

The Pirate Speaks

Pirates Kick Stress
March 2014



The Pearl High School Newspaper since 1948

Meet The Staff



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New Kid...

By: **Emily Waters**

Hannah Kanengiser surprised teachers and students when she returned to school fall of 2013 as a senior instead of a junior. Hannah decided at the end of the 2012-2013 school year that she was going to graduate early. “My dad works at Mississippi College, so I had a great opportunity to attend MC without the hassle of tuition for four years if I graduated in 2014, since my dad is planning on retiring within the next five years.”

Hannah got a lot of different reactions: some people were confused, some proud, and some were nervous for her. She said most of her teachers were shocked that she actually went through with it. Her church family and her friends from Mississippi College really encouraged her to pursue her goal. Not everyone in her life thought it was a good idea though. The way people were reacting to her plan did deter her, “I am a people pleaser. I didn’t want to make the wrong decision, but I also didn’t want to disappoint the people I was closest to.”

“I did a lot praying and sought advice from my church family,” said Hannah. In order to get to where she is now, she had to take English III last summer, and now she has to double up on all of her core classes. She is currently enrolled in English IV, Aerospace, Physical Science, Algebra II, Geometry, US History, and US Government/ Economics. “It’s been less stressful academically and more stressful socially. I would rate the academic stress a five, and the stress of everything else (church, family, friends, work etc.) an eight,” said the dedicated student. In order to get away from the stress Hannah talks to her friends and relaxes on weekends.



Mississippi College Here I Come:

Hannah Kanengiser is planning on majoring in Psychology. “I can’t wait; I’m going to be analyzing everybody!”

Photo By: Kate Williams

She was worried about leaving all of her friends behind. “I questioned whether it was the right thing to do because I didn’t want them to think they still couldn’t ask for advice and hangout with me.” She isn’t concerned about graduating with people that she doesn’t really know. “I am confident in my people skills. I’ve felt accepted in a class that wasn’t mine.” Most of her new classmates have included her and encouraged her to attend all of the normal senior events.

Hannah would describe this year as “life-altering, nerve-wracking, and hopeful”. Hannah’s advice to anyone hoping to follow in her footsteps would be, “constantly talk to counselors; be sure of what you want to do after high school, and have a strong support group. You really need to consider if this is right for you, and if it is don’t let anything that anyone says discourage you.”

in an *Old* School

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1991 Pearl graduate Gina Morgigno attended Mississippi State University in hopes of becoming a counselor. Mrs. Morgigno specializes in helping seniors, as she says: “Most kids come to me about when they graduate, like about college, financial aid and schedules... Because I have seniors, I’m usually planning for after high school, or simply their grades are falling because of a certain class and they want to talk about it.”

Despite her usually helping with seniors, Mrs. Morgigno has advice for students of all ages to help get into the college they want to be in: “Well, if you wait until twelfth grade a lot of times you’ve waited too late. To start out with, they need to keep their grades as high as they can starting in ninth grade... Realize that all scholarships aren’t based on grades. We have a lot of students who get scholarships based on their activities and grades... If a student is looking at an university, their ACT score is very important.” When it comes to raising ACT scores, Mrs. Morgigno advises to take advanced classes as early as you can to be prepared for the questions. Along with advanced classes, students should take the ACT several times at an early age so they have a better chance of reaching their goal for their score.

“We are all going to face stress at some point, there’s not going to be any student that won’t. I think the biggest way to avoid it becoming something that’s overwhelming is to plan ahead, to not put things off, to really prioritize what their goals are, and to do things that are going to help them meet those goals,” Mrs. Morgigno said.

“I think finding an activity you really enjoy can be used as a stress reliever. Some students use music, for some it’s sports, for some people it’s reading, even shopping. Anything you can do in a healthy way that gives you a break and revives yourself is a good stress reliever. Personally, I really like to travel, that’s my number one stress reliever; I plan two big trips a year, and just planning them is stress relieving for me because I know that I’m going to be doing something fun and enjoyable,” Mrs. Morgigno said.

Mrs. Morgigno has been a counselor for 19 years, working at Pearl for ten out of those years. She also taught at Tupelo High School, New Hope High School and even, for two short years, Brandon Elementary. Mrs. Morgigno is a proud mother of two children: Kyle, who’s currently in eighth grade, and Alyssa, who’s in fourth grade. Mrs. Morgigno is the children’s choir director at her church, McLauren Heights Baptist, and is an avid sports fan.

Mrs. Morgigno reminds us that the counselor’s doors are always open, “If a student’s stress has become overwhelming, we want them to ask for help and at least come talk to someone... Students don’t need to feel like they have to face it alone; people hold things inside for too long. I would like them to feel comfortable talking to one of the counselors at the high school, any of us are always open for students to come talk to us.”

“We are all going to face *stress* at some point, there’s not going to be any student that *won’t*.”

Open Doors

by: *Madison Byrd*



Ms. Dana Lancaster has been both a behavioral specialist and a forensic interview specialist before she became Pearl High school's ninth grade counselor. Ms. Lancaster attended Mississippi College for her undergrad and Mississippi State for her graduate degree, after she graduated from Alcorn Central High school. Ms. Lancaster emphasizes that passing English I is very important: "As a ninth grade counselor that is my goal, for them to pass English I."

Ms. Lancaster advises students to remember throughout their life that: "Invest in a stress ball, and learn positive coping outlets... Learn how to handle stress, because stress is inevitable. It's going to happen, so you have to learn how to positively deal with it."

Ms. Lancaster personally believes that the best stress reliever is spending time with the Lord and studying His Word. "I feel like, in that, there are a lot of objective truths that I can hold on to regardless of anything. There's a lot of chaos that's always going to go on around me, whether it's at work or wherever, but when I study I feel like I can learn and focus on some really sweet truth that I can meditate on throughout my day." Ms. Lancaster often meets with younger girls to study and discuss the Lord's Word, in between working and working out.

Ms. Lancaster's favorite Bible verse, one that helps her through her work day, is 31 Proverbs 8-9. It states: "Open your mouth for the speechless, in the cause of all who are appointed to die. Open your mouth, judge righteously and plead the cause of the poor and needy." Ms. Lancaster believes that this verse is the reason she is a counselor because she gets to be the voice for several students in need of help.



Ms. Courtney Findley did not always dream of being a high school counselor; in fact, she went to Delta State to get her Major in music and even taught music for seven years before deciding to jump ships. Ms. Findley went to Mississippi College to receive her degree and specialists degree for counseling, coming to Pearl this year for her first year as a counselor. "I've had many lives, but this is by far my favorite. This has been the best change in my career and I've definitely enjoyed it."

"When it comes to teenagers being stressed out during high school, I understand because I was the high achieving student as well and got stressed a lot. Take a breath, relax, and prioritize. A lot of times we let ourselves get stressed out over things that are in the future, and we get overwhelmed by everything that's going on. The best thing you can do is break it down, make a list and say, 'This is going to happen now' and 'This can wait until later.'"

Ms. Findley took honor classes, along with being in the band and choir at Madison Central High school. On top of her school life, Ms. Findley had jobs she would try to keep up with as well. When it comes to relieving stress, Ms. Findley said, "I listen to music a lot when I'm working. That helps to keep me at a calm mood and not let myself stress out. For others, I recommend making lists, writing out your stresses, like in journal entries. Keeping a journal is a wonderful way to not let your emotions overwhelm you."

Ms. Findley enjoys sewing in her free time and loves watching T.V. with her fiancé. Aside from that, she is currently planning their wedding along with the rest of her busy schedule. Ms. Findley loves her job and the people she encounters every day; "It really is a joy to get up and do what I do every day."

Pirates Burying Treasure

By: **Zak Burrow**

By taking a nap.
-Abbe Garcia 10th

By doing a hobby.
-Alex Madrigal 9th

By listening to music.
-Jillyssa Davis 11th

By a little stress ball.
-Taylor Gimore 12th

***How
do you
relieve
stress?***

By relaxing.
-Isaac Bingham 10th

By playing video games.
-Chaz Rankin 11th

By writing in a journal.
-Claudia Chapa 9th



By singing to Jason
Aldean- 'Dirt Road
Anthem'.
-Jacob Daniels 12th

By playing games.
-Anthony Snell 10th

Weight of the World

By: *Bella Kyzar*

According to the 2013 NPR poll, nearly forty percent of parents agree that their teenager faces stress due to academics, friends, and family. (*NPR.org*) While many young adults all around the nation fight this daily, Shaiteiceann Harvey has found a way to relieve her stress.

When asked how she uses weightlifting as a means of relieving stress, the senior replied, “When I’m angry or upset about something, and I know I’m about to lift something that’s really heavy, I just focus, and it works... Mentally, it’s a huge stress reliever. It just lets it all out.” Harvey, a student at Pearl High School, has been a member of the weightlifting team since her sophomore year. Hearing about the sport through a friend, she decided to see what it was all about. “I came on the last day of practice,” Harvey said, “and it just came with ease.”

To say she is a natural would be an understatement. The eighteen year old has ten medals, has competed in three years’ worth of competitions, and made it to state her junior year. “I was naturally talented... My first day of dead lifting they asked me, ‘Have you done this before?’” Harvey considers attending state last year as one of her biggest accomplishments. There she placed third and beat her own personal record of dead lifting 300 pounds. When asked who motivates her to do her best, she said, “Coach McCann. Even when I feel like I can’t do it, he encourages me. ‘Keep trying, keep going, don’t give up.’”

Harvey believes that good sportsmanship is looking out for your teammates and leading by example. After graduation, she plans to enlist in the Army Reserve, and when asked where she sees herself in ten years, her reply was, “Working. Just making the best of life.”



*“Just making
the best of
life.”*

Harvey proudly displays one of ten medals earned, first place in Class III of 5A Girls’ Powerlifting. Her next competition is in Oxford, where she will contend for a spot at State.
Photo by Sherri Carter.



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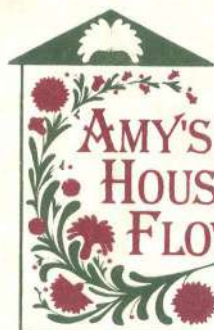


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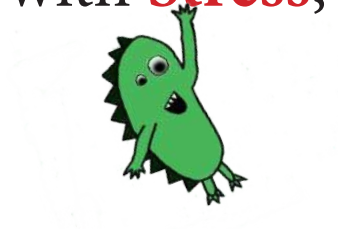
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Don't Hang with **Stress**,



Hang with **Friends**



By: **Carrie Brower**

Feeling stressed? The solution is simple-just go hang out with your friends! Webster's dictionary defines a friend as "someone who you like and enjoy being with." But what Webster didn't know was that friends help relieve stress. Cortisol is a hormone released in the body when one is stressed. Many studies have proven that when someone is in a stressful situation, those who are with their best friends released less of the stress hormone.

Not all stress is bad stress. Good stress keeps us in line, aim high, and in some instances, save lives. Teens are under a lot of stress with school, relationships, and extracurricular activities. But the good stress helps us excel in classes, reach deadlines, and learn new things. Good stress helps us bounce back from a tough breakup or study harder to get a better grade. Good stress empowers us to do... Well. Good things.

Bad stress is caused when stress builds up. Bad stress inhibits us from achieving goals and prevents us from functioning on a daily basis. It hinders us from making the right decisions. A good way to prevent bad stress is talking to someone you trust, like your best friend, about your problems. This allows you to blow off steam and prevents bad stress from being bottled up.

If your friend is stressed, a few ways to help them out are:

1) Take the problem seriously-don't put them **down** or be **negative**.

2) Let them know you care. It might not be a **big problem** to you but it's **important** to them.

3) Take them out to do something fun. You can both *let go* and *relax*.

4) If it isn't something you can help them with, suggest they talk to someone else like a school counselor or an adult they can **trust**.

HIGH School

By: **Emily Waters**

Prepare for college, finish homework, make good grades, spend time with family, find time to hang out with friends, get a job, and don't forget to get involved in extracurricular activities. The average high school student has to keep all of these things in mind on a regular basis, which is probably why high school stress is at an all-time high; school ranks as the number one stressor in teenagers. Students are wearing thin trying to be successful and setting the bar unrealistically high.

It has been proven that stress in small amounts is healthy; it can give you the drive to work harder. However, too much stress can have detrimental effects. One in five high school students have been diagnosed with clinical depression. The number of kids and teens being treated for depression has doubled in the past five years; a quarter of teenagers felt "sad or depressed every day for two or more weeks" at least once during the previous year (Dr. Christine Carter, UC Berkeley's Greater Good Science Center).

There are multiple ways for students to relieve all this stress (see page 19).



Stress Facts:

1. Stress is one of the main factors causing insomnia and other sleep disorders. When stressors are present, the body naturally heightens its response system, which lead to people staying awake.
2. Laughing is the best medicine. It lowers levels of hormones like cortisol, adrenaline, and epinephrine, which are stress-aggravating hormones; and it releases feel-good hormones.
3. Stress can cause chest pain, high cholesterol, heart problems, and depression.
4. It is not the culprit that causes gray hair; it causes hair loss, which can start as late as 3 months after the stressful event.
5. Chocolate is rich in antioxidants and helps fight stress.
6. Stress is connected with the main causes of death: Accidents, cancer, heart disease, suicide, lung disorders, and cirrhosis of the liver.
7. Stress causes people to make impulsive decisions and do things that they wouldn't normally.
8. Stress worsens acne.
9. It can cause headaches, dizziness, ADD/ADHD, anxiety, irritability, anger, and panic disorders.

PHS Stress:

Pearl High School Students told The Pirate Speaks what causes them the most stress:

“People telling me that I can’t do something.” - T.J. Truska

“My main source of stress is caused by keeping my grades up, plus having a job makes it harder.” - Edy Paredes

“Trying to make good grades stresses me out, because I lose interest so easily.” - LaTayja Johnson

“I try really hard to play softball and keep my grades up, so that I don’t have to run poles.” -Alexis Bulman

“My stress is caused by trying to stay fit and make decent grades.” -Leah Means

High STRESS

That's Why It's Called a Team

By: KATIE SIMS

Dalton Sullivan, junior, plays both baseball and soccer at Pearl High School. Having played both sports since he was four, he said, "I became interested in sports because of my dad . . . He taught me a lot about both sports and how to become a good ball player."

He is center back for the Pearl Pirate Soccer Team and thinks "self-motivation, leadership, and playing together as a team" helped them win the 2014 5A State Championship. He also plays first base and pitches on the baseball team. When it comes to balancing the two, Dalton said, "I just do what I have to do for both." Being on a team has taught him "self-discipline, leadership, and how it isn't all about me . . . that's why it's called a team". Dalton has won the Golden Glove Award in baseball, which is like a defensive MVP.

When pressure is on in a game, Dalton thinks about what his job is on the field and what he can do to help his team win. When stressed by both school and sports, the athlete said he tries "to get away from them and have some alone time for myself". However, Dalton gets stressed the most when he has an away game and knows he has a lot of homework to do when he gets home. To deal with all the stress he said, "I try to relax and think that soon I will be done."

Dalton's advice for others to relieve stress?

"Forget about whatever is stressing you out and go do something that will get whatever it is off your mind."



**"Forget about whatever
is stressing you out
and go do something
that will get
whatever it is
off your mind."**

Batter Up! Dalton Sullivan steps up to the plate. Preparing to bat, he takes a deep breath and focuses in on the ball. Photo provided by: Keith Sullivan



Pirate Advantage

By: **Brealand Bowie**

Coach Monna Burns has been in the Pearl Public School District for twenty one years and has been the tennis coach for the last four years. Coach Burns' husband was the first person to really get her interested in tennis. She loved it because it was lots of fun and easy to play. She never participated in any tennis teams in high school or college but has been a part of recreational tennis leagues.

Under her leadership, the team won first place at district competition in 2010 and 2011; they won second place in 2012 and 2013. "The tennis team almost always makes it to the first round at state," Coach Burns said. "Last year we beat Ridgeland and moved on to the second round but were defeated there by Oxford."

The new season is just getting started, and the tennis team hopes to be even better this year. "Lots of players have been playing off season, so we expect a lot of returning players this year," Coach Burns said. Tryouts were on February third. There are several different teams, including boys singles, girls singles, boys doubles, girls doubles, and mixed doubles.

Coach Burns said Beka Donald, a sophomore, and Phillip Watts, a junior, are two key players. Beka has been playing tennis for three years. "I first got interested in tennis because I was too short for softball, and I really enjoyed watching tennis," said Beka. Her dad helped her a lot and motivated her to play. Beka plays in girls singles, and she loves to play tournaments. She has already won two training scholarships from the USTA, the United States Tennis Association. Beka plans to continue playing tennis at Mississippi College after she graduates. While she's there she's going to major in music and ministry, and she would like to be a high school tennis coach one day. Beka thinks that there will be a lot more dedicated players on the team this year. She believes this will strengthen the team and make them more motivated to play. "Coach Burns is an awesome coach," Beka said.

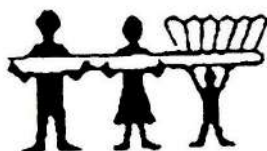
Philip is about to begin his fourth year playing tennis. Philip's interest in tennis all started with his friend, Parker Temple. The two friends played tennis through the summer and when tryouts came around, Parker encouraged Philip to try out, and he made the team. Boys doubles is one of Philip's favorite events to compete in; he plans to continue to play throughout college if the opportunity is presented. He states he would like to attend Mississippi State University one day because their tennis team ranks in the top ten in the country. When asked about the strengths of this year's team, Philip replied, "I think the team as a whole is stronger than it has been before."



Pictured is Beka Donald (left) and Coach Monna Burns (right).

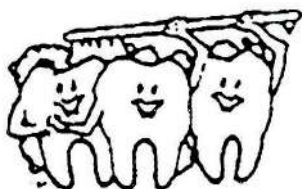


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Athlete, Musician, or Both?

By: **Emily Crawford**

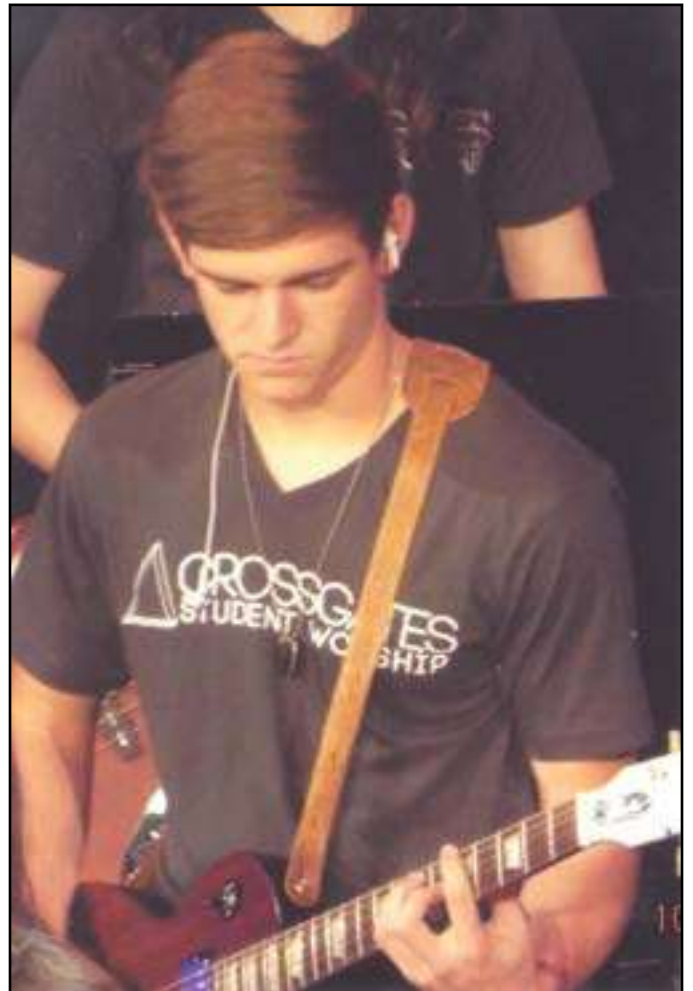
Having been at Pearl since Kindergarten, sophomore Hayden Moore is undoubtedly a very involved student. From sports and academics to music and worship, Hayden has experience with it all. This young athlete has played baseball since he was six and in past years has played football. He is also a part of student council, Beta Club, choir, Pirates for Christ, and FCA.

This Super Scholar not only balances numerous activities at school, but he also participates in his church band. Hayden attends Crossgates Baptist Church where he plays the electric guitar. While he has been playing the guitar for five years, Hayden has also played the piano and drums for two years. Guitar is his favorite. "I've played guitar the longest and that's my role in band at church," said Hayden.

With all these activities he participates in, this musician is bound to encounter stressful circumstances. One of the most stress causing things in his life are "all the lovely drawings and coloring pages in A&P." To alleviate stress, Hayden tries not to worry about things too much, makes sure he gets some sleep, and manages his time wisely. "I just make sure I manage my time and have time for both [school and extracurricular activities]. School and grades usually come first," said Hayden.

During his free time, Hayden likes to play guitar, read his Bible, and play piano. His favorite Bible verse is 1 John 4:20, which says, "Whoever claims to love God yet hates a brother or sister is a liar. For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen."

The only reason Hayden is able to accomplish all that he does is through God. "My inspiration is the man upstairs," he said. His role model for living in such a way is Caleb Jet, a fellow member at Crossgates. "He's a good guy. He's a good example. He plays guitar and lives for Christ," Hayden said. Even though his main example is Caleb, Hayden also acknowledges the role that the faculty here at Pearl has had in his life. "Great teachers and great counselors have been great examples and helped me develop as a leader," he said.



**"My inspiration is
the man upstairs."**

Looking Forward:

In his future, Hayden said he sees himself "wherever the Lord leads me, if it's being a famous baseball player or being a worship leader." Photo provided by: Hayden Moore

Stress?

What Stress?

By: KATIE SIMS

People get stressed out for a variety of reasons, so it's only logical that there are multiple ways to relieve stress, different ways for different people. Stress is a universal current that engulfs everyone from time to time, but the ways people deal with it are numerous. Here are four tips to relieve stress.



Listen to Music

Listening to calm music has been shown to have a positive effect and help relax a person from the tension of stress.

Phone a Friend

For those who enjoy talking, call a friend. Talking about problems helps relieve stress. By letting it out, one is freeing oneself from the burden of holding on to the stress.



Laugh it Off

"Laughter is the best medicine." Laughter has been proven to release endorphins that put one in a better mood. By laughing, one relieves the stress built up inside because one has decided to free the mind of the problems at hand.

Sleep Better

Stress can cause one to lose sleep, but the loss of sleep can cause stress. It is a massive whirlpool that just keeps going. Getting sleep, however, is a necessity; everyone should strive to get the doctor's recommended 7-8 hours of sleep. One can work towards getting a good night's sleep by turning the electronics off earlier and managing time.



Stress is a part of life; every person has it from time to time. The reasons for stress vary, but there are things that can help lessen the load. Different ways of dealing with stress exist, and not all of them are listed here. Be mindful, no matter how high the tide of stress, little things drift by that ensure reaching the shore.

My Three Words

By: **Zak Burrow**

Annual Military Inspection



All cadets enrolled in NJROTC have been preparing for the required annual inspection since August. The inspection includes Chain of command, Parade of colors, Armed and Unarmed exhibitions, and Personnel inspection. Pictured from left to right are junior Tymber Morris, senior Autumn Greer, and sophomore Dwayne Jefferson. Photo by Bella Kyzar.

Welcome Back SPRING



Having two snow days off from school, sophomore Madison Byrd and junior Katie Sims are eager to see the warm weather of spring. Photo by Zak Burrow.

Make It Count



Senior Cody McWilliams serves as State President for DECA (Distributive Education Clubs of America). The DECA theme for this year is “make it count.” The sponsor for DECA is Ms. Michele Ergle. Photo by Carrie Brower.

Got to Have Hart

When senior Bailey Hart graduates in May, the goalkeeper on the PHS soccer team will proudly wear two state championship rings. On February 8, the Pirates defeated Germantown 1-0 to win its ninth state soccer championship. Bailey was also on the team in 2011 when Pearl brought home the state title.

As goalkeeper, Bailey said his role includes “lining up defense and preventing the opponent’s ball from going into the goal. I am the only player allowed to touch the ball with my hands.”

Bailey has played soccer for ten years. “My older brother, Tyler Poe, played soccer and I wanted to be like him. He has been my best friend ever since we were little; he encourages me and gives me advice.” They played on the high school team together for three years. Bailey was also kicker and punter on the Pirate football team for four years. His senior year, he scored five of seven field goal attempts.

Offered scholarships from Belhaven University, East Central Community College and Hinds Community College, Bailey signed with Copiah Lincoln Community College where he was awarded a full soccer scholarship. He plans to major in sports medicine and become an athletic trainer.



State Champions

Junior center fullback Haynes Cook and senior keeper Bailey Hart display the state championship trophy. Photo by Tammy Haynes.



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Go Pirates!

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