

## Health awareness comes to Roseville

**Kelcey Jackson**  
Staff Reporter

Mental health is the foundation for

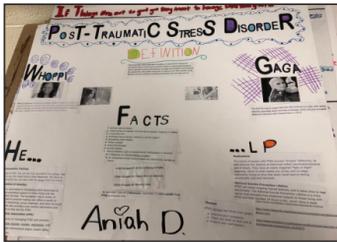
other people

Here at Roseville High School, teacher Mary Pesek and her two health

alcohol by teens is unfortunately common and can have serious consequences. Though according to aacap.org, the 15-24 year age

towards mental health, drug, and alcohol abuse. "Don't be afraid to stop by and see our hard work on showing different health

emotions, thinking, communicating, learning, resilience, and self-esteem. Mental health is also key to relationships, personal and emotional well-being, and contributing to community or society. Even though we are continually expanding



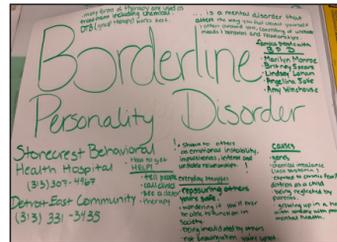
Kelcey Jackson Post traumatic stress disorder poster for health awareness.

classes are working to raise awareness towards mental illness, alcoholism, drug abuse, and suicide awareness. "We mainly focused on mental health, the country is in a mental health crisis at the moment," Pesek said.

our understanding of how the human brain works, most people do not want to be open about their mental health to

wellness class worked on board games and posters about alcohol and drug abuse. Use and abuse of drugs and

range, approximately 50% of deaths (from accidents, homicides, suicides) involve alcohol or drug abuse. Possible stages of teenage experience with alcohol and drugs include abstinence (non-use), experimentation, regular use (both recreational and



Kelcey Jackson Borderline personality disorder poster for health awareness.

diseases, all the students who had contributed had worked hard on the displays." Said Jonathan Duffner. Pesek had a few students stay after school and had them work on setting up the displays in the maker space spreading them around and opening it to

compensatory for other problems), abuse, and dependency. Pesek is hoping to raise awareness

those who want to learn and see what some students are contributing to this important cause.

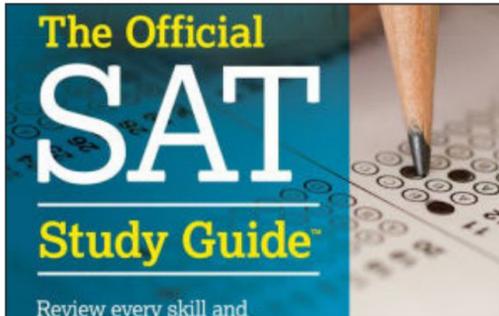
## SAT prep tips to help reach your testing goals

**Caitlin Michael**  
Editor-in-Chief

The Scholastic Aptitude Test (SAT) is taken every year by students hoping for a

high score to submit to the college of their dreams. As April 9, the date of the SAT comes closer, so do the nervous butterflies. According to your teachers and parents, the SAT is one of the most important tests that determines where you go for your future.

But with the help of your fellow seniors, and resources from all around RHS, juniors should have no problem achieving their desired scores.



Caitlin Michael

The SAT can be hard but with studying and hard work, it is achievable

"Definitely use Khan Academy as much as you can. If you are a junior that is a year ahead in math, make sure to go back and give algebra II more practice," senior Cody Quiroz said.

Khan Academy is a great way to study and refresh your brain for the SAT. It offers study tips and courses for you to complete in your own time right on your phone. As you complete more courses, it starts to shape the lessons to fit your strengths and weaknesses. For example, if you get the answers to algebra I correct, but are still struggling with geometry or trigonometry, Khan Academy will focus on those two subjects rather than algebra. The same goes for English.

Your teachers are also here to help. Do not be afraid to ask them questions and ask them about resources they may know

Small things like eating a good breakfast and getting a good night's sleep can also help when the test approaches.

Senior Gabby Waderlow thinks it is especially important to go to sleep early so you do not fall asleep during the test or become too tired where you cannot focus enough to get a good score.

There is also an app named "SAT Prep by Ready4" that you can download on your phone to help prepare. They have an option where they send an alert on your phone to complete one question a day. One question might not seem like a lot, but it could make a huge difference on your test taking abilities.

"This app helped me a lot for the SAT. Just keep practicing and use everything to your advantage," senior Kaelyn Kowalski said.

The SAT can be nerve-wracking and scary, but with hard work, dedication, and deep breaths, you will be able to achieve your score goal and get into the college you want. Good luck class of 2020!

## Early college application season is here once again

**Lily Kalcec**  
Copy Editor

It is that time of the year for RHS sophomores to apply for the Early College of Macomb (ECOM) Program. This is an

annual program starting in one's junior year where they can get a headstart on college at Macomb Community College (MCC) and even possibly earn their associate's degree only one year after high school. All sophomores were allowed to apply, but only four will be chosen. This opportunity, paid for by the district, is one that students eagerly look into every year.

To apply, students had to submit an application packet including the official ECOM application, a principal/counselor recommendation form, a transcript, and their Education Development Plan (EDP). As long as they were approved and submitted their application by Feb. 11, the next thing the students will have to do is take the mandatory admission test at MCC, held multiple days during March.

After the scores come back, the students who pass this placement test will have their name put into a hat to be chosen randomly. In the end, four students will be chosen who will then later attend a meeting where they work with counselors to select classes that will fill both their required high school credits and college credits for the Michigan Transfer Agreement. This means the students can transfer those credits to their college of choice after the program ends.

From the required core subjects to specialized classes in animation, business, and more, the ECOM program offers a wide array

of choices for students. Junior James Barbret started his classes this year and has found them to be beneficial in a variety of ways.

"This program is amazing. I've met my best friends in my classes and it's a huge money saver," Barbret said.

While getting expensive college classes out of the way and taking more specialized classes might sound ideal, it does come with a great deal of work. Being a high schooler in a college-paced class, whether it be through



Lily Kalcec

Junior James Barbret using his spare time to study for his early college classes.

the ECOM program or by taking Advanced Placement (AP) classes, the workload can be seen extremely heavy. Junior Zachary Merkle has taken on a full day of high school including multiple AP classes as well as a variety of classes through the early college program.

"It is overwhelming sometimes. Getting home from high school and then knowing in an hour I have to leave for another three hours can be unbearable," Merkle said. Nonetheless, he feels he is benefitting a great deal in the long run.

Despite the admissions test still being a month away and the drawing of names being even longer, current applicants are counting down the days until they find out if they are one of the four selected students. Sophomore Gehad Badawy has applied and is now just waiting on the day of the test, as well as the day of the selection.

"I'm extremely nervous especially because I might pass the test but not actually get through the lottery. I feel ready to take it though. I really want to make my parents proud," Badawy said.

## Athletic Hall of Fame makes a comeback

**Madyson Marzec**  
Asst. Sports Editor

The Athletic Hall of Fame is back for the second year in a row. Five new

standout alumni athletes have been inducted into the 2019 class. On Jan. 25, the inductees were honored during halftime at the boys' varsity game against L'Anse Creuse North. Included in this ceremony were Cliff Howe, Anthony Stadwick, Marie Palinkas, Robert Zimmerman, and Micaela Mayer. Before the game, the honorees and their families gathered for dinner to hear speeches from their fellow inductees.

Athletic Director Chris LaFeve kicked off the dinner with a summary of what the Hall of Fame is all about.

"It was a way to honor past athletes. It brought back alumni, current teachers and staff, and it brought back friends and family to the district. It turned into something more than athletics, it is now a huge community event," LaFeve said. After dinner, the hall of famers were ready to start their speeches. Unfortunately, Marie Palinkas and Robert Zimmerman did not attend that night but were still recognized for their accomplishments.

Palinkas graduated from Brablec High School in 1984 where she ran track. She won the Class A State Championship in the 100m hurdles and third place in the long jump. She became the county record holder in the 300m hurdles in 1983, this record still stands to this day. Palinkas was the 1984 Bi-County League MVP, All-County first Team, and

was a Class A High School All-American Honorable Mention. After high school, she attended Hillsdale College where she continued track and field. She was an All-American in 1987 in the 55m hurdles, and set the school record in the 60m hurdles. She held onto that record for almost 30 years.

Track athlete, Zimmerman, graduated from Burton High School. He was a member of the 1952 State track team that won the 880 relay. He also won two individual State Championships during his senior year in the Long Jump and the 220 event.

Now a gym teacher at Eastland Middle School, Pete Mackool introduced his past athlete, Micaela Mayer. "This year I was fortunate enough to be asked by a track legend, Micaela Mayer to introduce her," Mackool said. Mayer is a 2004 graduate. She was a track athlete who qualified for state finals each of her four years in high school, finish-



Madyson Marzec

Cliff Howe, Michaela Mayer, and Anthony Stadwick receiving their plaques at halftime.

ing sixth in the 400m during her senior year. She qualified in U.S.A Track and Field Junior Olympics in 2002, 2003, and 2004. Mayer became a member of the USATF Junior National Champion team in the 4 x 800m event. Later on she attended Grand Valley State University where she continued track. She helped the GVSU track team win a conference title all four years in college and then later was named to the NCAA Division II All-American Track and Field Women's team in 2007.

"I just want to thank everyone, Roseville High School, and most importantly, my mom," Mayer said.

Swimmer, Anthony Stadwick, was introduced by Roseville Middle School principal, Jason Bettin. Bettin told many stories about Stadwick, being that Bettin was Stadwick's former coach. Stadwick is a 2007 graduate, where he was a standout diver for the swim team. He was a mem-

ber of the 2007 Michigan Junior Olympics team, placing in the top four in four different events. He was a Scholastic All-American in 2007. Stadwick attended Oakland University where he earned Academic All-Summit League Honors in 2009. "It's an honor to stand here, especially with my fellow athletes, it's greatly appreciated," Stadwick said.

Multi-sport athlete, Cliff Howe was acknowledged by his son, Billy Howe. Howe graduated from Brablec High School in 1984. He received All Bi County, All-Macomb County and All-State recognition in football, basketball, and baseball. He attended Macomb Community College for two years on a baseball scholarship, before transferring to Wayne State to play baseball there. At Wayne he earned GLIAC All-Conference Honors. He moved on to play semi-professional baseball for 20 years. Howe has been an instructor for several baseball camps, including the Ernie Whitt Baseball Academy, the Wayne State Lance Parrish Catchers Camp, and the Jeff Jones Detroit Tigers Academy. He has been the head baseball coach at Macomb Community College since 2004, where he led the Monarchs to the playoffs three out of four seasons.

"I chose baseball as a career, and I'm so glad that I did," Howe said.

The turnout for the event was successful, as 80 friends and family showed up to support the athletes. RHS plans to continue to add more student-athletes for years to come.