

The Bluejay Post

Non-profit
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Cimarron,
KS
67835

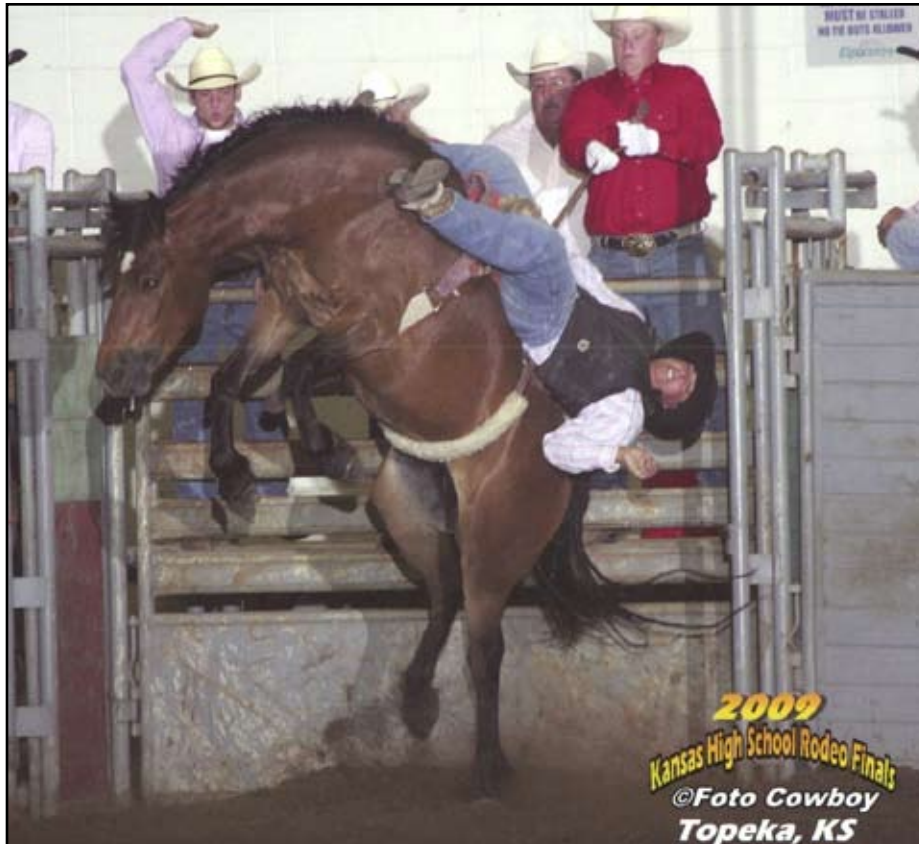
Cimarron High School

Cimarron, Kansas 67835

November 2010

Vol. 8, No. 2

Students shoot, ride their way into national competition



8 SECOND RIDE: Junior Mauricio Soto rides a bronc at the 2009 Kansas High School State Rodeo Finals. "I hope to get a rodeo scholarship, and I'd like to ride in the PRCA someday," Soto said. (Foto Cowboy photo)

by Tyler M. Siek

This summer two CHS students, Mauricio Soto and Austin Smith, competed at the national level. Soto competed in High School Rodeo and Smith competed in 4-H shooting sports.

Junior Mauricio Soto has been involved with rodeo for about four years.

"I got started in about eighth grade when a couple friends who rode got me into it," Soto said.

Soto qualified for national competition in Gillette, Wyoming, in Bareback Bronc riding when he placed in the top four at state competition. He actually won one of the rodeos at the state event.

Most of the time each rodeo is divided into three smaller rodeos. Usually these are held in just two days as they take place over weekends. The National Finals Rodeo, however, is a ten-day event.

"I ended up riding both of my horses on Wednesday," Soto said.

At national competition there is a multitude of competitors from all differ-

ent backgrounds and with different skill levels.

"There are some pretty good riders at the rodeo, but there are some who are average riders," Soto said.

While in Gillette, Soto competed valiantly.

"I got bucked off of my first horse," Soto said. "I covered my second but I missed my mark-off."

When a rider leaves the chute, he has to get both feet in the stirrups before reaching the mark-off line. Failing to do so disqualifies a ride and no score can be awarded.

Winning the rodeo requires someone to be almost flawless throughout the entirety of the event.

"To get to the short go of the rodeo you have to place in the top twenty in the average score of both rounds. Whoever wins the average score at the end is the champion," Soto said of the effort it takes to win the rodeo.

Soto's hobby costs about sixty dollars

per weekend for most high school rodeos. But upon making the national team Soto was given an \$800 check to pay for his expenses while there.

"All fees at nationals are pretty much paid for by the sponsors," Soto said.

Soto hopes to be involved in rodeo for as long as possible.

"I hope to get a rodeo scholarship, and I'd like to ride in the PRCA (Professional Rodeo Cowboy Association) someday," he said.

While rodeo may be interesting to some, another CHS student is all about 4-H shooting sports.

Junior Austin Smith has been shooting with the 4-H Club for three years. He competes in archery, air rifle, shotgun, muzzle loader, small bore pistol and small bore rifle.

Smith qualified for National Archery competition in Olympic bow. He was a member of the 14 and over division, which ranges from age 14 to age 19.

Nationals took place in Kerrville, Texas, from June 28 to July 3.

"I shot 770 arrows per day, every day during competition. There were about 150 shooters in my division alone, coming from 28 states."

The course is set up outdoors, where 3D targets are made to look like deer and other animals. Smith placed fifth at nationals in 3D targets and his team placed fifth as well.

"If you miss your target in 3D your arrow is going to hit a rock and get all messed up," Smith said.

"That makes it a little bit easier to hit the target,"

Like Soto, Smith said there was some heavy competition at the National event.

"The other shooters were really good. Some guys were unbelievable," he said of the level of competition he faced.

Smith trains very hard to be good in his sport.

"I practice at my house every-day, shooting for about an hour and

a half," Smith says "I shoot a block target mostly, but I made my own 3D target."

All of Smith's practicing pays off when it comes to accuracy.

"I broke a golf tee in half from 20 yards with one arrow," Smith said, as if the achievement was a simple feat.

Smith has never looked back since starting. He has been driven through his career's entirety.

"Shooting things really made me feel good. Once I got started, I didn't want to quit. It was awesome," Smith said.

Smith has been quite successful in his three years of shooting with the 4-H Club.

"I've placed first about 15 times," Smith said "I won state in all of my archery events and so did my team."

Smith's hobby is not cheap. He supplies his own bow and arrows at all of his competitions.

"My arrows alone are probably close to \$800; my bow riser was about \$900 and the limbs were around \$600," Smith said.

Smith wants to make the transition from Olympic bow to compound bow before he tries to qualify for his next national event.

"I can't qualify for nationals anymore in Olympic bow," Smith said "You're only allowed to go to nationals once in each event. It's kind of a stupid rule, but it makes sense because you don't want the same guy winning it every year."

(See COMPETITION, page 7.)



LET IT FLY: CHS Junior Austin Smith, aims down his sight at a target set up beside his house. "My goal is to shoot on the U.S. Olympic team one day," Smith said. (Siek photo)

Take a ride and jump in with *The Cab*

By Nicole Marshall

Have you ever found yourself sitting in your room in total silence, just wanting to scream? Well, a cure has been found for your monotony.

The Cab is a band that has a wide variety of music tastes. They can offer up sappy love songs, break-up songs, or just songs to chill out and listen to simply to enjoy.

The band started off with two members, Alex DeLeon and Cash Cooligan. The two went to high school together at Liberty High School in Henderson, Nevada.

The band has gained and lost members, but three stand strong: lead singer and guitarist DeLeon, guitar/pianist Alex Marshall, and drummer Alex Johnson.

The Cab kicked off on the infamous website of www.myspace.com and has blown up into a music sensation.

Girls will scream and drool over them and guys will envy them. *The Cab* signed to the local label of Olympus Records in January of 2006, but didn't release any

material.

The Cab gave a demo to Spencer Smith and John Walker, members of the band Panic at the Disco, which helped *The Cab* sign onto Decaydence Records in May of 2007. Shortly after this took place, the band's members graduated from high school.

The Cab has been through bumps and bruises along the way, just like any band that is trying to make it in the big time. In February of 2008, their touring van turned over in Wisconsin, but no one was injured and they only missed one tour date.

The Cab has done some covers of songs, such as "Disturbia" by Rihanna on the *Punk Goes Crunk* album, released in 2008. The band even did a show entirely dedicated to the band Queen, famous in the '70s.

The band has a sound that can be taken from any music lover's perspective. Some songs are soft rock, some make you want



to get up and dance, and some, like the song, "I'll Run," will make you want to cuddle up with that special someone. If you don't give them a chance, you're going to miss out on an amazing band that will melt your eardrums with awesome-ness.

If you don't like trying something new, get over it and do it. *The Cab* is a great band that anyone can enjoy. Some of their biggest hits are "Bounce," "Vegas Skies," and "Take My Hand Remix," featuring Casadee Pope.

Take a journey and jump in with *The Cab*.

Rodgers and Hammerstein's:

Oklahoma!

Tickets
available
from CHS
Choir
members!

Fri. and Sat.,
Nov. 12 and 13

7:00 pm
CHS Auditorium

Book and lyrics by Oscar Hammerstein II
Music by Richard Rodgers

to the editor

Letter

To the Editor and staff of the Bluejay Post,

I just wanted to start off by saying that you are small but mighty! I thoroughly enjoyed reading last month's paper! I love the design (especially page one!), and I think that it looks very professional! The feature articles were in-depth and extremely well-written! I also like the design of Sierra's Secret Snapshot. For only having a four person staff, you all did a marvelous job! Keep up the good work, and I look forward to reading next month's paper!

Sincerely,
Britnie Jenkins

New restaurant opens on Highway 50

By Tyler M. Siek

Recently a new restaurant opened on the east edge of Cimarron. The new restaurant, *Cancun*, serves exquisite Mexican food. To my knowledge, Cimarron has never had a family-style dine-in restaurant of this quality.

Cancun serves all types of authentic Mexican food, including tamales, burritos, enchiladas, tacos, fajitas, carne asada, and even Mexican-style steaks.

The salsa at *Cancun* is absolutely to die for. It is a smoother style salsa

than most store-bought, made-in-factory brands, and it tastes much better. It has a spice to it that has enough presence to intrigue the senses, yet still subtle enough that a customer won't be scared away.

The "Burrito Grande" was my order at *Cancun*. It is a fairly large burrito and can be ordered either as chicken or beef. It comes with a green sauce that is a bit spicy, but it tastes great.

I picture *Cancun* being in Cimarron for quite a few years to come. The menu is priced affordably and the quality of the

food is well worth it. The quantity is also in good proportion. There isn't so much food that you'll feel sick when finished, but there is enough that you won't go home hungry.

If you are looking for a place to eat on a date, or a family night, or perhaps a night on the town with some friends, try *Cancun*. It is sure to satisfy.

Rating:



Bluejay Post Staff

2010-2011

Editor: Nicole Marshall

Sports Editor: Tyler Siek

H.S. Organizations, Arts, Music

Editor: Sierra Lucke

Cartoonist: Josaiiah Kremeier

Editorial Board:

Josaiiah Kremeier

and Sierra Lucke

Advisor: Lynne Hewes

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Oklahoma! takes over CHS choir

By Nicole Marshall

The CHS choir will perform the musical *Oklahoma!* on November 12 and 13 at 7:00 p.m. in the high school auditorium.

Plenty of work has been put into the musical with some help from community members.

"Todd Turley has done an outstanding job building our set for this musical," Glenda Davis, pianist, said. "I'm so impressed with his construction, and he's so nice help us with this each time. The kids just don't have time to do much with the set, but this year a few have been painting what Todd built."

In previous years, it has been easier to prepare for the musical.

"Each year it gets harder and harder to do a full-fledged musical," vocal director Lynn Unruh said. "The kids are so busy, so involved, that they don't have time for

rehearsals."

Though students are busy, Unruh still works hard to make ends meet. For instance, this year she added dancers who don't have lines to memorize, which not only makes it easier for the teachers, but it also helps everyone get to know each other.

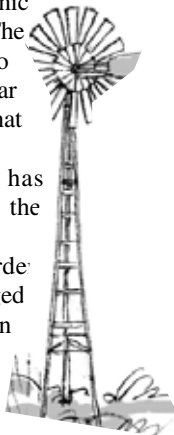
"There are several dance numbers in this show, and I'm getting to use some of the younger members of the vocal class for those scenes," Unruh said.

Though the years, many have helped make the musical as good as it can be. However, there are hazards that come with directing the musical.

"I keep waking up at 2:00 in the morning with the lyrics of 'I'm just a girl who can't say no' running through my mind," acting coach Lynne Hewes said. "I'm losing sleep over this musical."

In spite of a bumpy ride, it will all pull together in a couple of weeks.

Tickets may be purchased from any choir member.



Junior high choir members to represent CJH

Junior High students Mishayla Moffitt, Charise Friesen, Mariana Morales, Jahannah Hughes, Jessica Wehkamp and Brynn Walker were recently selected to represent Cimarron at the Southwest District Honor Choir to be held on Saturday, November 6.

"They will be members of a 200-voice choir made up of seventh and eighth grades throughout the southwest corner of Kansas," said vocal director Lynn Unruh, "and we're looking forward to their performance."

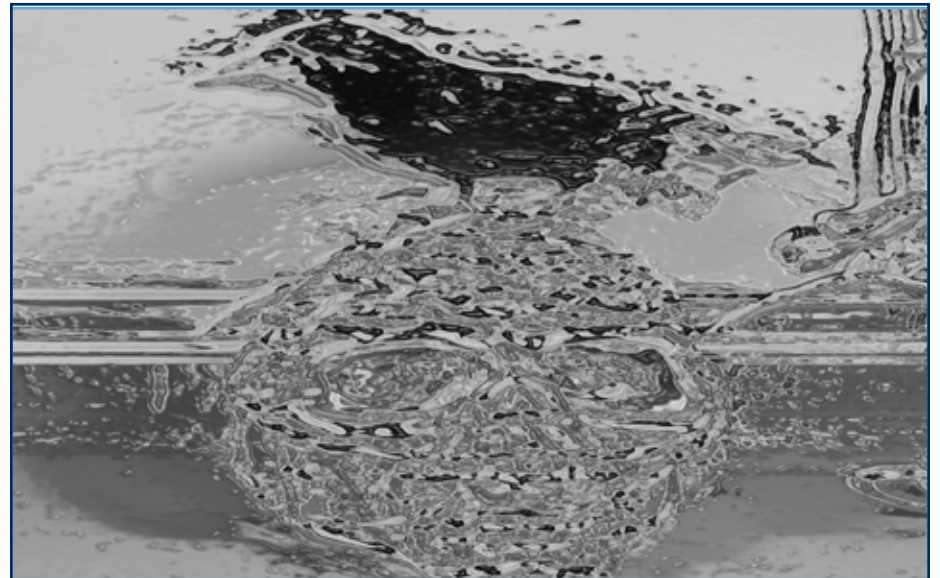
Congrats to the following chosen for SWKMEA MS District Honor Band:

Kylie Rempel- Oboe
MacKenzy Meis- Flute
Samantha McPhail- Clarinet
Madison Chalkley- Clarinet
Kaitlyn Knobbe- French horn
Andrea Bryant- Trumpet
Juan Ramirez- Trombone



Be prepared for awesome speakers and wonderful bands playing and amazing singers to make the day more memorable!

November 11 at 10 a.m.



~Sierra's Secret Snapshot~

The photo above has been distorted in **crazy**, **cool**, and almost **SCARY** ways. If **YOU** know what it is, report to **MS. HEWES ROOM** for a prize! You better hurry though! There will only be **ONE** lucky winner!

GoOd LuCk! :) Last month's winner was Megan Claar.

Organizations update

FFA

-Goes to Panhandle State University on November 11.

FCCLA

-Hosting a dinner theater on November 13 at 6 p.m. before the musical
-Hulk Volleyball is planned for November.

SADD

-Just finished up with Red Ribbon Week
-During the last week of October, T-shirts and silly bands were given away.
This year's theme: **I Rock Drug-Free**

KAYS

-Will be collecting 'coins for critters'
-All money raised will go to help victims of the oil spill.

Despite road construction woes,

Kenzy Koffee kicks with caffeine in Kansas

By Sierra Lucke

During the month of July, the little town of Cimarron was introduced to a new business, Kenzy Koffee. The name alone gives it away; it was actually named after the one and only Mackenzy Meis.

You should know they sell more than just a regular cup of coffee. Really, how boring would that be?

Kristi Hensley, owner and founder of Kenzy Koffee, already had the experience of owning her own business before the establishment of Kenzy Koffee.

"This is not my first business to own, so the aspect of it is not new to me," she said, "Owning your own business takes dedication, hard work, and discipline. There will also be sacrifices made on your family's part, and hopefully in the end it's a reward to them."

Thinking back on it, Hensley recalls when the idea for Kenzy Koffee first came about.

"The idea came in March when Sean and Mackenzy were sitting in the living room. We were trying to figure out a good summer job for Mackenzy," says Hensley, "They said, 'We should open a coffee shop!' So that's really how the idea came, although the name took a little longer. It actually came to us about a month later."

Hensley also remembers Kenzy Koffee's first day of being open.

"It opened July 10. When we opened, of course we made coffees. We later found out we hadn't been serving a good cup of



coffee that whole day," says Hensley.

Having the experience of owning a business already, Hensley likes owning a coffee shop.

"I like it. It's a lot of fun. My hours are pretty crazy though, such as getting up early in the morning," says Hensley. "I've been a night owl my whole life, so waking up at 6:00 every morning is a job."

Hensley gets many benefits from owning Kenzy Koffee.

"I get to teach other people, kids particularly, how to have a job and be disciplined. I want my kids to know how to work and to know how to be respectful of others," she says. "I look at that alone as a benefit. I can also go to my kids' games and I can make my schedule flexible. I want to be there for everyone's volleyball games, football games, basketball games, and track meets. My kids are only little once. I don't get to try again."

Along with every benefit come challenges to be faced.

"The biggest challenge would have to be the road construction," says Hensley. "When you start a new business, it's hard to get people to come to it anyway and try something new. So when you put an entrance in two different spots, and then

the entrance changes weekly, it makes it difficult."

Even facing the road construction, there's not much Hensley would change about the new business itself.

"The only thing I would change is I wish it had a bigger kitchen in it," she says.

With the road construction running down the main highway right beside Kenzy Koffee, Hensley has noticed an affect it has made on her business.

"The business is new, so I can't say it has affected it. It is new, after all, so it's hard to say," she says. "But I can tell you when the construction was up the street, the business was twice as good as it is now. So, overall, yes, it has affected it."

Before the road construction began, Hensley met many customers each day.

"We had about 65-70 customers a day," she says, "although on the first day we opened, we had over 100 receipts, so I'm not exactly sure how many customers that would've been."

Due to the road construction, Hensley feels she faces only one major problem.

"How do you get to me?" she says, "The customers are usually thinking to themselves, I see you, but I don't know

how to get to you."

Kenzy Koffee sells more than just coffee. They also sell smoothies, flavored coffees, and other items that appeal to all age groups.

"I've noticed certain age groups who prefer certain drinks," says Hensley. "The older crowd normally drink a plain cup of coffee. The middle group, which I would consider between 16 and 40, prefer flavored coffees. As for the kids, who would include grade school kids, they really love the hot chocolate with toasted marshmallow."

Hensley feels that people wanting to own a business should really take several things to mind.

"Take care of your customers," she says. "A business is only as good as the customers that come and see you, or use your service. The product you put out, or the service you provide, has to be top notch. People do have other choices. You just want them to choose you every time. Also be prepared to work longer and harder than any 8-5 job you'll have, because it's never an 8-5 job."



CHS students are **hooked** on texting



By
**Josaiah
Kremeier**

Addiction: the fact or condition of being addicted to a particular substance, thing, or activity.

Text Messaging: the exchange of brief written messages between mobile phones over cellular networks.

Addiction to Text Messaging: epidemic?

"I send approximately 300 messages

a day," says text-savvy senior Tiana Schneider.

You may think texting is merely a media-derived fad affecting only kids and their somewhat older counterparts. But this proves to be untrue. Adults do it too—and in fact a large number of them are hooked on this means of communication.

"When not working, I send around

twenty messages a day," says substitute teacher Sondra Brown. "I mostly talk to my kids—and an occasional text to Mr. Brown."

Parents are probably the most prominent text-sending adults. They're always asking their offspring, "Where are you?" and "What are you doing?" Every teen is used to that. But who are their kids

texting?

"I text my boyfriend, friends I don't see at school everyday, my mom, and my brother," says Schneider.

Along with email and social networking sites like Facebook and Myspace, text messaging has become a popular form of communication for long-distance friends.

Sophomore Greta Giebler says she mostly texts, "people out of Cimarron I can't talk to everyday."

According to a Nielsen Mobile survey, "People 13 to 17 years old, on average, send and receive about 1,742 text messages a month."

The average text takes less than 30 seconds to compose.

If you do the math, that's roughly 14.5 hours spent looking at your phone every month.

"I text whenever I can afford it," says Giebler. "When I'm in the mood, I text a lot."

Some people only text when it's convenient, or when a phone call is inappropriate; others text all the time.

A CHS student who wishes to stay anonymous says, "I text all day. Sometimes even stay up late till like two or three in the morning to text."

Like all addictions, when the substance or activity is taken away or limited, the addict finds it hard to cope.

Brown knows she's hooked and wouldn't want her phone taken away.

"I'll be honest. Since my kids are all gone from school, it would be hard," she says.

Who do you text?

"Mostly boys..."

Senior
**Ashley
Harell.**



"I mostly text people out of Cimarron that I can't talk to everyday,"

Sophomore
Greta Giebler



Texting + driving = breaking the law?

Kansas Senate Bill 300, signed into law by Governor Mark Parkinson, prohibits drivers from writing, sending, or reading a text message while driving.

The ban on text messaging goes into effect on **January 1, 2011**. Violating the new law could result in a fine of \$60.

Bringing XC back

Cross-country kids stick together through day and night

By Nicole Marshall

“Stretch it out!” is the motto that the cross-country team has taken on this year.

The team started out practicing two weeks before school began on August 30. They started out running in the mornings because the heat would get too overwhelming and they feared that some people might pass out because of exhaustion and dehydration.

“There were times when we’d almost get hit by teachers coming to school in the morning,” senior Tayler Schartz said.

The team would run in the morning, afternoon, and at night.

“I like running in the evening because it’s cool and you’re not completely exhausted from the day yet,” senior Miranda Burns said.

Junior Megan Claar had a different look at which time of day is easiest run.

“I like running more in the morning,” she said. “It helps wake you up more.”

Sophomore Greta Giebler prefers the warmer part of the day.

“I prefer running in the afternoon because your body is awake and it’s at that peak moment,” she said.

Though there are some things about cross-country that cause students to shy away from the sport, the team is a close group.

“We have a big group this year and it makes it easier to bond,” said Burns. “It makes our team unique.”

The cross-country team is made up of seniors Miranda Burns, Laci Collins, Whitney Boersma, Britney Boersma, Ashley Harrell, Tayler Schartz; juniors Dalia Erives, Megan Claar, Emily Payne, Stewart Fairbank; sophomores Greta Gie-

bler, Miguel Jimenez; and freshmen Jaqui Arreola, Jackie Urritia, Gabriel Medina, Alan Burl, and Johnathon Martinez. Josh Littlejohn coaches the team.

The team traveled near and far to compete. Throughout the team, each athlete has different opinions about who the toughest competition is.

“Tribune and Wichita County are really tough,” Burns said.

Schartz has a different opinion.

“The Ulysses guys are really good,” he said.

Though the competition can get rough, the CHS team showed their strong points this year at the Ulysses meet.

“The Ulysses meet was my favorite because everyone medaled,” Schartz said.

The team survived short practices and the season has ended, but the memories will stick with everyone forever.

“My favorite memory was when we made our team chant and we’d say it before every run,” Burns said.

The team has different motivations for each race. Some invented their own methods to keep them from not giving up until the finish line was crossed.

“You have to keep pushing yourself to



STRETCH IT OUT: The cross-country team huddles up for their team chant before starting the race. The team has had a successful year despite having such a large team. The team is made up of seniors Miranda Burns, Laci Collins, Whitney Boersma, Britney Boersma, Ashley Harrell, Tayler Schartz; juniors Dalia Erives, Megan Claar, Emily Payne, Stewart Fairbank; sophomores Greta Giebler, Miguel Jimenez; and freshmen Jaqui Arreola, Jackie Urritia, Gabriel Medina, Alan Burl, and Johnathon Martinez. “We have a big group this year and it makes it easier to bond,” said Burns. “It makes our team unique.” (Courtesy photo)

finish,” Giebler said.

Schartz had a similar method but had to throw in his own adjustment.

“I would get a song that had a good pace to it, stuck in my head, and that helped pace my run,” Schartz said. “Also, knowing there was food at the finish line made me want to get there faster.”

Cross-country as a whole is a different breed from other athletes in sports like tennis or football or volleyball.

“Cross-country is definitely a unique sport,” Giebler said. “The competitors are a lot nicer and everyone is a lot more laid back.”





THROW IT DEEP: Bluejay quarterback Derek Hoskinson waits for his receivers to clear their defenders in a home game versus Meade. (Courtesy photo)

Bluejays clench playoff spot

By Tyler M. Siek

The Cimarron Bluejay Football team has accomplished something that has not been done for twelve years at CHS. On Friday, October 22, the 'Jays claimed a spot in the Kansas Class 3A Playoffs with a decisive 41-0 victory over Southwestern Heights.

No team from CHS has accomplished this feat since 1998. Most, if not all, the players on the team don't even remember the year. The oldest men on the team were six years old during the fall season of 1998.

The 'Jays, led by a flock of seniors along with their experienced coaching staff, are having one of the best seasons they have had in recent memory.

The team currently has a record of 6-2, winning their last four games in a row

including their first two district games over Lakin in a 14-8 defensive battle and Southwestern Heights in a 41-0 game.

The Bluejays will play for the district championship against undefeated Scott City on Thursday, October 28, in Scott City.

Regardless of the result of the district championship game, the team will play on the following Tuesday for a Bi-District title. The team, however, is not overlooking their district championship game, as they would like nothing more than to defeat Scott City in front of their home crowd and end their chance at a perfect season.

CHS spikers hit up league, sub-state

by Tyler M. Siek

The CHS Lady 'Jays volleyball squad traveled to Greensburg on Saturday, October 23, for sub-state volleyball action.

The 'Jays were coming off a third place showing at the Hi-Plains League tournament held at Stanton County High School.

The 'Jays competed at their League tournament without their head coach, Dianna Beebe, on the bench.

Beebe was absent due to family issues. This, however, did not stop the Lady 'Jays from getting down to business.

The girls started off their day defeating Elkhart in three games. This was followed with a three-game victory over the host Trojans from Stanton County. They followed this win up with a two-game victory over Lakin.

In the first round of bracket play the ladies were beaten by Meade in two games. They recovered to win the third round consolation match, playing Lakin once again.

On Saturday the girls traveled to Greensburg for their 2A sub-state.

Coach Beebe was present this time, but she opted to watch the game from the stands as she had not been with the team for over a week.

In their first round match at Sub-state, the Lady 'Jays were matched up against the Ellinwood Eagles.

The girls fought hard in the first game despite falling behind by a few points early in the game. They fought back but ended up dropping the first game.

In the second game of the match the

Lady 'Jays took an early lead. Later on in the game though Ellinwood mounted a comeback and ultimately defeated the ladies in the second game to take the match, 2-0.

When the Sub-state ended, only one team was left standing, the newly formed Kiowa County Mavericks.

The Lady 'Jays loss to Ellinwood ended their season of hard-fought, well-played volleyball.

The team graduates only one senior from this season's team and looks to reload for the 2011-2012 season next fall.



DIG IT: CHS Sophomore Ellen Waters waits for a serve to come over the net in a home quad at Cimarron. (Courtesy photo)

Qualifiers, (Continued from page 1)

Smith has high aspirations for his future in shooting.

"I'd like to get a sponsor because it's getting expensive." Smith said "My goal is to shoot on the U.S. Olympic team one day."

Smith and Soto continue to practice and improve everyday. Both have high aspirations and plan on being among the best one day. With continuity of their hard work, and with luck, it just might happen.

Upcoming Events

October 28:
HS Football
@ Scott City.

October 29:
•State Volleyball.
November 7
•Start of Buffer Week.

October 30:
•State Cross Country
@ Wamego.
November 3:
•HPL Meeting @ Lakin.

The Principal's Perspective

Rash Actions

You know that feeling you get in your stomach when an angry dog chases you? I am having one of those feelings in my gut as I write this article.

Today, I did something that I always swore to myself that I would never ... ever ... do. And now, I have this 'pit' in my stomach as well as a total feeling of disappointment in myself.

So what did I do? I told a student to 'shut up.' I swore to myself that I would never tell a student to 'shut up.' I also swore to myself that I would never say to my students the dreaded phrase of "...because I told you so."

For me, these two phrases are very 'non-respectful.'

In my opinion, both of these phrases are usually used only when there is a competition for power (i.e. power play) or when a person has just 'lost it.'

Now, don't get me wrong, I'm not looking for sympathy. I know that particular people can 'push our buttons' to the point of frustration or even exasperation. But, I consider myself to be a professional person.

Therefore, I do believe that I can behave in a professional manner ... no matter the circumstances.

I have been a professional educator since August of 1989. This means that I've been in the realm of education for 21 years. I have worked hard to establish a career of honor, respect, confidentiality, thoughtfulness, and respect.

However, I didn't realize how quickly I could inflict damage on that reputation and tradition with one rash action.

So, how to repair the injury to the person and to your reputation? Confession.

As soon as I gathered my thoughts and gained back my professional demeanor, I apologized for my words.

However, as they say, a confession and asking for forgiveness really doesn't 'bring back' the words or action. They have left my mouth and will never return to me unheard.

But, I do believe that confession

is good for the soul. An 'unexpressed' confession or a lack of sorrow only compounds the infraction. Therefore, step number one is confession.

Secondly, even though I don't feel like it now, I do believe that ... when a person (including me) has said or done something in haste ... you have to 'hold up your head' and go back to rebuilding your tradition/reputation.

We all make mistakes. But, 'defeat' only occurs when we continue to live in those mistakes. We must move on ... past our mistakes. We must continue to exhibit those attitudes and actions that we hold dearly.

Falling down once ... or even many times ... doesn't mean that you belong on the ground for life.

--Mr. Brown, CHS Principal

Counselor's Corner

When our children were younger, we taught them about crossing the street safely. Many of us physically took our children outside and demonstrated how to look both ways before crossing the street. Even after they had successfully learned how to do so, we still would actively watch them from a window to make sure they made it to the other side.

So, here is my question, why do we not do the same with technology? Our children use technology everyday through text messages, Twitter, Facebook and YouTube. Have our children been taught how to use technology safely and correctly, like when they were little and learning to cross the street?

Here are some tips and suggestions:

1. Before you send that text or post make sure to re-read it. Is there room for miscommunication?
2. Do not attack others online, or say things that could be considered insulting or hateful.
3. Do not forward other people's emails without their permission.
4. If you are angry or upset, do not send a text, email or post. Technology has made it very easy to say things that you normally would not say to someone in person. If you would not say it to their face, then you should not say it through a text or post.
5. Never give out your password to others!
6. Finally, please remember that whatever you post, text or put on-line is out there for everyone to see. Please be careful!!!

My father summed it up perfectly, " Boy, have times changed, when you were growing up we only had to worry about how much time you tied up the home phone and who called after 9:00 p.m. Now there is so much more for parents to worry about."

If you would like more information on technology safety, please call me.

I would like to leave you with this quote:

"You are not only responsible for what you say, but also for what you do not say."---Martin Luther

Mrs. Millershaski, counselor

Students of the Month

September 2010

"Caring, considerate, eager, and responsible describes **Britney Bogner.**"

--Ms. Wehkamp



"**Jaqui Arreola** is a hard working, dedicated athlete, who always has a smile on her face, and is willing to help her team mates."

--Mr. Littlejohn



"**Pedro Trevino** has consistently demonstrated the work ethic and attitude of success."

--Mr. Mowry



October 2010

"**Jordan Rudy** is a hard worker, always prepared, happy and pleasant."

--Mrs. Thompson



"**Magaly Lozoya** is pleasant to have in class. She is always respectful to those around her."

--Mr. Giebler



"**Tyrel Moffitt** is a nice student who works hard in school and out. I am fortunate enough to have had the pleasure of teaching him the past two years"

--Mrs. Johnson

