



JHS Express

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JHS Football By Dalana Jackson

I met with some of JHS's football players during their lunch prior to homecoming and asked if I could interview them. They players who said yes had this this to say about my questions.

Interviewed football player

The first person I interviewed was Carsen Bane, a senior at JHS. Carsen's jersey was #20 and he was a running back. I asked his feelings about his coach. He thought his coach was the best and really understood his players and the sport. I asked about his team and if it's like a family. And Carsen said that he felt supported during games by his teammates and the coaching staff as well. Even more support came from family and friends who constantly came to his games. When asked what his inspiration for football was, he talked about how his brother played football and he would play with him. That started his love for the game. I then asked what his future plans are and if he wanted to go pro. He didn't have a big interest in playing college football, but does want to go into civil engineering.

Then I talked to sophomore Eligh Deleon. His jersey was #54, and he's a right guard.

Elo thinks his coach is amazing and loves working with him. When I asked Eli why he started playing football, he said watching the players on the tv had inspired him and he fell in love with it. Eli told me that his parents are very supportive of him and have never missed a game. I asked Eli if he wanted to go pro. And that is his goal, but as he thought, anything can happen. I'm hoping he does, so he can accomplish his dream.

After Eli, I talked to senior Tyrese Woffoard. His jersey is #5, and he's a quarterback.

Ty loves and is thankful for his coach and coaching staff He especially gave



Editors:

**Z Sparrow and
Dalana Jackson**

Staff:

**Neveah Robles,
Lillian
Stormount,
Naria Maria,
Conner Garcia,
Cameron Cooper,
Xavier
champagne**

Advisers:

Iora Pirello

Principals: Mr.

**Williams, Tom
Langworthy
Alyson Smith**

thanks to Coach Propheter, Coach Jolly and Coach Langworthy. Ty believes the Coaches are a big reason they've won their games and he wouldn't have any other coaching staff in the world. Just like the other players, his family is supportive. his mom comes to all of his games. Ty hasn't thought much about going pro, but he does know he wants to go to college and become successful.

Then I interviewed sophomore, Chase Bonta his jersey is #31, and Chase is a running back. Chase liked his coaches and that they coached them up to what they needed to know. Chase told me about how the coaches have not just helped them be good players, but good people too. Chase's family comes to all his games, and even wears his jersey to show support. Chase's inspiration for football was family. His dad played when he was younger and growing up he watched his brother play too. Chase wants to play college football and even go pro in the future.

The final interview of the day was senior Justin Saunders, aka Juice. His jersey is #59, and he is an offensive and defensive linemen. Juice told me about his coaches and how he appreciated them for being strong with their teachings which has helped push their team to be who they are. Juice also told me about how his family has supported him in every sport he's done, especially football. The thing that inspired Juice to play football was his family. He had members of his family play football, and he's watched it all his life and then he wanted to do it too. Juice will not be pursuing football in the future; he has another passion: culinary arts. He may not be thinking of football for future goals, but football will always be a big part of his life

I would like to thank all the players who took the time to talk to me. It was nice getting to get to know them a little bit.



JHS Spirit Week by Dalana Jackson

This year's spirit week was the week leading up to homecoming. I hope everyone enjoyed their homecoming



Halloween the Season of the Witch by Dalana Jackson

JHS students and staff it's October meaning it's halloween season are you ready to get your masks and capes on.

Movie recommendations:

If you're looking for classic or just scary Halloween movies something a little scary I would recommend watching these movies. *Wrong Turn, Scream, Human Centipede, Hide and Seek, Halloween, Friday the 13th, Saw, Final Destination, Terrifier, The Jester, 28 Days Later, Strangers, Hills Have Eyes, Scary Stories to Tell in the Dark, Five Nights at Freddy's, It, American Psycho, The Nun, The Conjuring, Chucky, Annabelle, The Boogeyman, Lights Out, and The Ritual.*

If you are looking for classic, more kid friendly movies I would recommend watching *Nightmare Before Christmas, Corpse Bride, Coraline, Monster House, Haunted Mansion, Twitches, Mostly Ghostly, Casper, Monster High, Casper, Goosebumps, The Addams Family, and Hotel Transylvania.* These are some of the more classic movies. Newer movies to watch are *A Babysitter's Guide to Monster Hunting, The Curse of Bridge Hollow, Hubie Halloween, Coco, Muppets, Haunted Mansion, The House with Clocks in its Walls, Hocus Pocus 2, Hotel Transylvania: Transformania*

Costume ideas:

If you couldn't figure out a Halloween costume this season but still feel like dressing up, go for the classics or something funny or just super scary: A killer clown, witch, demon, angel, plague doctor, or a vampire. Costumes for a duo are Coraline and Wybie, PB & J, Salt and Pepper, Victor and Emily, Jack and Sally, Beetlejuice and Lydia, Morticia and Gomez, Chucky and Tiffany, Joker and Harley, and the Shining Twins. Costumes for trios are. Power Puff Girls, Ghost Face, Pennywise and Jason, Scooby, Velma and Shaggy, Anderson Sisters, Sun, Moon and Stars, and the Fairy godmothers from Sleeping Beauty.

This years students costumes:



The Crown Street Caper

By Cameron Cooper

For this article, we decided to interview the owners of Crown Street, Nick and Mikayla, to find out what it's like to run a café in Jamestown. The following article is the transcript of the interview.

Cooper: Could you give a brief description of your business?

Nick: We're a specialty coffee roaster and a café. We roast coffee here and sell coffee beans; we also sell sandwiches and espresso drinks.

Cooper: What differentiates you from other cafés in the area?

Nick: I think that It's our focus on quality; we really try to make high quality food and provide really high quality service; we try to have a really nice environment; and our coffee and espresso are top notch. So it's really our coffee and our quality and the experience.

Mikayla: And the time it takes to roast our coffee and the detail that we put into roasting it using the most up to date technology.

Cooper: Who founded this business?

Mikayla: Well we were founded like six years ago and we actually bought this business about a year ago, so we've owned this business for a year.

Cooper: Do you know what their inspiration was to start this café?

Mikayla: Our inspiration for buying this business was because we love Jamestown and wanted to be a part of the community.

Cooper: How has the recent change in ownership impacted this café?

Nick: I wouldn't say it's been affected too much; I think the experience for customers has stayed pretty consistent.

Mikayla: We added our own personal touches to it through the use of decorations and the specials that we offer; we have a new staff; so, the café has mainly gone through some personal changes with us.

Cooper: You are positioned in the heart of downtown Jamestown. What are the pros and cons of this location?

Nick: Some of the pros are that there's a lot of foot traffic- there's a lot of people that work downtown, we're near the school, we're near all of the businesses- so we get a lot of regulars and get to know people on a first name basis; so mainly it's just building up a relationship with our customers over time. Mikayla: As for

Cooper: Does Tim Hortons affect your business?

Mikayla: I think we have different niches; a lot of Tim Hortons regulars are looking for a good cup of coffee, but they're not looking for a specialty coffee necessarily or a downtown location. So to sum it up, we both have different specialties, so I don't think Tim Hortons really impacts us; we're both doing our own things and we're both doing our own really cool things.

Nick: They also definitely have more of a focus on drive-throughs while we focus more so on our atmosphere and customer interactions.

Cooper: Your business is fairly new. What difficulties did you face when your business first opened its doors?

Nick: I've worked here for almost our business's entire life, and early on some of our difficulties were just being a brand new business, so no one really knows you're there yet. So you can put in long days of

hard work and just wait for people to come in, so you have to have the perseverance to keep coming in everyday and keep consistent hours, then, eventually people will start to realize you're here and get what you're offering; so the challenge when you're first starting off is just getting through the initial phase where no one knows that you're even there.

Mikayla: I think another challenge you can face when you first open up a small business is learning how to run one: when you're your own boss, it's difficult because you don't have a boss to ask "What am I supposed to do", meaning you have to learn how to do things on your own

Cooper: I observed from your Facebook page that community is important to you. How have you given back to the community?

Mikayla: We regularly have people ask us to make donations to different causes: we donate bags of coffee, we donate gift cards, and currently we have a donation box to help women who are experiencing situations of domestic violence by giving them supplies: toiletries, clothing, and other things like that. Cooper: Why do you believe it is important for small businesses to maintain a relationship with the community?

Nick: I think the community is the heart and soul of downtown Jamestown and the heart and soul of what we, as Jamestown, are about. I remember going through 2020; it was kind of a rough year, but one of the big things I remember was the resiliency of everyone and the determination from everybody to get through those hard times. The community hasn't let us down and we haven't let them down, so I think the community coming together is what allowed us to get through that hard time, in which a lot of businesses closed, and become stronger.

Cooper: How does your merchandise benefit your relationship with the community?

Mikayla: I would say it helps with our advertising; when someone buys your T-shirt or your coffee mug or a travel mug, people will see it and it'll bring awareness to your brand, and your community will learn about you because they might ask someone who has your mug, "What is Crown Street Roasting company?" Because, believe it or not, there are still people sometimes who haven't heard of Crown Street Roasting.

Cooper: In the past, your café has held many events such as Christmas parties and painting get-togethers. How did this benefit your fledgling company?

Nick: I feel as if these events were cool ways to help people grow community with each other and experience the downtown area.

Cooper: Do you plan on returning any of these events?

Nick: Yes I think we are; we're definitely thinking of a few things. There's always different things coming up and different people coming to us with ideas.

Mikayla: We'd like to bring these events back; I think a lot of our focus this year has been put into learning how to run a business, and I feel as if now that we are more experienced in that field we can start to bring back some old events and introduce a few new ideas.

Cooper: How did the COVID-19 pandemic affect your business?

Nick: That time period was quite odd for us. For a while we had to shut down our in-persons dining area, which was one of our big selling points; however, as the pandemic started, we began to roll out online ordering, so it pushed us to release that feature quicker, which ended up being cool because now, in addition to people coming in and sitting here, a big aspect of our business is people placing orders and picking them up on their ways to work.

Cooper: What do you believe allowed your business to survive through the pandemic, in addition to the innovation of online ordering?

Nick: I feel as if our dedication allowed us to get through it; we showed up everyday, despite all of the uncertainty of the time, and always looked out for the community. The community also was an important factor in our survival; people would always come to try to support us and we'd always support them despite all of the hardships we'd faced,

Cooper: In your opinion, how necessary is it for small businesses to have options to buy products of theirs through the internet?

Nick: I feel as if it is definitely important; our online ordering definitely helps our own business a lot. People like to just order food over the Internet, then leave. We also have people all around the country who order our coffee beans. We also hope to work on and improve our online ordering system in the future.

Cooper: On your Facebook page, you identify yourself as “third-wave” . What do you mean when you say this?

Nick: Third-wave is a term that is used inside of the coffee industry; it, along with first and second wave, are meant to help categorize different waves of coffee innovation. The first-wave encompasses companies like Folgers and Maxwell house who mass produce their coffee and have been around for decades. Second-wave is used to describe companies like Starbucks and Tim Hortons; companies that are a little bit more specialized but are still really focused on mass producing and volume. The third-wave is used to describe companies that are even more specialized and provide only specialty grade coffee, which is graded above a specific score. So it's basically the best coffee that's available.

Cooper: How does your café find inspiration to think up new seasonal items?

Mikayla: I would say our staff plays a big role in that process; our staff gets together and thinks of creative things we can try, then we get the necessary products and taste test them. So I would say our seasonal products are a result of collaborative efforts.

Cooper: Your business mentions having a secret menu on its Facebook page. Would you be willing to give any information about it?

Employee: It's a secret

Cooper: What is the most popular item on your menu?

Nick: I would say it is probably our black coffee, in terms of the number of items we sell. Food wise, our breakfast sandwiches are quite popular, especially our bacon, egg, and cheese and sausage, egg, and cheese sandwiches. In terms of espressos, our lates are our most popular items.

Cooper: What is your favorite item from your menu?

Mikayla: My favorite item is probably our iced mocha; it's really good, especially if you like chocolate. Cooper: What coffee beans would you recommend to any aspiring café owners?

Nick: We actually sell a lot of our coffee beans to some different cafés; full strength in Westfield is one of them, along with a few other coffee shops. We normally offer six to ten different types and blends and our sixteenwest is our most popular blend amongst other cafés.

Cooper: Are you hiring or planning to in the future?

Mikayla: We are always accepting résumés from any who are interested in applying; however, this is something we haven't thought about in a little bit. We already have a great staff in place, but if you are interested, you can always drop off your résumé.

Cooper: Would you be willing to give any part time positions to JHS students?

Nick: Yes, I feel like that is definitely something we'd consider; I don't know if we've ever had any JHS

Nick: Yes, I feel like that is definitely something we'd consider; I don't know if we've ever had any JHS students work here before but it is something we'd consider.

Cooper: What qualities do you look for in an employee?

Nick: We'd always like to have a worker who is very hardworking-

Employee: Someone who has a sense of humor.

Mikayla: We'd like to have someone who is great with people and who would be able to have conversations with them while also still hustling at their job, making drinks and food very fast. Nick: We would also like to see dependability in an employee; we don't always have an employee available, unlike Walmart.

If you are interested in finding out any more information about the café, you can contact them at the phone number (716) 708-6136, or stop by at 16 West Third street.



Indigenous Peoples' Day By Zaporah Sparrow

Christopher Columbus day was a U.S. federal holiday created in order to commemorate the explorer Christopher Columbus and his discovery of the Americas in 1492. Most people know how this story goes, with Christopher Columbus sailing the ocean and 'discovering' America; the hundreds of pilgrims on his boats inhabiting the land and creating their own towns and society. Although the story may seem as if his supposed discovery is a worthy reason to celebrate his voyage every single year, there is always a darker, untold side to history.

With Columbus's arrival, European contact immediately became more prominent. It led to a "devastating loss of life, disruption of tradition, and enormous loss of lands for Indigenous peoples in the Americas," according to the National Museum of the American Indian. Within the first contact made by the Europeans, Natives were forced into slavery, watched the destruction of their homes, and were infected by widespread diseases from the colonists that they had little immunity for.

Why should we be celebrating a man who tore down the foundations of a centuries-old culture? Why should we be cheering for a man who destroyed the lives and homes of millions of Natives, all for the sake of profit and power? Shouldn't we be celebrating the contributions of the Native American community and sharing their stories, rather than continuing to have a holiday centered around a man who wasn't even the first one to 'discover' the Americas despite getting all the credit for it.

By celebrating Indigenous Peoples' Day instead of Columbus Day, we are celebrating a community full of traditions and culture that doesn't get as much spotlight as other cultures might get. Celebrating Indigenous Peoples' Day means taking a stand against violence caused by colonizers and colonization. Taking a stand can be a rather large and imposing task, but Indigenous Peoples' Day is one step towards standing up against the world's history of violence.



Our Outdoor Cat Problem: Furry Fiends

By Cameron Cooper

We, here in Jamestown, have a plague. An epidemic which is killing our beautiful wildlife, spreading disease, and destroying our homes; even still, however, after hearing all of this information, you may not want to deal with this problem. Why? Because this epidemic is cats, and to be more specific, the ones we leave outside.

Why are cats an issue?

After hearing this, you may be feeling conflicted, defensive, or even provoked. You may feel inclined to say things such as "while I do see how they could cause a slight problem, they are just too

problem for us in terms of disease. It's the rats who do that and cats kill them.”; however, all of these statements are untrue and I will counter all of these statements and more.

First of all, it is important to understand that cats are considered an invasive species, and due to this, just like all other invasive species, it is important to reduce their numbers in the wild. Because of their invasive nature, cats that are let outdoors pose a greater threat to our native wildlife than other natural predators. Cats have directly caused the extinction of 63 species of animal and contributed to the extinctions of many more. Cats are also still working at the extinction of many other species, being the leading cause of death for most native species in North America. After hearing this you may be thinking that with these statistics, cats must at least be our finest source of invasive species control, but through studies, it has been found that cats have little effect on the populations of non-native species ; some invasive species are even more widespread in areas with outdoor cats.

Addressing the proclamation that cats curb the spread of diseases, they actually encourage it. Cats are the most common residency for rabies, a fact which is bad for both cats and humans, as well as cat scratch fever, ringworm, hookworm, salmonella, leptospirosis, feline AIDS, and ironically, the plague.



Another, quite prolific, disease that cats spread is caused by *Toxoplasma Gondii*, which can be introduced to an organism's body through inhalation of fumes from an infected cat's fecal matter. The disease caused by this parasite can cause serious illness in native animals, women with pregnancies, people with weak immune systems, and young children; outdoor cats often use children's playgrounds as their litter boxes, leaving young children especially susceptible to contracting the disease. In addition to this, outdoor cats can simply contaminate soil with *T. Gondii* by defecating into it. Another parasite cats are great at spreading is the flea, which has its own array of diseases.

In addition to all of these things, outdoor cats also disturb us and our homes directly. They can get into holes three inches or larger and jump nearly all fences, allowing them to access nearly all homes, from which point they can urinate, scream, fight, and attack you.

What can you do to help?

After hearing these arguments, you may now feel as if it is necessary for you to do something to help with this pressing issue, and unlike many other, grander problems, the individual can help this situation.

First of all, to detect feral cats within your vicinity, you can use game cameras, hunt for paw prints, search for cat feces—characterized by a pointed end—or look for animal carcasses with signs of interference from cats, which includes bite marks, discarded organs, or plucked feathers. Upon detecting cats, you can then interfere with their troublemaking by installing motion activated sprinklers or noise makers, fixing or removing aspects of your home that could attract or infect feral cats, using foul smelling repellents such as methyl nonyl ketone, or installing traps; it is important for the trapper, however, to be fully educated on trap setting and placement as not to cause more harm than the cats they're trying to catch already are. Upon catching a cat, you can then surrender it to one of our many facilities such as Pick of the Litter, located within Falconer, or the Chautauqua Humane Society. The Chautauqua Humane society also offers a Trap-Neuter-return program; however, this does not deal with any of the problems associated with outdoor cats aside from their population size, allowing them to return to the environment now only without the ability to produce more youth. It is important to look for an ear-tip when turning a cat in for a TNR procedure as this signifies the cat has already once gone through it. It is never advised that the individual kills a stray cat without any approval from official organizations; it is illegal to kill stray cats in almost all circumstances under New York law.

If you are a cat owner and still feel that your cat needs to experience the beauty of nature despite how your cat defiles it, there are two possibilities for you. Firstly, you can install a cat proof fence, which consists of six foot tall walking and either a two foot long overhang or roller installed onto its roof, preventing cats from being able to scale the fence; or secondly, you can take your cat on walks with a leash. Although both of these options work, it is most optimal for the cat owner to keep their cat confined to a cushy indoor life.

While all of the previously mentioned possibilities certainly help with the effort to benefit our local ecosystem by interfering with the action of cats, it is always most beneficial to urge local government to pass new laws that help the situation. Specifically, urge our local government to pass laws prohibiting people from feeding cat colonies, prevent people from adding to the outdoor cat population, and aim to remove these furry fiends from our streets.