



Cat Chat



Cashion High School

December 2008

Words for Wildcats

By: Mr. Garrison

Cashion Public Schools will be hosting an Open House for the recently completed bond projects on December 7 from 2p.m. to 4p.m. I know that many of our community members have been able to see the buildings at various stages of construction, but we would like to invite everyone who would like to see the final product to join us for a viewing. We will have refreshments in the new cafeteria addition and in the new high school building as well. We are very proud of these new facilities and we are very grateful to our patrons who have supported the school bond projects.

Another project that is complete just in time for basketball season is the gym floor. The gym floor was recently stripped, cleaned, and repainted. The logo at center court is a very large maroon paw print, "WILDCATS" can be found on each of the baselines, and "CASHION" is in print just under each free-throw line. The main goals on each end of the gym have also been replaced. In addition to these facility improvements, we have also added an ice-cream machine to the concession area as well. We hope that the community enjoys these improvements to our gymnasium as much as we do.

While we have made a great deal of progress on our campus, we still have much to do. The Cashion School Board recently voted for the call of a new bond election. The new bonds will be used primarily for facility renovations across the campus, such as remodeling restrooms and classrooms, repairing roofing systems, remodeling the school kitchen, remodeling and expanding the school library, replacing the school activity bus and purchasing band equipment and uniforms. I will be presenting the new bond information at several of the local community meetings. The Cashion School Board will also hold an open forum to discuss the bond projects and the financial impact of the bonds in the near future. At present, it is projected the bond election would pose an increase of \$6.00/\$100 in property tax. The community was overwhelmingly

supportive in our last bond election. We truly value your support and generosity and we look forward to building on the progress we have made.

I love the fall with the changing of the weather and the changing of the seasons. I am not a fan of the cold weather, but the change is occurring. With the turning of the leaves and the shortening of the days, the fall marks the close of one season and the beginning of the next. School, like life, is cyclic. The second nine-week period is full of holidays and breaks. While it is nice to have some time off for family gatherings, it can be very difficult to focus for some of us. The end of the first semester is growing ever so near, and it is so important to finish strong. Much like the fourth quarter, the ninth inning, or the last stanza, the finish is important. The finish can enhance or negate all previous efforts. Finish strong and have a wonderful holiday season.

Art winners

Brian Kliewer, Alycia Cavazos, Megan Adams, Sarah Robinson, and Courtney Conrad from Cashion High School went to the Southwestern Oklahoma State University art competition. They competed in black and white drawing, color drawing, watercolor, and graphic design.

Alycia Cavazos won best of show for all divisions in black and white drawing, Sarah Robinson won best of show for all divisions in graphic design, and Courtney Conrad won first place in class B in watercolor. There were only four best of shows awarded and Cashion won two of them. Best of show winners are awarded a \$500 tuition waiver if they choose to attend SWOSU.

**Students' lunch
statements are now available
online through the gradebook
program.**

Secondary News

By: Mrs. Oard,
H.S. Principal

If you will recall earlier this school year, I shared information I had read in several articles regarding the connection between students' grade point averages (GPA) and participation in activities and athletics. In summary, there was a direct correlation between active students and higher GPA's. Whether your candidate for president was Mr. McCain or Mr. Obama, it should be no surprise that both men were active in high school athletics and activities. Mr. McCain was a wrestler and football player as well as a member of the newspaper and yearbook clubs. Basketball was the sport of choice for Mr. Obama while also maintaining membership in the Literary Club.

So does the participation of your child in activities or athletics have an affect on his life after graduation? Apparently it does and I suspect most of us are not shocked by that. A recent study in Alberta, Canada garnered responses from 46 corporate executives and 46 provincial officers. Respondents indicated that 100% had graduated from high school. Of this group, 78.3% indicated they had participated in high school athletic programs. Normal participation rate of students in high school sports for the area is between 30 and 35%. While the study offers other compelling details, it by no means implies that every high school student-athlete

is a shoo-in for the presidency or a top corporate position; it does foster strong support for the argument that involvement in high school athletics/activities is a predictor of success in life after high school. The entire survey can be found at the ASAA website www.asaa.ca.

If your son or daughter would like to be more active at school and is unsure about how to become involved, please have them visit the office. We would be delighted to provide introductions to a coach or sponsor. We have many excellent organizations such as Business Professionals of America (BPA), Family, Career, and Community Leaders of America (FCCLA), FFA, Student Council (STUCO), etc. These are in addition to Band and athletics. Participation with any of these groups provides the opportunity to build important skills in leadership, self-confidence, discipline, and goal-setting.

Bedlam Food Drive

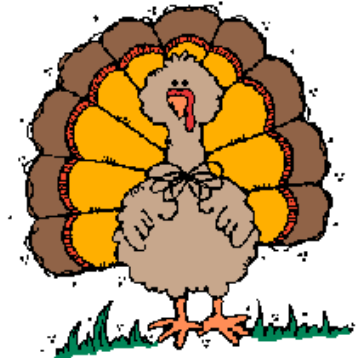
The leadership class held a Bedlam Food Drive for two weeks. The fans of OU and OSU competed to see which team would end up with the most amount of food donated. All the food that was received was donated to the Christian Ministerial Alliance. On Tuesday the 25th a pep rally was held. The OU and OSU fans competed in several games.

FCCLA News

FCCLA is in the process of making some pies for a bake sale fundraiser for the school before Thanksgiving Break. The Parliamentary Procedure team was awarded a first place ranking at the FCCLA district level competition. They are now preparing for the Regional competition in Enid on January 28. The students on the team are Austin Albro, Shantelle Christensen, Austin Hoffman, Isabella Picon, and Umar Sahi. FCCLA would like to wish everyone a Happy Thanksgiving!

"How to Cook a Turkey"

By: Mrs. Taylor's Pre-K Class



Morning Class

Harper Scott – First you kill it and then you just bake it in the oven...I think for 20 minutes or something. It's done when the oven beeps and then take it out and eat it.

Jackson Miller – You have to catch a turkey. Then you cook it in the kitchen in the microwave for 8 minutes and then you eat him.

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The Media and Your Kids

By Meagan Scott, Counselor

Information taken and adapted from the Palo Alta Medical Foundation

The media has been around for ages, but now, it is here more than ever. What you experienced growing up is worlds away from what your children are growing up with today. Some kids' lives are consumed by the media, and there can be negative effects.

Obesity is an increasing problem in America. If your child is watching more than two hours of TV per day they have a higher chance of becoming obese than children who watch less TV.

Overexposure to the media is linked to poorer academic skills. A study by Common Sense Media shows that the more media kids are exposed to above a healthy limit, the worse they perform in school. They have smaller vocabularies, lack skills in reading, and score worse on tests. Another study shows that kids who have TV's in their bedrooms score worse on tests than their peers who do not have TVs in their bedrooms.

RAND Corporation recently did a study and found that teens that see sex in the media are twice as likely to have sex or engage in sexual acts themselves.

Violence in the media is prevalent. Even when the good guy wins, it is usually because he killed or used violence to defeat the enemy. Most kids know that violence is not the answer, but the media contradicts this message by showing violence. It is not possible to completely block these images of violence from your child, but you can explain to you child that what works in the media will not work in real life. Explain that it is for entertainment and not realistic problem solving.

Below are some tips for you and your family regarding media safety and health:

- Don't have the media present during dinner time or other meals. Focus on the people around you.
- Get rid of all media while your children are doing homework.
- Set aside a part of your children's day for media, and keep the rest of the day separate.
- Do not put media in your children's bedrooms.
- Once your kids' media limit is up, have them find something to do that is active or uses their brain.
- Use parental controls: block certain channels or shows with certain ratings, or tape a show and preview it yourself before allowing your child to watch it.
- Set a good example for your children. It is not OK for you to watch TV for hours if your child is only allowed to watch TV for half hour each day.

The media can have a negative impact on your children, but it does not have to. Your children are fed continuous messages through the media, and it is important that parents are able to help their kids sort these messages and determine what is healthy.

The media can also be beneficial for your children. It can help them learn independently, communicate, have fun, and relax. You just have to make sure it does this and nothing else.

NHS inducts new members

NHS is currently in the process of collecting dues from each member. This year the dues are \$20. The dues are to cover the cost of state and national affiliation. It allows the student to

be recognized at graduation as a National Honor Society member. These dues are needed as soon as possible. Thanksgiving break is the deadline set for collecting the dues. Students who are current with dues and community service hours will look forward to helping with the Special Olympics at OSU, as well

as attending Spring Conference.

Five new members were recently inducted into NHS. They are the following: Cade Broadbent, Molli Stien, Liz Andrews, Kelly Jo Marlow, Lauren Neece, Nolan Reasnor, and Sierra Thorp. The induction was held at the auditorium on November 2.

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Ethan Pugh – You get him in the mud, then you grow it, then you cook it on the pan for 40 minutes...you can make your own turkey and see how it goes...it think it doesn't take that long. Then you eat him.

Gavin Phippen – You find him in the woods, then you have to shoot him, and then take him home, then you cook him in the microwave for 7 minutes. Then you eat him. Then you go take a rest.

Harley Henry – You get the turkey from the garden...I don't know how to cook. you just cook him inside my home in the kitchen in a pot for 5 minutes. Then you eat it.

J.D. Miller – We get him from the wild. We shoot him then we get all the things out then we cook him in the oven for 20 minutes. Then we eat him for Thanksgiving. Then we have to sleep when we get our tummies big and fat from the turkey.

Zada James – We get him out in the yard. We cook him on the stove with some sauce and then we eat and then we sleep at the morning time.

Steven Douglas – We get him outside at the fire station. Then we take him up to school, and then put him in the stove for 5 minutes. Then we eat him.

Averi Davis – I maybe think we get him outside when it's almost close to Thanksgiving. We put him in the oven for 25 minutes. Then eat him and then put him in the sink and that's all.

Peyton Criser – We find him in the woods, then cook him in the oven for 10 minutes and 12, then you take it out and eat him. Then you cut him. And if you eat the turkey all gone you can get candy.

Spike Gallemore – I don't know where you find him...maybe in the forest. Then we have to cook it in the oven for 35 minutes. Then we get it out then we eat it. I might take a drink after we eat it.

Aidan Williams – We find him at our house and at the street and everywhere a turkey lives. We have to get a gun and shoot him and then kill him. Then get him and cut it and get the feathers off and then cook him for a long time. Then you cook the feathers and his head too. Then we eat him.

Abraham Ross – I would look in Oklahoma City for a turkey Thanksgiving. Then he gets very fat but I still like him. Then he gets lonely when I'm gone but his parents take much more care of him. My parents don't eat turkey. I don't either but we'll eat turkey pie. Then chicken pie and that's all.

Eli Morton – I would find a turkey at our house outside in the back yard. Then we take him to my friend's house and cook him in on a rectangle pan and put him in the oven for 30 minutes. Then we take him out and start eating his skin and then we go to my cousin's house.

Connor McCabe – We find him at a turkey farm. Then we take him home in the car and then cook him in the oven for 30 minutes. Then we eat it and go play on a playground.

Jonah Jenkins – We find a turkey in the forest. Then my daddy can buy a gun and shoot him. Then we take him home in the trunk. Then my mommy can cook him at home in a fire for 10 minutes. Then we can eat him. Then I can have rest time.

Afternoon Class

Ally Pickle – You find a turkey in the farm. Put him in the trailer and then take him home. Then you cook him in the oven for 8 minutes. Then we eat him. Then have some ice cream.

Darrell Christian – You look at the store for a turkey. We find it then we take it home and cook it in a pot for 3 minutes. Then we eat it. Then go outside and get some bubblegum.

Joey Wilson – You find him on the farm...I don't have a farm. We carry him or put him

in the trunk or something...you could shoot it then cook it. We take it home and put him in the stove for 30 minutes then when he's done we eat him. When we're done eating we can play. Then kill another one and eat him.

Trey Tichenor – You look on the turkey farm. Then we take him home in the car. Then we cook him in a stove for about 20 minutes. The timer rings and he's done. Then we sit down, do our prayers, and then eat him. Then we hang out.

Caiden Botchlet – We find him out in the woods. Then we grab our gun and shoot him. Then take him home and cook him in the stove for 6 minutes. Then we eat him after 6 minutes. Take the bones out and hide them somewhere. Then we dig it back up and put the dirt back in and go home.

Brandon George – You find a turkey at the store then you eat him...you don't cook him. That's it.

Landon LaGasse – You find a turkey out in the wild. You feed him so he will get bigger. Then you put him in your basket and take him home. Then you put him in the oven for 10 minutes. Then you eat it. Then you watch tv.

Summer Yost – You get him from a farmer. Take it home a basket. Then cook it in a pot for 20 minutes. Let it cook off and then eat it. Then wipe our mouth off then go do something.... maybe go watch a movie.

Ryan Ball – I would find him at the farmer's farm. Then you put him in the basket and take him home. Then you cook him in the oven for 10 minutes. It beeps when he's done. Then get it out and eat it.

Kyle Farrow – You look everywhere outside and then kill him. Then cook him in the oven and then you have to put him on the table with a bone and wait for the adults and the kids to come. It's a big turkey for everyone! Then we go outside and play if your mom and dad said. Then go back inside when it's late.

Kaitlin Jolliff – You find him at the forest. Then you kill him. Then you cut off his beard...some turkey have some beards...and cut off his two legs. Then you can take off all his feathers and then you can take him home in your car. Then you cook him in a pan for 6 minutes. Then you let it cool off and then you serve it to your family. Then you eat.

Jayce Evans – You look in a field and then shoot it. Then you bring it home in your truck. Then you cook it in the oven for 30 minutes. I don't know when it's done. Then you eat it for supper. Then leftover it or something.

Heather Wade – We can find him in the woods. We take him home in a bag and then you cook it in a pan for 12 minutes. Then we eat it and then we get some dessert...piece of gum. You can eat deers and cows too.



Happy Holidays!

