Happy October
Chargers!!!

Articles by: Annalise Stevenson, Carter Joel, Aubrey Burdette, Leonel Mentado Ramos, Jesus Villanueva, Riley Charaba

Mental Health/Hotlines
By Aubrey Burdette

Your mental health is as important as your physical health. A common misconception is that you need to have a disease (anxiety, depression, ADHD, etc.) to suffer from mental health issues. No matter what you may be struggling with, it’s important to seek the help you need to improve your situation and mental health.

What causes bad mental health? Mental health issues can be caused by such things as genetics, your environment (home/school), family and personal life, bullying, stress, and trauma. A few examples of symptoms you can experience when struggling with mental health issues include mood swings, changes in sleeping/eating habits, inability to cope, and much more. There are multiple types of disorders: some of the most common include anxiety, ADHD, eating disorders, bipolar, depression, etc. Even if your disorder isn’t common, it’s still valid and deserves treatment. For instance, many people go to therapy, find coping mechanisms, or take prescribed medication under a doctor’s care.

Over the years, hotline services have become accessible to de-escalate personal battles and situations, and to identify the best options for seeking help locally. Many hotlines have been established via phone and text for multiple situations, allowing anyone to find the help they need. I interviewed Mrs. Milen, our guidance counselor at Brown Middle School. She said she believes hotlines are important because they are available to students 24 hours a day, 7 days a week. She added, “I work during school hours only, so if something comes up outside of those hours, this can be a great resource. The adults in a student’s life are also a great resource.” There are some students who don’t know who they can speak to in a crisis, Mrs. Milen suggests talking to her, Ms. Walker (our social worker), Nurse Betty, Officer Miller, or Dr. Gwyn. She also said, “Culture of Care is a great time to talk to your teacher as well. Any adult that you feel comfortable with in the building is another good choice.” Finally, she provided a list of coping mechanisms for students to use on their own such as, journaling, drawing, meditating, yoga, deep breathing, listening to music, taking a walk, playing an instrument, reading a book, cooking a favorite food, and rewatching a favorite show or movie.

Hotlines:
Suicide & Crisis Hotline: 988 or visit https://988lifeline.org/
Crisis Text Line: Text HOME to 741741 or visit https://www.crisistextline.org
Hotline For Substance Abuse And/Or Mental Health : 1-800-662-HELP (4357)
LGBTQ Crisis Line : 1-866-488-7386 or visit https://www.thetrevorproject.org/
Report Child Abuse: 877-237-0004 or visit https://apps.tn.gov/carat/

Candy Corn Survey
By Leonel and Aubrey

Candy Corn is one of the most popular fall/ Halloween candies, but how popular is it actually? We’ve asked the students/staff of Brown Middle School to cast their vote! We had 110 replies, and the results are:

Yes 65.5%
No 34.5%

Brown Middle school is team candy corn!
What Do Teachers Do After School?
By Carter Joel

Have you ever wondered what teachers do after school? I asked Mr. Brady what he likes to do after school. I originally wanted to know where he lived and his home routine but I was told that was too personal, so I found out what he does after school. On Mondays after school lets out, he likes to go work out before “whatever it is I have planned that afternoon,” he said. He’ll usually take a nap after his workout and before he plays softball in a league (it is still unknown what league) and then he cooks a meal. On Tuesdays, he also works out after school and then he goes to Camp Jordan in East Ridge to coach his Chattanooga Red Wolves U9 academy team. Then he goes to play trivia with his friends in a restaurant in Chattanooga (it is still unknown to this day what restaurant it is). On Wednesdays, he goes home and takes yet another nap before playing golf or soccer. Always staying active and in shape (good job Mr. Brady), on Thursdays his routine stays the same as Tuesdays but sadly, he doesn’t do trivia. On Fridays he’ll go home to Nashville or he’ll relax because he’s probably waking up early Saturday to watch or coach soccer. So when he’s not at school he is rarely sitting for too long; he’s always up to something. Well, that’s what Mr. Brady does after school.

Interested in other people’s cultures?????
By Jesus Villanueva

Mrs. Harrison has a cultural celebrations club for people who want to learn about other cultures. I talked to Mrs. Harrison to find out more about it. When asked what inspired her to start the club, she replied, “I was inspired to create the cultural celebrations club in order to promote inclusivity at BMS. I want all students and people to feel celebrated. I also wanted the culture club to be an educational tool for learning about other cultures.” She said the goal of the club is to make students with diverse backgrounds feel seen and to educate all students on the wonderful cultures that make up our world. I also asked about her future plans and member limits. Mrs. Harrison hopes that in the future the culture club will gain more members and they can hold quarterly after-school celebrations. There is no member limit at this time, and she is happy for new students to join at any time. She said, “I want this club to help change the culture at BMS so that every student feels seen.”

Word of the month: Atrocity
By Annalise Stevenson

Noun. “An act of shocking cruelty.” For the "great" man nothing is wrong, there is no atrocity for which a "great" man can be blamed. It was the most significant terrorist atrocity in Spanish history. But Elizabeth did not profit long from this atrocity. This is the word of the month, if you want to improve your vocabulary then use the word Atrocity in your next conversation. Have a great fall break everyone!!

Pumpkin Chocolate Chip Cookie Recipe
From AllRecipes.com By Riley and Annalise
1 cup canned pumpkin
1 cup white sugar
½ cup vegetable oil
1 large egg
1 teaspoon baking soda
1 teaspoon milk
2 cups all-purpose flour
2 teaspoons baking powder
2 teaspoons ground cinnamon
½ teaspoon salt
2 cups semisweet chocolate chips
1 tablespoon vanilla extract
½ cup chopped walnuts (optional)

1. Preheat the oven to 350 degrees. Grease a baking sheet.
2. Combine pumpkin, sugar, oil and egg in a large bowl. Dissolve baking soda into milk in a small bowl and stir in.
3. Stir together flour, baking powder, cinnamon and salt in a separate bowl. Add flour mixture to pumpkin mixture and mix well. Add chocolate chips, vanilla, and nuts (if desired). Stir just to combine.
4. Drop by spoonful on prepared baking sheet. Bake in a preheated oven until lightly brown and firm, about 10 minutes. Tastes best cold from the fridge.

Scary Books Recommended by BMS Teachers
By Jesus Villanueva

"A Tale Dark and Grimm" by Adam Gidwitz
"Red Moon Rising" by Peter Moore
Anything by Edgar Allen Poe or H.P. Lovecraft
“Miss Peregrine’s Home for Peculiar Children” by Ransom Riggs
Stephen King books such as “Firestarter”

Many of these books are available in our school library.
**Crochet Club**

By Riley Charaba

Do you have an interest in crocheting? A lot of people don’t know that Ms. Kuster runs a crochet club with the help of Mrs. Barbee and Mrs. Cooley. Ms. Kuster heard during the 3rd quarter last year that they needed someone to lead it, and she volunteered. She was excited to take up this opportunity, and now this is the first full year there will be a crochet club.

Mrs. Barbee joined because she loves crocheting and knitting. Mrs. Barbee actually started to crochet 5 years ago with just YouTube tutorials! But, it took her 2 years just to master it, she stated. Mrs. Cooley loves crocheting in her free time. She joined because she thought it was a fun club to hang out with and to help around she said.

Right now there is no limit to how many students can join. The club provides all materials, but you are allowed to bring your own projects too. In the club, they are learning basic stitches, but their goal is to learn “Granny Squares” by the end of the year. Joining the club will be a great opportunity overall. It is on Wednesdays from 2:15 to 3:30 in Ms. Kuster's room.

**Students and teacher of the month for AUGUST:**

**6th Grade:** Kaden Frost

**7th Grade:** Javarien Page

**8th Grade:** Jaliah Johnson

**Staff:** Mrs Rox

**Students and teacher of the month for SEPT:**

**6th Grade:** Sadaya Sims

**7th Grade:** Landon Sims

**8th Grade:** Patricia Reyes Flores

**Staff:** Mr Pedro

**Congratulations to all of you guys! Keep working hard and be on your best behavior to have a better chance at being nominated!**

---

**FREE FALL BREAK ACTIVITIES**

**MONDAY:**

OCT. 10 HAMILTON PLACE SKATE 7PM-9PM

**TUESDAY:**

OCT. 11 MOVIES AT MILLER PARK 7P-9P

**WEDNESDAY:**

OCT. 12 INSPIRATION NIGHT AT BESSE SMITH HALL 6.30PM-7.30PM DINNER WILL BE SERVED

**THURSDAY:**

OCT.13 VOS 2005 TS PARTY AT THE NATIONAL GUARD MINORS 7PM-9PM

**FRIDAY:**

OCT. 14 FLASHBACK FRIDAY LOCK-IN AT BRIANBERG HIGH GYM 8PM-7AM

---

**Stories for the Campfire**

By Carter Joel

With Halloween just around the corner, I feel that it's time to bring back the age-old tradition of campfire stories. So after scouring the internet for Tennessee Urban legends, here are some of the best that I've found.

**Old Green Eyes**

Many men lost their lives on the Chickamauga Battlefield but of all of them, one stands out. One soldier got his entire body blown up, leaving him only his head. It’s said that if you go to the battlefield at night you might just see a pair of floating green eyes following you. If you plan on going to Chickamauga Battlefield at night you had better be a fast runner.

**The White Screamer**

In White Bluff, Tennessee, there’s an old legend about the “White Screamer.” Some locals might tell you about it, while others just keep their mouths shut. The story goes that an old couple had a cabin in the middle of the woods and hid their terrifyingly ugly child in the basement. But one day the child grew tired of being locked up so he broke out, killed his parents, and ran off into the woods. You might just hear him screaming at night from the abandonment, but if you do hear him it’s already too late.

**The Bell Witch**

The Bell Witch Legend is one of the most popular and important horror stories of Tennessee. John Bell and his family were haunted by a poltergeist at their farmhouse. The haunting was so bad that it took the life of John Bell and they say the witch continues to haunt Northern Tennessee.

**Bathroom Bullies**

Jamestown’s Pine Haven School is home to a murder long forgotten, but not by the victim. When the school was still being used, a bully pushed a kid into a bathroom mirror which resulted in him hitting his head on the sink and cracking his head open. But due to the bully’s fear he pulled the floorboards up and put the kid under them. It’s said that if you go to the school you can still see the bully’s victim roaming the halls.

**The Signal Man**

Chapel Hill, Tennessee is known for its strange lights on the railroad tracks at night. But what you may not have heard of is the headless conductor. To this day, he is still looking for a signal train that’ll never come.
Halloween

Find the word in the puzzle.

Words can go in any direction.
Words can share letters as they cross over each other.

30 of 30 words placed.