

Cardinal News

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EDITOR: ASHLEY SMITH

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Kindness Spreading Across WCHS

By: Adysen Orr

“Kindness costs nothing but means everything.” This is the motto for the newest addition to WCHS-- the Kindness Club. Inspired by various students who attended a similar club in middle school, it was created for the student-based opportunity to spread kindness throughout the entire school and community. The club idea officially began when several students were shocked that love between students did not seem to continue up unto their high school years. Fueled with this passion for students and well being as a whole, these same individuals sought out sponsors to turn their dream into a reality. This is where Danny Shelton and Shawn Morrow come in, forming an overall club and working to make a difference.



So far this year, the club has had various Thursday morning meetings in the auditorium and have discussed roles and responsibilities to divide amongst the members. This year's club president is Gracie Mann, followed by vice president Haylee Huff, and secretaries Maddy Hughes and Lovisa Wolfe. Each of these individuals

have proudly taken on their roles and are working to take action and do good deeds where it once seemed impossible.

Anyone who wants to can join the club, even just for a volunteering experience! The club will gladly accept any members willing to put forth their best effort to work for change. They strongly encourage all who feel led to come and donate a little of their time to a far greater cause and an even greater effect. If anyone is interested in joining, there will be meetings every club day at the end of the month during 6th period to look out for and show support for!

Such things currently in the works for this club are helping staff clean up the lunchroom after students leave, cleaning up after football games, and greeting people as they come inside in the mornings. There are potential fundraising opportunities in the works to be looking out for in the future as well! Also, club members have posted messages around the school encouraging students, making sure no matter where they may be, they can always remember to be kind and show love throughout the day. This club has already made a tremendous impact around the school and in those who have been affected by it, with the results sure to continue as the club grows throughout the school year!



Flu Vaccines Available in Nurse's Office

By: Madelyn Frogge



The seasons are changing from summer to fall, and the ever-dreaded flu season is officially upon us. For the next seven or so months, students and faculty alike will be battling the flu. The Wayne County High School nurse's office's solution to this is the flu vaccine. Health professionals believe that receiving your flu shot in the month of October is the best way to get the optimum amount of protection from the virus during this school year.

This is just one of many vaccines the Healthy Kids Clinic offers. A list of the most common vaccines offered includes Diphtheria, Tetanus, and Pertussis (DTAP for children and TDAP for adults), Tetanus and diphtheria (TD), Hepatitis A, Hepatitis B, Haemophilus influenzae type b (HIB), Meningococcal (ACWY), Measles, Mumps, and Rubella (MMR), Pneumococcal (PCV), Polio (IPV), and Varicella for chickenpox. These vaccines are offered to all students and faculty in the district, and for the first time, all members of the

community are eligible to receive them as well.

Nurse practitioner Rebecca Albright says, “I encourage students to get vaccines to prevent contracting the diseases that the vaccines are developed to prevent.”

More information is available at <https://www.cdc.gov/vaccines/hcp/vis/current-vis.html>



FALL BREAK IS NEAR!

October 9th-October 13th

With Fall Break approaching, WCHS urges you to be careful minded over your break and remember to take of yourself and those around you! We can't wait to see you after break!

Incoming: It’s Fall Y’all..

And that Means Fall Break

By: Eryka Criswell

As fall break is quickly approaching, students here at Wayne County High School are becoming more and more eager for their long awaited vacation to arrive. The 2023 fall break will begin on October 9th, and conclude on October 13th. During this week there will be no Cardinal News or Cardinal Opinions, as your newspaper producers and opinion writers will be out enjoying their weeklong vacation as well.

Students here at the high school are eagerly anticipating fall break. Sophomore Khloie McGuire says, “I’m happy for fall break because of my sixteenth birthday and a break with my family.”



You may be thinking, “What are some things I can do over fall break?” Well, we are glad you asked! There are many different activities you can partake in over this week-long break from school. First and foremost, you can sleep in. It is scientifically proven that more sleep has many different health benefits. Some of which are improved moods, productivity, and mental health, and restored energy and immunity.

If you happen to be a senior, something else you could do is study for the upcoming ACT retake that will be on October 17th, which is the Tuesday we return from fall break. Yes, this may not sound like the ideal way to spend a vacation from school, but it is quite the beneficial and productive way to spend your fall break.

Auto Mechanic Class for Girls

By: Mya Aguirre

On Tuesday, September 19th, a group of WCHS girls signed up to learn more about how to successfully maneuver around emergency situations on the road.

During an event hosted by the Wayne County Area Technology Center, they were taught how to change a tire, check a car's oil level, how to jump a car, and how to check tire pressure.

Mr. Mark Burke, Auto

Mechanic Teacher, and ATC Principal Mr. John Kinnett are to be commended for giving female students at WCHS hands-on experience with the cars.

Additionally, student volunteers from the auto mechanics class such as Callie Jones, Justin Vaughn, Simon Lee, Lovia Wolfe, and Miles Parmley shared their knowledge, time, and patience with all the participants.



If neither of these apply to you, perhaps you can soak up the fall ambiance by grabbing a pumpkin spice latte from Happy Hoppers, or even trying the new pumpkin spice flavor frozen yogurt at Julie Jo’s Froyo. While you get some froyo, you could also stop by Main Street Books and pick up a spooky book to read. Or, if you really want to feel the fall festivity, you can go up to Somerset and visit Bear Wallow to partake in various fall activities. While you happen to be in Somerset, you may even stop by the theater and watch a new movie.

If you would like to support the school and football team, there will also be a home football game you can attend on Friday October 13th. The theme for this game is pink-out, so wear your pink in support of breast cancer awareness month. Also, the school is selling pink pom-poms in support of breast cancer awareness, you can bring these pom-poms to the pink-out theme game as well. These pom-poms are two dollars, and you can purchase them in any math teacher’s room or in the library.



Auto Mechanic Class Continued.

Youth Service Coordinator Audra Branscum was also instrumental in giving the girls the opportunity to learn more about their cars and providing Safety Car Kits to each participant.

Hopefully, there will be more lessons to come as this is a very beneficial program for WCHS students. If anyone is ever interested in joining one of these lessons, they should contact Audra Branscum through email at audra.branscum@wayne.kyschools.us.



WCHS Girls are shown how to jump a car using jumper cables.

WCHS Attends SCC College Fair

By: Ashley Smith

Thankful for our counselors here at WCHS Mrs. Tiffany Bertram and Mrs. Elizabeth Miller, the Senior class got to travel up to Somerset Community College, Friday 29th, to see what kind of trade school programs and associate degree programs they offered to the new students arriving in the fall. The SCC College Fair not only was a great break from school but also showed how much more SCC has to offer than just the basics of college.

Many colleges sat up booths in the SCC meeting room to discuss tuition, degrees, and training programs they offered at their particular college. Each representative was very kind and super informative with what information they gave to not only the students attending from Wayne County, but also Pulaski, Russell Springs, Clinton, and Nancy.

Some of the programs that Somerset Community College specifically offered that are also offered here at the high school were automotive, industrial maintenance, and welding.

The automotive portion of SCC took great detail into showing their students how to maintain ,work on, and understand the workings of a motor in a vehicle.



They had a makeshift “study car” the professor called it, that allowed students to get up and personal with the mechanical aspect of vehicles and showed how the electrical and

mechanical systems work to help make the performance of the engine better.

The industrial maintenance program was very interesting because it showed how dangerous heavy machinery is in the work field. For example, the professor said “The lathes are so dangerous even the cuff of your shirt can get you killed.” His program specifically teaches people how to safely and properly use the equipment.



The welding program was the most interesting out of all the programs that were shown at the college fair.



The students visiting got to see how much strategic detail it takes to make a perfect welding line or the many, many safety precautions the welding students must take in order to not injure themselves or impair their eyesight. The professor said, “We always make sure our welders have the right equipment and clothing because you don’t want to burn yourself with 7,000 degrees of fire coming out the end of that there torch.” One of the skills the welding students are working on is perfecting their line work so they can then begin working on larger, more independent projects.