

The Emerald

Academic Top Ten

Volume 7
Issue 4
March 2014

Since your education has been a large priority, what are your greatest memories grades K-12?



Naomi Joseph

“My first year of kindergarten. They wouldn’t let me have an eraser on my pencil!”



Dryden Lachance

“Dissecting a cows eye. It was pretty interesting.”



Logan Mirmozaffari

“The time Shelby and I got married. We are still married actually, never got divorced. Also, the time I went to Houston for the Conrad Foundation.”



Shelby Miller

“Learning my ABC’s, and marrying Logan!”



Nicole Koenigsknecht

“Some of my greatest memories are of fall. My Friday nights spent watching football!”



Benjamin Stephens

“The debate we had in Bio Ethics, or Logan hiding under Mr. Miknis’ desk.”



Kaitlynn Perry

“My greatest memories are from playing tennis, and doing cheerleading throughout my four years!”



Makayla Bennett

“The time when Mr. Ziegler jumped up on the desks and tried surfing during class, lots of laughs exchanged.”



Spencer Hunt

“The time that my Calculus class convinced Audri to hide from Mr. Shaver in a cabinet. Also every other day in Calculus.”



Kylee Eckman

“My Junior year I shot pumpkins from a twelve foot tall catapult that I built.”

Academics

Snow Day Makeups

Ashley Tate '15

There is no doubt that this has been one of our worst winters that we have had in a while. Snow storms dumping many inches of snow, temperatures below freezing for days, and some occasional freezing rain here and there, it has been a crazy winter for sure. With all of this crazy weather, snow days have added up quickly. School districts are allowed to have six days off because of weather, as of right now our school district is at seventeen. We are still waiting on a decision of how many days will have to be made up. A final decision will be made sometime after spring break. The state of Michigan still may forgive some of the days, and because of how many days we had to take off during the winter, either way, the school year is going to have to be extended. Hopefully soon we will get some warm weather, because most of us are tired of freezing cold weather and snow. Although the snow is pretty, it is time for it to go. Hopefully the spring weather will make its appearance soon.

Infant Simulators

Taylor Stout '15



Most high school students are thinking about their futures at this point. Mrs. Allen helps us prepare for the family part of that. For a whole semester, she provides us the knowledge of parenting and what is in store for that part of our lives. As a part of this class, students have the option to wear an empathy belly, it gives the student who wears it the experience of being pregnant. Freshman, Jonah Kurtz volunteered to put it on and I asked him what it was like. He replied, "It was heavy, I had to pee and I was sweating. I was waddling, and doing the laundry was hard." Also, as a part of this class, students are able to take home an infant simulator. They give the students a look into parenthood; the crying, late nights, and no sleep. I asked Mrs. Allen what her favorite part of this was, she said, "I love watching my students experience the ever changing effects of parenthood." These methods are great ways to prep us all for our future children. Don't miss the opportunity, when signing up for classes next year, do not hesitate to put parenting down!

Community

Spring Break in Michigan

Brooke Lenz '16

There are a number of fun things to do in Michigan on Spring Break. Even though it is still a little cold outside, there is plenty to do. During Spring, Michigan is blooming with new plants and it is a great place to look around and enjoy the nature. There are also museums and water parks to enjoy that are great for kids. Go karts, mini golf, and laser tag are also some cool things to keep you busy. A great place to visit is South Haven, the water will still be cold but the view is still amazing, and there are plenty of other things to do. There are little shops you can visit, great places to eat, and walking on the pier is always fun. Going to Mackinaw is also a really great idea, you can ride bikes around the island and go shopping. A lot of people like to do their shopping at the Grand Rapids or Kalamazoo mall. You can find a lot of cool things at both of those places. Michigan has views that take your breath away. When you visit a new city check out any local museums and look at art. Michigan is a great place to celebrate your spring break.



Social Media

Logan Messenger '16

Social Media has become popular among teens with the help of Twitter, Facebook, Instagram, Snapchat, and Tumblr. These social media sites are not helping teens at Pennfield High School, who always want to sneak a peek at their phone and see if their friends or their significant other have started a conversation with them, or replied to something. In fact, due to the distraction of social media, students are failing their classes or are close to failing their classes. Everyday, I turn off my iPod before I enter the classroom so that I am not tempted to look at my iPod and get it taken away or locked up for the rest of the hour. When teachers at Pennfield High School are teaching or talking to their students, students are asked to close their laptops and put away all electronics, so that the teacher only has to explain the concept once. I had the opportunity to speak to Mrs. Hammond about what the student should do with their phone, so that they are not distracted. "The best solution when students are having a difficult time putting school work first is for students to follow the school suggestion of keeping it locked in their own locker. Although the policy has been modified this school year, the district handbook states, 'Cell Phones and other similar devices are not to be seen, heard, or in use from the time students arrive at school until dismissal. Progressive discipline for violation of the policy will be utilized.'" Some Teachers may let you use phones in class, but that is up to them, and if you don't obey their rules, there will be a punishment and I'm sure that you won't like it. So, put down that phone, close that computer, and get to work!

Book Review

Kelly Seech '15

I was born into a family of readers. Ever since my mom found out she was having her sweet baby girl she had read to me. My mom reads a book a day, my dad reads two books a day and the rest of my family trails not too far behind. Then there's me. Just a few weeks ago my dad told me I was "uncultured" because of the small amount of reading I do. I read about half a book every two months, I'd say that's pretty good. I'm just a very picky reader is my excuse. I've read the common books like Twilight, the Hunger Games, most of Nicholas Sparks lovey dovey stuff. But other than that I've always been too prideful to submit myself to all the other teen novels floating around the book world. So I started reading memoirs. My absolute favorite book ever is, Don't Let's Go To The Dogs Tonight. It's a memoir written by Alexandria Fuller on her childhood in the midst of the Rhodesian war in Africa. This book was so thrilling from beginning to end and the Author's voice is so strong in every sentence. The same author has two other books that I've read, each one as good as the last. Another book that made probably the biggest impression on me was The Giver written by Lois Lowry. I read this book in 7th grade as an extra book in class. It is about a utopian world where everyone's life is set up exactly and nothing can be changed. A young boy who is to become the next "giver" is the first to question the world, wondering if there is anything outside of the life everyone has known. This book made me sob hysterically for two hours once I finished it. "Gabriel's curly hair was matted and filthy, and there were tear stains outlined in dirt on his pale cheeks." Is the sentence in that book that I will always remember. I believe that a book is a great book if just one sentence or one word placed just so, makes the reader feel something so strongly that it effects them forever. This is why I don't want to put down any sort of book but I strongly believe that you should give all kinds of books a chance. Not just the next teen novel turned movie.

Winter Olympics

Charles Hollins '15

Every two years, multiple countries, from the U.S.A to Kazakhstan, come together and take part in a variety of games. 2014's Winter Olympics were hosted in Sochi, Russia, which was the first Olympic event to be hosted in Russia since the breakup of the Soviet Union in 1991. The opening ceremony took place on February 7th, and consisted of multiple performances from athletes that came from across the world, including an epic fireworks show that took place behind the burning cauldron. The opening ceremony was a spectacular site to see. The games that made up the Olympics ranged from biathlon mixed relay, mixed team figure skating, half pipe, ski and snowboard slopestyle, and multiple other games. All the less, this years Olympic games were amazing and will be unforgettable, with Russia winning the games with 33 medals in total, and the United states bringing home 28 medals in total.

The New Yoga Place

Kelly Seech '15

Yoga is all about the mind, body, and soul. Yoga will make you internally and externally strong. Your core will be rock solid along with your soul. Yoga is the perfect way to de-stress and become one with your body. Anyone at any learning level can start yoga, and become very experienced in it. Battle Creek has come around to the yoga curve and has recently added a new studio called Centering Yoga. Any person of any age can go take classes Monday through Sunday with many different time options. There are four different classes starting with the basics of yoga, an all inclusive class that every level of learner can go and take place in, a hot yoga class, and a restorative class that takes things very slowly. You can go take a drop in class any day of the week but if you are under 18 you will have to have a parents signature on a waiver. At Centering Yoga their mission is to make yoga, "Accessible, available, and adaptable." Centering yoga has a warm and inviting atmosphere. If you feel as if yoga might be for you, the website to visit is www.centeringyogabc.com or you can call them at (269)282-0919. Visit them at 1279 W. Columbia Ave and get your yoga on.

To Tan? Or not to Tan?

Megan Howard '16

Whether you're laying in the sun or in a tanning bed you can be exposed to many risks, those risks could lead to cancer. The UV lights at the tanner are bad for your skin and can cause you to have skin damage, and cause various cancers such as skin cancer. People who go to the tanner are 74% more likely to develop melanoma than people who have never been in a tanning bed. If you go to the tanner often you can develop wrinkles, brown spots, lax skin, and it can also lead to premature skin aging. As of now there are more than thirty states that have banned minors from using tanning beds and indoor tanning equipment, or they are not aloud to use the tanning equipment without parental consent. Jamie Regen Rea is someone who developed melanoma and her story does not end very well. Jamie's family wanted to share her story so that other people who's life has revolved around tanning would maybe hear her story and change their mind about tanning and learn the risks of it. Jamie spent a lot of her time in tanning beds and was out in the sun whenever she could be, soaking up the rays. Although the sun felt good on her skin it caused her to have melanoma. After nine years battling with melanoma, Jamie died just three weeks before her 30th birthday. This goes to show that tanning has its perks, but it also can cause you to develop scars and marks on your skin, and also you can lose your life from too much tanning. Be safe this spring break.

SPRING

SPORTS

STRIKE THREE YOU'RE OUT

Makayla Bennett '14

Hopefully after the snow vortex Michigan has experienced we will be able to start spring sports! This year

our season opener is at home on March 26th, weather permitting, versus Lakeview. The Pennfield Softball team is a very young team with only few returners. We will be facing some new teams this season, which will bring out new challenges for our team. The Varsity team will be coached by Pam Metcalf and Tami Cowham, and Junior Varsity will be coached by Josh Dreps and Billie Jo Either. Senior, Shailyn Walker has been preparing for this season by working out a lot, she is preparing for all the challenges this upcoming season. She is looking forward to her team mates this year. When asked if she was ready for this season Shailyn responded, "I've been ready and have been waiting for this day since the last game. Softball is what I look forward to everyday. The field is our home." Along with our young team, some girls are coming out and trying softball for the first time. These girls are doing incredibly well considering they do not have much experience with the sport. They all have worked very hard and it will be exciting to watch them grow as individuals and softball players. Even with our young team, the Pennfield Softball program will be working hard, encouraging and setting goals this year. Advice for new players: try your hardest, and ask questions. Hard-work will pay off, and the questions you ask may help other girls. Let's have a great season ladies, looking forward to challenges ahead!

KICKIN' IT

Allison Kemmer '16

A variety of girls of all grades have come together to create one team, or family. The new soccer season has begun for our Pennfield Panthers, yet many girls are getting over this winter weather, these girls are ready to play;

ready to start the season! Many new players have been added to this team including new students, many freshmen, girls that have never once played the game, and the team also includes many returning players from last years season. Varsity Captain Madison Rench says, "I think we are definitely going to have a great season, especially with all of the returning players and new faces; we will be a tough team to beat. I've got some plans to accomplish some pretty big goals this year, and I can't wait for the season to start." These girls have already begun to bond, morphing into one team, as well they have also been getting used to playing with new players, figuring out their weaknesses, their strengths, and where they play best, and also who they play best with; communication is the key! Coach Beech also states, "This is a good group of young recruits, a lot are skilled returning players, other teams will be expecting a challenge for the KVA and District titles!" Many of the Varsity girls have taken underclassmen players underneath their wings and taught them everything that they know about the game including, basic skills, and the basic layout of each and every game. We wish you the absolute best with your season girls, kick some grass!

GET YOUR LIFT ON

Connor Clark '14

Looking to get an extra competitive edge against your teammates or classmates? Or are you just looking to get in shape? Whatever the reason, the weight-room is open to all Pennfield Students from 5:30-7:00 every morning and directly after school every day. Take advantage of this privilege, most gym memberships cost between \$5-\$20 a month, and Pennfield's weight room is free to you all! You can't beat that if you're looking to start training for an upcoming sport and/or just to prove to yourself that you can do whatever you set your mind to. Some people take advantage of our weight room on a day to day basis, and you can certainly tell that this has paid off for them. One of these very people is Senior, Kyle Rivera. I met up with Kyle and he told me a little bit about his training in the Pennfield Weight Room and this is what he had to say. "Swoll city baby! The feeling you get when you push up more weight than you even weigh. That's the best feeling in the world. If the bar ain't bending, you're just pretending. That's what I always say. Growing up always being the smaller guy, I finally had enough of that. I took advantage of the tools given to me and grew past almost everyone. Now I'm considered to be one of the strongest people in Pennfield High School, and I worked to earn that title. If I can do it, anyone can do it. Every person was created equal, but some just work harder in pre-season." Some pretty strong words from a pretty strong student. This proves that anyone can do what they set their mind to, with the right ambition and attitude. So get down to the weight room today, and make yourself proud!



LACROSSE

Brooke Lenz '16

The lacrosse team looks very promising this year, and we are very fortunate to have a lacrosse program coached by John Acton. Pennfield allows students from other districts, that do not have the program, to come and join the team. Varsity lacrosse has a clinic to get players ready for the season. This clinic allows younger lacrosse players to learn, practice, and enjoy the sport. The varsity lacrosse team members are great role models for the younger athletes of Pennfield. Sophomore Mitchell Carpenter had this to say about the season, "I think Varsity is in a good place to win our conference, and I think that we will do well in districts." The team is full with thirteen seniors this year. Senior Jesse Coppess says, "This year we are adding a Junior Varsity team, which means we get to play a more vigorous schedule. We have had a great pre-season and now we are looking forward to getting back on the field and starting up our season. I am feeling really good about this season considering how few players we lost in the transition between last spring and this spring. I am looking forward to leading this group, highlighted by over a dozen returning seniors. Hopefully we can take advantage of this opportunity and have a run for the conference title and in the playoffs." Do not forget to come out and cheer the boys on!

IT'S OUT OF HERE

Ryan Owens '15

Hey batter, batter, swing! The Boys Varsity baseball team had an amazing season last year going to districts, and placing third no thanks to Harper Creek beating us from competing in the district championship. The boys

Varsity team consists of four seniors: Evan Thomas (catcher), Tyson Banker (3rd baseman), Andrew Eddy (outfielder), and Caleb Pizarro (outfielder) which have played all four years of high school. The beginning of the season starts off at home on March 26, weather permitting. The boys this year have high hopes of winning District Champs, Conference Champs, and "Washing their mouths out of the defeat that Harper gave them last year," said Andrew Eddy. The seniors also said they hope they work out the small details this year, and their mental focus as well. Senior Evan Thomas is hoping that the team, "Bonds and becomes flawless." The team hopes that when they leave that there is young talent waiting to come in. The boy's Varsity baseball team is coached by long time, well respected coach Rob Moran. His goal is to always start with winning the conference off the bat. This wonderful coach said, "I have always been interested in the sport of baseball, and I like how something so little can change the whole game."

TENNIS

Samantha Penland '15

This tennis season is starting off with a bang. Even though the season just started, the girls have high hopes for the team. There are just enough girls for a Varsity team, but not enough for a Junior Varsity team this year. The Pennfield tennis girls have a new coach this year, her name is Nichole. She is a great coach so far because she is pushing the team to be their very best. There are currently six seniors on the team this year and not that many freshmen, but we are hoping everyone improves just a little bit more to help the team reach their goals. The tennis team is working on conditioning now so the team can be ready for a lot of running around. So far, the conditioning is hard for some people because they have not ran in a while, but they are all so willing to do it for the team. I had a chance to talk with a couple of seniors and asked what they are looking forward to this season. Allison Stark replied, "This season is going to be different, we have some new people, but everyone is trying their hardest and I am really looking forward to this year with my team." Lauren Butters also said, "This year we are going to practice hard, and play even harder. We may have lost a few great players, but we have gained a lot of potential and that is all we really need to have a great season." If you have the chance come out, come see them play!

FORE!

Logan Messenger '16

Golf season doesn't start until the Spring, but the golf team is surely getting ready for another successful season. For Austin Walker, this is his last year, and he surely would like to have a good last season, "I would like to have a fun year with my friends. Of course I would like us to have a successful year, but I think having fun playing a sport is more important than winning."

The golf team is being coached by Bernie Larson, a former athletic director at Pennfield High School. I asked Mr. Larson what he expects to get out of this season, "We are top heavy with Juniors and Seniors, therefore we would expect that group to put together what they've learned and developed over the past two to three years. We are looking for a few more younger golfers (9th and 10th graders) to come on board and establish something for the future of the Pennfield golf team. We have seven returning Varsity letter winners from 2013." The golf team's slogan for 2014 is, "Out of the volume come the Jewels. Out of the time and the repetition emerge the creativity and the feel and the RESULTS." If you would like to become a golfer, see Mr. Larson and he will get you all set up! Good Luck golfers, and here's to an amazing season!

TRACK

Audri Bornamann '14

The season of track is just starting out, but so far the team looks very young and promising. The track team is coached by Coach McKire, Coach Gadoury, Coach Green, Coach Coakes, and Coach Fishnick. The captains of the team are seniors Audri Bornamann, Naomi Joseph, Kyle Rivera, and JJ Clements, and Juniors Brooke Wanger and DaWan Smith. The captains are a mix of sprinters, distance runners and throwers. Once the snow melts off the track, the team will be off and running. The first meet is scheduled for March 29th in Sturgis. The girls team only lost one meet in the KVA last year, with plenty of new talent and returning talent, they hope to go undefeated this season. The boys team has different coaches this year, but they are a very talented group, and hoping to do very well. The most popular events in track are the sprints. There tends to be multiple heats in the sprints, but very few people in the distance events. Many records have a chance to come down this year, including the two mile record and the girls pole vault record. Good luck to both track teams! Run your hearts out!



Softball Seniors: Shelby Miller, Shailyn Walker & Makayla Bennett



Girls Soccer Seniors: Madison Rench, Maria Quispe, Stormy Johnson, Baylee Shelton, Mariah Childress & Lindsey Shive



Lacrosse Senior Captains: Jesse Coppess & Chris Acton



Baseball Seniors: Andrew Eddy, Tyson Banker, Caleb Pizarro & Evan Thomas



Girls Tennis Seniors: Meghan Hagenbuch, Allison Stark, Lauren Butters, Briana Gilliard, Kaitlynn Perry & Crystal Smith



Golf Seniors: Tyler Cox, Tyler Kipp, Jason Sears, Zach Geno, JT Damon, Christian Hoban & Connor Clark; Not Pictured: Austin Walker



Girls Track Seniors: Captains Audri Bornamann & Naomi Joseph

P A N T H E R

Zombie Apocalypse Survival Guide Sydney Brown '15

It's a dog-eat-dog world out there, and everyone's just trying to survive. But let's face it: we've all considered whether or not we'd make it in a human-eat-human world. Whether your belief in the "undead" is real or not, it doesn't hurt to prepare, right? A few Pennfield students and staff followed in

the footsteps of Zombieland and created their own rulebook for surviving:

- "Always stay moving, and use swords or knives instead of guns." -Mr. Kubik,
- "Watch a lot of survival shows, I guess." -Mr. Boyd,
- "Get as many weapons as possible!" -Ashley Peterson,
- "Pray as much as you can. Ask God to help us all!" -Ms. O'Dowd,
- "Watch every single zombie movie before the apocalypse hits." -Marisa Deleon,
- "Keep a sword in your possession: it'll be the best weapon to have." -Mr. Corcoran,
- "Hide." -Heidi Krauss



Mr. Kubik preparing for zombies!

Spring Play Ryan Owens '15

Lights, Camera, Action! The spring play happened March 14th and the 15th. In this murder thriller, everyone had the opportunity and motive to commit the unseen murder. Who did you believe was the guilty party? Everyone had amazing time working on this

play, Sophomore Montell Wiggins believed, "The most interesting thing about the play would have to be the whole mystery behind the murder. Also, my favorite scene is the ending. It was a very awesome experience." The assistant director, Ms. Murrie, thought, "I was scared of how well the play was going to turnout due to a lot of snow days this year, but they pulled out strong, and even Mr. Duckham said that the play was the best that the school has ever done." The audience really enjoyed the spring play, and the staff can't wait for another amazing year. Good job guys!



Teachers and Students Biggest Fears Ashley Tate '15

KAYLA COLBERT- I'm scared of owls, their eyes are big and black and that scares me. And they should not be a part of the animal kingdom.

- **JUSTIN WYATT-** My number one fear is definitely heights, for example I freak out and get some type of weird feeling if I even approach the ledge.
- **ANTHONY STAIB-** I'd say my fear is being buried alive. Being in a pitch black, small space knowing no matter how much you claw away at your dirt prison, you will eventually suffocate. Pretty terrifying to me.
- **MRS. HAROFF-** I have a fear of being a passenger in a car going over a bridge. This is called Gephyrophobia. I don't like not having control of a vehicle when someone else is driving, but it gets worse when crossing a bridge. I feel like I have to look straight ahead at the road and not out the side windows. If I look at the scenery, I fear that the driver will also look at the scene that I am looking at, so I must look straight ahead. I don't want to end up in the water... in a car.
- **MR. MCCAFFERTY-** My fear is being on top of the empire state building, I don't like great heights with little safety.
- **MR. KUBIK-** I have a fear of being eaten alive by a pack of dogs in the woods.

Preparing for Prom Emily Morales '14

For girls, prom is one of the most looked forward to days of their high school career, hopefully some guys enjoy this day too! I'm here to give you ladies some tips on how to be ready by May 3rd. First of all, you should begin the search for your perfect dress very soon. Stick to the dress shops that promise to only sell one dress to one girl for each event, no one wants to look over and see another girl in their dress at prom. A good time to order your dress would be around the end of March or beginning of April, just in case there are some last minute alterations that need to be done prior to May. Once you've got the dress, I always go searching for the perfect shoes, jewelry, and purse to match it. Maybe you already have these,

which is a great way to save money and have cute accessories on the special night. If you're like me, you may have to schedule a hair and nail appointment, there's no way I'd have time to do that before the dance! I always call a month in advance to find a place that will do my hair and that does not cost too much, and schedule an appointment. Whether you plan on going with a date or a group of friends, don't forget to make early reservations for a restaurant and chose when and where everyone will meet for pictures. More than one prom could be scheduled the same day, take responsibility for your group to ensure that you are going to have a fun night. Most importantly, don't stress out, prom is supposed to be a fun night, and I know we all can't wait to show off our dresses to the school.

Workout Challenge Montana Rench '16

Students in Mrs. Royer's newspaper and yearbook class have joined in a new routine to get fit before Spring Break. Every day in her second hour class, they all gather around to do an exercise when there is five minutes left of class. Some of the exercises include doing planks, squats, and wall sits for a certain amount of time. They can be tough at times, but it is worth it when you are getting a good workout. Students are trying to get in shape and be a part of getting healthy. Brooke Lenz, a student in the class states, "It is a great way to keep in shape and get ready for Spring Break!" Also another student, Kailey Jackson says, "Doing a daily workout sets a great mood for the day, and we all have fun doing it." The workout each day at the end of class can help students to make choices about living a healthy lifestyle. Hopefully, this will get everyone on a great start to a healthy path in life. As you can tell working out and having fun while doing it can be worth it, even if it is a small amount of exercise every bit of it counts!



Teachers Before They Taught Audri Bornamann '14

Before teachers began their journey through enlightening the minds of youth, they worked different places. Mrs. Nolin worked at a movie theater in her early years, she worked there when real film was used, instead of digital film. Mrs. Nolin said it was fun to be able to watch the movies before they were officially released. One task Mrs. Nolin thoroughly enjoyed was fixing the tape role when it came apart. She had



to restrng the film into the player to get it to work. Mr. P had a very interesting job. He was a geologist. He was an environmental consultant. He worked on protecting landfills. He regulated the water chemistry of companies exhaust. Mr. P worked for different companies to help them make sure they were following the state environmental requirements. Mr. Grennes had various jobs before he was a teacher. One of his favorites was working in the Athletic Office at Purdue. He spent a great amount of time around athletes and coaches, and had free admission to athletic events. He also worked in the restaurant business. He was an assistant manager and a bartender. He worked at Hardy's and detassel corn. Mr. Kubik is another teacher that had jobs prior to teaching at Pennfield Schools. Mr. Kubik worked at Petco, he likes working with animals and a lot of weird things happen. One time a person brought in a pony and a monkey! He was a librarian, he enjoyed taking naps in the isle when no one was around. He was also a snowboard and ski instructor. Mr Kubik liked it because he got to ski and snowboard for free! Teachers have had many interesting jobs before coming to Pennfield.

Volunteering Opportunities Sam Penland '15

It is that time again, volunteering is starting up. The most recent volunteering opportunity is the North Penn Child care. Students are asked to help with the child care during the school's PTO meetings. The dates for this are April 23rd and May 21st from 3:30 to 5:00 pm. Also, if you're interested you can become a part of the Pennfield Minions Club. This club is about helping people in our community when they need it most. If you have any questions about more ways to volunteer then you can talk to either Mrs. O' Dowd or Senior Naomi Joseph. Volunteering is good for your college applications and also it is good

for the community. You can get scholarships and you can help out so many people. Help is always needed, do not hesitate to step up and do something good for your community.

Spring is Upon Us! Connor Clark '14

Spring is in the air, the ground is slowly warming as the sun begins to shed its rays of warmth down upon the earth once again. Spring is right around the corner, trees are budding and the grass begins

to show. There are many reasons to look forward to this spring after such a bitter cold winter. Spring will also mark a huge transition from winter to spring and begins to brighten everyone's mood, after such a bitter winter. I'm sure we have a very wonderful spring to look forward to, also marking that summer is right around the corner. So put your sweatshirts away! Spring is finally here!

Got Sleep? Taylor Stout '15

How much sleep is enough sleep? On average, teens should get a little over nine hours of sleep a night. But only about eight percent is doing just that. There are too many teens not getting enough sleep, therefore not performing as well as they can during the day. Sleep deprivation is one of our biggest problems as young adults. Many blame this on school, because of all the work required from us, leaving little time for extracurricular activities, but also jobs.

Teenagers these days have so many expectations put on them along with trying to do their own thing. It can be hard and stressful. Sleep deprivation can cause depression, stress, along with other physical and mental problems. Without enough sleep, students aren't able to function to their full ability and this affects everything they do.

A Midsummer's Nights Dream on Navy Pier Emily Morales '14



Friday, March 8th some Pennfield English students took a trip to Chicago to spend a fun day on the Pier; shopping and seeing a Shakespearean play. In Mr. K's AP English class, the students read and wrote a paper about A Midsummer's Nights Dream so it was very fitting for the students to go see this play in Chicago's famous Shakespeare Theater. The theater had similar traits to what a theater would look like in Shakespeare's time, and was something new for everyone in the group to see. "The play was incredibly funny and was such a pleasure to attend and see so close up," said senior, Dryden Lachance. Actors were in touching distance as we watched the play, and because of the way the theater is set up, the actors don't need microphones because of the acoustics. The Windy City stayed true to its name and caused students to stay inside most of the day, but later in the day, the sun came out and allowed for some nice walks on the pier. All and all, the play and the trip to Chicago were a hit! Hopefully next year, more students can go see another Shakespeare play.



The Emerald

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New Cafeteria Food

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This year, Pennfield Schools has changed up the lunch program. New foods have been introduced to Pennfield's students. Several foods like turkey pita sandwich, Spanish rice, teriyaki chicken pizza, and many more new healthy, interesting food choices. Many high school students were asked how they felt about the new lunches. Jeremiah Cowham, a senior, responded, "Mmm delicioso!" to the new food. Junior, Kyle Moore said that the food tastes the same, but he is looking forward to the new improvements to come in the future. The new lunch director is Glen Noffsinger, I had the opportunity to ask Glen a few questions about our new lunch program. Glen's wife, and family live in Pennfield and when the new position came about, Glen was interested, and it was a good fit for him. Some of the new changes Glen is bringing to the school are fresh foods from local farms. Glen wants to focus on cooking from scratch in our schools. He wants to take ideas from culinary trends and bring those ideas into the school lunch menu. Learning about our lunch program was very informing, it's exciting to see the start of bigger and better things for our lunch program. Although, things like this will take time, it will be worth it in the future for the health of the students.