

The Bulletin

A Parrish Community High School Student Publication

May 2021

A Year Like No Other



BULLETIN PHOTO ILLUSTRATION with Photos by Erin Lisch/PCHS PHOTOS, Kaitlyn Hoyer/BULLETIN, Kaylani Pusateri /BULLETIN, Olga Peña/BULLETIN

By Addison Wilson
The Bulletin Reporter

PCHS has accomplished a great deal this school year, during difficult times fighting a global pandemic.

Students and staff have stayed strong, excelling in classes, sports, clubs and activities, all while learning and growing as individuals and together.

This year certainly was different; at the top of the list of peculiarities is wearing masks. All students and staff have had to wear masks everywhere and at all times, except for when eating lunch, while socially distanced.

Also, in the beginning of the school year, PCHS had three modes for attending school; by the end of the first semester, the hybrid option was not

offered and many students switched to in-person instruction, while a smaller percentage remained in online learning.

Noah Eatman, a junior at PCHS, talked about how the new year has gone. "It's been good and bad; it's been both," Eatman said. "Covid is slowly going away, but we have tons of schoolwork and stressful classes."

Calin Health, a Freshman, was proud

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Living Legacy

Lifelong Parrish resident has ties to PCHS.

Different Continued

of making it on the baseball team along with Eatman. They both expected the new school year would be less difficult, but are still trying to do their very best, given the circumstances.

Parrish Community High School was able to send their sports teams, such as cross country, track and wrestling to regionals and states this year.

The Bulls also have been able to perform and compete in leadership and writing events successfully.

Makia Howard, Freshman, looks back at this year with a smile. She maintained good grades, placed in the Dr.

Martin Luther King essay contest, and even made the basketball team.

On the flip side, because of COVID-19 prevention guidelines, PCHS was not able to host pep rallies, homecomings, or any big group activities.

Many electives, like theater and various music classes, had to be dropped or combined; however, teachers stepped up by using safe precautions and practicing after school. Also, the Drama Club was started and produced the first public performance in the auditorium in April.

Principal Craig Little is looking forward to normalizing the school next year

by maybe having prom, homecoming, and more people involved in sports, and large-group activities and presentations. He wants to provide a traditional high school experience for the students. Little said he'd like to thank all the teachers, staff, and students for this year.

"In these challenging times you can define a person's character," Little said. "... and teachers and students have really stepped up."

*Read Principal Little's
Column on Pg.13.*

The Bulletin

News Editor - Grace Crestani

Sports & Bullpen Editor - Kaylani Pusateri

Features Editor - Kaitlyn Hoyer

Bullpen Admin - Hannah Mayhew

Bullpen Admin -Madyson Greeman

Managing Editor/Designer -

Ms. Olga Peña, Journalism Teacher

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thepchsbulletin@gmail.com

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I'll Be There For You

- Counselors provide wide range of guidance



Brice Carlton/BULLETIN

From left: Counselors Diana Ansbro, Cathy Wincelowicz and Monica Quinn guide and counsel all students academically, socially and emotionally.

By Brice Carlton

The Bulletin Reporter

Every day is different for the PCHS counselors. Whether it be helping students who are having social or family issues, feeling depressed or need course guidance and academic support, there is no day where they are doing the same thing.

Each of the three school counselors see tons of students every day, who come to them for any number of reasons.

To begin with academically, Diana Ansbro, Cathy Wincelowicz, and Monica Quinn each have about 400 kids to deal with credit audits.

The counselors oversee anyone with a 504 plan, as well as help students figure out their schedules and registrations for the next school year. They also keep

up with everyone's graduation requirements and make sure each student is on track.

When semester grades are posted, they check off the grades to make sure students are on target; if they aren't meeting requirements, the counselors set them up for credit recovery.

Counselors also analyze new students' transcripts and meet with them to create a schedule.

In addition to academic guidance and supporting troubled teenagers, challenges brought on by a global pandemic has added to the already heavy responsibility to counsel stressed students.

"Once COVID is over with, we hope to be able to visit classrooms to talk to students in every grade level," Ansbro said.

To schedule an appointment with a counselor, visit the school website and fill out the form.

FUTURE FIRST CLASS

Students ready to be PCHS's inaugural seniors



By Rania Moore

The Bulletin Reporter

As juniors approach the end of the school year, the Class of 2022 is proud to soon become the first graduates of Parrish Community High School.

SGA President and 11th grade student, Claudia Casaine said she's proud of the distinction her class holds.

"One thing that's going to be unique about our class is that we're the first graduating students of Parrish Community," the varsity volleyball player said.

When asked about what the perks of being the eldest students on campus were, she said, "Our class is small but we get to set an example for the smaller classes and be role models. What I most



Cecilia Marty and Noah Eatman (above right)

enjoy about our class is we're all close and we all know each other, which

is special because you don't get to go back through high school again."

Noah Eatman, an 11th grade Varsity Baseball player added, "Being the oldest in the school makes you feel more confident, like the 'top dog' of the school." He mentioned that it's going to be exciting when they get to come back for their class reunion and see how the school has progressed.

Cecilia Marty, an 11th grade student in Key club, Drama, NHS, and Yearbook said she's excited to be a senior this upcoming year.

"We get to experience everything first, so we're going to be setting the traditions for PCHS," Marty said. "There's a lot of new stuff that we're going to get going, so it makes me proud that we're able to set standards for the upcoming classes."

It's not just the juniors that are excited to graduate but also the teachers, who have worked with most

of their junior students since they were PCHS sophomores.

English teacher, Allyson Stanford said she's excited about her students graduating. "It's all they talk about and they're not even seniors yet," Stanford said. "Most of them are excited about starting their life, getting cars, and jobs, and looking into college."

Mr. Ryan Lusardi also is looking forward to his junior students graduating; it also will be his first graduation as a teacher.

Lusardi already is helping student plan for the future, having weekly conversations about what to expect their senior year, and applying for college.

These hard working juniors soon will be walking the halls as seniors and the Parrish Community High School Class of 2022!



Medical classes, club have much to offer



BULLETIN PHOTO ILLUSTRATION

By Hannah Mahew

The Bulletin Reporter

As Parrish Community High School grows, so does its medical program. PCHS offers many classes and opportunities for students interested in the medical field. There are classes students

can take such as Medical Skills, Health Science Anatomy and Physiology, and Health Science Foundations.

If students want to go more in depth and are serious about the medical field, they can join HOSA. HOSA stands for the Health Occupations Students of America.

HOSA sponsor Mrs. Amanda Culton explained HOSA is a, "school-based club that's run mostly by the students. It's for students who are interested in being future health care professionals." HOSA students are able to network with other health care professionals around the area, and they get to compete in events.

Culton described the PCHS medical program as, "A fun learning environment that's rigorous, yet hands on. Stu-

dents get to learn new skills, test those skills and develop a working knowledge of the medical and health field." This will help them pick a pathway in health care.

Junior Kaitlyn Reber is the president of HOSA. "I think exploring the medical field is important for high schoolers because it can help them prepare for their future while they can still change their mind before they're in too far," Reber said. Students are encouraged to explore their options, without committing to anything yet. As the program is growing, Reber and Culton both notice more students taking interest. This is just the beginning of Parrish Community High School's medical program, and they have many exciting things in store for the years to come!

🌀 Check out our HEALTH stories, Pg. 11/12. 🌀

Arts

Showtime!

Drama Club puts on Musical Revue

By Kaitlyn Hoyer
The Bulletin Reporter

The first PCHS public performance in the auditorium since schools closed in 2020 was a showcase of classic renditions of popular Broadway and movie musical numbers. It also served as a fundraiser for next school year's theatre program.

Complete with singing, choreography, and instrumental entertainment, the show contained solo, duet, and group performances that ended with a standing ovation from an enthusiastic audience on March 25.

"Showtime!", the Drama Club production, started with music from, "The Greatest Showman" and kicked off the night with dynamic dancing, giving the audience chills. Not only was the dancing outstanding, but the songs later in the show were stunning performances of popular melodies.

PCHS Principal Craig Little said he was extremely impressed with the show.

Little said he felt a sense of pride in the students and talked about how grateful he was for everything that teacher and Drama Club Sponsor Olga Peña did for them, directing a show where students could showcase their talents even with the difficulties of new protocols and challenges.

The performing arts instructors at Parrish Community really bring out the best in students, he said.

Cecilia Marty, Drama Club Vice President, was the stage manager of the production, coordinating cast and crew behind the scenes during the show.

As stage manager, Marty said sometimes she "stretches herself a little thin" but is grateful for her role in drama club.

"I feel like I can have a connection with the cast and crew that a lot of other people won't be able to...the responsibility it comes with, it's very gratifying," Marty said.

Mars Woelfel, a life-long actress and singer, and Drama Club President, was

one of the performers who sang and danced in the revue.

Woelfel said that it was refreshing to be able to be on stage again after the shutdown, and that she loved the energy of the opening number and getting to sing a solo and duet.

"Singing with Emily (Mentzer) on stage was so great because she is so talented," she said of her classmate with whom she sang the Broadway hit, "For Good."



From Top Left, Clockwise: Performers Emily Mentzer, Samantha Flores, Mars Woelfel, Host Kale May, Brooke Gillaspay, Juliana Lugo, Lugo with Hannah Bolton, Haley Roberts, Paige Wishon and Juliana Cucci, Woelfel and Mentzer, Assistant Stage Manager Lorin Smith and Stage Manager Cecilia Marty, Host Brice Carlton, Bolton, and Stage Hands Kaylea White and Lillian Johnson show off the realistic prop pie they made for the show.

Erin Lisch/PCHS PHOTOS



Arts

Winter Guard, band march on winning big



By Kaitlyn Hoyer

The Bulletin Reporter

The PCHS Winter Guard is a type of modern dance that uses rifles, flags, and sabers. Kendall Carrier is one of the teachers that has been heavily invested in the program.

Carrier described how important it is to have the winter guard available to the students at Parrish Community.

“They call it the sport of the arts... they learn how to focus and work together as a team,” Carrier said. The winter guard has a series of four competitions, starting with the State Premiere and ending with the State Championship.

“Our long-range goal is to be a marching band state champion, alright, and you can’t do that without a good color guard,” Carrier said.

The PCHS Winter Guard is a bronze medalist, winning third place in the state championship, and had previously won second place in the FFCC regional competition.

The school’s head of the Performing Arts Department also explained that the fall guard is a division of the marching band, while the winter guard has a separate season.

Usually, the team performs at halftime with the marching band during football games, but with the complications of COVID-19, they were not able to this year.

Carrier is also the marching band director. That season typically lasts from July to November, with some exceptions for parades in January and March.

Carrier explained that in normal circumstances, the band would prepare for the Florida Marching Band Champion-

ships, but the pandemic also prevented that participation.

However, they were able to perform in this year’s Parrish Heritage Day Parade.

Lillian Yarbrough is a member of both the winter guard and the marching band, playing several instruments and performing with a flag in the guard.

Yarbrough explained that she gained self-responsibility, time management, and discipline by participating in the marching band.

Miguel Yanez is also a member of the marching band; he is part of the drumline and plays the snare drum. Yanez explained that marching and playing go together because the judges look for the coordination of both. Yanez said that marching band is fun, and it teaches leadership. He described it as a place where students can become better people and develop technical skills. Although the pandemic prevented competition this year, the marching band will be participating in competitions next school year.

The PCHS marching band and winter guard are extraordinary examples of music and arts at the high school level. The passion and hard work of the members are truly apparent in Parrish Community’s marching band and winter guard.



The choir, orchestra and band (not pictured) programs at PCHS performed concerts in the last two weeks of April, directed by the husband-wife team of Kendall and Kerrie Carrier, who teach all the PCHS music classes, where students are flourishing, amidst COVID precaution challenges.

Erin Lisch/PCHS PHOTOS



PCHS athletes rose above pandemic challenges

By Kaylani Pusateri
The Bulletin Reporter

Sporting events have always been a way to bring the community together. At PCHS, the community is a big part of the school, so sports are always an exciting time for the city of Parrish.

People have had to learn how to adapt to changes amid the COVID-19 crisis, and sports took a huge hit.

Although the pandemic drastically changed the way people do things, the Parrish Community has learned to overcome and excel under the conditions.

The athletics department has had to learn how to adapt to the new guidelines caused by the pandemic, and this task falls heavily on the athletic director, Shawn Trent. He knows that a lot has changed this

year but said he feels everyone has adjusted well to the new standards.

Although a lot has changed, there were still some major accomplishments made. "Boys basketball made it to regionals and were the district runner up. That was probably the biggest team accomplishment. We had some individuals from cross country make it to regionals. There were also six wrestlers going to regionals", Trent said.

Coach Trent said he hopes that over the upcoming summer and next year, athletes will be able to participate in off-season and summer workouts as well as extra training. Trent added that sports as a whole have done very well this year, and he hopes that the teams can continue to improve.

The sports program at PCHS has learned to overcome the odds one game at a time. Although it has been a long journey,



Erin Lisch/PCHS PHOTOS

Freshman Parker Vitoritt competes.

the athletes have worked hard to win games and succeed as a team. All the effort and hard work has paid off and has begun to form a legacy that will carry on in the Parrish community forever.

Tennis teams take courts by storm

By Hannah Newman
The Bulletin Reporter

The tennis team this year has found much success and has been given the chance to go to districts. This year has been rough on many athletes and it's hard for some to play due to the pandemic, but the tennis team has been able to work it out and play safely.

As far as team cooperation goes, "We all have really good teamwork and we're all super close and like a really tight bond," said Freshman Sophia Juliano, who placed second in her team.

On the boys team, Sophomore James Carlson also agrees that teamwork is key. "You need to have good communication, good strategies with each other, so teamwork is pretty much essential," Carlson said.



Erin Lisch/PCHS PHOTOS

Baseball program laying groundwork

By Stephan Demarra
The Bulletin Reporter

As the Spring season started, so did PCHS Baseball. Head Coach Brett Andrzejewski has helped build a very bright future for the budding teams.

"I believe we have started to build the foundation for a winning culture," Andrzejewski said. "It started last year when we established our three Pillars of Success. These pillars (Humility, Excellence, and Unity) are the foundation for what

we think will keep our program successful as players come and go."

To prepare for success, Andrzejewski explained that his goal for practice is to make it harder than the games. "I want practice to help us prepare for the challenges ahead that we may face in the game," he said. There are competitive games/drills such as 21 Outs, and players are rewarded for going above and beyond in practice through the "Tour Defense" program. "We use competition as the motivating force for growth." Andrzejewski said.



Erin Lisch/PCHS PHOTOS



Spring Standouts

By Madyson Greeman

The Bulletin Reporter

Swim: Jennifer Carr, who is the swim coach of the 2020-21 season, said that a standout on the team this year was Kaitlyn Reber, who is a junior at PCHS. This is Reber's second year on the team and she was always willing to step up to the plate and help guide some of the younger swimmers, as well as helping Carr herself, since it was her first time coaching a high school swim team. Not only is she a standout and an amazing swimmer, Reber is also the team captain.

Baseball – A standout athlete on the baseball team is Junior Noah Eatman. He's not only a very talented baseball player but also is one of the top pitchers and hitters. According to Brett Andrzejewski, what also makes Eatman such a standout is his ability to put his team first and support others. "Noah is the first person to support his teammates after their success, the first person to pick a guy up when he's down, and he does that all while still performing himself on the diamond."

Tennis – According to coach Erin Lisch, a standout athlete on the tennis team is Sophomore James Carlson. Carlson is the boys team captain and had earned this achievement by showing his great leadership skills and his constant improvement. "Each

game, his game has grown, and it's resulted in new wins." Lisch said, adding that Carlson is a wonderful teammate as well. "He is always looking to help out a teammate."

Girls Flag Football – There are two athletes that have stood out, according to Coach Jennifer Carr. D'yaera Brookins "is a strong team member." Brookins constantly has a smile on her face and has earned the nickname "Sunny-D" due to her positive attitude. Another standout athlete is Krystal Parra. According to Carr, she "is one of the most versatile players we have." Not only is Parra willing to step into any spot, but she is able to "play any position well and adds a lot of athletic value," Carr added.

Track - There are a lot of standout athletes on the track team whether they are sprinters, throwers, mid-distance, or long-distance. However, there is one standout in particular - Sophomore Gabby Lamprecht. Lamprecht is always willing to help others no matter who, or the scenario. She is always looking for ways to get the team together for team bonding and works well with coordinating things for the team, according to Coach Amanda Culton.

Boys basketball reach regional level

By Kaylani Pusateri

The Bulletin Reporter

The boys varsity basketball team has gone above and beyond expectations this season. They have had many accomplishments, including making it to district and regional competition. The coaches and team are all very proud of how they performed this season and hope to continue the legacy.

Head coach Ryan Kardok was extremely proud of how the boys overcame the odds all throughout the season. He says the team really learned how to work together and all the guys have a strong bond that helps them play better.

"I think that if you play together, you play for each other, and you play really hard, you can accomplish more than you thought," Kardok said. "Credit to the guys for all they did throughout the season

as far as buying in, their work ethic, and their development."

He said that he knows the boys will continue to work hard and prepare for the next season.

The players also were quite proud of how they played during district and regional competitions. Dialo Townsend and Seth Szalkay are two of the players on the varsity team, and they both said they feel that the team played to the best of their abilities.

Townsend mentioned how much preparation was needed before the games, especially before district and regional competition. Many hours of practice along with strength and agility training were necessary in the team's successes.

He has been playing basketball for about 10 years, so Townsend knows how much hard work goes into the game.

Townsend said he learned that "it takes



Erin Lisch/PCHS PHOTOS

teamwork, effort, and hard work to get to where you want to go." He was very proud of how he played as an individual and how well the team played together all year.

Another player on the team, Seth Szalkay, has been playing basketball since 8th grade, so he also knows what type of work ethic is necessary.

"It was a new experience for me participating in a new level of competition on the district and regional level, but it was a fun experience and I learned how to improve my own gameplay," Szalkay said.

See **Basketball**, Page 8

Basketball *Continued*

He also mentioned the amount of work they all had to put in before the games so that they were prepared for the competition ahead.

Both students mentioned that even though the practices were tough, it was worth it in the end.

The basketball team at PCHS is certainly something to be proud of. All the team members contributed tremendous effort and hard work. The coach is proud of how the boys handled the pressure and said that he thinks everyone improved their gameplay throughout the year. The team said they enjoyed the experience, and that they learned so much from the season. The legacy the team has created is something they said they hope will continue through the years.



Erin Lisch/PCHS PHOTOS

Bulls basketball Coach Ryan Kardok addresses players at a game.

PCHS's first flag football team fired up

By Juliana Cucci

The Bulletin Reporter

PCHS now has its first ever flag football team! Coached by Christopher Culton and Jennifer Carr, the team's first game was in March. Culton said that the girls are "pretty fired up" and ready to play, also mentioning how well they work together and support each other.

Sophomore D'jera Brookins was excited for the new season and the new plays the team was working on. "After our first game we analyzed and worked on whatever needed help, and I think we'll have some good wins this season," Brookins said.

As a new team at Parrish Community High School, and with the year that has already been challenging because of COVID-19 restrictions, the girls still made it through, and are looking forward to the new season. "The girls on the team aren't afraid of anything," Brookins said, "They're ready for whatever this year has to come."



Erin Lisch/PCHS PHOTOS

Five wrestlers place at district, compete at regionals

By Kaylani Pusateri

The Bulletin Reporter

Wrestling at PCHS has made a great name for itself over the two years the school has been open, as some athletes have even gone on to district and regional competitions.

All the boys have worked extremely hard to get to where they are now, and they know that hard work and effort is needed to succeed in the sport.

Coach Francis Drumm is very proud of how the boys fought this season and hopes that more wins come in the future.

Drumm said he feels that the team had a great season, with five boys placing at the district level and moving onto regionals. Drumm is very proud of the wrestlers and will continue to work with them in the post-season.

"We are already starting to plan out some post-season activities like having open mats where the wrestlers can

come and work on their skills, as well as we have some guys looking at camps for over the summer and just continuing their athletic training", Drumm said.

With all the effort put in by the coaches and wrestlers, the seasons have gone very well so far, and they hope only to have more successes in the future.

Coach Drumm said he sees great potential in the boys and knows they will do great things that help the program exceed expectations.



Far Left: Wrestlers Chase Eichorn, Tyler Roper, Luke Lindley, Brayden Mullins, Laken Gamble, Dustin Springfield and Frank Petrone

Center: Petrone wrestles.

Podium: Mullins is PCHS's first District Champion Wrestler.

Nine decades in Parrish

Buice family legacy lives on at PCHS & Community

By Kaitlyn Hoyer
The Bulletin Reporter

As Vivian Buice looks through old photo albums and records, she shares a fascinating history of what Parrish was like when she was growing up. Born in 1929, Buice has lived in Parrish all her life. "Born and raised here, I ain't never left," she said.

At the age of 92, she has lived to see considerable changes in Parrish. Buice worked in the cafeterias of schools such as Palmetto, Southeast, and the Parrish Schoolhouse.

Both Buice and her mother went to the Parrish Schoolhouse. Buice went to school until the 10th grade, which is the grade that her great-grandchildren, Sidney (his great-grandfather's namesake) and Cohen Buice, are currently in at PCHS.

Buice loves remembering all the special parts of Parrish history and promoting Parrish pride in the community.

She started the Parrish Heritage Parade tradition by shutting down highways 301 and 62 one year to have the parade travel through Parrish. "I never got caught, there wasn't any cars coming," Buice said.

Buice also talked about her husband, Sidney. She said that on their first date, they went to a fair in Bradenton, where he wanted to take a picture. That picture is now hung on the wall of her dining room.

She was married to Sidney for 72 years and they had two sons. Buice also said that they would go camping and fishing all the time. They took a trip up to the Everglades once where they camped out in the brush. "We was five miles down in them woods," Buice said.

Buice lives in a white house that used to be located near State Road 62, but was taken apart and put back

together to the location now. She moved into her house in 1966.

Buice also has several pictures of houses and old buildings in Parrish, most of which she said have long been replaced. This includes an old skating rink in Parrish, which no longer exists, and a general store that now sells feed only.

She recounted how every Saturday, there would be movie nights, where people would sometimes sit on hay and watch movies played on the side of a building. Buice also explained how there used to be wells all over town, and that there were only dirt roads for a while.

Buice talked about how her great-grandfather bought land in Parrish spanning from Old Tampa Road to the river and he found a buried chest of gold on that property.

During WWII, Buice's grandparents hosted USO dances, where Buice recalled people she knew met their spouses.

She also described the rationing that took place; she said no one could buy anything without a ticket. Buice and her family often sweetened their tea with syrup, because they didn't have the tickets for sugar.

Buice had one brother and three sisters, all who unfortunately passed away. Buice said that she knew most of the people at the Parrish Cemetery, who are buried along with her brothers and sisters. Buice said that there are also about 10 confederate soldiers that are buried in the Parrish Cemetery.

For many years, she has taken part in cleaning and preserving that cemetery, which undoubtedly holds a special place in her heart.



Mascot Meaning Rings True



Hannah Mayhew

The Bulletin Reporter

The PCHS bull mascot is painted all over school; it's on signs, clothes and all sorts of paraphernalia. Not only is it tied to school identity, but it also represents the pride students and staff feel being a part of this campus.

Freshman Madison Hayes is proud to be represented by the bull.

"The bull is known to be powerful and persistent," Hayes said. "I feel like that describes our students and staff."

Since Parrish Community is a new school, the mascot was recently founded. Principal Craig



Little said it was voted on amongst the local middle schools. "The current Juniors were the ones who chose the bull," Little said. "Some choices they were offered were moccasins, rattle snakes and otters." Little said he's happy with the choice because he believes it represents pride, family and community.

Bulls are described as having unmatched strength. In popular culture, it is a symbol of stamina, determination, confidence, and perseverance.

With a global pandemic cutting short the school's first year and perpetuating numerous challenges for its second year, the bulls certainly are exhibiting these traits.

Junior Zoey Baddai agrees, "We didn't know how this year would go, but we were determined to make it a great one...bulls are determined."

The School Quarantine, Covid Experience

By Brice Carlton

The Bulletin Reporter

Many students have been quarantined at home, due to COVID-19. Whether they were sick with the virus or were exposed to someone who had it, a large majority of students have been sent out from school to quarantine for two weeks.

"I laid around and watched Netflix a lot," said PCHS Sophomore Owen Hancock. "At the start, my mom had it (the virus) and I was sick the second week I was quarantined. Mostly I just slept in late and stayed up late."

Hancock said he had a good experience because he could binge his favorite shows. On the other hand, he said his grades dropped because he is a visual learner, and the relaxed schedule led to him falling behind on school work.

As far as illness, Hancock said he felt cold flu symptoms that included coughing, sneezing and a couple of days with fever. Thankfully, "it wasn't really too bad," he said.

Caiden King had a different experience. King was quarantined around Halloween and was not ill. "Initially, I wasn't too happy about getting quarantined," King said. Nonetheless, the quarantine did not negatively affect his grades, as he was able to keep up with work from home.

Testing coordinator proud of students in busy time

By Rania Moore

The Bulletin Reporter

Erin Koeper, the test coordinator and activities director at PCHS, has been very busy this school year.

As the test coordinator, she plans and schedules all state testing, state certification tests, PSAT, SAT and PERT.

Koeper has been a testing coordinator for nine years and has never experienced a year like this, she said.

"This year seems to be more challenging than in years past, as we are trying to accommodate all learning modes when testing, plus maintaining social distancing and cleaning all the labs each day after testing, Koeper said. "It is more work but worth it to keep everyone

healthy." Although testing was cancelled last year, Koeper said there are still students that need to be tested.

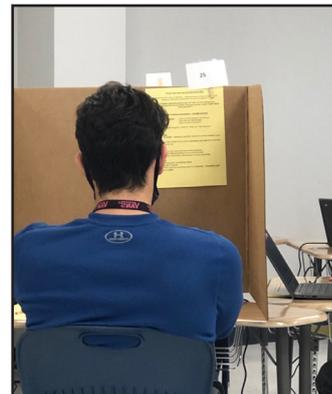
In addition, graduation requirements didn't disappear, so the county is working hard to catch up on testing for this school year.

PCHS students are rising to the challenge.

"We have students that are working hard and passing the state assessments this year. I expect that our students will do well," Koeper said.

She added that fortunately the Cares Act is paying for every Junior to take the SAT free of charge during the school day.

"I expect this to help with the testing," Koeper said. "Our students are making great strides this year despite the many challenges."



Health

Battling Vaping Epidemic



CDC.gov

By Grace Crestani

The Bulletin Reporter

Vaping has become an issue among teens across the country. Vaping is a popular way to consume nicotine and now even marijuana. Originally, vaping was seen as a safer alternative to smoking, but it has proven to be just as harmful and addictive as its alternative.

In 2020, the National Institute on Drug Abuse conducted research on Tobacco/Nicotine and Vaping trends and statistics in 8th, 10th, and 12th graders.

Researchers found that 24.1% of 8th graders, 41.0% of 10th graders, and 47.2% of 12th graders will partake in some form of vaping during their lifetime.

Vaping poses a significant threat to an individual's health. Severe lung damage, heart complications, and developing a nicotine addiction are all repercussions of vaping.

In addition to the health consequences, vaping comes with serious ramifications at the school-based level.

At PCHS, administrators are trying to put an end to the vaping crisis for good.

Teachers and staff actively monitor bathrooms, hallways, and common areas as preventative measures. They also work to try and create a safe and welcoming environment for students to confide in them if they see anything suspicious.

The effort to stop vaping is not only being led by administrators, but now by students as well. Students across Florida participate in SWAT (Students Working Against Tobacco). This organization teaches students to revolt against big tobacco and work to create a tobacco free future.

Rezlyn Krueger is a member of the SWAT club at PCHS. Krueger, like many others, believes that vaping is a "serious issue" in high schools. It can lead to numerous health problems, some of which are unknown.

Krueger works to spread awareness about the vaping issue. "To decrease the use of vapes and other e-cigarettes, we can investigate the marketing aspect of it," Krueger said. "We could try to find a way where flavors and locations of vapes in stores are changed so kids don't see it right away when they are checking out at a gas station or another store."

The vaping epidemic is far from being resolved, but with the continuation of these efforts throughout the nation and at PCHS, this issue can eventually be overcome.

Student Advice Column

How to keep your mind healthy

By Madyson Greeman

The Bulletin Reporter

Failure or defeat can really mess with the mind. When people are faced with failure, they can be very hard on themselves and tend to get in their heads, ruining their self-esteem. As teenagers, we can face additional challenges during pertinent years of growth and development, as well as school and social stressors. Often times, we agonize over times we "messed up."

However, what we must realize is that we should learn from mistakes; a different way to view mistakes is as a learning opportunity. It's ok if something is difficult because that means you are being pushed, and this will help you to grow as a person, becoming your best self. We should never let failure or defeat set us back.

Ways to be your best self:

- ➔ **Think bigger.** Don't be afraid to create new challenges for yourself.
- ➔ **Explore.** Don't be afraid to get out of your comfort zone.
- ➔ **Let go of past defeat.** You can always have a new beginning (a fresh start).
- ➔ **Spend time wisely.** A great way to stay focused and have a plan is writing in a journal.
- ➔ **Eliminate Distractions.** Life can be filled with many negative things; it is important to realize what could be holding you back to create a better life for yourself.
- ➔ **Enlist help.** Having people that you can talk to and will always be willing to send words of encouragement to you will help you strive to become your best self.
- ➔ **Find YOUR strengths.** By finding things you are good at, it will help to create a better mindset and give you something to work on and stay busy. Ultimately, it will help to boost your confidence.
- ➔ **Be kind to others.** When you treat others the way that you want to be treated, you start to get the same respect back.

What do you do to be your best self?

- Sullivan Morris, 9th
"I try to have a positive outlook on every situation and learn from my mistakes."
- Isabella Van Etten, 9th
"By not listening to others' negative words and not caring about judgement that I may encounter, I am able to focus in on myself."
- Connor Kisiah, 10th
"I'm my best self when I get the proper nutrition... and get a good-night's sleep."

PCHS to offer new electives in coming year

By **Hannah Newman**
The Bulletin Reporter

The School District of Manatee County has faced many challenges this school year, amidst the Coronavirus pandemic.

One of the changes that has affected PCHS is some electives not being offered. However, with the coming of the new 2021-2022 school year, there are plans for this to change.

There are many electives expected to be added as well as program expansions.

Assistant Principal Melissa Gagnon is excited to see the opportunities coming to students.

"It's hard for me to pick one (new elective), because we don't have one type of student at this school,"

Gagnon said. "Every student has different interests and more importantly to me, I like to build programs that lead to career paths because high school is about trying to figure out what you want to do when you're older."

On the business side of electives, there will be marketing: sports, recreation, and entertainment essentials/applications.

There is now a new AP Capstone Research class, which helps students get their AP capstone diploma.

In the career, technology and visual arts field, there will be higher levels of auto, agriculture and commercial art. T.V production also will be back and applied engineering; both were part of PCHS's first year, but were cut due to Covid-19

restrictions.

A dual enrollment class called intro to teaching, which helps students learn to work with kids, also will be new this coming school year.

In the performing arts department, there will be AP music theory for students who are experienced, and a keyboarding class for students interested in starting music. Color guard class also is being offered. Theater, which was cancelled due to the pandemic, also is being offered in 2021-22.

In physical education, first aid and safety/care, and prevention of athletic injuries are being introduced.



Madison McKinnon works on a still life project.

Kaitlyn Hoyer/BULLETIN

Many students, including 10th graders Brooke Bell and Alan Khusniyarov, are excited about the new elective offerings to come.

Bell said she is looking forward to taking agricultural science, psychology and some sort of gym class and even music.

Khusniyarov is looking forward to taking jazz band and beginning theatre.

Mental Health Awareness more important than ever



By **Grace Crestani**

The Bulletin Reporter

The month of May is Mental Health Awareness Month. During this month, organizations such as the National Alliance on Mental Illness (NAMI) and Veterans Affairs (VA) work to fight the stigma that surrounds mental illness.

Millions of Americans are afflicted with mental health issues that affect their feelings, behaviors, and thoughts. During this month, it has been made a priority to raise

awareness about these issues and how to seek help if needed.

Mental health issues are prominent in teens and young adults, especially amidst the Coronavirus pandemic.

Anxiety and depression are among the most common mental illnesses that negatively affect adolescents. Around 31.9% of adolescents suffer from some form of anxiety disorder, while around 20% of adolescents will experience depression before their adult years, according to the Anxiety and Depression Association of America.

During the COVID-19 outbreak, individuals' mental health began to decline due to the isolation. The schools that were once seen as the reason for all the stress and anxiety became more of a social outlet for students.

Avery Engelberger is a freshman student at PCHS. She said, "Returning

to school after (COVID closures) has improved my mental health a lot. During quarantine, my mental health plummeted. I think it was because I was always by myself and just got into a darker place. So, when I came back to school being with my friends and interacting with people has helped me a lot."

An additional advantage to being in school again is having guidance counselors to speak with students.

PCHS guidance counselor Cathy Wincelowicz said, "For students who are going through something or suffering from mental health, we always just say our doors are always open... always reach out."

Sometimes people are going through things that are not physically visible. However, with the continuation of education and kindness, the stigma that surrounds mental illness eventually can be broken.

Worth a thousand Words



Erin Lisch/PCHS PHOTOS



PCHS PHOTOS



CONTRIBUTED

Left to right, top to bottom: PCHS Blue Belles dance team, Connor Kisiah and Kate Norris, Yearbook Editor Avery Powell and Ellie Raistrick, and Bulls football players in one of the first games of the season.



Erin Lisch/PCHS PHOTOS



Michael Steele Memorial Tree



Erin Lisch/PCHS PHOTOS

PCHS Softball player Kaitlyn Duquette pitches.



By Principal Craig Little

Tough Times Don't Last, Tough Bulls Do

No one knew what to expect when the first bell rang for the 2020-2021 school year. As school district employees, we read all the COVID-related headlines, washed our hands like clockwork, placed directional arrows on the floors in the cafeteria and hallways, and educated our students and staff on our new COVID protocol.

Unlike any other time in our professional careers, there was no textbook or articles to research nor were there colleagues to speak with to help guide us through these times. So, we did our best each day by preparing lessons in Schoology, purchasing thousands of masks, taping down spots in the cafeteria, and becoming masters of virtual meetings.

As the school year moved on, we continued to make adjustments to help keep our campus COVID free. Many nights, our staff, parents, and students heard Mr. Champagne's voice as he delivered our robo-call messages sharing information about the status of COVID on our campus.

Through all the quarantines, cancellations, virtual meetings, broken straps on masks, etc., I have been in awe of our staff members, students, and parents for their willingness to be flexible as we became accustomed to our "new normal."

They all rallied to make this stressful year a very productive one. Watching us work together to make sure our campus is safe reminds me of why this is a special school.

Our future is bright.
And as always, GO BULLS!!!



Grace Crestani/BULLETIN

JROTC students participate in PT Tug-of-War.

Bulls in the Community



CONTRIBUTED



PCHS Key Club students don't just work in school; they also volunteer in the community. Key Club members went to Bayside Community Church early in 2021 to help with the Flight to the North Pole and Night to Shine (above), as well as worked with the Wreaths Across America event that at the Mansion Memorial Park in Ellenton during the Christmas break. (left) The members also helped with the Parrish Heritage Parade and started a new program called Random Acts of Kindness.

Thank you, sponsors!

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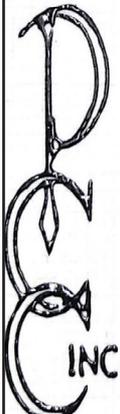
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