The Ways of Success

As sophomores Donaijah Brooks and Alivia Whitfield (1) work to maintain their proficiency in the Spanish language, they collaborate and practice. "Knowing Spanish will give me an advantage to get a job because being bilingual is a great trait to have on a resume." Brooks said.

As he takes notes in Lisa Ouellette's English Language Arts test prep, junior John Stage (2) prepares for the upcoming SAT.

"I will apply many skills that I learned like paying attention to the reading portions of the test," Stage said.

While completing his Spanish packet, sophomore Danny Clancy (3) takes the time to check his answers with his peers beside him. "Taking Spanish will contribute to my ability to talk to different people with different backgrounds than me," Clancy said.











Skills Combine

While practicing for the math portion of the SAT, junior Avery Zeigler (4) explains the best part about taking test prep. "It helps us increase our SAT scores which leads to more opportunities to get into college," Zeigler said.

Alongside juniors Adam Cole and Sophia Hall, junior Andrew Foster (5) learns the skills he will use on the SAT in April. "I learned how and when to use commas and semicolons during the grammar portion," Foster said

200 In test prep, I always try my

best because I think it's a really good opportunity to improve my

score. " \sim Junior Ella Laurens







Stoneburner (4) works on memorizing

his vocabulary set, he reflects on why

and ways to think about things, and

help me ace the Spanish exam,"

Stonehumer said

obtaining these two abilities will really

New Ways of Learning

During the cooking lab, freshman While sophomore Brendan Rylee Hamp (3) stirs the cornmeal into the bowl and makes sure not taking Spanish is important. "Spanish spill out the ingredients, "I like to do cooking labs like this one because it is gives me a new mind sets on learning more of a personal preference option and we made cornflakes. I liked to cook it because it was extremely fun and hands on," Hamp said.

Photography: Gavin Hutchings, Keira Heinz and Leah Thomas Copy Block: Allison VanAvery Design: Ashley Miller

Infamiliar with the diversity between American and Swedish food dishes, a really small kitchen, but we had good senior Hanna Karlsson had to adapt to the change in different food options. Her transition from living in Sweden to her move to America along with her change in food, had been something she said she was still getting used to.

sweeter and fattening than the food I am used to in Sweden," Karlsson said. "It's also so much harder to find healthy food in the grocery stores here. In Sweden, I eat almost everything. But I really miss the safety of my 'comfort' food. I like to just cook whatever we have and wing it." Karlsson was teamed up with a few classmates in her Food and Nutrition class, so they cook together. They combined their cooking skills as they complete two dishes together.

"Madelyn Bonifas, Ashley Miller, Ava Clark, Daniella Atilano, are in my group," Karlsson said. "We work alright together for the most part. It's hard to be

As she stirs the corn meal into a mixing bowl, sophomore Brianna Rice (1) prepares cornflakes for the class. "We get to cook, and it helps me get to know the kitchen better in a different point of view," Rice said.

To put the comflakes in the oven, freshman Grace Wood (2) spreads the corn paste onto parchment paper. "It's a really fun elective, and it will help me in the future," Wood said.



teamwork."

Following guidelines provided for her, and creating food from scratch, was something that Karlsson was instructed to do.

"We have cooked one meal that had "American food, in general, is much to complete the requirements of the assignment," she said. "The food that we cooked was spaghetti and meatballs topped with tomato sauce and broccoli. We also made our own cereal from scratch."

> While not knowing how to cook food before taking the class, she said she is going to take away the ability to prepare many types of meals. In all, Karlsson ended up creating a dish that she likes immensely.

"My favorite food to cook was the spaghetti meal," Karlsson said. "We boiled the noodles and the broccoli. Then we fry the meatballs, and combined it all together at the end."