

# Health awareness comes to Roseville

**Kelcey Jackson**  
Staff Reporter

Mental health  
is the foundation for

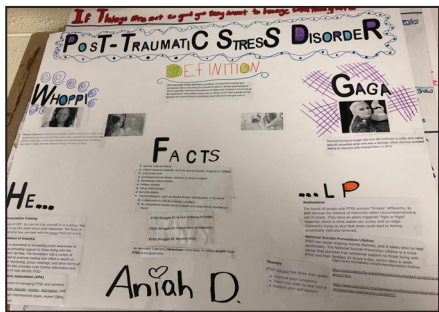
other people

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. “Dont be afraid to stop by and see  
our hard work on showing different health

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

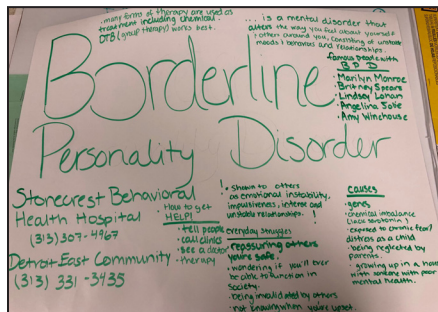


Kelcey Jackson  
Post traumatic stress disorder poster  
for health awareness.

classes are working to  
raise awareness towards  
mental illness, alcohol-  
ism, drug abuse, and  
suicide awareness.  
“We mainly focused on  
mental health, the coun-  
try is in a mental health  
crisis at the moment,”  
Pesek said.

Pesek’s health and

range, approximately  
50% of deaths (from  
accidents, homicides,  
suicides) involve al-  
cohol or drug abuse. Pos-  
sible stages of teenage  
experience with alcohol  
and drugs include absti-  
nence (non-use), experi-  
mentation, 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 Johna-  
than 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

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

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.

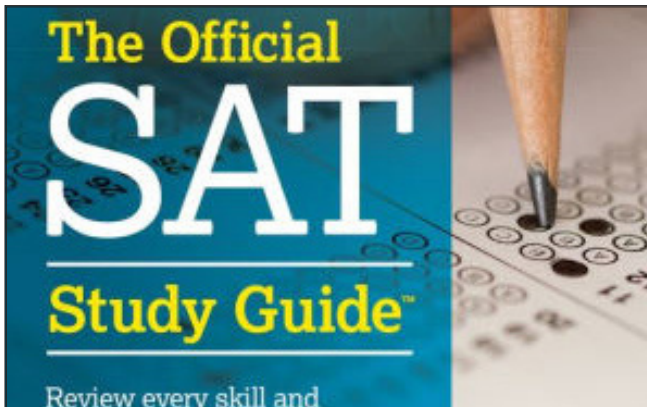
“Definitely  
use Khan Acad-  
emy as much as  
you can. If you  
are a junior that  
is a year ahead in  
math, make sure to  
go back and give algebra II more practice,”  
senior Cody Quiroz said.

Khan Academy is a great way to  
study and refresh your brain for the SAT. It  
offers study tips and courses for you to com-  
plete 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

about that others do not. From my personal  
experience, I did not do too well on the math  
portion, so I planned to retake it. Through-  
out the summer I worked with math teacher  
Jodi Teutsch and she taught me strategies to  
use and ways to figure out problems without  
too much trouble and frustration.

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



Caitlin Michael

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

Senior Gabby  
Waderlow thinks it is  
especially impor-  
tant to go to  
sleep early so  
you do not fall  
asleep during  
the test or be-  
come 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 ques-  
tion 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 every-  
thing 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 ap-  
plication packet  
including the  
official ECOM  
application, a prin-  
cipal/counselor  
recommendation  
form, a transcript,  
and their Educa-  
tion 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 mul-  
tiple days during March.

After the scores come back, the stu-  
dents 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 Agree-  
ment. 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 special-  
ized 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

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

“It is over-  
whelming sometimes. Getting home from high  
school and then knowing in an hour I have to  
leave for another three hours can be overbear-  
ing,” 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.



Lily Kalcec

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

# 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 induct-  
ees 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 accomplish-  
ments.

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- Coun-  
ty 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 leg-  
end, Micaela Mayer to introduce her,” Mack-  
ool 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.

team in the 4 x 800m event. Later on she at-  
tended 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, Ros-  
eville 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 Univer-  
sity where he earned Academic All- Sum-  
mit 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- Con-  
ference 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 base-  
ball 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 sup-  
port the athletes. RHS plans to continue to  
add more student-athletes for years to come.