

COMMODORE CHRONICLE



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Staff - High School

Staff-Middle School

HOMECOMING 2021

Alexandra Pohodich, Abby Scott, Beth Carrol, Alivia Shepler, Maggie Varndell, Eliza Newcomer



Prepare for Your Senior Year

Think about what you can do to prepare for each high school year.

Freshman

- Look at the Program of Studies and find out your high school's graduation requirements
- Get Active! Choose a few extracurricular activities to get involved in
- Volunteer or learn a new hobby during your summer break
- Perform a Self-evaluation and ask yourself the following questions:

Here are the Top 10 Questions to Ask Yourself:

1. Where do I want to be eight years from now?
2. What type of lifestyle do I wish to live?
3. What are my strengths and weaknesses?
4. What is my dream career?
5. What's my plan B? Second career choice? Second major choice?
6. What am I looking for in a college?
7. What type of student does my preferred college(s), training program, or job, tend to choose?
8. How can I develop myself during high school so that I would be a good candidate?
9. What is my high school GPA goal?
10. Will I need scholarships? If so, what kinds should I be looking for, and what do I need to do in order to qualify?

Sophomore

1. Follow-up on your grades from freshman year
2. Implement any advice gained from your school counselor check-in into your yearly plan
3. Take the PSAT/NMSQT® or PSAT™ 10 to get familiar with the testing format and time constraints before taking the SAT/ACT your junior year
4. Research your future career
 - Learn its education requirements
 - Expecting annual earnings for the next 3-5 years
5. Start your college search
 - Decide what you want and need in a college
 - Research and develop a list of 20 colleges that offer your major and fit those needs you'd like to attend
 - Request information from those colleges
- Review their acceptance/graduation rates, financial aid, scholarships resources, and tuition costs

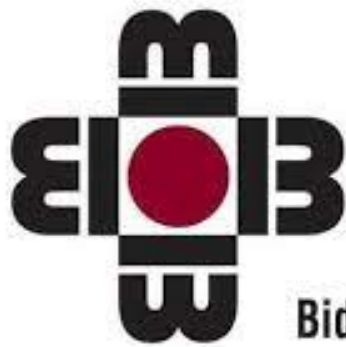
Junior

1. Meet with your school counselor
 - a. During the first meeting review your grades from the previous year
 - b. Find out what your current GPA is
 - c. Ask if you're on track to graduate on time
 - d. Inquire about local scholarships
 - e. Decide when to take the SAT/ACT
2. Re-visit your college list and try and narrow it down to a top 10
3. Attend college and job fairs
4. Consider job-shadowing a few professionals working in your dream career
5. Apply for some scholarships

6. Visit colleges Take the SAT and/or ACT
7. Sit down with your parents to talk about finances and commitments
8. Enroll in test prep
9. At the end of the year narrow down your college list to top 5 schools
10. Start your college essay

Senior

1. Meet with your school counselor to review your current academic standing and learn if there are any new scholarships available
2. Retake the SAT/ACT, if needed
3. Research deadlines for the FAFSA and State Financial Aid
4. Complete the Free Application for Federal Student Aid (FAFSA®) in October
5. Apply for State Financial Aid Before the Deadline
6. Apply to at least your top 5 schools
7. Apply to a training program
8. Apply for a full time job
9. Ask for letters of recommendations
10. Finish high school strong and be ready to move to the next phase in your life.



Bidwell Training Center

No-Cost Tuition

Invest Your Mind, Not Your Money

At Bidwell Training Center we believe that investing your mind, not your money, is the best practice for furthering your career goals. All programs at Bidwell Training Center are offered at no cost, meaning you can worry less about making ends meet, and focus on graduating quickly with career-ready skills.

Tuition is not charged to students attending Bidwell Training Center, as we receive all funding from the state, foundations, grants, and individual donors. The tuition, fees, uniforms, supplies, and textbooks are covered for all accepted students through state funds.

Student Eligibility

To take advantage of Bidwell Training Center's no-cost programs, all admission requirements* must be met prior to enrollment. You will be required to complete the three-step admissions process and submit all required documentation, including,

- **Proof of Pennsylvanian residency (students must be a U.S citizen or have an eligible non-citizen status and be a resident of Pennsylvania)**
- **Proof of High School graduation or GED (students must have a high school diploma or equivalent)**

Come for a Visit!

You are invited to attend an Information Session any Monday or Wednesday at 9:00 a.m., or [contact us](#) to schedule an appointment. Get answers about our programs, including Culinary Arts, Horticulture Technology, Chemical Laboratory Technician, Pharmacy Technician, Medical Coder/Biller, and Medical Assistant.

Schedule a tour now!

Are You Eligible to Train for a Rewarding Career at Bidwell Training Center? Get More Info...

If you're interested in discovering your future career and exploring whether Bidwell Training Center is right for you, fill out the form on this page to receive more information.

For immediate questions, call **412-402-9761**

Chemical Laboratory Technician

Turn curiosity into action and learn the skills to become a Chemical Laboratory Technician. This program teaches techniques in research and development, instrument analysis, and laboratory safety.

Culinary Arts

The Culinary Arts Program will hit the spot for all your cooking, baking, nutrition, and beverage interests. You will learn the fundamentals of classic cuisine as well as important time and resource management skills.

Horticulture Technology

Learn about the natural world and its ecological relationships in this hand-on program. You will get knowledge and skills in plant sciences while making connections to critical environmental issues.

Medical Assistant

Get the skills and experience to be a qualified healthcare professional. You will learn how to function as a member of a professional team, use the electronic health record, instruct patients, and obtain vital signs and patient history.

Medical Coder/Biller

Our Medical Coder/Biller program gets you the skills to help hospitals, physician practices, and other healthcare facilities get reimbursements from insurance companies while correctly processing health insurance claims.

Pharmacy Technician

Learn how to assist pharmacists by helping collect, organize, and evaluate information for direct patient care, medication use review, and departmental management.



Is Bidwell Training Center Right For You? Get More Info...

If you're interested in discovering your future career and exploring whether Bidwell Training Center is right for you, fill out the form on this page to receive more information.

<https://bidwelltraining.edu/>



Drama Club

“You’re a Good Man, Charlie Brown!”



The middle school production was a success.



CAST: Jenna Pellick, Lola Lombard, Chelsie Lombard, Hunter Garafolo, Gus Lion, Chris Coneway, Bryce Leachman, Ethan Argot, Vivian Brasil-Paroda, Alivia Blair, Kayla Medina-Collazo, Emma Estrada, Gracie Garafolo, McKenna Lynch, Alexis Rishel
Taylor Opalenik, Bryce Leachman, Josie Keita, Rilee Miller, Nakiya Miller, Khloe Howard, Liara Snyder, Margo Snyder, Allison Kibe, Olivia Vejar, McKenna Lynch, Carleigh Fuller, Emme Trevelina

CREW: Faithlynn Clark, Haley Firestone, Alison Keffer, Zoe Miller, Cole DeVault, Aaron Vinsick

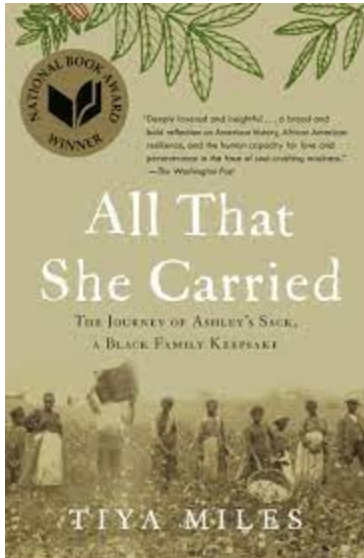
Look out for the spring high school musical, “The Addams Family Musical.” You will have a frighteningly good time.

Check out these new books!



Fiction

- Anthony Doerr, *Cloud Cuckoo Land*
- Lauren Groff, *Matrix*
- Laird Hunt, *Zorrie*



Nonfiction

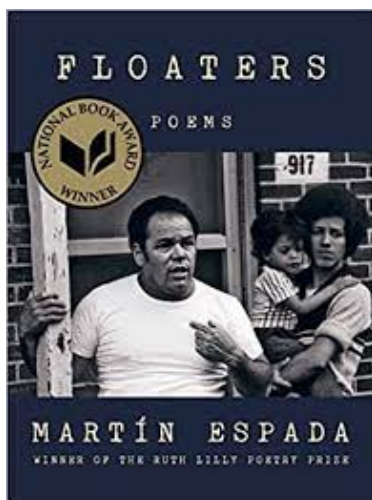
Hanif Abdurraqib, *A Little Devil in America: Notes In Praise of Black Performance*

Lucas Bessire, *Running Out: In Search of Water on the High Plains*

Grace M. Cho, *Tastes Like War: A Memoir*

Nicole Eustace, *Covered with Night: A Story of Murder and Indigenous Justice in Early America*

Tiya Miles, *All That She Carried: The Journey of Ashley's Sack, a Black Family's Keepsake*



Poetry

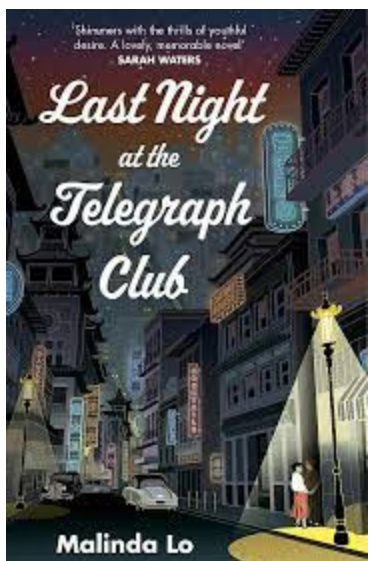
Desiree C. Bailey, *"What Noise Against the Cane"*

Martín Espada, *"Floaters"*

Douglas Kearny, *"Sho"*

Hoa Nguyen, *"A Thousand times You Lose Your Treasure"*

Jackie Wang, *"The Sunflower Cast a Spell to Save Us from the Void"*



Young People's Literature

Shing Yin Khor, *"The Legend of Auntie Po"*

Malinda Lo, *"Last Night at the Telegraph Club"*

Kyle Lukoff, *"Too Bright to See"*

Amber McBride, *"Me (Moth)"*

Do you have a book you would like to recommend? Please email the title, author, and a summary (max 500 words) to vrafail@fraziersd.org.

Original Student Work

Tori's Cooking Corner

Do you ever wake up hungry for a great meal...this hearty breakfast will start your day off. Just pour over your favorite pancakes.

Pancakes and Hamburger Gravy Recipe

Ingredients

- 1 pound hamburger meat
- ½ cup flour
- Water
- 1 cup milk

Directions

- In a saucepan brown the hamburger and break up into small pieces
- Drain grease
- Add 1 cup of milk, and ½ cup flour
- Mix until a gravy is formed
- The desired thickness depends on one's preference
- Add tablespoons of milk, or water if too thick
- Add more flour if it is too thin.
- Add on top of your favorite pancake recipe



Student Art

Olivia Sobek is co-drum major and a senior here at Frazier.
Olivia loves to create art in her spare time.



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Not Afraid

By Bonnie Little

As I lay my head down
To this world I am no longer bound
I drift off into peaceful nothing
For I know death is forthcoming
Death like a shadow black
For a thing I cannot go back
Sadness closes over my friends
Those who have not yet met their ends
Do not cry for me this night
For death for me is not a fright

THIS Month's Focus: Student Wellness

Spiritual Wellness by Olivia Morgan

Grounding-

Grounding yourself is the process of balancing your physical, emotional, mental and energy state and reconnecting them. Use warm water first, then cold. Next, try cold water first, then warm. Does it feel different to switch from cold to warm water versus warm to cold?

Try putting your hands in water. Focus on the water's temperature and how it feels on your fingertips, palms, and the backs of your hands. Does it feel the same in each part of your hand? Or you can walk in the grass barefoot for at least 10 minutes; calm your mind and make yourself one with the earth. These techniques will help keep you calm

Meditate- Here are five reasons to meditate:

Understanding your pain
Lower your stress
Connect better
Improve focus
Reduce brain chatter

1) Take a seat

Find a place to sit that feels calm and quiet to you.

2) Set a time limit

If you're just beginning, it can help to choose a short time, such as five or 10 minutes.

3) Notice your body

You can sit in a chair with your feet on the floor, you can sit loosely cross-legged, you can kneel—all are fine. Just make sure you are stable and in a position you can stay in for a while.

4) Feel your breath

Follow the sensation of your breath as it goes in and as it goes out.

5. If distracted, simply return your attention to the breath.

6) Be kind to your wandering mind

Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.

7) Close with kindness

When you're ready, gently lift your gaze (if your eyes are closed, open them). Take a moment and notice any sounds in the environment. Notice how your body feels right now. Notice your thoughts and emotions.

That's it! That's the practice. You go away, you come back, and you try to do it as kindly as possible.

Find Your Zodiac Sign: Makenna Gregory Signs in the morning: Is this how you wake up?

Aries- *Wakes up before everyone else"

Taurus- If you talk to them, they respond with grunts

Gemini- *Sets 12 alarm clocks and still wakes up late*

Cancer- *Makes coffee"

Leo- *Stays in bed until the last minute*

Virgo- *Watches morning News*

Libra- *Gets dressed first*

Scorpio- *Avoids human contact*

Sagittarius- *Lays in bed for an hour on their phone*

Capricorn- *Don't talk to me*

Aquarius- *Super talkative, wants to know how everyone slept*

Pisces- *Walks around house warped in their blankets*

