

The Green and Gold Times



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Words from our Green Wave Alumni

By: Jorja Pennington

Karen Turner:

Most Embarrassing Moment During Your Time At NHS:
-“I had been selected as one of the homecoming princesses and the dance was in the cafeteria. (Back then the homecoming dance was like the prom, you dressed up). We were at the top of the steps waiting for our names to be called to enter the cafeteria. When my name was called, I tripped over the bottom of my dress and fell down the steps. Mashed my bouquet of flowers and my crown when sliding down the hall towards the band room! Thankfully only my pride was hurt!”

Ashley Pennington:

What Is Your Favorite Tradition At NHS?
-“There are so many traditions it's hard to choose. I love that the school song is sung as much as it is. Anytime you ride up the hill to the school you stand up on the bus and sing the school song. I also love the tunnel and dog pile at football games.”

Byron Brown:

What Were Some Of The Most Positive Aspects Of Your Time At NHS?
-“Although most of us didn't realize it at the time, NHS was (and is) family. Being a smaller community, we were able to forge relationships that last a lifetime. “

Trisha Edwards:

Positive Aspects Of Attending NHS: -“Small school, small class sizes, ability to connect with teachers (because of the small class sizes), sense of community, felt safe at NHS, lifelong friendships”

Virtual days vs Snow days

By: Andrew Meredith

Over the past years, the traditional snow day that all students would hope for through the school year has changed. Once school began to start virtual learning, they also formed virtual snow days where you still do your work and possibly attend class via Zoom or Google Meets. While



many students would wish for a day off, it has seemed to be more beneficial to students when they have had virtual snow days rather than full days off school. Virtual days also help school schedules and hours, so students are being given the best amount of education within the school year. Many of the answers that were given during the interviews of students are quite shocking as one preferred traditional school days while more believe that the virtual snow days are more beneficial. When the first interviewee, Aidan Tiller was asked to describe his ideal snow day, he responded with “I like to stay home and play games with friends.” When Aidan was asked if he preferred classic snow days versus virtual days, he said that he preferred to have old snow days because “He felt more refreshed and ready to go back to school the next day.” Despite having to do school work, two other interviewees Cheyanne Collins and Camden Judd said that they preferred virtual days because they could get their work done from home and still have time to do other personal things. While the interviewees opinions might be different their off day activities remained similar with activities such as snow ball fights, sledding, and building snowmen. They all agreed that the downside to classic snow days was that they put educational pursuits at a halt. The conclusion with the majority is that virtual days are more beneficial for students compared to old fashioned snow days are more benifitful.

Votech

By: Ariana Davis

Votech is a very important part of our county. It has helped multiple students jump into careers and get prepared for the working world.

Courtney Clowers, Class of 2023 is taking nursing (practical nursing) “It's nice that the program puts me ahead of people.” She will be 19 with a completed degree. “This class will build a lot of new friendships.” She has got to experience hands-on stuff and see people doing their jobs. For example, “Part of clinicals includes getting to watch in the operating room.”

“You end up brushing other students' teeth, washing their feet, etc. in preparing to work with patients.” Courtney explains that selflessness is something very important needed for this field. “Knowing there are people out there who need some help, that's what helped me get by the things most people might not be able to handle in this field.” She would recommend this program



because it is practical. “Yes I would recommend this program, one because you don't have to pay for it.” “It is a bit more difficult than other classes, but manageable.” She also mentions the things she gave up. “There are sacrifices that you need to make, like time management for studying, you might miss a weekend activity because you have to devote your time to preparing for class.” Boan Denton, also class of 2023, is taking welding. He says the hands-on work benefits him the most. “It shows real world applications.” He mentions he would recommend this because it's practical “It's an easy way to get on your feet, just last year the supply and the demand for welders were in the 50ks so job opportunities are always available in the workforce. It's benefitting me

Emily Midkiff:

What is Your favorite memory At NHS?

-“Gosh I really loved it all. Everything was so innocent and carefree and just lived in the moment. I actually love that it isn’t on social media. I feel like it was pure and genuine and not done just for a Facebook status. I loved spirit days and how we loved all the teachers, sitting in Mr A’s office for those “officer meetings” when really all we were doing was stealing his candy off his desk and trying to get out of class. Mr Hinson literally making up that last science class so we could have him as a teacher one more time our senior year. We were all just so close and the teachers knew it and they wanted in on it too. It really felt safe and like a family and it gives me so much pride even as an adult that we came from that. Our school spirit was burned in us and it’s a flame that will never go out!”

Timmy Pennington

How did your time at NHS prepare you for your current career, activities, friends etc.?

-“Being a part of NHS prepared me for many aspects in life. 1st I choose to go into Fire/EMS as a career, NHS helped me with this goal because the closeness and community involvement the school offers, 2nd being a business owner, NHS prepared me with the knowledge to run and operate a successive business. Friendship is something NHS has above all schools, classes are small, and everyone knows everyone in the school. For the most part I’m still close to the ones I was friends

me because I get to work independently and use thinking skills on my own.” Boan says. “It is more challenging than my everyday classes but it’s a different learning experience.”

8th and 9th Grade Superlatives

By: Rilee Burton

Each class has their own people who stand out, the class clown, most likely to succeed, and more. Class superlatives are meant to recognize high quality in students. The eighth and ninth grade classes voted on their class superlatives. Here are your class superlative winners.

Twins that aren’t Twins

Holly Gilbert and Rachel Needham



Best Bromance

Jacob Mann and Dylan Harman



Most Likely to be a Millionaire

Camden Newby and Karsyn Reed



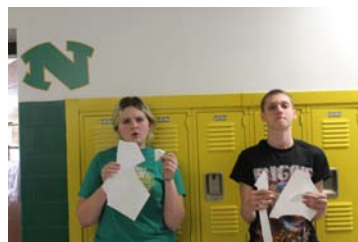
Most likely to stay in Town

Marayka Knoetze and Elijah Knoetze



Most likely to let their dog eat their homework

Riley Stables and Peyton Lusk



Best Laugh

Rilee Burton and Sam McGlothlin



Most School Spirit

Jorja Pennington and Cooper Helvey



Biggest Pranksters

Ariana Davis and Mekhi Bowers



Monthly Student Lunches

By: Katie Fenne

Have you wondered where the latest lunch event popped up from? These teachers & staff are Mrs. Woodward, Mrs. Jewell, Nurse Tanya, and Mrs. Boggess. These teachers are the ones we can thank for having events like these. In order to kick start these events these teachers and staff used a student's (Katelynn Fenne) research to show that students in the school were actually having trouble with being social and feeling comfortable in the school and learning environment. The lunch event held on Feb 10th went really well. The event was funded by the teachers and staff that run the Student Support Resources classroom. The event was themed around Valentine's Day. It had a lot of food enough to feed the students that attended and the teachers as well. The event took place twice, once during the 1st lunch and again during 2nd lunch as the teachers. Around 10 kids showed up for each lunch which Mrs. Boggess was very happy about the number of students that attended.

Now you may ask why this event was held and what importance it has to the students in NHS. Well this lunch event is meant to help students relearn some social skills that they may have lost due to COVID year and being away from their peers. Mrs. Boggess said "These lunches and events are a judgment free zone. She hopes that these events help students learn to get along and be more prepared for the real world". So she hopes more students attend the next lunch event and can meet new people and interact with classmates and friends they may not get the chance to speak to outside of school or even inside of school. We asked some of the students that attended the event there and gave their opinions on what they liked and if they would attend an event like this type of event like this again. One of the students was Aleah Palmer and she said "Absolutely, I really enjoyed the food choices, along with all the fun challenges." Another student Hunter Hood said "I liked the food, being able to hangout with friends. The prizes were pretty cool.". He also said "Yes! I had a lot of fun and said he wants to try and get my friends to go with me next time." Many students that attended had fun playing games like the many "Minute to Win it" games some teachers took part in these games as well. All around the students really enjoyed the atmosphere of the event and the games that they were able to take part in.



Student Ambassadors

By: Stephanie Dressler

This year, Narrows High School has begun a new program; this program is the Student Ambassadors. Started with hopes of being able to help students and faculty to work together to make a better school environment. A group of students from 9-12 grades have been picked to meet with an ambassador leader to discuss issues within the school. There have currently been 3 meetings, but there is more planned for the future. We interviewed every ambassador leader to get their point of view on the beginnings of this program. We asked Ms. Williams, one of the 9th grade ambassador leaders, how did you end up in this position? "I was selected as a part of the inclusion committee, and I also teach all 9th graders at some point in time, so I have stronger connections to students than other teachers do." We also asked about how the groups of students work as a team, she responded, "Each student shares their experiences and perspectives from other student groups and they discuss how those groups can work together." When we asked about how this program will continue, Ms. Williams said that she believes that this program will be able to benefit students by helping students feel like they have a voice in how their school is run. Ms. Williams would like to see this program continue by continuing to build relationships with the 9th graders, and helping the student leaders trust the adults in the building more. She also said that the ambassador program will continue to diversify as the student body grows. We also wondered how these first meetings went. When questioned, Ms. Williams responded with, "We have learned so much more about what the students believe are problems in the schools, and how we can help fix them." We asked Ms. Bishop, the other one of the 9th grade ambassador leaders, how did you get into this position? "I became the leader much later than the other teachers did. There were representatives from every subject, except history, so I was asked to take over that role. I got to decide which grade I helped with, and I decided to work with 9th grade because it worked out better with my time and I am much closer to that grade compared to the other ones. "

When asked about how the group of students works together, she responded, "I believe that all the students give their own unique perspectives on the topics we discuss. Even though they all come from different groups, they have the best interest of the school in their hearts." Ms. Bishop said that she believes that this program will benefit the student body as a whole because it gives all the teachers and staff a new perspective on the topics they speak about. It makes them think the way a teen in high school thinks. When talking about how this program will evolve, she said she wants to see this program grow by having the ambassadors taking initiative; she wants to be able to help them through that endeavor. She also stated that new issues will arise every year, so this program will be beneficial by covering all the changes. With this year being the first year of meetings, we asked how the meetings have gone. Ms Bishop responded with, "We have learned so much about the students and the school from the meetings. These meetings have shown us that students are so passionate about wanting to make a positive change in their school environment. I believe that all of these students are doing a wonderful job at representing people in the school. Mr. Suttle was asked to become the 10th grade leader because he is a part of an ideas committee where the idea of the student ambassadors originated. When asked about how these students work together, he said, "The 10th grade ambassadors are great at explaining their points and working together to talk about all the topics covered. They do a great job at building off of others' ideas/concerns." He also says that the purpose of the student ambassadors is to get ideas and discuss what they believe will help improve the flow of high school for students. As well, he said that they have been able to gather many ideas regarding this. Mr. Suttle would like to help continue to bring on conversations with the students so they can share their ideas with teachers and other staff. When asked about how this program will grow, Mr. Suttle stated, "I believe that the student ambassadors will continue to be a part of the high school, even if their roles change. This program will help make a bridge between students and faculty." Mrs. Jewell said that she got into the position of 11th grade student ambassador leader because she is part of the Inclusive Schools Committee that is responsible for completing and implementing the outcomes of the Inclusive Schools Planning. She also teaches most of the 11th graders, so she has a closer bond to them as a whole compared to other grades. When we asked about how the students work together, she said, "We have a diverse group of

students who like to share their ideas and concerns. We have not completed any activities yet that relied upon teamwork, but we have some idea in the works-- stay tuned.” Mrs. Jewell said that she believes that this program will not only benefit students, but administration as well. She states that this is a good way to help students and adults work together. Mrs. Jewell would like to see this program become responsible for many different events in the future. There have been several things talked about that will take a few years to happen. She also wants this program to become an outlet for students to develop leadership skills and truly become ambassadors for teachers and students alike. She also wants them to take a bigger role in their school setting.

This year was the beginning of the ambassador meetings, so we wanted to ask about how the first few meetings have gone. Mrs. Jewell stated, “I think these meetings have helped us to better understand different student perspectives, what they value, and need. I also think that these meetings have shown us that we still have far to go as a program.”

We also spoke to Mrs. Divers, who is the senior ambassador leader, and asked how she got into her position. She said it was because she is representative for the special education section, and she is a part of the inclusion audits. She is working with seniors because she has been around and spent the most time with them. We asked her how the students work together, she responded, “These students are very good at listening to each other and expanding on each other's words. They also support each other when they each need it.” When asked about how this program is beneficial, Mrs. Divers said it’s beneficial because the students give inputs that many teachers have forgotten; it opens teachers to a new perspective. She also hopes that continuing to have student input will be useful because things are changing for students all the time. Mrs. Divers would like to help the students by contributing ideas for the community, and help redevelop the discipline policy. She also believes that with this first year of meetings, the teachers have been greatly benefited because teachers have been able to ask questions that they wouldn’t normally be able to ask in class. They also get honest feedback from these students, and, hopefully, more students will become more comfortable with talking to the student ambassadors for help.

Even though this program is still in its early stages, it has a lot of potential to be very successful within our school. With this program starting up, we will be able to see a change in our school atmosphere and school life as a whole. The student ambassadors are open to talk about anything regarding the school. This program is a welcome change and will be able to connect students with staff at the high school. We can’t wait to see what this program will be able bring for the future.



Freshman



Sophomores



Juniors



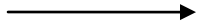
Seniors

Interviews with our Seniors

5 years ago Rhea Purdue interviewed three 8th grade students: Sarah Mann, Gracie Howard, and Adelita Maddy. This year they are Seniors. The interview's main point was what class the student was looking forward to and what they thought of highschool after a few weeks. We first interviewed Sarah Mann, then Gracie Howard, then Adelita Maddy.



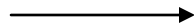
Interview 1: Sarah Mann Sarah said that the class she is most excited for this semester is Spanish because it is something new and different. She loves being able to go outside at lunch because that is something she wasn't able to do at the elementary school. She said she is a fan of block scheduling because she doesn't have to have the same classes all year long, which makes it easier and more fun.



Sarah, in the 8th grade you said you were excited for Spanish. Are you still excited over that class? Also you said you love going outside at lunch and you like the block scheduling. Is that still accurate?

Sarah informed us that she's no longer excited over Spanish "I didn't really understand it and lied out of it." She told us she still really likes the block scheduling, 4 classes but there's a semester change that is way better than the 7 classes all year that they use at Giles. She also still enjoyed going outside during lunch on the warm days and being in the fresh Giles County air.

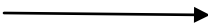
Interview 2: Gracie Howard Gracie is also really excited for Spanish because it is something that she could not do at the elementary school, so she is very excited to have the opportunity to do it now. She is very excited to spend her next five years at the NHS because she will have more opportunities to be independent.



Gracie, in the 8th grade you said you were excited for Spanish, are you still excited over Spanish. Were the 5 years you've had here everything you thought it would be?

Gracie told us she was not excited for Spanish anymore. When we asked her about if high-school was everything she thought it would be, she said it kind of was and kind of wasn't. She said there was lots more to do then she would have imagined, but the things she knew about didn't meet all her expectations.

Interview 3: Adelita Maddy Adelita is really excited for English because she loves her teacher Ms. Spicer and she has always loved to read and write. She said the best part so far of high school is being with her friends and the drama club more. She is really excited to participate in different things throughout the year, but she is still trying to figure everything out.



Dita, in the 8th grade you said you were excited for English. Is that still the same? You also said the best part of high school was being with your friends> Was it the best part?

Adelita said she still loves English, still loves to read and write, and still really likes her teacher Ms Spicer. She still really enjoys being with her friends (Emily Jackson specially) and she really enjoys being with her drama friends. She is very sad to leave her underclassmen friends behind in June.

One Act: Freaks

By: Zack Gilbert

The Thespian Trip:

Katelynn Fenne -

Katelynn was a technology worker for the play as the spotlight. She also did the special effects for the character played by Aleah Palmer. Katelynn said, "the thespian trip was a lot of fun. In my opinion, they should have more workshops for kids who like technical support".

Elizabeth Chapman -

Elizabeth was an actor, who played Esmeralda and Jane Doe. Her favorite part was the costume, "At the end of the day you're still you, but you can be someone else for a little while." The play showed her that "looking out for your friends" is important. Her favorite line was "Each time you choose, you create". She said that "the thespian trip was a lot of fun." The best part for her was learning to waltz and watching other schools play. "It was nice meeting other actors from different schools."

Mrs. Helton-

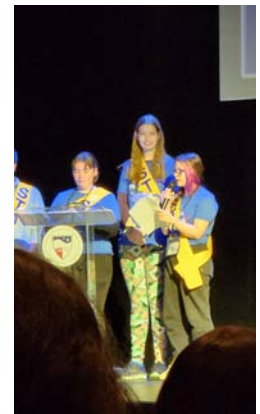
She was a supervisor for the thespian trip, along with a man named Luke Craig "The Mr. Joshua Luke Craig" or Mr.C but I can not interview him today. He sadly works at Giles High School. Mrs.Helton says that the thespian trip was a good experience. Her favorite part was watching the actors who were a part of Almost Maine. "I enjoyed spending time with the students." Her favorite part of Franks were when the actors were on stage chanting", and I got a balloon!!".

Director: Heather Ursano

Stage Manager: Iana Graham

Cast-

Laim Ralph
Andrea Tawney
Adelita Maddy
Anna Caudle
Elizabeth Chapman
Rachael Farmer
Melanie Garcia-Sanchez
Kennedy Shepherd
Stephanie Dressler
Andrew Meredith
Ean Mertz
Gracie Spicer
Taylor Sowers
Jayden Dressler
Averee Smith
Aleah Palmer



Tech-
Zachariah Gilbert
Katelynn Fenne
Oliver Biggs
Renee Tucker

Guest-
Rachael Farmer

Musical Memories

By: Tori Sargent

It seems that musicals are starting to get more popular and have opened up to other audiences. Lately, almost all movies, tv shows, and also anamatics have their own musical. Usually, people conjure things like this up to get a profit out of it. However, only the truly whimsical plays make it to the big stage, Brodway. Here we have 2 musical enthusiasts, [Heather Ursano](#) and [Rachael Farmer](#).

The first interviewee is Heather Ursano, who is the theater teacher for both Giles High School and Narrows High School. You may know her for the NHS “Murder Mystery dinner show”, along with her outstanding production of the play “Freak.” Since she has more knowledge on musicals we decided to see what she thinks about them. Heather Ursano believes that they are entertaining, and outstanding. She believes this due to the fact that a lot of her plays involve quite a bit of singing in them to tell the story behind the characters voices, body language, and emotions.

Some of her favorite musicals are, “Ragtime”, “Hadestown”, and “Les Misérables.” Back in the 90s, her highschool had done a production of “Ragtime” which was where she had first seen the musical. “Hadestown” however is a different story, she had seen this musical in HT Broadway in 2019 from the New York trip for

thespians and theater kids in her class. Ms. Ursano is also going to see it again this March on Thespian's 2023 New York trip. Heather Ursano would recommend everybody to go and watch all these performances that appealed to her the most.

We’ve noticed that there has been a decrease in the popularity of musicals. This could have to do with how they’re just spitting all these nonsensical musicals where the script is just bland. Ms. Ursano’s productions however, are very entertaining, dramatical, comedic, and very well written scripts. She puts a lot of thought into all her productions, especially the lighting, music, props, and character designs. The thespians are truly amazing.

Since most people fall asleep during plays, we decided to ask Ms. Ursano if she ever had. Her response was, “When a person who was supposed to be there wasn’t.” Because of this, she was not very interested in the performance. It became bland and unappealing to watch them perform. Ms. Ursano also prefers for plays to be 2 hours. She can watch longer ones if they have intermissions every so often.

The second interview is Rachael Farmer, who is a Junior at Narrows High School and a student in Heather Ursano’s theater class. Since she is thinking of joining the “Adoms Family” rehearsal. We decided to interview her about her thoughts on musicals. Rachael believes that the music helps tell the story of the act. This makes the skit/ play come together in harmony. Some of Rachael’s favorite musicals she had gone to were, “Hamilton” and “SIX”. She had seen “Hamilton” through the internet along with “SIX.” She would rewatch these

and also recommends others to do so as well. Since she is a theater student, we decided to ask her what causes her to not enjoy musicals. Her response was, “Being in a musical stresses me out.” The reason for this is because of all the pressure, you have to be on que, have the right pitch, and remember all the lyrics while moving around. Musical require a lot of movement and singing in your character’s voice. It gets really hard to sing when that character has an accident.

There are many musicals out there to choose from, however there are some that are not that entertaining. One of these musicals was “Carry”. It is by far the most hated musical out there. Rachael herself also dislikes this musical. She had gone to see this musical on a thespian field trip.

There are times where musicals get kinda boring bringing the audience into a slumber. However, Rachael has not fallen asleep during a play. (somehow . . .) She does however understand why people do during musicals. The estimated time that Rachael prefers a musical to last is, 45 min- 1h and 30 min. If they’re any longer then the play just starts to get a bit boring.