

THE BENNETT BREAKDOWN

Senior Scary Things

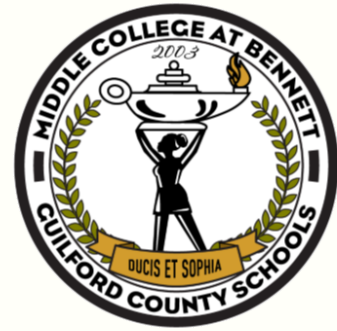
By Dr. Maxwell

Class of 2022 MC@B Belles!

October is full of what could be deemed as scary things; this whole year could be deemed as scary and present with anxiety as you try to navigate the next steps of your future. I beg you not to view any of these major moments and decisions as scary but as intriguing, exciting and full of anticipation. You do not know what your future holds; you have an idea of where you want to spend the next four years of your life or what career you plan to pursue. Although you have a plan for your life, life will happen, and it may not go how you've planned it. But I need for you to be willing to allow life to happen! You will run into challenges that throw a hurdle in your plans, and this may seem scary. Scary not because you will not overcome it but scary because it caused a deviation from your plan. I ask you to go after things with grace and courage. You need to give yourself the grace to grow and the courage to fight and persevere through the challenge.

You are prepared; you are smart enough, brave enough, and you are enough! Your experiences, knowledge and exposure has prepared you for each "scary" thing that you encounter. Don't allow the fear of failure to deviate you from your dreams. If you give into the fear of defeat or the anxiety that comes with being scared or afraid, you cheat yourself out of the story of overcoming and success! I believe in you and know that every "Scary" thing that presents itself to you may cause some struggle, but you will come out stronger than you ever thought.

In the words of the late Chadwick Boseman, "Whatever you choose for your career path, remember the struggles along the way are meant to shape you for your purpose."



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Yoga and meditation classes are available in person here in Greensboro. Local studios are Dancing Dogs Yoga and Radiance Yoga. Online classes are available also, including "Glo" and "Corepower on demand" which gives dozens of yoga class videos to watch.

It's Time to Woosah!

By: Tynia Edwards

Do you ever feel stressed, anxious, or overwhelmed? Consider incorporating a self-care day or week into your everyday life. A self-care routine has been proven to reduce or eliminate anxiety, depression, stress, and other things. Self-care also provides a healthy relationship with yourself. Something to include in your routine is yoga and meditation. Yoga is a Hindu spiritual and ascetic discipline. Performing yoga can help with physical issues like poor strength, balance, posture, and flexibility. It can also help with arthritis symptoms and benefit heart health. Additionally, yoga helps with mental issues such as low energy, stress, or anxiety.

Meditation is also a good self-care act. Meditation uses techniques to train attention and awareness. Daily meditation can help you perform better at work. Research found that meditation helps with increasing your focus and attention and improves your ability to multitask. Meditation enhances the ability to sleep and helps with mental and emotional health.

Creativity is intelligence
having fun.

ALBERT EINSTEIN

"Fall Scares"

By: Nadia Williams

Summer days are coming to an end
Fall college applications are starting to begin
Summer skies will soon turn grey
To stress over school is okay
The gentle caress of autumn, steals the hot heat of
summer

Red, Orange, Yellow, Brown leaves are falling all around
Days are getting longer
Nights are getting shorter

While little leaves fall down softly
To make a carpet on the ground
Then, swish the wind comes whistling by
And sends them dancing to the sky.

Attention! A Need for Future Healthcare Workers



By: Nadia Williams

Calling all seniors-the healthcare world needs you! The U.S Bureau of Labor Statistics projects that 11 million additional nurses are needed to avoid a further shortage. There is a need in the healthcare field due to several factors.

One, health care workers become more likely to acquire a disability or other age-related health condition. "We have lost many nurses due to the national crisis," citing overwhelmed health systems and burnt out staff.

Additionally, it is a very demanding job that requires patience, a sense of personal satisfaction, dedication, and the desire to constantly keep up with new practices in the medical field.

Lastly, the Delta variant of Covid-19 is a complicating factor that has exacerbated the underlying chronic nursing workforce shortage, especially for nurses who were forced to get vaccinated so they wouldn't get fired.

For any Seniors interested in pursuing a career in healthcare, the courses you will need include: Psychology, Nutrition Pharmacy, Chemistry, Biology and Physics. Certified Nursing Assistant (CNA), Registered Nurse (RN), and Bachelor of Science in Nursing (BSN) are pushing the deadlines of retirement and leaving the profession. To become a CNA you will need a high school degree or GED, plus some hours of nursing assistant training. CNA programs can be completed between 4 to 12 weeks, and can be offered in both online and hybrid formats. To be an RN you will need an Associate Degree in Nursing, and the successful completion of the RN exam. It takes roughly three years to obtain a RN certificate. BSN can traditionally take 2 to 4 years to complete in NC. It is projected that we will need at least 260,000 registered nurses by 2025. For more information look up John Hopkins Medicine, National Institutes of Health (www.nih.gov) or talk to your local doctor, hospital, etc.

Creativity is intelligence
having fun.

ALBERT EINSTEIN

"Saying our Final Goodbyes"
By: Sa'roya Johnson

The morning peals
We look up and wonder
Where have the years all gone?
The morning sweeps the college
clean

It hasn't been that long
We were learning how to ride a
bike
My eyes let a fall of friendly tear
It hasn't been that long

When did we get so confident?
we found our wings
Who taught us how to fly?
'And then fly at the day's last hour'

Meet our new Counselor: Mrs. Nicole Watlington

By: SaRoya Johnson



"I'm not at my best unless I'm helping someone else to become their best". These are the words from Mrs. Nicole Watlington, the Middle College at Bennett's new Counselor.

Mrs. Nicole Watlington was born in Greensboro, North Carolina and graduated from Dudley High School. She attended NC A&T State University, where she received her bachelor's degree in Psychology. In addition, she earned a master's degree in Adult Education, and she also has a master's degree in Counseling. When she was in college, she joined many different organizations, including being a member of Student Government, honor societies, and several service organizations. One of her college activities that she enjoyed the most was being a Golden Delight in the band. During her senior year, she was elected Miss North Carolina at A&T State University.

Mrs. Watlington explains that she has a passion for helping others become their best selves. Before she was a school counselor, she started at Dudley High School as a Graduation Coach and a High-Risk Counselor. She then went on to Murphy Traditional Academy as an Elementary School Counselor. It was there that she found her passion and love for being a Counselor. She stated that everyone can benefit from talking to someone in order to figure things out. Coming to the Middle College at Bennett, Mrs. Watlington aims to help students become the best version of themselves. She stated that she wants to bring a comprehensive counseling program to the Middle College of Bennett that will help students academically, personally, and prepare for their future careers. It is important to Mrs. Watlington that programs are relevant to students. When asked about what specific contributions she can bring to Bennett, she replied saying that she can bring her 15 plus years of working with young people, fresh ideas, and a therapeutic perspective.

Mrs. Watlington was asked, "What is one quote she would give to the students who are walking into their new journey?" She replied with: "Never give up, you have everything you need, but it will take everything you have." I inquired why she chose that quote. She stated that life is going to put you through many tests and sometimes you may want to give up or believe that you can't reach your goal. However, you can do hard things, and once we believe in our own abilities, we have won half of the battle. We then must activate the power within and keep going until we have reached our goal.

Mrs. Watlington is also a business owner. She owns a private therapy practice called Rising Phoenix Counseling & Consulting Services, where she does therapy and works with individuals to help them accomplish their goals. Her practice is based on the belief that although people find themselves in bad circumstances, they can still rise and become their best self. Mrs. Watlington is a member of Alpha Kappa Alpha Sorority, Inc. and loves working in the community. She also has two children, Aiden and Taylor.

The Middle College at Bennett is honored to have this beautiful role model at our school. She has had a significant impact on the students here at Bennett and the staff members. We look forward to more of the opportunities she has in store for the students' future

Is Art Meaningful?

By: Yaffia Marsh

What is art? Art can be viewed in different ways for different people. For example, some people think that art is just when you throw a bunch of different colors together, draw a few trees and clouds here and there, but to others, art could be what saved them, helped them out of a dark time, and brought light to their life. This is the case with Ty'Nia Edwards, our own Bennett Belle.

Ty'Nia is a designer and dress maker. She started designing at the age of thirteen. Ty'Nia put a lot of effort in the dress that she is currently working on. When she showed the dress to Dr. Maxwell and the teachers, this is what Ms. Winters personally had to say about it: "Ty'Nia is a very talented young lady, I have never seen someone create a dress so beautiful. And honestly I'm jealous that she didn't make it in my size." Ms. Winters also describes Ty'Nia by talking about her ingenuity, and how amazing it is that she was able to craft a garment from scratch. Overall, her artwork continues to influence others.

Ty'Nia states that her art helps her cope with life's problems. The type of art that Ty'Nia relates to is realistic art which is a more naturalistic manner of subjects painted from everyday life.

According to Ty'Nia, art is a hobby or passion that can help others. Art can help some people through bad times while bringing themselves joy. Art is also a way that a person can express themselves, or it can show others how they view the world or what's going on inside their mind. This is all because art can be shown and expressed in a variety of ways, such as sculpting, painting, writing, etc.

Over time, Ty'Nia felt the need to improve her art. In order to achieve this goal, she started drawing more, and also by using a different variety of art medium: oil paints, watercolors, acrylic paint, charcoal and pastels, etc. In Ty'Nia's mind, she always wanted to do photography, fashion, and fine art.

Art can help everyone in different ways. Art can have so many different definitions and versions of itself. But as you have read, Ty'Nia views her art as a way of escape from reality. Encourage others to do what they love, because you never know the full reason why they're doing that specific "hobby or passion". Ty'Nia shows us all that art is deeply meaningful.



Senior Spotlight

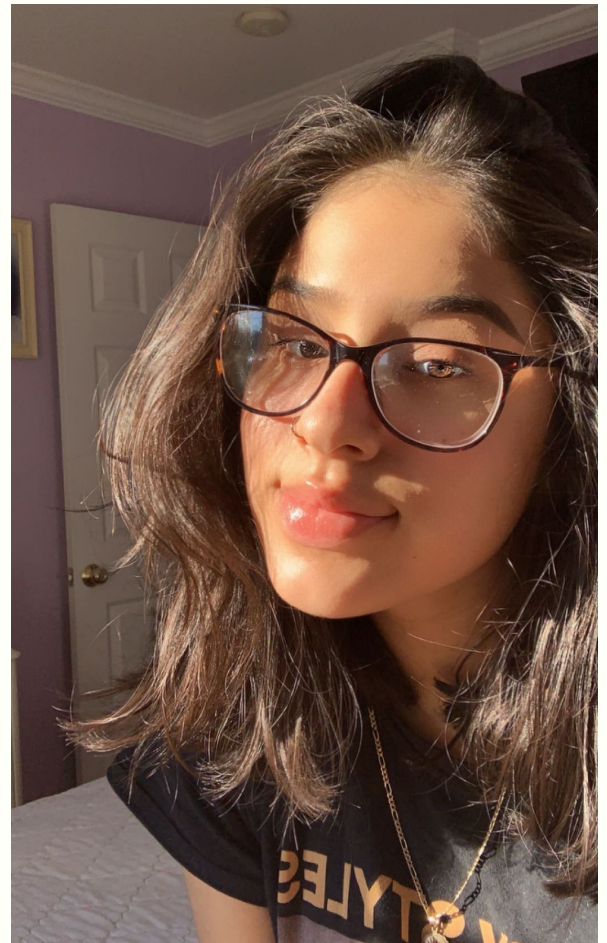
Meet Jimena Ortiz-Paniagua

By: Zoe Monroe

We've all placed preconceptions or assumptions on the people we meet in life. For Jimena Ortiz-Paniagua, the preconceived notion that 'she has her life together' is thought by many of her peers. While described in numerous ways, from bubbly and kind to helpful and hardworking, Jimena wouldn't describe herself as being perfect and put-together. As a current senior—in the midst of a pandemic nonetheless—Jimena shares the common fears of seniors all across the nation from not completing applications by the deadlines to denial into a dream college to leaving behind the comfort of friends and family. With an intended plan of studying Psychology or Biology on the Pre-Med track, she aspires to make a career as a pediatrician.

As a Latina and the only daughter in her family, Jimena explains how her background impacts her throughout school and everyday life. A lot of her motivation spans from her parents, as they moved from Mexico to the United States for a better life for their family. Jimena understands that leaping into uncharted territory is scary and unpredictable, especially when that territory is a new country, language, and culture, so she aspires to do well to show that everything her parents sacrificed wouldn't be for nothing. "Education isn't really a priority," Jimena accounts, referring to a view of education in Mexican culture. Many schools don't have much funding, and for women, it isn't encouraged for them to obtain any higher education after graduating high school. While going to find a husband and being more family focused is fine, Jimena knows she has other things she wants to experience and accomplish.

"I feel I have a decent work ethic," Jimena explains. "I try to do [homework] in a timely manner, where I'm not procrastinating too much." Jimena states that she tries to space out her assignments, especially based on difficulty. Starting essays and more tedious assignments in the beginning allow her more time to work on them, while she also admitted to saving easier assignments to the night before.



To relieve herself of stress, Jimena enjoys reading, writing, doing her make-up, watching T.V, and hanging out with her friends. There needs to be a healthy balance between school work and personal time. You shouldn't overwork yourself to the point that you shut down or get angry. Of course, whenever intense emotions arise, you can always turn to someone to talk to. Jimena turns to her mom, her friends, and even staff, whenever she needs to cry or vent. She also finds writing to be an effective way to relieve stress. Jimena advises to "try to find things you enjoy doing . . . and use that as an outlet."

A piece of advice Jimena wishes she had at the start of high school is: it's not the end of the world to receive one bad grade. She recalls the fear of receiving anything lower than an 80% on assignments or failing a test, which lead to many tear-stained cheeks over the school year. "Don't treat it as an 'I don't care'," she advised, "but use it as an 'I'll do better next time'." Jimena wants all her fellow Bennett Sisters to know that it's okay to change your mind. With the mindset that "nothing is set in stone", it allows you to be able to grow, re-evaluate, and try new things. While Jimena doesn't have the perfect life where everything is easy, she is still viewed as a role model, both inside and outside the classroom.

Handprints: Bringing Each Other Together

by: Yaffia Marsh

We all want people to remember us and to never be forgotten. Recently, The Middle College at Bennett Belles put their own handprints on an expansive canvas as a way to all remember one another. The idea for the canvas came out of a collaborative discussion amongst Dr. Maxwell, the Principal, and her staff. As Dr. Maxwell explained, "I wanted to do something to commemorate the class of 2022". We can all testify that Dr. Maxwell is always looking for ways to help the graduating class of '22 and ways for us to do activities together so that we can have memories of the Middle College at Bennett. This activity was a great way for all the Bennett Belles to incorporate Dr. Maxwell's vision as we prepare to go to college and go our separate ways.

As I pivoted around the colossal canvas, I saw a myriad of colors and the different sizes of charismatic handprints. Each color represented someone's personality, how someone was feeling that day or how they feel about the Middle College at Bennett. According to one of our own Bennett Belles, Mahri Lima: "I thought it was a great way to get us all together; there was great weather and we all had fun. I also enjoyed making my mark with school activities, plus it was a nice break from class at the time. I know that in the future I'll be able to look back on this memory and smile."

Here at the Middle College at Bennett, we are always being given opportunities to bring us together. Even if it's the simplest things, we are always bonding even when we don't realize it. As the famous William Gibson once said, "Time moves in one direction, memory in another."



The Cash Hunt: Scholarships

By: Zoe Monroe

How many scholarships have you looked up or even applied to? With another month under our belts, application deadlines approaching, and nerves skyrocketing, we don't need more stress added to our plate. The thought of scholarships sounds thrilling, welcoming even, but they won't magically appear. While your excelling and studious performances throughout high school can open doors to certain scholarships, there's still so much that you must do. As you know, scholarships come in many different criteria, so trying to find which ones to apply to can feel frustrating and intense. Here, you'll find three criteria of scholarships that may interest you. Keep in mind, you can continue to apply to scholarships once you're in college, so if you don't meet the requirements now, check in later.

The first criteria include Corporate Scholarships. Major corporations, such as McDonald's, Google, and Microsoft, have scholarships available, many of which have multiple awards available.

1. The **Burger King Scholars Program** is open to those living in the U.S, Canada, or Puerto Rico; have a GPA of at least 2.5; and plan to enroll in college immediately following High School graduation (no gap year). With a deadline of December 15, 2021, the company is awarding 4 recipients up to \$4,000 each.

2. The **McDonald's HACER National Scholarship** is open to High School seniors who have a minimum 2.8 GPA, at least one parent of Hispanic Heritage, and are willing to disclose other scholarships one applied for. The application for the 2021-2022 will open this fall, so stay tuned. Typically, the company awards 30 recipients up to \$100,000.

3. The **Coca-Cola Scholars Program** is open to High School seniors who are U.S citizens, Nationals, Permanent Residents, Refugees, Asylees, Cuban-Haitian Entrants, or Humanitarian Parolees. You must plan to pursue a degree at a U.S post-secondary institution. With a deadline of October 31, 2021, the company is awarding 150 scholars up to \$20,000.

The second criteria are Women Scholarships. Since the beginning, women have been breaking barriers and increasing their status in society, from the work force to equal rights.

1. The **P.E.O. STAR Scholarship** is open to female high school seniors in the U.S or Canada who have a minimum GPA of 3.0 and are still under 20 years old by the scholarship deadline. The application requires an essay, interview, recommendation letter, official transcript, and student activity chart. With a deadline of November 1, 2022, the scholarship awards \$2,500 annually.



2. The **NCWIT Award for Aspirations in Computing** is available to U.S female high school students who have demonstrated aptitude and interest in IT/computing. The requirements include an essay and application form, and those of underrepresented racial groups are encouraged to apply. With a deadline of November 5, 2021, the scholarship awards \$3,500.

3. The **Illustrating Awesomeness Scholarship** is open to women or gender non-conforming individuals of color. Applicants must attend college in the U.S and be of color. Requirements include an application, 500-word essay, or video upload. The application will reopen in Fall 2021, with 4 awards of \$750.

The third criteria are Intended Major Scholarships. We all have different interests in life, many which affect what we want to pursue as a career. You can consider looking at many of these scholarships once you are in college.

1. The **ABC Humane Wildlife Academic Scholarship** is open to women who are currently enrolled at a U.S college who are studying science, engineering, math, or technology. With intentions to boost the number of women in STEM fields, the scholarship awards one \$1,000, along with nine other awards based on results of competition. Requirements include an essay. The application deadline is July 1st.

2. The **American Indian Nurse Scholarship Program** is open to American Indian, Alaska Native, or Native Hawaiian students pursuing a nursing degree. Recipients of the award are expected to provide healthcare in their community after graduation.

Requirements include proof of tribal heritage, recommendation from school official, official transcripts, a photograph, and a biographical statement. The scholarship awards \$1,500 per semester (maintain good academic standing).

3. The **Nomad Capitalist Scholarship for International Business Students** is open to those currently in high school or pursue an academic undergrad or graduate business degree at a U.S college/university. Applicants must fill out the application form and attach their essays. The essay is 1,000 words or more, with the prompt: "How will emerging countries change business in the 21st Century?" With a deadline of November 15, 2021, the winner is awarded an annual \$1,000 scholarship.

There are so many scholarships out there waiting for you. Don't get discouraged or overwhelmed; this is a tedious process that will pay off in the end. Take the time to look up other scholarships if none interest you, you don't fit the criteria, or because you want to add more scholarships to your list. Good luck!

Amanda Gorman Poetry Competition

By: SaRoya Johnson










Calling all poets, your creative expression is about to burst. Amanda Gorman has launched a poetry contest, with submissions being accepted from October 1, 2021 through February 1, 2022. Amanda Gorman is encouraging high school seniors who attend public schools, including the District of Columbia, to apply to the contest that's launching in October.

Amanda Gorman is an American poet who was born in 1998 in Los Angeles, California. While she has grown to be a major figure today, her journey wasn't all that easy. Gorman describes her speech impediment she had as a child, an auditory processing disorder and her hypersensitivity to sound. She sees these as a "gift and a strength." Gorman came into the public spotlight in 2021 when she read her poem, "The Hill We Climb" at President Joe Biden's inauguration. She also is the first poet commissioned to write a poem to be read at the Super Bowl. Gorman is the youngest inaugural poet in U.S history.

Her award for poetry, which is a new creative writing award that focuses on poetry for high school students, awards a first-place prize of \$10,000. The competition will award an additional 'first -place prize to the top entrant from New York City. Stay tuned poets, your journey has just begun.

October

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4 Senior Pictures 9:30-4 	5	6	7	8 Dr. Ruth LINKS @12:30
11 Teacher Workday	12 Teacher Workday	13	14 NC State Admissions Meeting @9:30 	15 AAERO Meeting @ 9:30 am
18 Fall photos Rep your College Day! 	19 Hats Off!	20 A Million Reasons to Go to College (wear yellow)	21 Your Future is Bright--Neon Glasses 	22 Dress for Success Day
25 Red Out Day 	26 Character Day 	27 Camo Day 	28 Belles Blue Spirit Day!	29 Teacher Workday

Free College Application Week →

Spirit Week/Red Ribbon Week →

Notes:

- October 16 - College Application Kick Off from 9 am to 1 pm
- October 18 - Report Card Pick-Up/Parent Meeting @ 5:30
- October 22 - Minimester 2 ends
- October 26 - Minimester 3 begins