



# THE PHOENIXES' CALL

Volume 1 / Issue 7

## CALENDAR

**January 31**

**MCEC West Middle School  
Information Night @ WMS**

**February 7**

**MCEC Information Night @  
MCEC**

**February 8**

**Last Day for PPP Carnation  
Sale**

**February 13**

**End of 4th 6 Weeks**

**February 19**

**Student-Led Parent  
Conferences**

**February 20**

**11th Grade-ACT Test**

**February 28**

**Art Show Case**

**PROM COMMITTEE  
MEETING EVERY  
THURSDAY AT 12:15 in  
Mrs. Hare's Room**

## STUDY TIPS BY PETER EATON

Imagine there is a big test in a college class coming up in a few days. You haven't spent much time studying because you kept on telling yourself, "I still have time," or something along those lines. It will do you no good regretting the fact you put it off, but you need to study for this test. One thing you can do is, along with regularly reading over notes, you can read over them one time through right before you close your eyes to sleep. When you put something in your mind right before you go to sleep, it stays in your subconscious and you are more likely to remember it. The more you do that, the more it stays in your memory. This also means that you shouldn't check your phone between glancing over your notes and sleeping; you may find something else that occupies your subconscious. Of course, this works just the same if you started studying ahead of time, so I advise you to do just that.

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*Attention Juniors: Remember to Study for the ACT that will take place on February 20<sup>th</sup>!*

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## DECEMBER STUDENTS OF THE MONTH



PICTURED ABOVE ARE THE DECEMBER STUDENTS OF THE MONTH. FROM LEFT TO RIGHT: FRESHMAN, LULEA ADAMS AND JUNIOR, JAHIEH HILL. CONGRATULATIONS! NOT PICTURED: SOPHOMORE, KAYLA PEGUES

## IN NEED OF A LAUGH? TRY THIS!

1. How did the whale defend itself? With a swordfish
2. Which insect makes honey move? A Cardi B
3. What type of pictures do teeth take? Tooth pics
4. Why did the stuffing ask for his privacy? Because he was dressing
5. What is orange and sounds like a parrot? A carrot
6. What kind of shorts do clouds wear? Thunderwear

**CONTINUE ON THE NEXT PAGE  
FOR SPORTS UPDATES, TRIVIA, AN  
EXERCISE AND STRESS ARTICLE  
AND ETC.**

Thank you for reading The Phoenixes' Call! This publication was created completely by Montgomery County Early College students. We write, edit, and publish this work on our own. We are using this publication to showcase all of the wonderful students of MCEC and to show the community what it means to be a Phoenix. We apologize for any typographical errors or misspellings. Please see Mrs. Heather Beane if you have an idea for a new story or

# THE PHOENIXES' CALL CONT.

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**ANNOUNCEMENTS:** MCEC will be hosting a Math Olympiad for MCEC on February 15, 2019, as well one for MCS on April 5, 2019. If you are interested in helping with this event, please see Mrs. Daywalt to sign up.

MCEC's PPP will be selling Valentine's Day Carnation Grams for only \$2. Stop by the office to buy your carnation gram for your friends or teachers! The homeroom that purchases the most Carnation Grams will win a pizza party from the PPP on Feb 18!

## Sports News

Bryan Tinoco-Reyes will be competing at the regional level in wrestling.  
Congratulations!

## EXERCISE AND STRESS BY: EVELYN JAIMES

At some point in your life, there has been stress. Stress can affect the body, behavior, and thoughts and feelings. A way people have managed their stress is by exercise. Exercise can improve a person's overall health. It is very effective at reducing fatigue, improving alertness and concentration, and enhancing cognitive function. Regular participation in exercise can show a decrease in tension, elevation and stabilization of mood, and improvement in sleep. It can also improve one's self esteem. People have picked up on this method of stress management but after a few weeks, they begin to stop. In order to help you stick with it, you could try setting personal goals, having a friend to exercise with, exercising in increments, or trying different types of exercises you may have not heard of or tried. Try to record your progress and see how far you have come. It cannot hurt to try!

## TRIVIA

- What year was Facebook founded?  
A. February 2004
- What is the highest mountain in Greece?  
A. Mt. Olympus
- Who is the voice actor of Maui in the Disney movie Moana?  
A. Dwayne Johnson
- What bear steals picnic baskets from Jellystone National Park?  
A. Yogi Bear
- What is the leading cause of mesothelioma?  
A. Inhalation of asbestos

## FALL ACADEMIC AWARDS DAY HIGHLIGHTS



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