

# HIGH VOLTAGE

## ADVICE ON BUILDING LASTING VIRTUAL FRIENDSHIPS

By: Armani Tran-Bermudez

*In a world where screens have become our windows to the world, mastering the art of building friendships virtually is a valuable skill. Whether you're connecting with classmates, peers, or fellow enthusiasts, these tips will guide you in fostering genuine and meaningful relationships in the digital realm.*

### **Choose the Right Platforms:**

*The digital landscape offers a multitude of platforms for connection. Select those that resonate with your interests and align with your personality. This will help you find like-minded individuals who share your passions.*

### **Authenticity is Key:**

*Just as in face-to-face interactions, authenticity is the cornerstone of any relationship. Be genuine, share your thoughts, feelings, and hobbies. Authenticity sparks real connections and sets the stage for lasting friendships.*

### **Master Active Listening:**

*When chatting virtually, practice active listening. Respond thoughtfully to what others say, ask follow-up questions, and show genuine curiosity about their lives. This shows you value their input and fosters deeper connections.*

### **Embrace Group Engagements:**

*Engage in virtual clubs, forums, or online events that intrigue you. Participating in shared activities provides common ground for conversations and facilitates friendships that revolve around mutual interests.*

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"Tell me and I forget, teach me and I may remember,  
involve me and I learn."

-Benjamin Franklin



# ADVICE ON BUILDING LASTING VIRTUAL FRIENDSHIPS CONT.

## ***Respect Personal Boundaries:***

*Remember that not everyone is ready to divulge personal details right away. Respect their boundaries, build trust over time, and allow friendships to flourish organically.*

## ***Initiate Conversations:***

*Break the ice by initiating conversations. Drop a friendly message, comment on posts, or share interesting articles. Proactive communication signals your interest in building a genuine connection.*

## ***Practice Patience:***

*Virtual friendships, like any other, take time to grow. Be patient and let the bond develop naturally. Meaningful connections aren't rushed but rather cultivated over shared experiences.*

## ***Explore Video Calls:***

*When you're ready, consider transitioning from text to video calls. Face-to-face interactions, even in a virtual setting, provide a deeper level of connection and authenticity.*

## ***Be a Beacon of Positivity:***

*Spread positivity and offer support. Be there to celebrate triumphs, offer a listening ear during challenges, and create a nurturing environment for your virtual friends.*

## ***Arrange Virtual Hangouts:***

*Organize virtual meetups or events that allow friends to interact beyond text. Movie nights, online games, or casual chats over video calls solidify your connections and make memories.*

*In this digital age, the power to build lasting friendships transcends screens. By staying true to yourself, respecting others, and embracing the digital tools at your disposal, you can form bonds that enrich your high school journey and beyond. Remember, friendship is about connection, shared experiences, and mutual respect – no matter the medium.*





# Meet the Clubs: Your Gateway to New Friendships

## Student Council

A community-focused club that places a strong emphasis on leadership and service.

**Meetings:** Thursday @ 3:35pm

**Class Code:** ztogwgx

**Advisors:** Ms. Biddick, Mrs. Helmcke

By: Dawud Mohamed

## STEM Club

A club centered around engineering, computer science, circuitry, and robotics.

**Meetings:** Weekly

**Class Code:** 7eunfxs

**Advisor:** Mr. Wiseman

## Garden Club

A campus-based club that convenes to converse about the environment while cultivating plants and trees.

**Meetings:** Weekly

**Class Code:** h5fpm76

**Advisor:** Mr. Wiseman

## Mindfulness Club

A club dedicated to enhancing both mental and physical well-being through yoga and writing activities.

**Meetings:** Tuesday & Friday @ 12pm-12:30pm

**Class Code:** 6s6wpoj

**Advisor:** Ms. Aziz

## Recharge

A social club that provides female students with the opportunity to enjoy leisure activities with their friends as well as the opportunity to make new ones. Recharge students meet 2-3 times a month.

**Meetings:** Friday @ 12pm-12:30pm

**Class Code:** 4Lmutgw

**Advisor:** Ms. Griffin

## Voltage Reconnected: Welcome Back Volts! Collected By: Landon Isaac

"I am always excited about the endless possibilities that a new school year brings. We have a fresh start and everything is possible! I am also excited to have Ms. Fletcher here with us, as well as all of our new students, and new teachers: Ms. Li, Ms. Massengale, and soon Ms. Franks! Sharing and expanding our JVHS family makes my heart happy!"

Students need to realize that success begins with mindset! If you go into something with confidence and determination, you will see success. Success may also be something that does not happen immediately, but if you have grit, and keep trying you will achieve your goals! Never say you can't do something, you just may not be able to do it yet, but you can keep working on it!"

-Mrs. Guastella

## Happy Birthday Volts!

Laura Vargas - Sept 1  
Samir Peralta-Chong - Sept 3  
Matthew Locantro - Sept 7  
Shawn Ancar - Sept 7

Christan Schelter - Sept 11  
Janai Jamison - Sept 11  
Armani Tran-Bermudez - Sept 13  
Ms. Sturgis - Sept. 15  
Koby Funez - Sept 16  
Brian Ringgold - Sep 18

Ms. Li - Sept. 20  
Adrianna Molina - Sept 22  
Imani Patterson - Sept 29  
Erick Perdomo - Sept 30



# ATOMIC HABITS: BOOK REVIEW AND REFLECTION

By: Jade Boudreaux

## "Atomic Habits" by James Clear

"Atomic Habits" is a bestselling self-help book written by James Clear, aimed at helping readers understand the science behind habits and providing actionable strategies to build and sustain positive habits while breaking free from destructive ones. Published in 2018, the book has gained widespread acclaim for its practical insights and comprehensive approach to personal development.

**Summary:** The book delves into the concept of habits and their impact on individual lives. Clear introduces the idea that habits are the compound interest of self-improvement – small, consistent actions that accumulate over time, leading to significant changes. He argues that the key to long-term success lies in making small changes, or "atomic habits," that create a ripple effect in various aspects of life.

Clear outlines a framework for understanding habit formation and change, which he breaks down into four stages: cue, craving, response, and reward. He refers to this as the "habit loop." By recognizing and analyzing these stages, readers can gain a deeper understanding of their habits and effectively modify them.

## Core Concepts:

- **Cue, Craving, Response, Reward:** Clear emphasizes that habits are created and reinforced by the interplay of these four components. Identifying the cue that triggers a habit, understanding the craving it satisfies, developing a deliberate response, and associating it with a satisfying reward can help reshape habits.
- **The 1% Rule:** The author introduces the concept that aiming for just a 1% improvement in various areas of life can lead to substantial growth over time. Small, consistent actions accumulate to make a significant impact.
- **Habit Stacking:** Clear suggests attaching a new habit to an existing one to increase the chances of it sticking. This technique leverages existing routines to create new ones.





## ATOMIC HABITS: BOOK REVIEW AND REFLECTION CONT.

- **Environment Design:** Modifying one's environment to make desired behaviors easier and unwanted behaviors more difficult can facilitate habit formation. This includes organizing spaces and removing triggers that lead to negative habits.
- **Plateau of Latent Potential:** The author explains that often, results from habit changes are not immediately apparent, leading to what he calls a "plateau of latent potential." Staying consistent during this phase is crucial as breakthroughs often follow persistent effort.
- **Identity-Based Habits:** Clear argues that true behavior change occurs when it's aligned with one's identity. By focusing on becoming the type of person who embodies the desired habit, individuals can create lasting transformations.

### Key Takeaways:

- Small changes in behavior, when consistently practiced, can lead to remarkable improvements over time.
- Habit formation is deeply tied to the interplay of cues, cravings, responses, and rewards.
- Success is not about radical transformations but about making marginal gains.
- The environment plays a crucial role in shaping habits, so intentional design can aid in habit formation.
- Focusing on who you want to become, and aligning habits with that identity, drives meaningful change.

"Atomic Habits" by James Clear is a compelling guide to understanding the science of habits and making positive changes in life. Clear's practical advice, illustrated with relatable examples and scientific insights, provides readers with a roadmap for implementing lasting behavioral changes. The book is a valuable resource for anyone seeking to enhance their productivity, achieve personal growth, and foster positive habits that contribute to long-term success.



# LIVE-ACTION 2023 BARBIE MOVIE REVIEW & RECAP

## FEMALE POV:

By: Jade Boudreaux

### Summary:

In the 2023 live-action Barbie movie, Barbie lives in a matriarchal society called Barbie-land. She faces a crisis when she experiences physical changes and questions her identity. She embarks on a journey with Ken to find a solution, meeting her owner in the real world. They face challenges from the toy company and learn about societal expectations. With help from friends, they challenge gender roles and inspire change. Barbie decides to become human, embracing empowerment and diverse identities. The movie explores themes of identity, empowerment, and societal norms.

The 2023 live-action Barbie movie delves into themes of identity, societal expectations, and empowerment. Here are some of the pros and cons:

### Pros:

- **Social Commentary:** The movie appears to address important social issues such as unrealistic beauty standards, gender roles, and systemic oppression. This can provide thought-provoking content for viewers and encourage discussions about these topics.
- **Character Development:** The characters, particularly Barbie and Ken, undergo significant growth throughout the story. This can make their arcs relatable and engaging for the audience.
- **Empowerment:** The focus on Barbie and other dolls breaking free from traditional roles and embracing autonomy and empowerment could inspire and uplift audiences, especially younger viewers.
- **Diverse Characters:** The inclusion of various Barbie and Ken variations, along with discontinued models, showcases diversity and highlights the importance of embracing differences.

- **Appreciation for reality:** The movie focuses on Barbie's desire to live in a real world, despite the pain associated with reality throughout the film. This emphasizes to audiences the significance of realism and a contemporary life. Also emphasizes resilience to young audiences.
- **Set Design:** The set of the movie was nicely designed. The Barbie World felt authentically made the way it was aimed to. The cars, the homes, and even the appliances looked like life-sized doll items and objects.

### Cons:

- **Complex Themes:** The movie tackles complex themes, which could potentially result in a storyline that feels heavy or overwhelming for younger audiences or those looking for a more lighthearted experience.
- **Pacing:** Given the layered plot with societal commentary and character development, the narrative feels a bit rushed or uneven in certain parts.
- **Tonal Shifts:** The movie seems to incorporate both serious and comedic elements. Ensuring a smooth transition between these different tones is a bit challenging and impacts the overall cohesiveness of the film.
- **Message Delivery:** Balancing the delivery of the social message with the narrative can be a delicate task. It might come off as preachy or corny to some views.
- **The Jokes:** Many of the jokes came off as corny rather than actually being funny. Some were genuinely funny, especially jokes involving Ken, but most were semi-mediocre.
- **Unnecessary Parts:** Some parts of the movie felt unnecessary, such as the parts with the CEO of Mattel played by Will Ferrel. It felt as though the movie's screen time was wasted on banal and predictable jokes, and made the movie a bit cliché.

Overall rating; 6.5/10





## MALE POV:

By: Anthony Neyrey

**The Barbie movie** was first of all not a movie made for me. The Barbie movie is made for young girls to give them a positive message, and did a good job of getting the message. The movie was trying to get the message that girls can become anything even though society puts a lot of pressure on them. The movie in my opinion is a 6/10. It was a pretty average movie. It had jokes that landed, some that didn't, and a message that isn't really aimed at me.

Some of the scenes I enjoyed was when Barbie is first leaving Barbie World, and Ken jump-scares her, then car flips and they both scream for a bit. I thought it was a well executed joke. I also liked most of the jokes with Ken. The set design was also a plus. Barbieland was set-up well and looked great. Most of the jokes I found funny were jokes where Ken was the butt of the joke, or the one delivering the joke.

Now, one thing I didn't like was Will Ferrell and the other CEO's. They did basically nothing, taking them out would do nothing to the plot. They should have been removed from the movie to make the runtime shorter, and to make the story more tight-knit, because to me the movie started to drag a bit before the end of the movie. I think taking them out would fix this issue. Also, I think the only funny thing they did was when all the CEO's were walking around the Ken fight at the end of the movie and one of them randomly got shot in the arm.

The jokes in this movie mostly didn't land for me either. I rarely even chuckled at a joke, because to me they just weren't that funny. As I said before the main jokes I laughed at were Ken jokes, because they utilized Ryan Gosling well in those scenarios. For many of the other jokes however just didn't click for me.

Also, the message was sometimes preachy. In the second half of the movie the Barbie's have to fight the patriarchy, and it was just kind of random and could have been replaced with something else.

In conclusion, the movie was alright with elements that were good and bad. Overall a 6.3/10 that I would probably watch again.





# STUDENT SPOTLIGHT: INTRODUCING JAZMINE ONIKOSI

By: Sheyenne Wright

Jazmine Onikosi, A freshman here at JVHS, and sister of a graduated student, Shares her take on her experience as a little sister, student, and young adult.

When asked about her experience as a little sister of a former student, she states, “..it's kind of cool! I had some times where I heard my sister talking to the teachers that are now teaching me and so far it's not bad!”

Jazmine discussed expectations and goals for her work at JVHS.

“Yes, I do expect others to expect a lot from me but I know I can't exactly deliver as I'm not the smartest! Not self-hate but just being honest! But I plan to work up to be at least an average grade student, enough so I have a future!” said Onikosi on her expectations for herself.

Jazmine finds JVHS to be unique. “It's so..Different, you know that small pain in your chest when you think of a place you don't wanna be. That's how it always felt for me when I was in middle school, just a constant pain and the fear of it but now, I am actually quite excited to go!”

She continues with explaining how it doesn't hurt anymore. When asked if there was any improvement she would make, she makes quite the statement! “Maybe make the hallways look less like an asylum! That's it!”



“My dream job is to be a well known artist, a recognizable artist and an artist that can tell a story and give off strong emotions to whoever views it. I want them to be hypnotized by my work, to see the beauty in art and what I can do. It'll be simply sublime.”

Jazmine wants to be an artist. She has created art her entire life, and even in pivotal times in life, she has always stuck to her passion. “I remember my mother trying to push me to music and theater and I've always said I want to focus on art,”



# STUDENT SPOTLIGHT: INTRODUCING JAZMINE ONIKOSI CONT.



Jazmine is an INTJ (personality type). Along with being silly, she describes herself as introverted, intuitive, and analytical.

“Well, I am an INTJ; I can be silly but if it's serious I will mature up just like that [Snap]. I'm quite dark, I like diving into dark topics and most of the [time] I lack empathy and a filter, I get annoyed when I'm forced into a social interaction and I love being alone with my music; I prefer Japanese music, it's enjoyable!

Lastly, Jazmine was asked about her biggest accomplishment, and why it triumphs over everything else.

“My biggest accomplishment, I don't exactly remember.. It must be when I finished 5 art commissions in a week and they all looked..Likable! I felt pretty good about it! I was surprised I didn't lose motivation but I got it done!”

She also mentions being a director for a film by the name of *Remaking the Injury*. Winning the best document/PSA for the Film prize junior festival, she finds that accomplishment one she was proud of and was glad to be part of an emotional project like that.

Jazmine Onikosi is a structured, energized, organized, and sweet person with a good head on her shoulders. A true Volt, she will strive for perfection and end in success.



Wanna Find your Personality type? Click here!  
<https://www.16personalities.com/free-personality-test>



# Jefferson Virtual Summer Adventures: Volts on the go!

By: Dana Anderson



"I went to Blue Bayou."  
- Omyrie Massey



"I went to different states like Orlando, Virginia, to visit cousins and uncles we went to movie theaters and skating."  
-Tasnem Mohamed



"I traveled to Las Vegas with my cousins and friends to celebrate my cousin's birthday."- Ms. Fletcher



"Backpacking Europe for the First Time (Portugal, Spain, France, Switzerland, Italy, and the UK)"  
- Mr. Paternostro



"I went to Penscola, Florida and went on a Dolphin cruise."  
- Bria Lawrence



"This summer was all about family. I took my son and nephews to the City Museum in St. Louis, MO. It was an indelible experience for all of us; climbing into the walls and ceiling, exploring caverns, and riding a 10-story slide."  
- Ms. Aziz



"Visited family in Philadelphia and New York City."  
- Jimmy Nguyen







Chewy & Roxie ,  
Pets of Aiyana  
Gear



Sophie & Faith,  
Pets of Sheyenne  
Wright



## PETS OF THE MONTH!



Comet, Kitty of  
Mckenna Leedy



Opal, Puppy of  
Addison Miller



Stormy, Rabbit of  
Gabrielle Glapion

