

The Green and Gold Times

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How the 8th graders feel about High School so far

Rhea Perdue
9/26/18

I interviewed a few of the eighth graders about their first impressions of high school, and they seem to be very excited about being the class of 2023 and experiencing all that high school has to offer for the next five years.



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.

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 NHS because she will have more opportunities to be independent.

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.

Branching Out and Exploring the World of Government

Leah Copeland
9/26/18

Over the summer we had six students that were selected to attend the American Legion Boys State or the American Legion Girls State. The programs are a week long, interactive experience where students have the chance to learn more about the government and build upon their leadership skills.



Frank Cahoon describes Boys State as a "...state government simulation that involves high-school students from all over Virginia." This is an experience that allows students to not only further their knowledge, but also gives them an opportunity to interact with new people; the program splits up members from the same school, so that they have to branch out and meet new students.

No two days are ever the same in an American Legion camp, but when asked to describe a normal day, Haley Lawrence said, "a normal day consists of flag raising and then breakfast at the college campus cafeteria then going back to meet with your city and make decisions that will affect the end of the week state and national elections. Lunch is provided just like breakfast. Then you have a class of choice. When you get there you sign up for a class like Zumba, yoga, women in government, basketball and so on. You go to that class for an hour or so. In the evening an assortment of seminars and meetings are held randomly throughout the week so the schedule isn't the same everyday. Some days you may have free times and other days be very busy. Dinner is also provided. After dinner there is a flag lowering and then you meet with cities until you finish what needs to be done for the next day." Everyday in the camps is a new adventure that opens up a world of opportunities for students by mixing governmental responsibilities with fun activities.

Our students have benefited from the camps in many ways; it is better preparing them to be a leader in their community by putting

them in a role of leadership and deepening their social skills. Alexa Shockley reflected back on some things she took away from the camp, "...I got to meet the governor and lieutenant governor of Virginia and I learned a lot about how government works..." The American Legion camps benefit the students by introducing them to new opportunities and giving them memories that will last a lifetime.

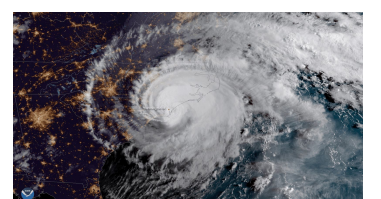
When asked to give advice to anyone planning to attend an American Legion camp Isaac Taylor said, "Work hard to try to get elected into something, and then meet as many new people as you can." The goal of the camp is to teach the students as much as possible in the best way possible. It is teaching the students how to be independent leaders, and how to interact with other students in the most effective way.

As you can see, boys and girls state is a wonderful way for students to test their boundaries and explore the world of government. The students that have went to boys and girls state have said that it was one of the best experiences they have ever had, and that they learned a lot even in the short time they were there. This was truly an experience of a lifetime for the NHS students that attended.

Hurricane Florence Meets the Green Wave

Leah Copeland
9/26/18

During the week of September tenth, Giles county received news that a hurricane was on its way. While it is hurricane season, they normally do not hit areas like Giles county with much force. However, Florence was a category four hurricane that was headed straight up the east coast. Florence's path was to go through South and North Carolina and then make its way up into Virginia. Before it hit the coast it dropped down to a category two, but this did not stop Florence from wreaking havoc once it reached the states. After the first night there were already half a million without power. When Florence hit Giles County the storm had already lost most of its power and had become a tropical storm. The only real effects the county received from this was some slight flooding and NHS had to close for one day.



Getting to Know the New Faculty and Staff

Rhea Perdue
9/26/18

Narrows high school is very lucky to have four new staff members joining the NHS family! I had the privilege of getting to interview all four of them, and they are just as excited to be part of the NHS community as we are to have them!

Interview 1
Mrs. Spangler

Mrs. Spangler is a new assistant for CBI. She is very excited to be a green wave because she loves meeting new people and learning about them. She had previously worked in the elementary level for 5 years prior to working here in the high school level and she is very excited to take on this new job with older students. If she wasn't a CBI assistant she would love to teach science specifically biology because it has always been an interest of hers, and she has a degree in the medical background.

Interview 2
Ms. Tamburrino



Ms. Tamburrino is the new biology and ecology teacher. She is so excited to be part of the NHS community, she said it is for sure the smallest school she has taught in, but it has a lot of school spirit compared to the schools in the suburbs of Chicago where she is from. She is so excited to be teaching her first ecology class because it has always been a dream of hers, but if she could teach any other class it would be Spanish or English because she has always loved grammar.

Interview 3
Mrs. Buckland

Mrs. Buckland is the new secretary at NHS. Something she looks forward to this year is seeing all of the school spirit and meeting and getting to know all of the students. She also loves how free spirited the school is and how everyday is different. If she could teach any subject it would be math, specifically calculus because she really loves to work with numbers. She is very excited to be in the NHS community because she loves the strong bond that the school has and how everyone is so supportive of each other.

Interview 4
Mrs. Boone

Mrs. Boone is a new assistant in CBI. She is very excited to learn more about the narrows community this year. It is also her first time working in the school system and she is very excited to help the kids learn as much as possible throughout the year. She could not imagine having a job doing anything else.

What School is Really About

Emily Clark
9/25/18

Everyone thinks its a really boring place and there is no fun. That is super wrong because you learn and are able to grow from your high school experiences. School can be boring but there is fun activities to do after school and before sometimes. School helps you to get comfortable around other people and getting ready for a adult life and going to collage.

School is fun because you have friends and teachers that love you and want to help you in anyway. Friends help you get through the day. Friends make the day shorter because you are having an awesome time with them! Teachers can be friends if you listen to them and understand them. Teachers love to teach for a reason and they want to see you improve in any way!

School has amazing activities that you can do. You can get much closer to people and meet new people that you didn't know before. There is a lot of activities that includes of a lot of laughter. School gives you an opportunity to go and explore things you haven't done before and that is super awesome! School can be really chill and relaxing if you listen and understand what is happening.

School can be really fun and exciting. Fun activities that you can do to after school. The most of all is have fun, you just live it once. Having a awesome day is another one to have share the joy with your friends and teachers. Understanding everything around you and making sure you are on your toes.

Mathematics Capstone

Karah Sadler

This year we have an Mathematics Capstone class. This class is for seniors only. This class is like a college prep class, so that way when seniors go to college they can remember their math. It can also help seniors who need another that other math credit to graduate. In this class you learn basic math from elementary school up to Algebra 2. This class is very simple and easy to pass if you just pay attention. This class could also help you when you go and take your SAT and your ACT. This class can also help you prepare and get your through your future.

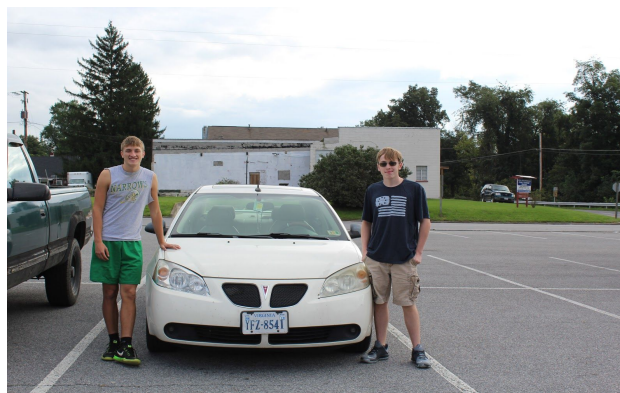
Senior Wills

Belle Whitlow
9/27/18

The Senior Will

The seniors that are leaving will be missed. The senior will be telling you what the seniors will be willing to someone younger than them. The seniors that are leaving this year will be leaving there senior wills be hided they will be telling you what they want to leave to people. The people the seniors are leaving there stuff to is special to them, the senior will expect the people to take good care of what they are leaving them.

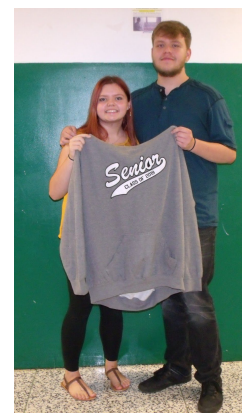
" I, Christian Tiller leave my parking spot to Dustin Wiley when he gets his license"



"I, Alyssa Smith leave my number 8 volleyball jersey to Emma Spencer because of how hard she pushed me to become a better player this year. Emma has been with me through my senior year in two sports, volleyball and basketball. She always puts a smile on my face and makes me laugh until my stomach hurts. Emma is a true friend and I want her to have my jersey because it is the thing that means the most to me from my years at Narrows High School. I have worn number 8 since my 8th grade year because I decided to follow in my sister's footsteps by wearing the same number that she wore all 6 years she played at Narrows High School. As I walk across that field on graduation day, I will be content knowing my beloved volleyball jersey is in the great hands of one of my best friends, Emma Grace Spencer."



"I, Austyn Mabry leave my heart, jacket, and good personality to Sara Harris."



" I, Mallory Johnson leave my fashion skills to Margo Johnston."



"I, Emma King leave my bubbly personality to Morgan Ralph because she's is a very sweet friend of mine and is a hard worker and i give her that for the rest of her high school experience."



"I, Jacki Blankenship, leave some of the underclassmen my makeup skills, cause they need it, and Fleet McDaniel my good luck in classes."



"I, Caleb Wall leave my locker number 404 to Gage."



"I, Nicole Clark leave my serena williams like tennis skills to laci tankersley"



"I, Harley Huffman pass down my school spirit and also all my years of happiness and experience that I had with an amazing Green Wave family to Paul Huffman."



"I, Shyla Quesenberry leave my soccer ball to Cordell Quesenberry."



I, Jaden Dunn leave my amazing chess skills and bookwormness to Reid White."



"I, Wyatt Freeman leave my converse to Jarrett Freeman"



Fall Sports

Karah Sadler
9/26/18

The Varsity Football team is made up of tenth, eleventh, and twelfth graders coached by

Kelly Lowe. They are having a great season so far. "We are a hardworking team, we enjoy playing with each other out on the field and this group has enough confidence in one another and work well together," said Dustin Wiley. The J.V. football team is coached by Chris Helvey. "They are mostly small, in good shape, and strong eighth graders and ready to take on any challenge," said Helvey. By the football players sides are the Varsity and J.V. cheerleaders coached by Debbie Lusk. The cheerleaders are the football players biggest fans, they are always there supporting and pumping up the boys before and during every game. The Varsity Volleyball team is made up two sophomores, one junior, and eight seniors. They are coach by Sherry Duncan. "We are hardworking, energetic and striving to get better every week," said Duncan. The J.V. Volleyball team is coached by Hannah Spicer, and they are having a great season so far. Hopefully they are ready to bring home more wins for the rest of the season. This is the first year ever that we have a golf team and they're coached by Joshua Sparks. "We work hard in practice and in games, we also always support each other," said Brandon Smith a golfer on the team. The cross Country team is doing good they have been working hard and never quit. "We have done pretty well, we practice hard and no matter what we always support each other," Said Shyla Quesenberry.



Blood Drive

Emily Clark
9/25/18

The blood drive is an charitable activity, in which people are requesting to donate blood. Blood donation could be therefore recommended that voluntary blood donations. The donation of blood is three step process that you do to give blood. The Blood Drive is there and if you want to give blood to help people. Some helpful tips and information if you ever want to give blood. You want to get a lot of fluids in your body so your body can be ready.

The reason why we give blood is so we can help others and having a less chance of heart disease. Helping other can help and change their output on life. Giving 1 pint of blood is helping 3 people lives. Approximately 40 percent of the nation's blood supply is by the Red Cross. The three step progress is you have to be ready to donated, two it's a step by step, third is keeping food down. One you have prepare an donation. Second step is it is a step by step process you sign it to get ready to give blood. Third step process is just trying keeping fluids and food down for the next 24 or 48 hour after. The Blood Drive happens to an cool place so it can help with the blood circulation.

Giving blood is helping someone each day. Blood is just to help them better so they won't be as sick. Another reason to give blood is to because you will have a lower chance of heart attacks. Giving blood can reduce a lower problem on cancer. Giving blood can also help with other people find out that they can help. So be someone's hero!



Advice for the 8th graders

Belle Whitlow
9/27/18

This is to all the upcoming 8th graders. The advice the 8th grade they should probably

listen to it. The upcoming 8th graders listen to what the people are telling then because if they listen then they will pass the 8th grade.

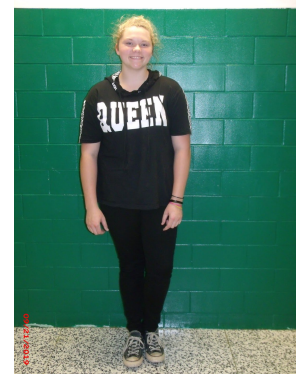
Justin "Biscuit" Collins -" my advice for the 8th graders would be play a lot of sports and join a bunch of clubs because you will miss sports. You should do your homework and make sure you study because you want to pass every class and graduate."



Kelsey Meredith-" be confident in what you do and do your work."



Ashley Bowles-" advice for 8th graders you need to graduate and not quit because you won't get a diploma or be able get a good job so you have money to get a car or anything else you want in life"



Dustin Wiley- "Advice for the 8th graders are to have fun and don't have any regrets. Times in high school flies by."



Leticia Ortiz-"To the upcoming 8th graders, make sure you come to class everyday. People would be amazed by how much they learn. In high school missing one day is very bad because it's hard to make up the class work. If you don't know how to do a problem or that you don't understand the lesson don't be afraid to ask for help the teacher won't be mad at you they would be very happy to see that you are

trying to understand the concept quizlet is your new best friend when it comes to studying”



Ciera Hodges-“ watch your back and the friends you come here with you won't leave with”

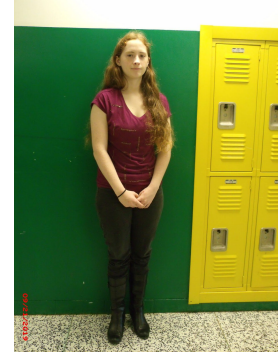


Sara Harris- “Stay out of drama; if there's a choice, take a chance; don't be a follower; do summer activities. ”



Harmoni Drake- “I would tell 8th graders that they should study for their classes-quizzes and tests. if you have extra time on your hands you can use that time to catch up on you classwork or homework. If you forget to do your work, you could always start a planner for when you have

assignments to do or to write down important information. Always try to get your work done on time.”



Dustin Brewster- “ my advice for the 8th graders is do your homework all the time, “Listen to your teachers, and don't miss school at all,”

