen a student approach a push door, lift his right leg and proceed to kick said door open, chances are, that's me. In September, I made this personal resolution to avoid touching doors at all costs. Here's what I've found.

As far as germs go, it's no question that the name of the game is avoiding bacteria on your hands. Once bad stuff is on your hands, you could easily, without knowing, touch your eyes, nose or mouth, which is where bacteria and viruses enter your body. Having the germs on the bottom of your shoes is much safer since instead of it contacting you at a risky area, the bacteria is dissipated on the ground as you walk. Also, when was the last time you licked the bottom of your shoe? Without a doubt, kicking open doors is much medically safer than opening with your hands.

Some might inquire, "doesn't kicking the door only leave shoe germs on the handle? Those could transfer to people who open the door with their hands." That is completely correct. And the truth is, I am all for it. People who still open "push" doors with their hands are just more viable to bacteria and while that may be a tough pill to swallow, the truth is that switching to a completely door-kicking school is the change we desperately need. There could be stragglers in this movement, but they will have to face the risk of extra shoe germs on handles.

I'm not saying you should try to full force "FBI Open up!" brute strength take the door off its hinges, but I have to say my commute between classes is way more fun when I can kick a few doors. If you join me in this kicking crusade, I do implore you to maintain strong practices of door-kicking etiquette: Be sure to look through the window and check you aren't pummeling down an oncoming student with a flying door. Too much force can be loud and unnecessary, so using only a small kick to create an opening is enough. And don't forget to kick the door open for others. If a large group is behind you, kick with a bit more power to open the door wider.

In our Rona world, it's easy to become caught up in all "cant's" in the world, but I like to embrace the fact that now I can kick open doors without looking like a character from a violent video game or a person with a really bad case of Main Character Syndrome. I hope you will join me in the fight against doorway diseases. The next time you see a push door, kick with pride.

I am honored to have shared my thoughts with the community of Tennessee High including readers like you, and I'd like to offer my sincerest thanks for reading the Maroon & White. With that being said, I'm Gibson Bartlett. I'll still be kicking doors until December 17th, and I'm outta here!

Biden-Harris Plans for Presidency

Sheany Regules

On January 20, 2021, during the inauguration, Joe Biden and Kamala Harris will enter the White House as the 46th president of the U.S. and as the first female vice president, respectively. The Biden-Harris campaign promises to fix many problems in the United States. This includes addressing jobs, race, climate change, Covid-19, immigration, and education.

Starting with the global pandemic, this campaign promises to provide free testing for everybody in the U.S. They also plan on hiring 100,000 people to set up a contact-tracing program and have at least ten testing centers in every state. They intend to require every state governor to mandate wearing masks in public to stop the spread of Covid-19.

In terms of education, President-Elect Biden aims to forgive student loan debt on certain people, based on income. He also intends to expand tuition-free colleges and place universal preschool access nationwide. He wants to protect and reopen entries for “dreamers,” undocumented immigrants who were brought to the U.S. as children and study here.

The new administration takes climate change seriously. President-Elect Biden has referred to global warming as, “an existential threat.” He plans on proposing a \$1.7 trillion federal investment in green technology research which can be spent within ten

years. They will also create jobs to make “green energy products.”

As for improving racial equity, Biden plans on creating a \$30 billion investment fund business support for minorities. He also plans on establishing a \$20 billion program to invest in incarceration reductions. Since he does not plan on defunding the police, he plans on a \$300m investment for a community policing program to minimize police brutality.

With plans to stop inequality and unemployment, there are many things to look forward to. Time will only tell how Joe Biden and Kamala Harris will change the United States.



The Silent Pandemic

Jacob Finch

One out of every three teens has a level of internet addiction. It doesn't seem like that could be an issue does it? Well, in actuality internet addiction could be the new “silent pandemic” enflamed from the home-ridden status caused by COVID-19.

Consumed by their devices, losing track of time on social media, avoiding responsibilities, this sounds like all of us right? Well, this can be the early stages that breaks down your defense barrier to get you addicted; eventually, you may start feeling a higher sense of anxiety or depressive thoughts, your grades may fall, and you may use social media as an escapist fantasy.

Despite how unhealthy this is for developing brains, it is

the easiest it has ever been for a teen to be addicted to the internet. With an entire virtual world at the tip of their fingers at any moment via cell phones, the continuous lockdowns and regulations have proved to be catalysts for burgeoning internet addiction.

Although it may not seem horrible, addictions like these are legitimate and can have serious effects on your day-to-day life. It is hard, but putting down the phone and doing something in person would help quite a bit. Just stay safe while doing so!

Santa Versus Krampus

Sarah Clever

Have you ever heard of Krampus, the no-good evil Santa Claus? He's even worse than the one and only no good green Grinch. As usual, there is a bad guy for every good guy, and Santa is no exception.

The story of Krampus surrounds a half-goat, half-demon monster who will seek out misbehaving children and take them to receive special punishment. This is a popular European legend that was believed to have originated in Germany. Krampus's name derives from the German word Krampen, which means “claw.” He was known to come around and do his bad deeds during Christmas time. He is the devilish companion of St. Nick, the dark side of our dear Santa Claus.

Of course Santa Claus is the more commonly-known Christmas

character. The story goes, if you do good deeds and show kindness all year-long, he'll bring you gifts, but if you are bratty or mean, you'll get a lump of coal in your stocking. On the night of Christmas Eve or during the early morning hours of Christmas Day, Santa flies around the world in a sleigh to deliver gifts. Santa Clause also goes by the names of Father Christmas, Saint Nicholas, Saint Nick, Kris Kringle, or simply Santa. He is a legendary character originating in Western Christian culture.

So, I suggest you get on the nice list or Krampus will get you! Spread kindness and good cheer and welcome Santa instead of his evil counterpart. Whether you get coal in your stocking or presents under the tree, have a Merry Christmas!

Pfizer's COVID Vaccine

Julia Slagle

As 2020 comes to an end, we are finally seeing a light at the end of the tunnel! Pfizer has recently released data that proves the COVID-19 vaccine to be over 95% effective. According to the New York Times, only 94 out of the almost 44,000 participants who received the vaccine got sick with the virus. There have been no reports of any unusual side effects. The only condition so far is that these vaccines must be kept at a temperature of -94 degrees Fahrenheit, which makes it incredibly difficult to transport them without specially made refrigerators. However, new changes are being made every day in attempt to give the fastest and best

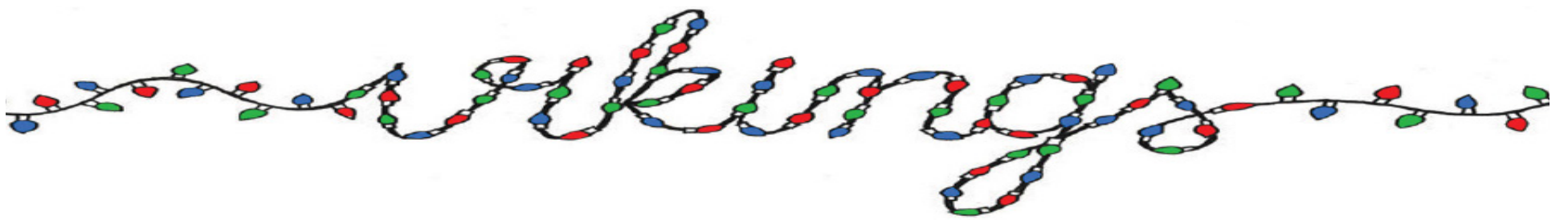
results. So, what does all of this mean for our country? As of December 11, the FDA has given the United States a thumbs-up to Pfizer's vaccine. However, mass distribution will take months to complete. The first round of vaccines are planned to be given to health workers, then the second round to essential workers. Food City has even offered to give free vaccinations once it comes out publicly, alongside the Department of Health & Human Services. Overall, Pfizer's vaccine is looking out to be very successful. Soon this whirlwind of fear that the coronavirus has caused will be slowing down, and life will finally begin to go back to normal!

Bristol Welcomes New Coffee Shop

Meghan Bryant

The Trailblazer Coffee shop has officially opened in Bristol, Tennessee. It is located at 2016 West State Street. Trailblazer offers a very wide variety of drinks on their menu, which includes: bubble tea, smoothies, hot tea, and of course, coffee. Trailblazer has signature drinks on their menu, like the “Soho” which is described on their website as tasting like “amaretto cherry, vanilla, and dark chocolate”. For those who need an ex-

tra kick, Trailblazer even has flavored monster energy. The coffee shop also has a variety of baked goods on their menu. Donut holes, cinnamon rolls, scones, and bagels are among the options. As Tennessee High School Senior Finley Large said, “Trailblazer's new bubble tea is delicious! They have so many different flavors and some specialty flavors on their secret menu! They use fun popping pearls instead of tapioca.”



Credit: Emilyn Belcher

Dad jokes “Christmas edition”

Fabian Maqueira

How does Rudolph know when it's Christmas? He looks at his Calen-deer!

What do you call a bankrupt Santa? Saint Nick-el-less!

What do you call the fear of being trapped in a chimney? CLAUSTrophobia!

What song do lions sing at Christmas? Jungle Bells!

Who is Santa's favorite singer? Elf-is Presley!

What did Mrs. Claus say when she looked at the sky? Looks like rain-dear!

What do you get when you cross Santa with a detective? Santa Clues!

Why did Santa go to college for music? So he could improve his wrapping skills!

What is the best Christmas present in the world?

A broken drum, you just can't beat it!

Why did Santa make a sleigh from candy? He wanted a sweet ride!

Vikings Vocal- ize: Eggnog or Eggnot?

Jacob Finch

Destiny Laws (Girl, 9th)

“Eggnog because it's got a sweet touch and just sort of brings cheer during the holidays.”

Dorian Suggs (Boy, 9th)

“Eggnot because it looks like milk but tastes too sweet.”

Ella Tilley (Girl, 10th)

“Eggnog cause it's delicious.”

Payne Ladd (Boy, 10th)

“Eggnog because it's traditional.”

Lorianne English (Girl, 11th)

“Eggnot because tastes weird and the concept of making a drink with raw eggs just doesn't seem right.”

Jonah Gassiot (Boy, 11th Grade)

“Probably eggnot because I haven't had it in forever and I forgot what it tastes like.”

Callie Danielsen (Girl, 12th)

“Eggnot, because eggnog makes me want to blow chunks.”

Luke Worley (Boy, 12th)

“Eggnot. Never had it, but it looks like egg yolks so it's gotta be nasty. A wise man once said only eggs you can eat are cooked, raw is always unsafe.”

Hot Chocolate Bomb Recipe

Sheany Regules

Ingredients and Supplies:

- Chocolate Bar
- Hot Chocolate Mix
- Mini Marshmallows
- Candy Cane, sprinkles, etc. for topping
- Brush
- Silicone Molds
- Milk

Steps:

Chop 24 oz of chocolate with a knife

Place the chocolate in a microwavable bowl,

place in the microwave and heat for 30 seconds. Then stir with a spatula, moving the chocolate from the outside edges to the center.

Place the chocolate back into the microwave for 15 second intervals and repeats the first step until completely melted

Paint a thin layer of chocolate using a paintbrush on the inside of the silicone mold, then place in fridge for 5 minutes

Apply a second coat of chocolate and place in fridge for another 5 minutes

Carefully remove the molds from the silicone

Heat up a plate in the microwave and place each mold onto the plate to melt the rim

Place your hot chocolate packet and marshmallows into one side of your mold

Grab your second mold and push it into your mold with the hot chocolate and marshmallows

Set your chocolate ball aside and crush candy canes into small pieces

Sprinkle each hot chocolate ball with candy cane or sprinkles

Grab a warm cup of milk and drop your hot chocolate bomb into it and watch the magic happen!

Tips

-Chocolate with less cacao will melt faster. Dark Chocolate is the best for melting.

-Make sure your chocolate does not reach a temperature above 90 degree Fahrenheit when melting



Credit: Hunter Phillips

Twas the Night Before Christmas Mad Lib

Gibson Bartlett

Location, ing-verb, noun, noun(s), object, person

noun(s), object(s), noun(s), person, clothing item, clothing item, occasion

Place, sound, ed-verb, object, object, ed-verb, animal, ed-verb, ed-verb

Location, noun, noun, ing-verb, verb, adjective, number

'Twas the night before Christmas, when all through the _____
 Not a creature was _____, not even a _____;
 The _____ were hung by the _____ with care,
 In hopes that _____ soon would be there;

The _____ were nestled all snug in their _____,
 While visions of _____ danced in their heads;
 And _____ in her _____, and I in my _____,
 Had just settled down for a long _____'s nap,

When out on the _____ there arose such a _____,
 I _____ from the _____ to see what was the matter.
 Away to the _____ I _____ like a _____,
 _____ open the shutters and _____ up the sash.

The moon on the _____ of the new-fallen _____
 Gave the lustre of _____ to objects below,
 When, what to my _____ eyes should _____,
 But a _____ sleigh, and _____ tiny reindeer.

12 days of Maroon and White

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

Play this puzzle online at : <https://thewordsearch.com/puzzle/1698879/>

New Holiday Music Releases: Jolly Jingles to Spice up your Christmas Playlist

Meghan Bryant

1) "Silver Bells" by Qveen Herby

2) "I Need You Christmas" by the Jonas Brothers

3) "The Magic of Christmas" by LYRA

4) "It's Not Christmas Till Somebody Cries" by Carly Rae Jepsen

5) "Winter Song (feat. Cynthia Erivo)" by Leslie Odom Jr., Cynthia Erivo

6) "Holly Jolly Christmas" by Dolly Parton

7) "Peace on Earth" by the National Parks

8) "The Secret of Christmas" by Sleeping at Last

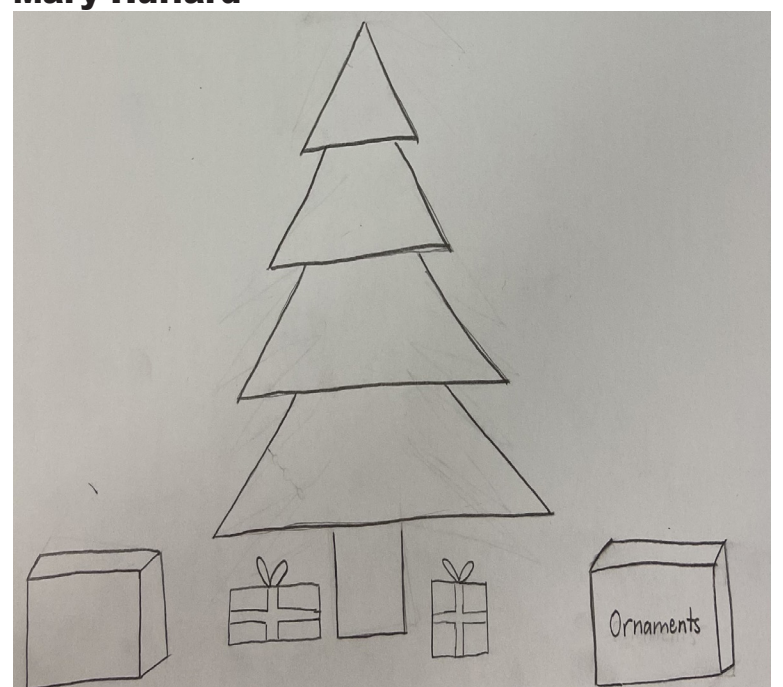
Word Scramble

Sophia Detrick

1. fle
2. hmatcsirs
3. nasta
4. etpinnmpre
5. steronman
6. tronh lpoe
7. ismteelot
8. pldhuor
9. dcnya neac
10. wnnamso

Decorate your Own Tree

Mary Huffard



Credit: Hunter Phillips

- ELEVEN MEMBERS
- FOUR NEWSPAPERS
- TWO FEATURES
- THREE ARTICLES
- FIVE CLASS RINGS
- TWELVE SMORES
- MAROON TREE
- NINE FUN PAGES
- SIX OPED
- TEN SNACKS
- SEVEN GAMES