Volume 1 Issue 3

THE MESSENGER

December. 2015

Who's Drew?

By Madison Vaughn

Senior Editor

Talented and unique McCracken County sophomore. Drew Whitworth has not only been participating in the encampment since he was an infant, but is now learning how to play the bagpipes.

Drew says that his dad has been a part of reenactments since the late 80s and carried on the tradition as he had kids. His dad. him. and his brother now do it quite often as a way to bond and teach people the history of the war. Drew told me that he has participated in about 100 reenactments since he started. Drew says. "I've been doing them since I was little, so the people I do it with are like my family."

Drew has recently made the decision to begin learning how to play the bagpipes. When asked why he decided to learn the bagpipes, his response was. "The reenactments." The experience overjoys him and he doesn't want to stop doing them anytime soon. Drew started about 2 months ago and says it is hard, but it is going okay. He is enjoying the process and is looking forward to the future. He explained to me that a long time ago his dad even played the bagpipes.

Drew's talents don't stop there. He has also been involved with rodeo for awhile now. He has been riding bulls since he was 7 years old and bareback broncs since he was 12. It is a summer

sport that him and his brother, Alex, do together each year. He explained to me that he was introduced to the rodeo. because his dad did it in high school and his brother went to school with some guys that did it, as well. Drew is number 85 on the football team and has been playing since he was a freshman. When asked what activity he enjoyed more, he told me that he didn't favor one more than another. Drew says, "Football has definitely changed my life by getting in shape and making friends when I moved to McCracken." Drew is frequently involved in Future Farmers of America (FFA) and is currently the Treasurer for the Junior Officer Team. He has been a member of FFA since his freshman year. Last year, when competing with the Junior Parliamentary Procedure, they placed 2nd in the region.

Drew has many years to decide what his future will hold, but his currents plans are to attend Murray State University to major in Agriculture Business. He also wants to join the army. Drew is talented young man who has a bright future ahead of him.



Sophmore Drew Whitworth posing with a boyscout at the Massac Encampment

December Events

Sports

01/02 VG/VB Basketball vs. Calloway Co. 01/02 Wrestling Region 1 Duals 01/04 FRG/JVG Basketball vs. Graves Co. 01/07 - 01/09 Mustang Madness 01/7 Swimming Paducah Invitational 01/11 FRB/JVB Basketball vs. Caldwell Co. 01/19 JVB/VB Basketball vs. Cairo 01/23 JV Basketball Tournament 01/25 FRB/JVB Basketball vs. Calloway Co. 01/28 Wrestling Senior Night 01/30 VG/VB Basketball vs. Graves Co.

Drama

12/16 - Fiddler Stage Manager applications due 02/18 - Fiddler on the Roof Audtitions

Band

01/08 - 01/10 All State Band 01/15 Jazz and Percussion Concert

Choir

01/08 1st Karaoke Night 01/25 Dinner Theater Cabaret Night

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| INDEX | |
|---------------|---------|
| Mustang Life | Page 1 |
| Humor | Page 15 |
| Entertainment | Page 16 |

History or Hoax Topic 3 - a Case of Craniopagus Parasiticus

By: Caroline Dew

Edward Mordake is regarded by some as an extraordinary example of human deformity, and by others, he is regarded as a simple old fashioned and cliche horror story. In order to fully understand this article, it is important for you to have some background knowledge about this strange character.

Edward Mordake, according to many accounts, was a man born in the 1800's as an English heir. He was described as handsome, when viewed from the front; however, when one was to get a full look at him they would likely notice the fact that he had not one, but two faces. One fully functioning face, and another on the back of his head, more deformed and not fully functional. Allegedly, it could laugh and cry, and not do much else. Edward Mordake claimed that this demon face whispered evil and horrendous things to him whenever he slept. He begged doctors to surgically remove it, but, despite his pleas, no doctor would comply. As the story typically ends, he killed himself at the age of twentythree.

There is much debate regarding whether or not Edward Mordake actually existed, or is merely a result of someone's imagination gone wild. While the descriptions of his disease are not medically impossible, there is still lots of room for speculation.

In the medicinal world, a condition in which someone has a parasitic twin with a developed cranium but an underdeveloped body, is referred to as Craniopagus Parasiticus, and if Edward were a real person, it is likely that this is what he suffered from. A parasitic twin is the smaller or less complete of two conjoined twins. The parasitic twin is often just a mass of tissue on or within the complete twin. Thanks to modern medicinal and surgical technology, there are methods of removing such parasitic twins, but in the time that Edward is alleged to have lived, surgical technology had only gone so far. If a doctor had ended up agreeing

to attempting to remove his second face, the procedure would have been highly experimental and likely would have killed Edward.

There are very few sources from Edward's time that record his case. There is, however, a medical book in which he is mentioned. In the book "Anomalies and Curiosities of Medicine", published in October of 1896, Edward is mentioned. The only citation the authors leave in this account, is that the information was obtained from 'lay sources'. And from there, there are really very few sources other than speculation, regarding whether or not the Existence of Edward Mordrake is a medicinal wonder, or just a made up story.

There have been accounts of cranial parasitic twins, for example, Manar Maged. Manar was a girl born with her parasitic twin attached to the side of her head. The head is shockingly well formed and could reportedly only blink smile and cry.

Regarding whether or not the case of Edward Mordrake is history or hoax is really up to interpretation. His condition is not medically impossible, but lack and/or loss of documentation regarding his condition (had it been real), has contributed to wide speculation and debate over this famous man. People questioning whether he is just a made up story to scare kids, or whether he is a medical rarity, will likely never be given closure.

Craniopagus

Parasiticu

High Five Friday

By Leah DeRossett Messenger Reporter

If you've ever had a dog or cat that's had a litter of babies, you probably remember seeing one or two that are significantly smaller than the others. If you watched carefully, you could probably realize that those smaller babies were being left out of the feeding, nurturing, and loving that they needed to survive in their early stages. Because of this, many of those "runts" end up dying. Surprisingly, this same thing can happen to humans.

A study done by Maia Szalavitz of the Huffington Post dove into the science behind love and affection. In her study, she explained how children that are kept in orphanages from birth through age five are significantly more likely to die than children that are held and loved each day. This is because in orphanages, children are mainly left alone to only be fed when needed and receiving the minimal amount of care that they need. In result of this, these children can become extremely sick, acquire mental illnesses such as depression, or eventually die.

This same thing could be happening to people your age all around us everyday. There are many students here at MCHS that suffer from a lack of love, affection, or just physical touch altogether. Not every student is lucky enough to have a loving family that is obvious about how much they care about one another. In my opinion, we as Mustang Nation need show how much we love each other. That's why High Five Friday has been kicked into high gear! By just showing a smile and giving a random person a high five in the hallway, it could change their whole day in a positive way.

Touch has been shown to have a positive emotional impact. Aline Newton Rolfing, a neuroscientist, explains that in a study a group of women were told they were to receive a shock. The effect of handholding by their husbands and by a technician were measured. In both cases, the effect of the touch was to lessen the threat response that registers in the limbic system, which is the part of the brain that is associated with emotion. In other words, just a simple rub of the shoulder can release built up tension that we didn't even know we had. Since we can't go around the school giving each other back massages, our Mustang family can stick to giving high fives to each other! So, each Friday, find someone you don't know in the hallway and give them a high five. None of us know exactly what each of us are going through at home and that high five may be the only source go physical touch that certain person gets that day. Just one high five can influence toxins in the brain to have an impact on our attitudes toward everyone else. So make someone's day, and show them we care about each other. High Five Friday is the newest trend!



Ha! Teen Improv

By Brooke Salsman Messenger Reporters

HA! Teen Comedy Improv Troupe is a group of young people who get together to make themselves (and audiences) laugh. With witty banter and improvised characters, this wacky bunch is sure to make even the most stoic crack a smile. "I've gone to several [HA! shows]," says Sara Woitowitz, a student from Mc-Cracken. "It's always really funny."

If you're looking for a fun way to get involved with Market House and get some creativity out to your system, HA! holds auditions every fall. This gives you opportunities to improvise every week and perform in the five shows scheduled that year. "It never feels like we're rehearsing," states Shelbe Overby, a member of three years. "We meet every week and make fools out of ourselves and it's hilarious." HA!'s next show will be in January at Market House Studio Theatre. Keep your eyes peeled for posters around the school with more info. on ticket prices and dates. Check it out! If you like what you see, consider trying out in the fall.

"I recommend HA! for anyone with big ideas and lots of energy." -Nathaniel Henley, HA! member



Brooke Salsman



Barton Christmas

By Parker Lyon

Messenger Reporter Recently a group of McCracken County students attend the Kentucky Youth Assembly (KYA) in Louisville, Kentucky. It is a conference where students create a bill (a proposal for a new law). At the most recent conference, 2 groups of bill authors wrote a bill, including Parker Lyon, Henny Ransdale, Jake Williams, Hannah White, Brian Pollock, Ian Morgan, Ian Pitt, and David Dodd. One bill was passed through both the House of Representatives and the Senate.

But more importantly, McCracken County junior Barton Christmas campaigned to be the governor of the conference. Barton won a hard race and will now lead the conference at next year's KYA. There were 1,100 students at this conference and out of those 1,100 Barton Christmas won governor. Barton said, "I'm not sure I can fully express my excitement. Imagine the feeling a dog has when it eats human food. That's like half way to where I am right now."

You're probably wondering why this is a big deal. What does it mean to be governor of KYA? Barton says the KYA governor, "...make[s] the conference happen... [is] in charge of developing conference themes, organizing the officers, signing and vetoing students' bills, and a few thousand other tasks." He also says the governor of KYS is "considered a legal board member of the YMCA." Barton would like as many people possible to join KYA next year. "I've been involved with pretty much every club, team, and organization at Mc-Cracken, over 40 extracurriculars. And, the truth is, the Y is unlike any other. Once you try your first Y-conference, you're hooked. And that goes for everyone, from the football lineman to the theatre techie, from the dance team to the pep club leader.

There's something here for everyone."

If you have information about this story you would like to share, Parker Lyon can be reached by email at mustang. messenger@mccraken.kyschools. us.





MCHS CHRISTMAS SWEATER DANCE

FRIDAY, DECEMBER 18TH 8:00 TO 11:00 PM \$5 COVER AT THE DOOR



Cop, Drop, & Roll to get shot by



Baily Caudle

By Baily Caudle Messenger Reporter a cop, then

don't chal-

lenge them

and don't

trv to hurt

them. If you

are innocent,

then comply

down to the

station. and

explain what

happened. If

charge you also with resisting arrest.

On December 4, I went on a ride

Paducah Police officer. It was such a

great opportunity. I learned a lot of

our local police do and what they

The first scene we went to was a

have to go through on a daily basis.

non-injury wreck in front of the mall.

Since it was in a parking lot, Officer

Burrow just had to run the driver's

license for both people involved and

behind the scenes stuff and also what

along with Officer Ryan Burrow, a

with them, go

Let me start off by saying that police officers are very vital to our society. Also that they're just doing their job. They aren't giving you tickets or

arresting you because they want to. they are doing this because it is their JOB. Just like a principal or teacher would have to write you up if you do something wrong. They don't do this because they want to, they have to do it because it is their job. If you have a job you understand that sometimes you have to do things that you don't like to do, but you do it because you have to, to keep your job, and make money. So please stop disrespecting cops. It's their job, and they are trying to protect you and our society. Not only is it rude, it also makes you look stupid. Now lets talk about something serious. If you don't want



you're guilty of what they are arrestsuspect and the stolen phone. ing you for and you resist, they could

The third scene we went to was another non-injury wreck. At this wreck he ran both drivers ID's. In one car there was a person in the passenger seat, so he ran their ID too. When he did, he found that the passenger had two warrants out for their arrest, so he arrested the person and took them to jail. The person that got arrested is a great example of cooperation with police. They didn't fight Officer Burrow because they knew they would make it worse if they fought or ran from Officer Burrow and that it is

easier to comply.

The sec-

found the

The next scene we went to, we were flagged down by two people. They had hit a deer and their car was crushed. Everyone in the car was fine... the deer not so much.

The last scene we were called to was an ongoing case at Walmart surrounding a GPS stolen from a car in the parking lot. Officer Burrow was very nice and he showed me a lot about how important cops are to our society.

Not only do we have wonderful police that serve and protect our society, we also have police officers here at our school that serve and protect us. Some of you may think that the resource officers aren't "real cops." but they are. Some are retired officers and some are still on the force. Nevertheless, they are still cops and they still deserve our respect. They do this because they love us and want to protect us. Next time you see a police officer or one of our resource officers, please thank them for their service.

Rockin' Around the Christmas Tree

Recently MCHS has announced a sweater dance that will take place on the last Friday before we are released for Christmas break. This dance has been a surprise considering we only have 3 dances (2 homecomings and a prom) but this year MCHS has decided to put a switch on things. The DJ this time is a student here at McCracken, named Ian Lewis. It seems that he shows great signs of ambition. Ian told me in an interview: "I've been DJ'ing around the downtown area since the summer.

By Parker Lyon

Messenger Reporters

Since then it's been a goal of mine to DJ a school dance. When Mr. Ceglinski said I wasn't eligible for DJing our last homecoming, I knew the next logical step was to host my own." Ian went through an approval process where he was required to get 10 teacher chaperones to volunteer. He received more than enough and the administration graciously allowed him to host the first official Christmas Sweater Dance.

He also has very much variety in his music! "I won't be playing a single type of music. I'll be playing music for everyone. Anything from dubstep to pop, pop to hip-hop, hip-hop to trap, trap to rap, rap to Christmas music, and Christmas music to slow songs you never thought you'd slow dance to before. In addition, I have plans for one of the best singers in the school, Chelsea Smith, to sing a song inside of my set. For the best feel of what my set will look like, checkout DJ Sidlicious on Sound-Cloud (and be on the lookout for the sweater dance promo mix)." Again it

will be held on December 18th and costs \$5 to get in!



Parker Lyon

Sidlicious ... or Ian Lewis to his friends.

By Preston Vasseur

Messenger Reporters There are few well-known local musical artists in the small town of Paducah and even fewer still in high school. One of these few is MCHS student and local DJ Ian Lewis, a.k.a. Sidlicious. A wunderkind of sorts, Sidlicious has already played many local gigs and is rapidly building a following -- all at the age of 18. I sat down with Sidlicious to talk about his upcoming venues, artis-

tic inspirations, and how the fame accompanying his meteoric rise has affected him.

PV: How long have you been DJing and what was your inspiration to pursue this?

SD: I've been DJing for about 6 months and my inspiration came from going to the DJ that I open for, Pchuxx, his shows and I developed a passion for the music, so to speak.

PV: Describe the kind of music you play and your mixes for those who have never attended any shows.

SD: The music that I play is varied and depends on the crowd, but it can range from anything from funk to ghetto-funk to swing to electro swing and even some poppier hits like Hey Mickey and the Whip/Nae Nae song."

PV: Your mentor-protege relationship with another local DJ, Pchuxx, has been compared to great musical apprenticeships such as that of Dr. Dre and Snoop Dogg. What is your take on this?

SD: I would say that we differ from the d-o-double g in that we're closer knit. I've known him since I was 1 year old and it's been a long 16 year process to become DJ partners.

PV: As everyone knows, the name is crucial to the success and iden-

tity of a DJ. What are the origins of Sidlicious?

SD: Well, when I was young, I was born. My mom made my middle name Sidney after Sid Vicious and I've always hated it, but now I've come and I've turned it into something fantastic: my own DJ name Sidlicious.

PV: What are some of your influences as a musician?

SD: I really enjoy listening to Diplo mixes. Diplo and friends on BBC radio, they kind of help me in getting a style down. Transitions and that sort of thing.

PV: Describe your experience trying to work your way up in the cut-throat Paducah DJ circuit.

SD: Honestly, there's not a ton of competition with other DJs, it's all with local bands, it's the attitude towards, you know, are we playing real music? Yes, yes we are.

PV: I imagine you becoming well known around Paducah relies heavily on word of mouth?

SD: It does. There's not a lot of a social media scene in Paducah for this sort of thing. I think that the connections with what's going on in Paducah and the online scene are very lacking.

PV: I'm not completely familiar with the DJ process as far as recording music goes. Do you have any plans to release an album or a recording of your mix?

SD: I've considered doing a few remixes. You know, taking the mixing one step further and making something my own.

PV: There's been talk of you DJing some school dances. What's your course of action for this and what

Please see sidlicious | 9



The Holiday Playlist

By Laney Yancey

Messenger Reporter "The best way to spread Christmas cheer is singing loud for all to hear."

This playlist includes some classics and some with a twist.

White Winter Hymnal: The Fleet Foxes

Blue Christmas: She & Him Mary Did You Know: Pentatonix Wonderful Christmastime: The Shins Christmas in the City: Elizabeth Chan O Holy Night: Celine Dion

Merry Christmas (War is Over): John Lennon

In The Cold Wind We Smile: The Xcerts

What Are You Doing New Year's Eve:

The Head and The Heart **Santa Baby:** Glee Version

Baby, It's Cold Outside: She & Him White Christmas: Bright Eyes Have Yourself A Merry Little Christmas: Cat Power Christmas Wrapping: Glee Version Mistletoe: Justin Bieber (it's good okay?) What's This: Fall Out Boy

It's Beginning To Look Alot Like

Christmas: Bing Crosby

Follow Laney Yancey on Instagram & twitter: @yougoghgrl

Laney Yancey

Yankees Out & Fiddlers In! ... Fiddler on the Roof, 2016 Spring musical

By Patrick Carroll Messenger Reporter

Not long before the school day was set to end on Wednesday December 2, McCracken's very own Mary Bowden gathered her Drama II and III students to her room in House

5 to announce a decision was made instructing the cancelling of production of 2016's projected spring musical Damn Yankees. Bowden explained therefore that she, choir director Carlyn Zimmermann, and dance instructor Wheeler Hughes, met to determine what its replacement would be, ultimately revealed to be the Tonywinning Fiddler on the Roof. The story centers on Tevve, a poor dairyman, as he tries to protect his five daughters and instill in them traditional values in the face of changing social mores

and the growing anti-Semitism of Czarist Russia. There has been no official word or details released as to how or why this decision came about (mostly student speculation and rumor) but by simply reading the title of the musical, one can assume where some kind of issue might have originated. Damn Yankee's story depicts a middle-aged baseball fanatic who trades his soul to the Devil for a chance to lead his favorite team to victory against the New York Yankees. a completely different orchestra than what I planned for. Luckily we've still got time but I had already contacted people and now I have to tell those people, 'Thanks, but we will not be using you after all." Ian Lewis, who portrayed Judge Hathorne in The Crucible, MCHS's previous producBaker, who played Reverend Hale, describes Fiddler on the Roof as "...a spectacular show that MCHS theatre department will perform with beauty!"

After speaking with Mrs. Bowden myself, it's more than apparent she



is quite proud of her students. to say the least. She is also keeping high spirits as she had this to say: "Our department moves forward with grace and determination. I have every confidence that I could ask my students to perform any show and they would exceed all expectations. My students are absolutely exceptional. Get ready, McCracken, because Fiddler on the Roof is happening, and it is going to amaze." With such talent and passion on display between these students and their instructor.

Kelley Ray, music teacher in House 4, has gathered and conducted the orchestra for McCracken's past musicals, Footloose the Musical and Seussical the Musical. I asked him how the shift from Yankees to Fiddler affected his plans for the spring. "It's tion, had this to say: "It's a shame to see such momentum, excitement and potential go to waste." Shelbe Overby, a junior, is a bit more optimistic as she explains, "We fell in love with Damn Yankees and now we will fall in love with Fiddler." Trey it's hard not to believe her. Audition information for Fiddler on the Roof will be available after winter break.

Bark the Herald Angels Sing

By Raegan Archer Junior Editor

Animals are the ultimate companions. History shows humans craving affection from a furry friend, whether it is the Egyptians and their statuesque cats or an eager child who wishes for a puppy every year when they write a letter to Santa. So when the time comes to find a tail to wag beside you, where do you turn? The answer might be a little closer than you think.

Animal shelters are everywhere and are full to the brim with cats and dogs waiting for a home of their own with someone to pet their tummies and give them treats. Unfortunately, most shelters cannot keep all animals, with as many as 7.6 million entering shelters nationwide every year. Due to that approximately 2.7 million animals are euthanized each year. By adopting an animal from a shelter, you are allowing one (or more, if you'd like) of these lives to be saved and given a home of their own.

But why would you want to get a shelter pet instead of a kitten or puppy from a breeder or puppy mill? Shelter pets are way more likely to be house trained, have fewer destructive tendencies, and be more obedient than puppies and kittens. Even though shelter pets have a lot of positive attributes such as those, there are pets that have to wait roughly four times as long as other pets to find their forever home, which include senior pets, pit bull type dogs, special needs pets, and adult cats, all of which are just as sweet and loving as any other pet.

People may assume pets from shelters are unhealthy, but many dogs that are put into stores are



Photo courtesy of Dianna Cruickshank **Puppies available for adoption** at the McCracken County Humane Society.

tions are included in the adoption cost so you don't have to worry about breaking the bank when gaining a buddy for life.

You may not agree that adopting a pet is the best option, but nothing can touch one simple fact: It is the right thing to do. Many animals are abused and neglected when they have done nothing but try to be a best friend to their owner. When you adopt one, you should not only feel like a better person, but know what happiness awaits by bringing home the most loyal friend in the world. You could change the path of life those little paws will

take. They say every dog has its day, so why not help that dog out?



Raegan Archer

raised in puppy mills. Puppy mills are usually marked by a lack of attention to each dog, lack of nutrition including little food and contaminated water, and a lack of space for puppies to roam besides their cramped cages. These puppy mills force dogs into horrible conditions, putting profit over an animal's well being. Shelters, on the other hand, are equipped with people who care about these animals and try to treat them the best possible and not necessarily being concerned about the profit. For example, our local humane society has many volunteers who walk dogs, give the animals baths, and provide the animals with attention that they need to be loval and lovely pets. By adopting a friend, you're helping lower the demand for these companies and helping your local business.

Another up is the cost. Let's face

it, just like a baby, pets can mean more expenses. At a breeder or store, you pay for the pet and then expense after expense. Fortunately, at many shelters, the cost of many crucial medical procedures like spaying/neutering and first vaccina-



24 Great Gifts to Ask Santa for This Christmas!

By Karly Caldwell & Lauren Stokes

Messenger Reporters

24. Concert Tickets 23. Polaroid/ Instant Camera 22. Wireless On-Ear Beats 21. Smartphone Movie Projector 20. iPhone 6S 19. Amazon Echo 18. Phone Cases 17. Polaroid Mobile Printer 16.PlayStation 4 15. Swingasan Chair 14. Fallout 4 13. Black Ops 3 12. Vera Bradley Bag 11. Made in the A.M. CD 10. Lush Products 9. Women's Monthly Beauty Box (Birchbox) 8. Urban Outfitters Sweaters 7.Ugly Christmas Sweater 6. Fuzzy Socks 5. Hoverboard 4. Southern Tide T-Shirt or Vineyard Vines T-Shirts 3. Pet Snail or Pet Fish 2. Blanket Scarfs 1. \$\$\$\$ Money \$\$\$\$

While we know that it is the season of giving and not getting, Santa could always use a few great ideas so that you don't end up with underwear again this Christmas. Remember that these gifts are just as much fun to give as they are to get and spread the love this holiday season.

SIDLICIOUS

CONTINUED FROM PAGE 6

do you think the odds are that this will actually happen?

SD: He [Mr. Ceglinski] said we are in talks for the next homecoming and that opens up the possibility of prom. In addition to that, I am in the works with Ms. Gruber to do a school Christmas dance in which I'll be playing many classical Christmas hits in a rave-type setting.

PV: How could your music and live shows appeal to students of McCracken County?

SD: Well, I think if you look at my JP's show as a small sample size of the McCracken population, everybody was out there on the dance floor and it wasn't just what we already see at school dances, it was something far different. There weren't circles of people grinding on each other, it was a legitimate dancefloor. A place where I can combine all sorts of music. Everybody can enjoy it.

PV: I've seen you perform at Paducah Beer Werks and JP's, do you have any other venues coming up?

SD: We [Pchuxx and I] are trying to get a show organized at the terrace at the Carson Center that overlooks the river. I think that would be a great show. As far as other places in Paducah, I've already played at Fat Moe's, a popular venue in Paducah.

PV: Has the fame you've gained as a DJ gone to your head at all?

SD: It's gone straight to my head. I've lost friends and the love of my life on my way to fame. But it's been worth it. There is no sacrifice too great for art.

> Since the interview was conducted, it's been announced that Sidlicious will be hosting and DJing the MCHS Ugly Christmas Sweater Dance on Friday, December 18th. This dance starts at 8:00 and ends at 11:00. Admission is \$5. You can follow Sidlicious on his twitter @iansaltman or on his Facebook page which he will soon be launching to find out about his upcoming shows and other news.



Over Booked Literally!

By Karly Caldwell

Messenger Reporters Any student you talk to will tell vou one of two things: my backpack is way too heavy or my backpack has nothing in it. But any student will agree that the overweight of our backpacks is a pain in the butt and the back. Any chiropractor will tell you that overloading your backpack isn't good for vour spine. An overweight backpack on a teens back for hours at a time during the school day, even just from one class to the next can lead to permanent spinal

damage. According to a U.S. Consumer Product Safetv Commission study. around 14,000 kids every year are treated due to backpack injuries. The American Academy of Orthopedic Surgeon savs a

child's backpack shouldn't be more than 10% to 15% of the child's body weight.

Something tells me Jordan Windhorst's 31 pound backpack is more than 10% to 15% of his body weight. After weighing more than 10 random students backpacks Windhorst's backpack came out the heaviest with runner up Maanasa Manchikanti at 28 pounds. Many of the other students backpacks still weighed in between 15 and 25

pounds.

What kids aren't realizing from shoving every single textbook and binder they own into their backpacks is the damage can be a lifelong struggle. "Not properly wearing a backpack can ruin muscles and joints and can lead to severe back, neck and shoulder pain," says an orthopedic surgeon and AAOS speaker Daniel Green.

If you experience the feeling of your fingers, shoulders or arms falling asleep or feel pain while taking the backpack off and putting

it on or after wearing it for a small amount of time. Your backpack is too heavy! The best way to help with overloaded backpack is using your locker to take some of the load off your back. If you're like most kids who say they don't have time to go to their locker vou can easily

help minimize some of the pain by wearing the hip strap that comes on most backpacks and if you don't have a backpack with a hip strap, the best way to fix it is going to a sporting center where most workers know how to properly adjust and fit a backpack. So remember to wear your backpack safely and take a load off!

By Xzaiviar Reeder

Teacher Spotlight:

Mr. James Amundson

Messenger Reporters We have plenty of teachers at our school, some of which have been with us since the beginning. The merger of the three high schools brought teachers together, remembering old classes and friends and even reconnecting with their former teachers. One of those teachers is Mr. James Amundson. Mr. Amundson is the Military and Sports History teacher this year. Joining our school because of his love for the area and familiarity with staff. Stating that he was "excited to return to a district I trusts."

Mr. Amundson has been apart of a McCracken County cycle of student, to student-teacher, to becoming a teacher himself. Ready to educate and having a great first year when asked Mr. Amundson states "I feel as if I am developing a great relationship with students

and staff." As being a former Lone Oak High School student. he has a great

> Mr. Amundson as a 2015 MCHS teacher.

willing to try new ways to teach. He enjoys connecting with students and finding out their personalities stating that "I like finding out that there is a person under their and not just robots shouting informa-

tion." When asked about what influenced his interest in the history of military and sports. He associated college professors with making history interesting and relevant in modern society. In his free time Mr. Amundson likes to discuss movies.



One of his favorite movies to discuss is the "The Room" written and directed by Tommy Wiseau. He also spends time with his pets, a corgi

Mr. Amundson as a LOHS student.

and turtle. As well spend time with his girlfriend. Mr.Amundson has a wide array of interest in movies, comics, and history. Often reading comics as well as other literature in his pastime and has created writing of his own. He enjoys every bit of the subject he teaches. He compares both military history and sports history as to equal parts as a whole.

Mr. Amundson is a teacher that can make history interesting and provide new ways to look at our past as well as communicate with students so that they can better their learning experience. He is a caring teacher and someone who is adjusting well to life at McCracken County High School. Mr. James Amundson is a teacher that deserves to be in the spotlight.

understanding of students and is always

The True Meaning of Christmas

By Kaitlyn Craig

Messenger Reporters Fifty years ago this year, Linus van Pelt taught us about the true meaning of Christmas. But long before that the book of Luke taught us, which is what Linus quotes in the ever famous, "A Charlie Brown Christmas". Linus stops all the craziness that is going on to tell everyone around him that they need to remember the true meaning of Christmas and then recites Luke 2: 8-14, which states, "So Joseph also went up from the town of Nazareth in Galilee to Judea, to Bethlehem the town of David, because he belonged to the house and line of David. He went there to register with Mary, who was pledged to be married to him and was expecting a child. While they were there, the time came for the baby to be born, and she gave birth to her firstborn, a son. She wrapped him in cloths and placed

him in a manger, because there was no guest room available for them. And there were shepherds living out in the fields nearby, keeping watch over their flocks at night." This is a very powerful passage, because it is the whole reason the entire planet celebrates this beloved holiday.

I'm sure you have all heard it before, but the true meaning we celebrate Christmas is because of Jesus' birth. More and more, people seem to be forgetting this, and thinking it as more of a holiday for receiving and being selfish, than one of giving and being gracious to those in need around you. "A Charlie Brown Christmas" did something that not many shows or movies in this day and age do. It actually talked about Jesus and why his birth to this world is so important. It truly showed the society then, but I think it is even more accurate now. I think this because, fifty

years ago, it wasn't a very big deal to talk about Jesus in the public media. But now, it seems like it's a crime to talk about that in the media.

Well, with Santa, presents, and everything else that is celebrated with Christmas, everyone seems to just completely forget about the actual reason. It's okay to like those things, and to take part in them, but it's not okay to get so caught up in them that you can't remember the reason you are doing them in the first place. Around this time of year. people are very needy, there is a lot of people here in Paducah who need coats, food, and just love this holiday season. There are charities around here that help those people, but they need help with their good work. So to share the true meaning of Christmas of love, and giving, and Jesus' gift he gave to Earth, we should all at least attempt to help those in need.

I would say that almost everyone has seen "A Charlie Brown Christmas" at least once, and therefore have heard this special lesson from Linus van Pelt. In the other Charlie Brown movies, Linus is the wise one in those as well. Like in "A Charlie Brown Thanksgiving". He tells everyone that they should want to spend time together, not apart. He also tells them that Thanksgiving is a time to be thankful, not upset. Which is also a lesson people of this day and age need to learn.

Now that we have all been reminded about the true reason for the season, we can all change how we celebrate, by giving more than just receiving. To keep this holiday the way it was meant, we should all just listen to the wise words of the young Linus van Pelt.

Merry Christmas, Mustang Nation!



There is no "I" in Team ...but there is a "u" in Volunteer!

By Baily Caudle

Messenger Reporters Volunteering has changed my life for the good. I volunteer every summer at a camp called Camp Marc. It is a camp for adults that are mentally and physically handicapped. It has not only given me life long friendships with the campers and the counselors, but it has given me another family. Camp Marc has also helped me decide a career path. The campers and the counselors have changed my life for the better. This summer I have decided to not only volunteer at Camp Marc but also a summer camp called Camp Rainbow, it is for children with cancer and blood-related diseases.

Reasons to volunteer: giving back to your community is valuable in itself, but helping others also offers many benefits. Benefits to volunteering: you make connections with others, it increases your social and relationship skills, it is good for your mind and body, it can advance vour career. it can also help you decide what you want to do with your life, you can make life long friends, and it brings fun and fulfillment to your life. As Gandhi once said "the best way to find yourself is to lose yourself in the service of others".

Before you start vol-

unteering, here are seven things you should think about before you start. The first thing you should think about is, "what are my interests?" Whether you're interested in a volunteering that will fit with your intended career, or you want to focus your volunteer efforts on a particular cause, vou'll need to consider what your interest are to narrow down your options. The second thing you should think about is, "what are my skills?" Certain volunteer positions will ask applicants to boast unique skill sets, so if you have skills that may be valuable to a particular organization, consider that when you're looking for volunteer work. The third thing you should think about is, "what do I most want to learn from the experience?" A volunteer job can be a good place to get your feet wet in your intended career or learn new skills that could be useful to vou once vou are grown and living in the "real world." The fourth thing you should think about is."what will I gain from volunteer work?" Although we'd all like to assume people volunteer for selfless reasons, it's not a bad idea to think about what you'll gain from one particular volunteer position over another, whether it's academic credit or exposure to people in the field you'd like to end up in after col-

lege. The fifth thing to think about is "will my volunteering affect my other commitments?" If vou're already stretched thin and are worried about whether a volunteer position will make it hard for you to keep up

with your schoolwork, a paid job. or other commitments you may already have going, you may need to reconsider the timing of when vou want to volunteer. The sixth thing you need to think about is, "how flexible am I?" Once you've determined that you're able to take on a volunteer position, you may want to consider whether you're able to compromise on some things that seemed so important to you at the start of the volunteer search. The seventh thing you should think about is, "how much time do I have?" It's always better to wait until you know you have the time for some community service.

Give volunteering a try, find something you like to do. Here are some volunteer opportunities in our com-



munity: McCracken County Humane Society, Paducah Cooperative Ministry, United Way, American Red Cross Blood Donation Center, Paducah-McCracken County Habitat for Humanity, Easter Seals, and more.

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A RELATIONSHIP WITH DEATH

By Karly Caldwell

Messenger Reporter TED.com is a website filled with informational videos on subjects everyone thinks but never speaks about. One video filmed in March of this year is a speech by BJ Miller talking about what really matters at the end of life.

Miller tells the story of how he lost both legs and his left arm from one night in his sophomore year of college when him and some friends decided to climb a parked commuter train with the wires that run overhead. When Miller climbed up the ladder on the back and stood up, the electricity from the trains wires entered through his arm and traveled down "Even though we can not fight off death which is inevitable, that doesn't mean we can't find beauty and meaning in things in this world, even in small things."

out through both his legs. Miller says that night he began a formal relationship with death, his death — he began his run as a patient. Miller makes the statement "It's a good word. It means one who suffers. So I guess we're all patients."

While over thinking this small but powerful sentence you think of your own struggles. Your own suffering. Miller is trying to make the connection that at some point in our life parts of us die, in one way or another. Even though we can not fight off death which is inevitable, that doesn't mean we can't find beauty and meaning in things in this world, even in small things.

Miller tells a story from when he was in St. Barnabas Hospital in Livingston, New Jersey. It began to snow, although he could not see the snow from his windowless room he could imagine it coming down all sticky. The next day when a nurse of his smuggled in a snowball for him. He says, "I cannot tell you the rapture I felt holding that in my hand." The type rapture he felt from holding something that so many of us dismiss in the winter was a feeling that many

people haven't felt before in their life. It was something that made him feel like part of this planet again and in that moment he didn't care whether he lived or died, but he wants to continue to live.

Miller connects with everyone emotionally, that's one thing I really loved about his speech because in late August I lost my grandma after a long struggle with her being in and out of the hospital with lung issues. Early August 19th I got a call from my mom telling me that she was gone. Miller talking about everyone losing someone and everyone dying really spoke to me for the fact of my grandma's passing. I've learned you can't regret any part of your life, you have to live the way you want.

Everyone has something they still want to feel before we go, I want to travel the world and go on adventures I can tell my grandkids about. After losing my grandma I found this new sense of living, everyone will have their own sense of wanting to live their life to the fullest it just takes everyone a different time to figure out. If vou're interested in watching the video vourself go to ted.com and find "BJ Miller: What really matters at the end of life."

IMAGINE THE DIFFERENCE 5 POINTS GAN MAKE. Ask these students how they increased their ACT scores 4 to 7 points!



Paducah Tilghman Grant Hucheson | St. Mary Catherine O'Rourke, Ross Whittaker, Jimmy Walters | McCracken Brenna Adams, Jeremy Latham

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Lend a Helping Hand

By Lauren Stokes

Messenger Reporters



There are many different clubs around McCracken County High School. Along with being a member of specific clubs, responsibilities such as completing a certain amount of community service

Lauren Stokes

hours are required. One local organization that is need of volunteers is Hope Unlimited. This organization is a family care center. They have a prenatal care center for mothers and the "Learn to Earn Program" that encourages parents to make short term goals for their family. Hope Unlimited also has a program for fathers and another program that gives children the guidance they need throughout their life. Hope Unlimited needs your help in their thrift store located at 1101 Jefferson Street (Tuesdays 4-6). Volunteering

in the thrift store could include sort-

ing, cleaning, and arranging dona-

special events throughout the year

that they need volunteers for. You

can find more information about

Hope Unlimited and how you can

help them at their website, http://

you can volunteer at is Cassidy's

Cause. This organization has a mis-

sion to help people with disabilities

and develop by riding horses. This

and give them opportunities to grow

gives those individuals confidence, a

higher self-esteem, and new experi-

ences. Riding horses helps those

that have disabilities with learning

Another organization that

hopeunlimitedfcc.org.

tions in the store. They also have

control, strength, patience, behavior, and relationships by bonding with the horses. In order to volunteer at Cassidy's Cause vou first have to attend a volunteer orientation class. Ages 12-16 can not help with the actual riding class, but can help with anything else. Other ways that 12-16 year olds can help is with cleaning stalls, sweeping floors, feeding horses, washing and cleaning horses, as well as helping getting ready for classes and mowing. Volunteers that are 17+ years old can help with assisting riders during their class or leading the horses. For more information about Cassidy's

and cognitive skills, balance, muscle

Cause and when their next volunteer

orientation is, visit their website, www. cassidyscause. org, or call Christy Woley at 270-331-9039.

McCracken **County Public** Library also has opportunities for you to volunteer. They have a program called Teen T.G.I.F. that meets everv Fridav afternoon at the public library at 4. Those in the program help with the library's displays. programs, and many other things.

They also have snacks every Friday at the meetings! You do not have to register in order to show up to the program's meetings and if you attend regularly, you get to enter for a chance to win awesome door prizes. For more information about Teen T.G.I.F. you can call the Youth Services department at the library, 270-442-2510 ext. 122 or visit their website, https://www.mclib.net/ teens/.

Starfish Orphan Ministry also loves having high school student volunteers.This ministry focuses on helping single parent families, foster parents, and teenagers that are aging out of foster care. They do this locally by providing



Photo by John Paul Henry Joy Cooksey (Junior) in El Salvador with Starfish Orphan

those families with clothes, household items, and other things that they are need of. They also help those in other countries, such as El Salvador. You can volunteer at this organization Monday from 9-6 and Tuesday-Friday from 9-5. You would not be able to volunteer during the day because of school, but you can volunteer after school and on days that school is not in session. Starfish also has other opportunities for you to volunteer. They are having a concert on Friday, November 20th with Allen Music. You are also able to volunteer at the Holiday Farmers Market on Saturday December 12th. If you are interested in volunteering at these special events, you can call 270-933-1250. For more information about Starfish Orphan Ministry you can also call this number, or visit their website at www. starfishorphanministry.org.

Students are also able to volunteer at Lourdes Hospital after school. However, there are limited hours, so you must call before hand to check availability and schedule a time. If you are under the age of 18, your parents must give consent for vou to be able to volunteer. In order to volunteer during the school year you have to complete an application, tb skin test, a student volunteer orientation, and plan to volunteer at least 25 hours. Volunteers at Lourdes have a variety of things they could be doing when they volunteer. The volunteer department works with a variety of other departments such as the HR department, outpatient, front information desk (during evenings and the weekends), in the nursing stations, as well as in the gift shop. For more information, and to schedule volunteer hours, you are free to call Shannon Courtney at 270-444-2552.

Humor

Reidland - Our Home Town

By Christian Cathey & Kevin Dawes

Messenger Reporters Reidland is the land of the adventurous and home to the brave. Reidland is a loving, caring county and is often compared to an onion due to its multiple layers that give Reidland it's greatness. The most important of these layers are the Hucks of Reidland, a store that brings the community together as whole by supplying their every need. Traders Mall. where unique merchants from across the land come together to sell their goods and antiques, and the everlasting legacy that thrives throughout the veins of Reidland giving the residents there a sense of pride and confidence that cannot simply be taken away.

The Huck's of Reidland is a gas station like no other. Families flock here for many reasons. The wonderful nectar of the Big Swig and its unbelievable price. Godfather's Pizza is a restaurant inside of Hucks that achieves such great artisan and gifted cooking of foods and spices that all together present the customer with a product they won't forget nor take for granted. The real magic that comes from the Huck's of Reidland experience is the marvellous angels that work behind the counter, welcoming you with warm smiles and enchanting greetings.

Traders Mall gives back to the community just as much as the community gives to it. When walking into Traders Mall you cannot predict what purchases you will end up making, like Harry Potter in Ollivander's Wand Shop

overwhelmed with mysticism and awe. Traders Mall sells food, ninja weapons, fireworks, and practically anything you will ever need in life. The atmosphere in Traders Mall is as welcoming as Spongebob's grandma's house.

There have been many legacies throughout the history of time. Wayne Gretzky, Pele, Babe Ruth, Michael Jordan, Muhammad Ali, George Washington, Jesus, Nelson Mandela, Scar Face (Al Capone), Tupac, Malcom X, Ghandi, Abraham Lincoln, and the greatest of them all, Reidland. Unlike these legacies Reidland has impacted every

ware to the great realm of Reidland. As well as the actions that Hucks of Reidland and Traders Mall has con-



single person to ever live on a global level. Jesus himself attended the early stages of Reidland. Throughout time many global powers have seeked the knowledge of war and peace from the great scholars presiding in the land of Reidland. One way this legacy is so well known and very prestigious is that from the outstanding performances by the co-ed cheer team. Many, many, oh so many times, the co-ed cheer team went to Disney World to compete and rocked the show bringing forth hardtributed to the world. Hucks of Reidland loves to give back by taking up charitable donations to help give kids toys for Christmas. While Traders Mall likes to offer fireworks to kids to entertain them and help keep them off drugs and in school. The

way this legacy lasts to this day is by completing the trifecta that crafted McCracken County High School. There are many ways that you can see the legacy lasting. Many friend groups are defined by the citizens of Reidland. Many teachers once taught or went to Reidland High School and many athletics are influenced by the citizens of Reidland. The legacy is still intact to this day and will last forever.

Reidland is a land like none other. The families that live in Reidland care just a little bit more about life and happiness than your average ole Kentucky family. The love that radiates from Reidland is enough to make the birds sing and a pot of gold appear at the end of rainbow. Come to Reidland and you'll learn to see the simplistic beautiful things in life and grasp a deeper meaning to life that you can apply to yourself everyday so you won't take things for granted or treat others in an unfair way.



Entertainment Local Artist Spotlight: Florentine

By Adam Sims

Messenger Reporter Art, culture, and music are not uncommon things in Paducah. One walk downtown and you'll see that Paducah art is brimming with life: performers on the street. musicians in bars, flyers for countless concerts, galleries, performances, and plays. We have places like the Four Rivers Center and Yeiser Art Center devoted to art of different mediums. Local musicians and poets perform every Friday night at Etcetera Coffeehouse on North 6th Street.

There is one artistic medium

that, at first glance, seems sorely underrepresented in Paducah: hip-hop. Rappers. You don't hear rappers at open mic night and you don't see hip-hop artists performing in restaurants or bars. MCs aren't on sidewalks distributing mixtapes to passersby as they are in New York, L.A., or even Lexington and Louisville. So you'd be surprised to learn that rap in

Juice, A1 Capo, and Lil Charlie, to name a few. Lil Charlie, Florentine says, holds the title of best

rapper in Paducah. In his own opinion, Florentine himself is secondbest and he wants Lil Charlie's title. You'd

expect the rap music coming from a small western Kentucky river town to be boring, but Florentine finds plenty to

plenty to talk about. Most of his music comes from personal life experience. That, and "day-to-day shenanigans," he says. Shenanigans that he'd "rather not go into detail about." You'll have to hear his upcoming mixtape for the specifics.

When I ask Florentine

who inspires him to rap, who makes him want to be creative, his answer is simple: "Everyone on the Forbes list." Talking to Florentine, it's clear that he's not only verv intelligent, but also verv hungry for success. As far as other rappers that inspire him, his Top Three, from third to first place, goes like this: Pimp C, the late Texas rapper who, with Bun B, founded the rap group Underground Kingz; Houston rapper S.P.M. (South Park Mexican); and Nashville rapper Starlito.

Florentine's mixtape Hear Me Out was scheduled to drop on October 5th of this year. He's planning for fourteen tracks plus two bonus tracks: at this point, the delayed project needs two more songs before it is completed. The tape is hosted by DJ Reezy and fittingly for a first project, is all about breakthroughs and beginnings. When the uncertain release date finally comes, you can download the tape on Internet sources Spinrilla and Live Mixtapes.

Florentine is very passionate about his music, but he doesn't see it as the endall-be-all for his future plans. "My priority is a college education," he states. Rap comes second to that; in the future, it will be a nice pastime for him, something he can turn to when he has the time and needs a creative platform. After he

ates in May and goes on to college, he still plans to release projects as he has the time to make Adam Sims

gradu-





Paducah is not only alive, but thriving.

Andrew Crosby, a.k.a. Florentine, is a 17-year-old Tilghman student, but, more interestingly, he's one of Paducah's most prominent local rappers. Who are his competitors? "Everybody," he says. Yung J, JoKen,

Anticipation for The Force Awakens

By Preston Vasseur

Entertainment Editor



On December 18th, arguably the most widely anticipated movie of the

Preston Vasseur current decade will be

released: Star Wars: The Force Awakens. The hype surrounding this 7th film in the series has been mounting since Disney acquired the rights to the franchise and announced a new series way back in 2012. Now that the release date is just around the corner, fans are more excited than ever: Awakens sold out theaters as soon as tickets went on sale and it's expected to break the record for opening weekend box office figures. But as many know, there was plenty of fanfare around the release of the now-infamous Star Wars prequel trilogy before The Phantom Menace's release in 1999. All three prequel films eventually went on to be despised by many lovers of the originals. This leads some to wonder whether this time around the latest chapters in the franchise will be deserving of the excitement or prove to be another disappointment. To assess how the MCHS population predicted The Force Awakens would come out, I sat down with a couple students

with varying levels of enthusiasm for and familiarity with the Star Wars movies to gauge their thoughts on this n, next installment. First. I talked to Evan

Dowell, a senior here at MCHS. Having only seen "bits and pieces" of the series, Evan was able provide some insight into how The Force Awakens is perceived from a Star Wars outsider. Despite never taking the time to watch any of the films in their entirety ("My only interaction with the series is when they used to be shown on SpikeTV"). Evan still praised the complex universe of Star Wars, the films' groundbreaking visual effects, and their ability to stand the test of time based on the tidbits he'd seen. This praise, however, isn't enough to draw Evan to the theater when Awakens is released. He says that he's kept away

partially due to steep ticket prices and his view that the upcoming films feel a bit like a Disney cash-grab. When asked whether or not he believed that the movie could be enjoyable to a non-Star Wars fan or an objectivelygood picture, Evan had this to say: "I feel like viewing it as a standalone... would not provide the same level of enjoyment as it would for those that are more involved in the series as a whole... it will build too heavily on the previous films, or at least on the franchise, to act as an independent movie." It's certainly easy to see where he's coming from amidst the Star Wars mega-fans. In such an immense Star Wars universe, it could be easy for an unfamiliar viewer to get lost.

Speaking of Star Wars mega-fans, Patrick "Pat" Carroll, another senior at MCHS, also shared with me

his thoughts on the upcoming release. Carroll cites the first three Star Wars films as his favorite movies of all time, recounting watching the originals endlessly as a child. When around Pat. it's clear that he can hardly contain his excitement for the December 18th release, "I'm not fully prepared [to see Awakens] yet and it's two weeks away. I've got tickets to the very first show at Cinemark." He's excited for a fresh take on the series by director and avid Star Wars fan JJ Abrams (creator of Lost) and the introduction of never-before-seen characters into the series. Despite his barely-contained excitement, however, Carroll also has a few concerns for The Force Awakens: "Mv main worries consist of the new trilogy trying too hard to be cool... a lot is riding on this new Star Wars film and I fear they may try and play it too safe so as not to disappoint fans." Even with his worries, it's hard to imagine a devotee such as Patrick not enjoying this movie, and he reminds us of the countless fans who will pour into theaters as soon as doors open for the first screenings of The Force Awakens. And he's confident the movie can appeal to all viewers, regardless of their familiarity with the series: "The Force Awakens is going to be such a huge movie, it'd be hard for anyone not to see it."

Clearly, Patrick isn't the only one excited for Star Wars. Not only is this another installment in possibly the most iconic film franchise of all time, it's a new story. unlike the prequel trilogy, which felt like backtracking to some. "What's exciting about the new movies is the fact they're advancing the story with all new kinds of possibilities," Carroll also offered. Awakens seems poised to recapture the magic that the original film did almost 40 years ago, and fans like Patrick Carroll remind us of this magic: "They [the original trilogy] represent everything that makes movies so great." It's impossible to imagine The Force Awakens disappointing when it's already got this kind of devotion on its side.



Christmas Box Office

By Adam Sims & Preston Vasseur

Messenger Reporters The Hateful Eight The eighth film from director Quentin Tarantino is being given a limited release on Christmas Day in 70mm film, meaning a) it's the first release of its kind since 1966 and b) you may have to drive for several, several hours to see it. Early reactions to the film suggest the experience may be worth it, especially for film buffs. The Hateful Eight is the second western from the Diango Unchained director and it reunites Tarantino with favorite actors like Samuel L. Jackson, Kurt Russell, and Tim Roth. The film has already scored Tarantino his fourth Golden Globe nomination for Best Screenplay, and it is expected to go on to be an Oscar contender. Of all the films released on December 25, this and The Revenant are the safest bets.

The Revenant Alejandro González Iñárritu, last year's Oscar winner for Best Director and Best Picture (Birdman), is back one short year later and is very much in the race again. This time he's teaming up with acclaimed actor Leonardo DiCaprio, who is widely expected to take home the Best Actor trophy for his portrayal of wild man Hugh Glass. The Revenant depicts Glass's struggle for survival following being left for dead in the wilderness of 1820s America. This one's posed to join the ranks of the year's best films and can't be missed by any fan of cinema.

Joy A multi-generational epic, Joy focuses on Joy Mangano (Jennifer Lawrence), the real-life founder of a successful and powerful family business. Directed by David O. Russell, known for Silver Linings Playbook and American Hustle, Joy was originally considered a serious awards contender for 2015, but has recently received more middling reviews. While not a completely safe bet, Joy should still entertain via a strong supporting cast including Robert De Niro and Bradley Cooper.

Daddy's Home A reunion for The Other Guys co-stars Will Ferrell and Mark Wahlberg doesn't sound bad on paper, but Daddy's Home lacks one ingredient essential to the other film's success: director and frequent Ferrell collaborator Adam McKay, who this year was busy with his Golden Globe-nominated comedy-drama The Big Short (also in theaters this week). The director at the helm of Daddy's Home is responsible for a string of recent critical flops that include Adam Sandler's That's My Boy and the sequel to Horrible Bosses. A painfully unfunny trailer suggests this won't be much different.

Point Break A remake of a 1991 crime thriller by the same name, Point Break is one to skip this Christmas. An unnecessary and, as early reviews show, poorly executed remake, Point Break is directed by Ericson Core the man behind the infamous 2003 Daredevil adaptation. This one's a prime example of a semi-successful blockbuster being recycled with no regard for substance or originality. If you're looking for action, steer clear of Point Break and check out The Hateful Eight over Christmas break instead.

Concussion Peter Landesman's Concussion has been hailed as a comeback for Will Smith, whose 2013 effort After Earth was one of the year's biggest flops. Smith plays "the pathologist who uncovered the truth about brain damage" (IMDb) in NFL players; his performance recently garnered him a Golden Globe nomination and he is in the running for the Oscars. The film's mixed reviews to this point indicate it might not be anything outstanding, but Smith's performance is likely worth watching.







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