



# West Jeff Weekly



## **WEST JEFF HOMECOMING 2017!!** BY WHITNEY THOMAS

HOMECOMING WEEK AKA "SPIRIT WEEK" WAS A FUN-FILLED WEEK FOR ALL STUDENTS! THE WEEK WAS KICKED OFF WITH MONDAY'S PAJAMA DAY, TUESDAY'S TWIN DAY, WEDNESDAY'S GENERATIONS DAY, THURSDAY'S THROWBACK DAY, AND FRIDAY'S BUC PRIDE DAY.

FRIDAY NIGHT WAS THE FOOTBALL GAME AGAINST GRACE KING AND ALSO A NIGHT FOR OUR HOMECOMING COURT. CONGRATULATIONS TO EVERYONE IN EACH GRADE LEVEL THAT RAN, AND OUR HOMECOMING KING AND QUEEN TROY BROWN AND LAJARA WHATLEY. TO TOP THIS NIGHT OFF OUR BUCS FOOTBALL TEAM WON WITH A FINAL SCORE OF 44-20!

FINALLY WAS THE HOMECOMING DANCE SATURDAY NIGHT WITH THE THEME OF ROYALTY. AS YOU WALKED IN THERE WAS A RED CARPET JUST TO SET THE TONE OF THE NIGHT FOLLOWED BY TWO DESIGNATED CHAIRS FOR ALL OF OUR KINGS AND QUEENS OF THE NIGHT, WITH PLENTY FOOD AND DRINKS FOR EVERYONE.

—SPECIAL THANKS TO EVERYONE WHO PARTICIPATED! GO BUCS!

### *JOKES OF THE WEEK*

Q: What kind of bagel can fly?

A: a plain bagel

Q: What's Forrest Gump's iPhone password?

A: 1-forrest-1

Q: What language do garbage cans speak?

A: trash talk



### **INSIDE THIS ISSUE**

- Psyche Advice..... 2
- Self Help..... 2
- Ask Whitney..... 2
- Athletes of the Week ..... 3
- Sports News ..... 3
- Pop Culture ..... 4
- Did You Know...? ..... 4
- Trending Topics ..... 4



## PSYCHE ADVICE

**How to:** *Better Grades*

By *Patricia Briscoe*

As a high school student myself, and a senior no less, you can believe me when I tell you that grades are important. Of course you hear this often from your teachers or your parents, but this is coming from a fellow peer. Getting those good grades aren't as impossible as it seems. It's all about application and dedication.

Here I've put together a few tips for you to better your grades, and yourself as a student:

- ◆ **Take Notes:** Even when you're bored out of your mind of the lesson at hand. Even when you're exhausted. Even when you already know the work being taught to you, *take notes*. You'll always need something to look back on, and you'll never know when your notes will come in handy.
- ◆ **Highlight:** Highlighting is a great key not only for organization but for motivation as well. It may seem silly and tedious if you aren't used to using a highlighter, but it will help you in the long run.
- ◆ **Organization:** This is more than necessary. Having things in order will work in your favor. You'll never have to worry about completing your math homework then accidentally forgetting it on your bed because you weren't organized.

*Getting those good grades aren't as impossible as it seems. It's all about application and dedication.*

### SELF-HELP

#### SUICIDE PREVENTION

Three Words...

**You're not alone.**

This is something you need to remember when going through a tough time.

You are not alone.

If you ever feel like the road you're walking along is getting shorter and shorter and you have nowhere to turn just remember, you're not alone.

People are here for you. Talk to someone. A friend, teacher, counselor, or even your Principal. You can also call the Suicide Prevention Hotline anonymously and get the help and support you need.

Don't be ashamed to ask for help.

You're not the only one. *You're not alone.*

**Suicide Prevention Hotline:  
1-800-273-8255**

### ASK WHITNEY ???

#### NEEDING GUIDANCE

*Dear Whitney,*

*My skin is breaking out !! How do I get these horrible bumps out of my face?*

@Needing guidance,

Having acne could be bad but it is a normal thing for teens our age! The best things I'd suggest you do are drink plenty of water, get a good deep cleansing product, and make an appointment with your dermatologist.

#### TOO MUCH STRESS

*Dear Whitney,*

*How do I manage my school work , while still making time for my personal life?*

@Too much stress,

Take a deep breath and relax. School only becomes stressful when you genuinely care about your grades so be proud of yourself for caring. Learn how to manage your time by creating a set schedule for yourself. Remember to take the time to do things you enjoy while keeping up with your academic schedule.

#### WEIGHT LOSS

*Dear Whitney,*

*Help! I'm very active but I'm still having issues losing weight. What more can I do ?*

@Weight loss,

Losing weight can be a very difficult thing but you must always remember, its not always how active you are but your eating habits also. Make sure you are eating healthy foods and getting proper nutrition into your body.

*Please send all inquiries to Whitney at [whitneythomas654@gmail.com](mailto:whitneythomas654@gmail.com)*

## ATHLETES OF THE WEEK

BY LENORA BURTON

Player: Monique Garlick Sport(s): Volleyball  
Position(s): Middle How long have you been playing? 3 years  
With which college do you plan on playing? Sacramento State University  
Who do you idol in the AVP? Javona Hill  
What do you like to do when you're not playing volleyball? Take care of my sister



Top: Monique Garlick, Bottom: Wallace Lucas

Player: Wallace Lucas Sport(s): Football  
Position(s): Quarterback How long have you been playing? 2 years  
With which college do you plan on playing? Florida State University  
Who do you idol in the NFL? Deshaun Watson, Cam Newton  
What do you like to do when you're not playing football? Watch football



*“We’re going to be a special team,” Anthony Davis says in his interview with William Guillory. “We don't feel it, we know it.”*

## THIS WEEK IN SPORTS

BY ASIA WILLIAMS

Who is Anthony Davis?

Anthony Davis is an American professional basketball player for the New Orleans Pelicans in the National Basketball Association (NBA). In 2012, he was the number 1 pick in the draft. As of now, he still plays for the Pelicans.

On Saturday October 29, 2017, the Pelicans beat the Cavs 123 to 101. Anthony Davis scored 30 points. He was interviewed by William Guillory. His words were, “We’re going to be a special team.” He knows they will go far. By beating the Cavs, it brought their record back to exactly 0.500 for the first time since February 2015.

Also, Davis says, “We don't feel it, we know it.” The New Orleans pelicans might have a championship in their hands.



Top: taken from zagsblog.com

Bottom: taken from goingfor2.com



## DID YOU KNOW...?

- ◆ WEST JEFFERSON HIGH SCHOOL WAS FOUNDED IN 1955
- ◆ SOME NOTABLE ALUMNI OF WEST JEFFERSON HS ARE:
  - \* ROBERT BILLIOT, JP MEMBER OF LOUISIANA HOUSE OF REPRESENTATIVES
  - \* BIANCA DEL RIO, RUPAUL'S DRAG RACE ACTOR AND COSTUME DESIGNER RICKY TEMPLET, FORMER MEMBER OF LOUISIANA HOUSE OF REPRESENTATIVES
  - \* ROCSI, RADIO AND TV HOST OF 106 AND PARK
  - \* ANTHONY SPARKS, FORMER NICHOLLS STATE UNIVERSITY FOOTBALL PLAYER AND CURRENT DALLAS POLICE DEPARTMENT OFFICER

West Jefferson High School  
Journalism Club  
2200 8th Street  
Harvey, LA 70058  
Phone: 504-368-6055



# Trending Topics

West Jefferson High school Newspaper

## Halloween Costumes: Who Slayed and Who should have delayed

Halloween is the best time of year for you to be whoever you want, even if it's only for one night!

Kim and Kourtney Kardashian gave us a thrill with their costumes, dressing up as Madonna and Michael Jackson. Stephen Curry was creepily interesting as Jigsaw, and Russell Simmons gave us a good laugh by dressing as his younger self.



Kendrick dresses as Jesus, how fitting!



Eric Andre' is supposedly Cardi B!

## TOP MOVIES AND MUSIC

BY JANESSA GILLENWATER

### MOVIES

- ⇒ **HAPPY DEATH DAY** (96 MINS) RELEASE DATE: OCTOBER 13, 2017, RATED PG-13, HORROR, DIRECTOR: CHRISTOPHER LANDON
- ⇒ **BLADE RUNNER 2049** (164 MINS) RELEASE DATE: OCTOBER 6, 2017, RATED R, MYSTERY, DIRECTOR: DENIS VILLENEUVE
- ⇒ **THE FOREIGNER** (114 MINS) RELEASE DATE: OCTOBER 13, 2017, RATED R, ACTION, DIRECTOR: MARTIN CAMPBELL
- ⇒ **IT** (135 MINS) RELEASE DATE: SEPTEMBER 8, 2017, RATED R, HORROR, DIRECTOR: ANDY MUSCHIETTI
- ⇒ **AMERICAN MADE** (115 MINS) RELEASE DATE: SEPTEMBER 29, 2017, RATED R, ACTION, DIRECTOR: DOUG LIMEN

### MUSIC

- ROCKSTAR-POST MALONE FEATURING 21 SAVAGE
- BODAK YELLOW- CARDI B
- 1-800-273-8255- LOGIC FEATURING ALESSIA CARA & KHALID
- LOOK WHAT YOU MADE ME DO- TAYLOR SWIFT
- MI GENTE- J BALVIN & WILLY WILLIAM FEATURING BEYONCE
- DESPACITO- LUIS FONSI & DADDY YANKEE FEATURING JUSTIN BIEBER
- BOM DIGGY- ZACK KNIGHT/JASMIN WALIA
- WHAT YOU WANT- JAY SEAN & DAVIDO

West Jeff Weekly Staff

Editor-in-Chief: Careese Williams, Advisor  
careese.williams@jppss.k12.la.us

Writers: Lenora Burton, lenora2002@gmail.com  
Kearney Butler, kearneybutler95@gmail.com  
Tayla Coleman, marietayla01@gmail.com  
Jiahna McGee, mcvii.fave@gmail.com  
Obra Pickens, ojpickens@gmail.com

Head Editor: Patricia Briscoe, patriciabriscoe00@gmail.com

Whitney Thomas, whitneythomas654@gmail.com  
Aquilla Triggs, triggsaquilla@yahoo.com  
Asia Williams, afavorite94@gmail.com  
Janessa Gillenwater, nessaloops12@gmail.com