



MARINER CHRONICLE



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MANISTEE HIGH SCHOOL NEWS

Vol 2 Issue 4

Written by Alayna Edmondson

THE LITTLE MERMAID & AWARDS

The beautiful production of The Little Mermaid left many people in awe. There were 50 MAPS students who had the opportunity to join the team and **Ms. Feyen** was the backbone of another great production. Additionally, through fundraising efforts, the theater department was able to apply for the Sutton Foster Awards. **Natalie Cameron (10)** and **Sophia Shobe (11)** were both nominated as outstanding performers in a lead role.

They then have the opportunity to attend audition workshops and perform in a professionally produced showcase performance at Wharton Center (MSU) this spring. From there, two nominees from the showcase in Lansing are nominated to move forward and compete nationally in the Jimmy Awards.

Congratulations to everyone who made The Little Mermaid come to life, especially **Cameron** and **Shobe**, who were nominated for this high honor!

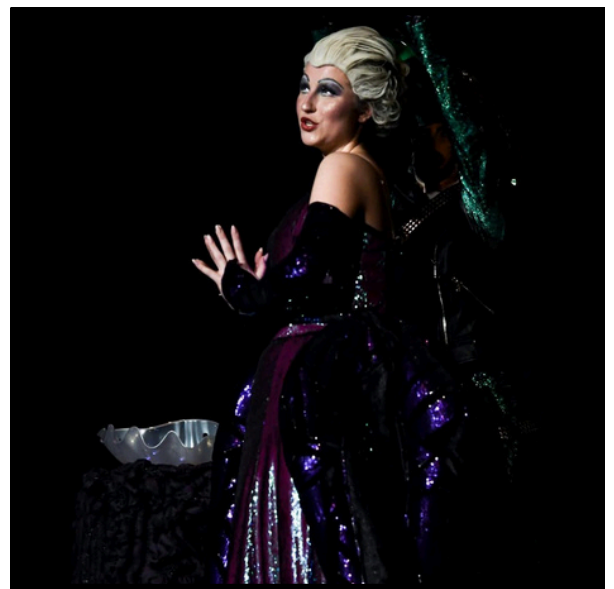


Photo Courtesy to Theresa Buckingham Photography

TALENT SHOW

All 6-12th grade students have the opportunity to participate in the 2026 talent show! The talent show is April 17th. Anyone looking to participate will have to go to auditions, which take place on April 7 and 8. This is a perfect way for students to put themselves out there, no experience required! More details below!



MMHS MARINERS
TALENT SHOW AUDITIONS

Grades 6-12
April 7th & 8th
3-5pm
Mariner Auditorium

Open to ALL! We want to see YOU on stage!

Sign up to participate here! >>>

Show Date: April 17th, 7pm

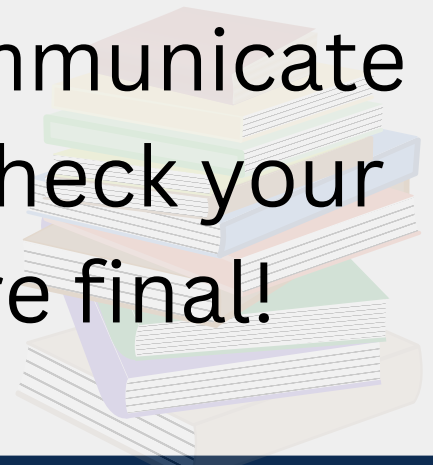
Questions? Email Ms. Feyen! afeyen@manistee.org



END OF MARKING PERIOD

Written by Alayna Edmondson

As spring break gets closer, so does the end of the marking period. Make sure to communicate with you teachers and check your grades before they are final!



COMPETITIVE CHEER

In previous years, our school has tried to make competitive cheer happen. However, we have never had enough participants to meet the requirements. This year, we were finally able to make it happen.

The competitive cheer team competes at many meets throughout the year. At these meets, there are 3 MHSAA rounds. The first round is jumps, motions, choreography, and floor movement. The second round includes precision drills, jumps, flexibility, and tumbling. Lastly, the third round is all about stunts and tumbling. All of these rounds are scored based on the difficulty of skills.

Coach Rondell was very impressed with the team. She also noted how they all worked together to motivate each other and go above and beyond for the sport of competitive cheer.



FIRST COMPETITION FOR CONSERVATORY OF DANCE

The Conservatory of Dance Company had its first team competition. They competed at Precision Arts Challenge and they achieved so many accomplishments!

This competition is a bit different from others; this one has a buzzer. When the button gets pushed lights and sirens go off. This signals to solo dancers that is now time for them to show off their improv skills. However, if the buzzer is pushed for a group dance, they get to come back and re-compete the dance against the other buzzer winners.

The level 3, or high school level, got 4th, 5th, and 9th in their group dances. Additionally, their jazz dance was awarded the buzzer! Their “all team” also received 4th place.

Some students here at MHS also was rewarded the buzzer. These students were: **Gracie Boggs, Hayleigh Slaughter, Elise Godzina, Hayley Wahr, Lilith Vela, and Gracie Gilman.** The buzzer award is based on the energy of the performance and how it made the judges feel from the dancer(s).

All in all, these dancers had an exciting and successful team competition to kick off the season. They showed how much hard work they have put in throughout the fall and the winter. They have two more competitions, along with achievements and success in the near future.



ALL CONFERENCE HONORS!

As the winter season came to a close, the coaches in our conference met up to discuss the season. In their meeting they talk about different players. At the end, coaches come to an agreement on All-Conference players.

This year, Manistee had 4 athletes to go represent their school and sports! For boys basketball, **Landin Sowa (12)** was award First team. **Braylen Zimmerman (12)** was Second team. **Melanie Salmon (10)** was also First team for cheerleading. While, for girls basketball, they had both **Alayna Edmondson (12)** and **Avamae Fett (12)** earn First team with **Lindsey Gardner (12)** being Second team.

The athletes awarded First team mentions were given the opportunity to go down to Whitehall and hear from a speaker, eat with other athletes in the conference, and get ice cream at Culver's.

Congratulations to all the athletes on an amazing 2025 - 2026 winter sports season!



SENIOR SPOTLIGHT: ALEXIS KRAUSE

Written by Gracie Gilman

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 **Alexis Krause** read about her below:



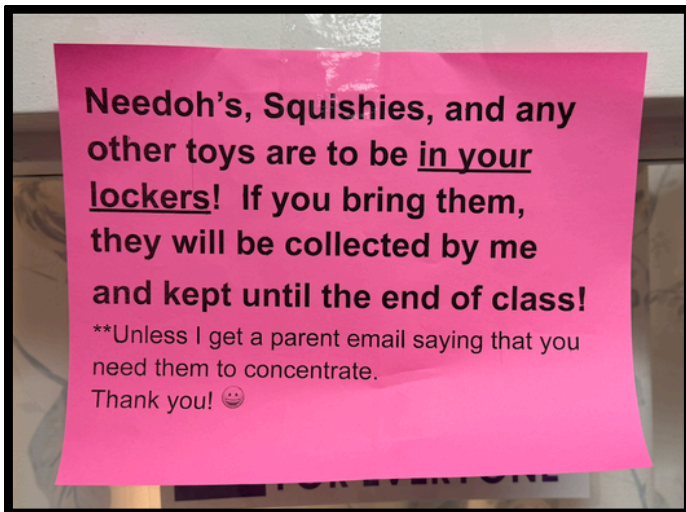
- **What is one thing you wish you knew as a freshman?**
- How fast time really goes by in high school. You never realize how much time is lost when all you wish for is the future. Everyone should appreciate the present and where they are now.
- **What class or experience impacted you the most?**
- CTE Health Occupations and Allied Health. These classes have impacted my life tremendously with the countless hands-on experiences and knowledge I have gained. In these classes, I have had the chance to earn college credits and certificates for careers in the healthcare field. These skills are valuable, and you learn with your peers in the classes who want to see you succeed. I highly recommend these classes if you're interested in the healthcare field.
- **What's something students worry about that they don't need to?**
- Students worry a lot about what others think of them. Honestly, everyone is usually too focused on themselves to notice others.
- **What advice would you give to students who feel like they're behind?**
- Everyone is different and moves at their own pace. Being "behind" doesn't mean you won't succeed moving forwards. Take it as a lesson, and change your course of action next time.

NEEDOH TAKEOVER

Many students have been bringing fidgets to school recently. These fidgets can help with focus, stress management, and staying calm throughout the day. One well known fidget that has been taking over is the Needoh. They have many different types: soft, squishy, animals, and many shapes. And for many students, these can bring fun to their days.

Fidgets can improve concentration when they are used correctly. And many students find keeping their hands busy helps them with being able to pay attention and keep their behavior regulated. Using Needohs and similar items is a helpful replacement for pencil tapping and other things that can be considered as distractions, because Needohs are silent and less distracting when used correctly.

Fidgeting is also linked to positive brain chemistry. They are tied to sensory play, which happens very early in childhood development. Fidgeting activates your somatosensory cortex, which is basically the part of the brain that processes touch. This part of your brain is used very often in childhood when you are learning about the world around you. Fidgeting also activates your reward system, and this gives motivation and enjoyment to people, lowering their stress in their day to day life. This is a reason why this type of sensory fidgeting can give people a warm, nostalgic feeling.



They can be useful tools that support focus, emotional regulation, and stress relief in school. Science shows that sensory play activates important parts of the brain connected to touch, reward, and positive memories. This can explain why using a fidget sometimes feels calming or even nostalgic.

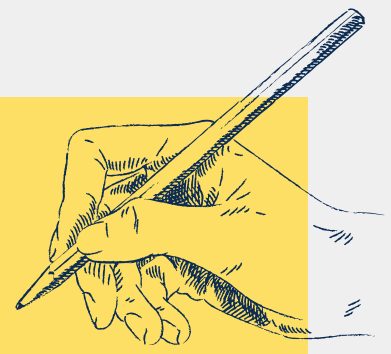
You may have seen signs in our upstairs saying that needohs and squishies are no longer allowed in middle school classrooms. Sadly, some middle school students have been misusing it.

Mrs. Olson speaks on this: “students are coming to class with multiple needohs, squishies, and similar products, and using them as toys. They have become a distraction instead of a support for learning. Students who genuinely need a fidget tool to help them concentrate are still welcome to use one with parent communication.”

Even though middle school is no longer allowed needohs and fidgets, they can still be fun at home. They are great for entertaining yourself and relieving a day of stress.



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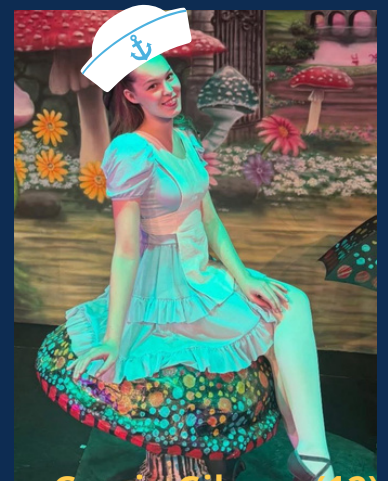
Mr. Quakkelaar
Advisor
"You've got to be kind"



Achilles Eckerson (12)
Writer

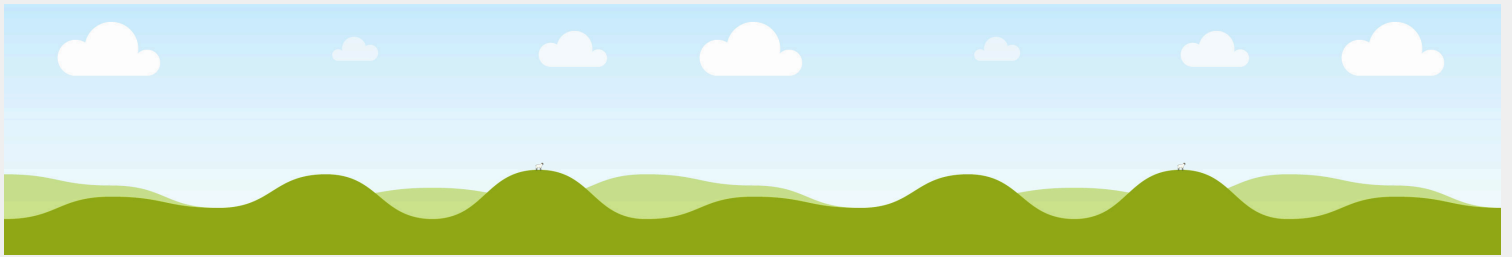


Lilith Vela (11)
Writer



Gracie Gilman (12)
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If you are a current
sophomore or junior and
would like to join the
Mariner Chronicle next
year, email
**Mr. Quakkelaar or Alayna
Edmondson!**



MANISTEE AREA
P U B L I C S C H O O L S
LEAD THE WAY!

