

THE
GREEN
AND GOLD
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Table Of Contents:

Page 2: Upcoming
Events

Page 3: Costa Rica
Trip

Page 4: Student Debt

Page 5: SAT
Information

Page 7: Narrows vs.
Giles: Before
and During
the Game

Page 9: Is
Cheerleading
a Sport?

Page 10: School
Board
Interviews

Written by: Cota McGlothlin

Narrows, a small, quaint town resting at the foothills of the oldest mountain range in North America, the Appalachians. Many people would say that there isn't much to do around these parts of this beautiful country we call home. The beliefs of those people are just plain wrong, there is plenty to do in the great town of Narrows. If you didn't already know about all the fall activities going on around the town this fall, you are soon to find out.

First of all, there are still three home football games left this season. On October 6th, the Green Wave will be taking on the Covington Cougars, which is homecoming as well as Green Effect night, so everybody wear your Green Effect shirts! The following Friday night, the Green Wave will be right back at Ragsdale to take on the Eastern Montgomery Mustangs. The team will then be on the road for two weeks before returning home to play Parry McCluer on November 3rd. It will be the final game of the regular season as well as Gold Rush night. All game times will be at 7:00. So if you're looking for a great time and some good football, Ragsdale field is the best place to be on a crisp fall night!

The Narrows Fall Festival will take place on Saturday, October 28th. The Festival will occur on Main Street in downtown Narrows. There will be many vendors selling lots of cool things, along with great music throughout the day, and some of the most delicious food that you can't get anywhere else. This is also a great opportunity to get a few hours for your clubs that require them such as Key, Keyettes, and National Honor society. So come down for a grand ole time, Saturday, October 28th!

Finally, directly following the Fall Festival, will be the Narrows High School Craft Show. The show will be Saturday, November 4th at the school. There will be vendors in all the halls and in the gym, there will be all kinds of neat and exciting things being sold. This is a great event that helps support our academic boosters club that provides scholarships to seniors and it also helps support local craft makers. This is a great way to get some early Christmas gifts! There will be food sold throughout the day, as well as many delicious treats that will make your mouth water. You can also get a handful of hours just like the festival. This day will be full of new and exciting things!

To conclude, there are many things to do in our little town this fall! You can enjoy a great game at Ragsdale, have a day of good ole' fashion fun, and see all the creativeness this town has to offer. For people who say small towns are boring, they haven't seen this one. The action is never dull in these parts. It will be an exciting fall season, and certainly one for the books!

Written by Frankie Cahoon and Hannah Belcher

Two students of the Narrows High School Spanish Club recently embarked on a cultural journey to the rainforests of Costa Rica. Accompanied



by their teacher, Kelly Laughlin, Hannah Belcher and Frank Cahoon had their Spanish skills pushed to the limit. While visiting parks and landmarks, Frank and Hannah were surrounded by the local traditions, foods, and music that make Costa Rica a one-of-a-kind country.

When asked what her favorite thing in Costa Rica was, Hannah replied, "The food was the best part for me. The fruit and meat

were so fresh I knew that God had blessed them.

One day we went to a local elementary school and got to spend time with the kids. Half of them had never seen or spoken to an American, so that was really cute. Costa Rica really showed me how the world is beautiful everywhere. I loved every bit of it, the food, the language, the people, the weather, and even the mosquitoes."



Frank enjoyed the uniqueness of the country, saying "The Costa-Rican way



of life was unlike anything that I've ever experienced. The environment, the food, and the people were all inexplicably wonderful. We zip lined through the treetops, played with Costa-Rican schoolkids, and ate black beans every day. All I can say is that I'll never forget it." Even though only two students went on the trip, all who were part of it had the time of their lives.

Written by: Jennifer Williams

Tuition costs are something every senior takes into account when choosing the right college. The national student loan debt in America is approximately 1.4 billion dollars. Although this amount is spread over forty-four million borrowers, it is still a tremendous amount of money to be paying for an education.

When choosing the right college, an important part of the process is choosing a major that will pay off your student debt. If a student chooses to go to an expensive college but chooses a major that doesn't bring in a lot of income, they could potentially be paying for college for the rest of their life. The average monthly student loan payment is \$351.

Balancing the major with the college is a smart route to take. For example, if someone would like to major in something they know doesn't bring in a lot of income, it wouldn't be the best idea to go to the most expensive college in the United States. According to Forbes, the worst major is Anthropology or Archeology. The average salary for this major is \$28,000.



There are ways to save when it comes to college tuition. During the years of 2014-2015, two-thirds of college students paid off their college with financial aid in the form of grants and scholarships. During one's senior year of high school, it is best to apply to colleges early and research scholarships. There are hundreds of scholarships available to students. Researching and applying for several scholarships throughout senior year is excellent and a good way to pay off college faster. Another way to save is escaping out-of-state tuition. Going to school in-state will decrease the cost of tuition tremendously. Important decisions can be made to help save for college, including the housing and meal plans. To help with college tuition, students usually look for part-time jobs while they are in school. About four out of five college students hold jobs with an average of nineteen hours a week. Only nineteen percent of these students use the money they earn with their job to pay their way through college.

In conclusion, applying for college is an important part of senior year. It is very important to choose the right major and college in order to keep from paying on student loans for a while. Applying for college can be a daunting task for high school seniors. If seniors plan wisely and think about finances, they can go to whichever college they choose, while majoring in whichever major they choose.

<https://studentloanhero.com/student-loan-debt-statistics/>

Written by: Christopher Wozniak

Almost everyone knows of the Scholastic Aptitude Test (or SAT for short) and how most colleges and universities require applicants to take it. This test can be extremely stressful to some as the results of it can determine whether or not you get accepted to your dream college. According to College Board (the organization that owns and runs the SAT) the average score students received was a 1000. For comparison, the average SAT scores of college students around here was 1030, 1050, and 1280 for Concord University, Radford University, and Virginia Tech respectively. Of course, everyone will be trying his or her hardest to get the best score possible, but what is the best way to attain that?

Before we get into individual tips and strategies, we have to know about the SAT's composition to correctly prepare. The SAT is comprised of three main sections, or four if you decide to take the optional essay, which some universities require for application. Be sure to check beforehand to see which ones do. When taking the SAT, you will first be tested on your Reading skills, then your Writing and Language, and finally Math (and optional essay). In the 65 minute long reading section, there are typically five passages with 52 questions to accompany them. The Writing and Language section is 35 minutes long with 44 questions. The Math section is actually split into two portions: the non calculator portion and the calculator portion. The no calculator portion is 25 minutes long with only 20 questions, while the calculator portion is 55 minutes long and 38 questions. Finally, the optional essay is 50 minutes long.

There are two ways to improve an SAT score beyond what it was. One of which is brushing up on Math and English expertise. Believe it or not, studying is not that time consuming as studying just 15 minutes a day for a month is equivalent to almost a total of eight hours.

- Study for the English and Math portions separately.
- Take lots of free online practice tests whenever you have some free time.
- If you get even any one question wrong, understand why you got it wrong. Don't just accept an incorrect answer; fix your mistakes.
- Practice, practice, practice some more. It's not easy to get a great score on the SAT. If it was, everybody would do it.

The other way to improve your score is to learn and practice these SAT test taking strategies:

- Make sure to bring your own watch so you can pace yourself within the sections.
- The SAT no longer has a guessing penalty; make sure every question has a response.
- Every question only has ONE right answer; always eliminate the answers you know are wrong. This makes it easier to find the solution to the problem as there is less clutter (and less distraction), and it gives you a better chance of being correct if you have to guess.
- The test booklet is yours, you can write, mark out, and do any scratch work within it to help you. The answer sheet is not, take care not to make it messy.
- It is more efficient to bubble in answers after you complete an entire page in the booklet, for you will not be flipping back and forth.
- If you do not know about an answer or if you come to a time consuming question, skip it immediately and do the easier, quicker questions first. You should have plenty of time to come back to the skipped questions after you finish the rest of the section.
- In the English section, just skim over the passages very quickly just absorbing the main ideas and events. Some test takers even read the questions to the passage first to know what to look for.
- It is better to go too fast than to go too slow as you have more time to go over questions at the end, but it is still preferable to find the right pace.
- Your gut feeling is usually correct, don't change an answer unless you are for certain another answer choice would be a better response.

<https://www.collegeboard.org>

<http://www.prepscholar.com>

<https://www.kaptest.com/study/sat/5-must-know-sat-reading-tips/>

Written by: Victoria Whitters & Zeb Shrader

The students at Narrows High School for the week of September 11th through the 15th have been preparing for the biggest rival in the New River Valley. Most of our students have been dressing accordingly to the themes that the cheerleaders have chosen for us. Monday was "favorite team" day. You dressed in items like jerseys, socks, hoodies, shorts, etc., that had you favorite team on it, like Virginia Tech. Tuesday was "Western" related. Cowgirls and Cowboys roamed the halls all that day. Wednesday was "Dress for Success" as in dressing as if you had an interview. Thursday was "athlete or mathlete" where students dressed as a nerd or a sports person. Friday was "Green and Gold" day in which just about everyone did!

The last thing that students did through the week was the hallway decorations. The principal brought back the tradition of decorating the hallways and voting on them. Even the teachers and staff had their own section! During the pep rally, the cheerleaders Announced that the class of 2018 won this little contest. Even though the senior class won, the entire school was dressed up, inside and out, in school pride.



On Friday, the entire day was dedicated to pumping our boys up for the game that evening. During the day, over the loudspeaker, the office workers played some inspirational songs about football. Half way through the day, Mr. Lusk announced that we would go out in the front yard and send a picture to the Spartans in response to what they sent us. We lined up into the letters that spelled out "WAVES" with all of our students and some staff members. After that, about 40 minutes before the pep rally, the band came through the hallways and performed for us.

Then came the pep rally. All of our student body and all of our staff members came into the gym to participate in the last thing to hype everyone up. The cheerleaders did a few cheers before they did a game. The game down to the gym floor and popping a balloon in between them both three different ways. The winners of this was Jake and Jami Martin from the senior class. After this was the spirit stick. The cheerleaders ran around the gym to each grade and had them be as loud as they could. After the first time, they went around again. The third time,

it was between the Junior class and the Senior class. In the end, the Seniors won the spirit stick! After this, Coach Lowe gave the entire gym a speech about the upcoming game and how everyone needed to be there. After this, the football team and the cheerleaders gathered in the middle of the gym, and the student body followed soon after. The football team as everybody gathered in.



around and joined

The game came arrived at Spartan that they had. There on either side of the with students and teams. The boys did

The final score was 35-0, Spartans. Even though we didn't win, we still have the best school spirit around.

shortly after Narrows territory and gave it all was not a single spot left stands, it was overloaded parents supporting the good no matter what.

Written by: Kelsey Williams

I've been cheering ever since I was in third grade and it's been one of the best choices in my life. Each year I've cheered, I've found something different that I love about it. Our team has a bond that we will remember forever, because we have been can should be we work easy as that goes even rallies. One making our stunting is area and it a single hard for our entire town game so we are of them. during a entire school choreographed, which always includes tumbling and a group stunt; though we still have to remember the words and moves to every single cheer we've learned during the game. Overall, cheer is not only a lot of work, but it requires a ton of dedication that our school deserves.



cheering together for as long as I remember. To justify, cheerleading considered a sport, mostly because harder each practice and it's not as most people think. There is a lot into cheering during a game, or organizing spirit weeks and pep of the harder parts of cheering is stunt groups flow together; possibly the most time consuming takes a ton of effort just to perfect stunt. Also, not only do we work team, but we also decorate the and school before every home can show our boys how proud we It also takes loads of courage pep rally to get up in front of the and do a dance that we

Written by: Hunter Orey & Caleb Clemons

With Election Day approaching very soon, many citizens will soon be heading to the polls to cast their votes. With this year being an off-year election, one of the biggest local elections being held is the race for school board. There are currently five individuals running for a spot on the board: Melissa Guynn, Brian Pruett, Andy Metro, Phillip Pennington, and Brad Whitehead. Recently, we had the opportunity to interview these candidates and discuss their stances on several important issues currently facing the county. Here's what they had to say:

Q1. "Why did you decide to run for school board?"

Mr. Bryan Pruett found that the ultimate reason that He decided to run for school board, is that he was lead to do so. He has served throughout his whole life whether it be in the military, as a coach, or as a pastor which he currently does. Pruett has a love for Giles County which has gave him a desire to serve the community and give back along with connecting with the children.

When asked why he decided to run for the school board, Mr. Whitehead said that he would provide a different perspective. He has had three different teaching experiences which would allow him to have personal knowledge of what teachers go through. He believes that with his classroom experience and personal knowledge he will provide a perspective that no other candidate has.

Mrs. Guynn said that she decided to run for school board because she wants to make a difference. She has been involved in the school system for many years, as her children have been brought up in the Giles County School System. She believes that as a result of this, she is familiar with how the system works and would like to work with others to be a part of something that reaps positive outcomes.

Mr. Metro currently works as a part-time school resource officer in the Giles County Public Schools System. This, along with his wife being a teacher, has given him knowledge and experience about the education system. After talking to members of the community, Mr. Metro decided to run for the school board so he could try to serve the wants and needs of the people around him.

Q2. "If elected, what ideas do you have that would improve the Giles County Public School Systems?"

Pruett believes that a big improvement that needs to take place in Giles County is teacher compensation. He wants this to be the big picture of what the school board will work towards. Along with making teachers better paid, he wants to be a virtuous board member. He wants all members to work as a team

since that's what its designed for. He would also like to see more lobbying being done in Richmond to help fight for our teachers and county in order to make them the best in Virginia.

The main idea that Mr. Whitehead would like to see pushed is the improvement of the health care system for teachers. Mr. Whitehead currently works for the Pulaski County Public Schools and stated that his health care for his family costs substantially less. He also said that he has talked to teachers personally and the main reason they are scared of applying in Giles County is because of the health care not the salary. Another improvement Mr. Whitehead would like to see is for more classes to be added in the schools.

Mrs. Guynn would like for everyone involved in the school systems to be on the same page. She thinks that the education system in the county always has room for improvement and would like to see the School Board work with the Board of Supervisors to put the teachers, students, and education as their highest priority.

A main priority of Mr. Metro's is to expand opportunities for all students, so they are ready for life after they graduate from high school. He also thinks that the school board needs to listen to the teachers of the county more and would like to see more grants brought to the county. Another issue that he would like to see addressed is the availability of the school board meetings. He feels that they need to be held at a different time, or videotaped and posted online, so the members of the community can be more knowledgeable of what is occurring at the school board meetings.

Q3 "What is your stance on consolidation in the county?"

Mr. Pruett is not in favor of the consolidation of the schools. He says that he would need to see factual evidence in order to be in support. He says that he would then be obligated to support consolidation because education in the community is the number one priority. Pruett also states that as of right now there is no lack of educational opportunity for either school system. He also says that right now, there is no financial way to pull this off. Pruett would add to this that the consolidation of schools would damage the community as a whole.

Mr. Whitehead stated that he would need to see what the consolidation committee would have to say about the issue of consolidation. However from his standpoint, he doesn't see the need for consolidation in the next ten years. Mr. Whitehead brought up the example that Celanese were to shut down then the schools would need to consolidate because the lack of economic opportunity and tax money in the county. He also brought up the scenario that if student attendance dropped significantly enough, then there would be the need for

consolidation but no new school would be built.

As of right now, Mrs. Guynn doesn't necessarily see a reason why consolidation is needed. However, once the upcoming study on consolidation is performed, she plans to look at all the information that is in front of her and make the best decisions for the students of the county. She wants to make it known she will not be in favor of consolidation for the purpose of athletics, as she doesn't feel that sports programs are the reason it should occur.

Mr. Metro stated that he has an open mind toward consolidation. He feels that if the upcoming study on the issue shows that it could benefit the county, then he would consider it. On the other hand, if the study shows that consolidation will not benefit the county's education system, then he feels that there is no reason for it to occur. He also feels that the school should not be consolidated for the sole purpose of sports because he feels that athletic programs are not the reason that schools exist.

Q4. "Should the tuition for out-of-students be raised?"

Mr. Pruett stated that "he has been in this boat before" as housed to live in Peterstown West Virginia. He said that the state of Virginia grants \$8,000 to the school system for every out of state child. Even with the eight thousand dollars, this would leave about a three thousand difference. He would like to see the exploration of making the out of state students match the remaining three thousand dollar difference.

Mr. Whitehead believes there should be no increase in out of state tuition. Like Mr. Pruett, Mr. Whitehead also stated the fact about the school systems being granted eight thousand dollars for every out-of-state student.

Mr. Whitehead believes that raising the tuition won't help any since it will turn students away.

Mrs. Guynn does feel that the tuition for out-of-state students should be raised. She said that if she lived out-of-state she would pay more than one-hundred dollars to send her children to Giles County; however, she also stated that she would like to look into this issue more extensively.

Mr. Metro thinks that this tuition fee is a little low. He feels that the manner in which other school systems are handling this issue should be looked into so a reasonable and fair figure can be decided upon.

Q5. "Do the teachers in this county deserve a raise to increase the retention of quality teachers? (Virginia is in the top ten average teacher salary but Giles County itself falls below West Virginia which is in the lowest ten). If so, would you be willing to support a property tax to increase teacher pay?"

When asked this question, Pruett said there was nothing more important

than bringing quality teachers to Giles County. With this being said, a property tax would not be Pruett's first option. He would want to see a bigger force in Richmond. He would like to see money come from the state rather than from the Giles County community itself. One the main points Mr. Pruett stated was "thriving teachers equals thriving students." This goes hand in hand with his main agenda of raising teacher salaries in order to better the Giles County Public School Systems.

When asked if teachers in Giles County needed a raise, Mr. Whitehead stated that teachers do not need a raise. He pointed out that he doesn't think the board of supervisors would realistically raise the property tax in the county. Mr. Whitehead stated that "Teachers aren't expecting to get paid a lot coming in, they're teachers." Mr. Whitehead believes that healthcare should be addressed rather than a raise for teachers.

Mrs. Guynn is in favor of the teachers of Giles County receiving a raise. She stated that she would support a property tax increase so the teachers in this county could earn a raise.

Mr. Metro is in favor of a teacher raise as he feels that they are under-compensated. He also said that he would be in favor of a property tax increase, under the condition that the purpose of the property tax would be solely for a teacher pay increase.

While the candidates running for the Giles County School Board may have opposing views on certain issues, they all have one goal in mind, benefiting the public school system of Giles County. Hopefully this article provided more insight on their stances on certain issues. Who will be elected to the board on election day? It will be up to the citizens of Giles County to decide.

We were unable to reach Phillip Pennington for an interview.