

THE TAWLON

The Official Newspaper of Frank H. Peterson Academies of Technology Volume 5 Issue 3 March 2017

Earn Your Wings: Post-Secondary Readiness

What's Inside



Photo courtesy of Emily Yaros

By Vanessa Olvera

On Tuesday, January 31, Peterson hosted their first Earn Your Wings Ceremony of the year. The purpose is to honor the students who are industry certified, post-secondary ready in reading and math, and who have maintained a 2.0 or higher grade point average (GPA).

Those recognized were: Maurice Adams, Taylor Bryant, Quiron Burns, Valencia Carter, Madison Chin, Jamon Craft, Evan Darrah, Christian Denmark, Alexandra Donskey, Emily Driver, Jeremy Ermer, Justin Eyer, Jotam Garcia, Avery Hibdon, Brooke Howells, Antania Jones and, Karion Kent, Kylie Knight, Tayler Kuntz, Zoie Landry, Jadelyn McGhee, Andrea Medranda, Thomas Miller, Ryan Minogue, Phanath Phuong, Ashlynn Rewis, Mikayla Rogers, Tiffany Rogers, Kenya Scott, Rebecca Shutterly, Devon Singletary, Willow Tedrick, Alexander Woods and Indiana Yurick. Congratulations to these students: the next Earn Your Wings Ceremony is slated for Tuesday, May 9.

Community Service HERO Celebration

By Shakeila McClure

There are many people who are dedicated to giving time to volunteer. There is a lot of students and faculty who gave up 25 or more hours to volunteering. Not only will it give you recognition for your outstanding work but it allows you to gain experience and acquire scholarships. Kayla Carlson, Arianna Cisneros, Jonathan Fekete, Josh Frey, and Kynia McNeah are ninth grades who dedicated

themselves to volunteering. William Carrero, Briana Cooper, Michelle Maddox, and Ashley Smith are tenth graders who completed this mission. Jeanelly Carrero, Stormy Kelm, Christina Martin, Jadelyn McGhee, Tasha McGowens, Britney McMorris and Rosely Rivera are the eleventh graders who tackled this job. Also the twelfth graders who got 25 or more volunteer hours were Taylor Bryant, Michael Campbell, Griffin Cook, Ellas Vreeland, and Ashton Wright.

Let us not forget the faculty that made this possible: Heather Boos, Karen Dixon, Mary Ann Foster, Chris Fowler, Maria Illiparabil, Susie Griffin, Channel Jones, William Kugler, Debrah Lepper, Brooke Mackoul, Stephen Nye, Kerri Reinsch, Melissa Skipper, Lynne Turpin, Amy Ward, Pamela White and Nancy Yazdiya. Everyone was rewarded are very appreciated for their volunteering time. Everyone should give volunteering a try, you might learn something new!



Eagle 411

Mark Your Calendars Jax Poetry Competition

By Kayla Wilson

By Jordin Stickrad

March – Red Cross Month

- 3/20 - SKILLSUSA Meeting
- 3/20 - 3/24 - Spring Break
- 3/30 - Peterson's Got Talent Aditions
- 3/31 - No School

April – National Autism Awareness

- 4/3 - SKILLSUSA Meeting
- 4/6 - CIS Meeting During Lunch
- 4/8 - ACT
- 4/13 - Safe Driving Presentation
Thomas Jefferson's Birthday
- 4/14 - Spring Holiday
- 4/15 - 4/16 - Easter Weekend
- 4/17 - SKILLSUSA Meeting
- 4/19 - ACT
- 4/22 - GRAD Bash
- 4/23 - 4/26 - SKILLSUSA State Competition
- 4/27 - class of 2018 officer meeting
Peterson's Got Talent Show
- 4/28 - No School
- 4/29 - Prom

May – National Donate Life Month

- 5/1 - AP Environmental Exam
AP Psychology Exam
- 5/2 - AP Physics Exam
- 5/3 - AP Literature Exam
- 5/4 - AP US Government and Politics Exam
- 5/5 - AP US History Exam
CIS Banquet
- 5/8 - AP Bilogy Exam
- 5/9 - **AP Calculus Exam**
Earn Your Wings
- 5/10 - AP Language Exam
- 5/11 - AP World History Exam
- 5/12 - FCCLA Dinner BBQ
NHS Blood Drive
- 5/14 - Mother's Day
- 5/19 - FFA Banquet
- 5/29 - Memorial Day

June – Men's Health Month

- 6/2 - Last Day of School
- 6/ 18 – Father's Day
- 6/18 - 6/24 - Skills USA National Competition

High school students are invited to be a part of the Jax Poetry Fest. Each April, Hope at Hand hosts a poetry festival to celebrate National Poetry Month. Hope at Hand is a local nonprofit that has poetry sessions for at-risk youth by using creative expression to help children and teens grow and heal.

Students may submit one poem of no more than 15 lines on any subject and in any style. Poems must be original and appropriate. Only electronic submissions will be accepted. Poetry submissions will be sent to Destiny@HopeatHand.org

and must be submitted by Thursday, March 16.

The following information must be included in your poetry submission, First Name; Last Name; Student's Email; Age; Grade; Poem Title; School Name; Teacher's Name; and Teacher's Email. The winner of the Jax Poetry Fest will be announced April 5, 2017. The winner's first name, age, and high school will be shared with the poem and will receive a prize of \$100.

Make an A Today!



By Angelica Vester

Peterson Fun Night is back! Essentially, Peterson Fun Night is a fundraiser for the school newspaper to pay for printing while allowing Peterson students to enjoy themselves. It will be held at Adventure Landing at 4825 Blanding Blvd from 6 p.m. to 9 p.m.

The last Peterson Fun Night is on May 18. Journalism students will be selling tickets during school for \$15. Mrs. Yazdiya will have tickets as well in F110.

High School Juniors Timeline and Checklist

By McKensey Billiot

As a Junior moving towards your senior year, there are some vital things you need to know. Here is a helpful guide to making it a less stressful, smooth transition between grades. For one, it is important to study hard during winter, as your grades say a lot about your academic performance. It's best if you pre-plan for the SAT or ACT so it is less likely that you will bomb it. Another thing to remember is to take your extracurricular activities to the next level, and understand that millions of dollars in scholarships go unclaimed every year for college, so start your search now. Refine your choices of colleges by researching and visiting college fairs.

For the spring, it's best to take and dominate the SAT or ACT, so don't forget to practice your test-taking strategies and ask for help when necessary. During this time, you can also contact prospective colleges to schedule interviews and visits. You should also construct a strong senior schedule and a stellar student portfolio with your guidance counselor so you have everything planned out for the future. Don't forget that you still have your AP tests in May, so capitalize on some last minute tips to help you ace it. Lastly, it's best to know that this time of the year will be big for college prep, so get involved and prepare for your college essay the best you can.

During the summer, keep in mind that you have AP summer reading, so why don't you get that pesky work out of the way first so you don't have to worry about it later? Also, it would be great to grab a summer job to better expand your experience and to earn money for college. Another tip is to be your own campus explorer and schedule your first round of college visits. Don't forget that you still need to earn your community service hours! While you do not need community service hours to graduate, they help students earn scholarships and get into college. For this, you can visit Ms. Foster to see what you can do locally to help people in need, and earn those hours that help you into college.

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Alan Palacios
Jose Rios
Noeliz Rivera
Julia Sage
Bryan Smith
Jordin Stickrad
Alexis Weber
Kayla Wilson
Indiana Yurick

Make an A Today!

Nest Notes

CIS Gives Gifts of Hope

By Agape Curtis

In early February, Peterson's Community in Schools (CIS) had the privilege of delivering care packages to cancer patients and their families at St. Vincent's hospital.

The students were given a brief, informative tour of the cancer center where they learned about chemotherapy treatments and radiation. Afterwards, they were able to ask questions and interview one of the doctors that headed the department. The volunteers then made their way to the lobby. There, they greeted incoming patients with blankets and gift bags reading inspiring messages, such as "Stay Strong." Elijah Heppner, a student volunteer, performed a powerful, self-written song entitled "The Cure." It turned out that the passionate lyrics stemmed from a personal experience. "My aunt passed away from cancer," Heppner explained. He continued, stating, "The song not only hits on cancer alone, but people in everyday life and their struggles."

At the closing of their visit, students all lifted their voices together and sang "Good, Good Father" by Chris Tomlin as Mrs. Foster and Heppner strummed together on guitar. "We feel inspired when we come here by the patients because they have so much courage and they're so brave," Mrs. Foster expressed. Before leaving, volunteers got the chance to observe the ringing of the 'victory bell', a bell that symbolizes a patient's last chemo treatment and ultimately their freedom of cancer. Mikayla Rogers, a senior who participated in the event, reflected, "You try to put some type of seed of hope in them so that they don't give up." There's no doubt that patients and students alike had their hearts touched that day.



Peterson Journalism I Spy



Talon Talk

Communications Wins Flag Championship



Front left to right: Joseph Haynes, Savion Johnson, Cadeem Addams, Keenan Holland, Khaylil Israel

Back left to right: Jordan Bell, Chelsea Jackson, Tanacious Gibson, Desmond Murkey, Jaquan Myrick

By Jose Rios

Touchdown! The Communications Academy won the Co-ed Flag Football championship game against the Automotive academy after school on Tuesday, January 3. The score was 34-12. The team was composed of students from the Communications, Aviation, Culinary and Robotics Academies. These games are fun and beneficial for the school since Peterson don't have any team sports.

To the Hoop! The Automotive Academy defeated the Communications Academy. The Automotive Academy took revenge and claimed the title for the intramural Basketball Championship game. The Automotive Academy won with a score of 37-32.

The next intramural sport for forth nine weeks will be soccer. Sign-ups, will start in April.



Brandon Wright, Mikayla Rogers, and Anciris Figueroa showing off cans collected for Hats For Hunger

Peterson Gives Back



Reginald Toliver Showing off packages for City Rescue Mission



Madison Chin Deocrating a Hats For Hunger Box

The Diamonds of Intimidation Ladies Step-Team collected and donated three bins of toys to the Salvation Army's Angel Tree Program during the 2016 Christmas season. Ms. Jones put out a special thanks to Mrs. Yazdiya and Ms. Schmidt for their large amount of donations.



Screaming Eagle



Peterson Pride

ServSafe Celebration

Compiled by Jacen Kimbrough

Congratulations to the following students who passed the ServSafe certification test! ServSafe is the food safety and sanitation certification that the Culinary Academy takes allowing them to earn their wings.

The following students received their certification: Austin Aragon, Daneil Boston, Kimani Burton, Angel Byrd, Cheyenne Conner, Emily Driver, Alec Ehlermann, Tylor Eldridge, Dellarie Foresi, Karmen Fousek, Clayton Hartley, Destiny Jones, Karion Kent, Johnathan Kuschka, Desiree' Lee, Jailene Lopez, Raychyna Miles, Addison Padgett, Kenya Scott, Gianni Sykes, Reginald Toliver, Corey Wallace, Leilani Williams, Taylor Williams, Rebecca Shutterly

Ms. Funches, Employee of the Year

By Agape Curtis

She's a kindhearted individual with a colorful personality. Most of us know her by name: Ms. Funches. This year, Ms. Funches was honored as Employee of the Year. The news came as a humbling surprise. She expressed, "I was excited! And very humbled and blessed to be chosen from the faculty and staff here at Frank H. Peterson. I try very hard to make sure that it's a little easier on the staff here and the teachers. So, anything from copies to supplies I try to do. The fact that it's noticed is very well-received and I'm very grateful." Ms. Funches keeps quite busy around the school, as many can testify. She's the office assistant, a senior class sponsor, and when she's not running around doing errands, she can also be found in Glee Club after school. When asked to describe herself she asserted, "I'm a very 'go-get-it' type of person. I'm a very outgoing type of person and I strive for perfection." The inspiration behind her dedicated spirit is shaped from personal experience. She expressed, "My biggest motivation is my brother. He was murdered a year ago. [We] use to always be the ones putting on events, putting things together, or at school making sure things were going right. For me, everything I do, I do it for him, because he would've did it in perfection. That's just the type of person he was. So, I hope that in everything that I do, everything that I accomplish, I always please him and he's always proud of me."



By Jacob Thoma

At the most recent blood drive, our NHS students collected 50 pints of blood, surpassing the goal of 30 pints. Each unit of blood can be used to save up to three lives, so in total, 150 patients who could benefit from the donations at Frank H. Peterson. Our last blood drive of this school year will be on Friday May 12. As for next year, three dates have been confirmed, September 22, 2017, January 26 2018, and May 18 2018. We should continue to over shoot our goals, donating as much blood as possible to help as many people as possible.

Junior Zeph Kane stated that "It didn't really hurt, and I went through with it knowing it was a good thing to do", and that's the sentiment from most of the students who donated, the moment of discomfort is worth the lives that they could be saving.

It's clear to see the love that drives Ms. Funches to inspire others. Many students at school have developed a close relationship with her. In response to why she enjoys her job, she explains, "I enjoy it because I get to interact with the kids, I get to be a positive influence to them. I give them knowledge of what I may know and I get to help them be better for themselves, especially my seniors. I'm very attached to my seniors because they're going into the real world soon. It's imperative that we teach them how to be accountable for their actions and we teach them how to be go-getters. Just because it says 'no' doesn't mean that it's a no." She continued, quoting one of her philosophies, "A dream deferred is not a dream denied." All the faculty and students, no doubt, continue to applaud Ms. Funches' hard work and dedication. As she strives to keep making deep connections with those she meet, she'll continue to touch lives and inculcate her spirit of determination.

Make an A Today!

Through With Chew Week



(SWAT) Students Working Against Tobacco celebrated Through With Chew Week February 20th-24th to encourage students to refuse to use chewing tobacco due to the harmful effects. The finale was held on today, Friday, February 24, 2016 in the cafeteria that involved an awareness table and urging a total of 206 students to pledge to "BE TOBACCO FREE".

Members/Volunteers Pictured included Kaylie Abistado-President, Alyssa Sodomire, Destiny Crooms, William Carrero, Juwan McIntosh, and Jeanelly Carrero.

Not Pictured: Neyah Carter, Destiney Porcher, Jada Rylander, Maqqelah Israel-Rice, Tomishia Oneal, & Danielle Varnadore.

Academic Achievement

Teenagers Need More Sleep

By Mary Crosby

Sleeping is a vital part of our daily lives. When we sleep, our minds and bodies are rejuvenated; but without the proper amount of sleep, the body doesn't have time to repair muscles, consolidate memories, and regulate hormones, according to Dr. Simon Kyle on Sleepio (a website to improve sleep through programs and to share evidence on the importance of sleep).

Dr. Kyle also states that "Studies in which healthy individuals have been sleep restricted have shown that there are alterations to hormones involved in the regulation of appetite and an accompanying increase in seeking out food, as well as glucose metabolism."

Sleep deprivation, not only makes you feel exhausted, but effects your diet as well. Kyle continues to say that energy levels are effected

with sudden bursts of euphoria. Jordin Stickrad, a sophomore in Early Childhood Education, stated that "When I don't sleep enough, I get to the point where I don't know I'm tired and I can't eat." She went on to say that it affected her falling asleep the following night as well as waking up the next morning.

On average, teens get seven hours of sleep, but the recommended amount is eight to ten hours. One study found that 15 percent of teens get eight hours of sleep on school nights. Another sophomore said that "Between homework and chores, I probably only get like six, maybe seven hours of sleep on school nights."

University of California, Los Angeles (UCLA) Heath says teens losing sleep have changing bodies, busy schedules, active social lives, and a wrong view of sleep to blame. The Sleep Foundation says that when

we don't sleep we limit our ability to learn, listen, concentrate, and solve problems.

"You may even forget important information like names, numbers, your homework, or a date with a special person in your life," the Sleep Foundation continues on consequences for sleep deprivation for teenagers. Losing sleep can also "make you more prone to pimples."

Lack of sleep can contribute to acne and other skin problems. Studies have also shown that sleep deprivation can lead to a higher risk of chronic health problems later on in life, such as high blood pressure, heart disease, and strokes.

So, make time to kick back, relax, and enjoy your sleep.

Student sleep graph credit: clarkchronicles.com



Peterson Roses

By Jordin Stickrad

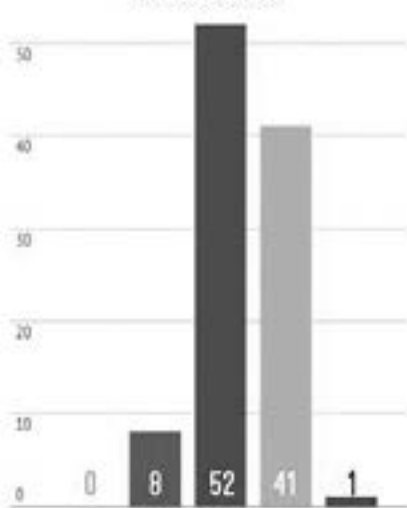
While Peterson has many clubs, there is one club in particular that stands out, the Peterson Roses. Mrs. Foster and Mrs. Ward are the founders of the Peterson Roses. In an interview with Mrs. Foster, she was asked why they decided to start Peterson Roses, Mrs. Foster explained "A female student came up to me and asked if she could start an all-girls club."

When Peterson Roses first started the group of girls were all very close and felt that they could tell each other anything. Mrs. Foster expressed that she is now happy that she continued to host Peterson Roses because she 'feels that the club is going back the way it originally was.' This year, Mrs. Ward chose to be an assistant coach for Marathon High, so Ms. Gurel, a new math teacher to the school, took over her spot as co-leader of Peterson Roses.

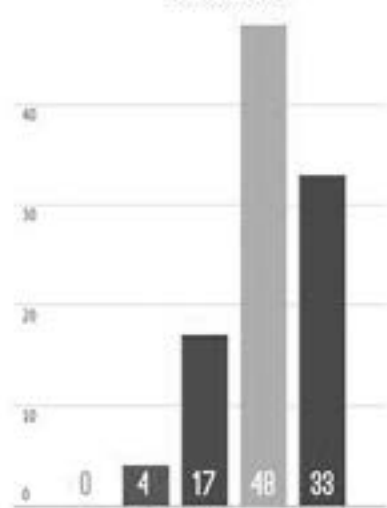
When Freshman Kaliyahcly Mona was asked why she joined Peterson Roses she said, "To be honest the only reason I joined [at first] was because I needed to stay after school that day." However, she found the club to be a place of encouragement and has been attending since then. Kaliyahcly went on to talk about the group of girls saying, "The group lifts each other up, there is no need to worry about anything you say, with this group you don't have to worry about being used." Peterson Roses is all about a group of young women who will always be there for each other and that they always have a support system to lean on when they need one.

STUDENT SLEEP STATISTICS

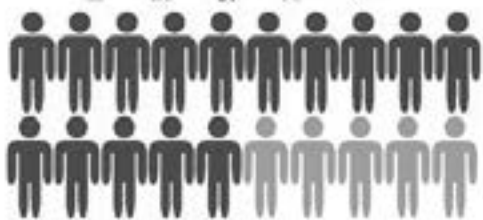
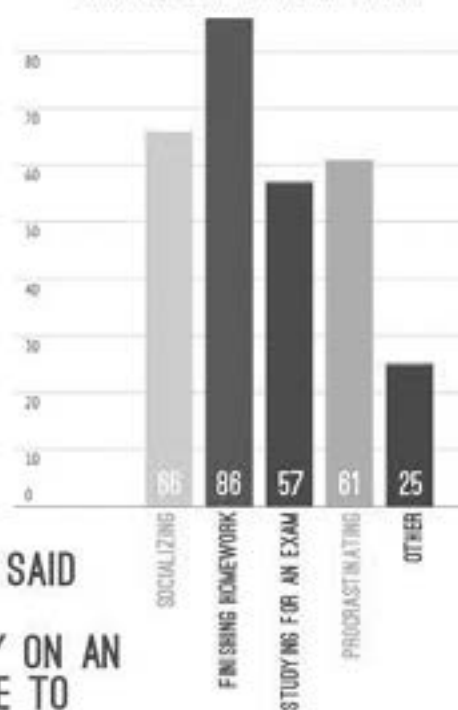
HOURS USUALLY SLEPT ON WEEKNIGHTS



HOURS USUALLY SLEPT ON WEEKENDS



REASONS FOR GIVING UP SLEEP



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