

# THE MESSENGER

Volume 1 Issue 4

January, 2016

## Barton Christmas; Kentucky Governor

By: Parker Lyons and Leah DeRossett

There are many things that occur throughout our school day everyday that most of us don't know about. Tons of talented people roam our halls with schedules so busy they barely have time to sit down and relax. One of those students is none other than Barton Christmas. He is a part of GSP, Student Government, and many other extracurricular programs at McCracken County High School. We were able to fit an interview into Barton's busy schedule to learn more about him and these programs he is a part of.

Barton has been a part of the Student Government since its creation. Many of you haven't exactly heard what the MCHS government is about, so in my interview with Barton he told me "I serve as Vice President of the student government. Our original purpose was to represent the school, but now we work to improve the school." Barton goes on to say that "members like Jacob Weitlauf, Caleigh Propes, and Caroline Smith have spearheaded our efforts to fundraise for the community. My personal favorite of our duties is giving tours to all incoming freshmen and showing them all they will inherit."

As many of you have seen already, Barton is not only interested in academics, but he is also a member of the Drama department here at MCHS. Barton decided to start auditioning for school plays after taking his first drama class. Barton tells us "the thrill of being on a stage to produce emotions for the audience, to tell a story, it's like nothing else." Barton got his first big role in the play The Crucible.

Barton's freshman year was when he first learned about the Kentucky Youth Assembly, otherwise known as KYA. This mock government type club was brought to his attention by Fletcher Lyon, the governor of the program at that time. Barton said about the topic "I realized that the YMCA's programs needed more kids from this part of the state, and I thought becoming governor would give me the tools to help spread these amazing opportunities to Paducah's students." We asked Barton what his long term goals in life were, Barton said that one day he hopes to buy everyone on Earth a Coca-Cola. "Other than that, your guess is as good as mine."

Barton's biggest inspirations are his parents. He claims that they both inspire him in their own ways; his dad with his never ending optimism, and his mother's perseverance. Barton also told us that his faith plays a huge role in everything he does. "God inspires me daily with His plan," he says. "God has given me a lot and I'm going to give back every bit I've got."

Barton is an entrepreneur, an actor, an amazing student, and a friend to all. He owns Barton's Balloon Animals, and you can catch him at pretty much any event folding balloons into any animal you can imagine. He is the president of the Y Club, Governor of the Kentucky Youth Assembly, Co-Captain of FPS, Vice president of both FBLA and the Student Government, and the Community Service Coordinator of the Beta Club. If you see Barton in the halls, give him a high five. He deserves one for everything he does for not only the school, but for the community as well.



**Barton Christmas and the Y-Club on their way to the Kentucky Youth Assembly.**

# February Events

## Sports

02/02 Mens B.B. vs Hickman Co  
02/05 M & W B.B. vs Lyon Co  
02/08 Mens B.B. vs Graves Co  
02/09 M & W B.B. vs St. Mary  
02/11 Womans B.B. vs Marshall  
02/12 M & W B.B. vs PTHS  
02/12 - 13 Swimming Regionals  
02/16 M & W B.B. vs Livingston Central  
02/18 Womans B.B. vs Mayfield  
02/22 - 26 B.B. District Tournament at St. Mary  
02/26-27 Swimming State Championships

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Entertainment Editor .....Preston Vasseur  
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## Need Advice?

You can email any and all questions you have about life, love, and the pursuit of happiness to [mustang.messenger@mccracken.kyschools.us](mailto:mustang.messenger@mccracken.kyschools.us). Questions will be answered in the following edition of the paper.

# History or Hoax

## Topic 4 – Benjamin Fake-lin

By: **Caroline Dew**

Electricity; we use it in virtually every aspect of our everyday lives. From charging our precious cellphones, to even doing something as simple as making breakfast, we take advantage of electrical currents, in such an advanced way, that it would seem foreign to people a mere two centuries ago. But how did we come to have such an amazing understanding of electricity as we have today? Who really discovered electricity, and even figured out that it could be used to power so many things? A story that many of us are familiar with, is the tale of good old Benjamin Franklin flying a kite with a key attached to the end. Did this really happen? Was Benjamin Franklin really not only one of the founding fathers, but the discoverer of what we hold so dear today?

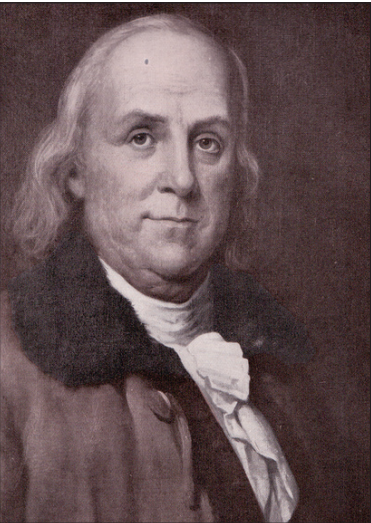
Many sources have tested the authenticity of Ben’s alleged experiment, but one that you are likely most familiar with are the mythbusters. The mythbusters effectively recreated Benjamin Franklin’s experiment by flying a kite in an electrical facility and attaching a key to the end string in the manner with which Ben described. One of the key elements (no pun intended) was when Ben described touching the key and then being zapped, thus proving the existence of electricity. However, if when the key was touched, it contained any more than 6 milliamps, that would have effectively killed Benjamin Franklin upon contact.

After shocking the kite with only a fraction of the volts that a real lightning strike would contain, they found that the key not only exceeded the 6 milliamp limit of the human body, but it also would have been far too hot for ben to touch. So what does this mean? Was Ben a liar? Did he make up the story for publicity? Did he even ever claim to have done it in the first place?

Well, for starters, the principle of electricity was known long before Benjamin Franklin ever performed his alleged kite-

flying experiment. The concept of electricity had been known for thousands of years, but not very well understood. Most scientists regarded it as an invisible liquid, which now even the most elementary student knows is indeed false. Benjamin knew that this couldn’t be true, and designed many experiments to assert his theory that electricity was in the form of currents, and not liquid. He had originally designed experiments with lightning rods, but they proved to be rather dangerous, so he resorted to using the kite and string. Knowing what we know from the experiment performed by mythbusters, but also having heard many accounts that claim the experiment is true, how can we truly know whether or not Benjamin Franklin discovered electricity as we know it today?

A conclusion can be made regarding Benjamin Franklin discovering electricity as a whole. Benjamin Franklin did not discover electricity. As previously stated, the concept and the knowledge that it did exist had been known for years and years before Ben. However, it can also be concluded that Ben



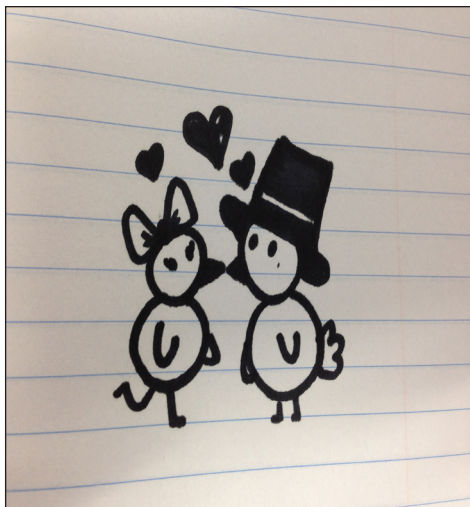
discovered electricity as we know it today. But, did Ben really go on his famous kite-flying outing? Unless Benjamin comes back from the dead, we may never know.

Ben Franklin by perpetualplum (2010) Attribution (<http://creativecommons.org/licenses/by2.0/>)



# "Cheep" Dates!

By Laney Yancey & Raegan Archer



Love is a beautiful thing; little hearts floating around your head, kisses on the cheek, holding hands on sunny days. Relationships require a lot to make them successful, and one of these is honesty. So let's be honest- you're broke, and buying Christmas gifts for your significant other has made you even more broke. So what do you do when you want a date night but your wallet only holds a gift card from your grandma and an old gum wrapper? Here are some date ideas for you and your sweetie that don't require a ton of cash. Are you looking for...

A casual night in?

Pizza from Little Caesar's and some Redbox movies: a cute movie night in for under \$10. You can even get their favorite candies to add a sweet surprise.

A cute date to fit into your busy schedules?

This date idea is especially good for the more bookish couples. Grab some coffee or tea, and head to the library. Walking around downtown and visiting the library can be a nice time to just be together in between schedules and

parties.

A tasty meal that means a little more?

This one's for our domestic couples. Get some ingredients and/or use stuff in the pantry to cook a cute little meal together. You can be fancy or just make Ramen Noodles, but make sure to always make dessert!

A romantic date to make them go starry eyed?

Drive to a nice place to pull over and look at the stars. Bring music, lots of blankets, and maybe even stop to get warm drinks on the way. It sounds a bit cliché, but the stars are almost as pretty as your sweetheart.

A nice meal without a hefty bill?

There are a lot of restaurants around town that are classier, but that usually means a classier bill. If you want to take your sweetheart out to a nice meal for a little less, you can always go to a restaurant that serves bigger portions, like Italian Grille, and split them with your date.

It's not all about the money, but sometimes you can't afford to do all the things your significant other deserves and there's no shame in doing smaller things every now and then. Valentine's Day is more about the heart than the wallet anyway. May your dates be wonderful, regardless of cost.

# Brooke Can Cook

By Brooke Salsman

It's chilly out there, so no picnics outside! But don't cry. Put your little apron on, warm up by the oven, and treat yourself with this tasty lemon pound cake recipe.

## Ingredients

3 sticks butter (1½ cups)  
1 (8-ounce) package cream cheese  
6 eggs  
2 tablespoons lemon juice  
zest of one lemon  
3 cups sugar  
3 cups all-purpose flour  
1 teaspoon salt  
1 tablespoon vanilla

For the Lemon Buttermilk Glaze  
1½ cups confectioner's sugar  
2 tablespoons lemon juice  
zest of 1 lemon  
1 tablespoon buttermilk

## Instructions

For the Lemon Pound Cake  
Preheat oven to 325 degrees. Prepare bundt or tube pan by coating with shortening or butter and flouring light. Set aside.

Let butter, cream cheese, and eggs come to room temperature.

Cream together butter, cream cheese and sugar til fluffy. Add eggs one at a time. Add lemon juice and zest and combine well. Add flour and salt and vanilla.

Mix until just well-combined but do not over mix.

Pour into prepared bundt or tube pan.

Bake until golden brown and skewer



inserted into middle of cake comes out clean, about 1 hour and 15 - 30 minutes.

For the Lemon Buttermilk Glaze  
As the cake is cooling, whisk together ingredients confectioner's sugar, lemon juice, lemon zest, and buttermilk to make the glaze. Allow to sit until cake has fully cooled, then drizzle over top of lemon pound cake



# Senioritis

**By Leah DeRossett**

Messenger Reporter

Have you ever heard of a problem called “Writer’s Block?” It is something that writers get when they’ve been writing for so long, they feel like they can’t come up with any new ideas for stories. It’s like they’ve thought of every idea that could possibly pop into their heads, and now they’ve reached a wall that they can’t overcome. Picture a brick wall in front of you and a thousand ideas floating on the other side of the brick wall, just inches from your reach, yet you can’t get to them. This feeling can be relatable for all of us as we approach the last moments of our school year.

With only one semester left in this 2015-2016 school year, we can all feel the heat from wanting to just finish this school year and greet summer with open arms. This may cause some of us, or most of us, to start to grow lazy when it comes to finishing our schoolwork. Though there is only one phrase involving one class of high school to capture the idea of this laziness, Senioritis can be a feeling experienced by everyone.

We all show up bright and early everyday, we sit through the same amount of classes for the same amount of hours, and we all experience stress and drama each day. Of course, everyone is bound to get exhausted from the same old routine, repeated day after day. Once Christmas break hits, we’re all ready for a well deserved two week break, and once we come back, it seems like we just can’t get back into the groove of things. It’s important to remember that these days do matter. Though we may have one half of the year

down, we still have a whole second half to conquer.

It may seem challenging to pay attention in our classes when the weather is so cold and the clouds seem to be building up through the window we all seem to stare out of. We’re all wishing for snow days and our attention span seems to focus on the things that aren’t important. What is important is making sure that we keep our GPA up! This may not seem like a huge deal right now, but GPA comes into play when you’re applying for scholarships during your senior year. The higher your GPA is, the better. Keep in mind that even though it’s a struggle to make it through the same routine everyday, tough it out and keep going. Not having the energy to focus isn’t going to be a great excuse when money for college is on the line.

Another reason to focus on keeping your GPA in line is when part time jobs come into play. Many part time jobs pay close attention to how you’re doing in school. There are many places that will cut your hours if your grades start to drop. Though making money is important, getting good grades in school is much more serious.

Don’t try to rush these next several weeks of school. Take your time and realize that wishing the days away won’t make time go by any faster. Keep your head in the books and focus, and it’ll pay off in the long run!

## 10 HOCO Tips for Girls

**By Madison Vaughn**

Senior Editor

### 1. Get a dress.

It’s going to be hard to attend Homecoming without a dress. Start looking for ideas months before. Go to Chrislyn’s and Anne’s Bridals to try on dresses. If you are ordering online, make sure it is going to be here in time.

### 2. Look up hair and makeup ideas.

Pinterest is your best friend when it comes to this. They have any and every idea when it comes to beautiful hair and makeup. Most of the time, they even have tutorials!

### 3. If you are getting yours done, schedule your hair and makeup appointments two weeks in advance.

There are 1200 students at MCHS and approximately half are girls.

There are a lot of girls that need their hair done. Be smart, and secure your appointment early!

### 4. Go shopping for all your accessories.

Those perfect shoes to go with your dress aren’t going to magically appear, you are going to have to search for them. Also, don’t go without finding that stunning piece of jewelry that tops your dress.

### 5. Find a date.

Whether you attend the dance with

your significant other or just decide to have a Girls’ Night, you still need to decide who you are going with. That being said, don’t let not having a date ruin your night. A night out with friends can be just as thrilling.

### 6. Make reservations.

Homecoming night is one of the busiest nights in town. Every restaurant will be packed. You don’t want to be that one group that has to wait two hours for a table and not make the dance in time.

### 7. Decide a picture location.

Every mom wants pictures of you all dressed up for this big night. They make not be in high school anymore, but they love watching you experience it. Don’t disappoint those sweet mommas.

### 8. Communicate.

Make sure you talk to your group about what time you are meeting and where you are going. When you have a big group, it is super easy to get everything confused so make sure everyone is on the same track.

### 9. Have plans for after the dance.

Have someone volunteer their house for the group to come over afterwards to watch movies and play games. The night doesn’t have to end after the dance.

### 10. Relax.

You’ve stressed too much the last month of planning to not let yourself sit back and enjoy the night. If something goes wrong, just stay calm and brush it off. Have fun!





# Teacher Spotlight; Ms. Jaenichan

**By Laney Yancey**

Messenger Reporter

Teachers are a part of our every day life, they see our bad days, and our best times. We will tell our kids about our school time stories, and our teachers become a crucial part of that. Ms. Jaenichan, an English and Creative Writing teacher here at McCracken, has surely made an impact on many students, including myself. From her cute A-line skirts to her love for cats, Ms. J is the kind of teacher everyone deserves. I talked to her to learn a little more about “Momma J”.

## **L: Did you have other jobs before teaching?**

I’ve worked as a gymnastics instructor, group fitness instructor and cheer coach. My favorite job was working at a boutique Public Relations firm where I worked as a wedding & event planner in San Diego, CA. I got to organize events with the San Diego Padres and the Chargers,

as well as work with the Red Bull Air Races and some festivals and events attended by thousands of people. One of the weddings I planned was for Hall-of-Fame baseball player Tony Gwynn’s daughter and was featured on the WE television show, “Platinum Weddings.”

## **L: What lead you to becoming a teacher?**

I left my dream job in San Diego, when my Grandad was diagnosed with terminal Pancreatic cancer. I wanted help provide my Gramman, his primary caregiver, with the extra support and love she needed to work through the difficult time for our family. I was too afraid to start my own event planning company, so I opted to follow my mom’s footsteps and become a teacher. I had always loved English and had toyed around with the thought of being a teacher while in high school and thought it would be safe career move. While I miss event planning with every ounce of my being and wish that I would have had the courage to attempt to open

my business, I can’t discredit the fact (as cliché as it sounds) that I’m exactly where I’m supposed to be. From the moniker of “Mama J” to handing out advice to my sweet kiddos and from being each of their biggest fan to teaching argument-based writing, every day is a new adventure in the walls here at McCracken and it’s such a joy to be here.

## **L: Now the important questions....what is your favourite movie?** Wizard of Oz

**L: What song lyrics mean the most to you?** “I am Woman” by Helen Reddy... Total girl anthem, scoop yourself off the floor when you’re hurting and tackle the world like you’re a boss.

You can bend but never break me  
‘Cause it only serves to make me  
More determined to achieve my  
final goal  
And I come back even stronger  
Not a novice any longer

**L: Who is your favourite fictional character?** I’m going to throw back to elementary school with Amelia Bedelia and then I’m going to say that in my older years, Jane Eyre and Elizabeth Bennet are my front-runners. But, my absolute favorite fictional characters lie within the pages of my beloved author, Roald Dahl’s books.

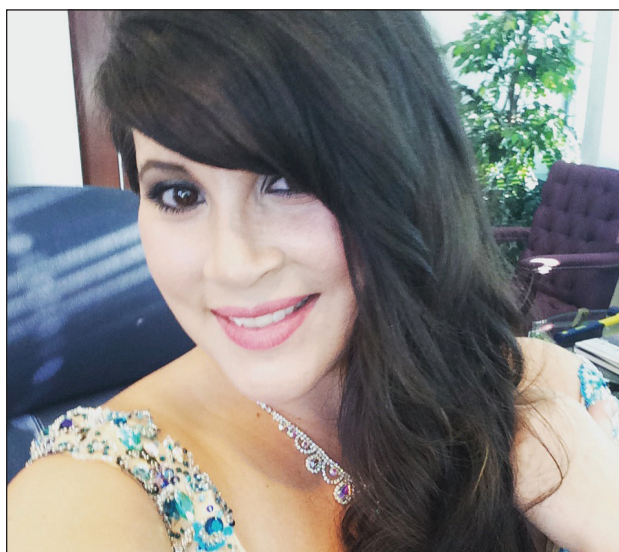
**L: What is your favourite item in your closet?** I have a jewelry rack in my closet and hang some long necklaces in there. My Grandad polished a World War I compass and put it on a chain for me to wear as a necklace. On the back he had engraved: To provide direction & purpose and safe return home. Grandad

It’s been my most meaningful gift and it’s definitely my favorite thing in my closet.

**L: What is your favourite go-to comfort food?** I love all food really... but my favorite consumable item (which admittedly I’ve “eaten” as a meal on numerous occasions)



Ms. Jaenichan in 2003, as a high school student.



Ms. Jaenichan in 2016, as an MCHS teacher.

*“Family Owned & Operated Since 1956”*

## **Phelps Farm and Home Store**

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Daniel Phelps — Owner/Manager  
[phelpsfs@windstream.net](mailto:phelpsfs@windstream.net)

# Full Body Workout

By Brooke Salsman

Well, it's late January, folks. People are still working super hard to fulfill their New Year's resolutions. Many people make living a healthier lifestyle a resolution, and I think that's just fantastic. If you happen to be one of these people, check this out! This is a 20 minute full body workout that will get your blood pumping and target the abs and glutes.

## Pre cardio warmup:

- 15 secs- jumping jacks
- 15 secs- cross jumps
- 15 secs- high knees
- 15 secs- side highs
- 15 secs- squat
- 15 secs- pulse
- 15 secs- tiny arm circles
- 15 secs- reverse circles
- 15 secs- big arm circles
- 15 secs- reverse arm circles

## Stretches:

- 5 secs- arms over head bent over stretch
- 10 secs- toe touches
- 10 secs- spread legs and touch left foot
- 10 secs- spread legs and touch right foot
- 10 secs- butterfly stretch
- 30 secs- pigeon stretch, both sides
- 10 secs- cobra

## Abs:

- 30 secs- leg lifts
- 1 min- flutter kicks alternating to rounded flutter kicks every 10 secs
- 1 min- plank

## Booty:

- 40 secs- pelvic thrust
- 20 secs- pelvic pulse
- 30 secs- pelvic thrust: right leg up
- 30 secs- pelvic thrust: left leg up
- 10 secs- child's pose
- 30 secs- lay on side: big leg circles
- 30 secs- reverse
- 30 secs- other side. Big circles



30 secs- reverse

1 min- lunges

## Core and Arms:

- 30 secs- One arm plank
- 30 secs- other arm plank
- 1 min- normal plank
- 15 secs- push-ups
- 1 min- flappy bird (arms to side, hands facing back, pushing back, scrunching upper back)

## Cool Down Stretches:

- 10 secs- cross arm stretch: both sides
- 10 secs- arm over head: both sides
- 10 secs- butterfly
- 10 secs- spread legs reach right, then left over head
- 10 secs- reach middle
- 30 secs- shake legs to front. Flex and point. Alternate every four

seconds.

- 10 secs- Toe touch
- Flip over on back
- 5 secs- bent legs to left
- 5 secs- bent legs to right
- 20 secs- ankle to knee and pull knee in. Switch.
- 20 secs- pigeon both sides
- 10 secs- child's pose
- 35 secs- cobra, head circles, nods, look left, look right

# Love Notes; A Playlist

By Laney Yancey

Messenger Reporter



Laney Yancey

## La Vie En

**Rose:** Daniela Andrade

**Quelqu'un M'a**

**Dit:** Carla Bruni

**Venice:** Light-house and The Whaler

**All That and More (Sail-**

**boat):** Rainbow Kitten Surprise

**I Love You, Honeybear:** Father John Misty

**Samson:** Regina Spektor

**Ooo:** Karen O

**Oh Yokol!:** John Lennon

**I Found A Reason:** Cat Power

**Love Letters:** The Metronomy

**Satellite:** Guster

**I Hate Seagulls:** Kate Nash

**There Is A Light That Never**

**Goes Out:** The Smiths

**Sweet Darlin':** She & Him

**Make You Better:** The Decemberists

**Crooked muse:** Greogory Alan Isakov

**Tonight You Belong To Me:** The Bird and The Bee

**I'm Sticking With You:** The Velvet Underground

**Puppy Love:** This Wild Life

**You and I:** Ingrid Michealson

Follow Laney Yancey on Instagram & twitter: @yougoghgrl



# Club Spotlights

## ... Get Involved in 2016!

A new year can mean a new you, and here at the Mustang Messenger we hope that one of your goals is to become more involved in the McCracken County Mustangs Community. With that said, we have compiled a list of clubs at MCHS that you might consider joining this year.

### **ENVIRONMENTAL CLUB:**

Environmental club is a club for environmentally interested students. Whether you like nature and outdoor recreation, protecting our Earth, or just having fun while doing community service, environmental club provides its members an outlet for a variety of activities. They work with the school recycling program by collecting and cleaning recycling bins and placing new bins around the school. They even extend the service to collecting recycling at other facilities in the community, holding campus clean-ups, and holding cleanups in public places like our local park. Everyone is welcome to Environmental Club! You can go to any of their once a month Wednesday meetings and see if you're interested, and then pay dues to join the club member roster and receive discounts on club field trips. Environmental Club is meant to be a member oriented club that encourages all students to stop by, enjoy snacks, and be a part of the friendly after school atmosphere. The officers include: Henrietta Ransdell (President), Hannah White (VP), Sydney Montgomery (Secretary), Sean Sieczka (Treasurer). Mrs. Clapp and

Mrs. Kejzlar are the teacher sponsors. The club meets once to twice a month on various Wednesdays after school usually until 3:45 unless there is a special event like a tie-dye party or a campus clean-up. They meet in Mrs. Kejzlar's room, upstairs in house 3.

### **WORLD LANGUAGE CLUB:**

World Language Club is for students that are interested in foreign language or culture and will be introduced to different types of activities (crafts, holiday celebrations with different types of food, movie nights, festivals such as Day of the Dead, etc.) They have a penpal program with the Manchikanti Library in India and a peer-tutor partnership with Reidland Elementary School once a month. If interested, go and see Mrs. Kejzlar. The dues are \$10. Everyone is welcome as long as they have an interest for foreign cultures and languages and an open mind. You don't have to be enrolled in a foreign language class to join. Presidents: Rony Qiu (German), Nancy Patel (French), Ashley Hecklinger (Spanish). Secretary: Valeria Vasconez. Treasurer: Peighton Wix. The teachers in charge of this club are: Mrs. Kejzlar, Mrs. Rottman, Mr. Poore, Mrs. Beyer, and Mrs. Wallace. World Language Club meets on the third Wednesday of every month in either Mrs. Kejzlar's room (2313) or in the cafeteria. The meetings are about an hour long (until 4:00pm-ish).

### **SPANISH HONOR SOCIETY:**

The mission of the Sociedad Honoraria Hispánica is to recognize high school achievement in Spanish and promote interest in Hispanic culture. The MCHS chapter was established in 2014 and is named Rocinante after the horse from Don Quixote. Students in SHH are able to purchase red and yellow graduation cords and are recognized at the school wide-honors ceremony their senior year. These students are also eligible to apply and compete for SHH scholarships. SHH students are also invited to attend the SHH Kentucky State Convention in February and other field trips throughout the year. Other field trips include a Spanish pop concert as well as the Day of the Dead Festival in Nashville, TN. Students can not openly join Spanish Honor Society, you have to be invited and inducted. You have to have an A average in Spanish 1, Spanish 2, and an A in the first half of Spanish 3. You also have to be currently enrolled in a Spanish class to be accepted into Spanish Honor Society. The officers

of SHH are: Ryan Bass (President), Taylor Brooks (Vice President), Sami Case (Membership Coordinator), Sean Sieczka & McKenzie Moss (Recording Secretaries), Natalie Shadrack (Treasurer), and Shirley Ransdell (Historian). Ms. Rottman and Mr. Poore are the head teacher of SHH. There are meetings once a month at 7:20 or 3:30 in Ms. Rottman's room.

### **TEEN COMMUNITY SERVICE CLUB:**

The Teen Community Service Club consists of students who are interested in giving back and helping out in the community by doing community service. They participate in a wide range of service projects. There is no specific type of project that they focus on. They work closely with Stacy Thomas, the Youth Service Center coordinator at MCHS. She helps create contacts in the community for the club. Recently, they have had a few service projects for the holidays. They collected hand soap and hand sanitizer for the Family Service Society. Then, a group of students went down to the Family Service Society to organize and unload donated items to be given to the elderly. They also sponsored a night for Christmas in the Park. The President (Boston Hicks) also provides information about other service projects not provided by the Teen Community Service Club. He relays information to members about service projects other clubs are doing. If you want to join, you can contact Boston Hicks or Mr. Holt. You can also show up to the next meeting.



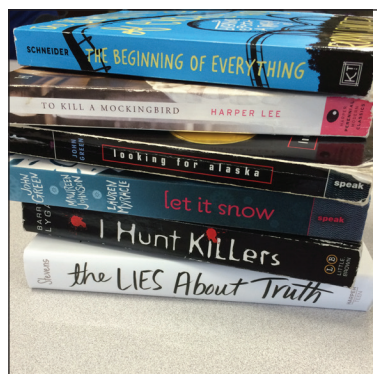
# Club Spotlights

The club meets monthly. The date varies but each meeting starts at 7:25 A.M. in the auditorium. You can also sign up for their remind by sending/texting the code “teen-commu” to the number “81010.” Anyone can join. They love seeing new students come in each month willing to help out! Boston Hicks is the President and Kaitlyn Thompson is the Vice President. There are only two officers because that is all required in order to function. Next year, as the club grows, they hope to add a few more officer positions.

**Drama Club:** Drama club is open to all students who are interested in theatre. Meetings include planning activities and projects, working on the upcoming productions, among many other things. Drama club does many community service projects, like helping Reidland Intermediate Drama Club, and helping the Kiwanis Club at BBQ on the River. You can join this club by attending the first meeting and getting a member profile and contract. Trey Baker is the President, Brooke Salsman is Vice President, Natalie Shadrick is Secretary, Shelbe Overby is the Public Relations Officer, and

Patrick Carroll is Historian. Mrs. Bowden is the head of the club. Drama club usually meets once or twice a month, and either meets in room 1504 or the auditorium.

**Book Club:** Book Club consists of students who love to read and who can do so at a fast pace. Book club usually one book a month or so. You can join this club by contacting Mrs. Rathgeber, the head of the club, at [Stephanie.rathgeber@mccracken.kyschools.us](mailto:Stephanie.rathgeber@mccracken.kyschools.us). Anyone who loves to read can join this club. Book club doesn't have officers, and runs on a flexible schedule that allows students to jump in and out depending on their schedules. They usually meet on Wednesday afternoons right after school.



**National Honors Society:** NHS is for top academic Juniors and Seniors who want to be involved in their community through community service. They participate in many community service projects including helping at elementary school fall festivals, ringing Salvation Army bells, and making Christ-

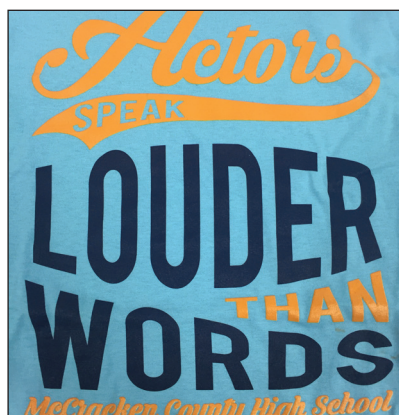
mas cards for teachers and other faculty. To join you have to fill out an application plus an essay, with a minimum of a 3.5 GPA. This club is for Juniors and Seniors with a 3.5 GPA. Officers include Hannah Newberry as President, Maanasa Manchikanti as Vice President, Donovan Lewis as Secretary, Caleigh Propes as Treasurer, Jacob Weitlauf as Historian, Emily Perry is in charge of social media, and Margaret Emmons as Voluntary Hours Secretary. The head of the club is Mrs. Forney-Hantle. NHS meets in Mrs. Forney-Hantle's room every first Tuesday of the month and they meet for about 30 minutes.

**Mustangs on a Mission:** Mustangs on a Mission is a club with a goal to act as the hands and feet of Christ to serve in our community and around the world to help wherever it is needed. It is headed by Allie Housman as their president and Lexie Brinly as their teacher sponsor. They meet Mondays and/or Tuesdays in Brinly's room. You have to watch for reminds because it

does change. Joining is super easy! Just sign up for remind 101 and come to a meeting. (text @ahous to 81010)

**Y-club:** Y-Club is a part of the Kentucky YMCA's Youth Association that offers a wide variety of opportunities for students looking for anything from leadership training to community service, road trips to mock governments, and all in between. The primary service opportunity in the Y-Club is the Y-Corps program which offers a cumulative 80+ hours of community service for participants. Meetings are irregular and timed to match conferences, but all updates on meeting dates can be received by texting @3ef2g to the number 81010. Questions can also be directed to 2703662390!

**HOSA:** HOSA is a Career and Technical Student Organization (CTSO) focused on enhancing the classroom experience for students in Health Science and Biomedical classes. Any student who plans to pursue a career in healthcare can benefit from being an active HOSA member. HOSA members volunteered at the Alzheimer's Associa-





tion Memory Walk in October. We have raised money to donate to Breast Cancer Awareness by selling bracelets. HOSA sponsored an organ donation in affiliation with Kentucky Organ Donor Affiliates (KODA) to increase awareness of the need for organs in our state and to provide people with the opportunity to sign up to be an organ donor. Anyone can join HOSA, you do not have to be enrolled in any particular classes. Additionally, students who have been active members for a number of years are eligible for a HOSA cord at graduation. Meetings are typically held once a month before school in room 2207.

**FCCLA:** FCCLA is for students either enrolled in or taken in the past an FCS course. Teacher sponsor's include all FCS teachers: Heath, Williams, Riley, and Nance. The officers are Madison Vaughn-President, Kaitlyn Guthrie Vice President, Gabi Quintenilla, Lauren Stokes, Sarah Metcalf. This year's project was "Dress a Girl" We made dresses for the El Salvador mission trip. FCCLA meets once a month before school in the culinary room.



**GSA:** Gay - Straight Alliance Club (GSA) is a club available for all races, creeds, and sexualities to help make our school a more comfortable and inviting place for all gender

types. Although GSA has not yet participated in any community service projects the club is working towards getting more involved. Anyone can join as long as you show support for other, the club would be happy to have you! If you have any questions contact any of the officer or Miss Shidal. President: Xzaiviar Reeder, Vice President: Raegan Archer, Secretary: S.Laney Yancy. All meetings take place in Miss Shidal's class every third Thursday of every month. Come show your support and join the fun!

**FBLA:** Future Business Leaders of America (FBLA) is a club for students wanting to learn about business, volunteer and integrate with the community. FBLA students also compete against other students in one of over 100 competitive events. FBLA also is involved with a wide variety of community service opportunities from rebuilding homes with Midtown Alliance to hosting Valentine's Day parties for local elementary schools. Anyone is eligible to sign up, members sign up every year at the start of the school year, only requirements is your FBLA dues, this allows you to participate in any service projects, compete in an competitions and an FBLA t-shirt! If you have any questions ask Mr. Mungle or Mr. Adams or any of the following officers. President: Caleigh Propes, Vice Presidents: Emily Neckel and Barton Christmas, Secretary: Taja Priddy, Treasurer: Alli Germain, Reporters: Hannah White and Boston Hicks, Historians: Henny Ransdell and Sydney Montgomery,

Parliamentarian: Ellie Neckel. Meetings are held every third Wednesday of the month. Be sure to join the fun at the start of next year!

**Comic-Con Club:** Comic Con Club is for students interested in Superheroes, Supernatural, Star Wars, Comic Books, Cosplay, etc. The club had not participated in any community projects yet they brainstorming ideas and eager to have new members to help. The club is always ready for new members, welcomed at anytime. All you must do is show up and have a great fun time. The Comic Con Club has participated in many fun activities such as a lock in movie and game night at the school, scaven-



ger hunts, attend a Comic Con every year. Students or teachers may join, for any information or questions ask the following officers. President: Lauren Ramos or Miss Blanton. The club meets every other Wednesday after school in the cafeteria from 3:15 to 4:30. Come join the fun!



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# Sleep Schedule

**By Parker Lyon**

Messenger Reporter

Over the break it seems like the best thing to do is stay up until 4 in the morning and watch Netflix. That's all great and everything until you have to go back to school. When students go back to school they usually find it hard to get back on their sleep schedule. But all you know is not to drink caffeine before bed. But, there are better tricks to getting your sleep schedule back.

First, try some supplements that make you regulate your sleep patterns such as melatonin. Melatonin is a natural supplement that helps regulate sleep patterns. From experience the most effective seems to be the melt in your mouth ones. But if that doesn't work try and relax yourself at night by taking a warm shower, also stretch and relax your muscles. If all that fails, because you're probably still used to staying up until 4 in the morning watching netflix, you may try some breathing exercises. It seems that most of these don't work but, one seems to be very helpful.

First, you breathe in your nose for 4 seconds, then you hold your breath for 7 seconds, then you breath out of your mouth for 8 seconds. According to CNN.com, "Trying to score some extra zzz's by going to bed at 8 p.m. is a recipe for disaster. "If you aren't sleepy, your body won't settle down," says Dr. Kennedy. And according to Professor Ancoli-Israel, your sleep will actually be worse the longer you stay in bed. "Eight hours of sleep is more efficient than nine to 10 hours in bed," she says." Also try not to think about sleeping, you don't fall asleep if you're focused on sleeping.

A big reason some people can't get to sleep at night is because they take long naps during the day. A solution is to take a long power nap. Not to

long but long enough to get an energy boost to make it to the end of the day. Also make sure you are in a cool or comfortable environment. Scent your room with lavender. Lavender smells great, but it also calms your nerves. Listen to music, studies have shown that classical or music that has 60 to 80 beats a minute helped put you to sleep. 2 hours before you plan to go to sleep start winding down, don't watch a lot of t.v. and don't be glued to your phones.

Hide your clock. According to CNN.com "Repeat after us: "I must stop staring at my clock."

You could be waking yourself up even more, says Professor Ancoli-Israel. When you're constantly checking the time, you're putting pressure on yourself and creating a more stressful environment. Plus, Dr. Kennedy points out that your phone can suck you back into daytime stressors with every text, email or app notification. If you need to use your alarm clock or phone to ensure you rise on time, put it under the bed or in a drawer so you aren't tempted to glance at it every five minutes."



# Naps Can Improve Your Proformance

**By Leah DeRossett**

Messenger Reporter

As a nation, the U.S. has become more and more sleep deprived throughout the years. Humans are referred to as monophasic sleepers, meaning we divide our days into two parts; one part is for being awake, and the other part is for sleeping. Most other species of mammals are polyphasic sleepers, meaning they

sleep in periods of time

you prepare a nap for yourself before you start to feel drowsy. This comes in handy when you know you're going to be awake for longer than your body is used to. Habitual napping is when you plan a certain time period everyday that you dedicate to napping. Perhaps it's scheduled for when you get home from school and ended when dinner is ready. Emergency napping is used when you suddenly get tired but you know you need to stay up later. For example, if you're taking a road-trip and you're driving, you could pull over to take a short nap and refresh yourself to prepare for the rest of the drive. Or if you know you need lots of time to finish a project for school, you could take a short nap and stay up later than you usually do.

There are businesses that exist that have rooms dedicated to naps for employees. Google headquarters has a room full of "sleep pods" where employees can go to take a short nap. The walls of the pods are soundproof, so nothing can disturb your nap. The headquarters of Ben and Jerry's also has a nap room for the employees there. They claim that "a happy employee is a productive employee," and what could make a person happier than a nap?

The benefits of taking a nap are endless. Naps can restore alertness, enhance performance, and reduce mistakes in work. A study at NASA on sleepy military pilots and astronauts found that a 40 minute nap a day improved performance by 34% and alertness by 100%. Not only can a nap improve your performance, but it will also cause you to feel rejuvenated and relaxed. If you suffer from a stressful school day, taking a nap can help wash all your worries away. So work some time into your busy schedule for a 30 minute nap, and watch your days turn from tiring to relaxing.

throughout the day. Because of our busy schedules, Americans often can't find time in their busy schedule to take a nap. Sometimes a nap can cause us to wake up feeling groggy and even more tired, but that is because we get carried away and lose track of time while we're napping. It's been scientifically proven that a 20-30 minute nap each day can improve a person's well-being. Just a short nap a day can improve our moods, alertness, and performance in everyday functions such as work and school. When John F. Kennedy was president, he often took 30 minute naps after his lunch. A stressful lifestyle often calls for at least 30 minutes of solitude and silence.

There are three types of classified naps: Planned napping, Habitual napping, and Emergency napping. Planned napping is when



# Mustang Madness

**By Parker Lyon**

Messenger Reporter

This year the tradition of Mustang Madness continued with the 3rd annual Mustang Madness Tournament. Some of the same teams returned, but there were a lot of new teams involved including Prolific Prep, Athletes Institute, Huntington Prep, Word Of God Academy, and many more! As for players, there were many nationally ranked players that attended the tournament with their teams including No.3 Josh Jackson. According to ESPN, he is a 6'7" small forward from Prolific Prep and is not sure where he wants to play ball after high

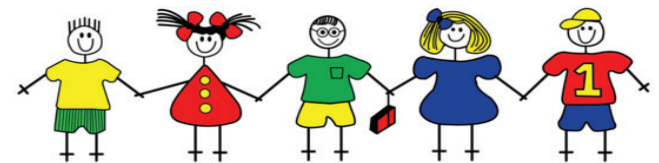
school at this moment. Lots of excitement comes from the big man, Thon Maker, he is 7'0" and from the Athlete Institute Basketball Academy in Orangeville, CA. Thon has played in multiple Mustang Madness tournaments. He is still undeclared for college at the moment. Rawle Alkins is a 6'4" small forward from Word of God Christian. He is ranked no.15 in the nation, according to ESPN. Rawle has not said his plans for after high school yet. We have some players coming to the tournament that have declared where they will play ball after high school including, Miles Bridges 6'6" small forward who has committed

to Michigan St. He is ranked no.10 by ESPN. He goes to Huntington Prep. Also we have Terrance Ferguson, Terrance is a 6'5" shooting guard from Advanced Prep International. Nationally he is ranked 10 and he has committed to the University of Alabama. Curtis Jones is a 6'4" shooting guard, ranked no.55 and he committed to Indiana. In the past, this tournament has hosted many big names in basketball including Tyler Ulis. Today Tyler is UK's starting point guard and is leading the Cats to many victories. Also, the head coach of the Kentucky, John Calipari, has attended this tournament to scout

out future wildcats. I have only scratched the surface of the many talents who have attended this tournament, there were a lot of great players from the class of 17 and 18. Not only did teams from all over the nation play but our very own Mustangs (boys

and girls) played 2 games! It was a very great year of Mustang Madness. It will be very exciting to see what this tournament has to hold in the future.

WHERE MUSTANGS BEGIN



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# Entertainment

## Star Wars: The Force Awakens

**By Patrick Carroll**

Messenger Reporters have been anticipating this film's arrival since it's announcement in October 2012. Whenever I witnessed disappointment after disappointment such as Jurassic World or Avengers: Age of Ultron, there was always the bright light at the end of the tunnel that would be Episode VII. I'd watch the trailers for The Force Awakens and instantly my daily worries and troubles faded into a kind of excitement only Star Wars can get out of me. The Force Awakens was going to be the highlight of my year. So, was it? Did JJ Abrams recapture the magic and imagination of Star Wars or crafted an all new, astonishing adventure that the fans could celebrate for years to come?

The Force Awakens sees a large array of new characters to the Star Wars galaxy, including Daisy Ridley as Rey, the scavenger from desert planet Jakku, John Boyega as the fugitive stormtrooper, Finn, and the hot-tempered, new baddy, Kylo Ren played by Adam Driver. The cast takes on the heavy task of bringing fun, new characters to the franchise, put in charge of vehicilling the new trilogy and they each do an exceptional job. Driver and Ridley in particular pulling in the film's most memorable and compelling performances. Episode VII's story is where I personally find fault. It's basically an amalgamation of material and story bits from the other Star Wars films. A droid storing crucial information that ends up in the hands of our hero, a

character stuck on a barren, desert planet. A horribly scarred, supreme leader pulling strings from the shadows. A spherical super weapon with a trench that a fleet of X-wings must destroy. These are but a few of the similarities.

When you see there's a new trilogy of Star Wars movies planned, led by some of Hollywood's best talent without George Lucas's involvement, you can't help but be excited. You imagine all new stories with bright and engaging characters, like those that captured the imaginations of fans such as yourself at such a young age. So, when The Force Awakens ends up being a remake of A New Hope like the many unoriginal rehashes Hollywood pushes out simply because they're too afraid to

take risks and know what makes money, you can't help but be disappointed. Disney or JJ Abrams or whomever knew they had to at least get this first movie right knowing Star Wars fans are hard to please and unforgiving. So they took the easy route, not taking any chances or creative risks, which is exactly what the original Star Wars was all about. In short, The Force Awakens is well-made on a technical standpoint with dazzling special effects, however, I believe George Lucas got it right in a recent interview about the film: "I think fans are going to love it. It's very much the kind of movie they've been looking for."

My grade: B.

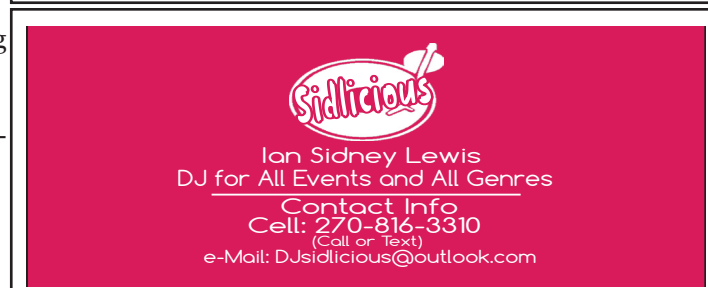


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# February Movie Preview

**By Preston Vasseur &  
Adam Sims**

Messenger Reporters

## **Hail, Caesar! (Feb. 5)**

The latest release from Joel and Ethan Coen (The Big Lebowski, No Country For Old Men), Hail, Caesar! follows a Hollywood studio employee in the 1950s and his attempts to navigate the increasingly-ridiculous dilemmas of the resident movie stars. Caesar! can't be missed as it boasts possibly the best cast of the year (George Clooney, Channing Tatum, Scarlett Johansson, Ralph Fiennes, and more) as well as being helmed by one of the most consistently great writing and directing teams

of our time in the Coens. And while it may not ascend into the upper-echelon of the brothers' work, the film should still provide plenty of laughs as well as a nostalgic look at Old Hollywood.

## **Deadpool (Feb. 12)**

Certainly one of the most interesting superhero movies slated for this year, the Deadpool movie has the promise of being an R-rated, more self-aware comic book flick. Ryan Reynolds first played the role in the poorly-received 2009 X-Men spinoff X-Men Origins: Wolverine, but the character is being rebooted in this unrelated film. Director Tim Miller's only other directing credits

are two short films released more than a decade ago, so he can't be called tried and true just yet. Trailers and clips released so far have fans excited, though perhaps cautiously so.

## **Zoolander 2 (Feb. 12)**

Zoolander 2 follows Anchorman 2 and Dumb and Dumber To in the tradition of comedy sequels being released years and years after their beloved predecessors. The first Zoolander was released in 2001 and had the distinction (and misfortune) of being the first comedy film released after 9/11. It grew into a cult classic, and director/co-writer/star Ben Stiller has been talking about a fol-

low-up for years. Stiller will return to direct, and for the writing he teamed up with Justin Theroux (co-writer, Tropic Thunder), Nicholas Stoller (director, Neighbors) and John Hamburg (original Zoolander co-writer). It would be a surprise to see that team disappoint, and Stiller's efforts at directing comedy have usually been solid.

## **The Witch (Feb. 26)**

When The Witch debuted at the Sundance Film Festival in 2015, critics lauded it as one of the most genuinely frightening films in recent memory, and anticipation has only grown since then. Following one family's

encounter with witchcraft in New England in the 1630s, this film seems to also have the substance to back up its horror with raw looks at religious indoctrination and the family dynamic. While appearing more mature and possibly less accessible than your typical Hollywood scary movie, The Witch promises to be wholly unnerving and should appeal to most serious fans of horror.

## IMAGINE THE DIFFERENCE 5 POINTS CAN 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

"My son Preston had a positive experience working with Sylvan on his ACT. They were especially accommodating in working around his schedule and working in his specific area of need (science) and helped him to increase his score 5 POINTS in science." —Melinda Vasseur, McCracken County Parent

**Classes for the April ACT begin March 14. NEW ADVANCED READING SKILLS class begins April 11.**



# The Rebirth of the Western

**By Preston Vasseur & Adam Sims**

Messenger Reporters

In the 1940s through the 1960s, the western genre was the most popular in Hollywood. Director John Ford's westerns were the superhero blockbusters of their day, and classics such as *The Searchers* and *The Good, the Bad, and the Ugly* are still considered some of the greatest films of all time. But something curious happened in the 1980s and '90s. The western genre started to dwindle, and the modern blockbuster's ongoing dominance began. Beyond Clint Eastwood's 1992 old-school western callback *Unforgiven* and the infamously bad Will Smith vehicle *Wild Wild West*, this period is largely devoid of the genre.

The new millennium was even harder on western films. Films like 2010's *Jonah Hex* and 2011's *Cowboys vs. Aliens* disappointed at the box office and failed to impress critics. It looked as though the cowboy picture had died with John Wayne in the 1970s. But 2012 saw a surprise victory for the genre when Quentin Tarantino's brutal, R-rated spaghetti western *Django Unchained* was released in December of that year. *Django* accumulated two Academy Awards and walked away with \$425.3 million at the global box office. The western genre had a blockbuster hit again.

Although *Django Unchained* seems to be the clearest turnaround point for westerns in Hollywood, it took a few years for the effects of its success to take hold. Less than a year after *Django*, Disney felt massive failure with their mega-budget July 2013 western *The Lone Ranger*. If it hadn't been already, this seemed to seal the western movie's fate, and *Django* looked like a fluke.



Fast-forward to 2015. At the Sundance Film Festival in January, John Maclean's *Slow West* premiered and began what would be a remarkable year for the western

genre. That film was followed by *Bone Tomahawk*, which debuted in October. By the end of December, two huge westerns were playing side-by-side in theaters: Tarantino's *Django* follow-up *The Hateful Eight* and Alejandro González Iñárritu's *The Revenant*. Both have been enjoying positive reviews and awards buzz, with several Golden Globe nominations already given to each. Several westerns have already been

slated for 2016, most notably the Chris Pratt-led *The Magnificent Seven*, which will be here in September.

So why, after the decades-long decline of the western,

entential director of the generation, has almost single-handedly revived them. The real answer, however, could be deeper than this. The western genre has always been intertwined with American history and morals. A touchstone of western themes is the idea of the Old West meeting civilization. *The Searchers* tackled America's history of racism. *The Wild Bunch* featured the idea of an increasingly-violent youth. And this year, *The Hateful Eight* contemplates a warped sense of justice and has been identified as one of the most politically relevant films of the year. The revival of the western hinges on this focus on morality. Audiences have to eventually grow tired of superhero movies, and the faster DC and Marvel produces them, the sooner this fatigue will come. It may be too soon to call, but something has to fill the box office hole of capes and tights when the genre's demise comes, and this is where the western just may be able to thrive again.

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# Humor

## Bears - A Very Real Threat

**By Kevin Dawes**

Messenger Reporters

There are many dangers in society today, but I think we become so focused in our everyday lives we forget about the day one threat to us all; bears. Bears are wild animals that ravage the wilderness. They inhibit and spark fear in anyone or anything standing in their path. Bears look deceptively fuzzy and cozy but will not hesitate to stand their ground and attack with such an uplifting velocity that you will be stricken down to the ground lying there as cold as the ground beneath you.

Panda bears are really just ninja bears. Being black and white makes them easy

to spot, but take that as a warning from God to go the other way. Who even knows all the weapons a Panda bear may have on them. Pandas are always eating bamboo and I want to know why. There's no scientific research on why Pandas pig out on bamboo so much, but I believe it's because they need a tube to blow darts through in any given situation. Some Pandas are even

highly trained in the martial arts, becoming a Kung Fu Panda. Bears are about as reckless as it gets, and I know Dwight Schrute would back me up on this. Never run from a bear. A bear can move at 40 mph which is like 50 yards in 3 seconds. Don't climb a tree to escape from a bear either because they can climb trees too. Grizzly bears have a bite force of over 8,000,000 pascals, which is easily enough to crush a bowling ball. Bears also have a very strong sense of smell. They are actually thought to have the best sense of smell of any animal on Earth. A bear has sense of smell 7 times stronger than a blood-

hound, so they know

you're there before you know they're there.

My best advice to you if you encounter a bear is to immediately pray, call your loved ones, and make a final tweet because you're more than likely in



## Taco Johns; A Review

**By Christian Cathey & Kevin Dawes**

Messenger Reporters

Taco John's is one of the most respectable Mexican fast food restaurants. Taco John's cares about its employees. Because of this, the employees craft some of the world's best Mexican food. On Wednesday night, The Elite Fine Dining Task Force indulged themselves into some high quality tacos. Test by test, Taco John's was reviewed intricately and intensively and came out to be a 5-star dining experience. This being much, much higher than its inferior rival, Taco Bell.

The staff of Taco John's absolutely love their jobs and you can tell it by the kind-hearted smile on their faces while they take your order. From there, the cashiers personally hand off your order to the magic makers. That is the beginning of the journey for the food that in the near future will soon fully satisfy and extinguish your hunger. You may have to wait a near 2

minutes max to receive your food. But worry not fellow reader, after the magic has been made they will personally hand deliver it to you if requested. The

only thing employees care about at Taco John's is the smile that surfaces upon your face when you take that first bite. Once the magic has departed the employee's hand, it is up to you what you do with or to it.

Now on the menu, it of course has the classic hard shell or soft shell taco. The researchers at Taco John's have done extensive and dynamic experiments to craft the perfect taco, as well as flavor combinations. From there, they have fully and successfully expanded from the original hardshell and softshell taco. Along with that, Taco John's also offers quesadillas, nachos, potato olés, wings, churros, as well as many other artisan foods. The Elite Fine Dining Task Force has never eaten at a Mexican restaurant so good that it fulfills every need of the customer.

At this visit, we indulged ourselves into some classic tacos and wings, with a side of potato olés with nacho cheese. Now after dining many times our lives have been forever changed. This visit, to be exact, truly changed the game for fast food overall. This experience has been the best experience for us yet. What really enlightened our taste buds were the wings. These wings fully compete with many other high class wing franchises, such as Wingstop or Buffalo Wild Wings. Little do the commoners know, Taco John's wings are at an elite level of Wingetry. These wings could honestly take the forefront of best wings for 2016.

Overall, eating at Taco John's is a gift to life that we will never take for granted. Taco John's definitely treated us very well with the most respect that we have ever received, all the way from customer service to flavor satisfaction.







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