The Tilghman Bell

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Band of Blue makes school history

PT Andrew Katz

Paducah Tilghman's Band of Blue continued their historic season placing 10th in the state, the highest placement ever for Paducah Tilghman

At the KMEA State Marching Band Class 2A Semifinals on October 26, Tilghman's band made history. The event was hosted at Warren East High School in Bowling Green, Kentucky. The marching band is directed by James O. Gregory and this was their final competition of the season.



Photo from Facebook

The Tilghman band began in 1928 and began competing in the KMEA State Championships in 1992. The marching band reached the state semifinals in 1998, 1998, 2013, 2014, 2015, 2017 and 2018 before their achievement this year. The previous record was held by the 2018 band who placed 12th.

The band qualified for state by placing seventh at the 2A KMEA West Regional Quarterfinals. Along with their placement at the KMEA 2A State Semi-finals they also won first place at the McCracken County Music in Motion competition. They placed third at the Logan County Festival of Bands and at the Christian County Tournament of Bands.

"This year was special because of the hard work and dedication of all the band members and the leadership from this senior class was outstanding," Gregory said. "They set the tone for what the season was going to be like and one of our goals this year as a band was to make the top 10 at state."

Mr. Gregory also said the historic year could not have happened without the support from the PTHS Administration, the leadership of the class of 2019 and the boosters and parents of the PTHS Band of Blue. He also thanks his wife, Angela Gregory, for her sacrifice and support throughout their season.

Mackenzie Johnson (12) is one of the two drum majors for the band this season. Travis Trimble (12) is the other drum major, but Johnson is the only student conductor. She said Gregory is a great outsource for any type of help and always knows how to motivate the band. Lindsey Williams, the director of the Paducah Middle band, and Chris Loe, the percussion instructor, also assist the band throughout the year. Their teaching during the summer camp helps perfect the band for the school year.

"I spent music rehearsals with him [Chris Loe] and worked with the percussion," Johnson said. "He helped me fix many tempo problems and other general errors between the percussion and I. Ms. Williams is also there during band camp and always jumps in with the new marchers to help fix their body carriage or simple maneuvers."

Mr. Gregory said the great staff that helped the band throughout the year deserves a lot of credit. Along with Gregory, Loe and Williams the band receives help from Doug Van Fleet, Nicholas Beeny, Esther Julián, Nancy Page, Kelsey Miller, Audrianna Hughes, Chantelle Donelson, Alan Emerson, Jon Nash, Steven Page and Molly Stokes. They all work as instructors for individual sections like brass, flute, clarinet, saxophone, color guard, music arrangement and drill writing.



Photo from Facebook

With marching season coming to an end, the band will march in a couple local parades and will be at home football and basketball games. Johnson is extremely proud of the band for this season and how far they've come. This is the second straight year they have broken school records and she said the band will push even harder and keep breaking records next year. She said the chemistry and lack of tension within the tight-knit group is what made them successful this season.

"I'm proud of the different challenges and various changes we have overcome and how connected we are," Johnson said. "I am so grateful I've spent the last four years meeting the people who have become my family."

Tilghman student stars in upcoming Christian movie

PT Keiler Belt

Freshman Destiny Berry, has dreamed of being an actress since she was a little kid. It was her mother's love for performing that jump-started Destiny's own passion. Berry started her performing career at a young age in Memphis, where she starred in many school plays.

In 2016, an extraordinary opportunity arose when Peggy Garner, a college friend of her mother's called, seeing if the two had any interest in starring in a movie. Destiny was thrilled by the call and jumped at the chance to do so. The director, Garner, knew the love both Destiny and her mother had for acting. This motivated her to pursue the mother and daughter combo for her new movie "The Solution." This would become Garner's first full feature movie.

The two look remarkably similar, giving Garner the idea for them to play the same character but at different life stages. They took on the role of a main character, Mysterious, Destiny as a young girl and her mother as a woman. The movie was filmed and produced solely in Memphis, because Garner and majority of the cast are residents of the city. This resulted in Destiny and her mother making countless drives to Memphis after school and on the weekends in order to film. The movie was a four-year production, the crew began filming in 2016 and only finished up production this year.

On October 28, 2019, the movie debuted for one night only, in a Memphis theater. Garner created the movie to give an example of how people who come from a line of drugs and murder can find salvation and peace in God. Garner wants this movie to be a discipleship to those who need it most. Destiny also wants to help people, she got some of these qualities watching how Garner worked.

"I mainly learned that there are a lot of things I can do to make this world better, and this movie is probably going to be one of the main ones," Destiny said.

PT gains sustainability club

PT Erin Stafford

It's no secret that the planet is in a state of environmental distress. Climate change has been ravaging Earth for decades already. If strides are not taken, scientists believe that the effects of climate change will be irreversible by 2030. However, students at Tilghman are taking affirmative action to help lessen and reduce these damaging effects with a new sustainability club.

In the sustainability club, students hope to promote positive environmental change in the school and community through recycling, trash cleanups, and informational guest speakers. In the coming weeks, the club hopes to facilitate all of these plans into concrete, reoccurring motions towards a healthier environment.

The sustainability club was formed by junior Aiden Caywood, who teamed up with Tilghman's esteemed and legendary biology teacher, Mrs. Wynne, to turn his dream of environmental action into a reality. Caywood cites his initial reasoning for starting the club as the importance that the state of the environment has always been to him.

"The way we treat the planet now affects the quality of life for every living thing and I don't think it's fair to pollute the environment," Caywood said. "By promoting good information as well as good practice through an organized club, I believe this [sustainability club] provides no excuse for anything but good environmental practice."

Along with serving to protect the environment, the sustainability club also stands as a unifying force in not only Tilghman, but the entirety of Paducah. Whether it be through recycling or listening to an educational speech on environmental issues from a guest speaker, the sustainability club strives to spread awareness and evoke change from like-minded people within the community.

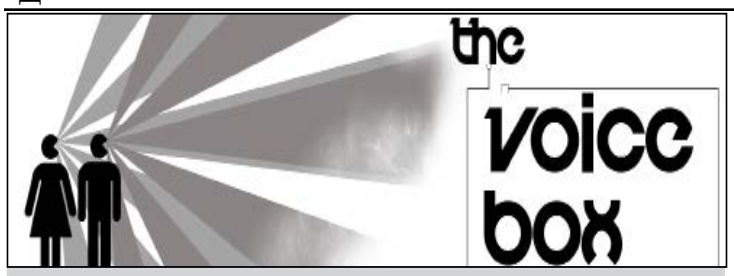
"I know there are a lot of like-minded individuals at Tilghman and in the community and I see the club as a way of bringing these beautiful minds together and changing our community for the better," Caywood said. "I believe that as young adults, we have more influence over important issues than we give ourselves credit for."

As mentioned earlier, the club plans to implement recycling throughout the school. Members are currently looking for an effective and efficient system for recycling paper and plastic waste. Whether it be through facilitating the placement of recycling bins in every classroom or some other avenue, these students know the importance of reusable products in an environment with limited resources. This focus transfers to the club's additional plans to execute regular trash cleanups with plenty of volunteers to foster a greater impact.

With great emphasis, Caywood also wants the club to be completely democratic so that everyone's voice can be heard. The club welcomes suggestions and makes it a point that each member has a chance to voice their thoughts and wishes.

"I want every single member to contribute their ideas so that the group can be formed into something that represents both the ideas and values of all the members as well as the student body as a whole," Caywood said. "The combination of all the endeavors and projects the club will take on in the following years allow any interested student or teacher to take action for a sustainable future."

The sustainability club is not only a call to action, but also a symbol of hope and encouragement for this planet. As the school year progresses, look out for and get involved with all of the club's future events and activities.



What are you thankful for?

PT Grace Bakehouse and Leah Tyrell



"My dog."

Rachel Clark (12)



"My family."

Reilly Walton (11)



"Life."

Elijah Gaines (10)



"My family and friends."

Henry Strenge (9)

Photos by Grace Bakehouse

THE TILGHMAN BELL

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Procrastination may be beneficial to students

PT Grace Bakehouse

If you're like most students, procrastination is your favorite past time. Students all around the world in all levels of school continue to procrastinate no matter the cost. Students spend more time procrastinating than they spend actually doing work. This habit of procrastination doesn't just go away after people are out of school either; in fact, many adults still struggle with procrastination in their daily life. Procrastination sounds like a great idea until you've procrastinated to the point of no return. This is around the 1 a.m. mark when you can't see straight and are desperately trying to finish homework. However, studies have shown pros and cons to procrastination.

Certain studies show waiting until after 9 p.m. to start your homework gives your brain plenty of time to rest before making it exert a large amount of effort again. These studies also show that after 9 p.m. your mind is more open and therefore you are more creative and able to retain information better. Similar studies also say that after finishing homework or studying you should stay up for 20 extra minutes and allow the information to process, then go straight to sleep and let your brain process the remainder of the information while you're getting necessary rest.

Another study shows that if possible, you should do all homework and studying directly after school while the information is fresh on your mind. However, many people like to go home and rest for a few minutes or in most cases hours before starting homework. Another side to this dilemma of starting all homework directly after school, is that many students participate in a sport, club or even both. Most clubs and sports meet directly after school therefore this method of going home and starting homework immediately is not an option. Which then brings up the desire of most people to rest a few minutes before they start homework after practice or a meeting. This slightly debunks this method for doing homework because it's simply not realistic for the majority of students. Other studies do show that procrastination has long term effects such as insomnia, immune system or gastrointestinal issues, estranged relationships in group projects and anxiety.

Procrastination reflects struggles with self-control and the normal human inability to determine how we will feel in the near future. Many procrastinators claim they work better under pressure, this is disproved by many studies. It's simply just a way for procrastinators to justify putting those tasks off. Contrary to what you may think there are different types of procrastinators, chronic procrastinators, thrill-seeker procrastinators, avoider types and decisional procrastinators. Chronic procrastinators see this behavior in all aspects of life. Many people fall into one of the other three categories however. A thrill-seeker procrastinator waits until the last minute to do something in order to feel a rush of euphoria. An avoider puts off a task due to fear or failure or success, these procrastinators simply don't want to fail or succeed instead they prefer to stay happily in the middle. Decisional procrastinators struggle to make decisions so by not making any decisions they're relieved of their responsibility to choose.

Many people will still choose to procrastinate no matter the cost and if that's you, that's okay! Just remember to not go so far that you can't recover, although most people view procrastination as an ugly habit they cannot break, studies show some benefits to procrastination. With that said procrastination isn't for everyone, some people require more sleep or more time to finish their necessary work. It is also possible to overcome procrastination with effort by engaging in highly structured cognitive behavioral therapy, one can overcome procrastination. Although this method isn't the most practical it is plausible for chronic procrastinators. Considering all these facts it is really up to you which way you want to live your life, no one is going to frown upon you for procrastinating because the majority of people also procrastinate.

Can you be friends with your ex?

PT Bailee Patel

One of the most complicated things after a break up is having to deal with your ex afterwards. The tricky question that everyone has debated for years: can you be friends with your ex? The whole question formulates around the relationship. Were you and your ex-partner friends before? Was it a healthy relationship or was it toxic? Asking yourself these questions and evaluating the relationship is important when deciding whether or not it's a good idea to be friends. Studies in 2012 showed that friendships between exes were found to have more negative qualities than positive ones especially if you were never friends before. If it was toxic, abusive or manipulative there is no way that one should consider being friends with that person again. Becoming friends after an unhealthy relationship will simply just mirror what happened in that relationship. The only change is that it will be a toxic friendship instead of a relationship. However, if things ended mutually or on good terms, continuing a friendship isn't necessarily a bad idea, but you should still think twice about it.

When in a relationship, many activities revolve around that person. In a sense, your identity is formed around them, and when you break up it's hard to get that identity back. This is why space and downtime is important before you decide to be friends again. You have to rediscover your identity so you don't end up relying on someone who isn't there for you like they used to be for your happiness. These friendships can hinder growth and make it harder to move on because we don't want to hurt that person by reconnecting with someone else. It holds us back from the possibility of creating deeper connections with new people because of older connections that have weakened but are still making an impact. Continuing to be friends can potentially block yourself from moving forward. When talking to someone else and telling them you're still friends with your ex can create issues. No matter how trusting that person is, wrapping your mind around that concept is hard.

The most important thing is to take time to grieve after the breakup. Time doesn't mean two or three weeks, it's important to allow three to four months with no contact. No relationship, no matter how healthy it was, should turn around the next day and be friends. Judgement is extremely clouded right after a breakup, and many times you end up committing to something that hinders your growth and independence. You must allow yourself time to grieve and figure out how to function without that person by your side. It's crucial that you aren't just using the friendship to heal the pain. It's normal to miss that connection and want it back or relying on that friendship to fill the hole or gap missing, but it won't help you fully heal. It allows someone to control your happiness; instead of trying to find someone to make yourself happy, you need to make yourself happy. Jumping right into that friendship is a way to provide automatic relief but those feelings won't ever go away if there is no time and space apart to heal. Rushing into the friendship, stops you from forming a relationship with yourself especially if you've lost yourself in that relationship.

It's often misunderstood that the ability to be friends with your ex means that you're mature, but it's all situational. In many circumstances, not being friends afterwards is the most mature way to deal with it. Reasoning to be friends with your ex should be a decision based solely on how the relationship was and how it ended, not because you feel the need to be "mature." Family and friends are found to often pressure someone to move past it and be the "bigger person" by reaching out as a friend again. When making this decision, it is completely up to the person coming out of the relationship and whether you are ready to reach out or not. Before making this decision it's important to factor in the relationship you had before you dated that person, the relationship itself, and if you've allowed enough time to grieve.

COMMENTARY

Charlie Brown remains a holiday classic

PT Erin Stafford

The holiday season is in full swing as Halloween passes and Thanksgiving is right around the corner. Even Christmas decorations are up and candidly flowing into homes everywhere. While some families enjoy traditional activities such as trick-or-treating, Black Friday shopping and decorating the Christmas tree, its undeniable that the best time to spend the holidays is with your loved ones.

When spending time with family and the ones you love, there's absolutely no easier form of holiday entertainment than watching a holiday movie. Holiday movies offer joy and laughter and happiness for people of all ages and backgrounds. However, only one franchise has managed to make a special movie for each holiday, with a unique message that warms hearts unlike anything else. The Charlie Brown holiday specials have been embedding light and love to viewers of the world since the 1960s.

These animated television specials stemmed from popular comic strip "Peanuts," created by Charles M. Schulz and directed by Bill Melendez. What began as an innovative trek from comic strip entertainment to television/film specials sparked a childlike zeal that continues throughout the world to this day.

For many Americans, the Charlie Brown holiday specials are honored traditions, comparable to watching the Macy's Thanksgiving Day Parade and getting a new ornament each year. And while all of them are classics, some are easily better than others. So, in the spirit of this holiday season, the Tilghman Bell ranks "It's the Great Pumpkin, Charlie Brown," "A Charlie Brown Thanksgiving" and "A Charlie Brown Christmas" from best to worst.

1. "A Charlie Brown Christmas" - As this holiday special explores the true meaning of Christmas, it also spreads awareness to the commercialization of the beloved holiday. The special centers around a measly Christmas tree, with bare branches and a short height. Main character Charlie Brown finds this tree and becomes attached to its lonely and decrepit demeanor. And in the true spirit of Christmas, he decides that it needs to be recognized and cherished just as much as any good standing Christmas tree. However, other characters disagree and essentially bully him because of his obsession with something that they've deemed as ugly and insignificant. But as the special progresses, the gang finds a way to come to terms with the Christmas tree, showing audiences that even small things have value. Overall, "A Charlie Brown Christmas" takes top spot because of its nostalgic, childlike and familial themes that represent how the true meaning of Christmas is life, love, friendship and family.

2. "It's the Great Pumpkin, Charlie Brown" - The autumnal aesthetic surrounding this special is so tangible that you can almost smell the fresh apple cider and crisp piles of leaves as you start watching this classic. Like other Halloween movies, this holiday special features the typical, spooky elements like dressing up as a ghost or a witch. However, the central focus of this special is a mythical, great big pumpkin that Linus is convinced will show up and bring him presents. As other characters try to discourage Linus's obsession over something so obviously fiction, Linus never gives up hope. Though juvenile, this faithful special represents a belief in something bigger than yourself. "It's the Great Pumpkin, Charlie Brown" earns a well-deserved second place.

3. "A Charlie Brown Thanksgiving" - Last but not least, "A Charlie Brown Thanksgiving" offers viewers young and old an exciting depiction of turkey day between friends. Charlie Brown is hosting a Thanksgiving meal for his friends and like many Thanksgiving Day hosts, is stumped about what to cook. As he whips up concoctions like buttered toast, popcorn and pretzel sticks, this special evokes a simple, yet wholesome emotion of joyous thanks. The animals of this special, Snoopy the dog and Woodstock the bird, steal the show with their hilarious scenes of food preparation and setting the Thanksgiving table. In the end, everyone ends up enjoying a somewhat traditional, but extremely special Thanksgiving meal. This special's playful spirit entitles it to a spot at third place.

Use correct stairwells to improve hallway traffic

PT Leah Tyrrell

At the beginning of almost every school year, the student body, particularly the freshmen class, seems to have a hard time adjusting to the directions of the front stairs. However, it is easily excused since many are still getting back into the groove of school after a long summer, and things usually go back to normal within a couple weeks, with students happily walking up the "up" stairs and down the "down" stairs without any chaos. For some reason, though, this year is different. Four months into school and we still can't seem to get it down. So for those of you who often get it confused, this is for you.

With their central location that makes them accessible from almost any classroom in the building, the front stairs are easily the most used and busiest stairs in the school. As a result, organization is required in order for traffic to flow smoothly. The stairs are thoughtfully designed with one set on either side of the lobby downstairs and the "T" upstairs: one set to go up and one to go down. The stairs closest to the auditorium (right) are for going up, and those closest to the gym (left) are for going down. Both even have signs labeling them with—one would assume—relatively obvious messages: "UP" and "DOWN."

However, despite the seemingly easy-to-follow arrangement, students still can't get it right. Everyday, students go about their days blatantly ignoring the labels and walking up or down whichever side they please. This is annoying for many reasons. First of all, the set of rules is very easy to follow; it's not difficult to walk five extra steps to the proper set of stairs. These five extra steps could prevent a possible traffic jam or collision, especially during particularly busy times such as lunch. Secondly, following these simple rules puts everyone at ease. It's a win-win! You get to class faster, and everyone else can walk freely on the stairs with no worry of either walking into anyone going the opposite direction or being forced to stay on one side of the already crammed staircase.

For the Freshmen out there, it's understood that you haven't seen any upperclassmen follow these rules, so you haven't felt the need to do so either- However, it would be very helpful and appreciated if you would start walking on the correct stairs.

If everyone in the school followed these rules, it would benefit not only the other students but you as well! No one wants to walk slowly through the hallways, so why would anyone want to crawl along even slower on the stairs? If there is any confusion about which stairs you should take, the labels are very conveniently placed that the bottom of each staircase in the lobby. If you are upstairs and are having trouble deciding, ask any teacher or upperclassman. Let's start following these guidelines and making life easier for everyone!

A ranking of Thankgiving dishes

PT Andrew Katz

Since it is squeezed in between Halloween and Christmas, Thanksgiving is often an overlooked holiday. Every family celebrates the holiday in different ways and there is a large roundtable of foods that are served on Thanksgiving. Some might prefer the turkey or the green beans, others might prefer the selection of pies and some people may not celebrate the holiday at all. Thanksgiving can be a time for family, celebration and relaxation so here is an entirely subjective ranking of Thanksgiving foods.

10 – Green beans provide a little color to your Thanksgiving plate. They are also served in many ways including green bean casserole, green bean bundles – green beans wrapped in bacon – and straight up. While they can be tasty, green beans have very few going back for seconds.

9 – Corn is another side that is served in a multitude of ways. Creamed corn, corn pudding, on the cob and off the cob all make delicious additions to the holiday. With all the other sides available, it is hard for corn to make an impression, and it is often overlooked because it is eaten year-round.

8 – Hash brown casserole can bring comfort to any family on Thanksgiving Day. The combination of cheese, potatoes, sour cream and butter makes for a delicious side dish that can stand out when one stuffs their stomach.

7 – Cranberries may not be everyone's favorite, but they can be a pleasant taste bud cleanser. Cranberries can be placed on Turkey or they can be eaten on their own. The tasty fruit contrasts and compliments the other sides of Thanksgiving, making it a critical addition.

6 – Those who consume a high number of rolls, specifically Sister Schubert's Rolls, on Thanksgiving should not be judged. With a little bit of butter, these rolls are heavenly and are undoubtedly a big hit. In the days following Thanksgiving leftover rolls and turkey can make delicious sandwiches.

5 – Turkey might seem a little low, but Thanksgiving is all about the sides. While turkey is more popular, it does have to compete with ham for the spotlight. Turkey is classic and the true symbol of Thanksgiving, yet it is not up to par with the plethora of sides and treats.

4 – The silky, buttery and delicious qualities of mashed potatoes make it a candidate for the best Thanksgiving dish. They aren't exclusive to the holiday, but they do deserve a prime spot on every Thanksgiving plate.

3 – Dressing is a Thanksgiving staple which can be made a variety of ways. It generally includes a type of bread, sage, celery, onions and eggs, as well as other ingredients. The taste and texture are unique and can complement cranberries very well.

2 – Sweet potato casserole's combination of cinnamon, brown sugar and marshmallows make it the best dish on Thanksgiving. It is undeniably tasty and a great dish to place next to other savory items. The casserole does not embody the healthy alternative a sweet potato typically is, but it doesn't need to because after all it is Thanksgiving.

1 – The assortment of pies on Thanksgiving are what everyone waits for. Once everything has been eaten and stomachs are stuffed, it is time for dessert. Pumpkin pie, Apple pie and pecan pie provide enough options to leave anyone happy and are a perfect way to end a fantastic holiday.

Enjoy being a kid

PT Katie Peck

Happy Holidays! Merry Christmas! Happy Thanksgiving! It's that time of year again where the joy fills the air and all you can do is smile. You're always spending time with family, and the traditions are what everyone cherishes more than anything. For a lot of us, however, this is our last time to "just be a kid." Making that transition from high school to college is more than just moving cities or stepping into college curriculum; it's the idea that you're finally on your own and your family time is limited now more than ever. Yes, we will still get our Thanksgiving and Christmas breaks, but coming home will have a different feel to it than the time leading up to the excitement.

Now is the time to embrace the normal. Cherish every moment spent here at home and remember what it's like to be a kid. Run downstairs Christmas morning, get seconds at Thanksgiving and eat all the pie you can get your hands on.When someone asks you "what's the rush" simply respond, "I'm just being a kid." You will always have your time with your family, but there's something about leaving and coming back. Your ideas of the world have changed. You've met new people and experienced new things and now you're view of the world is not what it once was. It's not a bad thing; it's a part of growing up, but until then enjoy what you have here and now

Hold onto those memories. The ones where you still feel that rush of energy when you wake up Christmas morning. The memories that have your belly aching from too much pumpkin pie. Just be a kid! Live in the moment and let all your stress fall away. When we enter our college years, we become distracted with the work and the hype of university culture. Take the time now and enjoy what is still solid and pure. There's no worry about missing parties, not seeing your sorority gals or stress over the papers that are due by the end of the break. Live for the snow days, hold your hometown friends close and never forget the feeling of being a kid.

American studies makes annual trip to DC

PT Leah Tyrrell



Photo by Ross Kelley

At the beginning of this month, the Junior American Studies class took their annual trip to Washington D.C. as well as Colonial Williamsburg. Each year, the students in the AP double block class pack up and go to the nation's capital to have an opportunity to apply their knowledge from the classroom to the outside world where it all happened. Along with the double block teachers, Mrs. Adkins and Mr. Morse, Mrs. Wynne and Mr. Kelly also had the chance to tag along this year.

The itinerary this year was, as always, jam packed with tours of the historic buildings and memorials. They started their trip in Virginia to tour Monticello and Ashlawn-Highland. Monticello, Thomas Jefferson's home, was one of the class favorites due to the beautiful property overlooking the mountains, the incredible architecture and the inventions within the house.

"I like Monticello because of how advanced the estate was for its time, the view of the surrounding area it had and the estates grounds. I thought it was a very interesting house that shows how inventive Thomas Jefferson really was as well as how much he was influenced by other cultures and nations," Ben LeBuhn said.

Ashlawn-Highland, James Monroe's home, was barely five minutes from Monticello. This historic site is packed with information and is still uncovering major discoveries to date. For example, just three years ago, excavations found the house historians thought was Monroe's was not, and his original house had burnt down in a fire.

Monday was spent in Colonial Williamsburg. This gave the class a chance to travel back in time to experience how life might've been like in colonial times. The tour consisted of a look around the former capitol of Virginia, which included the courthouse, shops and even Randolph's house. It allowed the students to have a better understanding of how daily life was during the time they were learning about.

"I'm really glad Colonial Williamsburg was included on our trip so we had a more accurate representation of what living standards were like back in the time period we were studying," Olyvia Klopfenstein said.

The group made it to Washington D.C. on Tuesday morning. Upon arrival, they visited the Capitol building, the center of the legislative branch of the government. The House of Representatives and the Senate are located here. Not only does it hold great significance politically, but the students also got the chance to see the cultural, patriotic and historical aspects of the Capitol.

"I think it's very important to see because of its beautiful display of history, especially for the people who fought for our rights as a country and as individuals. It was also a really good experience to see the Capitol as a working building. A lot of the places we went were museums, and while they were amazing, it's different to see the people who are representing you in action," Zyla Dortch said.

Dortch also talks about the specific statues that were moving to her.

"I thought it was really special to see a statue of the ladies who helped lead the women's suffrage movement since that's something that personally affects me today."

After the Capitol, they headed to the National Cathedral. Although Cathedrals are typically assumed to be Catholic, the National Cathedral is Episcopalian. The cathedral is filled with incredible architecture and impeccably detailed stained-glass windows. Each stone in the building is a work of art that portrays its own story of American History.

Later that night, they made their way to the Kennedy Center, a performing arts center where they attended the murder mystery show "Shear Madness."

"It was really entertaining, but the high point was that there was audience interaction. It was also really cool to be able to watch a fun, entertaining show in a historically significant theater." Raven Butler said.

Wednesday marked the second to last day in the capitol and the busiest day for the juniors. They started off the day at Arlington Cemetery, the cemetery where veterans and families of veterans are buried in honor, as well as John F. Kennedy and his family. Here, they hiked to the Tomb of the Unknown Soldier where they witnessed the changing of the guards.

After Arlington, the juniors proceeded to explore the American History museum and the National Archives, where the three most important documents in American History are held: the Declaration of Independence, the Constitution and the Bill of Rights. Without these three documents, America would not be the same country it is today.

"Those are the foundation of our country. Without those rights and laws we have we wouldn't be the same America that we are today and as well established as we are today. Some countries don't have even half of the rights and freedoms we do, so it was really cool to see in physical form how fortunate we are," Jasmine Meadows said.

The students then made their way to Mount Vernon, George and Martha Washington's beautiful home on the Potomac River. With a stunning view from the outside porch and the quaint rooms on the inside, this also proved to be a class favorite.

"I loved Mt. Vernon. The porch was by far my favorite part. The view looking out onto the river was just stunning. The property echoed Washington's majesty and power with its huge and amazing view," Reilly Walton said.

To finish off the day, the students visited each of the seven monuments: World War II, Korean War, Vietnam War, Franklin D. Roosevelt, Martin Luther King Jr., Lincoln and Jefferson. Each representing its own major historic event of figure, the memorials all had a unique architecture that reflected the importance of each person and story.

On their final day of the trip, they began by visiting the White House from a distance. From there, they proceeded to the stunning Library of Congress. Unfortunately, their time spent there was cut short due to an alarm being set off, forcing them to evacuate.

After their somewhat chaotic mishap at the Library, they made up for it at the Smithsonian museums. With many hours to meander around the plethora of museums D.C. has to offer, the students learned about the rich American culture and history of art, astrological science, natural science and African Americans.

Finally, as their last activity scheduled for the trip, they walked to the Holocaust museum to learn about the gory details of the Holocaust and gain a better understanding of such an evil, yet moving, part in history which America helped bring light and hope to.

The annual trip to the nation's capital is always looked forward to and enjoyed by all the juniors in the American Studies class, as they get apply the knowledge they have read in books and learned in classrooms to the real outside world.

Fourth PT student named 'Teen of the Week'

PT Erin Stafford

The Tilghman Bell Staff's very own editor-in-chief Andrew Katz was named Teen of the Week by the Paducah Sun at the start of November.

Seniors from area schools are chosen every week to be featured in the Paducah Sun as the Paducah Bank Teen of the Week. Katz now has the chance to be named as Teen of the Year and win a $5,000 scholarship or the Inspiration Award which is paired with a $1,000 scholarship.

Katz lives a very active life in and outside of the classroom. While being an AP and honors student, Katz displays an impressive and versatile list of extracurriculars. At Tilghman, Katz serves as the Tilghman Bell editor-in-chief, captain of the mock trial team, co-captain of the Paducah Tilghman Varsity Tennis Team, Interact treasurer, member of Future Business Leaders of America, member of NHS and member of Pep Club. Apart from school, Katz is also an intern on the Paducah Human Rights Commission.

Though being involved in a lot of excellent activities, Katz plans to take journalism a step further, citing his experiences on the Tilghman Bell staff as what got him interested in the world of journalism in the first place. However, Katz didn't think about becoming a professional journalist until he attended the Medill-Northwestern Journalism Institute over the summer.

"I've always enjoyed writing, so I was excited to apply for the Tilghman Bell," Katz said. "I wasn't really sure that I even wanted to pursue journalism as a career until I attended the Medill summer program. Medill helped me to improve, as it gave me more experience with interviewing people and a proficiency in AP style writing."

Medill's summer program is known across the country for its exceptional and prestigious journalism-based curriculum for rising seniors in high school. This five-week summer institute, also known as the cherub program, is for prospective students looking to connect with peers who are just as passionate about pursuing a journalism career.

Katz also credits his two sisters, Sarah and Elizabeth, for inspiring him to chase his dreams.

"Seeing them go off to college in New York City to pursue intense careers has taught me a lot about how hard I want to work myself."

Overall, Katz is proud to represent his Tilghman family. He hopes to continue making them proud as he goes forth to study journalism, with a possible minor in finance or economic business, at a four-year university.



Photo Courtesy of Medill Cherubs

FEATURES

Behind the curtain of 'West Side Story'

PT Erin Kelly

Could it be? Yes it could. Something's coming, something good! The cast of Tilghman's musical production, "West Side Story," is making final preparations for the show. The cast has been rehearsing since September, and they could not be more excited to share what they're working on.

"It's really crazy that we have so much talent in our school. We've all been working really hard for the past few months while still balancing it with schoolwork, which can be really challenging," stage manager, Raven Butler said.

"West Side Story" is an adaptation of Shakespeare's "Romeo and Juliet" that sheds light on the racial issues of the 1950's. Set in New York City, it tells the story of a white gang, the Jets, and a Puerto Rican gang, the Sharks. When Maria, the younger sister of the Sharks' leader, and Tony, a Jet, fall in love, violence and tragedy ensue.

"What's important is not so much the story as the message we're trying to get across. There's a lot of animosity and tension on the stage, but in the end, the message is that all of the racism and conflict is pointless," Katie Peck (Anita) said.

It's no secret that putting on a musical is difficult, especially for high school students, and "West Side Story" is no exception. The actors have been challenged in ways they've never experienced before, mainly when it comes to dancing.

"The hardest part has been the number of bruises I've gotten. I'm sore all the time from the difficult and rigorous dance rehearsals," Liberty Guyette (Big Deal) said.

"West Side Story" incorporates numerous dance numbers that require hours of rehearsal. While most of the cast members have little dance experience, they have all pushed themselves and embraced the challenge with the help of the show's choreographer, Ashlee Brotherton, and dance captain, Libby Shadoan.

"It's been really fun, especially since a lot of the cast are first-time dancers. We struggle together, but it's turning out really well," Sam Whelan (Diesel) said.

Many cast members have expressed that the show is their favorite one they have participated in at Tilghman. This is due, in part, to the community that the actors have built throughout the countless hours spent together.

"We really do become a family, and although we're two sides against each other in the show, we're still friends behind the curtain. We may be the sharks and the jets, but we're really just one big family," Peck said.

The drama department is a great way to get involved at Tilghman, and for many members of the "West Side Story" cast, it has been a very important part of their high school experience that they can look forward to each year. They would encourage underclassmen to audition for the musical next year, regardless of past theatre experience.



Photo by Megan Peck

"It's so much fun, and you'll be considered for more scholarships when it comes to college. It's also a way to connect with other Tilghman students, and that's a feeling you can't get anywhere else," Mark Taylor (Riff) said.

The showtimes are November 22 and 23 at 7:00 p.m. and November 24 at 2:30 p.m. The musical is so important to the theatre department, the choir department, and everyone else who is involved, so make sure to get your tickets before they sell out. The cast as well as the directors, Emily Parker, and Matt Hinz, have put months of work into this show, and they are almost ready to open the curtain!

The Dream Walker: holiday interpretations

PT Sydney Martin

1. Family

To dream of your family as harmonious and happy signifies health and easy circumstances, but if there is sickness or contention, it forebodes gloom and disappointments.

2. Blackberries

To dream of blackberries denotes many ills. To gather them is unlucky, and eating them suggests losses are to come.

3. Pie

In dreams, eating pie rewards you for your hard work. A burnt pie denotes an unexpected death.

4. Juniper

To dream of a juniper tree portends happiness and wealth arising from sorrow and depression. To eat or gather the berries of a juniper tree foretells trouble and sickness. A chopped down juniper tree denotes impending misfortune and doubt.

5. Bridge

If do you see a long, dilapidated bridge mysteriously winding into darkness, then melancholy over the loss of possessions calls you, and your life will be dismal. To the unit and those in love, bridges foretell disappointment in the heart's fondest hopes; loved ones will fall below expectations. To cross the bridge safely suggest ultimately surmounting difficulties, though the means hardly seem safe. Any obstacle or delay threatens disaster. If you see a bridge giveaway before you, beware treachery and false admirers.

6. Birthday

To the young and brash, to dream of the birthday is a signal of poverty and falsehood. To the old and wise, it indicates long trouble and desolation.

7. Pastry

To dream of eating pastries suggest that you are enjoying the good times and meaningful moments.

8. Candle

To dream of candles burning with a clear and steady flame implies both financial well-being and the trustworthiness of those around you. If you see yourself molding candles, you may receive an unexpected once in lifetime offer or embark on a pleasant visit to distant relatives. If you are lighting a candle, you will meet someone objectionable to your family and friends. To see a candle flickering and a draft the ones that enemies are circulating detrimental reports about you.

9. Candlestick

To see a candlestick bearing a whole candle denotes a bright future filled with health, happiness, and loving companions. If it's empty, expect only the reverse to come.

10. Pilgrim

To dream of pilgrims predicts that you will go on an extended journey, leaving home and its dearest objects on the mistaken belief that it must be done for your loved ones' sakes. To dream that you are a pilgrim portends struggles with poverty and unsympathetic companions.

Friends feast for the fantastic Friendsgiving

PT Leah Tyrrell

The month of November is known to be a very exciting month for all those who love the holiday season. With Thanksgiving just around the corner, many look forward to the gargantuan amounts of food, days off from school, spending time with family and giving thanks to who and what they are thankful for. During this time of giving thanks, many want to show appreciation to not only their family, but to their friends as well. Recently, many teens and young adults have started a trend to host a Friendsgiving dinner. Much like the Thanksgiving dinner everyone is familiar with, a couple nights before Thanksgiving, friends will each prepare a dish to bring as they gather at someone's house to celebrate the holiday together.

The idea of a Friendsgiving has recently gained popularity through social media in the past few years, more specifically through apps such as Pinterest and VSCO, both apps that promote a picturesque, happy lifestyle. Junior Anna West said she and her friends had a Friendsgiving last year for their friend group.

"Last year, my friends and I thought it would be such a fun idea to have a Friendsgiving dinner, but we wanted to have more than just our small friend group, so we decided to extend it to more of our friends that maybe we weren't as close to. It was really great because I got to spend time with people I didn't usually spend time with and even rekindled some old friendships," West said.

Sophomore Natalie Besaw, who also took part in a Friendsgiving dinner last year, appreciates the same aspects as West.

"I loved getting to just hang out and enjoy each other's company, especially because we got to spend time with people we may not have normally."

Along with spending time with your close and newer friends, Friendsgiving provides an excellent excuse to get all your favorite foods together in surplus amounts. Friendsgiving dinner does not have the same format as the traditional Thanksgiving turkey, stuffing and pie, everyone can be more liberal with their decisions on what foods to contribute. West and Besaw's favorite foods, buffalo chicken dip and barbecue meatballs, prove to not conform to the typical Thanksgiving dinner.

"I really like that you can just bring whatever food sounds good, even if it's not a 'fall' food. Don't get me wrong, I love Thanksgiving food, but it's good to be able to switch it up," Besaw said.

The easygoing nature of Friendsgiving makes it a great holiday party idea. Organizing the get-together for you and your friends is an easy price to pay for such a fun occasion; all anyone has to do is bring a dish of their choice! Having the time during the short break can be a good chance to relax and show your appreciation for your friends. West and Besaw encourage everyone to host or attend a Friendsgiving this year to have an evening to be free from school and stress and embrace being young and in high school with your friends.

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Scoop on the Scope: November edition

PT Sydney Martin

Aries, the Ram: November is the month you will focus on your career and social skills. You are an aggressive and independent person. But, you will have to learn how to collaborate with others to grow. Aries will have to learn the concept of humility since he or she is too boastful that people end up hating that character.

Taurus, the Bull: November foretells that career development and outward achievements will be the main priorities in your life. Family and emotional affairs will have to wait until another time. Social skills are essential to enable you to communicate and mingle with people better. Other people will be more important to you than self because they are the ones who will allow you to develop your professional capabilities. Taurus will have to adapt to people and the changing surroundings around him or her.

Gemini, the Twins: November shows that you will be more emphasis on others than yourself. This is not the time for your self-interests and investment. Gemini has to adjust to people and situations. This involvement with people will increase your social skills. This is not the time for your self-interests and investment. Gemini has to adjust to people and situations. This involvement with people will increase your social skills.

Success will only come your way with the help of the important people in your life. Gemini will be a witness to the great things he or she will achieve with the help of others.

Cancer, the Crab: November shows that family affairs and emotional issues will be your focus this month. For the better part of the year, you have been dealing with career developments and outward achievement. But, this month is now for you to focus on your emotional life and the family issues that surround you.

You will grow spiritually this month since you want to discover more about yourself. Cancer cannot control the situations that unravel around them. But, they must sit down and watch as things unveil themselves. The month foretells that your health will be okay this month.

Leo, the Lion: November reveals that your love life will be awesome this month since the Venus is aligned in your favor. You and your partner or partner will enjoy spending time together. Most of your time will be spent indulging in outdoor activities. The month singles will easily attract lovers due to their charm. Leo children will be happy because their parents are happy. November predicts that you will not enjoy good health until after the 19th of this month.

Virgo, the Maiden: This month you will primarily focus more on family and emotional issues. The previous months have been very hard for you. But, this month you will be able to bring yourself up and face whatever challenges that will come your way later on. Virgo should be able to support other people in the career and family matters. Life is not always about you all the time.

Libra, the Scales: November foretells that family issues will be more important to you this month than career development. Outer security will also not be in much focus this month. Libra is in control of people and situations that surround him or her. You have the power and ability to get things done swiftly and efficiently. Libra personality is pleased when people have to follow his or her directions and commands. You will be more aggressive than you usually are to get things done.

Scorpio, the Scorpion: November predicts that family interests and emotional wellbeing will be your focus this month. The Scorpio personality can get things done with power and enterprise. People admire you because of your determination and optimism. You are aggressive and independent. You are the person who pushes people to do their best and strive to achieve greatness. Predictions reveal that cooperation with other people is important to you since you get to learn new things and gain new and helpful skills.

Sagittarius, the Archer: November reveals that most of your focus this month will be on family, career and outward appearances. You care about how people view you. Hence, you ensure that you present your best self to others. Based on the November 2019 horoscope predictions, this month will bring success to you regarding career choices. You will be able to transition from one career to another with so much ease. The Sagittarius zodiac sign will do well in his or her studies and traveling for leisure will be the order of the day.

Capricorn, the Sea Goat: This month you will be more focused on your career and outer success. There is a high chance that this month you will take up more responsibilities at the workplace than you have ever done before. You will be at the forefront of making things work for him or her this month. Capricorn will be more focused on themselves. Your social skills will have to improve as the month progresses since some of their objectives cannot be achieved independently.

Aquarius, the Water Bearer: Thus month your focus will greatly be on your professional development. Family matters will have to wait in the background as you establish yourself career-wise. Aquarius is naturally independent. Hence, you can achieve success on your own without the help of the people around you. This month you will be more interested in the welfare of other families neglecting your own.

Pisces, the Fish: November reveals that you will be more focused on your future than anything else. Your future will mostly be determined by your career and outward ambitions. The family is also in the picture since you will be working hard for your future to give your family a better life. The social circle that you have had for a long time will help you in achieving your dreams. Pisces is determined, optimistic, charming and hardworking and these qualities attract people to you on a daily basis.

Dealing with fall allergies

PT Jackson Mundy

Fall has arrived and brought the start of nice weather to cool us off. With fall here it is the time for allergies and sickness. Drastic weather changes and allergies can lead to serious illnesses like the flu.

Everyone is always excited for the cold days and the fun activities that come with it but forget about the nasty sicknesses that follow. Tilghman is especially susceptible to infectious mononucleosis (mono), the flu and strep throat. The majority of students, sophomore class and up, will tell you that at the start of fall when the weather gets cold, the students get sick. Many reasons, including the weather, contribute to the large number of students that get sick every year, but the school environment itself is the main reason that a lot of kids get sick.

The highly is largely populated and dense, so germs can spread easily and rapidly. Mono, the "kissing disease" is spread through saliva. It can be transmitted through drinking after one another, which is the most common way the virus is passed around. Coughing, sneezing and kissing are other ways people are exposed to the virus. Mono takes four to eight weeks to fully develop and can cause headaches, swollen tonsils, and rashes in the mouth. Although mono can take months to get rid of; once it's gone you can't get it again. Mono has been a common virus around Tilghman during the fall and winter months for the past couple years.

Everyone knows about the flu and it seems to be a year-round sickness, but it is most prevalent toward the final months of the year. This is the time when people begin advising for flu shots and the school nurse's office fills up with kids. Most teens start off with the symptoms of a common cold, but it soon turns in to something significantly worse. It can be either flu type A, flu type B or both. Flu type A is a respiratory disease while flu type B is what causes the major body aches and stomach issues.

Strep Throat is another common illness that goes through the halls of Tilghman leaving those weird white spots in the back of many students' mouths.

All students please be sure to keep clean by doing simple things like washing your hands and making sure you don't eat after one another.

What side dish should you bring for Thanksgiving?

PT Erin Kelly

What is your favorite holiday?

a. Christmas
b. Halloween
c. Valentine's Day
d. Thanksgiving

What's your style?

a. Cozy sweaters
b. Bright colors and fun textures
c. Cute and trendy
d. Athletic clothes

How outgoing are you?

a. I have a small group of really close friends.
b. I can be friends with anyone and everyone.
c. I have friends, but I like my alone time.
d. I'm always making plans with my friends.

What's your favorite food?

a. Pizza
b. Tacos
c. Anything chocolate
d. Salad

Who are you in your friend group?

a. The friend who makes all the plans
b. The crazy friend
c. The friend who solves everyone's problems
d. The mom of the group

What is your favorite animal?

a. Dogs
b. Flamingos
c. Cats
d. Lions

Mostly As: You should bring the mashed potatoes. You're a people-pleaser, which means you always have the group's best interests in mind. Mashed potatoes are a crowd favorite, just like you!

Mostly Bs: You should bring the sweet potato casserole. You're eccentric and outgoing, and you love to show off your individual style. Sweet potato casserole is a fun side dish that matches your individualism!

Mostly Cs: You should bring the pie. You're insanely kind, and you always look out for your friends. Channel your inner sweetness by making an amazing pumpkin or apple pie!

Mostly Ds: You should bring the turkey. You're the most responsible one in the group, and you naturally step into the leadership position. The turkey is the most crucial part of Thanksgiving dinner, so everyone can count on you to take care of it!

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FEATURES

How to increase well-being and happiness

PT Bailee Patel and Keiler Belt

Dr. Laurie Santos, a Yale Professor who teaches psychology, recently added a new class to Yale's curriculum called "The Good Life: Happiness Overview." This class was designed to teach students about taking care of their mental health and well-being. When the class was created, Professor Santos didn't have high expectations for the number of students that would sign up, but by the end of her first class, almost 1200 students had signed up. Students were enjoying the class so much, Yale decided to create an online course in which over 400,000 people have enrolled. Recently she wanted to reach a larger audience with her information, which resulted in her podcast: The Happiness Lab.

Throughout her podcast she talks about her experience while teaching the class and shares the behaviors she observed from stressed-out college students. She observed how rushed students were to get through the week, semester, or year. Professor Santos realized they were missing out on the whole college experience by getting so caught up in their grades. Her class practiced exercises to increase their happiness by meditating or getting weekly exercise. A lot of The Happiness Lab relates to how higher grades, achievements and money related inversely to happiness. Professor Santos put an emphasis on human interaction and the huge role it plays in happiness. Students at Ivy League schools, like Yale, were shown to spend more time alone and consider themselves more introverted.

The truth to this is that all humans need social lives and connections with other people to thrive in life. Many myths revolve around happiness and how to achieve it; some believe it's a characteristic you either possess or you don't. However, science has proven happiness can be obtained, but how you go about achieving it is the key.

The top way to achieve happiness is through social connection. Loneliness is as bad as smoking 15 cigarettes a day. When focusing on grades, the social side of life is put on hold. This also occurs in work, in attempt to make more money. "Higher grades are correlated with lower well-being and lower optimal levels and lower self-esteem," said Santos. When focusing so much on grades and not the learning, you naturally put off interacting with your friends. You focus on this external award and not the journey. You aren't trying to enjoy the journey; you're just looking at the destination, which causes anxiety. Breaking up the project into steps makes it more manageable and away from the mindset of worrying about the grades. Kids more focused on grades are more likely to cheat or hate learning. Kids who are doing the best in school often like learning the least. Grades and happiness were shown to have a negative correlation. Many mistake true social connection for being surrounded by people at parties or going to events all the time, but it is really about making a real connection with people. It's about deeply connecting with people, not just having shallow conversations. Conversations that make you vulnerable are found to increase your well-being. They drive the deep friendships that people need. Conversations you feel comfortable in, though you think feed the relationship do nothing for it.

Positive thinking alone will not generate the outcome you want, "mentally simulating our desired outcome makes us think we already got there," said Santos. This is the reason people who constantly wish for a relationship usually stay lonely and depressed. The only way to help with the end goal is to think negatively. You must find the obstacles in the way of your goal in order to achieve the outcome you wish. "Simulating the barriers to our goals can give us the motivation we need to solve them," said Santos. Mental contrasting ensures that you incorporate the obstacles standing in your way into your plan. This process allows you to figure out if your goals are reasonable or even worth it.

People who prioritize their alone time and allow downtime will see an increase in their happiness. Santos found, "people who are wealthy in time are happier than people who are wealthy in money." It's often misconceived that filling time and staying busy will keep people happy. The most common thing people hear and say is "I don't have time." The key to allowing yourself free time is to prioritize time and fit it into your schedule. Along with alone time, expressing gratitude was shown to bump up happiness that lasts for up to a month. Taking time to appreciate people by writing them letters, calling, texting or talking to them in person to them was shown to increase not only happiness but also productivity in jobs. If you show employees gratitude, they are more likely to work harder and more efficiently.

Professor Santos mentions in her podcast that your brain perceives things that you think will make you happy, but in turn do the opposite. Your mind gives you the wrong motivational information that causes you to seek out what you think will make you happy. For example, your mind might tell you not to talk to the stranger sitting beside you on the train. But science has proven people who have talked to the stranger sitting next to them on the train left much happier than the person who sat in silence. Harvard Study of Adult Development proved that the rich and powerful had no difference in happiness compared to the poorest of people.

Professor Santos' ten-week, free online class can be binge watched on coursera.org/learn/the-science-of-well-being#; it is shown to increase positive emotions and decrease stress.

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‘Zombieland: Double Tap’ thrills audiences

PT Andrew Katz

With the release of “Zombieland: Double Tap,” viewers get a second dose of the star-studded cast and light-hearted take on the zombie genre.

Woody Harrelson, Jesse Eisenberg, Abigail Breslin and Emma Stone, the stars of the first movie, return to take out more zombies. The movie does not pick up in 2009, when the last movie ended, but instead fast-forwards to the present day. The movie begins with the team of Tallahassee (Harrelson), Columbus (Eisenberg), Little Rock (Breslin) and Wichita (Stone) making their way through a field fighting zombies. They survive the bloody battle before they arrive at the White House, where most of the first act takes place.

Not much has changed since audiences last saw the gang. Columbus and Wichita are still going steady and Tallahassee still acts as the father of the group. Little Rock, however, has grown up and is tired of being treated like a child. The action of the movie revolves around Little Rock’s decision to leave the group and drive across the country with, the pacifist, Berkeley (Avan Jogia). Tallahassee, Columbus and Wichita chase after her across the zombie landscape.

Along the way, they meet Madison (Zoey Deutch), a standout character. Madison is ditzy, clueless and has inexplicably survived the zombie apocalypse. Sexual relations between Columbus and Madison, along with inconvenient timing create tension with Wichita.

Throughout the journey, each character has their motivations. Tallahassee wants to find Little Rock, whom he considers his daughter, and protect her. Columbus attempts to rekindle his struggling relationship with Wichita who just wants to rescue her sister from the zombies. Madison, who has survived by hiding in a freezer, is excited to be around people and make new friends.

Attempting to retrieve Little Rock, the zombie-killing group travels to Graceland, the former home of Elvis Presley. Wichita leads them here because of a note that Little Rock left before she departed, saying how she and Berkeley were planning a Graceland trip.

Director Ruben Fleischer perfectly balances the comedic undertones with the typical violence and gore of a zombie apocalypse. As the gang embarks to Graceland, they encounter a new breed of zombies never seen before. They are quickly termed as T-800s, named after the cybernetic Terminators of “The Terminator” franchise due to their extreme durability. They can dodge gunfire and survive more wounds than regular zombies. It takes destroying the skull to finally kill a T-800.

After experiencing their first wrath of T-800s, the group makes it to Graceland, only to find that Graceland is no more. While aimlessly wandering around for Little Rock, they come upon the Hound Dog Hotel. The movie begins to pick up some speed here as it takes the audience on a wild goose chase in search of Little Rock, with a zombie at every corner.



In an unfamiliar territory at night, the group decides to shack up at the Hound Dog Hotel for the night. However, it’s not long before they meet the hotel’s aggressive owner, Nevada (Rosario Dawson). After a tense first interaction, they begin to share drinks and talk with Nevada. While at the Hound Dog Hotel they meet Albuquerque (Luke Wilson) and Flagstaff (Thomas Middleditch) who are uncannily like Tallahassee and Columbus. They have similar attires, demeanors, catchphrases and Columbus and Flagstaff have an equal admiration for rules. These quick introductions create more comedic opportunities and are complemented by fun action sequences.

Meanwhile, Little Rock and Berkeley are driving to “Babylon,” a peaceful territory without weapons and filled with young zombie survivors like themselves. Their desire to find more people they can relate to displays the real desperation a zombie apocalypse would have. The real aspect of the dire situation they’re in is something the first Zombieland lacked and is a refreshing surprise.

The dog chase continues, and Columbus, Wichita and Tallahassee discover where Little Rock is headed. They embark onward. The anticipation of the third act makes the audience feel like they’re on the life or death chase themselves. Upon arriving at Babylon, the movie comes to an emotional standstill. The group happens to find Little Rock, expect she’s happy and not in need of rescuing at all. After seeing how happy Little Rock is, Columbus and Wichita embrace Babylon and decide to stay. Tallahassee, however, feels his job to protect Little Rock has been fulfilled and he decides to return to his lone ranger ways. He leaves Babylon and drives away in joy, giving the audience a false sense of security for the characters.

The rest of the group celebrates and parties in their new home. Tallahassee runs into a large herd of T-800 zombies running towards Babylon and decides to return to his friends for a final battle. Without weapons, they are forced to use creative ways to take out the countless zombies. The final battle has every cliché including plot twists, near-deaths and a victory for Columbus, Wichita, Little Rock, Tallahassee and the residents of Babylon.

At first, the sequel “Zombieland: Double Tap” seems unnecessary, especially since it comes almost a decade after the first movie. If you’re looking for something new and fresh, this won’t be satisfying as it’s of the same caliber and has similar themes as the first “Zombieland.” Nonetheless, it is as well-executed, hilariously gory and compelling as its predecessor. Through stellar performances and the comedic irony of a zombie apocalypse, “Zombieland: Double Tap” offers the perfect mix of humor and violence for every audience.

‘American Royals’ book series rewrites history

PT Emily Krall

Everyone knows the basics of the American Revolution: The 13 colonies fought against the British, tea was spilled in the Boston Harbor and the United States of America won its independence; but what if instead of electing George Washington as their first president, the colonists decided to make him America’s first king. It sounds far-fetched but for the characters in Katharine McGee’s newest novel “American Royals,” this alternative history is reality.

The novel is told from alternating points of view, first introducing readers to Princess Beatrice Georgina Fredericka Louise of the House of Washington. The eldest of the Washington siblings, Beatrice is first in line to become the very first Queen of America. With the entirety of the country watching her grow up her entire life has been carefully planned out, leaving little room for making choices for herself. She knows that her actions directly reflect the crown, so Beatrice makes sure to present herself as a woman who is worthy of the throne. When her parents sit her down to discuss her future reign, they come armed with a folder full of potential husbands for their beloved daughter. Beatrice is left baffled as her parents relay their desires, expecting her to choose the man that will rule beside her after only a few weeks of knowing them. The journey is tough as Princess Beatrice must make a decision: Remain loyal to her heart and experience true love or remain loyal to the crown, giving up her chance to be with her soulmate.

Princess Samantha and Prince Jefferson are the iconic duo of the House of Washington; twins that have been nearly inseparable since birth. Much like his older sister Beatrice, it seems that Jefferson can do no wrong in the eyes of the public. Samantha on the other hand views herself as the spare royal, unimportant since she is not the heir to the throne. Loud, outspoken, and shockingly wild she is determined to stand out despite her self-declared irrelevancy. From Sam’s point of view readers hear her struggle to live in her sister’s shadow, grappling to find her calling in a world that only wants to see her fail. As Samantha’s story unfolds it’s clear that her relationship with Jefferson is just as close as can be expected, but as the novel progresses, readers understand that although on the surface they may be very different, Sam and Jeff are much more similar than the American public cares to admit.

Samantha’s best friend and daughter of an employee to the crown, Nina Gonzalez is a local college student with a secret bigger than any of her classmates could imagine. She hides her connections to the Washington family to the best of her ability as her “commoner” status could make her an easy subject of ridicule. She makes sure to avoid the paparazzi and only hang out with Samantha when they’re sure they have privacy, but the nature of their friendship has always been a technicality and not a deal-breaker. Preserving her friendship with the Washington twins is incredibly important to Nina but when she finds herself falling in love with Prince Jefferson, she realizes it may not be a press leak that finally puts a strain on her relationship with Samantha.

Daphne Deighton, Jefferson’s spiteful ex-girlfriend, is the fourth and final point of view in the novel. A daughter of American nobility Daphne boasts her unspoken title as America’s sweetheart, working around the clock to remain relevant amongst the social circles of American royalty. She has deemed herself as the perfect future wife for Jefferson and everything is seemingly falling into place for the Deighton family to move up on the royal ladder until Daphne receives the worst phone call of her life: Jeff is sorry, but he has to break up with her. Daphne will stop at nothing to get Jefferson back, even if it means backstabbing his twin sister, sabotaging his new girlfriend and using his best friend.

It’s similarities to the history of the British monarchy cause “American Royals” to secure readers attention in the same way that guilty-pleasure style Victorian dramas do. Most people in the United States have no idea what it’s like to live under a monarchy, much less what it’s like to be a member of one. The prospect of having an American royal family is so impossible that it speaks to readers’ childhood dreams of one day being princes and princesses, allowing them to see past the typical shallow YA tropes. The romantic relationships in “American Royals” are so well written and impossibly cheesy that they draw readers in naturally and immediately. If you’re a fan of ‘The Crown,’ ‘Downtown Abbey’ or just enjoy a classic teen romance novel with a twist, “American Royals” is exactly what you’re looking for. This novel is the first installment in Katharine McGee’s new series, and the second novel is set to be released in fall of 2020.



Arts & Entertainment

‘Jesus is King’ debuts a new Kanye

PT Andrew Katz

Kanye West is back, but he’s not quite the same artist his listeners are used to. His new album, “JESUS IS KING,” is completely non-explicit and details Kanye’s transformation to a devout Christian.

To fully understand “JESUS IS KING” listeners need to know what Kanye has been up to for the last year. His ninth studio album was supposed to come out Sept. 29, 2018 and be titled “Yandhi.” The release date was then pushed back to Nov. 23, 2018 before being indefinitely postponed. In July of 2019, tracks of “Yandhi” were released online, but the album was shelved in favor of Kanye’s latest project.

While “Yandhi” has faded away, Kanye has stayed in the headlines with his Sunday services where spirituality and exclusivity meet. Only the elite are invited to the church services and Kanye performs more religious versions of his old music. Christianity has taken over Kanye’s life and he even announced he is no longer making secular music.

Kanye attempts to produce a Gospel album on “JESUS IS KING,” but ultimately the album has more to do with Kanye, his Christian beliefs and how the public eye views him, and not about the Christian faith. The first track on the record, “Every Hour,” features the Sunday Service Choir but does not contain any vocals from Kanye. “Selah” is one of the strongest songs on the record and focuses on the media’s constant criticism of Kanye’s actions. Kanye includes references to the bible verses John 8:33 and John 8:36, and even goes as far as to compare his life with the persecution of Jesus Christ. He references “Yandhi” and explains how this is a cleaner, more holy product.

“Everybody wanted Yandhi/Then Jesus Christ did the Laundry,” Kanye sings.

Following the epic hallelujahs and pounding drums of “Selah,” Kanye talks about the different perspectives and views of what is “Christ-like” on the track “Follow God.” He continues to argue about how critical the public is of his actions. For all the wrong reasons, “Closed On Sunday” is one of the more notable songs Kanye released with this album. His intention is to focus on Sunday being a day of rest, a



tenant of Christianity. Instead, Kanye mixes a serious, acoustic instrumental with silly lyrics.

“Closed on Sunday, you’re my Chick-fil-A/You’re my number one, with the lemonade,” Kanye sings.

Kanye follows the horrendous track with “On God,” an upbeat track that continues the spiritual themes of the album while also addressing his controversial comments on the thirteenth amendment. “Everything We Need,” previously titled “The Storm” is the first use of a song from the “Yandhi” leaks. Kanye seamlessly changes the words of this track to make it non-explicit while keeping the fantastic Ty Dolla $ign feature.

The first song on the record to actually dive into Kanye’s faith is “God Is.” The song is uplifting and feels like a genuine Gospel song. The track features refreshingly raw vocals from Kanye, it describes what God is to him and his faith pours out in the lyrics.

“I know God is the force that picked me up/I know Christ is the fountain that filled my cup,” Kanye sings.

In “Hands On,” Kanye talks about how God is very involved in his life. He also says other Christians are the first to judge him and doubt his sentiments towards Jesus are as strong as he claims. “Use This Gospel” is another song from “Yandhi” that makes an appearance on “JESUS IS KING.” He used the same beat in a song titled “Law of Attraction,” but the song had a different chorus and didn’t include the features from Pusha T and No Malice. Kanye is unable to mix the Gospel lyrics into the trap-heavy beats, and therefore the song is a bit of a cluster. The features from Pusha T and No Malice are exciting additions, however.

The album also features an underwhelming song titled “Water,” and ends with a short outro. This album is probably not what most of Kanye’s fans were hoping for. However, there are delightful and uplifting songs, some of which might have some staying power. Kanye’s career has seen ups and downs thus far, and it is possible his recent submersion in the Christian faith is simply a phase. If it’s just a phase, he will remain the popular, music icon he is, but if Kanye continues to produce strictly Gospel music and stays true to his word, he might fade out of the public eye.

Rex Orange County comes out of hiding

PT Emily Krall and Erin Stafford

Bedroom-pop raconteur Rex Orange County has finally emerged from his two-year hiatus with his junior project “Pony.” Rex has constantly been in the music spotlight, becoming an icon within the indie-pop industry almost immediately after releasing his first EP “Bcos U Will Never B Free” in 2016. A year later Rex released two singles, “Sunflower” and “Loving is Easy,” that would cause his work to finally filter into the mainstream.

While on hiatus, Rex contemplated whether continuing his music career was worth the strain it put on his mental health. Many of these feelings can be heard through the songs of “Pony,” where Rex opens up to listeners in a way that he never has before, detailing how people he trusted and confided in took advantage of his stardom.

“I wasn’t writing much music, so I was kind of uninspired, yet very busy and overwhelmed. I felt myself being really selfish, and being like, ‘This is not a big deal, but everything *felt* like such a massive deal, and started to stress me out,’” says Rex when discussing the themes he explores on ‘Pony.’” “At the end of the year, I had to make certain decisions to make my life easier, because there were just people who I wasn’t happy around, and certain things that weren’t great.”

As he takes the time to expand on his struggles and naiveties as a mainstream artist, Rex debuts a new sound with “Pony.” In contrast with his earlier projects, “Pony” seems to favor auto-tuned cadences and synthesized musical backing, evoking a more childlike sincerity. In early tracks like “10/10” and “Laser Lights,” Rex sugarcoats all the emotions of growing up and navigating through love and self-confidence with programmed beats and bubbly musical notes.

“I had to think about my oldest friends/Now, I no longer hang with them/And I can’t wait to be home again,” says Rex on “10/10,” expressing how he perceives his life and how things have changed. “I had a year that nearly sent me off the edge/I feel like a five, I can’t pretend/But if I get my sh*t together this year, maybe I’ll be a 10.”

As the album progresses, Rex details his victory over depression. Listeners get a more honest and raw sense of how he has evolved through fame. At times, he describes how the pressures have prompted him to consider quitting music. However, he always changes his mind at the last minute. Nonetheless, Rex doesn’t shy away from explaining how harshly people have treated him as a famous musician on songs like



“Stressed Out” and “Never Had the Balls.”

“They wanna take what’s yours/They wanna go for dinner on your name/I let them take control and take me for a fool,” says Rex on “Stressed Out,” detailing how much he let people walk all over him. “It’s such a shame/I never said a word and all the time I waited was a waste/They wanna see me stressed out every day, I know it.”

By letting listeners in on his inner psyche, “Pony” offers a personal atmosphere that has the potential to resonate with artists going through the same situations.

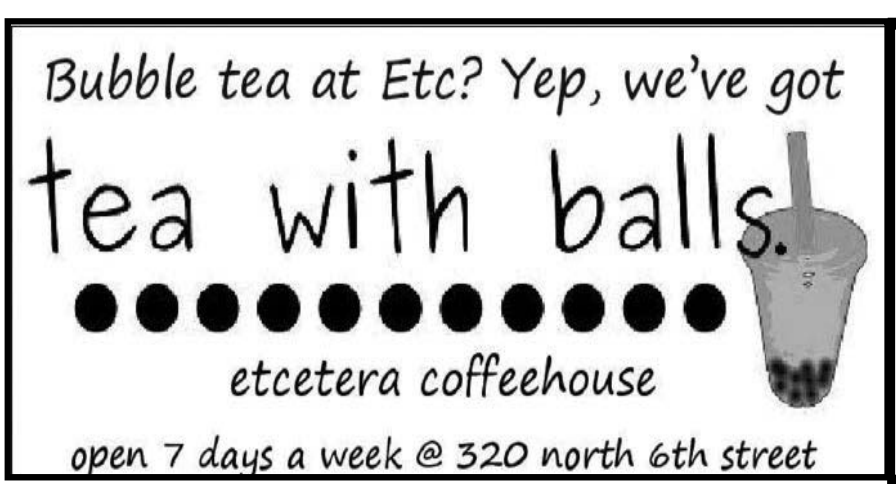
Although most of “Pony” is about the trials and tribulations of fame, Rex continues to place an emphasis on love and romance. Over the past three years his relationship with fellow musician Thea Morgan-Murell has been a major source of inspiration for Rex. Rex sings of romance in a burning, intimate way as he personalizes songs like “Every Way” with first-person point of view and heartfelt gratitude.

“I care about you, in every way I can/You know I’m troubled, but I know you can understand/I’m sorry for the strain/No one prepares you for the way in which things change,” says Rex, thanking a lover who’s been able to help ease the pains of life. Since entering into a relationship with Morgan-Murell, Rex has been able to embrace a more vulnerable side of himself. “But you’ve been amazing, saw me through my darkest stage/And you always forgave me/And now you love me just the same.”

On other tracks, Rex combines the elements of love and fame perfectly. “Pluto Projector,” for example, exemplifies a young artist, grappling with the throws of fame who just wants to enjoy being in love and celebrate having found his soulmate. The musicality follows suit as it muddles emotion with a pitch-perfect outro and pitched down vocal coda. As it evokes incredible catharsis, it stands to be the most beautiful song on the album.

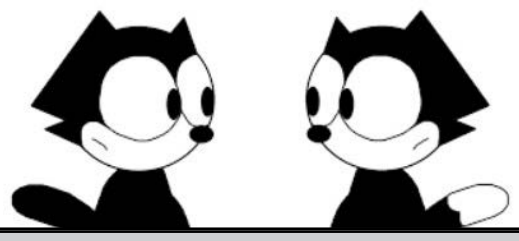
“Stay forever, you know more than anyone/And it’s you that knows my darkness/And you know my bedroom needs,” vocalizes Rex on “Pluto Projector.” “You could blast me and my secrets/But there’s probably just no need.”

Through “Pony,” Rex Orange County displays impressive evolvement with a new sound and detailed feelings of struggle and romance. However, it still doesn’t quite live up to its predecessors of “Bcos U Will Never B Free” and “Apricot Princess.”





Look-A-Likes



Characters from 'Frozen'

PT Allee Rudolph



Meghan Gruber (9)



Anna



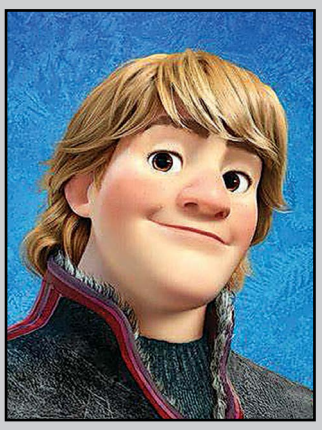
Shelby Nickal (10)



Elsa



Spencer Redwine (10)



Kristoff

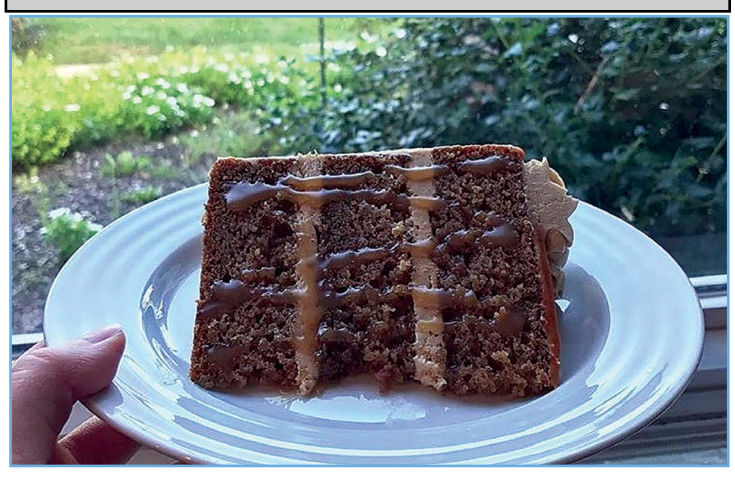


Austin Sledd (12)



Hans

Photos by Allee Rudolph and Emily Krall



Young Women of PT: Gloree Nell Wood

PT Katie Peck



Photo by Keiler Belt

Over the past three months, "West Side Story" has taken over the stage and is opening it's doors on November 22-24. Stepping onto the stage as Maria is this month's Young Women of PT candidate, Gloree Nell Wood. Wood is a sophomore who is thrilled to be chosen for this beautiful role. She has previously been seen as Chiffon in "Little Shop of Horrors" and Wednesday Addams in the Marshall County Arts Center production of "The Addams Family." Wood has a passion for the arts, but doesn't limit herself to just one thing. She is an actress, singer and dancer. A triple threat in the fine arts department, doubled with her work ethic, is something that sets her apart from many students.

This past year, Wood has auditioned for many prestigious choral programs including ACDA National Choir, which she attended in March 2019, and the Honors Performance Series she auditioned for this past summer; out of 10,000 people, Wood is one of 150 who has the opportunity to travel to Vienna, Austria the summer of 2020. Wood is most proud of these achievements and is eagerly awaiting performance time. She most recently auditioned for KMEA All-State Choir where she was placed as top soprano in the district. She will be attending with the PTHS Choral Department in February 2020.

Wood's portrayal of Maria is one she has always dreamed of. "West Side Story" is a modern take on the play "Romeo and Juliet." Maria is a young, care free girl who just wants to enjoy her time in America and share the same experiences with everyone else. Wood has taken the time to get to know her character as well as perfect her interactions with her scene partners.

"I've built relationships with the people I have to do these scenes with. Building those connections really helps a lot," Wood said.

A piece of those relationships not only comes in handy with scenes, but with the musical pieces as well. Wood's favorite song from the show is "A Boy Like That/I Have a Love." In this moment, Anita, a sister figure to Maria, is angry and heartbroken and is trying to convince Maria to listen to her.

"The music is really good. I also really like how intense the beginning is. It ends very loving and heartfelt; it's really an emotional rollercoaster," Wood said.

Overall, Wood is extremely excited for the show and is eager to perform. Being cast as the lead as a sophomore is a difficult task. Wood has been mindful of her position and has chosen to give her all for this performance. This has been a humbling experience for Wood and one that she wouldn't trade for anything.

Tickets for "West Side Story" are available at www.showtix4u.com/events/2055 or $5 student tickets will be available at the door. This is one you won't want to miss!

"Young Women of PT" in "The Bell" that features a different creative young woman every month. This young woman attends Paducah Tilghman High School and exemplifies the hard-working student who makes an impact in the school community with her kindness and individuality.

High Street Cakery recipe of the month: apple spice cake

PT Erin Kelly

Ingredients

For the apple spice cake:

- 1 cup flour
- ½ tsp baking soda
- 1 tsp baking powder
- ¼ tsp salt
- ½ tsp cinnamon
- ¼ tsp cloves
- ¼ tsp allspice
- ¼ cup butter (room temperature)
- ½ cup browns sugar
- 1 egg
- ¾ cup unsweetened apple sauce

For the brown sugar buttercream:

- 1 cup butter (room temperature)
- ½ cup light brown sugar
- 4 cups powdered sugar
- 2 tsp vanilla extract
- Milk as needed

Instructions

For the apple spice cake:

1. Preheat the oven to 350° F. Grease two or three 8-inch cake pans and set them aside.
2. In a small bowl, combine the flour, baking soda, baking powder, salt, cinnamon, cloves and allspice. Mix well.
3. In a large mixing bowl, beat together the butter and brown sugar.
4. Add the egg and beat well.
5. Mix in the applesauce by hand with a spatula.
6. Gradually add the flour mixture, mixing by hand until incorporated.
7. Divide batter evenly between the pans. Bake for 23-25 minutes, or until a toothpick comes out clean.
8. Cool in pans for 10 minutes, then transfer to a wire cooling rack.

For the brown sugar buttercream:

1. Cream together butter and brown sugar until smooth.
2. Add vanilla and mix until combined.
3. Gradually add powdered sugar and mix on medium speed until smooth.
4. Add milk until desired consistency is reached.

Assembly:

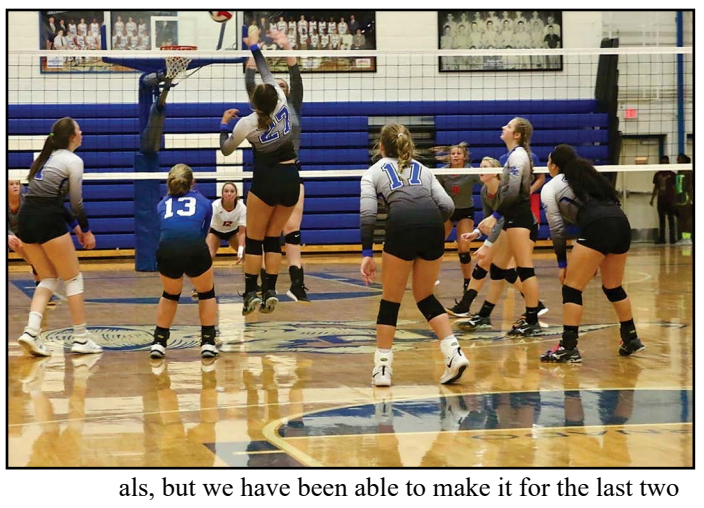
1. Place the first cake layer on a cake plate or turntable. Spread a ½ inch thick layer of frosting on top. Repeat until all layers are stacked.
2. Frost the sides and top of the cake smoothly.
3. Decorate with additional buttercream or other decorations.

Volleyball team served a winning record

PT Keiler Belt

The girls Varsity Volleyball team is ending their season with a winning record of 19-14, a record of 5-3 in the district and 9-7 in the region. The team's returning head coach is Carl Eligio and his assistant coach is Lakilia Bedeau. The team started their season off at the Apollo Summer Slam tournament, in Owensboro. There, the team had very competitive games and opponents, winning three of their five games. Following this tournament, the team traveled to back to Owensboro to compete in the Best of the West tournament where they won two of the three games. They played some of the best teams in the state in this tournament, which forced the girls to step up their game. This step up was evident throughout their season as they went on to win their next eight out of ten games, qualifying them for Quad State. There, they won three of their six games. The girls then had a few more games to play until their regular season concluded. Their great season paved way for a path to the regional tournament.

Overall, the girls dominated in district gameplay, beating Community Christian Academy (CCA) not only once, not twice but three times. CCA has been one of Tilghman's biggest volleyball competitor for decades, but this year's team was able to beat them out for the 2nd District Runner-Up title. During the district tournament game, both teams' intensity levels were through the roof. Tilghman came out on top, winning the 3-0, with the sets (25-24, 25-14, 25-23). The win guaranteed the girls a spot in the Regional Tournament where they would play Graves County. The tension between Tilghman and Graves volleyball was intense as their previous matches had been competitively close in score. The girls season came to an end against Graves, but they did not give up without a hard fight. It was a hard loss for the team, as each set was close. The final score was 1-3. Tilghman's Giannina Loaiza (Senior), Katelyn Shummaker (Senior), and Jennifer Goddard (Sophomore) were awarded All-District Team.



By the end of the season it was evident in the crowd how the girls had come together as one and learned to work as a team. "Each season gets better than the last. We used to never make it to regionals, but we have been able to make it for the last two years. We've started that streak. The attitudes of the players were much better as far as having hope in winning rather than doubting the team's abilities, like in the past years." said Giannina Loaiza. Ending a very difficult season with a winning record, these girls impressed the crowds and plan to continue doing so for years to come.

Paducah Tilghman Bowling

Matches:	Nov 2	@ Mayfield (All Regional Teams) 10:00 Spare Time Lanes **Bus will leave at 8:15 am sharp!**	$5 per spectator Kids under 10 free
	Nov 21	@ Cardinal Lanes (McCracken) 5:00	
	Dec 3	@ Mayfield (Graves, McCracken, PT) 4:00 Spare Time Lanes **Bus will leave at 3:00 pm sharp!**	
	Dec 12	@ Cardinal Lanes (McCracken) 5:00	
	Jan 9	@ Cardinal Lanes (Graves, McCracken, PT) 4:00	
	Jan 16	@ Cardinal Lanes (Massac County) 4:00	

Jan 26ish Regionals (TBA but probably at Warren County)

Feb 14/15ish State Finals TBA

2019/20 VARSITY WRESTLING SCHEDULE

11/25	Clarksville Dual	Clarksville High School - Clarksville, TN
12/7	???	
12/14	Evansville Duals	Castle High School - Evansville, IN
12/20-21	Tiger Classic	Cape Central High School - Cape Girardoux, MO
12/27-28	WCI	Woodford Co. High School - Versailles, KY
1/3-4	Johnny Drennan Inv.	Father Ryan High School - Nashville, TN
1/11	GP West Inv.	Brentwood, TN
1/16	AJ/Marion Dual	Marion High School - Marion, IL
1/17	Union Co./Whitfield, MO Dual	Union Co. High School
1/23	*Rossview Dual	Paducah Tilghman High School
1/25	State Duals	Lindsey Wilson College - Columbia, KY
1/29	Jackson Dual	Jackson High School - Jackson, MO
2/8	Region 1	Trigg Co. High School - Cadiz, KY
2/15-16	State Tournament	Alltech Arena - Lexington, KY

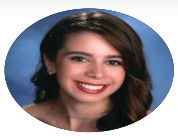
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McCracken County Reese Hutchins, Josh King and Jessica Stephens | **Massac County** Gracie Stewart



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New look basketball team hopes for bounce back

PT Jackson Mundy

With most fall sports having already ended, besides football, athletes and fans are looking forward to the next upcoming sport, basketball. Two sports rooted in the Tilghman culture are football and basketball so as football is coming to an end, the hype for basketball season is building up. Many players are excited to get out on the court and show off the hard work being put in behind the scenes. Fans are anticipating a good debut season from the new coach, Greg Overstreet, who is a Tilghman alumni. Overstreet was a part of the 1980 regional championship team for Tilghman. He knows what it is like to be an athlete at Tilghman, so he can offer a different style of coaching that caters to the players in a way not seen before.

"There is no comparison between Coach Overstreet and Coach Thomas, except that they both deeply care for the boys," Jaheim Concentine said.

The boys' opening game is November 16th at Grayson County. The refreshed team will be introducing a new style of offensive play, that'll hopefully leave the opponents in confusion and the spectators in awe. The hype for the season is being expressed amongst the team, especially Concentine who said he is happy for the young varsity players that get a chance to showcase their skills and see "what it feels like to be a part of Paducah Tilghman basketball." Fans and players alike are expecting big things to come out of this revitalized team. Let's hope the boys show up and show out for the season and show what it means to be a part of Tilghman!

PTHS Boys Basketball 2019-2020

16-Nov	PRP	jvb, vb	Grayson Co.	1:00	Scrimmage
26-Nov	Webster county	jvb,vb	home	6:00	Scrimmage
6-Dec	Carlisle	vg vb	away	6:00	
7-Dec	Alton , IL	vb	Marion Il	1:00	Marion IL
10-Dec	Mayfield	jvb,vb	home	6:00	
13-Dec	St Mary	vg,vb	away	6:00	
14-Dec	Graves	jvb,vb	home	5:00	
14-Dec	McCracken Freshman Tourny	fb	McCracken	TBA	
16-Dec	Marshall	fb,jvb	home	6:00	
17-Dec	Henderson	jvb,vb	home	6:00	
20-Dec	Cairo	vb	home	7:30	PT Xmas
21-Dec	Calloway	vb	home	12:00	Pt Xmas
21-Dec	UHA	vb	home	5:00	PT Xmas
27-Dec	Clarksville NE, Tn	vb	Caldwell	12:30	West KY
28-Dec	Memphis Southwind	vb	Caldwell	3:30	West KY
3-Jan	Christian County	vb	Graves Tourr	9:00 AM	
3-Jan	TBA	vb	Graves Tournament		
4-Jan	TBA	vb	Graves Tournament		
5-Jan	TBA	vb	Mustang Madness		
7-Jan	Murray	jvb.vb	home	6:00	
10-Jan	Christian Co.	jvb,vb	away	6:00	
14-Jan	Marshall	vg,vb	away	6:00	
16-Jan	McCracken	fb,jvb	home	5:30	
17-Jan	McCracken	vg,vb	home	6:00	
25-Jan	FB Shotout	FB	home	9:00-1:00	Graves/ St.
25-Jan	Crittenden	jvb,vb	home	5:00	
28-Jan	Mayfield	jvb,vb	away	6:00	
31-Jan	Marshall	vg,vb	home	6:00	
4-Feb	Graves	vg,vb	away	6:00	
6-Feb	Marshall	fb,jvb	away	6:00	
7-Feb	St. Mary	vg,vb	home	6:00	
11-Feb	CCA	vg,vb	away	6:00	
13-Feb	McCracken	fb,jvb	away	5:30	
14-Feb	McCracken	vg,vb	away	6:00	
15-Feb	Marshall Tourny	jvb	away	TBA	
15-Feb	Meridian Mounds, Il.	jvb,vg,vb	away	2:00	
17-Feb	Calloway	fb,jvb,vb	away	6:00	
21-Feb	Hopkinsville	jvb, vb	away	6:00	
22-Feb	Marshall Tourny	fb	away	TBA	

PTHS Lady Tornado Girls Basketball Schedule 2019 - 2020

Date	Opponent	Location	Time	Team
DECEMBER				
Tues 3	**Trigg Co.**	**Paducah Tilghman**	**6:00**	**JV/V**
Fri 6	Carlisle County	Carlisle Co.	6:00/7:30	VB/VG
Mon 9	Massac County Tournament	Massac Co	TBD	V ONLY
Tues 10	Massac County Tournament	Massac Co	TBD	V ONLY
Thurs 12	Massac County Tournament	Massac Co	TBD	V ONLY
Tues 17	Crittenden Co.	Crittenden Co.	6:00	JV/V
Thurs 19	Hickman Co.	Hickman	6:00	JV/V
Fri 20	St. Mary	St. Mary	6:00/7:30	VG/VB
Mon 23	**Massac County**	**Paducah Tilghman**	**6:00**	**JV/V**
Fri 27	Murray Bank Hardwood Tournament	Calloway Co	2:00	V ONLY
Sat 28	Murray Bank Hardwood Tournament	Hopkinsville	6:00	V ONLY
	Murray Bank Hardwood Tournament		TBD	V ONLY
JANUARY				
Fri 3	**Caldwell**	**Paducah Tilghman**	**6:00**	**JV/V**
Mon 6	Goreville	Goreville	6:15	JV/V
Tues 14	Marshall County	Marshall Co.	6:00/7:30	VG/VB
Fri 17	**McCracken County**	**Paducah Tilghman**	**6:00/7:30**	**VG/VB**
Mon 20	**Hickman County**	**Paducah Tilghman**	**6:00**	**JV/V**
Tues 21	Lyon County	Lyon Co.	6:00	JV/V
Fri 24	Livingston Central	Livingston Central	6:00	JV/V
Tues 28	**Calloway Co.**	**Paducah Tilghman**	**6:00**	**JV/V**
Fri 31	**Marshall Co.**	**Paducah Tilghman**	**6:00/7:30**	**VG/VB**
FEBRUARY				
Tues 4	Graves Co.	Graves Co.	6:00/7:30	VG/VB
Fri 7	**St. Mary**	**Paducah Tilghman**	**6:00/7:30**	**VG/VB**
Tues 11	Community Christian Academy	CCA	6:00/7:30	VG/VB
Fri 14	McCracken	McCracken Co.	6:00/7:30	VG/VB
Sat 15	Meridian	Meridian	2:00/3:30	VG/VB
Mon 17	**Fulton City**	**Paducah Tilghman**	**6:00**	**JV/V**
Tues 18	**Livingston Central**	**Paducah Tilghman**	**6:00**	**JV/V**
Thurs 20	**Crittenden County**	**Paducah Tilghman**	**6:00**	**JV/V**

Head Coach: Steve Dreher
Asst. Coach: Stephani Gray
Asst. Coach: Sandy Nickal
Asst Coach: Iesha Shumpert

Principal: Allison Stieg
Athletic Director: Jason Nickal

