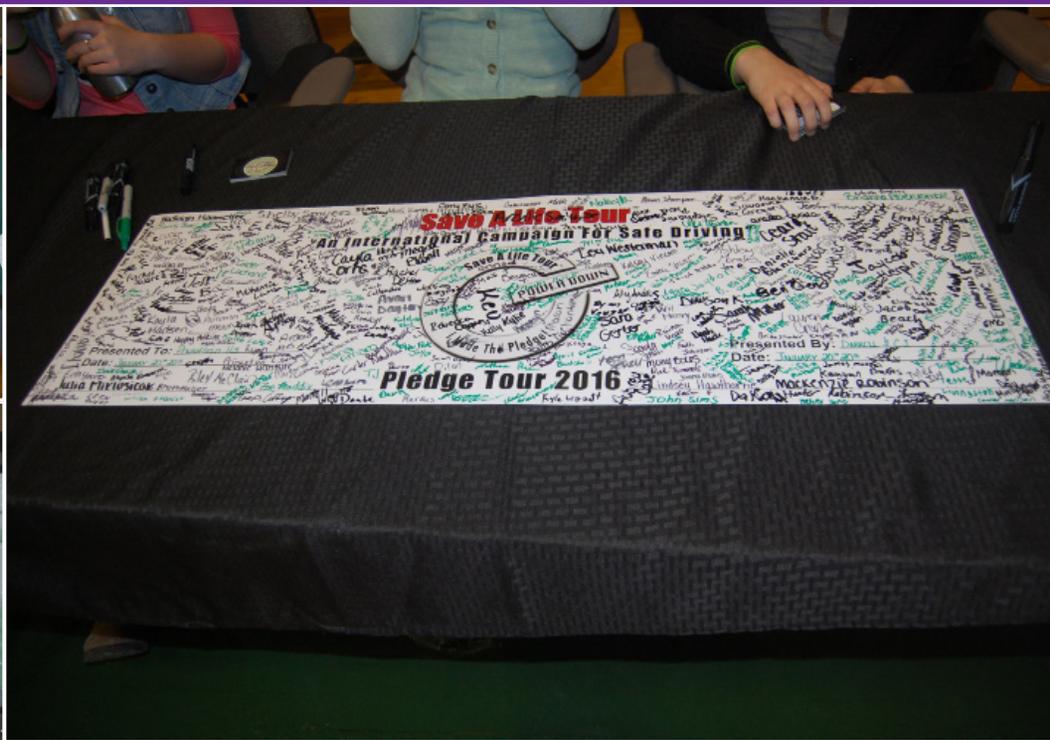


The Emerald

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Welcome to 2016

Distracted Driving **Erin Owens '17**

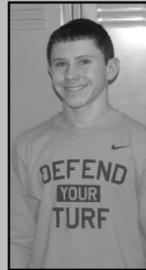


Christopher Rich from the Save a Life Tour came to Pennfield High School on January 20, 2016 to teach students the dangers of distracted driving. The Newspaper staff had many different opinions on the experience: Mackayla Packer's opinion was, "It only takes one text to kill a person." Avari Dayton's opinion was that, "It shows kids that texting and driving is no laughing matter no text is worth a life." According to Marissa Owens "I think that when you take someone's life because of drinking & driving or texting that you should be looking at past incidents that had happened because it's never okay to text or drink while driving that's why they have a designated texter and driver." When asked about his thoughts on the driving simulator, Freshman James Carey responded by saying, "driving is very hard when you're drunk and distracted." When questioned about how he felt about the Save a Life Tour Junior James Buckmaster responded with, "It was interesting to see people fail. I enjoyed a chance to be a part of this experience it was good that pennfield students got to experience." Overall, this Save a Life Tour has been an eye opening experience for all involved and hopefully has educated any would-be reckless drivers.



Favorite Christmas Gift

Camarie Smith '16



Kaleb Dillard '19-

"My shoes."

Nicholas Godbey '18-



"The lacrosse sweater my grandma gave me."



Zoey McClearly '17-

"My phone."

Sarah Caley '16-



"Makeup."

Exam Prep

Erin Owens '17

We all know that exam time can be a stressful time so here are some tips to prep for your exams: Give yourself enough time to study; set out a timetable for your study. Write down how many exams you have and the days on which you have to take them. Then organize your studying sessions accordingly. Organize your study space; make sure you have enough space to spread your textbooks and notes out. Try and get rid of all distractions, and make sure you feel as comfortable and able to focus as possible. Use flow charts and diagrams; visual aids can be really helpful when revising. At the start of a topic, challenge yourself to write down everything you already know about a topic - and then highlight where the gaps lie. Practice on old exams; one of the most effective ways to prepare for exams is to practice taking past versions, this helps you get used to the format of the questions, and - if you time yourself - can also be good practice for making sure you spend the right amount of time on each section. Organize study groups with friends; get together with friends for a study session, you may have questions that they have the answers to and vice versa. Take regular breaks; studies have shown that for long-term retention of knowledge, taking regular breaks really helps. Drink plenty of water; remember that being well hydrated is essential for your brain to work at its best. Use these tips for your exam prep and you will be sure to do well on all your exams!

Stress Management

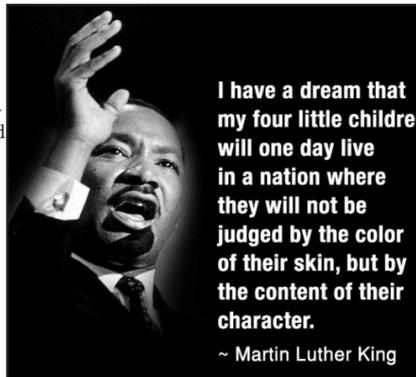
Marissa Owens '16

Are you stressed out about exams? Trust me, I understand how you feel. Here is some ideas to help calm your nerves so that you can relax and pass your classes. A good one is yoga, yoga calms the mind, your body and helps you relax. Be sure to measure your breathing and please don't hyperventilate on the test and pass out. Another good tip is that you can take up boxing and let go of any pent up emotions or frustrations you've been carrying. Exams can be a stressful time because there is so much to cram into two days. Here is some more ideas for them. Take the most important exams (like the major class that you need to graduate) more seriously and don't worry about classes that you can do well in. Make sure if you're failing to get those grades up and pass those exams! Be sure to eat a good breakfast and pack a healthy and full lunch so that way you can feel full inside your tummy and know that you will be fine during the two hours in each session. A good breakfast is some eggs and toast with a nice warm glass of milk. I spoke with Mason Jenkins to see how he deals with stress for exams he said " I deal with stress by hanging out with friends." So, how do you handle stress?

Martin Luther King Jr.

Marissa Owens '16

Martin Luther King Jr. (MLK) was a strong man who had a dream to stop racial diversity. Racial diversity made caucasians and African Americans have separate everything; from drinking fountains and restaurants to other places, such as, on the bus the Africans Americans could not sit in the front of buses where caucasians sat. MLK was a big dreamer that wanted his sons and daughters to grow up in a world where they would not have racial conflicts. MLK died for a good cause. It was April 4, 1968 when MLK was assassinated by James Earl Ray. On the day that he was killed he was going to lead a March of the Sympathy for garbage workers. MLK was a strong man who was not going to let people get into his way and not let him stand up for his rights. MLK fought for racial equality for the majority of his life; he dreamed of a day when everyone, no matter their race, was treated equally. MLK was just like the rest of us, a good Christian man and wanted his word to be heard that race should not matter, no matter who you are. If you have a dream don't let it just sit there in your mind, let others hear what you have to say no matter if it's right or wrong.



Diversity Summit

Erin Owens '17

Variety, it's all around in life if you look close enough, diversity is all around you. On December 5th, 2015 the advisory committee for the Center for Diversity and Innovation hosted an education equity summit. The summit had two national level speakers (Pedro Noguera from UCLA and Gary Howard, author of We Can't Teach What We Don't Know). One of the breakout sessions was a facilitated "fishbowl" of area high school students. This session was designed to enable educators to hear and learn from the experiences of our youth. Two of Pennfield's students attended and were asked to share their experiences at this summit, those students were Seniors Phillip Joseph and Montell Wiggins. I asked Montell Wiggins what he thought was the attempt of the diversity summit was for and he said, "The attempt was to gain student perspective on the entire educational system and how it can improve, they also asked us about our personal experiences."



Competitive Cheer

Makayla Packer '19

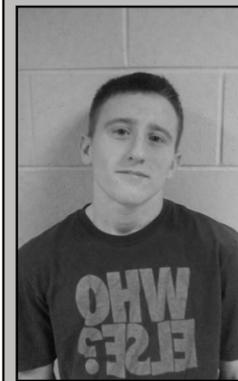
Competitive cheer is not just something fun and easy to do like everyone thinks. It takes hard work and a lot of time. Some people say competitive cheer is not a sport, when really it is. In competitive cheer you have to lift other girls, kick, yell, and jump. If you are a cheerleader, you know that even if you have just started cheering, you will be in pain the first day you start. I talked to two of the JV competitive cheer team captains and the first one I talked to was Sierra Moore, she said "I would like for the JV competitive cheer team to take first place at one of our meets and one goal I would like our team to meet would be to come together as a team and help support our school". The second competi-



tive cheer team captain I talk to was Skilar Black "I would love for people to know that competitive cheer is not just something fun to do it a sport just like football and basketball etc, I would also like our cheer team to take 3rd place or higher at our meets and even if we don't I know we tried our best and did the best we could". As you have heard, competitive cheer is not something you know how to do right when you start; you have to practice more than a week and you have to be strong if you're going to cheer on the competitive cheer team, because you have to lift others. I just hope after everyone has read this they know that it is a sport, not just something fun to do on your spare time like most people think.

Wrestling

Avari Dayton '16



I talked with the captains on the wrestling team and I asked them, what are they excited for this year, and how the season was going so far. Dillon Striplin said "I'm excited for this year to see how far we go as a team. We have a great team and as long as we stay healthy. The seasons a little rough this year but if the team keeps working hard the wins will come.

We did recently move to division 2 so it's been tough but I believe we can do just fine." Kurtis Babcock said "I'm excited for the post season and seeing how the team steps up to the occasion. The year has been quite good for what we have and we're trying to build the team."

Talking with Captains

What are you excited for this year? How's the season going so far?

Avari Dayton 16' - I'm excited for the season, this is my last year being on a High School basketball team and our team is looking good. Our team really clicks and works well together, so we'll be sure to go far in districts.

Jessica Roan 16' - I'm excited to see how much closer we get as a team and how well we continue to play together. The season is going good so far and we've already accomplished a lot by coming together as a team.

Brooke Lenz 16' - I'm excited to see how far we go in districts and to see how many of our goals we accomplish at the end of the year, and I think the season is going good and we are improving everyday.

Steffen Kinne 16' - I'm very excited for the season and getting better day in, and day out with my brothers. Winning cures everything. The season is going very well, we didn't start off to hot, but everything is coming together. Everyone is playing their roles and we're getting better everyday, it's lovely!!!

Ronald Jamierson 17' - I'm happy to be with my cousin Francois Jamierson. The season is going the way I expected it to be going. I hope we bring a trophy to the school... #Loading #Jamierson

Ski/Snowboarding Club

Diana Dalski '18

Have you heard about the Skiing and Snowboarding Club? Ran by Mr. Kubik, the Skiing and Snowboarding Club takes trips to Bittersweet Ski Resort in order to enjoy the cool winter and the snow that comes with it. When asked, Mr. Kubik responded that his hope for the club this year is "I hope it continues to grow and give students a chance to ride with friends. That always makes it more fun". Skiing and Snowboarding has no cut off dates and is still accepting new members if you would like to go and hit the slopes this winter! They accept anyone-even if your aren't the athletic type-to join and hit the slopes with them! If you're interested in joining Skiing and Snowboarding Club, in order to join you can complete the discount card registration, provide emergency contact info, and pay either of the membership fees. The Skiing and Snowboarding Club is a winter only Club which goes on at least 5 trips every year. This year, the Skiing and Snowboarding Club is made up of members who range from 6-12th grade Pennfield Students, parents of students, and even some faculty members as well! They hope to take 4-5 more trips this year. The benefits of Skiing and Snowboarding, according to Mr. Kubik are "The ability to enjoy all seasons in Michigan. Most people complain about the snow, but I get excited for the first snowfall. There's the typical health benefits, but it's really a change in perspective. As I've said many times, and I heard Kyle Tharp say on our last trip, 'It's life changing.'"

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Ernie Lahusky

Hallway Challenger
Diana Dalski '18
What animal cheats on exams?



Robert Cato '19
Owl



Aryn Holcomb '18
Cheetah



Allison Mingle '17
Cheetah



Brooklyn Kennedy '16
Cheetah

Cheetah was the correct answer.

f♥ever in ♥ur hearts

Avari Dayton '16



Just a few weeks ago Pennfield had a tragic loss when Juniors, Sabrina Almaraz and Kaleigh Woodman passed away. Many family and friends were affected by this and it was very hard for people to cope with. As a Pennfield community we wish nothing but the best to their friends and family. These girls have done nothing but be a positive part in this Pennfield School. We miss you girls, fly high!



Exams Comic
Logan Messenger '16



4 Layout By Camarie Smith