



Small Town Girl Turns Dirt Roads To Red Carpets

By: Nick Matthes
Web Co-Editor

Richmond alum and GVSU junior, Regan Blissett is turning dirt roads into red carpets, and Hollywood it is.

Hollywood, it is.

Regan was aspiring to have an internship in California, and did she make it work. Regan stated that how you receive these internships is all on who you know. "My mom, Carrie Blissett, graduated from Richmond High School with someone who helped get me the internship. She was friends with the owner of the PR firm, Espada PR. So we got in touch and I applied. I received notice that I got the internship and I decided to take a leap of faith and go winter semester," Regan said.

With getting the internship with PR, Regan is getting some amazing opportunities. One of the biggest things that Regan has gotten to do is attend the People's Choice Awards. Blissett got access to this event through one of their clients, jazz artist Aaron Bing, who was invited to the People's Choice Awards. Another thing that Regan is going

to be hopefully attending is the Grammys and the premier for the Logan Marvel Movie. Regan said that they are able to attend the premier because one of their clients is in that movie.

The stuff that Regan is experiencing is absolutely amazing. The biggest thing that she put emphasis on was that "this has been an amazing experience. Not many 20-year-olds can get up, leave the comfort of their home state and adventure all by themselves. But my dream is to work in entertainment and here I am, working in the entertainment industry. Never stop chasing your dreams because the risk is worth the reward," Blissett said.

While Regan is on this internship she is taking care of some important things that people in public relations do on an everyday basis.

"I am in charge of contacting clients and doing tasks such as emailing, creating press releases. A lot of what I do is also just being an assistant. I help manage her daughter who is a model so I attend photo shoots and I have made myself a video editor creating videos to post on social media," Blissett said. It's not always sunshine and rain-

Ready, Set, Action!

By: Sydney Black
Staff Writer

On the set of Richmond High School a sophomore, Erik Haack, is attending the new class of T.V. and Broadcasting – a new Michigan Career and Technical Education (CTE) course. The class consists of 20 students learning the skills in TV productions, editing, and many more skills of different fields of media.

"It is more than just sitting and learning from a book, but it also gives hands on training," said Haack. The class is taught by Jason Robbins, a cable coordinator who runs the Richmond TV YouTube account. Robbins decided to teach the class because he "thought it would be a good opportunity for students to try something different and that was more hands on then instructional." Learning all the different positions around a regular news production studio is what the class has most recently learned – as well as running their own news production in all the different positions.

As for Richmond TV, the class helps Robbins film all the different events that happen around the community – such as the choir concerts and the tree lighting.

Haack enjoys this class because of what he has learned so far. From learning the different techniques of being on and off the set of any type of media. "Something I've accomplished during this class is how to establish different kinds of camera shots and how to be a director in TV production," said Haack.

The experience itself is something that Haack, and all the other students can take with them.

"It's kind of like a plan if my first job doesn't pull through – I'll have

something to fall back on," said Haack, "You learn to do different camera angles and get to them quick. You get to learn how to be a talent on a TV set, or any set – which could come in handy."

The training the class gives contributes to one who wishes to work in the media by giving them just one more extra step towards that goal. People who want to just be behind the scenes and work as the cameraman also benefit from the class.

The class works by each student volunteering for one event per semester, this is how the student will receive their grade for the class.

"This is a requirement from the State if Michigan CTE program," said Robbins. "They help by operating a camera, loading graphics onto the screen and any other task that is required to complete a production."

There are many goals for the future in this class. So far, the class's biggest accomplishment was simply just getting it going.

"As of the 2017-18 school year, it will be considered a State of Michigan Career and Technical Education course," said Robbins.

Robbins wishes to achieve many goals with the class in the future. For starters, he hopes to involve the class in as many contests as possible – maybe even try for a film festival.

Teaching the class is one thing, enjoying it is another. Robbins feels the class is a challenge, but, a good challenge.

"I'm pooling all my experience together to be able to share it," said Robbins. "I really do enjoy the class. The students make it a fun environment for me to teach while also giving me a chance to grow as a person."

bows in California. "I have learned another side of the industry and what goes into films and a photo shoot and how being a publicist works. I want to be a journalist and I've learned that in order to talk to people I have to contact the publicist first because they handle the image of the client and the press. I've learned how hard you have to work to make it here in LA and it's not easy."

Blissett Gives back to RHS

When Regan came back home before she took on the world traveling to California, she had emailed Mr. Murphy asking to come present to the students to show them that your dreams really can come true. "I knew that she would be great for the students, and she would make it [presentation] professional," Mr. Murphy said.

It was a great experience for students at RHS to realize that no matter what you put your mind to, things can be accomplished and you will succeed in this world. Throughout the presentation, students had learned how Regan came about to the person she is, and how she has succeeded as a person.

Mentality: key for success.

Most people may know that a person with great mentality is going to succeed. No matter what arises in front of them they will surpass the obstacle and keep moving forward, and that is Regan.

One of the things that makes Regan successful is her mentality to

succeed. Regan has taken upon this mentality for her will to succeed.

"My mentality comes from my will to be successful. I've always thought highly of myself and have always known that I can do well if I apply myself. Seeing how hard my parents work and what they do for their children has inspired me to work hard for what I want as well," Regan said.

By having the will to succeed and the mentality to apply herself, Regan is ready to take on the world.

Regan starts off at GVSU

Regan is majoring in Multimedia Journalism with an emphasis in Broadcasting.

"I chose this major because I was very involved in theatre and growing up I've always had aspirations to become an actress. I knew that becoming an actress would be difficult. It wasn't until I took [Mr. Murphy's] newspaper class at Richmond High School that my aspirations changed," said Blissett.

Regan chose GVSU because the outstanding classes and professors to mold her into the multimedia journalist she is today. She also is a student-ancher for a student run program called Laker News, a news broadcast to keep students up-to-date with what's going on at GVSU.

"Make it happen. This small town girl turned dirt roads into red carpet. My advice for people is to find their passion and let it burn inside them and be fearlessly aggressively chasing after what you want," Blissett said.

RHS Seniors Get to the Heart of Anatomy

By: Jaret Gil
Opinion Co-Editor

Ever wanted to be a doctor? Or a physician? Therapist? Anatomy may be for you.

A few weeks ago, students in RHS's Anatomy class did presentations on careers related to the class. The hopes being that students would present on jobs that they found interesting.

For example, senior Raechel McKiernan presented on the job of a physician's assistant, a career that she herself would like to pursue. The job is similar to that of a doctor, aside from the fact that a physician's assistant has to work under a doctor.

She said, "Biology and Anatomy and those types of classes are my favorite classes. I love being able to understand how the human body works, cause that's what you walk around in every day."

But her plan involves more than just becoming a physician's assistant. McKiernan said that she plans on joining the National Guard. "I like the service aspect of it," she said. "And you get to help your community, like with the Flint Water Crisis."

Meanwhile, fellow senior Alyssa Gall presented on physical therapy. "Physical therapy is about helping people recover from injured muscles and bones and understanding how bones break," said Gall. "Even treat diseases that are 'untreatable' like muscular dystrophy."

While Gall may not be so sure about her path, she does have a passion for physical therapy through her mom. She said, "I'm not sure what I want to do, but I've always loved being able to help people with injuries."

For now, the two seniors don't have to worry about anything but Anatomy. Like the recent heart dissection the students performed, McKiernan got to work on a fresh deer heart, while other groups worked with processed sheep hearts. Gall said, "It was interesting. I'd never held a heart before. And because they were processed, they actually bounced when they got dropped."

"Having the fresh heart was really realistic," said McKiernan. "Unlike the sheep hearts, ours actually bled and stuff."

In the experiment, students were given a worksheet that they had to identify the different parts of the heart with. First they pinned labels on the outside of the heart, and then they cut the heart open and labeled the inside.

Gall said, "It was interesting because the heart is different than it's portrayed in social media. So it was really cool to see all the different parts. The inside of the heart is also really smooth, so that was cool. It helps teach you about yourself. People don't know what makes up the heart, and the bones, and the body; you know people should be more educated about their body."



Richmond with it: Gets Fitbit

Brendon Jacques
Co-Sports writer

People are always looking for ways to keep track of how much they are exercising and how healthy they are eating. Many have tried workout logs or counting calories with pen and paper each day. However, it seems as though these strategies fail more often than they work.

That's why the Fitbit was created. It's a technological wristband that allows people to keep track of how much they exercising in a variety of ways.

It's able to keep track of weight lifting, calories burned, steps taken, heart rate, caloric intake and much more—depending on which model of the Fitbit device that is purchased.

Another convenient feature of these devices is that they are Bluetooth compatible, allowing users to sync their wristband to their other most valuable device: their smartphone. Using just the Fitbit app located in any app store, the user can document all of their exercising and meal intake automatically.

It also lets you “friend” other Fitbit users and compete against friends and family on their total

amount of exercise.

“It can get pretty competitive each month, especially when I'm competing with my family,” said senior Eric Raska.

Competing with people especially who are closest to you will drive more motivation into people to exercise.

Senior Matt Schuster said, “I think Fitbit's intention was definitely to give people extra motivation by having competitions, especially with friends and family.”

Students and teachers have taken notice of this awesome new device and it has been a huge purchase at Richmond Community Schools.

“The fit bit was able to change my life,” said Raska.

It has allowed him to lose over 30 pounds just by counting his calories and knowing the amount of exercise he was getting each day.

Others have noticed pretty significant results as well.

Schuster said, “I started wearing my Fitbit a while ago, and it has helped me take serious control of how much physical activity I am getting.”

These wristbands are teaching Richmond students how to get in good shape in an easy way.

“It has honestly changed my life. Nothing compares to the Fitbit.”

Super Surprise at the Super Bowl

By: Matt Schuster

Opinions Co-Editor

The most exciting football is always when the games mean the most and that's when the playoffs begin. In the NFL the teams play 16 games in 17 weeks. There are two conferences, one is called the NFC and the other one is called the AFC. In each conference there are four divisions. Teams automatically earn their spot in the playoffs if you win your division, but two wild card spots are available for the teams that didn't win their division but have a record better than the other teams that didn't win their divisions.

Every football player's dream is to reach the Super bowl; it's what every team strives for and what every fan watches every game hoping that their team makes it that far.

One team that has been dominating in the NFL in the last thirteen years is the Patriots. In 2004 was the first time Tom Brady won a Super Bowl, he later on went to be in the Super Bowl six more times winning four more and losing two. His record in the Super Bowl is five and two but is making another appearance this year for his seventh time and he got his fifth ring to join only one other player, Charles Haley.

Bill Belichick is one of the best coaches in NFL history. He is a huge reason why Tom

Brady was picked 199th in the sixth round of the 2000 draft, he now has been to the Super Bowl seven times, won five super bowls, is in the elite group of quarterbacks, even the best quarterback of all time.

and the Patriots have been so successful, his preparations for games is in incredible and makes teams have to go to a different game plan when playing against the Patriots. You almost have to surprise Belichick when playing against him. This Super Bowl was just one of many reason why Belichick is one of the best of all time. His team was down 21-3 going into the halftime and it looked like another blowout. Going into the

4th quarter still down 28-9, the Patriots scored 19 points in the fourth quarter to tie the game and then going into overtime to win the game on the first drive.

Belichick and Tom Brady will always be known for as a dramatic duo. They put together the best comeback in the Super Bowl era.

One huge fan of the Patriots is Brendon

Jacques.

Brendon Jacques said, “I think Belichick and the Patriots have been so successful because of how well they game plan for every situation in the game. Also every week they have a totally different game plan. You never know exactly what they are going to do. Most importantly they have a system in just doing your job and as long as everyone does that they don't lose football games.”

The Patriots did an amazing job by coming up with the game plan against the Steelers in

the AFC championship game by defeating them 36 to 17. The Steelers are known for “the three Bs” they are LeVon Bell, Ben Roethlisberger and Antonio Brown. In the AFC game LeVon Bell got hurt early into the game and didn't return.

Brandon VanCorp said, “He (Bell) was their number one offensive threat and him getting hurt allowed them to switch their main focus to Antonio and double team him.”

The Steelers didn't have a game plan after that and that is a main factor why they lost. The Patriots knew that the Super Bowl game would not be a cake walk for them and that everyone is going to have to “do their job” and stick to Belichick's game plan.

Jacques said, “I've been a patriots fan my whole life and the reason I am a Patriots fan is because my uncle lives in that area. Tom Brady has been a huge inspiration to me as well.”

Tom Brady is a huge inspiration to athletes everywhere. Brady was picked 199th in the sixth round of the 2000 draft, he now has been to the super bowl seven times, won five Super Bowls, is in the elite group of quarterbacks, maybe even the best quarterback of all time.

Before Brady became a professional football player he played college football at Michigan. Brady lived in California and was recruited out of high school by Michigan. To be a successful team in college you have to get the best recruits you can get, if you can go out of the state and get players it gives you advantage and more options to become the best team you can be.