



# MARINER CHRONICLE



November 18, 2025 MANISTEE HIGH SCHOOL NEWS

Vol 1 Issue 5

*Written by Alayna Edmondson*

## 9TH ANNUAL TURKEY TROT!

The ninth annual Turkey Trot will take place this year at 8:30 am on Thanksgiving morning! This is a run or a walk where anyone is welcome! They meet and start at the 1<sup>st</sup> Street Fish Cleaning Station. They take \$10 donations which will go to the Manna Food Pantry at ECHO His Live. You can pay through the RunSignUp or give cash the day of!

The run or walk is a 5k, 3.1 miles. Your run or walk will include the beach loop, Cherry hill, and even the 12<sup>th</sup> street turnaround! This event is hosted by the Manistee Run Club and they will have refreshments for those who participate after the finish!

Not only is this a great way to start your holiday, it is for a great cause! The Run Club gives back in many different ways to the community and can use our support! Bring a friend or family member to participate with!

There is more information through the Manistee Run Club Facebook Page and even a link to pay.



# THE IMPORTANCE OF GRATITUDE

*Written by Lilith Vela*

Gratitude is defined as the quality of being thankful, showing appreciation, and the return of kindness. By giving more gratitude to the world your mental health, emotional well being, and mindset will improve. Gratitude is not just a feeling, it can also be something you practice daily that can change your perspective of life.

Simple tasks you can do everyday is say one thing you are grateful for. This could be a person in your life, something you did that day, or even food you ate that you enjoyed. For example, after a stressful day at school or practice, taking a moment to reflect on a friend who supported you, or a small achievement you accomplished, can make you feel calmer, happier, and less stressed. You can also tell people you are grateful for them and it can brighten the days of others.

Expressing gratitude to others can be as simple as “I’m happy we are friends,” or “I’m grateful that I have you in my life,” both of these things can make someone feel appreciated and it will make you feel happy in return. Because when you recognize and appreciate the kindness of others, it creates a positive cycle of giving and receiving. By doing these practices it can slowly shift your mindset to being more positive. Gratitude helps you focus on what is going well instead of dwelling on stress or disappointment. It naturally makes you happier, so if you're having a rough day you can turn it into a positive day by thinking about things you are grateful for.

Showing gratitude can help you slow down your life and notice the positives in your days. This will also make you more resilient to events that can be upsetting when you move your focus to more positive things. Practicing gratitude is not just about feeling thankful, it can also be a tool and coping strategy to improve your overall mental and emotional health.



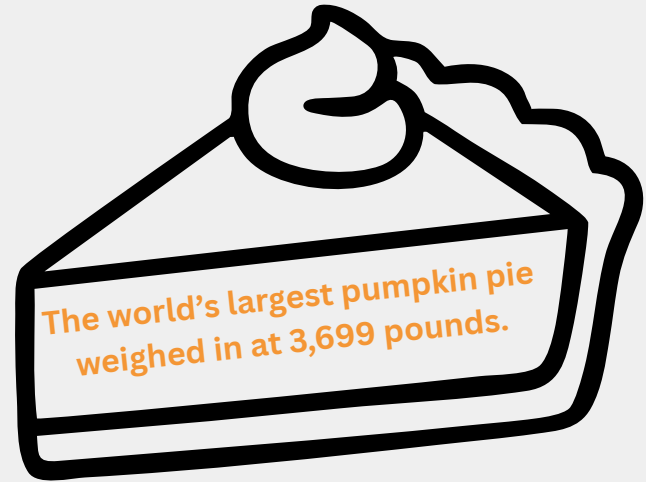
**BE**



**KIND**



**!!!!**



## THANKSGIVING BASKETS

*Written by Alayna Edmondson*

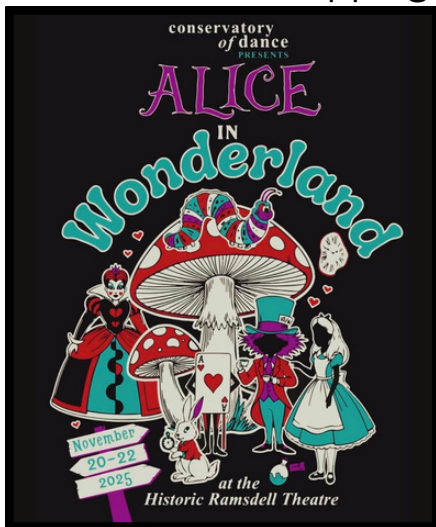
Don't forget about the  
Thanksgiving baskets in Crew  
Time!

Talk to your Crew Time teacher to  
sign up and give back this holiday  
season!



On **November 20th-22nd** the **Ramsdell Theater** is hosting the **Conservatory of Dance's** performance, **Alice in Wonderland**. The Ramsdell Theater is located in downtown Manistee. It is a beautifully restored historic venue that provides a beautiful setting for this enchanting production. Tickets can be purchased online or at the door, and seating is general admission, meaning audience members may choose their seats when they arrive. The shows are Thursday through Saturday at 7pm and an additional performance on Saturday at 1pm. Which gives everyone plenty of opportunities to see this show!

This year's production includes stunning visual effects, lighting, and costumes, all designed to bring the world of Wonderland to life. The choreography is creative and full of energy, capturing both the elegance and the silliness of the story. The audience will follow Alice as she journeys through Wonderland meeting many of the characters from the Disney adaptation. Each scene bursts with color, humor, and imagination, making it a fun and family friendly show for everyone. Audience members can expect exciting group numbers, beautiful and funny solos, and stunning transitions that make the entire show feel like stepping into wonderland.



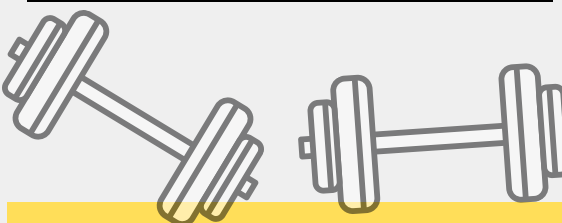
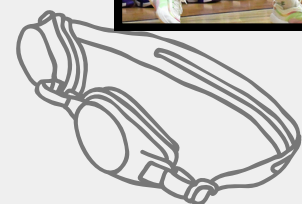
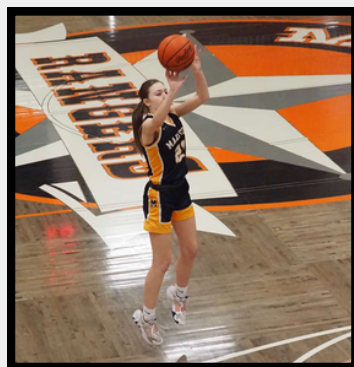
This show features many amazing dancers, some who are also students here at Manistee, so attending this performance means you can also support some of your classmates and friends as well! Some of the high school dancers you may recognize include Hayleigh Slaughter, Gracie Kramer, Lilith Vela, Aubriana Richey, Kai Marshall, Gracie Pruyne, Hunter Allen, Dani Lampen, Makena Miller, Shae Godzina, and Taylor Green.

Whether you love dance, theater, want to support your classmates, or simply want to experience something magical, Conservatory of Dance's production of **Alice in Wonderland** at the Ramsdell Theater promises to be an unforgettable experience full of wonder, laughter, and magic. Don't miss this chance to watch this enchanting story brought to life by talented performers in a truly spectacular setting.



## THE BEGINNING OF WINTER SPORTS

Fall sports have officially ended here at Manistee. We are ready to begin new season this winter including: basketball, wrestling, swimming, skiing, and powerlifting! You still have time to get involved in each sport!





# SWIM TEAM WRAPS UP A STRONG SEASON



The swim season has officially come to a close, and it's been a very successful year. With three seniors: **Macaela Bruce (12)**, **Evelyn Koller (12)** and **Aubree Speicher (12)**, leading the way, the team showed steady improvement, strong teamwork, and a competitive spirit throughout the year.

At the Up North Conference Meet that happened last Fri-Sat, every member of the team achieved a personal record in at least one of their events. Standout performances included three top-8 finishes, earned by **Koller** in the 100 butterfly, **Speicher** in the 100 backstroke, and **Bruce** in the 100 freestyle. In addition there were many other top 16 finishes.

Head Coach **Jesse Bruce** praised the group's dedication, noting that the swimmers "Worked hard and pulled through the season, really coming together as a team"

As the team looks ahead to next season, one of the biggest goals will be building depth. With three seniors graduating, the program is encouraging more underclassmen to join. "Even though the sport is hard, it's worth it in the end and I think we'd all do it again if we could," said senior Aubree Speicher.

The swim team is excited to carry this momentum into next year and encourages any student to simply try something new.



# SENIOR SPOTLIGHT: CECE SANDBERG

*Written by Gabby Senters*

The senior spotlight is a great way to get to know your MHS seniors. The graduating class has a big responsibility to lead their younger peers. If you want to learn more about your senior **Cece Sandberg** read about her below:

- **What is your favorite subject?**
- **Biology and Chemistry**
- **What advice would you give to underclassmen?**
- **DO NOT PROCRASTINATE!!** Don't wait until the last minute, all assignments are easier than you think. Just get it done! Take dual enrollment
- **What teacher has had the greatest impact on you as a student and why?**
- **Mr. Postma** because he got me interested in biology and science in general.



- **What will you miss most about high school?**
- **Fatty Fridays** in AP English
- **What are your plans after high school?**
- **Go to U of M and major in microbiology.**
- **What's a fun fact about yourself that others may not know about you?**
- **I have five cats.**





# BEYOND THE FIELD

## STUDENT ATHLETE INTERVIEW:



### FEATURING... MACAELA BRUCE

Athletics are a big part of the MHS experience, however you may not know a whole lot about the athletes behind the scenes. If you want to learn more about **Macaela Bruce** read about her below:

- **What sports do you participate in?**
- Soccer and swimming. I have played soccer forever. I started swimming in 6th grade.
- **What is your favorite sport?**
- Soccer, because I have played it for a really long time. I really love the team and the people and it's so much fun.
- **What's your favorite part of being on a team?**
- The positive encouraging community that pushes you to be your best.



- **Do you plan to continue your athletic career past high school?**
- Just for fun! Not affiliated with a team.
- **What advice would you give to younger athletes?**
- Time goes by quick, enjoy it while it lasts.
- **What is a fun fact about yourself that most people don't know about you?**
- I was born in Washington State and I have lived in 5 different states.



# FINDING NEMO JR!

Ms.Feyen and her amazing Theatre program put on the most beautiful production of Finding Nemo! This was the first ever Middle School Musical here at Manistee Area Public Schools and we could not be more proud of how it turned out! This paves the way for future middle schoolers interested in preforming - whether on or behind the stage! Ms.Feyen and her crew put a ton of effort and time into this, and it truly showed on the stage this weekend. Congrats to all those that made this come to life - we are so happy you participated and your work did not go unnoticed.

Even if you couldn't watch this production, there will be many more from MMHS Theatre that you won't to miss. Or, you can even get involved in the upcoming ones!

Thank you to the Manistee Fine Arts Boosters that make this all possible. There wouldn't be this without you! Additionally, a thank you to all the sponsors that helps out our Fine Arts! We are so lucky to have an amazing community support us!



Disney Pixar <b>FINDING NEMO JR.</b> CAST LIST CONT. ENSEMBLE:	
SCUBA MASK DANCER.....	LYDIA NELSON
BARRACUDA.....	QUINN JACKSON
MOONFISH.....	OLIVIA CUTLER, DOMINIC JOHNSON SOPHIA SENSABAUGH, PAYDEN TURKETT
JELLYFISH.....	RYLEE BACA, VIVIAN BREWER EMERSYN JEWETT, JORDYN JONES, EVIE KEMP ADDY MORTON, ZAELYNN O'CONNOR JUSTICE SMITH-BARTON, ASHLYNN VILAYSACK CHARLOTTE WELLS
SEA CREATURES.....	RYLEE BACA, EMERSYN JEWETT JORDYN JONES, EVIE KEMP JUSTICE SMITH-BARTON MADI SPRINKLE, ASHLYNN VILAYSACK SOPHIE WITKOWSKI
ELECTRIC EELS.....	QUINN JACKSON & BRANTLEY WORCH
SHELDON'S PARENT.....	CHARLOTTE WELLS
PEARL'S PARENT.....	ADDY MORTON
TAD'S PARENT.....	VIVIAN BREWER
FISH "FRIENDS".....	JORDYN JONES, MAEVE O'DONNELL ASHLYNN VILAYSACK
SEAGULLS.....	MOLLY MCCLELLAN, LYDIA NELSON BRANTLEY WORCH
VACATIONER.....	SOPHIE WITKOWSKI
STAGE CREW: BROOKLYN HARVEY, JUNO JOHNSON, SCARLETT KAMINSKI, DANIEL KEMP, MONTY MADSEN, OWEN MCINTYRE, HIRO OGAN, WESLEY SNAY, CHARLIE SOWLE	

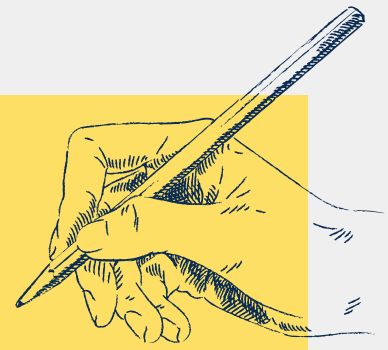
Disney Pixar <b>FINDING NEMO JR.</b> CAST LIST	
NEMO.....	JOSH SUTTON
MARLIN.....	TAYLOR BRUCE
DORY.....	AVAH DEBONI
CORAL.....	MADI SPRINKLE
PEARL.....	SOPHIA SENSABAUGH
SHELDON.....	DOMINIC JOHNSON
TAD.....	ALEX SLAWINSKI
PROFESSOR RAY.....	PAYDEN TURKETT
BRUCE.....	BRAXTON BUCKINGHAM & US TO CRUSH
CHUM.....	CARSON PAPES
ANCHOR.....	RIVER HOWE
SHARKS.....	BOWE LADD
	LIZZIE SUMNER, MIKELL WARREN
BUBBLES.....	LUCAH MAUE
BLOAT.....	FIONA HAGERMAN
GURGLE.....	AURORA MORENO
PEACH.....	ADALYN ZUCHOWSKI
GILL.....	ALEX SLAWINSKI
NIGEL.....	VIOLET MADSEN
CRUSH.....	ABRAM GANNON & US TO BRUCE
SQUIRT.....	MAEVE O'DONNELL
KAI.....	MIKELL WARREN
BREEZE.....	BOWE LADD
SEA TURTLE ENSEMBLE.....	RIVER HOWE
	MOLLY MCCLELLAN, LYDIA NELSON CARSON PAPES, PENNY SCHUBERT







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**Writer**



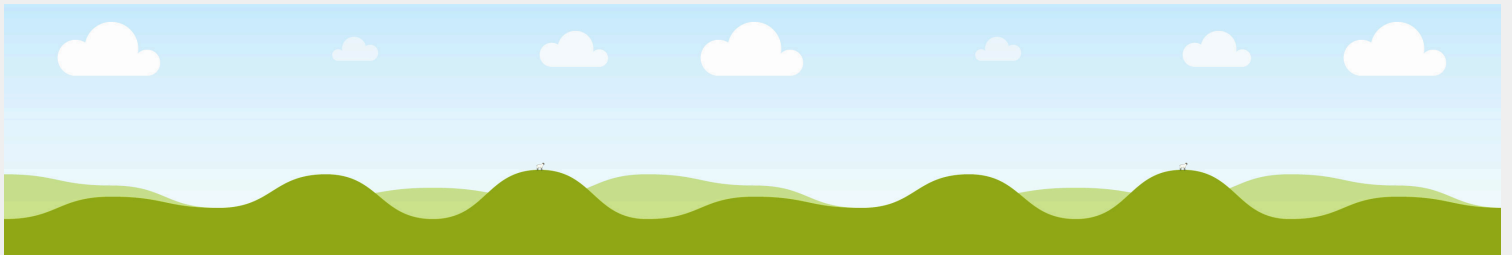
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*Writer*



**Mr. Quakkelaar**  
*Advisor*  
*"You've got to be kind"*



If you would like to join  
the Mariner Chronicle or  
guest write, email  
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**Edmondson!**

