

# THE BULLDOG PRESS

NOT THE NEWSPAPER CALHAN NEEDS, THE ONE WE DESERVE



March/April Edition 4, Volume 1

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## MIDDLE SCHOOL BULLDOG OF THE MONTH

By Rose Baker '22 & Jiana Bradbury '21

Congratulations to Parker Burch, for not only earning March Bulldog of the Month, but for also being the first 6th grader to win this year!! We all appreciate your consistent hard work and your respect for this school.

Mr. Derek Burnside states, "He is a hard working young man, and treats all of those around him with respect!" His peers agree with his statements along fellow adults.

"Parker is really, really sweet, and cares about others, different from himself, and shows his hard work!" quoted for Kyleigh Smith.

"He is generally a happy and smart kid, who loves to excel at all things. Parker is a phenomenal actor!!!" quotes Sarah Archuleta.

Good luck to all the other students, who are looking to be future Bulldogs of the month!



# NEWS

## THE EASTERN PLAINS COMMUNITY PANTRY

By Lainey Clark '21

The Eastern Plains Community Pantry encourages and supports community members by providing food, clothes, and other necessities for everyone with respect and dignity without judgement. The pantry is supported strictly through donations and grants within the Pikes Peak Region.

In June of 2012, an alliance came together. The group came together, formed a committee, adopted bylaws, elected a Board of Directors, incorporated, and began fund raising! The official ribbon-cutting ceremony was on March 16th, 2013 – then they were up and running.

Thank you guys and gals who are supporting and volunteering!

## PROTECT WHAT'S NEXT CALHAN AWARD WINNERS SCHOOL PLACE: TTH



FRONT ROW ( L TO R ) CHESSA ST. CLERGY – 7  
JON MIKITA – 7 MORGAN HODGES – 8

BACK ROW (L TO R) HAILEY WILLIAMS – 8  
SARAH ARCHUL ETA – 7 ROBERT GRAHAM – 6  
KAYLEE RICKETTS – 8 NATALIE HLATKI – 8  
NATALIE PARKS – 8

## CALHAN HAS A NEW TEEN CENTER!

By Chessa St. Clergy '22 & Haile Misek '22

The entire journalism class recently interviewed Mr. Kevin Acre, Director of the Calhan Teen Center, to ask what he is planning for the future of this investment. The main goals for the Teen Center are to be “user friendly”; for teens to come and have fun; to be resourceful; to help personally, as in teaching life skills; and to have fun things to do when you go there.

Mr. Acre would like to work with a local business to share a store front across the street from the local teen center, in order turn it into the community's thrift shop. By doing this, the money from the thrift shoppers will go to buying new tools, games, and equipment for the teen center. The plan for “employees” is to have young adults volunteer to work the register, inventory, and the floor.

If you are interested in going to the teen center, there will be a professional karaoke machine, stand-up comedy or open mics, pool table, air hockey, Xbox One, small basket shooting, bean bag chairs, and Netflix.

The center hours are from 4:00 pm to 8:00 pm Tuesday-Wednesday-Thursday-Friday; 12:00 pm to 10:00 pm on Saturday-Sunday-Monday and throughout the summer. You need a valid school ID from any of the surrounding area schools; students must be currently enrolled in grades 6-12.

In the spring and summer, there will be volleyball, “dart wars,” dodgeball, badminton, outdoor basketball hoop, barbeques, and even walk-in movies. We can't forget about the outdoor and indoor 150” high definition projector screen. This is very exciting because on warm summer nights there will be an outdoor walk-in movie! Inviting your friends is welcome; bring pillows, blankets, and a positive attitude. Barbeques will be held at certain times as well.

Things about the teen center of which you should be aware: the Center is putting posters in surrounding area schools and towns and they are adopting a section of the highway, where they would put up a sign and clean the roadway four times a year. Remember: the Teen Center will be a fun place, but students can learn life skills here as well. They even invite you to make your own club! Just the same, this is a place for everyone to enjoy, so no trouble-making allowed!

NOTE: This article was also published in the 3-16-17 *Ranchland News*.

# SPORTS

## STEPHEN CURRY: THE BEST

Kaylee Ricketts '21

Stephen Curry plays for the Golden State Warriors. His number 30; he has been in the National Basketball Association in 2009. Stephen Curry got drafted by the Golden State Warriors, and he has been a Warrior ever since. In his first career game he scored 14 points with 7 assists. Stephen Curry has come really far from there; his highest score in a game is 54 points. He has the record of thirteen 3-point shots made in one game. He was unanimous MVP for the 2016 NBA finals. Stephen Curry is definitely one of the best players in the NBA. He led the Warriors to 2015 NBA championship.

### Basketball Tips

- Study the sport before you start playing or actually get involved.
- Train and practice on and off the court (remember, you can't get better without trying).
- Make sure you have the right shoes.
- Do dribbling drills (it will help you keep your eyes up, if you do it properly).
- Work on having quick hands.
- Work on shooting (having good form helps).

### BULLDOG CHAMPIONS LEAD AT HANOVER

(Published in 3-16-17 RANGLAND NEWS)

By Coach Bill X. Barron

On Wednesday, February 22nd, the Bulldog middle school grapplers headed to Hanover, where we encountered new teams, including a tough Peyton squad. Seven wrestlers earned medals for their performances, including 3 champions: Dale Drew, Aiden Jack, and Mike Gettner. Dale has learned to bet on his offense this season; though he is still undefeated, his weight class is always one of the toughest, as he had to earn his two pins and two decisions by points. Aiden wrestled more confidently this meet, while outpointing all three opponents by a wide margin and earning one pin as well. The point of emphasis with Mike was not to get beat by his own mistakes; wrestling more under control, he held his first 3 opponents scoreless, then battled to a victory over his teammate Seth.

Finishing second were Odiahus Bishop, Cody

Acre, and Seth Bergsma, while Taylor Knox brought home third place. Odiahus solidly defeated 3 wrestlers and was winning his 4th bout when he was pinned by the weight's champion. Cody carved out a solid 6-1 win, his first of the season, by shooting effective double leg takedowns, before falling to his second man. Seth had two victories by points, then lost a close match to Mike as well as his bout versus Kiowa. Taylor held her own in all three of her matches, while managing a victory over her own teammate Jacob.

While he did not place, the coaches would like to recognize Cooper Clark for his improvement in skill. His acquired technique was evident in a back-and-forth match with a wrestler from Peyton. Though Cooper eventually fell 5-3, it was every bit a competitive match. Bjorn Webber had four tough opponents, but he battled each and every one of them. Jacob Bushnell fought hard as well, lasting all 3 periods against his teammate Taylor before succumbing by a 6-2 margin.

### CALHAN BULLDOGS DON DOWN 4TH CONSECUTIVE BFL CHAMPIONSHIP LED BY 8TH GRADER DALE DREW'S 3RD CROWN

By Coach Bill X. Barron

As the Black Forest League Championships approach in early March of every middle school wrestling season, tradition implores the young Bulldogs to once again rise to the challenge in defense of the team crown. Comprised of five 6th graders, three 7th graders, and just three 8th graders, this year's Calhan squad initially fought through situations wherein they had to find their true character.

In the measure of how they each discovered resilience in the midst of challenge, throughout the season as much as the final tournament, they became team and individual champions, taking home the school's 4th consecutive BFL team title along with four weight class titlists. Calhan pulled ahead of the pack in the finals, with more than 50% of the team contending for the top two positions in their individual weights.

The Champion Bulldogs claimed 77 team points, well ahead of 2nd place Kiowa (K) with 45 and 3rd place Simla (S) who scored 36. Other teams participating in the 2017 BFL Wrestling Championships were host Miami-Yoder (MY), Colorado School for the Deaf & Blind (CSDB), and Hanover (H).

Kiowa's Zach Daughenbaugh earned the championship at 77 lbs. over CSDB's Seth Isaac, a weight



did not have a representative. At 89 lbs., Calhan's 6th grader Cooper Clark showed grit and toughness but lacked the seasoning to stay with his opponents. Placers in this class were Hanover's Isaiah Day 1st, Riley Clegg (H) 2nd, and Keeler Sparks (K) 3rd. Incoming favorite, CSDB's Santiago Paiva, had to sit out due to a head injury.

Calhan's first champion came at 96 pounds in a battle of 6th grade teammates, Aiden Jack and Jacob Nelson. Jacob had a bye and a pin to advance to the finals, while Aiden put together two pins of his own. Dominating from the start, Jack controlled Nelson before finishing him off with his third pin of the day. Kiowa's Nash Sigmon brought home the bronze.

At 111 pounds, Calhan's Odiahus Bishop was competitive, holding a 2nd period lead over the eventual 2nd place finisher, Brink Buker (K), before succumbing by fall. Bishop earned a consolation win, only to fall to Nick Albin (MY) in the 3rd and 4th place match. Showing much improvement over a year ago, CSDB's Shadow Tollison used a headlock to pin Buker for the championship.

Just as in the previous two years, Calhan was paced by 8th grader Dale Drew at 120. However, earning his third BFL title did not come easily for Dale, as his first opponent from Simla, Clayton McMillin, had handed him one of only two losses on the season the previous week. This season Dale has found that counting on his offense from the outset dictates the pace of the match. After grabbing the lead 2-0 with a double leg, Clayton tied up the score while fending off Dale's 2nd period shot. Then in the 3rd, Dale took control with a duck under followed by a 3-point double chicken wing near fall. In the semi-finals, Dale easily vanquished his opponent in the 1st period. Finally, in the championship finals versus Kiowa's Ricardo Vidales, Dale was in control from the beginning, earning his gold medal with a 2nd period fall. McMillin earned the bronze.

In the 133-pound class, 8th grade Bulldogs Michael Gettner and Seth Bergsma both shared opponents – Simla's Alex Closson – and both earned their final victories in overtime after equal 3-period scores of 7-7.

While Gettner battled back and forth with Closson, his Simla opponent finally got the better of him to advance to the finals, where Mike fought back for 3rd. That left teammate Bergsma to deal with Closson, where the 7-7 match was decided by Seth's OT double leg tackle. To illustrate Bergsma improvement as well as his tenacity, while he had suffered five

losses this season by two points, his first championship was earned by the final two he scored.

In a mixed class ranging from 140 – 168, 7th grader Bjorn Webber vanquished both foes to not only earn his first gold medal, but also to overcome an illness that almost prevented him from coming to school. Finishing 2nd was Merrick Vigil (H) while Hagen Ellefson (S) earned 3rd.

The evening's wrestling finished with the highest weight, ranging from 170 to 187. Competing against two Simla's grapplers, Calhan's Cody Acre – a 7th grader whose father Kevin is the new director of the area's Teen Center in Calhan – faced up squarely to the 180-pounders, giving a fight to the eventual champion Shane Norkett before getting pinned, then returning the favor by sticking Marcus Schriener for 2nd place.

Afterward, Coach Trevor Newton met with the championship Bulldogs. Coach Newton has coached each of the four consecutive team champions and is the current Vice President of the Colorado High School Wrestling Coaches Association. In his talk, Coach Newton stressed how much improvement he had witnessed throughout the season, as well as his pride in how this youthful team had overcome adversity and inexperience to earn unexpected glory. Coach Bill Barron commended each wrestler for battling through mistakes and missed opportunities, only to find success by persevering in the midst of difficulty.

We could not have progressed this far without the unselfish volunteer efforts of Black Forest Fire Chief, Coach Bryan Jack, who also coaches Calhan's Chaos Wrestling Club. While the season has culminated for some, at least six Calhan wrestlers – Jack, Clark, Nelson, Drew, Gettner, and Webber – are still preparing for the Colorado middle school regionals and state championships in Denver at the end of the month.



# FEATURES

## NO TOMORROW

By Natalie Hlatki '21

Recently, I have begun to watch this show on Netflix, "No Tomorrow." While it may be a little raunchy at times, it carries a really good message. This message made me think of life in a new perspective. The main theme of the show is to let people know that our time is limited; thus we shouldn't waste it doing things we don't enjoy.

Everyone needs to stop focusing on the future and past and live in the present. If you only had one year to live, would you spend it at a job you don't like, stressing over every little detail daily? NO! Well, hopefully you wouldn't. Even if you don't have a year left, make every day count. Make a bucket list; try to cross at least one thing off of it every day. Life is short, so make it memorable. Spend time with people you love, doing what you've always wanted to do.

## DOY: BORAX SLIME

Chessa St. Clergy '22

Have you ever been so bored you would do anything? Well, make this Borax slime and have fun all day!

You will need:

- ½ cup of craft glue
- 1½ cup of warm water
- Food coloring (optional)
- 1 tablespoon Borax Powder

Step 1: Mix the 1 tablespoon of Borax powder with 1 cup of water (don't use the other half just yet). Mix in either a small bowl or in a quart size jar.

Step 2: In a second bowl/ jar, mix together ½ cup of glue and ½ cup of water. If you like, you can add the food coloring to the glue and water substance.

Step 3: In a large bowl, mix the Borax solution with the glue and water substance. Stir with a spoon or your hands. Let sit for 30 seconds before playing with it.

Make sure to keep the slime away from carpet. Keep the slime in a plastic bag or container when you're done having fun.

From your Calhan Bulldogs, keep barking!

## HELLO, DOLLY!

Chessa St. Clergy '22

In March of 2017, Teacher Mr. Tim Bettger along with many students from high school, middle school, and elementary school, are presenting: "Hello, Dolly!" "Hello, Dolly" is very famous musical from 1964. The music and lyrics are by Jerry Herman and the book is by Michael Stewart. "Hello, Dolly" is based on the play "The Matchmaker" by Thornton Wilder.

Everyone is excited to be in the play. Those who are not in the production enjoy seeing everyone else happy and proud. Joan Pinedo (Dolly Levi) said it's fun being in the play, but that rehearsal was sad when Mr. Bettger was absent due to illness. She loves her part but doesn't have a favorite scene ... at least not yet.

Zachary McCrary (Horace Vandergelder) said it feel great to be in the play, though he hasn't been in rehearsals much due to wrestling practices. While he likes his part because it's fun, he's not sure what scene is his favorite one.

Let's wish all the actors and actresses good luck (or "break a leg" as it's called in theater). We all hope everything goes fantastically.

## HOW TO MAKE CHOCOLATE CHIP COOKIE DOUGH

By Lainey Clark '21

Cookie dough is one of my favorite snacks. Although it's not very good for you, it is also very delicious!

Ingredients:

- 1 cup of all-purpose flour
- ¼ teaspoon baking soda
- ¼ teaspoon of fine salt
- ½ cup packed light brown sugar
- ¼ cup granulated sugar
- 4 tablespoons of unsalted butter, at room temperature
- 2 tablespoons plain yogurt
- ½ teaspoon of alcohol-free vanilla extract
- ½ cup semisweet mini chocolate chips

Whisk the flour, baking soda and salt together in a medium bowl and set aside. Beat the brown sugar, granulated butter, yogurt and vanilla extract with an electric mixer on a medium-high speed in a large bowl until well combined, about 2 minutes. Add the flour and mix on a low speed until well mixed together. Pour in the chocolate chips with a giant spoon or whatever works and mix in. Refrigerate in an airtight container for up to 5 days or whatever feels needed!

## HOW TO SHOP LIKE A PRO

By Lainey Clark '21

For all you shoppers out there who love discounts, cute clothes, and unbelievable prices: shopping is one of the greatest things known to humankind. Now, I know some people think shopping isn't a sport, but things can get pretty crazy!

First things first, always be aware of your surroundings! You never know when that other shopper is going to "steal" the one thing you want. You'll be looking at that beautiful dress and boom, the dress is gone!

Secondly, you want those great prices. Shop a lot and maybe you'll get those coupons from Rue21 (my favorite store). Also, only go shopping when stores are having sales! But I mean, if you want to spend a lot on a pair of shorts by all means, go right ahead!

Finally, do you want a better style? Shop at these amazing stores! Rue21, Victoria's Secret, Shoe Encore, Gordman's, Bath and Body Works, and Hot Topic!

I hope you enjoy your low prices and adorable clothes!!!

## DIY: EDOBLE LEPRECHAUN HOUSE

By Haille Misk '22

Saint Patrick's Day was a much more fun holiday in Elementary school; however, who doesn't want a leprechaun? I'll admit that I would make this mainly for the candy, but you may want to attempt to catch a leprechaun.

The things you will need:

- A soda can box (Sprite, preferably because of the colors!)
- "Gold" chocolate
- Airhead Extreme sour strips
- Cotton candy
- Vanilla frosting
- Green sprinkles

To assemble the house, you can cut out windows and doors from the box, then begin to decorate! Get creative with the candy and how you use it. It is possible to make many different things with the materials you have or buy! Just remember, in order to keep yourself going, eat as you work!

From your Calhan Bulldogs, keep barking!

## HOW TO MAKE EASY MONEY

Kyleigh Smith '22

Honestly, as we all know making money can be very difficult sometimes, but using this method I can show you a simple way to make money in only a short period of time.

To make some "big bucks" you'll need only 1 item: a 2-liter bottle.

There is only one step to this DIY and it is filling your 2-liter bottle with dimes. Then by the time your bottle is filled, you should have around \$700 dollars. Crazy, huh? Now this may seem ridiculous, but it really works!

From your Calhan Bulldogs ... keep barking!

## HOW TO KEEP PERFECT GRADES

Jiana Bradbury '21

Most of us know that keeping fabulous grades isn't as easy as it seems. Maybe you could use these ideas to help you maintain your passing grades. Take notes and force yourself to memorize them. Make notes colorful. Using colors to help you remember them in sections and help jog your memory, instead of using the same boring grey pencil.

When studying for your next test, spray yourself with your least-used perfume. Then on the day of the test use the perfume. The smell will help bring back what you studied when you smelled it. This also goes for chewing gum. Studying is kind of hard without any motivation, so put some candy under a section you have done or read, then reward yourself when you finish. Something which will help enjoy studying is to make your lesson into a story. We always remember something silly or dumb that we enjoy.

The most important technique is to ask for help when you really need it. Please, if you are confused, a teacher is meant to teach and help you.





## SECRETS OF THE ZODIAC SIGNS!<sup>1</sup>

As cited by Rose Baker '22

Find your sign and explore what the secret of your sign is!!!

Aries- Can't handle fighting or losing people. They act like they're happy to let people go, but in reality they regret fighting, and want those people back. They hate losing people that mean something to them.

Taurus- Afraid that nobody actually wants them around, and that they're easily forgotten about to the people who mean most to them, constantly wondering if they mean anything to anyone.

Gemini- They try so hard to fit in and be friends with everyone, they change who there are, but would rather change themselves instead of being alone. Being alone is very scary to them.

Cancer- Tries to act happy all the time. They feel like if they let others see them upset, they're disappointing them. Needs to make sure that everyone around them doesn't worry about them, no matter what the cost.

Leo- Believes they are unlovable, and that everything that goes wrong is their fault. They try to act tough, like they don't care, but deep down inside, they are probably the most sensitive person you could know.

Virgo- Has trouble handling life, they may seem like they have everything under control and in order, but in reality they have trouble making it every hour of every day. It's hard for them to stay positive.

Libra- Can't be without a lover, because they need to invest time into other people so they don't have time to focus on themselves. Hates having to deal with own problems, so they hide them and pretend everything is okay.

Scorpio- Scared of getting close to people. They love being trusted by others, but have a hard time trusting them. They are afraid that one day this will push everyone they care for away, but don't know how to fix it.

Sagittarius- Wants only love and to be loved. When they aren't with someone, they start to feel hopeless, like they aren't good enough for anyone.

Capricorn- Invests themselves in trying to get to the top, so they tend to not have deep connections with anyone. They're afraid because of this, that they'll be alone forever.

Aquarius- Doesn't feel emotions like they think they should. They get into a relationships, and don't feel anything for a while; because of this they believe there

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is something wrong with them and hate themselves for it.

Pisces- Actually has no idea what they're doing in life, and daydreams to make themselves feel better. Lost and confused, but acts like they have everything under control and hates asking for help.

## VALENTINE'S DAY DANCE 2017

By Kyleigh Smith '22 and Sarah Archuleta '22

The middle school Valentine's Day Dance was successful and filled with laughter and fun. The NJHS did an excellent job putting together the dance. It was very well-designed, very creative, and fun.

At the dance there were some prizes. 8th graders Serina Graham and Dale Drew won Prince and Princess. There was also a dance-off competition, which was close between Brandon Eglinton, Isiah Thomas, and Taylor Knox. With her fresh moves, 6th grader Taylor Knox was the winner of the dance-off. There were also nominees for best-dressed. The guy nominees were Dale Drew, Terry Fikan, and Odiah Bishop. The lady nominees were Serina Graham, Rose Baker, Ryn Carlon, and Lainey Clark. It was very close for all of them but there could only be one winner and the winner was Serina Graham. Congratulations to all of our winners.

Besides all of our contests, we asked for a few opinions from our 7th and 8th graders.

"The music was good, but next time I don't think there should be as much country music. Maybe less drama, too ... but it wouldn't be a middle school dance without it," quotes Danika Meyers, a 7th grade girl who attended the dance.

"It was lots of fun. I enjoyed myself. Having contests was pretty cool," says Dale Drew an 8th grade boy who also attended.

We would like to thank our NJHS for putting together an amazing Valentine's Day Dance. Everyone seemed to enjoy it. From Your Calhan Bulldogs: Keep Barking!





## PROS AND CONS OF SOCIAL MEDIA

Kaylee Ricketts '21 & Kyleigh Smith '22

Social media can have its moments when it's bad and good. We interviewed a few teachers at Calhan Middle School. They expressed their opinions about the topic: "What are the pros and cons of social media?" Quoting Ms. Parker and Mrs. Kennedy:

Pros ~

"Connect with family more easily."

"It's fun."

"It can show a list of current events."

"Snapchat filters can be fun."

"Communication with friends."

Cons ~

"Time consuming."

"Can't trust it very often."

"Distracts people from real life."

As well as.....

"Kids under the age of 13 still have a lot of growing to do, emotionally and mentally. Social media can be used for bullying and unnecessary reasons," says Mrs. Kennedy, a teacher who works in all grade levels.

As you can see, there are many reasons that social media is good and bad. These opinions are from only two of our teachers, so I bet others would have lots to say. Find someone in the journalism class to express your opinions.

From your Calhan Bulldogs, keep barking.

## MIDDLE SCHOOL DS SPECIAL<sup>1</sup>

Jiana Bradbury '21

You don't know what sixth hour class you want to take. Choir? Drama? Home economics? What's so good about any of these? If you are really having so much trouble, I am here to help.

Let's start with the arts. Choir is my 6th hour with Ms. Highfield. We sing, obviously, with 2 or 3 parts. I know it sounds hard, but it is really easy. You just need to sing your part; if you can't match pitch or stay together, everyone will help you. You can take this two days a week or all four.

Drama is fun and relaxing, as you have a nice teacher and you learn a lot about acting skills: projecting, gestures, diction. They all play a role. (Wink, wink). Mr. Bettger teaches you in a fun way, so you understand and you can do it properly.

Art is also really fun. You get to draw in class without getting in trouble. Ms. Erickson helps you

{continued on next column}

draw in an easier way by doing it in a fun, enjoyable environment. You draw anything you want in the way it relates to the topic. It's creative and original.

Of course, if you aren't into the arts, you could join math lab, home ec. or other class to help raise your grades.

Math lab with Ms. Doyle or Mr. Mitchell helps you learn your math you are struggling with. The teacher helps you with the lesson you are having troubles with. The class is relaxed and fun.

In journalism, you get to interview people and write about the school and community. The best part is that you get published! This class is per request 4th hour with Mr. Barron.

Home economics is a class about cooking, sewing, and just general economics you will need to know. The teacher Mrs. Doyle is serious about learning. You get to do enjoyable tasks and get to eat ... what more do you want?

If none of these spark your interest, ask Ms. Taylor for any other classes that may be enjoyable for you.

## HAPPY BIRTHDAY, DR. SEUSS

Rose Baker '22 & Kyleigh Smith '22

Happy 113th birthday, Dr. Seuss! We know you're not here to celebrate with us, but you have been greatly appreciated today for all your amazing accomplishments!

To celebrate your birthday, our elementary staff put together a Dr. Seuss day here at the school. There were games, story time, and snacks, too. Here are how some of our students felt about the event.

Varying from 1st to 5th grade these are what some students had to say: "It was really fun and I enjoyed myself, but there could be more games," quotes Journee Brasmer and Logan Johnson, two of our 5th graders.

Our 1st graders said: "I had a good time, but maybe there could have been more stories or outside things to do." (Kira Armes) Noah Baker says, "The games were fun, but maybe there could have been some more."

Mr. Newton, our kindergarten teacher states: "The kids were very engaged, and I loved how there were lots and lots of parents! More than half of the elementary parents were present!"

Thank you everyone for coming!

## SHOWING STEERS IS MY HOBBY

By Natalie Parks '21

I participate in 4-H Club. At the El Paso County Fair, you will see a lot of animals. These animals are raised by 4-H kids. I usually only show one steer, but this year I thought that I would live on the wild side and show two! This year I named my steers "Jayce" and "Cooper." For anybody that doesn't know, a steer is a male cow. Jayce is 900 pounds and Cooper is 700 pounds so far!

To sell your steer at the county fair, your steer has to weigh at least 1,100 pounds. That really isn't that much weight for a steer. Jayce would finish out nicely at 1,280 pounds, and Cooper would look finished at around 1,200. Since Jayce is the bigger one out of the two, I will sell him at county fair. Last year I sold my steer for \$3,700!

I will take Cooper to the Colorado State Fair and possibly the stock show, which is where I will sell him. It is a horribly sad process selling and leaving your animal, because of all the time and effort that you put into these amazing animals. Three times a week I give Cooper and Jayce bubble baths! That's always fun for all of us. After giving them a bath, I tie them to the fence, then blow them dry after combing their hair.

While grooming your steer, you can spray various adhesives into their hair. I prefer to use Pink Oil and Kleen Shein. These adhesives just make the hair pop! I've been showing steers since I was nine years old. So far this has been my favorite 4-H year because both my steers have such great personalities! Jayce is black with a white patch of fur on his stomach; his breed is an Angus cross. Cooper is red and white; his breed is a Shorthorn cross. I love both of my steers so much, and I pray that they continue to impress me!

## STRESS AND ANXIETY ON CALHAN

Jiana Bradbury '21

Stress in school is nothing new, but mental disorders? They are definitely not talked about enough. Depression to autophagia, today I'm talking about mental disorders in school.

Depression and anxiety in school is way too common. This can be caused by too much stress, bullying, abuse, genetics, or just an imbalance with the happy chemicals in your brain.

An average thirteen-year-old has an anxiety level higher than the average adult in a psychiatric ward. "Anxiety is connected to low social connected-

ness and high environmental threat," states apa.org.

So what is the problem here? I asked a few people what they thought the problem was.

"I have too much work," says Alyssa, a high school student. Comments middle schooler Lara: "It's hard to focus on life when all I have is work. It would help if teachers helped me understand the material, instead of giving me a book and worksheet to turn in the next day."

## PWN CHALLENGE

By NATALIE HLATKI '21

As the middle schoolers know, this month we have all been busy at work with the Protect What's Next (PWN) Challenge. The 6th, 7th, and 8th graders all tried our best, submitting over sixty videos, earning Calhan 7th place among all Colorado schools using scale based on school population. But don't be discouraged because as one student said, "It's not about winning, it's the journey," which is absolutely true.

Everyone had a lot of fun completing these challenges, and it opened a new perspective in the school. Kids got closer to one another as a result. They even learned about marijuana, one of the objectives of the program. The NJHS thanks everyone who participated, especially the top ten contributors:

- 1st - Morgan Hodges
- 2nd - Kaylee Rickettsial
- 3rd - Natalie Hlatki
- 4th - NJHS & Jon Mikita
- 5th - Chessa St. Clergy
- 6th - Sarah Archuleta
- 7th - Natalie Parks
- 8th - Maleigha Alberta
- 9th - Robert Graham
- 10th - Hailey Williams





## K-8 CHEER CLINIC

Chessa St. Clergy '22

On February 8th there was a K-8 cheer clinic held by the high school cheer team. Coach Heather Campbell said she loved the outcome of having so many girls wanting to be in it.

"The money left over from the cheer clinic will go toward our new cheer uniforms and warm-ups," she stated. "All the high school cheerleaders helped; there were a lot of great helpers, but I'd have to say the ones I remember being most helpful were Kieran Kneis, Miranda Walton, and Jaidan Galicia."

They had about 38 girls participating in the clinic and 12 high school cheerleaders. I also attended the cheer clinic and had a great time. It was fun helping out the littler girls and the high schoolers.

From your Calhan Bulldogs, keep barking!

## TEEN CENTER KARAOKE NIGHT

By Madison Moore '22

The new Calhan Youth Education and Recreation Foundation (CYERF) center is hosting a karaoke night on March 31st from 6:00pm to 9:00pm. Even if you don't feel like singing your heart out, you can always go to the computer lounge and surf the internet or play Xbox on the flat screen TV. They even have an air hockey table and Foosball.

So, visit the CYERF center as soon as possible! If you would like more information on our local teen center, or want to see pictures, just go to: <https://www.cyerf.org>. From your Calhan Bulldogs, keep barking!

## CALHAN SCHOOL NEWSPAPER

School Board Presentation – March 21, 2017

By Lainey Clark '21 and Natalie Hlatki '21

Hello, we're Natalie Hlatki and Lainey Clark. We were selected by Mr. Barron to present the work of the middle school newspaper to the Board, as well as detail the responsibilities of being a member of National Jr. Honor Society.

### The Bulldog Press

We help students hone their writing skills as well as their grammar and spelling.

The newspaper provides an opportunity to practice interview and public speaking skills.

The Bulldog Press has proved to be a great creative outlet for aspiring writers. Since writing about the

news requires initiative and responsibility, the newspaper class has taught us to be more independent and self-motivated.

Together we have taught many students valuable speaking skills, and we have enabled them to be more confident in approaching classmates and teachers.

Students get to show off their writing and learn new skills for future use.

Past editors have learned new leadership skills, and they can guide a class to get what needs done.

We provide a community service by helping students, faculty, and family be aware of the good work being done in and outside the school.

Our final edition is distributed to each of the classrooms, emailed to staff and faculty, and posted on the district website under "Parents" > "Bulldog Press." (<http://www.calhanschool.org/?Division-ID=22208&DepartmentID=26525>)

The newspaper also serves as a public forum: we invited the director of the Teen Center to meet with us, and one of the writers for the Ranchland News interviewed the members of NJHS to learn more about who we are and what we are doing for the school. (The 3-16-17 edition of RN includes our articles on wrestling, the teen center, and the school challenge project.) Our teacher, Mr. Barron, is also a writer who contributes articles for our publication as well as the Ranchland News.

For up to a dozen middle school students at a time, this class has been a positive experience, where we have learned to work together. The newspapers we produce have received great reviews from students and teachers alike.

ELEMENTARY STUDENTS CELEBRATE ST. PAT'S!

