Sneak Peak

Moral Kombat
With the recent increase in mass shootings, people are questioning the link between video games and violence in young adults.

Life and Living
The independent living skills class prepares students for their life and career after high school.

Pumpkin Possibilities
With numerous ways to incorporate pumpkins into popular dishes, we take a look at which ones are the best.
YOU SHOULD KNOW...

1. Thanksgiving holidays begin Nov. 25. Students return to school Monday, Dec. 2.

2. AP exam payment is due by Dec. 13. The dues are $94.00 and are to be turned in to Mrs. Joyce Cook in the office. Students can apply for a need-based scholarship to help cover the cost. Applications for need-based scholarships are due Dec. 2.

3. Semester exams will be held the week of Dec. 16, but the schedule has not yet been released. Students will be released at 1 p.m. Thursday, Dec 19 for the Christmas holidays and will return to school Tuesday, Jan. 7.

“I thought it was very good to do, I got to go around and talk to some of the colleges and see which ones were offering the degree I want. It definitely benefited me because it gave me a general idea of some of the top schools I want to go to. It helped me see how things might play out in the future.”

• Senior Shane Nelson (about the Career Fair)

“Whatever it is that you do we want you to find a way to do it at Bringle. I don’t want it to stop growing. I want it to get better every year and hopefully one day I won’t even have to be a part of it and can do other projects like this for the community. I want to take what we’ve done here and use that same template to do other things.”

• Erin DeBlanc on the Bringle Art Park (see page 5)

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Keep up with Pleasant Grove news by following @pgstudentmedia on Instagram.

From behind the scenes to sneak peeks, @pg ccp shows everything happening in the Theatre Department, and keeps followers informed about their upcoming shows.

Stay up to date with dress up days, student section themes, updates, and more by following @stucophs on Instagram.

TOP HAWK MOMENTS

1. At the College and Career Fair at Texarkana College, Brayden Solida and Shane Nelson look over some information while talking to a representative from High Tech Signs, a local business [THicks].

2. Working the grill, freshman Seth Thomas flips hamburgers for the annual tailgate sponsored by Student Council before the home football game against Gilmer. [BBeck]

3. Senior Ashanti Levingston shoots the ball in the girls’ first scrimmage against Hallsville on Nov 5. [SHoehn]
One section at a time

ACT changes scoring methods, modifies the way students may take test

Sarah Johnson
reporter

September 2020 will have a few changes to the current ACT test. The ACT will now allow students to be able to retake single sections of the test. This allows students to improve their scores without worrying about getting a worse grade on the sections they’ve already taken.

“We’re trying to save them time,” said ACT spokesman Ed Colby in a New York Times article. “We’re trying to save them money.”

These upcoming changes will mostly affect freshmen and sophomores. Students who have already taken the ACT will get a new “superscore” and will need to re-send it to the colleges of their choice.

A “superscore” is a combined score of all the five sub-sections on the test, made into one from each time they’ve taken the ACT. Only select colleges take superscores, but they can help students improve their overall scores and get better scholarships to those colleges.

Not all high schools students plan on going to college, and many don’t realize the importance of the test. Even for students with other plans, the test can reveal a wide variety of options, including career choices and even if they should re-consider college.

“I do think that all students need to take it because sometimes they don’t know if they are college-bound or not college-bound,” junior and senior counselor Louanne Smith said.

“The cost to take the ACT without the optional writing portion is $52, and with the writing is $63.”

After taking the ACT, students are allowed to order their release test three different times during the year for about $20.

When students order their release test, they’ll get the test back along with their answers and the correct ones.

“To me, getting your test back is incredibly valuable,” Mrs. Smith said. “For my own kids, that’s how their score went up. I got them to only take it when they were younger and they could get back their release test.”

Some students decide that they want a head start on ACT.

“It depends on the individual student. Some take it as young as seventh or eighth grade,” Mrs. Smith said. “I think that 11th grade is early enough to start. I don’t want someone to take it as a ninth grader if they haven’t had all math.”

Organization to follow national rules for membership, require community service

Savannah Hoehn
reporter

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Students get ready for UIL competitions

Savannah Hoehn
reporter

The robotics team competed in Robotics Education & Competition Foundation, in Richardson, Texas, last month.

“The competition was a VEX robotics competition,” Robotics teacher Colton Mullins said.

The robotics program currently uses VEX robots to compete, which is just the brand of robot and to teach the basics of robotics in general, Mullins said.

REC Foundation hosts many competitions throughout the year to challenge students to engineer robots to do tasks and use their creativity. The students compete against other teams with their own personal robots. If they win against their opponent, they move on to the following round until they are eliminated or win.

“There were 27 teams there and we took three. It’s a small group, about three to four per group,” Mr. Mullins said. “We took three teams and they did fairly well.”

The contest isn’t apart of UIL, but attending it will help the students prepare for future competitions.

“It is a contest that is trying to be inducted into the UIL Robotics competition,” Mr. Mullins said. “It wasn’t too bad for their first contest. They learned a lot and they have an idea of what to expect now.”

UIL Robotics competition takes place earlier than the Academic Meets, but it does count toward the Lone Star Cup.
Moral Kombat
Recent shootings calls to question impact of violent video games

Spencer Richardson - reporter

As junior Walt Coker sprints through the enemy lines, he has his guns blazing, shooting everything he sees. He takes cover from enemy fire and throws a grenade, killing a mass of people, and secures the objective to win the game. After killing 300 people and only dying 5 times, his mother calls him down for dinner with his family.

As of Sept. 24, 2019, there has been a recorded total of 334 mass shootings in the United States, 22 of those being school shootings. Out of these shootings, 337 people were killed and 1,347 were injured.

With each shooting, the question is always raised, what would cause a person to commit this terrible act? In searching for an answer, various reasons are brought up: bullying, the media, mental illness, and violent video games.

“"We must stop the glorification of violence in our society," President Donald Trump said during a press conference after the El Paso and Dayton shoots earlier this year. "This includes the gruesome and grisly video games that are now commonplace."

In his remarks, President Trump addressed the tragedies and societal violence. This address has brought back into question, immediately.

"We must stop or substantially reduce this, and it has to begin with a culture that celebrates violence," President Trump said. "Playing violent video games leads to more aggressive moods and behaviors and detracts the players from feelings of empathy and sensitivity to aggression."

In its July 2016 guideline on media violence, the American Academy of Pediatrics also warned that violent media has a bad influence on teenagers.

"You shouldn't use humans or other living things as targets and award points for killing," the Academy said. "This teaches children to associate pleasure and success with their ability to cause pain and suffering to others."

In 2016, the Academy gathered results from more than 400 studies and found a "significant" link between violent media influence and aggressive behavior.

While these studies have claimed to have found a link between video games and violence, reports show that over 90% of kids and teenagers in America play video games. That includes the 68% of PG students who do so. And they don't see the link between the two.

“I play these games because I enjoy them and to spend time with my friends," Walt said. "I have never wanted to act out violence against others because of video games."

Walt is among the millions of other teenagers who play these games and say they aren't affected by their violent themes.

"With all the violence and shootings you see on TV, it seems that the media always says that it's because of video games, but I think that they are just latching on to that and to have something to blame," said junior Hayden Howell, who plays games like these almost daily. "If you get violent tendencies from video games, I think that it is your mental health that is the problem rather than the game."

While mental health is an important thing to be aware of, adults say it isn't only up to the teenagers to raise and teach themselves what is right and wrong.

"To me it is the parents' responsibility to monitor what your kids are doing and to know what is on these games," Mr. Colton Mullens said. "If they aren't paying attention to these things then I feel like it is their fault."

Mr. Mullens has had a history of playing video games and is the parent of a four year old son, Connor.

"I will try to be diligent about this with my son. I want to give him a gaming system soon for him to enjoy," Mr. Mullens said. "I feel like it is my responsibility as a parent to decide what my kid should or shouldn't play."

With no way to prove if there is a direct link between video games and violence, it all depends on whether a player is able to distinguish what they can do in a video game and what they can do in real life.

“When you get used to something and see that type of violence on a day to day basis, you start to get desensitized to it," Mullens said. "I don't feel like it causes violence, but it isn't necessarily helping it."
Erin DeBlanc wanders along the side of the Bringle Lake holding her daughter, Lorelai’s, small hand as she walks beside her. They marvel at the morning sun reflecting off the water and dark green forest around them. They are by the spillway, a secluded area of Bringle that not many visit. As she approaches the dam’s large concrete walls, she sees graffiti-ed words covering them. Seeing the vulgar terms, she quickly turns her daughter’s eyes another direction, and continues to do so throughout the rest of the park.

After starting work in March 2019, Ms. DeBlanc has transformed the area into an award winning place for families to walk, take photos, and enjoy time together. “Before there were so many bad images, offensive phrases, and trash and it was not an accessible place or somewhere you would feel comfortable walking on your own,” Ms. DeBlanc said. “Young people were going out there and doing drugs and having sex. And just doing what young people do.”

She walked in the area for almost 9 years, even before the sidewalks that are now there were paved, and eventually grew tired of the seeming disregard for the area. In 2018, she was hired as communications coordinator for the city’s Park and Recreation Department, putting her close to the subject. “I wanted to find some resolution to counteracting the vandalism and making it a more accessible area to bring more people from the community out,” Ms. DeBlanc said. “When I got this job it was kind of a way to this come to fruition.”

After thorough research on ways to transform the area, she pitched the idea of remodeling the dam into an art park—by covering the graffiti with local artists work. “I saw what other metropolitan areas were doing and what other countries were doing and kind of got an idea of what works what doesn’t work,” Ms. DeBlanc said. “And I went to my boss and said ‘hey can I just spearhead this and do it on my own?’”

The department took the project on but told Erin it would have to be completely community-funded, encouraging her to reach out to volunteers and local experts. “I really wanted to make it something that was reflective of our community,” Ms. DeBlanc said. “The best way to do that was to let them have the most immersive experience possible and in a way putting the responsibility on the community.”

The project had some initial push-back from teens in the area, but Ms. DeBlanc didn’t let it affect her work. “People were like what the heck who do you think you are to come here and cover up our vandalism,” Ms. DeBlanc said.

There were problems with teens throwing golf balls, baseballs, and litter just to disregard the work that had been done. “Initially I think they thought they could scare us away,” Ms. DeBlanc said. “But I’m not afraid to go on Facebook or Instagram and blast somebody, and tell them we were not slowing down and we were here to make it a better beautiful place where everyone is included.”

In order to get more people on board, she also recruited local artists and community members to be a part and paint their own square of the sidewalk. “It was really cool to see people who had never been to the park or involved in our department come out and really be excited and enthusiastic,” Ms. DeBlanc said. “Literally everyone that wants to come be a part of this, from 4 to 60 something, they’ve all been involved.”

With them, Ms. DeBlanc’s 6 year old daughter has worked throughout the project. “It was really important for me to show her what volunteering is about and what being a part of your community is about,” Mrs. DeBlanc said. “She’s been out there with me and there were definitely days where she was like ‘I’m not going to the art park again’ but it was important for her to see that too.”

With the improvements to the park, the city won the Texas Recreation and Parks Society-North Texas Arts and Humanities Award, and the community have taken responsibility in the area. “People that use the trails and go fish are noticing the improvements and taking more pride in that area and are now picking up their trash and using the trash cans and it’s really cool to see,” Ms. DeBlanc said.

Although the park has changed drastically, Ms. DeBlanc’s plans go far beyond only transforming it with paint. “We’re ahead of schedule but we’re also not sure how to go about some things,” Ms. DeBlanc said. “No matter what it’s going to get done and it’s going to be better than when we started.”

She plans to have the park done by summer 2019 and the wants to add interactive aspects to the park including picnic benches, wood carvings, and maybe even offer yoga classes, to make it unique. “I’m trying to think of different things outside the box so the place is maintained,” she said. “I invite people to give me feedback and to be involved and I think by doing this way we can sustain the park, grow it, and keep it moving forward.”
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Offer After Injury
Season ends for senior player, college offers don’t

Senior football player Connor Stanfill, one of the only five people in the state of Texas to be selected for Dave Campbell’s Unsung Hero Award, also suffered an ACL tear during a game against Liberty Eylau. Stanfill has had official offers from Hendrix, ETBU, Harding, Rose Hulman, and Louisiana College. Despite the injury that put him out for the rest of the season, the offers did not stop. He received an offer from Millsap College within a week of being injured and an offer from McMurry University in early November.

Sports Update
Volleyball
The Varsity Volleyball team ended district strong, beating two teams that they had previously lost to, including the undefeated Paris team, to win the second spot in district.

In the first round of the playoffs, the Lady Hawks were matched to play Gilmer, who they had already played twice throughout the season, for the Bi-District Championship. They lost in four sets, ending their season.

Cross Country
At the district cross country meet, the Hawks brought home 2nd place for boys varsity, 3rd place for girls varsity, and 1st place for boys junior varsity. Both varsity teams qualified for regionals.

The team ran at the regional meet in Dallas on Oct. 28. The Hawks had a successful run with Sophomore Da’mond Harvey leading the boys and Freshman Emma Henard leading the girls. However, the team will not be advancing to state.

Boys Basketball
The Hawks played their first scrimmage of the year Tuesday, Nov. 12, facing Bullard and El Dorado. In divided half scrimmage format, the Hawks won three out of four halves they played.

The Hawks kick off the season against Sulpher Springs on Nov. 19. The team returns five seniors that finished 13-14 last year and went to round four of the playoffs.

Girls Basketball
The Lady Hawks Varsity girls basketball team won their first scrimmages of the season against Hallsville and Harleton. Later in their starting week, they won two more scrimmages to continue their winning streak that kicked off the season.

The team has a loaded pre-season and has high hopes despite injuries.

1. Jackson Cobb stands alongside Coach Kevin Reeves as they both coach from the sidelines. [Jones]
2. Ben Harmon scores a touchdown while wearing Jackson’s #3 jersey to honor him [Cjoyce]

From Helmet to Headset
After ACL injury, senior football player moves to the sideline, assists coaching staff

Senior Jackson Cobb lays on the medical bench on the sidelines of the Hallsville game, watching his team play and wondering if he has just ran his last down as a high school football player.

On the first Friday night home game of his senior season, Jackson came down hard after a play early in the game. Even to those in the stands, it was clear he had suffered a major injury. Later it was confirmed that he had torn his ACL.

“I was just shocked and wanting to play football again. I was thinking it was the last time I was ever going to step on the field as a player,” Jackson said.

Jackson’s high school football career came to an unexpected end that night. While he still has the baseball season to look forward to, his worry of that being the last time he’d be on the field as a football player was true. However, it was the loss of the experience with his friends as teammates that was hardest for him.

“After the injury I went home for the weekend and just cried the first two nights because I thought I’d never get to play football again with my boys. I couldn’t think or anything. I was just kind of sitting there motionless,” Jackson said.

However, Jackson’s bond with the players as teammates was not lost and was even possibly strengthened because of the support that they gave him.

“They’ve supported me by really just being there and texting me to make sure I’m okay and still having me around and inviting me to everything as if I never even got hurt,” Jackson said. “What’s helped me cope with the injury is my teammates helping me and always checking on me and Coach Gibson letting me start coaching.”

This new coaching role given by coach Josh Gibson was a big part in keeping Jackson involved with the team while still being able to make his own contributions. Now with a headset and mic, Jackson gets to be a part of the team by offering his coaching insight.

The injury has allowed Jackson to have early hands-on experience of his desired career.

“I told Coach Gibson that I wanted to be a coach, like that’s what I wanted to do for my career. So he was like all right I’ll help you out,” Jackson said. “Coach Fincher was helping me out too. He kind of took me under his wing with working with the quarterbacks and receivers.”

Having this role allows Jackson to experience the game through new eyes, giving him a different control over the field.

“When we’re on offense, we’re looking at the way the defense is lining up and what they’re doing and how the D-Line is playing and what plays are the best to run with what they’re lining up,” Jackson said.

Senior quarterback Ben Harmon wore Jackson’s #3 jersey at their game against Henderson. Harmon and Jackson are lifetime best friends who grew up sharing football as a common interest and didn’t let their team dynamic end with Jackson’s injury.

“I’ve been playing with Jackson, just like a lot of us have, for years now, ever since third grade. Really I just wanted to do it in honor of him,” Ben said.

He saw it as a way to respect Jackson’s hard work throughout his football career.

“He’s dedicated himself and a lot else to us in the season, so I thought I could do something for him. He’s my best friend, so I figured it would be a good idea and he wanted me to do it.”

Ben sees the heart in Jackson on and off of the field. He thinks it helps make him a valuable part of the team and has even had a part in his perseverance.

“He’s overcome it (the injury) very well. He helps out the guys that are playing his position. He does everything he can to help the team win so you can’t ask for a better teammate than that,” Ben said.

At his current recovery rate, he believes he should be well and able to return to varsity baseball this spring.

“They predict me to be back mid-March, but I’m going to try to come back a little earlier. But don’t take it too hard, I think I’ll be fine,” Jackson said. “My scars are healing up faster than usual. That’s what my doctor said. The physical therapist said that everything is on track and hopefully I can start strengthening it soon.”

Carson Sanders
reporter
Missing for a Mission

Varsity football players to miss part of basketball season because of playoffs

The football descends fast and hard; at the end is senior Sergio Rodriguez. The ball falls perfectly into his arms and he heads toward the end zone. He knows what he has to do. Every move already played out in his mind step-by-step. He doesn’t have to stop and think—After all the hours spent practicing, it's instinct.

Soon the familiar feeling of the egg shaped ball with white laces will be replaced with the circular structure of a basketball, and the 'Friday night lights' atmosphere will transform into the loud squeaking of basketball shoes on the court. The typical feeling of a football field will be replaced by new instincts on an indoor court.

"Football is mainly outside and basketball is always inside, and then the conditioning is a lot different," senior Sergio Rodriguez said. "With football, I'm use to being outside - sometimes it'll be 100 degrees and sometimes it'll be 40 degrees, and basketball is inside, about 70 degrees with AC. Some gyms are hot and some gyms are cold. And then the conditioning is different."

Basketball practices started Oct. 30 and the first game was Nov. 9. Last year the football season lasted until the middle of Dec. due to playoffs; leaving multitasking football players missing a lot of games and practices.

"I don't like it, but missing out on basketball makes me want to win more in football, cause you're missing like 75% of your basketball season," junior Tory Phillips said.

While the football team still sees no end to their season, the basketball team is left with roles to fill.

Because of that, coach Dwight McCowan knows that the early part of the season won't reflect how the team will fare at the end.

"Our schedule is really hard at the very beginning and so we can just see what we can do without them and then whenever we get them back in December then we know we'll be really good," junior Sam Bradshaw said.

The closeness of the two season leaves the two-sport athletes in a tough situation,

"It definitely sucks knowing that I'm gonna graduate early next year so this is definitely my last year playing basketball, and I really can't wait to get on the court and play," junior Marcus Burris said.

Not only are the football players affected but the basketball players are forced to make do with what they have.

"It's different because we are way better with them. Like our whole team; our state championship team," junior T'vondrick Henry said.

During the first part of the season the basketball team is left with half a team since the football players are still focused on winning and bring home to gold. Leaving many underclassmen, and few upperclassmen to show them the ropes.

"I'm pretty shocked to see how developed some of the underclassmen are. When I was younger, like as a freshman or sophomore, I wasn't that good, and seeing that gets me excited for the season," Marcus said.

The football players add on to team in practices and especially in games; giving the rest of basketball players motivation to do better and a sense of relief during bad games in the earlier season.

"It's more competitive makes practice better and yes it gives us a lot of confidence because we win more games," T'vondrick Henry said.

The incoming football players that add onto an already hard working team have to learn to adjust to plays and drills of the basketball team.

Along with new drills the football players learn to read adjust to the atmosphere of the game, and it's challenges.

"The atmosphere is different because in basketball the crowd is like right next to the court and you so it's like everyone is watching you and there's less people on the field so it's like all eyes on you and like in football you're wearing a helmet and the people aren't so close," senior Dylan Hopkins said.

For football players coming into basketball late in the season there are other challenges to face off the court as well such as finding time to practice and building chemistry with the other basketball players.

"With football we're just like a family and there's no changing that. We practice all summer and all spring, so with basketball I don't get as much time with them as with football." - junior Marcus Burris.

"Football is mainly outside and basketball is always inside, and then the conditioning is a lot different," Marcus said.

Football and basketball season over lap, and the double sports players focus not only solely to be good at one but to do their best in both.

"They're both really fun. I've always played basketball, and football is just a big team. I mean everyone in your grade practically plays so it's pretty fun," Sergio said.

Many of the football players have already been offered various scholarships for football, but they still keep giving it their all in basketball.

"People think that having gotten scholarships, my view on basketball is going to change," Torey said, "but it's not."

However, football players aren't the only athletes that have to miss part of basketball season. Hallie Lipham is the only student athlete on both the varsity volleyball and varsity basketball teams, and she had to miss the first two weeks of the basketball season.

"I was all right with missing basketball because we where going to playoffs for volleyball," Hallie Lipham said.

"The biggest difference was adjusting to the running back and forth in basketball compared to the staying down in volleyball."

Why do you play multiple sports?

![Chart showing reasons for playing multiple sports](chart.png)

- 39% like playing multiple sports
- 20% enjoy being around their friends
- 7% wanted to
- 30% grew up playing more than one sport
- 49% of student-athletes play two or more sports

100 students surveyed

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**Interviews**

Alex Norton
**co-editor**

Leslie Reyes
**reporter**

Dylan Hopkins sports his jersey for both basketball and football. "I've played both basketball and football since a young age and I'm a big competitor. I like playing against a lot of people, and it's fun to me. It's something to do outside of school," Dylan said. [jones]
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Students are affected by entertainment media that doesn’t always reflect American culture because of lack of representation.

**The Rise in representation**

Students share input on how some of these diverse movies/TVs shows have affected them.

**I really enjoyed watching Black Panther in the theater because I really wanted to feel the excitement of seeing a true African-American hero. I really enjoyed that one. During those times, movies are inspiring and when a hero is from a minority, it’s a new experience for me.**

—Sophomore Melody Hayes

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Serving Students

On Friday mornings, Life and Living skills students pass out coffee to the staff and administrators on campus. The Life and Living Skills class is designed to prepare students for life after high school.

“It's a class for grades nine through twelve where they learn all their ELA and math as it relates to independent living once they leave high school,” Life and Living Skills teacher Jeffery Parker said. “It also has a community based instruction component to it where we go out in the community two days a week and actually work.”

Community service is an important and effective way for these students to get hands-on work experience.

“Right now we’re working at a dance studio in Wake Village and U.S. Pizza, and later we’ll be working at an art studio and Texas A&M Texarkana college in the athletic department learning about sports medicine and trainers with equipment,” Mr. Parker said.

This community service has had an impact on students and even helped them decide how they want to work after they graduate.

“I want to start a company that helps the environment,” freshman Ryan Stevenson said. “I’m gonna build robots that pick up trash and clean up the ocean, sky, land, and stuff like that. I just want to make the world a better place.”

But community service isn’t the only focus of the class. The students also put skills involved with STEAM (science, technology, engineering, art, mathematics) to practice.

“They have a STEM project in both the fall and the spring, and that goal is to incorporate all the components of STEAM, including art,” Mr. Parker said. “They are doing projects on vehicles from movies. So we’ve got a monster truck from Mad Max, Optimus Prime, and a boat.”

Projects like this have helped peak other interests for some of the students, including careers in the entertainment industry.

“I’m going to start my own business,” freshman Jackson Swaney said. “I’m going to be a cartoonist and I’m going to make different costumes and mascot costumes. I heard that we have an animation class, so I was thinking that I’d take it next year so that I can know what to do to make the cartoons.”

Other than careers, the class helps prepare the students for normal adult life - like growing their own food.

“We have a farming component and a goal of that is for them to grow something,” Mr. Parker said. “In the fall, we’re growing pumpkins in the raised beds in the back. In the spring, we’ll have a whole garden with vegetables that the students will cook themselves in class.”

The plan was to have full-grown pumpkins by Halloween, but the Texas heat made for a slight delay.

“It takes anywhere from 80 to 120 days to get a full-grown pumpkin depending on how much rain we get. It was so hot when school started, we couldn't plant them when we needed to have them in October, which is a problem for having pumpkins in Texas, so they'll be ready by Thanksgiving. They may not be completely full grown at Thanksgiving, but they will be big enough that they can take them home and use them for table decorations for the Thanksgiving holiday.”

Students serve their community throughout the school week

On Friday mornings, Life and Living skills students pass out coffee to teachers and sell danishes, muffins, and honey buns to the students and staff.

“We sell coffee to help raise money for the students in the special education program,” freshman Donovan Tran said. “We help them get things like coloring books and other stuff they need.

But selling coffee also helps students prepare to work outside of high school.

“It helps me learn a little bit about life and money, like how to handle it,” Donovan said.

It’s a helpful way to give thanks to the teachers and staff.

“I think they really appreciate and enjoy the coffee, but some teachers say that it’s a little too strong,” Donovan said.

On Tuesday and Thursday mornings, the students go to Texarkana Dance Academy, owned by Rachel Norman, to help prepare the dance studio for the day’s classes.

“Well I use to teach those kids, so when I quit teaching, I still wanted to be involved in the kids lives and help them,” Rachel said. “I knew that community service was a big part of their lives and their education here. I reached out to the school here and asked if they wanted to come work and clean.”

Cleaning the dance studio does more than just help them with their cleaning skills.

“I think it’s helps them socially,” Rachel said. “We have a jazzercise class full of ladies that they have to interact with when they’re there, so I really feel like it’s helped them socially.”

Not only do the students help prepare the dance studio for their day, they also go to U.S. Pizza Co. on Gibson Ln. to set the restaurant up.

“At U.S. Pizza we set up everything for the day’s business - from putting the coke machine back together after being cleaned, to making the tea, coffee, setting out all the trays onto the tables that hold all the cheese and pepper, filling those up and setting up their patio area,” Mr. Parker said.

For the students it’s not just about setting up for the day. They enjoy seeing the decorations on display throughout the restaurant.

“I like the room leading to the bathroom that has different jerseys, like PG and my old school, Red Lick,” Jackson said. “It also has jerseys from the other schools in town.”

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Don’t Sugar Coat it

Diabetes changes perspectives, lives of students

Junior Emma Beck sits in her algebra class trying to focus on Mrs. Mac as she explains polynomials, a lesson she learned last year, she can’t enough. Emma feels exhausted. Her head feels woozy and she can’t concentrate on the board. She knows pretty quickly that her blood sugar must be low. All she needs is a snack, but she’s still annoyed she couldn’t make it through the day without her diabetes being a problem.

“So far it’s changed my life drastically,” Emma said. “Some days it’s really hard. If my sugar is really high or really low, I don’t feel good and I just zone out and don’t really want to do anything.”

In Early October, after being picked up from school feeling sick, Emma’s parents took her to the doctor and found her blood sugar was at 430—high enough to go into a coma. Blood tests confirmed that she had type two diabetes. Her diagnosis was no surprise to her family because both of Emma’s parents have had diabetes since they were born.

“When I was younger I didn’t really understand my parents’ diabetes, but as I got older them checking their blood sugar through their fingers hit hard like ‘well what if I have to do that one day?’” Emma said.

Their doctor had always told them that either Emma or her brother Reagan was likely to inherit type two.

“I’ve always had health problems, so I was secretly hoping that if one of us would get it would be Reagan,” Emma said. “I didn’t think I could handle anything else, but it was just kind of luck of the draw I guess.”

Type two diabetes is a disease in which the body produces insulin that it is unable to use efficiently because the cells are resistant to insulin. Because of this, Emma must take insulin shots and medicine to keep her blood sugar steady.

“Diabetes has just added a lot of waiting,” Emma Beck said. “I can’t just get up and eat like I normally would, so I’ve had to change my daily routine a lot.”

She often feels the disease is something hard for others who have no experience with it to understand, but having a family that understands has helped a lot. Because her parents also live with the disease, Emma has seen them deal with it and learned to have a healthy relationship with food even before she was diagnosed.

“It hasn’t been as bad since I’ve almost always lived like a diabetic because that atmosphere has been around me,” Emma said. “We’ve really just always watched how many carbs we ate and I also occasionally checked my blood sugar.”

With the fear that can come along with a life long disease such as diabetes, having loved ones who face the same challenge has been a comfort to Emma.

“Some days it’s scary, but my great-grandmother had it and lived with it forever and lived a healthy life so I know it can be done and there’s some comfort in that,” Emma said. “My parents also stressed that everything was going to be ok and they both live with it and it’s not the end of the world.”

Junior Bladen Formes also faces the challenge of a disease that affects his daily life, however he has Type One Diabetes—an autoimmune disease in which the body produces little to no insulin.

Unlike Emma, who was recently diagnosed with diabetes, Bladen has had Type One since he was four years old. While his parents were away on a trip, Bladen became very sick so his grandparents, whom he was staying with, took him to the emergency room and eventually to the doctor where he was diagnosed.

“At this point, diabetes is kind of the norm since I’ve had it for so long,” Bladen said. “I don’t really remember what it’s like to not have diabetes.”

Even though he has had it for so long, it can still be a struggle to constantly maintain his blood sugar and carb intake. He has however learned to know himself and the signs of his highs and lows.

“When I’m low it’s really hard to concentrate since there’s less sugar in my brain and it can be hard to walk or stand,” Bladen said. “When I have high blood sugar I get really hot and need to drink a lot of water.”

Bladen has also found easier ways of managing the disease, the biggest way by transferring pins from one pump to a pump. Many diabetics use pins to administer insulin to their bloodstream which requires pricking their fingers before each meal. Pumps however, automatically administer a set amount of insulin at set times. Bladen got his pump two years ago—after almost 11 years of having diabetes.

“I just got a pump because they’re fairly new,” Bladen Formes said. “The pump makes it a lot easier because I don’t have to give myself five shots a day.”

As Bladen has learned more about this disease and how to manage it daily, his family, has learned with him.

“My family has adjusted because I’ve had it for so long so they know how to manage it as well.”

Bladen said. “My mom and dad help me the most, they’ve helped me keep on track and make sure I always check my blood sugar and help me put in my insulin and sensor.”

Bladen also goes to a type one camp each summer and surrounds himself with other teens with type one.

“The only people there are people with type one and it basically feels like a family because they really know what you go through.”

Bladen and Emma both found strong support systems and people that understand them and how hard a seemingly invisible disease can be. Still, they both feel that most don’t get it.

“There are misconceptions about diabetes, a lot of people think that if you have diabetes you just can’t eat sugar, but there’s a lot more in depth than just that,” Bladen said. “Honestly, it’s hard to put yourself in a situation when you haven’t been in the situation personally.”

Emma agrees.

“People always say, live in the moment but sometimes you can’t live in the moment because you have to think about what you’ll be doing later and that’s really hard.” Emma said.

Type One

An autoimmune disease where the body attacks its own pancreas and destroys insulin. Accounts for 5% of all diabetes cases. Most often passed down in genes that increase a person’s chance of getting diabetes. Most commonly diagnosed in children, teens, and young adults, because of this it is also called Juvenile Diabetes.

Type Two

A condition where the body either does not create enough insulin to survive, or the cells resist what it does make. Can be impacted by genes, but can be prevented through a good diet and exercise. Appears most often in people above the age of 45.
It’s a Wrap

After six performances, Aladdin finishes off an unforgettable magic carpet ride.

1. After discovering that Aladdin is the “diamond in the rough,” Lauren Sinard (Jafar) and senior Emily Litchfield (Iago) celebrate in the palace.
2. Aladdin (Clayton Jones-12) sings along with Kassim (junior Trinity Tutolo-11), Babak (Jessica Colvin-12) and Omar (Bryce Johnson-10) in “Friend Like Me.” “I became really close with Bryce and Jessica,” Trinity said. “And they became two of my best friends. I’ve always had a passion for theater, and I’m going to continue it.”
3. Appearing in a cloud of confetti Genie (DJ Whaley-12) escapes from the lamp in the beginning of “Friend Like Me.” “The biggest challenge was knowing I had big shoes to fill. I had to live up to these expectations, but I overcame that struggle,” he said.

Conner Payne reporter
Cadence Pov reporter
Standing center stage, Caroline Joyce takes her final bow and lets the tears fall freely as she says goodbye to her last high school musical. She’s been a part of Curtain Call Productions since her freshman year when she was only a stage hand, but in the years since, she has played major parts in many of the productions, including Jasmine in “Aladdin,” which finished its last performance Monday for elementary students.

“You’ve looked up to Disney Princesses my whole life and playing one is a dream come true,” Caroline said. “Aladdin” closed Monday, Nov. 11 after months of rehearsing, set designing and prop building. Over 300 students had parts in the musical, including sophomore Bryce Johnson. In his first theater performance, Bryce performed along side junior Trinity Tutolo and senior Jessica Colvin. The trio played Aladdin’s friends, Babkak, Omar, and Kassim.

“This has been amazing. It’s made me feel so welcomed and accepted,” Bryce said.

While Bryce feels like this is where he’s meant to be, junior Lauren Sinard had some adjusting to do.

“Jafar is the total opposite of my personality. It’s fun to be someone else for a while,” Lauren said.

Getting into Jafar’s character was a challenge. Lauren spent months crafting her character’s voice and tone to perfect her performance. After the musical, it paid off and even made some young audience members cry.

“That is the only time that could be considered a good thing,” Lauren said.

“My whole life, I’ve looked up to Disney Princesses,” Caroline said. “I always wanted to be a Disney Princess. When the role of Jasmine opened up for me, I was so excited.”

4. In the finale, Aladdin (Clayton Jones-12), Genie (senior DJ Whaley-12) and Princess Jasmine (Caroline Joyce-12) dance with the cast.
5. After the show, principal Todd Marshall talks to the cast, congratulating them on the musical.
6. Isir (April McDowell-11), Rajah (Emily Movery-11) and Manal (Kaylee Sexson-10) sing with the cast in the finale.

“You don’t know what dreams were born over these past seven days.”
--Principal Todd Marshall
Theatre director Debby Sutton fumbles her way across the growing piles of hats, cardboard cutouts and dresses laid across the PAC foyer. In one corner, a stack of flowers and costume materials. And down the 600 hall, a room full of memories from years past. A candy cane from Elf (2016) stored in one bin and a pot of flowers from Seussical (2018) in the corner.

“They’re just part of the ever-growing collection of props and costumes that are hidden away in various closets and rooms. “Room 606 is a room full of possibilities,” Mrs. Sutton said. “It’s ideas, it’s creation, it is what we can do. When I walk in there, I see all the endless ideas that can come to life.”

Past musicals such as The Lion King and Seussical resulted in a growing collection of different props and costumes. Aladdin was performed in the PAC throughout Nov. 8-11. With Aladdin being the biggest production to take stage so far, the theatre department took their set design to a whole new level.

“Everything (in Aladdin) was bigger than our past shows,” Mrs. Sutton said. “There’s more scenery pieces, more lighting issues, more sound issues, more costumes, more costume pieces.”

Mrs. Sutton planned out the musical in February of last year. For months, actors and set designers worked on the show to be as engaging to the audience as possible. From the Agrabah citizens outside of the PAC to the moving set pieces, the musical aimed to be a true Disney experience.

“We took inspiration from Disney World and Disneyland and tried to replicate that magical feeling when people come here,” Mrs. Sutton said.

A little more than $36,000 for all the materials for all the props and costumes was raised by fundraising and donations. Unlike past shows, Aladdin had moving scenery, which means all the props and settings change with each musical number.

“With all the moving scenery, there’s a lot more engineering and mathematics that goes into it,” Mrs. Sutton said. “Honestly, the production scares me to death, but that is why we are doing it.”

The props and costumes for the actors are all handmade and created by theater students with help from Assistant Directors Whitney Glover and Colin Perry. Mr. Perry’s theater one class was in charge of creating props from scratch. They made everything from peacock feathers to the Persian monkey costumes. Mr. Perry describes the experience as stressful but enjoys the experience.

“I’ve done theater when I was younger, but I grew out of it as I got older,” Mr. Perry said. “And so I decided to go back to it after finding out my first job wasn’t for me, and it’s been the best decision of my life.”

Mrs. Sutton and Mr. Perry consider Aladdin their biggest project yet. But the pressure and intimidation of producing a show with over 300 people can only be something so rewarding.

“And so I decided to go back to it after finding out my first job wasn’t for me, and it’s been the best decision of my life.”

Props and set design make Aladdin an immersive experience
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**Pumpkin possibilities**

Savannah Hoehn

Year after year people obsess over more and more pumpkin things, and there is always a constant reminder on social media that the Pumpkin Spice Latte is back at Starbucks. It seems like there’s a never-ending list of recipes, and no one really knows if they want to try and make pumpkin pie white hot chocolate.

### White Hot Chocolate

If I’m being honest, I was skeptical of this one, at first. The steam coming off of it smelled really good, but I wasn’t sure how it would taste. After letting it cool off, I added some whipped cream, which was definitely a good idea. I took my first sip and was amazed by how much it tasted like pumpkin pie. The recipe was spot on. It was literally like liquid pumpkin pie and I was unsure how to feel about it. Don’t get me wrong I do like pumpkin pie, but the sensation of it being liquid was so weird.

There wasn’t much of a chocolate taste to it, but instead it was leaning more towards a very sugary coffee. Sugar and pumpkin were the most dominant features, and really nothing else. There was no spice to it though, so add some cinnamon to it if that's something you're looking for.

It wouldn't necessarily pair well with anything, but maybe try it with graham crackers. I know its sounds odd, but it could kind of act as the crust of pumpkin pie, and it gives a similar taste.

Overall, I definitely recommend you try it if you are a pumpkin pie fanatic. If you don’t enjoy pumpkin pie, you probably won’t like this. But you’re never really gonna know if you like it if you don’t try it for yourself.

**Where to get it:**

Recipes are on cincyshopper.com. You can also buy a Pumpkin Spice Hot Chocolate blend at Williams Sonoma for $15.99 online or in store.

### Cinnamon Rolls

Personally, I think you can never go wrong with cinnamon rolls. They’re good for anytime of the day, not just breakfast. These were everything you loved in a cinnamon roll but with a nice hint of pumpkin. The soft fluffy texture and amazing glaze on top made them irresistible. The center is that perfect soft, gooey texture and by far the best part. Once you eat one you want to keep going back for more until you’re full. These are a little messy, just like any other cinnamon rolls, but they are so delicious. They are pretty sweet so make sure you have your beverage of choice on hand when you try them. The recipe also makes a lot of them so you’re able to share with friends and family.

I would definitely recommend bringing them to a Thanksgiving dinner for a fun twist on dessert. I’m sure they will be a favorite among many, and you’ll be going home with little if any.

**Where to get it:**

Pillsbury makes Pumpkin Spice Rolls and at they are available for a limited time at Target and Walmart for $3.89. If you want to make them on your own, there are recipes online. And if you want to get fancy, Pillsbury also has a recipe to make monkey bread from their rolls.

### Cheesecake Cookies

Three desserts combined into one with the mix of pumpkin, white chocolate cheesecake, and cookie makes for quite the treat. This was tried by the staff as well and they all loved it. All of the cookies were gone by the end of class. Many of them said that they didn’t like pumpkin normally, but they enjoyed these cookies.

They are also perfect for fall time and super easy to make. They put a fun twist to your traditional cookie, and aren’t overwhelming in pumpkin or chocolate. They have a nice balance so you don’t need a glass of milk with these, but it would make them even better. They are also a soft cookie, so if you’re a fan of chewy soft cookies, these are for you. They weren’t particularly thin or chunky, just an in between.

**Where to get it:**

Overall, this cookie is a nice idea to try for the fall time, and I’m sure they would be a favorite if you brought them to a Thanksgiving dinner. I recommend you try them whether you like pumpkin or not.

### Pumpkin seeds

These seeds were surprisingly one of my favorites. Once I had one I couldn’t stop eating them. They were salty, but the pumpkin seed helped balance it out so it wasn’t overwhelming. A lot of people are initially scared to try them, but they’re actually really good.

They’re a nice light healthy snack, and they kind of remind me of nuts, even though I am personally not a nut person. Unlike nuts, you eat the entire seed instead of peeling it. It may seem wrong, but it’s definitely much easier and more tasty.

In addition to having a great taste, they also offer a lot of health benefits. They are known to be a great post-workout food choice due to high-quality amino acids. On top of that, they have a lot of anti-oxidants which help protect against disease and reduce inflammation. They are also one of the best sources of magnesium, which is needed for a lot of the body’s chemical reactions.

**Where to get it:**

Available Wal-Mart, Amazon from a variety of other online sellers. Wal-Mart carries several brands that you can buy in the store or online. Prices range from $3.98 to $8.69, and the product comes in many different flavors.

### Pancakes

Initially when people hear the words pumpkin and pancake together, they’re not sure what to think. They normally decide it’s not a “safe” option and end up eating something else, but I learned that after trying these you should never be afraid to try something new.

These pancakes were not only the right fluffy, soft texture, but they also had a perfect hint of pumpkin spice. The flavor doesn’t completely trump your traditional pancake flavor, it just adds a little extra flavor making the pancake more unique. They were really tasty, but I could definitely only have one or two before it’s too much. If you’re a lover of anything pumpkin, I highly recommend you try these at least once in your life. They pair well with syrup, but don’t be afraid to try it with powdered sugar or whipped cream. They also can be eaten for any meal, just like a regular pancake, so feel free to try these for dinner.

**Where to get it:**

I-Hop has these on the menu for a limited time in the fall, but’s too late to order this year. To make them at home, there are recipes online.

### Pumpkin Smores

If you’ve never heard of Pumpkin Smores, then you’re in for a treat. These were gone by the end of class. Many of them said that they didn’t like pumpkin normally, but they enjoyed these cookies. These seeds were gone by the end of class. Many of them said that they didn’t like pumpkin normally, but they enjoyed these cookies. These seeds were gone by the end of class. Many of them said that they didn’t like pumpkin normally, but they enjoyed these cookies.
Oh Brother
A new family member throws staffer off guard

I have a new brother.
He's not the cute newborn baby most people think of when they hear that. He's 32 years-old and has a wife and a three year-old daughter.

At the beginning of summer, my dad took a DNA test to look into his ancestry. When the results came back, he found out he had another son. My dad and stepmom managed to contact him and after getting to know each other over the phone scheduled a time for us to meet at our lake house. Weeks went by before he decided to tell my brother, Devon, and I.

When we found out, I had a loss of words. I couldn’t believe that this wasn’t just another version of Parent Trap, where they find out they’re twin sisters. But there were no smoke screens or bloopers. No operator had a clapperboard to cut to the next scene. It was playing right in front of me and all I can do is watch.

Initially, I was confused and upset. It was hard to accept that my dad had a life before he had me. I wasn’t ever directly mad at him, but I was confused and I felt—for a split second—I didn’t know my dad.

After talking to my stepmom for a while, I came to realize that I was looking at this the wrong way. She was adopted as a newborn, so she shared a similar experience with him, as far as meeting new family. This wasn’t something to be scared of, it was truly a blessing on both sides. My brother finally got to figure out who his dad was, something he wasn’t something to be scared of, it was truly a blessing on both sides. I didn’t think that this will completely change my life, but my family isn’t going to be the same again. We had no expectations for where this would go, but we all knew it would be a learning experience.

In the hours before we first met, I became more and more nervous. Before I knew it, my brother and his family were in our driveway, and it was time to meet them. They got out of the car and, in complete honesty, it really wasn’t awkward. Sure there were uncomfortable moments throughout the weekend, but it was a nice and I enjoyed getting to know them. Making s’mores with my new niece, Sophia, was something I’ll always remember. She’s like a reflection of myself at that age.

This experience taught me that you shouldn’t always be scared of new experiences no matter how odd they are. Everything that happens in your life leads you to where you’re meant to be, so you just have to learn to embrace the crazy.

Silver Lining
Premature hair color gets staffer humorous attention

Premature greying is considered to be when an individual’s hair starts turning grey during their twenties... mine started when I was 14. I remember discovering this oddity just as I crossed the finish line at my first cross country meet. My parents walked over to me and as I sat down in my chair, they both pointed out part of my hair was shining. They started picking at it, trying to get the mysterious shine out of my hair. Little did we know that was actually my hair.

What started as a small patch the size of a quarter has now turned into a large streak on my head. Everyday when I go to school I see my friends and they all say is, “You’re hair looks even more grey today.” They say that as if I don’t already know. And I know what you are thinking. “Why don’t you just color it?”

Well to be honest, I like the attention.

It’s the greatest conversation starter in the world because most people have never seen a 16 year old with 30% of his hair grey. Literally everywhere I go, someone asks me about your hair?” I replied, “No it’s natural... natural-ish.” They were all suddenly intrigued and wondering what I meant.

I then said, “I went on a hike with my Boy Scout troop when I was 11 years old. We were hiking up a mountain and were suddenly caught in a storm. We still had two miles to go until the next campsite, but when we came across an open field, it started storming hard.

It was every man for himself. Being the smallest, I tried to keep up with the group while carrying my heavy pack, but then I saw a flashing light. I woke up in the hospital the next day. Apparently, lightning struck right next to me and I was lucky to be alive. The only part that was affected by it was part of my hair which is now grey.”

I made that story up as I went, but they didn’t know that.

That group of girls were blown away by my survival story and the shock of getting struck by lighting. So if you ask me why my hair is grey, it’s not because of lighting, it’s because I am an old man in disguise as a teenage student at Pleasant Grove High School.
Easton Jones arrives at the football game at 6:50, a whole 40 minutes before the game starts, to make sure he gets a seat in the student section. After paying for his ticket, he heads to the bleachers and sees each row is already full. He walks down the stairs to make sure there aren't any open seats and about four rows down he realizes the “student section” is full of middle-aged football fans.

Due to the Hawk’s success in recent years, overcrowded football games have become common and finding a seat has become a challenge. At a few of the busiest games this year, the crowd overflowed into the area that is meant to be left for students—forcing them to stand all game or move to the berm.

We understand that these adults are paying ticket holders and expect to have seats, but ultimately, the student body is the most important part of a high school football game. There were attempts to rope off the student section, but these resulted in fewer rows being reserved.

The students’ presence as fans is vital, and having a proper-sized student section should be made a priority.

Although the student section does exist, it is more of an agreement among students than something made clear to everyone. This makes it easy for overzealous fans to fill up the section—leaving only a few rows for students.

Establishing a better student section would only require a simple roping off or announcement to ensure students get first dibs. Once students have had this chance, the area can be made available to other fans so that no seats end up being wasted.

One of the most important parts of a true high school experience is the football games. Being more intentional about reserving the student section for big games will provide students room to cheer for their fellow classmates together as a student body.

With Thanksgiving holiday approaching, students are more than ready for a break from the constant workload that comes along with school. But with the break falling in the middle of a six-weeks, it can be an odd time for teachers to drop everything for their students.

To help, some teachers are assigning homework over the break, while others feel that is unfair to students.

-Probably not, we’ve had an intense semester so far, so only homework would be to catch up if you’re behind.
-I want students to have plenty of time to relax and spend time with family.

-Shawn Edmonds, English teacher

-I don’t like to give homework over break because one time my kid had so much homework during Thanksgiving that I didn’t even get to see him. I don’t like the idea of imposing that on somebody else.

-Michele McInnis, math teacher

-I might consider giving homework, depends on the situation. We’re probably having a project, which is a fun homework; something like a worksheet is a ‘no way’.

-Barbara Haidet, geometry teacher
Congratulations! Thanks to the Texarkana College Foundation and its generous donors, these Pleasant Grove graduates have been awarded the prestigious Texarkana College Presidential Scholarship. 2019 TC Presidential Scholars from Pleasant Grove High School include Madison Brannan, Abbigail Calhoun, Linton Colvin, Hayle Foster, Zachary Goins, Maritza Hernandez, Ashlynn Hill, and Lauren Holland.

This scholarship is awarded to top high school seniors in the Texarkana College service area and covers the full cost of tuition, fees and books for up to two years. Applications are accepted in the spring of each year. For more information, visit texarkanacollege.edu/presidential