



Hoops!...They Did It Again: Another Winning Season

By Elizabeth Gordon

Once again, EHHS's Lady Eagles Basketball team finished up with a winning season of 17 wins and only 11 losses.

With a very young team, only 2 Juniors and 0 Seniors, many seemed to hold low expectations for this year's team; however, they did not let this hold them back.

Head Coach, Mr. Nick Simmons praised his players as a hardworking group with a lot "fight and grit" as they worked "to prove a lot of people wrong."

Prove them wrong they did as the ladies finished 3rd in the regular season of District 11AA and earned themselves a well-deserved home tournament game. "With a young team there are always ups and downs," says Coach Simmons; however, this year's team in particular was able to conquer any challenges they came across.

As a team lacking in high school varsity playing experience, Simmons believed their self-confidence in their



ability to compete was inadequate during pre-season. Simmons states, "It would have been easy for them to only put in an average amount of work and be about as good as everyone thought they would be considering their age. However, they decided early on that they were not interested in having a losing season and not being a factor in the district."

Despite the shackles of being young and inexperienced, the team found themselves

winning a majority of the games and keeping scores close in the games they did lose. Coach Simmons believes the ladies began to notice their ability to compete with every team they played.

Hard work played a large role in the girls' success as not only individuals but also as a team.

To prepare for games, the team usually practiced daily and utilized films and scouting reports. Some ladies also practiced individually outside of team practices for self improvement. Simmons believes his players always go into a game knowing what to do. All the hard work put in from the team paid off as the ladies had another successful season.

Though their season ended in a loss, Coach Simmons intends to use it as motivation for next year's season as, "The year they had has set them up well for next season."

Four Day School Week? Yay or Nay?

By Devlin Sheppler

The concept of a four day school week has raised some conflict over its various advantages.

A research brief by Research Associate Christine Donis-Keller and Director David L. Silvernail of the Center for Education Policy, Applied Research and Evaluation at the University of Southern Maine explores outcomes over a period of 40 years with shortened school weeks in various school systems across the nation.

Proponents of the movement argue that reducing the number of days students attend classes may reduce transportation, facility, and personnel costs of the school, while critics assert that these changes would hurt rural and low-income families. Despite the long history of experimentation with this adjusted schedule, many studies made to document its impact have been contradictory in nature.

Regardless, most experiments around the country resulted in financial gains, improved student performance, and, in other student and faculty improvements (most notably in attendance). Since saving money is one of the primary motivations for switching to and maintaining a four day school week, it is important to note that schools can expect to save "from 2-9% of a school district's annual operating budget," with

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Stressed and Depressed?

By Kimberli Martinez

According to the *Anxiety and Depression Association of America*, about 80 percent of teens with anxiety disorder and 60 percent with depression receive no treatment.

It is not uncommon for teenagers to develop a condition during their adolescent years, but with rising numbers, there should be rising concerns.

Across the world, debates have been ignited. The same questions are brought to attention: What is the cause? Why are so many teens depressed? What can we do to protect the children?

Many believe that with new technology teens are disconnecting with their peers because of more time spent behind screens. Social media plays a tremendous role in the newer generation's isolation.

"Young and older people struggle with personal communication because of the ease and access to many social media sites and text messages. These are allowing people to communicate but are hindering their speaking skills to a point that not many people cannot carry on a

conversation with any meaning," says high school wellness teacher, Mr. Eddings.

Children's communication skills are weakened with every passing year. In the eyes of younger generations, it is easier to enter a response emoji or post a snap than participate in a meaningful exchange, especially a face-to-face one.

While technology and isolation plays one role in student's mental health, multiple factors come into play when it comes to stress and anxiety in teens. Also at play are the following: social media, sleep schedule, public situations, and diets. A poor sleep pattern results in kids being sleep deprived which causes impulsive thoughts or actions.

Adults wonder and ask, what do teenagers have to be stressed about? Turns out, teenagers worry more than any adult would like to believe. Teens worry about fitting in at school, homework, and pleasing parents. Adding to it is all the stress older teens feel when pressed to present their future plans.

While adults may think teen's problems are trivial and nothing compared to what their parents do each day, to the

child's developing brain overly stressing situations can cause long term mental and emotional damage.

Students feel constantly under fire by their parents to do better—make good grades, exercise plenty, and plan for their future. While those are not bad ideas, the perception of constant expectations sometimes makes students feel anxious. According to *Psycom*, three of the most common stress triggers for teens are the following: social stress, family discord, and academic stress.

Study shows over half of teens outgrow their anxiety and depression episodes. However, stress is something that could easily be carried over into adulthood.

Treatments for stress and anxiety include proper medical attention or maybe something as simple as a new exercise plan. The *Anxiety and Depression Association of America* provides a list of fourteen plans and ideas to do when someone is feeling stressed or anxious.

Teenagers need support during these phases of their lives. They may get that from parents, teachers, or friends, but everyone needs to feel seen and noticed.

Junior Student Spotlight: Blair King

By Elizabeth Gordon

While she may not have everything figured out as a Junior, Blair King is slowly but surely finding her path in life.

Though she is not sure what career to pursue, Blair aims to attend college to attain her Bachelor’s degree and has hopes of being successful and happy. Blair seems to have enjoyed her high school experience so far as she likes socializing at school and enjoys homecoming and prom. However, as a procrastinator, she wishes some teachers would lessen their workload as she “would like to have a life outside of school.”

Blair believes the hardest part about school is having to come everyday and the amount of time and effort it takes to succeed. She admits to struggling with Algebra 2 as it is her least favorite class and she reveals math is not her strong suit. While Algebra 2 is her least favorite class, Blair’s favorite class was Theater because she enjoyed the relaxed environment and having Ms. Sherry as a teacher. Laid back teachers seem to be a reoccurring thing as her favorite teacher in high school is Mr. Smith.

While she may have a little difficulty in math, she excels in other aspects as she plays soccer, track, cross country, and also enjoys drawing. Though she does not think high school has prepared her for life after graduating, she states, “Playing sports has helped me improve my time management and work ethic as managing multiple aspects of my life at once has been challenging.”

Sports seem to play a large part in Blair’s life as she is currently playing travel soccer and for the school. Blair hopes to continue playing soccer in college if “ things go as planned,” she

says. Anyone who is familiar with Blair knows she comes off as a very friendly and outgoing as she hopes to leave a good impression after graduating. Though before graduating, she hopes to get scholarships and improve her ACT score; however, her main goal is to earn her Gold Award in Girl Scouts.

Having already earned her bronze and silver awards, Blair aims to earn her gold, too, as fewer than 6% of Girl Scouts actually earn their Gold Award. Having been in Girl Scouts for 11 years, it is a very important part of her life as well as something she is very proud to be involved in. Blair states, “I’ve met some of my best friends through Girl Scouts and

it has presented me with a lot of experiences. It’s also nice to just help people in general.”

Though she has many great high school memories, Blair highly enjoys using her time outside of school to make more memories by playing soccer and hanging out with friends.

The person Blair looks up to most in her life is definitely Paige, her twin sister, as she has helped her through a lot. Blair also feels Paige is often right and values her opinion very highly. Blair outlines the close bond of their relationship as she describes it as “closer than any typical relationship.” Blair believes her sister and parents have also shaped her to be the person she is today due to their different ideals.

Overall, Blair is full of life and small quirks as spring is her favorite season due to her love of flowers, and people who try to be too early irk her, not to mention her rather interesting nickname “Manatee” that she earned her Freshman year after watching a video in Ecology.

So, while Blair may not have a concrete plan for her future, she seems to be “living in the moment” and enjoying her time as a teenager.



New School Club Ideas

By Leah Tidwell

East Hickman High School has produced a variety of clubs and organizations for students to join, but it lacks the multitude of extracurricular activities compared to older schools.

Built around ten years prior, the school has created a successful foundation for students as there is wide array of associations and clubs.

The clubs offered allow the students to sign up and meet outside of classes to discuss plans and complete different activities such as: Art Club, Beta Club, Fellowship of Christian Students (FCS), Spanish Club, Star Teens, and Student Council.

Other extracurricular activities such as Envirothon, Future Business Leaders of America (FBLA), Family, Career, and Community Leaders of America (FCCLA), Future Farmers of America (FFA), Health Occupations Students of America (HOSA), and Skills USA encourage members to learn more about the representative fields and attend many competitions, all occurring outside of class time.

Additionally, several options are offered as classes for the students to participate in to gain school credits. The class selections include Band, Choir, Journalism, Theater, and Yearbook.

Even though it seems as if East Hickman has a plethora of scholarly endeavors, many other diverse clubs and organizations have yet to be thought of and placed into the system.

The high school made some recent advancements in this category as a [community] Fishing Team and an Educators Rising Club (an organization that supports students who are interested in education-related careers) have been sponsored recently.

Multiple students, when interviewed, still believe, despite new additions, that more clubs of different varieties can be incorporated into the school.

One of the most suggested club ideas, surprisingly, is organizing a speech and debate team. Many students, including Laurianne Harvus, all claim how orchestrating this type of team will help improve speech skills and will aid in the idea of seeing opposing sides’ opinions.

This idea could eventually blossom into a competition team which would be involved in tournaments. Students already have a faculty member in mind.

A Book Club was also a popular answer among the young adults. Madison Lilly states how “so many students read books. I think it would bring such a good reaction from the students if we got together to read all sorts of books and discuss different aspects of it.”

Other students also contributed their opinions on the forming of others clubs.

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If You Don't Snooze, You Lose.

By Devlin Sheppler

Teenagers around the country are severely underestimating the importance of a good night's sleep. Getting a healthy amount of sleep is crucial for maintaining physical health, improving daytime performance and safety, and enhancing brain function and emotional well being; in addition, it also helps one eat better and manage stress.

Conversely, failing to get enough sleep can impair cognitive ability, facilitate emotional and behavioral problems, contribute to acne and other skin problems, and cause one to be more prone to eating unhealthily.

According to the National Heart, Lung, and Blood Institute (NHLBI), "...sleep is involved in healing and repair of your heart and blood vessels," in addition to balancing the hormones "that make you feel hungry (ghrelin) or full (leptin)." On top of this, the Institute also notes that sleep plays an important role in how your body reacts to insulin, supporting your immune system, and aiding in healthy growth and development in teenagers.

Aside from the convincing physical benefits, the mental and emotional results of a healthy sleep schedule are just as beneficial.

The NHLBI reports that sleep "helps enhance your learning and problem-solving skills." Furthermore, the Institute details that sleep "helps you pay attention, make decisions, and be creative."

Just like there are many benefits of getting a good night's rest, there is also a long line of negative effects caused by sleep deprivation.

The NHLBI found that "damage from sleep deficiency can occur in an instant (such as a car crash), or it can harm you over time." Key examples that come to mind, in this case, are increased risks of chronic health problems such as heart disease, kidney disease, high blood pressure, diabetes, and stroke. Sleep deprivation also causes an increase in obesity rates across all age groups.

Furthermore, the NHLBI notes that deep sleep "supports healthy growth and development," by triggering the release of a hormone that "promotes normal growth in children and teens." Moreover, this hormone helps repair cell and tissue damage, as well as boosts muscle mass, in children, teens, and adults.

The NHLBI also observed that sleep "also plays a role in puberty and fertility."

The final major benefit sleep provides to one's physical health lies in their immune system. The NHLBI reports that "ongoing sleep deficiency can change the way in which your immune system responds."

Of course, for each physical detriment, there are accompanying emotional and mental ones. The NHLBI observed that if one is sleep deficient, he

or she "may have trouble making decisions, solving problems, controlling... emotions and behavior, and coping with change."

Beyond this, sleep deficiency has been linked to depression, suicide, and risk-taking behavior.

Additionally, sleep deficiency leads to a reduction in efficiency at school or work, as one takes longer to finish tasks, has slower reaction times, and makes mistakes more often.

Another interesting point to consider is microsleep, or brief moments of sleep which occur while you're usually awake. Microsleep is uncontrollable, and often enough, one may not even be aware of the issue. This can lead to a student falling asleep during a lecture, or in some extreme cases a driver falling asleep behind the wheel.

According to the National Sleep Foundation, "only 15% (of teens) reported sleeping 8 ½ hours on school nights," not to mention the American Academy of Sleep Medicine recommends that teens aged thirteen to eighteen get 8-10 hours of sleep a night.

The National Sleep Foundation asserts that "biological sleep patterns shift toward later times for both sleeping and waking during adolescence--meaning that it's natural not to fall asleep before 11:00 p.m." In short, while sufficient sleep is crucial, getting it can be difficult. One way to get more sleep would be to start school later in the day, but otherwise there are a few steps one can take.

Some general strategies to remedy this situation include making sleep a priority. Setting a predetermined sleeping schedule and sticking with it will adjust one's internal clock and allow for easier sleep.

The National Sleep Foundation recommends keeping your bedroom "cool, quiet, and dark" with blackout curtains to create a "sleep haven." They also note that you should avoid caffeine, electronics, and anything stressful like homework up to an hour before bed.

Why the Long Pause?

By Alyssa Tanner

Do you put things off until last minute? Do you start a task and purposely distract yourself with another? If so, you must be a procrastinator!

Procrastinating is a habit that most all have suffered from at some point. Although procrastinating is something everyone does, it can be a very unhealthy as a habit or lifestyle.

One example is waiting until last minute to complete, or even start, a task. Putting off studying until last minute is a good way to end up freaking out before taking test.

According to "Procrastination: 3 reasons it's worse than you ever thought it was", Eric Jaffe from *Observer* summarizes the findings, "Procrastinators earned lower grades than other students and reported higher cumulative amounts

of stress and illness. True procrastinators didn't just finish their work later — the quality of it suffered, as did their own well-being." Putting things off will cause stress. Your brain will be constantly reminding you to complete the task that you have been stalling. Procrastinating can also make your memory work harder.

One's mind works best when you give it time to absorb the information one is trying to learn or even memorize. Jaffe goes on to say, "Basically, it means that you need breaks for your mind to memorize things to its greatest ability. Procrastination works against your memory. It waits and groups things together. If you procrastinate, just be ready to work harder to memorize information than one would have by just starting a bit earlier."

The final example is that in the end, procrastinating actually takes more time. The article states, "In fact, you'll often end up doing what psychologists call 'over-learning.' It's when you spend time learning material that you will just forget. It feels like drilling facts into your head because you have to know them for a test. We call it 'cramming' sometimes. And it will all be gone next week." Basically, hours will be spent studying, but nothing will be learned because the brain did not have enough time to process the information.

There are two different types of procrastination. Active procrastination is putting off mowing the yard or cleaning your room for something more important. Passive procrastination is not doing anything just because one does not want to, that is when most people realize that they have a problem.

According to *23 and Me's Anne Wojcicki Shares the Best Business Advice She Learned: 'Only the Paranoid Survive,'* follow these simple things to help prevent procrastination: do not try to tackle everything at once, make to-do lists, pick deadlines for these items, ask someone to help remind you and keep you focused on the task, and plan times to check in with your friend and repeat. Using these steps, your procrastination problems are sure to improve in time.

However, some people may argue that procrastination can be good for your mental health. Professor Frank Partnoy argues that the key to success is waiting for the last possible moment to make a decision. According to *Psychology Today*, "Sure, you might not be getting the thing that you're procrastinating on done. But if you're an active procrastinator, the rest of your to-do list is probably getting cleared quickly. And once the rest of the things on your to-do list are done, then all you've got left is that one thing you were originally procrastinating on—and you've got no choice but to get on with it." So, in the end, it all works out and one's whole to-do list gets finished. An active procrastinator can also get lesser tasks done while procrastinating your main task.

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Procrastination can help with apologies as well. After having a fight with someone, it is healthy to give each other space and time to cool off before apologizing. It can also help certain people make decisions. Some people struggle with making life-changing decisions. They will constantly ponder on the pros and cons of the situation. Procrastination will give you time and space to question and research everything in peace. Then, when the choice must be made, the decision can be made with peace of mind.

Although procrastination can be helpful with some people, always remember that it can easily turn into a bad habit. Start trying to recognize the signs early so that the process to defeating the habit can begin. However, always keep the fact that it can be useful in certain circumstances in the back of one's mind for safe keeping.

Student Editor's
Mission: To Tell the
Truth

By Laurianne Harvus

Thirty years ago, on Jan. 13th 1988, The United States Supreme Court imposed new rules upon high school journalism students through the case of Hazelwood v. Kuhlmeier. Due to those new rules, journalism students shed some of their First Amendment rights as school administrators retained control of content published by school-run newspapers.

Since the school sponsors the newspaper, the principal could be often seen as the publisher or the person responsible. This burden of responsibility caused many problems with articles about controversial subjects.

Fast forward to 2018, thirty years after the ruling, a new support for journalism students has been created: The New Voices legislation. This new legislation is changing many things and now it is extending through fourteen states: Washington, Arkansas, California, Colorado, Illinois, Iowa, Kansas, Maryland, Vermont, Rhode Island and Massachusetts, North Dakota, Nevada and Oregon.

The New Voices law enables student journalists to tell the news as it is, giving back to the student the freedom of the first amendment. The purpose of the New Voices is not only directed to the journalist students, but also to the teachers.

While students try to restore the truth, in some cases, teachers fear for their job in relation for publishing controversial topics. So another important point in addition to the journalists' rights is that the New Voices legislation protects both faculty and students.

Students have supported the New Voices movement through printed articles and state congressional meetings. For example, Washington is the fourteenth state to be part of the new law. Joe Fain, the State Senator of Washington visited high school journalism students in his district who convinced him of the importance of student press freedoms by showing him how reporters work and produce new stories.

Previously, student editor Madison Morgan spoke before the House Judiciary Committee of the Washington State Legislature concerning the importance of press freedom even in high school settings. She makes this point through an article in her school's newspaper entitled, "Why I Testified at the State capitol." She argues, "I asked the committee members how they could justify censored student media, when years from now, those same students would be the next generation of professional journalists. I asked them how they could censor their good intentions, and their desires to change the world for the better."

With additional support for student journalism, Student Press Center Law Executive director, Hadar Harris, retorts, "We need young people to be asking hard questions and to be holding power accountable in the best possible ways."

Thanks to the consideration of the audience and students' perseverance, many people realize why it is important for the students to learn the process of presenting the news in a legal and ethical way. So far, fourteen states have signed "New Voices" bills.

So, an important question is— Are the young reporters ready to exercise their free speech rights? Madison Morgan,

student proponent of restored first amendment freedom states, "I want to go into journalism because I feel like that's where I can best make a difference. Journalism can never be dead. You always need journalists [in a democracy]." Thankfully, the answer seems to be yes. The next question to ask— "Will Tennessee follow in the "New Voices" legislation? That answer is one for which to wait.

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Nicole Martin responded that an LGBT Alliance Club would have a positive effect on the student population as many students struggle with coming to terms with accepting their and others sexuality.

Jared Fitts, on behalf of he and his friends, claims how a Car Club would be beneficial for people who love and are intrigued by auto mechanics.

He continued onward by saying how the Car Club could organize car shows to display all the members' hard work and craft on the vehicles.

Another quite popular answer, also requested by Blair King, was to construct an Astronomy Club of some sorts. Students would learn to read and study constellations and frequently gather together to see meteor showers that appear periodically in the area.

In company with the many conceptions of clubs, students responded highly with ideas for new sports' teams. The down side of these multiple voices is that the sports chosen cannot easily be applied to the school.

The most popular sports suggestion can be simplified to the following—having a swim team. A multitude of the school's students were loud and proud of wanting to be able to swim and compete for it.

Callie Easley and Peyton Kennedy state, "A swim team would literally be the only sport we would do. It just seems like such fun." They continue on how a potential team would have to meet up in an outside swimming area because the school could not build such expensive equipment as its own swimming pool.

The idea of creating new clubs may seem like a simple task; however, the school's faculty and administration need to be notified of any potential suggestions. If you are a student wanting to build up any club, share your ideas with faculty, guidance, or administration.

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Community Night

Running on its third annual cycle, East Hickman High's Community Night gives classes, clubs, and departments the opportunity to create booths and display important information from each. Current and future East students see what the our school has to offer.



Third Annual Lip Sync Battle

On March 7th, 2019's Annual Lip Sync Battle was a smashing hit as faculty, students, and parents came together and performed a unique mix of well-known songs.



Spencer Tomlinson and Mr. Angell race to an oldies tune.



Mr. Pawlak croons a tune with his synchronized backup singers.



Mrs. Pippa Taylor is a pro at lip sync, **and** she sparkles!



Mrs. Roseberry rocks more than just being a school counselor!



Mr. Wesley completely "lets it go," including the hair (later in the show)!



It's all work and no play for Mrs. Boehms, Mrs. Morgan, and Lindsey Morgan.



Seniors Julie Mathis and Nicole Lindsay team up for one of their final high school memories. Julie's shirt says it all with, "I'm Done."



1st Place Winners (first picture, left to right) Emily Bentley, Leviathan DeLoach, Thora DeLoach, Skylar Collier, and Olivia Plunkett performed well with choreographed dances and lip synced to the songs "Get Back Up Again" from *Trolls* and "Riptide" by Vance Joy.

π Pi Day Celebration π

A newly added event, East Hickman High's Pi Day Celebration acknowledged students who had a passing grade or higher in their math classes by conducting many different activities surrounding math and, of course, pi(e)!



Murder Mysteries, Answers Unknown

By Alyssa Tanner

There are many murders that still remain unsolved in America. From the 1950s, the first example is America's unknown child, The Boy In The Box.

The death of The Boy In The Box took place in Philadelphia, Pennsylvania in 1957. It was a boy, later discovered to be an orphan, found covered by only a blanket, and he had his head beaten. The boy was said to be 3-7 years old .

A theory had risen that the boy was killed by an abusive mother. The mother's daughter came forward saying one night, after eating baked beans for dinner, the boy had gotten sick. The abusive mother therefore bashed his head against the wall several times as punishment. He later then died when she was trying to bathe him.

The 'confession' answered many questions such as for why his head was bashed, his fingers wet and shriveled, hair on his body as if he had recently gotten a haircut, liquid found in his throat, and what was left of baked beans found in his digestive system. But, sadly, the theory was dropped due to insufficient evidence.

To this day, people still have no idea who this child really is or how he died. According to Kate Serena in her article, "The Boy In The Box - Inside The Creepy Unsolved Mystery," "The crime scene itself was searched and searched several times, but apart from several items of children's clothing (all of which led nowhere), there were no leads. To this day, the boy's identity remains as much a mystery as it was in 1957."

America's Unknown Child was buried at Ivy Hill Cemetery, Hardinsburg, Kentucky. His gravestone reads, "Heavenly Father bless this unknown boy."

The second example of an unsolved cold case, that is closer to home, is Christy Carroll's death in Hohenwald, TN.

On February 6, 1995, eighteen-year-old Christy Lynn Carroll was found beaten and bloody close to her driveway by the mail carrier. Her nose and face were bloody and there was evidence of other assault as well.

It is said that she and her friend, Kim Burlison, were at a bar, and Christy's brother stopped by with three of his friends to chat. The driver, John, out of the three friends, said that he could not give them a ride to Burlison's house because he had to pick up his mother at 11:30 pm. Burlison found another ride home, while Christy stayed with her brother and his friends, Lay, John, and Amacher, determined to get a ride home from them. They later had car troubles and were on the side of the road. Deputy Lloyd Sherman saw the car on the side of the road and offered to help them, but the teens refused his assistance and turned him away.

After Christy's body was found, the police took statements from the three

friends from that night. They provided many different variations of scenarios on how Christy ended up in the ditch by her house and refused to take a lie detector test. All the scenarios included the fact that they had made advances towards her, but she refused. Many friends and family drove in and out of that driveway, passing the ditch, and never saw her body there.

Carroll's autopsy was performed in Nashville by Dr. Charles Harland. Dr. Harland, at the time, was officially barred from performing autopsies due to an ongoing investigation of malfeasance. In the article, "The Murder of Christy Carroll," written by her mother, it states, "The autopsy, and the death certificate, are virtually meaningless as evidential documents." He did not perform the most basic of tests. For example, he did not perform one to prove if she was sexually assaulted or not. But, he did perform two alcohol level tests using her blood. He said the two tests had different results. In the first one, she had an alcohol level of .01, and in the second one, she had a level of .10.

One of the friends tried to confess what truly happened to Christy Carroll, but when the police got there, his mother was on the phone with a lawyer and he was not allowed to say a word.

The District Attorney's General Conference Executive Secretary, Pat McCutchen, was asked by a representative of the Tennessee Crime Victims Coalition why District Attorney, Joe Baugh, refused to properly investigate the murder of Christy Carroll. After consulting with him, McCutchen reported back to this person that Baugh indicated the matter was unimportant to him. Baugh then proceeded to call Christy a vulgar name and the whole case was closed.

The third and final example of another local unsolved cold case is the Martha Leanne Green case. "The disappearance of Martha Leanne Green has been called the biggest mystery in Dickson County," expresses Michelle Willard in "The Disappearance of Martha Leanne Green is Dickson County's Biggest Mystery." On April 15, 1987, the 17-year-old girl vanished into thin air from a broken-down car on Highway 46 in Dickson County, TN. She was in a borrowed vehicle with her twin brother, Lawson Green.

After the car ran out of gas, Lawson got a ride to the gas station; Martha told him that she would wait for him in the car. When Lawson returned to the scene, Martha was gone. Her purse and keys were in the car, and there were no signs of struggle. Everyone the police interviewed said that Martha was an average person, and they had no idea why anyone would ever want to harm her or why she would want to run away.

A large search party, filled with a combination of police and public help, searched within a ten mile radius of the scene. They checked every place that they thought she was more likely to be located. They soon found a pile of clothes

that matched the description to Martha's, but they were men's clothes and that clue lead to a dead end and was dropped.

Not long after that, a Florida inmate, convicted for rape, confessed to the murder. He gave the police multiple destinations to where the body was hidden, but it was never found. The inmate was later stabbed to death by another inmate, so the investigation quickly met another dead end. The Florida inmate is still considered the prime suspect. Her mother died never truly knowing what happened to her daughter.

There are countless missing children, teens, and adults in the world. Many programs have raised awareness for the missing people in the world. *Runaway Train* is a song by the rock band, Soul Asylum. In the music video for that song, they show the faces of real missing people. The video also provides insight on how people could go missing. The video contains glimpses of children running away from home due to abuse, or those ending up in terrible kidnapping situations that involve assault, drugged/poisoned candy, rape, or snatching of a young child when the adult's back is turned.

The original video featured 13 missing children. It received heavy airplay on MTV and VH1 during its duration. Several versions of the video were made. Depending on what country the video was being broadcasted, they would show children from that area who were missing. The band had an agreement with families that, when/if a case was resolved, they would change the video and use new faces. There were three original versions of the video in the United States, totaling 36 missing children shown and 26 missing children were found after being featured in the video.

Many programs are trying to raise awareness to help find information on murders or missing people. The National Center for Missing and Exploited Children, the TV show *Missing*, and many documentaries provide information on real missing people. Many people have been located due to programs like these.

In fact, *The Statistics Portal* shows that there was a total of 651,135 cases of missing people in 2017. It is always important to pay attention when watching programs that feature the faces of real missing people.

There are many precautions that can be taken in case this situation happens. Make sure to have custody documents in order (if child is in this situation), redo fingerprints and photo ids every six months, keep medical and dental records up to date, make online safety a priority, set boundaries about places kids can go and make sure they are supervised by a trusted adult at all times, choose caregivers carefully and always check their background and referrals, and make sure children know to never trust a stranger.

There are quite a few different types of predators.

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There are financial ones who run scams, those who desire certain advances from adults and children, and people who purposely start arguments, also known as an internet troll. Predators, or stalkers, do not target everyone they can see online, they have a certain target. According to Graham Cluley in “Inside the Mind of an Online Predator,” “They have a type of person in mind, someone vulnerable and easy to exploit.” Sex trafficking has gradually increased due to online predators.

Sex trafficking is the second fastest growing criminal industry, right behind drug trafficking. Internet Safety 101 states, “Much like the grooming tactics employed by sexual predators, sex traffickers lure their target into an online relationship, with the ultimate goal of meeting in person. “Traffickers use a deliberate process to identify and recruit their victims. It happens in three main phases: scouting, manipulating, and trapping. Victims are often showered with love, romance, and promises of a better life. Others are lured in with false promises of a job or given expensive gifts. The end game of the trafficker however, is to force or manipulate their target into prostitution.

Taking self defenses classes can help a person get away to safety when in this situation, or any dangerous situation in general. In Nashville, Krav Maga & Brazilian Jiu Jitsu, KSA Martial Academy, and ASSERT Empowerment and Self Defense offer self-defense classes. There is also a martial arts program at Dickson’s YMCA.

There are many unsolved murder and missing persons cases in the world. From America’s unknown child to local victim, Martha Leanne Green, the world possesses too many unresolved crimes. Multiple precautions can be taken to help prevent this from happening to others. Remember to always stay vigilant and prepared.

Continued from Page 1

expected savings typically in “transportation, food and food service staff, hourly staff, as well as facilities, energy costs, and substitute teacher pay,” according to research from the University of Southern Maine.

The Colorado Department of Education reported savings as much as 20% on transportation with reductions in cost made in fuel, oil, salaries, and supervisory costs. This report continues to mention that if school districts are subsidizing their food service program from the general fund, another 20% of that subsidiary can be saved since schools are only running four days a week.

From there, research by Rachel Yarbrough and David Alan Gilman, co-authors of the special topic in the 64th volume of Educational Leadership, found that the cost of paying substitute teachers was reduced due to a lower amount of teacher absences, while S.R Nelson of the

Northwest Regional Education Lab in Portland, Oregon, found that this reduction was the biggest difference in cost of Sheridan county schools in Wyoming.

Yarbrough and Gilman found that overall this switch saved Sheridan county schools 2% of their yearly budget, “approximately \$200,000 in transportation costs, reduced overtime for support staff, reduced worker’s compensation, and reduced need for substitute teachers.”

Overall, the best way to implement a four-day school week system is on a weekly basis, rather than doing so in the winter months or every other week, so that it maximizes potential savings.

However, the savings are not as significant to the budget since all the reductions made in non-staff and faculty areas only amount to a small portion of a school’s budget. Realistically, the only way to lower overall spending as much as anticipated is to lower personnel costs, which is not typically a viable option.

In more rural districts, like Hickman county, the additional costs of childcare generated by another non-school day would quickly add up for families within the district.

Another aspect of the four day week is the impact on students. According to the United States Department of Agriculture, more than 30 million students participate in free or reduced-priced lunches at school, while 14 million participate in similar programs for breakfast under the federal Student Breakfast Program. Other than additional costs for the community in caring for students outside of school, for some students, a closed school day means a missed opportunity for crucial meals.

University of Washington Bothell Research Director and Founder of the Center on Reinventing Public Education, Paul T. Hill, argues that this adjusted schedule could end up hurting rural students. Hill goes on to report that “in an environment where young rural adults already suffer from isolation and low economic opportunity, the shorter school week would exacerbate their problems.”

The second major topic of discussion when considering a four-day school week is student achievement. Critics of the program worry that a reduction in instructional days may leave a negative impact, while most studies on the topic conclude that there are either no negative impacts, or there are only positive ones.

Stan Koki and the Pacific Region Educational Laboratory report that “feared declines in academic performance have not occurred,” while there is “tentative evidence of improved achievement.” Over the course of several years, state test scores in Colorado, Kentucky, Idaho, and New Mexico school districts either remained consistent or improved.

Another key aspect when discussing a four-day school week is the miscellaneous benefits associated with the program. Koki notes an increase in both student and teacher attendance in addition

to a decline in disciplinary referrals.

Elnabeth Grau and Michael Shaughnessy, co-authors of an investigative report on the matter, also detailed a decline in high school dropout rates. Koki, Grau, and Shaughnessy all record a decline in classroom distractions, which lead to higher instructional efficiency.

The fifth-day could be used to facilitate extracurricular activities, allow time for staff to complete grading or other tasks (or professional development, should they chose to do so), while administrators should note the extra day can be used as a buffer allowing for flexibility in the event of unexpected school closings.

The main limitations and challenges of the implication of this system include childcare, student fatigue associated with longer school days, at-risk students, shifts in costs, altering contact hours, and potential legislative issues dealing with particular phrasing of state education laws.

In conclusion, implementing a four day school system offers a district long term financial savings and improvements in academic, extracurricular, and staff activities. However, careful consideration needs to be taken in regards to the initial setup of the process, and in some locations the associated costs of this may offset the immediate savings, persuading many shareholders away from making the switch.



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Fast Food or Fat Food?

By Kimberli Martinez

Fast food has been a meal substitution across the nation since 1921. But what exactly is fast food? Fast food is a quick and easy way to get a bite to eat without much effort at all. What started as a way to feed workers during rush hour has turned into the lazy way of putting food on the table.

Over the years, fast food has evolved to having healthier options. There are more vegan and vegetarian meals on the menu. However, most fast food can still be classified as junk food.

“An estimated 160 million Americans are either obese or overweight. Nearly three-quarters of American men and more than 60% of women are obese or overweight,” says Christopher J.L. Murray Professor, and IHME Director.

With about three-quarters of America overweight, future children have the unfair disadvantage of following into their parents’ dietary habits and developing health problems.

A diet with excessive amounts of fast food comes with a long list of health complications, as shown: obesity, depression, digestive issues, heart disease and stroke, type 2 diabetes, cancer, and

potentially, early death.

In a poll taken during East Hickman High School’s Eagle Time, it was estimated that nearly 41% of students polled eat out two or more times per week, averaging out to 104 food meals a year.

Fast food is as healthy as it is sanitary. What about all the information the restaurants refuse to reveal? How long is the food frozen for, or is it even real?

Germans can easily be transferred to a customer due to a employee simply forgetting to wash their hands or put on a clean pair of gloves. Minor mistakes can have a detrimental impact.

During a undercover investigation NBC News *Dateline* discovered out of 100 Burger Kings there were 241 critical violations. When it came to the storage of raw meats and handling of ready-to-eat meals, restaurants such as Burger King, Arby’s, and Wendy’s lacked proper protocol and had too many untrained employees.

Another problem appearing in fast food consumers are health complications due to overdoses of preservatives.

Most commonly found in meats such as ham, bacon, salami, and any jerky is sodium nitrate, a harmful preservative that affects the body’s blood vessels

which causes the arteries to narrow and harden, leading to heart disease. It is also what gives luncheon meats their pink colors.

Nitrates may affect the way the body consumes sugars, raising the risks of type one diabetes. The side effects of a weekly fast food diet range from heart disease to diabetes or even cancer.

While no one should eat fast food on a daily basis, people should look for the healthiest options that are lower in calories, sodium, and preservatives. With the increased awareness of calorie counts directly on the menu, restaurants have evolved to comply with the new generation’s interests in healthier options over the past several years. However, the majority of the menu stays classified as unhealthy, so ultimately the choice is still up to the individual— what to eat or what not to eat.

Fast Food Facts:

- During the early 1900s, ground beef, such as in hamburgers, was thought to be dirty, unsafe to eat, and called food for the poor.
- According to the book, *Fast Food Nation*, 1 in every 8 American workers has worked at McDonald’s.



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Go Eagles!

"Time To Show These Boys How We Do It!" : Captain Marvel Review

By Madison Lilly

Starting women's history month, with some women power, *Captain Marvel* hit the big screen March 8th. The film follows the story Carol Danvers on her journey to becoming Captain Marvel.

The Captain Marvel comic, released in December 1967, is the story of Colonel Danvers, an Air Force pilot, who discovered she was part Kree (a race of blue humanoids from the planet Hala), on her mother's side.

Believe it or not, there are three different variations of these characters: Captain Marvel, Miss Marvel and Captain Mar-Vell. Captain Mar-Vell is a male "pink" Kree (Krees with Caucasian human skin) who came to Earth as a spy to decide whether they are a threat or not.

Upon his arrival on Earth he meets Carol Danvers, a young air force pilot. He helps Carol discover her Kree heritage, and eventually she becomes Ms. Marvel.

Mar-Vell and Carol started with a mentoring type relationship, but eventually developed a romantic spark. They both joined the Avengers, but Captain Mar-Vell was summoned back to Hala (the Kree homeworld). Eventually Ms. Marvel took the title Captain Marvel and protected Earth just as Mar-Vell did.

Many critics complained that Shazam was the original Captain Marvel, but many don't realize that "The Original Captain Marvel" did not belong to DC.

The comics were written by Fawcett Comics artists Bill Parker and C.C. Beck, but the company was sued for copyright by DC Comics for "Captain Marvel" being too much like Superman. During the transaction period, Marvel released their own Captain Marvel before DC was able to fully obtain the rights.

DC decided for two main reasons to change the name: First, Marvel had already used it, and second, they did not want to have a hero with an opposing company's name. DC was not prohibited from using the name, unlike what some critics claim, the company decided for marketing reasons to rename him Shazam.

The controversy continues to move from the story origin to surround the actress. Prior to release, the success of the movie was in question.

Brie Larson, who plays Captain Marvel, when interviewed by *Entertainment Tonight*, expressed her opinion on the homogeneity in "professional" film critics, which was taken out of context while discussing the 2018 film *A Wrinkle In Time*, stating "I do not need a 40-year-old white dude to tell me what didn't work for him about *A Wrinkle in Time*," ending her statement saying "It wasn't made for him."

Although the statement was unnecessary, even discussing a film that

was not her own, many other Marvel, even DC stars, have made many statements that make Ms. Larson's comment an understatement.

Gal Gadot, who played *Wonder Woman* in her debut solo film in 2017 has made many questionable remarks stating "Whoever is not feminist, is a sexist" and back in 2016, during the presidential race, Avenger stars Mark Ruffalo, Don Cheadle, Scarlett Johansson and Robert Downey Jr. all starred in an anti-Trump commercial calling then candidate Trump "a racist, abusive, coward who could permanently damage the fabric of our society."

So, why is Brie Larson receiving the backlash, when many other stars have said other controversial things? Are critics using and picking every statement she says to bash the first solo female Marvel superhero? Or are they just looking to start a controversy?

In spite of the drama, in the first two weeks, *Captain Marvel* was a huge success.

Opening weekend the film made \$153,433,423. As of early April, the film



crossed the \$1 billion in sales mark. This makes the seventh Marvel movie to cross this threshold for its parent company, Disney.

The plot of *Captain Marvel* starts in 1995, on the Kree Empire Capital planet Hala, starforce member Vers (Brie Larson) suffers from strange nightmares involving a woman she does not know. Yon-Rogg (Jude Law), her mentor and commander, warns her to control her abilities and her emotions, as the Kree military sees them as a weakness. The Supreme Intelligence, an organic artificial intelligence who acts as the ruler of the Kree, urges her to keep her emotions in check and questions her capability as a soldier.

Vers has strange dreams of a crash, the unknown woman and Talos (Ben Mendelsohn), a Skrull (A green alien race of shapeshifters) attacking them. During a mission, Vers is apprehended by the Skrull who are looking through a series of visions that resemble the dreams she is seeing. These also include the unknown woman who the Skrulls name as Doctor Lawson (Annette Bening).

Vers narrowly escapes from the Skrull ship and crashes into Earth. She is approached by a younger versions of S.H.I.E.L.D members Nick Fury (Samuel L. Jackson) and agent Phil Coulson (Clark Gregg), who are investigating, but the investigation is interrupted by a Skrull attack. Vers explains to Fury the reasoning for her arrival, the Skrull attack and visions, but soon learns they are actually memories. Fury and Vers work to uncover the Skrull invasion and her lost memories.

Spoilers Ahead!

Vers discovers she is actually a former air force pilot named Carol Danvers, who was believed deceased six years earlier after testing an experimental light-speed engine designed by scientist Wendy Lawson that mysteriously went wrong.

Wendy Lawson is revealed to be a Kree scientist named Mar-Vell, who came to Earth undercover to design a light-speed engine core to help the Skrull escape from the Kree, who have been slaughtering their people for not submitting to the Kree's rule.

Carol also discovers that it was not Talos who attack and killed Doctor Lawson, it was actually Yon-Rogg, who was after the core; however, she destroys it before he could reach it and absorb the energy. He kidnaps her and returns her to Hala, where the Supreme Intelligence brainwashes her. Carol agrees to help Talos and his people find a new home.

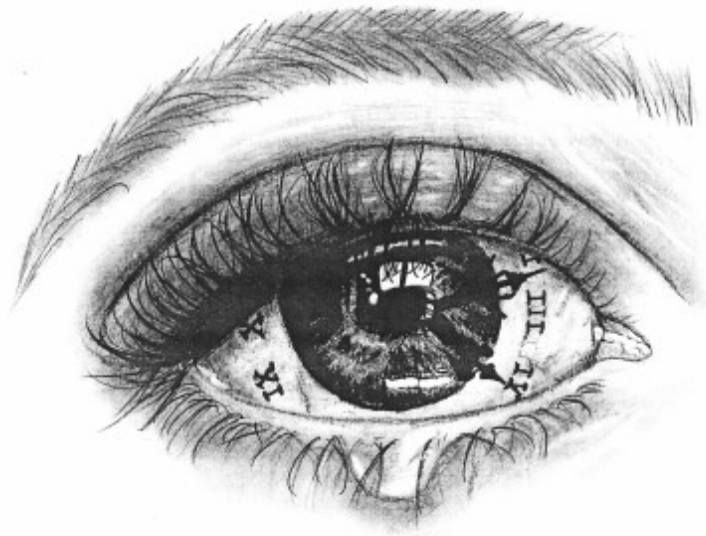
Carol defeats Yon-Rogg and the star force, and she single-handedly destroys multiple ballistic missiles that Ronan The Accuser (the main antagonist of *Guardians of the Galaxy*) sent to Earth. Ronan, who was called in by Yon-Rogg to destroy Earth, forces the accusers to return to Hala; however, Ronan made a final remark stating he would return for the woman.

Carol sends Yon-Rogg back to Hala with a warning for the Supreme Intelligence.

Before Carol helps the Skrull refugees find their new home, she gives Fury a modified pager, the same one from the mid-credits scene in *Avengers: Infinity War*, but he is only allowed to use it for an emergency. The scene then goes to the present day Avengers timeline, which would be during *Avengers: Endgame*, in which the pager stops buzzing and Danvers meets the Avengers: Captain America, Black Widow, Bruce Banner and James Rhodes.

Even with the mixed reviews and opinions on the film, it still is extremely essential to the storyline as Captain Marvel is set to become the leader of Marvel Cinematic Universe once Thanos is defeated. The film is absolutely stunning with amazing visuals and well-connected plot. The story of Carol Danvers is one with which Marvel fans will fall in love. See you guys at *Endgame!*

Blue Ink

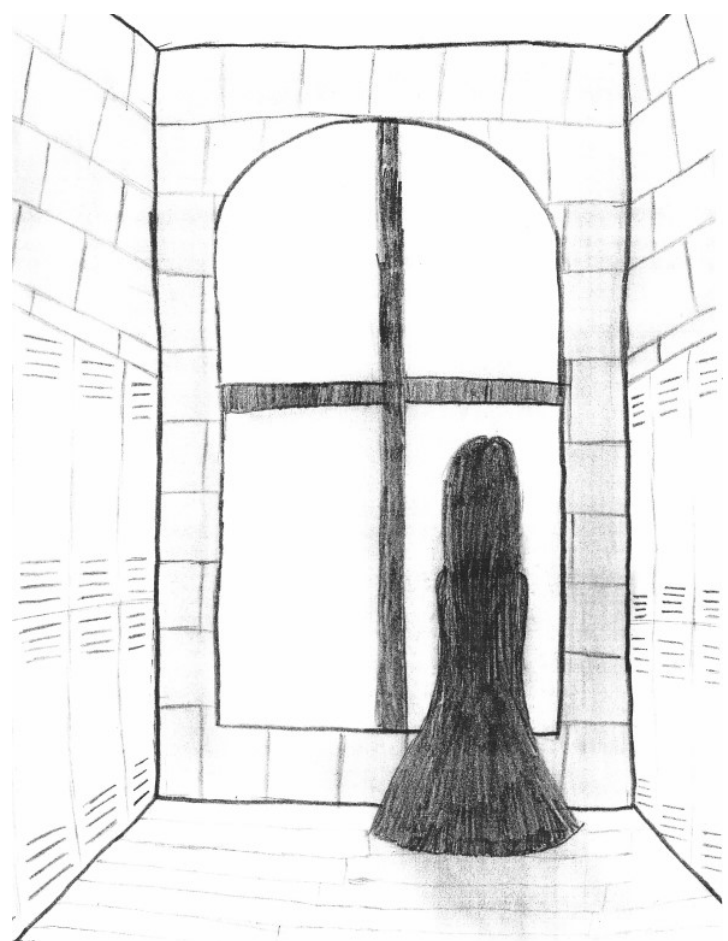


Pencil drawing - Lexie Larkins

*"Yet recall that sick sensation
When you let hurt run too deep
That trickling loss of circulation
Time was not meant to weep.
So cauterize with courage
A searing soul once more.
Let emotion break you
And put you back together."*
- From the poem "Come to Your Senses"



Ink-Katie Altic



Pencil drawing- Kyla O'Guin



Lacole Fink

*"Words have
no power to
impress the
mind without
the exquisite
horror of their
reality."*
- Edgar Allen



Digital Art- E.V. Thompson