

Home of the  **Wolves**

Pearl City
High School

December 2016
January 2017

The Howler

SEMESTER EXAMS

Turn Stress into Success

Over the next week, students prepare to test their limits.

BY BROOKE HASS,
Staff Writer

It's that time of the year when students want to yank out their hair and throw books at teachers.

Finals.

Even the dreaded word gives some people chills.

Many students crumble during preparation for finals week. Luckily, solutions are available to the terrors of this week.

According to an article at Understood.org, the main reason high school stress levels are elevated is because the workload and pressure is greater than elementary school or junior high. Also, students may feel the obligation to be involved in many activities, thus resulting in increased



Brisa Hinojosa tries to relax Monday prior to presenting her portfolio to her Technology for the 21st Century peers in the IMC. Tech 21 students will present their portfolios again Jan. 3-5 for their semester exam.

stress levels.

However, students' causes of stress can vary.

"The major causes of stress in kids during finals would probably be, for some, a feeling of falling behind," said Craig Kreiser, Pearl City High School guidance counselor. "For others, it may be a fear of failure. Many have parental pressure put on them or just want to please their parents." Kreiser claims there is

usually an increase in people who seek help in preparing for, not only semester exams, but also tests such as the ACT and SAT.

"School causes a lot of stress for me," said LeeAnn Schimetz, a PCHS senior. "That, and probably trying to work and get all my homework done."

Other causes of stress during finals are attempting to juggle athletics, jobs and any other **(SUCCESS continued on p. 6)**



UPCOMING EVENTS

- **TODAY-FRIDAY:** Varsity boys' basketball at Forreston Holiday Tournament; Varsity girls' basketball at Pearl City Holiday Tournament
- **TODAY-WEDNESDAY:** High school semester exams (for complete schedule, see page 6)
- **WEDNESDAY:** Early dismissal, 1:45 p.m.
- **DEC. 15-JAN. 2, 2017:** Winter break, no school
- **JAN. 3:** Academic Bowl vs. Orangeville, 4 p.m.
- **JAN. 5:** Boys' basketball vs. Scales Mound, 6 p.m.
- **JAN. 6:** End of second quarter; Girls' basketball vs. East Dubuque, 6 p.m.
- **JAN. 9:** Academic Bowl vs. Forreston, 4 p.m.; FFA parliamentary
- **JAN. 12:** Report cards go home
- **JAN. 13:** Teachers' Institute, no school; Boys' basketball vs. West Carroll, 6 p.m.
- **JAN. 14:** Girls' basketball vs. Pecatonica, 1 p.m.
- **JAN. 16:** Dr. Martin Luther King Jr. Day, no school

Cell Reaction: Calling for an Update

After a year, is the cell phone rule working?

BY BURGUNDY BARKLOW,
Pearlanna Editor

“Put your phone down!”
“Can I use my phone for homework?”
These may be common phrases heard at Pearl City High School thanks to the cellphone rule.
The PCHS cellphone rule was put into place last year. The idea was created from the Communitive Advisory group, which includes parents, students and teachers.
According to the rule, students are allowed to have

their phones with them in class and can use them, if granted permission from the teacher, as long as they are following the Internet rules on viewing certain materials.
Most teachers allow students to leave their phones on the edge of the desks, but others use a phone jacket, box or table to hold the phones.
Five out of 18 teachers allow phones to stay on the desks, seven utilize a phone jacket or require the phones remain in the students’ pockets, and six use tables or boxes.
Tim Thill, Pearl City Schools superintendent, assumes the rule is going well because he hasn’t heard any complaints.
“I’m sure the students are abusing the rule,” Thill said, “but I haven’t heard anything.”
A few teachers, including

PCS art teacher Courtney Smith, believe the phones are a distraction.
“At times students are more worried about what’s happening on their phone than the class or the work,” Smith said. “I think we all need to work on not always checking our phones.”
Thill said some cons of having phones in class are they are misused and a disruption.
Deb Hamilton, PCHS math teacher, thinks the phones are a distraction. If the students didn’t mess with their phones, Hamilton wouldn’t mind them but the kids can’t keep their hands off them. She believes every teacher should have a phone pouch.
“The students are abusing the rule,” Hamilton said, “because they still are on

Instagram and Snapchat during school when they shouldn’t be. They think the rules don’t apply to them.”
Thill said being on social media is against school rules. Although there is nothing in the school handbook about it, social media has caused so many issues in U.S. schools. If they are allowing students to be on phones, teachers need to monitor the phone usage.
Adrian Kostallari, PCHS English teacher, said the phones are a distraction.
“Phones can affect the learning negatively,” Kostallari said. “That’s why I make them put their phones in the box.”
Thill said a pro of having phones in class was students can bring a computer-type device with them to class.
Carla Whitebread, PCHS

Spanish teacher, thinks the phone rule is OK and prefers the phones on the desks where she can see them.
“I don’t think the phones are such a bad thing,” Whitebread said. “When students are using their phones, they aren’t paying attention but, when they aren’t using them, they could still be daydreaming or doodling.”
Matt Milam, PCS band teacher, thinks the students obey the rule sometimes. He said phones affect the learning but not always negatively.
“The phones are a distraction but, when used for research, they are a handy tool,” Milam said.
Although the students may not agree they are abusing the rule and that the phones are affecting their education, Brisa
(CELL continued on page 6)

Overcoming Losses

Girls’ and boys’ basketball teams face challenges.

BY SIARA SIMONS,
Howler Editor &
Business Manager

Challenges bring teams together and make players stronger.
The Pearl City girls’ basketball team are finding out how new challenges, such as low numbers and lack of initial excitement, will affect not only the team, but also each player.
Some challenges the girls face this season include low numbers, team conflicts and limited experience on the varsity squad.
“Sometimes players don’t get along,” Hinojosa said.
“The game is sometimes taken too seriously. I wish it could be less serious and more fun.”
Hinojosa said the conflicts are normally about individuals not putting in full effort and

not getting equal opportunities. She said the game is taken too seriously by the coaches and some of the players.
Hinojosa has played basketball since fifth grade and plays the guard position.
Gwen Heimerdinger, PCHS junior, also sees similar conflicts as Hinojosa throughout the team as a problem at times.
Mike Lee, head coach, has one concern.
“We have limited experience and depth on the varsity,” Lee said, “and will have to rely on a few fresh-soph players to fill our bench.”
The team lost Jazmin Wingert, PCHS junior, this year due to her joining the speech team and wanting to focus more on FFA.
“I wish the best for the team,” Wingert said. “I hope they have a great season. The girls on the

team mean a lot to me, but I just needed to make the choice to help better my future.”
Heimerdinger plans to keep the team motivated.
“Show example through the way you play,” Heimerdinger said. “If you work hard, the rest of the team will too. A couple cheers don’t hurt either.”
Lee would like to get to know each player to figure out how to best encourage the team.
“Each player responds differently to motivation,” Lee said, “so there really isn’t one thing that I can do that keeps everyone going. I also need to make sure I listen to our captains so I get a feel for what the team needs.”
“You constantly ask yourself, ‘Are practices too hard? Are we conditioning too much?’ or ‘Do we need to push harder to get better?’”

This year’s team only contains two seniors, Macayla Pilson and Dailynn Kittoe. Kittoe hasn’t played since eighth grade due to her parents wanting her to focus more on school and not sports.
“I wish I would’ve played throughout high school,” Kittoe said.
“I look forward to getting better and learning the steps of the game.”
Despite low numbers, Lee said practices have been going great.
“Our varsity players have picked up where they left off last year, and the freshmen have come in and picked everything up quickly,” Lee said.
Lee, whose team currently is 9-3, hopes to accomplish finishing in the top three in the conference and compete for the regional championship. “But more importantly,” Lee



Pearl City juniors Abbey Goldsmith (21) and Tyra Clark bring spirit to the crowd prior to the start of a recent game.

said, “I want the kids to play hard and represent our community well.”
The Pearl City Lady Wolves are made up of strong, hard-working players and each player has their own strength. With these factors, hopefully the girls will be able to push through struggles.
“I am looking forward to seeing what we can accomplish together,” Lee said. “It is a long season and I wouldn’t want to go through it with any other team!”
While the girls seem to be doing well so far, the boys seem to be doing equally well.
“Practices have been going very well so far,” Sean Downey, head boys’ basketball coach, said. “The guys work hard and

get better and better every day.”
This season, the boys have six varsity players (excluding ones who step up from fresh-soph) and 18 fresh-soph players.
Last year the boys finished 17-11, good for fourth in conference. Downey believes the team will do just as well this season.
“The guys all get along with one another well,” Downey said. “They all work hard and I have at least 10 players deep.”
One weakness Downey sees on the team this year is the lack of varsity experience. The Wolves are currently 7-5.
“The key to success this season will be the ability to play defense and rebound,” Downey said.

How Do I Join?



Led by adviser Kristi Fransen (far left), the Wolf Pack helped the Freeport Area Church Cooperative last Friday in Freeport.

Clubbing it: Here's the 4-1-1 on some school clubs.

BY BROOKE HASS,
Staff Writer

Pearl City High School offers quite a few clubs, but do PCHS students know what all the clubs entail?

Sure, most know art club, Spanish club, but what about A-Team? Servant Leadership? National Honor Society or even Wolf Pack?

A-TEAM

A-Team was started in 1996 by Denny Bull, PCHS track coach and a former PCHS physical education teacher. A-Team is the coordinating group for drug prevention. During the last week of October, which is Red Ribbon Week, the club comes up with activities related towards preventing kids from involving themselves in harmful drugs.

The A-Team also coordinates activities, such as the Prince of Pearl City, and bringing in speakers, such as Miss America High School and the Illinois Liquor Commission, to speak against drug and alcohol use.

A-Team requirements include being any high schooler willing to promote an anti-drug and alcohol environment and whoever has a good academic record.

To join A-Team, one must attend the first meeting and all meetings. Students also must be able to speak to younger students about why the youngsters should stay away from harmful drugs.

"Groups like the A-Team make our school a safer, more positive place to be," said Kim Lorig, a Pearl City elementary school teacher and A-Team adviser for the past three

years. "Being a role model for others is also an admirable quality, and it looks good on college applications."

Caitlyn Krell, a PCHS sophomore, has been a member of A-Team since her freshman year.

"People should consider joining A-Team because you are setting a wonderful example to everyone not to do drugs," Krell said. "Also, you can work on your public-speaking abilities because you talk to the younger children about drugs."

WOLF PACK

Wolf Pack has been around since 2003 when Bill Johnson, a Pearl City junior high and high school teacher, started a volunteer group.

"It started as something that I found in the job description for athletic director when I served in that role," Johnson said. "I was in the Letterman's Club when I was in high school and thought it sounded like something I wanted to get going again here."

This club is for any PCHS athlete with a varsity letter who attends the first meeting. If an underclassman were to earn a varsity letter in a spring sport, he or she would be part of Wolf Pack the following year.

Wolf Pack consists of the athletes serving their school and community through community service.

The members help at the Freeport Area Church Cooperative (FACC), a homeless shelter. They also have painted the outside dugouts and the weight room, rearrange and clean the trophy cases, make up theme

nights at games and also find ways to encourage Pearl City residents to see games, such as the Super Fan program.

Varsity athletes should consider Wolf Pack because they need to show how student-athletes support their school, community and people in their area and show how the athletes have leadership on and off the court or field.

"Being an athlete is more than producing on the court or on the field," said Kristi Fransen, Wolf Pack adviser, Pearl City math teacher and athletic director. "It's also about showing how you represent your school and the pride you take in it."

SERVANT LEADERSHIP

Servant Leadership began when former Highland College president Ruth Mercedes Smith attended a leadership conference; she thought of the Servant Leadership program and offered it to all area high schools. In April 2017, Servant Leadership will be celebrating 20 years.

The requirements for PCHS Servant Leadership are to be a junior or senior wanting to help your school and community.

Servant Leadership is involved in activities, such as blood drives, sponsoring meals, raking leaves for the elderly, collecting food for the food pantry, helping with activities when asked, organizing and raising money for "pink nights," which raise awareness and funds in the fight against cancer, and many other people and organizations.

(CLUBS continued on p. 4)

Informally Fun: Plan to Dance!

BY CAMERON NIESMAN,
Photo Editor

Pearl City High School will be having a Winter Informal Pearl City High School has something old -- yet new -- coming to it this January.

Another dance.

Along with the students going on the Costa Rica trip this summer, the PCHS student council is sponsoring a Winter Informal dance on Saturday, Jan. 7 in the school cafeteria. The price for admission will be at most \$5 per person.

The admissions will help fund the students headed to Costa Rica.

The plan is to have an iPod play prearranged music at the dance to eliminate the cost of a DJ. Punch and food will be served.

The Costa Rica-bound students, who happen to be Biology 2 students, also need to raise the money because they buy utensils for schools in Costa Rica.

"We decided on this because it won't be pushing us selling a bunch of stuff like the classes are doing," said Ashley Moore, PCHS student council and Costa Rica trip advisor. Moore sets up the trip every two years for the Bio 2 kids.

Moore became student council advisor after retired teachers Chris Hill and Randy Welp stopped doing it. Welp still serves as a part-time district IMC director.

With the exception of dates, only PCHS students will be allowed to attend the Winter Informal. Unless a theme is decided upon, the students will be able to wear normal clothes or dress up; whatever they are feeling like doing.

"I like both but I think I prefer informal dances more," said Liana Rosenstiel, PCHS sophomore.

The student council staff has been doing a lot of new things. Not only did they do organize Homecoming Week, as it usually does, but the PCHS student council also

IF YOU GO ...

- Winter Informal dance with benefits going to fund students heading to Costa Rica
- 8 p.m.-10 p.m., Jan. 7 in the Pearl City cafeteria
- \$5 per person

managed to implement new lunch foods.

"We have it opened up to all students who want to join (student council) so that way we don't just have elected people (from the classes) who don't want to do anything," Moore said.

There are seven students in student council and these seven students vote on students to be elected. The student council meets sporadically, more often around Homecoming and less around the rest of the year.

This year, Jacob Pacheco is the president, Kilynn Perdue is the vice president, Keegan Schubert is the secretary, and Caleb Tichler is the treasurer.

Pacheco is one of the students who is also going on the Costa Rica trip and has the past experience of putting on Homecoming to help him and his classmates put on the Winter Informal.

The last time PCHS held a winter dance was in 2012.

Last year, the Servant Leadership tried to host a Winter Formal but it fell through due to lack of interest, said Deb Hamilton, PCHS Servant Leadership advisor.

PCHS senior Chet Dietmeier has been to both a dance with Eastland and without Eastland.

"I'm glad Eastland won't be invited to this," Dietmeier said. "I don't like when we have to co-op for Homecoming."

Dietmeier likes just having the Pearl City kids because he has more friends at Pearl City than at Eastland.

While this is their opinion, other students like having it with Eastland; Rosenstiel likes being able to see her friends from the other school.

Yelp! It's Welp!

Beloved teacher carries on as IMC Director.

BY KALLI VISEL,
Staff Writer

Do you know the story behind Randy Welp? He is more than just a part-time librarian.

Welp started working May 15, 1989, at Pearl City High School as an English teacher. He taught English until 1999 when he worked half as an IMC Director and the other half as an English teacher.

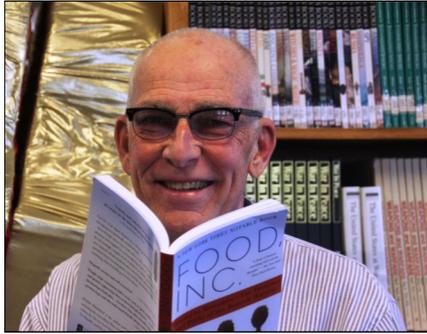
It wasn't until the 2013-2014 school year that he retired to only part-time IMC Director, which remains his status to this day.

"I admire all of his hard work here," said Linda Radford, who is the PCHS IMC assistant librarian.

Not only was he a teacher and a librarian, but Welp was also involved with theater for the Eastland and PCHS co-op and the EPC speech team. Welp directed many outstanding productions as well as helped several students advance to speech sectionals and State.

"He is very good at being a mentor to our staff and he is easy to talk to," said Tim Thill, Pearl City Schools superintendent.

Welp owns his own antique store in Lanark called the End of the Road Antiques. He also has traveled to California to help some people with acting, according to Thill.



Randy Welp has been a mainstay at Pearl City Schools since 1989 as a teacher, librarian, speech coach, and theater director.

"I enjoy hunting for unique treasures for my shop in Lanark," Welp said. "I have been doing this kind of collecting for over 50 years and just love it. The thrill of the hunt you know and finding 'stuff' that others might enjoy."

Welp also has been known to be a unique and funny guy. Looking at past PCHS yearbooks, Welp usually does a funny pose and none of them are the same. With a wry smile and laugh, Welp also added that his most unique feature is his ability to make small children weep.

Radford doesn't think many people knew that he has a great singing voice. She said he is also fond of books by Willa Cather, and she believes he has read every book about her and written by her.

Thill enjoys his talks with Welp about politics and things going on their daily lives. Asking him to share his favorite memory, Thill laughed and said there are too many to count.

"One of my favorite memories is when he was the theater director and I was coaching girls basketball at the time," Thill said, "and he

arranged to have the play in the high school gym. We had a professional disagreement with the use of the gym."

This memory was also one of Welp's favorite memories. Sarcasically, Welp also added that one of his favorite memories is when Brian Greene was hired at PCHS.

"I am glad I had (Welp) as a teacher because I wouldn't have met my husband (Mike) if I didn't take Mr. Welp's class," said Courtney Smith, who is the PCHS art teacher and a former high school student of Welp. "(Mike and I) were in a group project together and we had to make a news weather report and present it in front of the class."

Mrs. Smith enjoyed his classes; they made her step out of her shy and quiet comfort zone and read poetry in front of the class.

Megan Lawler, who teaches junior high and high school physical education at PCHS, also had Welp as a teacher. She said Welp was always overdramatic and used lots of hand motions when he spoke.

Lawler took two of Welp's speech classes and had fun while learning at the same time.

Why Do You Teach?

In this new feature, we will spotlight PCHS teachers & learn what motivates them to educate our students.

BY CAMERON NIESMAN,
Photo Editor

While many believe that most teachers go into the profession for the summer break, in fact, most teachers do not take summers completely off. Pearl City High School teachers entered this career for different reasons.

Here are their stories, starting with the physical education department ...

STEVE

HAWKINSON

Hawkinson enjoys being around the P C H S students. Hawkinson went to school to teach because, to be a coach, he had to be a teacher.



Hawkinson had considered going into athletic training and going to medical school, but his bad grades in his freshman and sophomore years kept him from doing so.

"Don't screw up your grades early," Hawkinson said.

Once he was in teaching, Hawkinson knew there was no going back.

"I am glad I teach because of all the great people I have met in the business," Hawkinson said.

SEAN DOWNEY



Downey enjoys being around kids and helping them be competitive. He also enjoys

coaching kids to help them be better in extra-curriculars and become stronger. He likes how teaching has an overall family atmosphere to it.

Downey started off wanting to coach football and basketball. He started coaching in college during his sophomore year to his senior year of college.

While he was coaching in college, Downey started to take teaching classes. He was interested in physical education, and he saw how weightlifting, physical education, teaching and coaching all fit together like a puzzle.

MEGAN LAWLER

When students hear Mrs. or Ms. Lawler, some grow confused and ask which one. Lawler has had many family members be teachers. Her mom Kelly is an elementary teacher in Pearl City, and Megan has had aunts (Kristi Fransen, PCHS math teacher, for one) and grandparents teach, as well.



Ms. Lawler has always loved physical education and thinks it is fun to try and help kids be active.

Ms. Lawler knows that not all students exercise at home; she is always trying to find something that everyone enjoys. One of her favorite things is when she sees the light bulb go off in someone's head when they understand.

The next Howler will feature the English department.

(CLUBS continued from page 3)

Deb Hamilton and Jen Petta have been Servant Leadership advisers for four years.

"It is a great way to help your school, community and neighbors," Hamilton said. "It helps to build your leadership skills. As part of the HCC program, you can earn college credit."

NATIONAL HONOR SOCIETY

Last led by guidance counselor Craig Kreiser in 2012, National Honor Society is now directed by PCHS Spanish teacher Carla Whitebread.

Eligible students must be at least a sophomore with a minimum 3.6 GPA, as well as show strong qualities in leadership, service and

character.

"The required GPA for NHS outside of PCHS is normally a 3.5," Kreiser said, "but we wanted to hold our students to a higher standard."

To be voted into NHS, a student must fill out an application and have two letters of recommendation. Finally, there is a small panel of teachers that chooses, out of the eligible applicants, who

shall be inducted.

This year, NHS will be conducting a hat and mitten drive, and the members have considered coordinating the Girl in the Green Dress, a project in which PCHS girls bring in lightly used Prom dresses to model and sell at the school.

NHS members sponsor the Father-Daughter dance, as well as go to Liberty Village,

an assisted living center in Freeport, and carol and play Bingo with the residents.

"People should consider applying for NHS because it looks really good on college applications," said Whitebread, the NHS adviser for the past three years. "Along with having a high GPA, the colleges look for students with qualities that NHS requires."

Help! I Don't Know How to Do This!

It is your first day of college. You're so excited to live in a dorm and meet new people ... until it hits you.

What are you going to eat for dinner? How do wash your clothes?

How are you going to fix that?

Pearl City High School used to provide a home-ec class, which taught the basics of cooking, sewing, and other basic life skills; unfortunately, the school dropped the class a few years ago.



BY KALLI VISEL,
Staff Writer

I think PCHS should offer elective classes, including home-ec, a shop/industrial arts class and speech class.

"I want our school to have these classes," said Kilynn Perdue, a PCHS junior, "because they prepare us for the future and college."

Perdue also added that she feels discouraged that other schools provide these elective classes but not PCHS.

Cooking, doing laundry and learning the use of basic tools are important skills to learn. These skills will help students in the future when they live

I think PCHS should offer elective classes, including home-ec, a shop/industrial arts class and speech class.

on their own. A speech class would also be helpful when students go to college and enter the workforce.

To graduate, PCHS students must take Technology for the 21st Century. In the class, students present a PowerPoint that outlines their strengths and weaknesses in "soft skills," essential skills in the workforce such as teamwork, problem-solving and oral communication. Students discuss their findings in learning more about a career of interest.

Perhaps most importantly, this class requires students to talk in front of their classmates and three PCHS staff and/or school board members.

Many people are afraid of public speaking. I think that having a speech class would prepare students to overcome this common fear and make it less scary.

Most careers require speech, and an actual speech class would help prepare students for their future.

Plus, these elective classes can provide students with opportunities that can help them go into a career related to that class. A shop class may

help a student acquire skills and experience that will give them a head start going into a career.

"I teach architecture, drafting, and carpentry, and they are important skills to acquire," said Douglas Visel, who not only is a Dakota High School vocational teacher but also a Pearl City school board member. "It is proven that students that take these elective classes and go to college do better academically."

Our school does provide CareerTEC, which is a two-credit class that is usually taken in the morning in Freeport. If it offers these elective classes in-house, PCHS wouldn't have to pay (or pay less for) an extra CareerTEC fee and worry about travel.

"The more access to diverse classes would greatly improve our school, if expenses were not a problem," said Craig Kreiser, PCHS guidance counselor.

PCHS would likely be able to offer these classes if the state would pay our school the funds they guaranteed.

Another problem is finding a room to teach these classes and hiring a

teacher who is qualified in the subject matter.

Megan Spahr teaches special education at PCHS, and one of the classes she teaches is independent living skills. She teaches basic cooking skills and food safety, laundry, and how to keep things clean.

"Everyone is going to eat," Spahr said, "and, unless you want to eat at McDonald's for the rest of your life, then you need to learn how to cook for yourself and keep your clothes clean."

Spahr also added that she is open to the idea of teaching this class to all students if it would be possible to fit in her schedule.

"However, in offering a class, some of the students would benefit from it and some would not," Kreiser said.

One problem in having some different elective classes is that some may not take the class seriously and, whether it's power tools or a cooking knife, it can be dangerous if the students do not use the tools properly.

Overall, I think that PCHS offering elective classes that teach the students basic life skills are a priority. The school would improve and students would be prepared for the road ahead.

Get 'Involved': Proudly Fly a Senior Banner

“Wavin' your Banner all over the place,"
– Queen
If you have one.

Senior banners represent the seniors. Kristi Fransen, Pearl City High School athletic director and math teacher, started the senior banners in 2011.

Fransen hatched the idea when she went to Durand and saw volleyball senior banners hanging in the gym. Fransen liked the idea and decided to add a twist to it, having the banners hang year-round, instead of just during certain sport times, and including activities along with sports.

I believe you should get out there and get involved to say you really did earn the banner, but in my opinion every senior should receive a banner because aren't the banners all about recognizing the seniors?

The banners are paid for by the Athletic Boosters for the sports items and the Board of Education for the rest of the items. The banners are given



BY BURGUNDY BARKLOW
Pearlanna
Editor

dance, cheer, track, cross country, band, choir, FFA, National Honor Society, Servant Leadership, Academic Team, Theater, and Speech Team. Clubs aren't included because Fransen thinks they would clutter banners.

Another reason the clubs aren't included is because Fransen said the clubs are run by teachers and there is no competition with the clubs.

I personally believe that ALL clubs should be involved even if it will look cluttered because there are some students that don't like or aren't involved in

to the seniors to keep during the senior awards. Banner activities include

volleyball, football, golf, basketball, baseball, softball,

sports or an activity so they don't have a banner. If it does look cluttered, that is the senior's choice to have all his or her activities included on the banner.

Shayna Drake, a PCHS senior, believes anything you are involved in should be represented on the banners, not just sports or main activities.

"Clubs should be on the banners and there should be no limit or amount to what goes on the banner," Drake said. "Speech isn't on my banner because there wasn't enough room."

Wyatt Gipe, a PCHS senior, said he is the only senior without a banner and thinks everyone deserves a banner because they are a part of the senior class and that itself is an accomplishment.

Fransen said the only way to earn a banner is to GET INVOLVED, and there are plenty of things to get involved in other than clubs.

"The whole point of high

school is to be involved," Fransen said.

Of course there are plenty of choices at PCHS to be involved in but what if a student is shy and isn't into sports but decides to be in art club or Spanish club? Unfortunately, no banner will be awarded because other people that are involved in other activities will have a cluttered banner.

Also, if a student has a lot of other things going on in his or her life outside of school, they don't have the time for many activities. Yet, they will not be recognized as a part of the senior class.

Kayla Niehaus, an active PCHS junior, thinks differently about having to be involved.

"All seniors should be recognized, not just the ones involved in stuff," Niehaus said.

Kyle Mellnick, a PCHS junior, and Drake both said that all seniors should be supported and deserve equal representation because they

are a part of the senior class.

I do agree that you should be involved to receive a banner so there is something to put on it, but there are other things to be involved in other than sports or main activities. Also by not including certain clubs on the banner, I think it hints that those aren't as important in our school.

How is it fair to tell someone they need to be involved even though they are involved but that activity isn't included on the banner? How is it fair that they have a lot going on outside of school, or they aren't interested in any of the banner options given?

I think every senior should be awarded a banner and, if they aren't involved in anything in school, give them a banner with books or something they are involved or interested in.

But a big THANK YOU is needed to Fransen for adding this specialty to our school! It's a great thing we do!

More Than Dirt Roads & Cornfields ...

“The world is a book and those who do not travel read only one page.”

– Augustine of Hippo

Some Pearl City High School students are still on the first page of an amazing book.

I personally believe that traveling and removing yourself from a comfort zone is extremely important. There are too many close-minded people around this area that refuse to see anything past the Pearl City limit sign.

I feel it is important to see other parts of the world in order to realize and appreciate different cultures and traditions.

Carla Whitebread, PCHS Spanish teacher, also believes it is important for people to see the world. Whitebread has

visited a number of places, including Mexico, Panama, Germany, Italy, France, Holland, South Africa, Greece, Spain and England.

“Traveling gives people a new perspective,” Whitebread said. “It also shows us how much we have and take for granted every day.”

In a Nov. 29 survey of A-lunch students, 11 out of 56 students said they have visited a foreign country. Somewhat amazingly, three people have never been outside Illinois, and 15 people said traveling isn’t important to them.

A total of nine people said they plan on living in Illinois their whole life.

Matt Werkheiser, a PCHS junior, has limited travel experience. He has only visited Iowa and Wisconsin.

Werkheiser does not believe traveling is important.

“We have the Internet and telephone to bring those



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different places to us,” Werkheiser said, “so we don’t have to physically go there.”

Werkheiser said he is not yet sure where he wants to live when he gets older, but he plans to go wherever his undecided career takes him.

What keeps people from traveling anyway? Money? Time? Health?

According to Chris Ellis in an article he wrote for lifehack.org, a person can learn many unforgettable life lessons from traveling the world. Among those lessons include understanding a different way of life, learning different languages and

knowing how to step out of your comfort zone.

Dylin Ditsworth, a PCHS junior who has visited many places in the United States and also Puerto Rico, believes it is important to travel because you learn new things about the world and people.

“My favorite part about traveling,” Ditsworth said, “is the scenery and the food.”

Whitebread has noticed many things while traveling, but one in particular seems to stick out.

“People (elsewhere in the world) that have so much less than we have,” Whitebread said, “seem so much happier than us. This is because they don’t watch TV and aren’t shown what others have so they don’t compare themselves to anyone else.”

Although she fell completely in love with Europe, Whitebread lives in Mount Carroll because that’s where

she grew up and that’s where her family is.

“However, you can get on the computer and talk to people from over there,” Whitebread said, “so it’s easy to live anywhere.”

“It’s not where you live. It’s who you’re with when you’re there.”

What is the reason people don’t travel? Whitebread believes the reason is fear.

“Once again, people are seeing bad things happening on the news in foreign countries,” Whitebread said. “They think those bad things will happen to them, but that’s only the news. There are so many nice things not shown.”

I personally believe that time and money also has a lot to do with people not traveling. However, we have our whole lives to get out and see the world. Do it!

There is more out there than dirt roads and cornfields.

SEMESTER EXAM SCHEDULE

FRIDAY

- 8 a.m.-9:30 a.m.: 1st period
- 11:55 a.m.-1:25 p.m.: 5th period
- 1:40 p.m.-3:10 p.m.: Band

MONDAY

- 8 a.m.-9:30 a.m.: 2nd period
- 11:55 a.m.-1:25 p.m.: 6th period
- 1:40 p.m.-3:10 p.m.: 7th period

TUESDAY

- 8 a.m.-9:30 a.m.: 3rd period
- 9:50 a.m.-11:20 a.m.: 4th period

WEDNESDAY

- Make-up exams all day

GENERAL RULES

- Open campus
- No roaming on school grounds during exam times (except IMC)
- Remain in testing room for the entire testing period
- Unexcused absence = 0 on test

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extracurricular activities, including the fact that exams fall right around the Christmas season with family and gift shopping time. Students also may worry about the final grades on transcripts, and the need to pass their classes.

According to sources at New York University, this chronic stress could, if not handled correctly, carry into college.

“I think I handle stress pretty well,” said Hannah Cassell, a PCHS junior, who is involved in Servant Leadership, choir, band, Art Club, volleyball as a manager, basketball, mentoring, babysitting and youth church

ministries. “(Stress is) not a huge part of my life, but it definitely is a part of my life and my friends’ lives.”

According to a survey conducted by *The Howler* staff, the top causes of student stress are academics (79 percent of students), responsibilities (56 percent) and parents and the students’ future (a tie at 53 percent).

To escape stress, 54 percent sleep, 42 percent cry and 38 percent confide in a trusted companion.

According to Kreiser, crying and sleeping are ways to temporarily assist stressful times, but should not be used as a primary way to cope with stress. Talking to someone trusted is an appropriate action.

High school stress, according to a Fox Business article on stress, can cause health problems. Students may not take care of themselves as well as sleeping less and not eating right.

Fortunately, there are many ways to cope with the stress of finals, such as having a study plan. Planning out what days to study for what exam and having study materials gathered may allow for more relaxation. Maintaining a neat work area also permits more time to have fun.

Students should allow time for things they enjoy. Maintaining health is a must during exams.

“(Students) should be eating healthy meals with fruits and vegetables,” said Deanna

Koester, PC school nurse. “Drink lots of fluids (take a water bottle to exam, if permitted), get plenty of sleep (seven to nine hours). Know your information beforehand so you aren’t up late. If you are up late, your brain won’t be able to apply the information.”

Also, procrastination must be limited. A final exam counts for 15 percent of a semester grade. The exam could potentially have a major effect based on the student’s semester grade prior to exams.

Using tips people can offer, finals week may be easier and less stressful for everyone.

“People think that they constantly need to be studying,” Kreiser said. “Look for progress, not perfection.”

(CELL continued from page 2)

Hinojosa, PCHS junior, said the students are still on their phones. She believes students listen to the teachers when they tell them to put the phones away.

Chet Dietmeier, PCHS senior, said that phones can be used to fact-check or look up unknown things on homework.

Tia Clark, a PCHS sophomore, said students are abusing the rule by using them while the teachers are talking, but

they don’t always affect their learning.

“Teachers should be able to trust the kids,” Clark said, “but I get where they are coming from.”

Thill said the student council will meet at the end of this year and discuss pros and cons to try to make the cellphone rule even better.

“There is value behind the phones to enhance education but the students are focusing more on all the social media instead,” Thill said.

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