

Cardinal News

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ONE SECTION

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Junior Conservation Board

By: Adysen Orr

Wayne County's Junior Conservation Board is made up of various members who are passionate about preserving the environment. These individuals are in charge of keeping the county clean, as well as teaching the younger generation ways to keep their environment healthy for years to come. In charge is Diane Cushman, followed by president Madelyn Frogge, vice president Jaylianne Smith, and reporter JJ Spencer.

In the past years, the Junior Conservation Board has had the privilege of teaching several lessons to elementary school students about the importance of the environment. They take part in a yearly butterfly project, where students get to take a caterpillar and watch it grow into a butterfly, then release it back into the outdoors. This teaches children about why every part of nature is vital to success and why they, too, should consider keeping the world they live in safe. This event takes place each year in late September to early October, having just occurred this year as well. Along with this, members also have the opportunity to help children with rock paintings and pumpkin carvings throughout the year. These are only a few of the great things the board does to help the next generation of children understand how important the environment is and how vital it is to keep it alive.

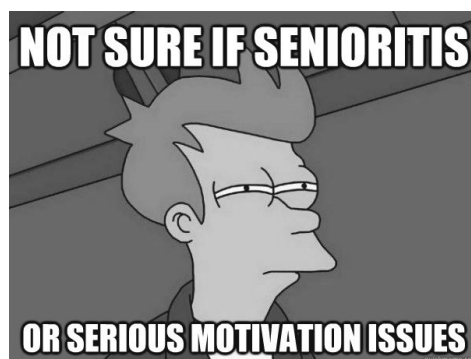
Recently, junior members also participated in a Lake Cumberland Cleanup. Students got to the lake at 8 AM and worked through the morning to pick up trash and debris that was dirtying up the area. Vice President Jaylianne Smith made the comment, "I'm so happy that I could do my part in keeping Lake Cumberland beautiful," when asked about her role in this event. Similar to this, members also are involved in various community trash pickups throughout the year, constantly making a difference in any chance given. Something else to make note of is the fact that Junior Conservation Board members take part in an Envirothon each year. This is a competition held with five different categories consisting of current issues, forestry, wildlife, aquatics, and soils. It is a great leadership and learning opportunity for each student, allowing them to work better together overall and for this county that they represent.

If any of this information is something that sounds interesting and appealing, each member strongly encourages you to show up and support! Meetings are held every Monday at the USDA office and are a great way to join and start taking action in your community.

Senioritis is Taking Over

By: Jaylianne Smith

Every year, a new wave of seniors are ready to take on the school year. However, there is a phenomenon, known to many as Senioritis, that occurs very frequently among students, causing them to struggle with a decline in motivation and quality of their performance. Seniors everywhere may be left stranded, trying to find the motivation to complete their schoolwork or to even come to school.



This phenomenon can be seen even in our own school. One senior, Madelyn Frogge, said, "In the past I've had a really hard class load, but now I can hardly get myself through one college class." Many others can relate to these same feelings and struggles, but they do not know what causes this or how to overcome it.

There are several different reasons why this can happen to students. It can be caused by new responsibilities, having to adapt to changes, or even burnout. During their senior year, students are in an important time of their lives where they will soon have to start making big decisions, and this can be a very stressful matter, when these decisions can dictate a person's life. Students may also be struggling with life as they've known it coming to an end and knowing that, soon, everything will be changing. Students may be more

likely to overload themselves with activities in preparation for the future, and find that it is too much for them to handle.

If a student is struggling with any one of these issues, they might find themselves in what they see as a futile battle, unable to overcome their lack of motivation. However, there are methods that can be taken to ease the struggle.

First, a student should identify their goals. This is important because students may feel overwhelmed by all the expectations put on them, and this can help to ease an unnecessary load, making the path they need to take more clear.

Another important step to take is to celebrate small victories. Some students may feel that they are already behind, or that they are not giving their best, but they should never expect themselves to be operating at 100% all of the time. This takes pressure off of students, and allows them to be happy with what they've accomplished instead of focusing on what they have left to do.

Lastly, students should allow themselves to take breaks. This is important in preventing burnout, and being able to step back from work allows a person to be able to look at it with a fresh attitude. Knowing when to take breaks and have time for yourself is an important skill that a person will use all throughout their life.

Knowing how to balance difficult work loads or burnout can help students get through their last year of high school, but they can also help them in the future. If seniors put in the effort and take these measures, they will be able to have a much more successful year.

HOSA Partnering with Donate Life KY

By: Ashley Smith

HOSA, a club here at the high school, has partnered with Donate Life KY to bring awareness and hopefully encourage communities to register as a donor to help save a life in desperate need of an organ. Many people depend on these courageous acts of donation to help put an end to a lengthy fight of illness and in all cases, save their life. Anyone that a person might know in their lifetime could potentially be in need of an organ donation in their future.

A statistic from the Donate Life KY website said nearly 22 people die everyday waiting for an organ transplant. 114,000 people are currently waiting for a transplant, every 10 minutes someone is added to the waiting list, and more than

1,000 Kentuckians need a lifesaving organ transplant.



These numbers could be drastically decreased by simply registering as an organ donor when a student here at WCHS gets their learners permit or intermediate, with parental permission.

October 31st!
DEADLINE!
Baby & Senior



Photos



Via e-mail or in person to Mrs. Frye.

Good Student: Amelia Ramsey

By: Olivia Thompson

Amelia Ramsey is the perfect candidate for Wayne County's Exceptional Student Spotlight.



Amelia Ramsey in Her JROTC uniform

She is a senior in high school and involved in many college level classes where she makes good grades and puts forth great effort in her studies. Amelia is on the homecoming court as well as an elected member of student government. She is involved throughout the school in various clubs and sports such as volleyball, where she was awarded the Queen of the Court award in August and is even nominated for Athlete of

the Year. She is also a member of the archery team, as well as JROTC where she is the Battalion Commander. With this position, she is in charge of the staff of JROTC and she plans events for the organization.

Outside of school, Amelia is a member of this year's Junior Ambassadors Program with the Chamber of Commerce where she will be involved in many community service projects. Amelia went on the RECC Washington Youth Tour and was even featured on the cover of Kentucky Living magazine and has a quote in the article on the trip! She is an active member of her church, Oak Grove, where she is on the building and grounds committee.

Amelia is a great student and a great friend! Keep up the great work Amelia! If you would like to nominate a student for the next spotlight, please email Olivia.Thompson@stu.wayne.kyschools.us with the student's name, school, and why you would like to nominate them!

Butterfly Release

By: Amelia Ramsey

On September 29th, The Wayne County Junior Conservation Board hosted a "Butterfly Release" at Monticello Elementary for 3rd grade students. This release involved butterflies that the 3rd grade classes raised since the caterpillar stage. At the release, The Wayne County Conservation Board used a "Butterfly Box" to demonstrate how butterflies survive in the wild.



The Wayne County Junior Conservation Board tagged each butterfly before releasing them. These tags contain a website link to allow the students to track their butterfly's journey. The butterflies are now making their way to Mexico, where they will lay eggs. Once the eggs hatch and grow into butterflies they will then fly back here and the cycle will continue.



This "Butterfly Box" contained chrysalis, hatched butterflies, milkweed, and flowers. A chrysalis is an enclosed hard case that protects a moth or butterfly while it is turning into an adult. Milkweed is an important food source for many pollinators, including Monarch Butterflies. Flowers provide butterflies with food and shelter. For example, butterflies lay their eggs on the underside of leaves to give them shelter and protection, caterpillars eat the leaves, and butterflies drink nectar and sometimes pollen from flowers. As you can see the "Butterfly Box" was an Important demonstration for the students to better understand the Butterfly Life Cycle.



The Monticello 3rd Grade Students felt strongly for these Butterflies, after all they raised them since the caterpillar stage, so as you can probably guess this was an emotional moment for the 3rd grade students. The students even named each butterfly before releasing them. Some of these names included Milo, Spots, and Buttercup.

At the very end of the release, before setting the butterflies go, The Wayne County Junior Conservation Board put each 3rd grade class into a circle, with their arms outstretched, and placed the butterflies on their fingers to fly away. This was a fantastic learning experience for the 3rd Grade Class that not only taught them about the life cycle of butterflies but also how to be caring of creatures who live in our ecosystems.

THE HAUNTED CORN MAZE

Oct. 26th & 27th \$5.00 to enter

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