

# Trailhead



# News

## LOCAL NEWS:

Spring sports are right around the corner! The sports available are baseball, softball, golf, track, and middle school track. Make sure to stop by Mr. Nelson's classroom and sign up. We need as many people as we can get, so try a new sport while you have the chance!

-Abbie Serino

Vanderbilt now has its very own outdoor skating rink! It's located by the basketball court in Vanderbilt Memorial Park. Grab your skates and have fun while winter is still here!

-Abbie Serino

## SIGHTSEER ADVICE AND DESTINATIONS

The Cornwall Dam is currently at risk for removal. The popular recreational spot in Cheboygan, Michigan, is in the air due to safety issues. The Dam is now classified as a high-hazard by the Michigan Department of Environment, Great Lakes and Energy. The beloved by many Cornwall Dam days may be numbered unless something can be done to fix it. Currently the Department of Natural Resources is responsible for any infrastructure.

-Mylea Bruno

Quote of the Month : "It's hard to beat a person who never gives up." - Babe Ruth

## PERSON OF THE MONTH

March's person of the month is Gavin Komula. Gavin is a sophomore at Vanderbilt Area High School. He recently joined the after school music program as one of his many hobbies. In the future Gavin wants to be a wildlife biologist, and he plans on going to college. Gavin works hard in his classes. He has stayed after school multiple times to help with class projects. He has done well in school and helps his class make money for their senior trip. Gavin recently broke his ankle and we are all hoping for a quick recovery. Gavin is loved by all. Mr. Ferrier says, "Gavin is a magnificent kid." His classmates describe Gavin as a "swaggy" kid. Gavin is overall one of the nicest and smartest kids I know. Gavin holds a special place in his heart for animals and he owns a sugar glider. I have witnessed Gavin helping animals in need. Gavin is genuinely a kind soul and he is always willing to help. Keep up the good work, Gavin!

-Olivia Salvador



## MR. FERRIER: TEACHER OF THE YEAR

Mr. Ferrier is a teacher at Vanderbilt Area School, and has been since 2014. This year he was nominated for teacher of the year, which he whole-heartedly deserves, and is going through the process of applying. He served on the Zekelman Holocaust Center's Teacher Advisory Council between 2020 and 2022, for which he was awarded an Auschwitz-Birkenau Legacy Fellowship. Since I came to this school in 2019, Mr. Ferrier has been an incredible teacher, mentor, and supporter. His classroom is an excellent work environment as he allows students to talk amongst each other within reason. Mr. Ferrier has always been a teacher I know I can rely on for any questions or concerns I have, and I have never been afraid to ask him for help. He has been one of my biggest inspirations to make it through college, and he continues to support his students however he can. With a vast expanse of knowledge and a large heart filled with care for his students, it's hard to imagine Mr. Ferrier not getting Teacher Of The Year. He continues to help students achieve their full potential, and I hope the judges of Teacher Of The Year see the same qualities I do.

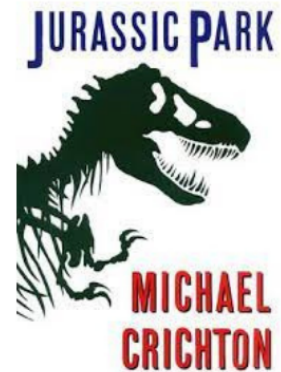
-Chaos Walter



## RECOMMENDATIONS

Another book I like is Jurassic Park by Micheal Crichton. It's set on Isla Nublar, an island off the coast of Costa Rica; and it's about a dinosaur theme park. Dr. Henry Wu is the man who created the dinosaurs; he took the DNA from dinosaur blood and tissue encased in amber and created the dinosaurs. It's also a good book for a novel project.

-Darryl McDowell



## DEAR ABBIE

The question this week is, "How do I get over my fear of turtles?" Fear starts in the part of the brain called the amygdala. When you see something as a threat, such as the sight of a predator, it triggers a fear response in the amygdala, which activates areas involved in preparation for motor functions involved in fight or flight. There are many ways you can try to get rid of your fears. First, just take a deep breath; it'll help clear your mind so you can think about your situation more clearly. Another, probably less effective way, is to think of a happy place. Putting yourself in a different mindset can temporarily get you through your situation.

-Abbie Serino

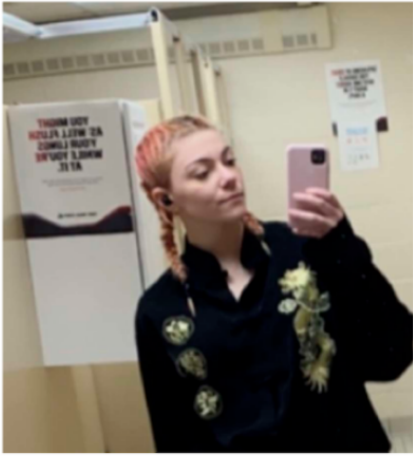
## Womans History Month

March is National Women's History Month. Women's History Month began as a celebrated week for women in Santa Rosa, California. President Jimmy Carter nominated the month March to be dedicated to honor women's accomplishments in American history. The significance of women's history month is to consider and honor the part in history that women contributed to. For a long period of time women in the United States had little to no rights. Women received the right to vote in 1919. There are several women in history who made a lasting impact on our country; such as Susan B. Anthony, Abigail Adams, Rosa Parks, Eleanor Roosevelt, and Amelia Earhart. All of these women stepped out of their comfort zones and did what everyone thought was impossible for women. In the past hundred years women have made so much progress in the world. Overall, women deserve to be recognized, and March is the month to do it.

Ashlyn Salvador



## Braid In Different Eras:



2023



Victorian  
Era



Ancient  
Rome

Sunlight etched its way into my eyes, and I hear the sound of birds chirping in the early morning air coming through the open window. I get out of bed, rubbing the sleep from my eyes. The warmth of the sun thaws my icy bones as I make my way to my bathroom, turning on the faucet so cool water spills over my hands. I splash the icy water on my face, the cool sting bringing me out of the haze of sleep. As I look back to my reflection, I notice something is different. The girl who looks back is anyone but me.

Her deep skin was beaded with sweat, the smile on her face is one of joy as she copies my every move. We studied each other, her eyes widening as she saw my well lit bathroom. The girl appears to be in a mud hut, bright light shines through the windows, blocking my view of anything else. I finally decide I'm dreaming, choosing to work on getting my hair into a braid. I watch as the girl in the mirror continues to copy me, braiding her own hair in time with me. I could tell this girl wasn't from my era, maybe ancient Greece? My mind continued to wonder what this girl was doing, until I finished tying my hair back. I realized what was happening.

Even as the human species grows and changes, we are still rooted in our history. We still braid our hair. Humans still laugh at potty jokes and love our pets. Even as our population grows and advances, we are still doing the same things as those before us. So the next time you go to enjoy the beach or play outside with your dog, try and remember that things that may seem mundane to us have been happening since the dawn of man. People are more connected with their history than we think; we just have to look in the right places.

-Chaos Walter

## PRINCIPAL TALK

Dear Vanderbilt Area School Families,

This school year has flown by. March has arrived already. March is one of my favorite months. Although winter weather persists, signs of spring are beginning to appear. Our state bird, the robin, will soon be back in the wild, and the snow will finally start to melt. Renowned words by William C. Bryant describe the transitions that happen in March, "The stormy March has come at last / With winds and clouds and changing skies / I hear the rushing of the blast / That through the snowy valley flies."

Most of a student's growth in knowledge and maturity occurs during this time of year. Very soon the weather will change as spring is right around the corner. Keeping students' attention on schoolwork can be a struggle. Make attendance your number one priority. Let your child know that unless they are sick, they must attend school (and be on time). Make an effort to schedule appointment's after school hours.

Mrs. Amie Kamyszek and I will be having monthly breakfasts at Mill Street. March's breakfast will be March 2nd from 8:00 AM to 10:00 AM. This will be an informal chance for anyone in the community to meet us and chat.

If you have any questions or concerns, please feel free to contact me at any time. I am here to serve your children and the families of Vanderbilt Area School. If you need to set up a meeting to discuss any concerns, please contact the office, your child's teacher, or me. As always, I appreciate your cooperation in getting your child excited about learning and set up for success in the future.  
-Mr. Harwood

## GOSSIP

Homecoming is right around the corner on March 17th, so this is a perfect time to start thinking about your dress and date. Homecoming will be space themed. Since the dance is on St. Patrick's Day, you better hope you won't get pinched while you're trying to get your groove on. The fashion trends at Vanderbilt are muckboots, jeans, and a sweater. Lately girls have been dying their hair different colors. I've seen the color red a lot in hair. Also, I've heard many students getting yelled at for wearing headphones during class, but, honestly, headphones help students focus during class. "Active engagement with music can impact the way the brain processes information, enhancing the perception of language and speech, and subsequently improving our ability to communicate," according to the National Center on Safe Supportive Learning Environments. Of course there are some negatives, but if the student is working and goes to switch a song, then I think it is perfectly okay. The amount of kids skipping school is getting out of hand. There are kids who basically skip the whole week. Some are sick; some just don't want to go. The worst part is that they only hurt themselves. I, myself, have missed more days than I should have. I'm going to start making an effort to keep going to school. We're a small school to begin with, and kids not showing up isn't helping. We all need to join together and help each other with coming to school, homework, and having a good week.

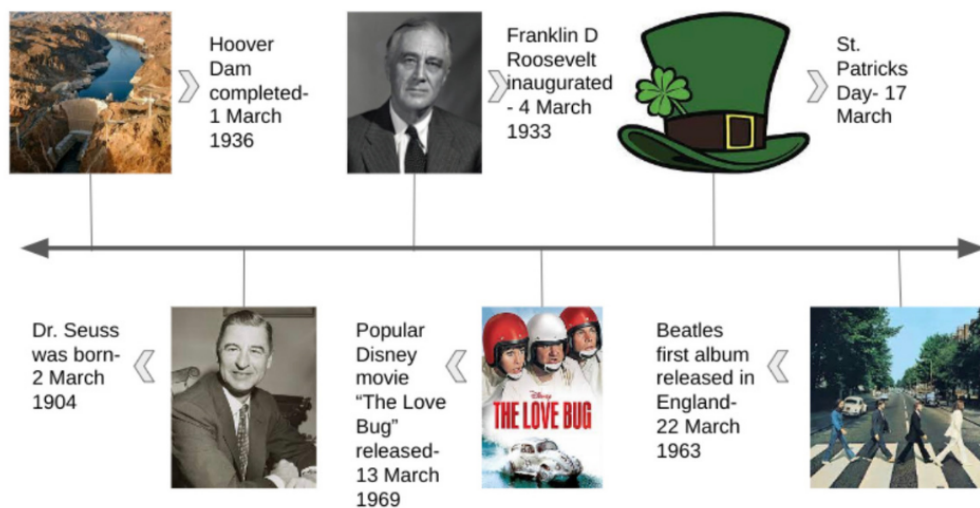
-Hollie Clear and Olivia Salvador

## TEEN STRUGGLES & MENTAL HEALTH

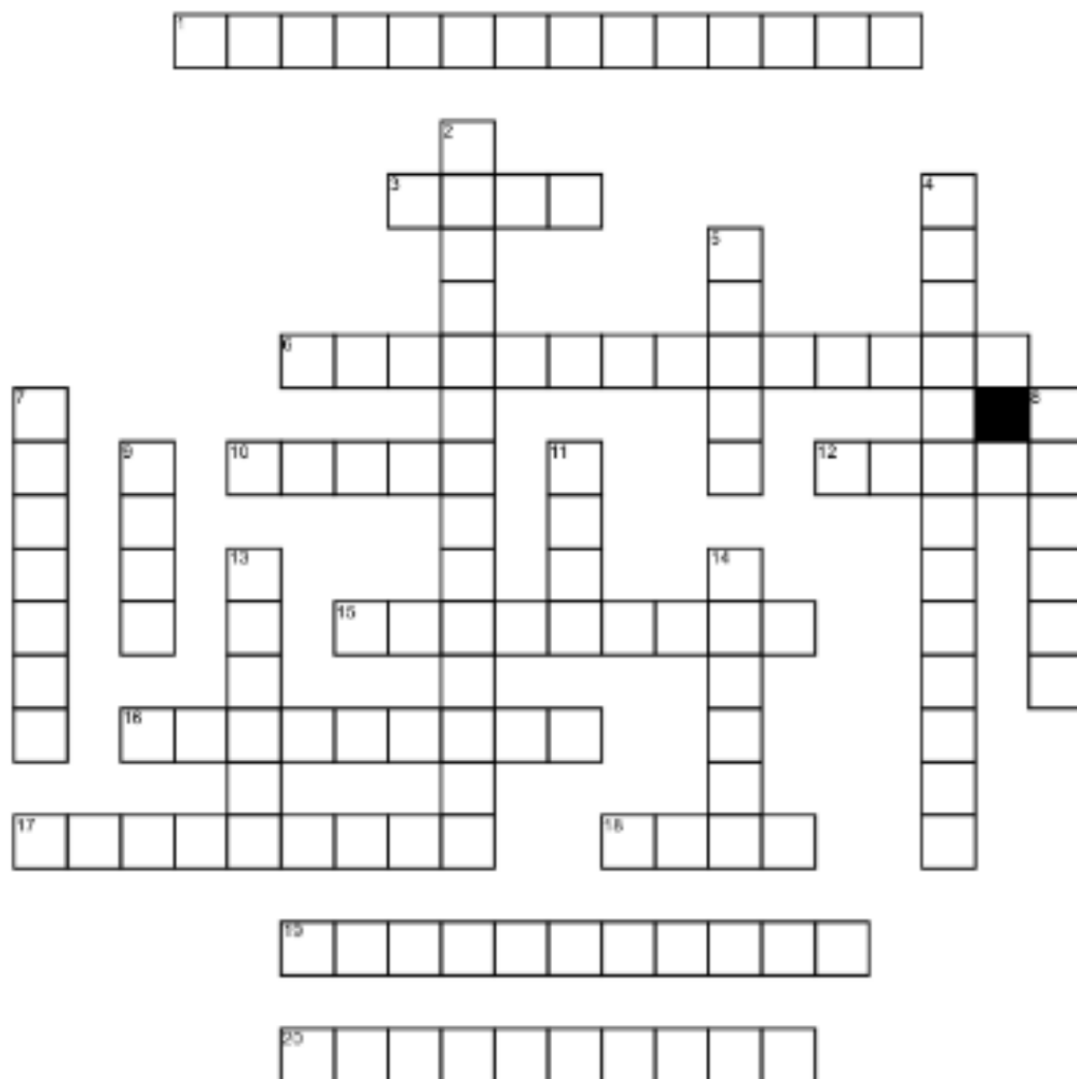
Addiction is a condition that causes a person to be mentally dependent on a particular substance, thing, or activity. Addiction is devastatingly common amongst teenagers. Addiction can be a variety of things, such as smoking, drinking, vaping, drugs, eating, use of electronics, etc. An addiction can be physical or mental. A physical addiction is when your brain depends on a substance and you build up a tolerance towards that substance. A psychological addiction is when a substance has control over your emotions as well as your actions. The most common addictions amongst teens are vaping, smoking, and drinking. All three of these addictions have long term effects on a person's brain and body. Not only are these illegal for minors to consume, they are harmful to teenagers. Getting caught with possession or consuming these items can lead to legal trouble. Overall, young people should avoid these substances. If you or someone you know is struggling with an addiction, reach out to someone you are comfortable with, such as an adult, a counselor, or a friend for help getting through it.

-Ashlyn Salvador

## THIS MONTH IN HISTORY



# Spring Crossword Puzzle



## **Across**

1. What festival is held in spring?
3. What weather occur in April?
6. What do you do to house in spring?
10. Air is?
12. Birds does what?
15. School has what in April?

16. what sickness do you get in spring?

17. What animal shows that spring is coming?
18. Weather is?
19. Opposite of long sleeve
20. What holiday shows love in May

## **Down**

2. What is it called when time is moved one hour back?

4. Farmers does what?

5. School has spring what?
7. What blooms in spring?
8. Opposite of Autumn
9. Animals does what?
11. Season of
13. Animals carry
14. Holiday involving bunnies



# Monthly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Set a Good Example Day  02.26	National Strawberry Day  02.27	Ask Mr. Nelson about the weightroom - After school until 4:15  02.28	Ask Mr. Nelson about the weightroom - After school until 4:15  03.01	Ask Mr. Nelson about the weightroom - After school until 4:15  Music class - 3:15 - 4:15 Wacky Thursday 03.02 03.02	National Dress in Blue Day PJ Day  03.03	National Grammar Day  03.04
National Multiple Personality Day  03.05	National Dress Day  03.06	Ask Mr. Nelson about the weightroom - After school until 4:15  03.07	Ask Mr. Nelson about the weightroom - After school until 4:15  Holi Showshoeing 03.08	Ask Mr. Nelson about the weightroom - After school until 4:15  Music class - 3:15 - 4:15 03.09	National Mario Day Favorite Sports Team 03.10	National Johnny Appleseed Day  03.11
Daylight Saving Time starts  03.12	National Jewel Day Camo Day 03.13	Ask Mr. Nelson about the weightroom - After school until 4:15  03.14	Ask Mr. Nelson about the weightroom - After school until 4:15  Making Oobleck at School 03.15	Ask Mr. Nelson about the weightroom - After school until 4:15  Music class - 3:15 - 4:15 03.16	St. Patrick's Day Homecoming 03.17	National Awkward Moments Day  03.18
National Read To Me Day  03.19	First Day of Spring  03.20	Ask Mr. Nelson about the weightroom - After school until 4:15  Wear a Hat We Can Head (Community Night 5-7p) 03.21	Ask Mr. Nelson about the weightroom - After school until 4:15  Beginning of Ramadan Dress Like Your Favorite Book Character 03.22	Ask Mr. Nelson about the weightroom - After school until 4:15  Music class - 3:15 - 4:15 Dress as Future Self 03.23	National Chocolate Covered Raisin Day Dress for Spring 03.24	Waffel Day in Sweden  03.25
Purple Day  03.26	National Scribble Day Spring Break 03.27	Ask Mr. Nelson about the weightroom - After school until 4:15  Spring Break 03.28	Ask Mr. Nelson about the weightroom - After school until 4:15  Spring Break 03.29	Ask Mr. Nelson about the weightroom - After school until 4:15  Music class - 3:15 - 4:15 Spring Break 03.30	National Crayon Day Spring Break 03.31	April Fools' Day  04.01
Palm Sunday  04.02	National Find a Rainbow Day  04.03	Ask Mr. Nelson about the weightroom - After school until 4:15  04.04	Ask Mr. Nelson about the weightroom - After school until 4:15  Passover 04.05	Ask Mr. Nelson about the weightroom - After school until 4:15  Music class - 3:15 - 4:15 04.06	Good Friday  04.07	National Zoo Lovers Day  04.08