

The MANIFEST

Columbus Discoverers Newsletter

From the Desk of Dave Hiebner, Principal

Columbus High School has a rich history of academic and activity achievement. Graduates have become doctors, lawyers, teachers, business owners, authors, civil servants, employees, and many more. We have graduates that have won NCAA titles, played professional sports, developed cures for disease and much more.

I recently had an opportunity to give a class reunion tour at CHS. It is always interesting to hear what they remember about their time in high school. They remember the relationships they built with their classmates as well as the relationships they built with their teachers. They remember the plays, games, concerts, classes, and other events that helped shape them into the people they are today.

Spending time with CHS graduates is a great reminder of why we are in the business of education. Columbus High is filled with memories for those that walk the halls. As CHS educators, we have the opportunity to help students develop both academically and personally. There is significant history with Columbus High School. We have an opportunity to continue to help our students write the stories that will stay with them for a lifetime.

We look forward to continuing a great school year with many positive experiences for Columbus High School students and continued partnership with the Columbus community.

#GoDiscoverers

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Mark Your Calendars...

Nov. 05	- After School Detention (ASD) – 4:45-5:45p
Nov. 06	- Early Dismissal – 2:35p
Nov. 06	- ASD – 2:45-4:00p
Nov. 07	- ASD – 3:45-5:45p
Nov. 08	- <i>Fiddler on the Roof</i> – 7:00p
Nov. 09	- <i>Fiddler on the Roof</i> – 2:00p/7:00p
Nov. 12	- Blood Drive – 8:30-2:30p
Nov. 12	- ASD – 3:45-5:45p
Nov. 13	- Early Dismissal – 2:35p
Nov. 13	- ASD – 2:45-4:00p
Nov. 14	- ASD – 3:45-5:45p
Nov. 19	- ASD – 3:45-5:45p
Nov. 20	- Early Dismissal – 2:35p
Nov. 20	- ASD – 2:45-4:00
Nov. 21	- ASD – 3:45-5:45
Nov. 27-29	- No School – Thanksgiving Break

*“Engaging all Learners to
Achieve Success”*

All CHS Students going out for a Winter Sport

November 18 is the first day for winter sports practice. If you have not yet taken or scheduled a physical, now is the time to do it. Students are reminded that they must purchase a C-stamp and complete the online forms at www.familyid.com before practice begins.

Happy Thanksgiving

New Staff Spotlight

Each month we will spotlight new staff members to introduce and welcome them to the Discoverer family. This month we will spotlight English.



Ms. Amber May, English

Ms. May is originally from Omaha, Nebraska and grew up with her single mom, half sister, and brother. Her grandparents lived next door to her her entire life, so she is very close to them. Her mother is an accountant, her half-sister is a nurse, and her brother just started his first year of college. She is proud of her grandfather who just recently received his degree at age 72. Ms. May's grandparents are happily retired. She completed her schooling at Wayne State College. She decided to become a teacher when she was younger because of her fourth grade teacher Mrs. Foster, who inspired her to encourage students. The biggest lesson she has learned so far this year is patience. Ms. May knows it will take a lot of practice to become a really good teacher, and she knows she will need to be patient with the process. A few fun facts about her include: if she could have one superpower, it would be to fly. She enjoys reading, writing, painting, pottery, and listening to music. Her favorite color is green and her favorite food is sushi. Ms. May wants to give a shout-out to all staff at CHS - she is excited to meet everyone, but she's not a huge fan of big groups of people. So, come on up to second floor to room H209 and introduce yourself to Ms. May. Welcome to CHS, Ms. May!



Ms. Ann Widtfeldt, English

Ms. Widtfeldt comes to us from Grand Island, Nebraska, where she was teaching Special Education. She has her Bachelor's Degree and Master's Degree, both in Special Education. She has taught in a wide range of schools in many states, including Montana, Nevada, and Nebraska. When she isn't teaching, Ms. Widtfeldt loves to refinish furniture and enjoys various craft projects. Ms. Widtfeldt teaches English 9, Composition, English 10, and supervises Independent Study. Give her a warm Discoverer welcome!

Snap-On Certifications at Columbus High School



Columbus High School is continuing to have students' complete certifications for equipment used in classes to better prepare students for manufacturing, automotive and construction industries. Last spring saw a record number of students getting certified with over 510 certifications being awarded through the year. During the early part of spring the school nearly broke into the top 20 schools for number of certifications awarded in January and February.

The certification program emphasizes the importance of each certification and the tools and equipment they cover. The programs address industry standards for certification in each of the respective areas.

The certifications are free for students as Snap-On covers all of the testing for the students. To be certified trainers, instructors undergo training provided by Snap-On and the National Coalition of Certification.

Columbus High School provides certifications on advanced measuring instruments, digital multimeter, automotive diagnostics, battery starting charging and testing, mechanical and electronic torque and precision measurement instruments as well as certification on automotive information systems I and II.

The multi-meter certification was the first to be brought on board and expanded to over 100 students last spring. Some of the certifications are included in automotive and Mechatronic classes. Torque was also given to the engineering classes in the STEM area. Columbus High is currently delivering electronic and mechanical torque certifications to the Intermediate Automotive classes.

From the Desk of Molly Hornbeck, Assistant Principal...

High School is a Great Time to Get Involved!

This year I have the pleasure of overseeing the freshmen class at Columbus High School. I've had the opportunity to interact with many freshmen students here at CHS, and I am excited to see what the next four years has in store for them. High School is a time when students begin to figure out who they are, what interests them, and what path they want to take for their future. One of the best pieces of advice I can give to any student beginning his or her high school journey is to get involved.

The benefits of being involved in extracurricular activities during high school are numerous. Being involved with a team, club, or school organization teaches the values of leadership, responsibility, time management, and commitment. It provides a platform for young adults to meet new friends, learn new skills, experience increased self-confidence, and to be part of something larger than themselves. It's a way for students to feel more connected to their school and to receive a well-rounded education. There is also an abundance of research that correlates extracurricular involvement with increased academic performance in the classroom.

If you're wondering what activities we offer at CHS, check out the list below:

C-Club	Renaissance	Golf
CHS 101	Robotics	Softball
Color Guard	Skills USA	Volleyball
Destination Imagination	Speech	Basketball
FBLA	Student Council	Swimming
HOSA	Theatre/Musical	Wrestling
Instrumental Music	Vocal Music	Baseball
Key Club	Winter Percussion	Soccer
Mock Trial	Yearbook	Track
National Honor Society	Tennis	Cheerleading
Newspaper	Cross Country	Diamond Dancers
Quiz Bowl	Football	

I encourage not only all freshmen, but all students to get involved in at least one extracurricular activity during your time here at CHS, and I'm looking forward to watching students learn, grow, and succeed both in and out of the classroom.

2019 Fall Band Concert

The Fall Band Concert featuring the Concert and Jazz Bands will be on Friday, November 15, at 7:00 p.m. in the CHS Concert Hall.

The Jazz Band will be performing some great tunes with odd names like, *Chalupa*, *All 'Dem Leaves*, *Bad Dog!*, and *Rooster Tail*. We will also feature guest soloist Bob Johnson on Jazz Standard called *I Remember Clifford*.

The Concert Band is playing songs about places, such as *In the Forest of the King*, *Niobrara River Sketches*, *Country Wildflowers*, *Valle Forge*, and *Train Heading West*.

From the Desk of Tim Kwapnioski, Activities Director...

Vaping and Athletic Performance

While you're talking to your kids about drugs, smoking, and internet safety, think about adding vaping to the list.

The popularity of e-cigarettes among teenagers has skyrocketed in recent years. This past February, the Centers for Disease Control and Prevention reported a 78% increase in high school students vaping from 2017 to 2018. Youth e-cigarette use has been called an epidemic by major public health officials, including the U.S. surgeon general. And it's increasingly evident that vaping is affecting young athletes and youth athletic programs nationwide.

Many e-cigarette cartridges contain approximately the same amount of nicotine as a pack of cigarettes, according to the anti-smoking organization, Truth Initiative. The U.S. Surgeon General also considers vaping a health crisis that affects one in five high school students. While inhaling nicotine causes long-term harmful consequences for a student-athlete's heart and lungs, getting caught vaping at school can result in immediate punishments that keep them from competing.

Vaping is the act of inhaling vapor created by battery-powered e-cigarette devices, like JUUL. These e-cigarettes contain pods with a variety of synthetic flavors and a mixture of other chemicals. While these products do not use tobacco, many e-cigarette cartridges contain approximately the same amount of nicotine as an entire pack of cigarettes. There is far less research available on the health effects of vaping than there is on the effects of cigarettes, but some studies have found that e-cigarette pods can cause lung and cardiac disease as well as harm to the developing brains of adolescents. The heart is an organ that seems to be particularly impacted by vaping – one study found that a 30-minute vaping session had the same adverse effect on the aorta as smoking for five minutes.

Possibly the most dangerous aspect of e-cigarettes is that up until 2016, they were completely unregulated and even today we still don't know exactly what's being inhaled. Our student-athletes are possibly inhaling a multitude of chemicals (at least 60 chemical compounds have been found in e-cigarettes so far). Because of the unknowns, experts don't know what the long-term effects of vaping will be outside of the pulmonary and neurological effects, including asthma and lung conditions.

According to the Centers for Disease Control and Prevention:

- * Since 2014 e-cigarettes have been the most commonly used tobacco product among US youth
- * 1 in 5 high school students used e-cigarettes in the last 30 days
- * 1 in 20 middle school students used e-cigarettes in the last 30 days
- * As of 2018 an estimated 3.6 million youth have vaped within the last 30 days - 20% of all youth (up nearly 9% from 2017) and appears to be on the rise still in 2019
- * In 2018 19% of users were female and 23% were male
- * According to package insert from JUUL one cartridge equals a pack of cigarettes or 200 cigarette puffs

Activity Reminders

Students attending contests are reminded that once they enter the game (football, volleyball, etc...) if they decide to leave the venue, they will not be allowed to return.

If a student did not go out for a fall sport but is intending to go out for a winter or spring sport, please have your student pick up a physical packet from the CHS main office. This packet will have all of the needed forms for students to be eligible to compete in any activity at CHS. If you have questions, please contact the activities office.

November 8 and 9 – Fall Musical Performance, *Fiddler on the Roof*

November 12 – National Honor Society Blood Drive

November 14 – Winter Sports Parent Meeting

November 18 – First day of winter sports practice

We look forward to having as many patrons at CHS events as possible and thank you for your support of CHS activities.

CHS Student of the Month September

A+/Independent Study	Family Consumer Science	Science
09 -	09 - Allen Sindelar	09 - Diana Luna-Spindola
10 -	10 - Ericka Keep	10 - Melanie Alvarez
11 - Sarai Ramos - Ind. Study	11 - Blayze Standley	11 - Saul Perez
12 - Gabriel Carcamo - Ind. Study	12 - Morgan Warland	12 - Taiylor Sanders
Art	Health/Fitness	Social Studies
09 - Amairany Hernandez-Mendoza	09 - Fernando Romero-Campos	09 - Kelyn Garrelts
10 - Brayan Ixquiactap-Tulul	10 - Hannah Renner	10 - Hailey Hoffman
11 - Lesly Oliva-Grijalva	11 - Carter Weddell	11 - Stratton Stephens
12 - Jade Wielgus	12 - Samuel Nelson	12 - Alisa Torres
Business	Math	Skills & Technical Science
09 - Yoselin Mendez-Quezada	09 - Leslie Calderon-Medina	09 - Liam Blaser
10 - Cornell Daro	10 - Amber Endorf	10 - Joseph Hajek
11 - Camden Schefus	11 - Rebecca Hazlett	11 - Trishelle Trotter
12 - Heliannysht Llanes-Vazques	12 - Alexis Martinez	12 - Mitchell Goc
English Learners	Music	World Language
09 - Lensy Mejia-Gomez	09 - Owen Papstein	09 - Isabella Mace
10 - Moris Rivas-Calles	10 - Jenny Guerra	10 - Jacey Hughes
11 - Cindy Rivas-Calles	11 - Rhylan Wurdeman	11 - Nicole Monteza-Gonzalez
12 - Heliannysht Llanes-Vazques	12 - Megan Endorf	12 - Conner Mueller
English		
09 - Emily Reed		
10 - Delrone Mukusha		
11 - Drayk Weverka		
12 - Kristian Blanco-Cue		

Congratulations to these outstanding students on their selection for “Student of the Month”. These students are recognized for their efforts in modeling the “Discoverer Way”. Each one has exemplified true character and commitment to their school and community.

ART DEPARTMENT UPDATE

One of the greatest artists of all time, Henri Matisse, once stated, “Creativity takes courage.” Imagine the amount of courage it takes to try art after a couple middle school art classes or even for the first time for quite a few of our students. Our jobs as art teachers are to not only teach a variety of art media/materials, but to also help students gain confidence in their learning abilities. In art, the process of creating is equal to the product created. We encourage exploration and revel in the opportunity to simply be observers, facilitators and cheerleaders. We not only celebrate amazing art, but we celebrate mistakes because this is when learning and growth occur. Here is a peek into what projects are happening now. And if you want to continue to follow the amazing discoveries in the CHS Art Department, you can follow Mrs. Stodola’s classes on Facebook and Instagram @discoverartroom.

Art Explorations - Mrs. Stodola

Art Explorations is a beginning level class for students who are wanting to fill a Fine Arts graduation credit or to simply see what art is all about. This art class transforms STEM into STEAM. There are two sessions: One a junior/senior and the other freshman/sophomore. The students have completed their Cubic Self-Portraits and are finishing up Art + Science: Scientific Illustration printmaking. Printmaking is an old art form of carving an image, inking and then reproducing that image many times. Prints can be on paper, wood or other materials. The next art project, Art + Math: Colorful Radials will be split into two projects. The junior/senior class has chosen to do the radials in paint, while the freshman/sophomore class has chosen to create 3D radials using folded paper (think origami).

Art Techniques - Mrs. Campbell

Art Techniques is a required entry level class for students who plan to take additional art classes, such as 2D Media, 3D Media, Photography, and Digital Illustration. This class is designed to help students understand how artists put their art together, and to expose them to various materials, tools, and techniques. We began the semester learning how artists use the Elements of Art (form, texture, space, value, shape, line, and color) and Principles of Design (emphasis, proportion, movement, balance, variety, repetition, and unity). We then completed our first art project based on the Abstract Expressionism artist, Wassily Kandinsky. The project began with a “messy” drawing of random marker lines created by other students. They then had to use watercolor pencils to turn the “mess” into a thing of beauty. This project required a lot of problem-solving skills! The 11/12 class then moved on to a coil pottery project, which is stacking and attaching clay that has been rolled into thin ropes. It gets very messy, but it is a lot of fun! The 9/10 classes have begun perspective drawings using the letters of their names. Perspective drawing creates the illusion of space, making two-dimensional art appear three-dimensional.

2D Media - Mrs. Stodola

2D Media is a second level class for students to explore 2D media: Pencil, ink, watercolor, paint, collage, and more. I have three sessions of 2D Media 10th - 12th grade. 2D Media students have completed a Candy Still-Life in colored pencil and watercolor and they are bright, colorful and amazing! Students are now finishing up their Realism Shoes project, and it is hard! In both of these projects, I taught students the importance of taking their own reference photo, instead of simply relying on a search engine to find them a picture to draw. Not only does it make the art more original, but it also complies with the ever-strict copyright laws. The next project in 2D Media is going to be the mind-boggling Surrealism.

3D Media - Mrs. Campbell

3D Media is a second level class for students to create three-dimensional art using paper, clay, plaster, and more. There are three 3D Media classes comprised of 10th - 12th grade students. The semester began by reviewing how artists use the Elements of Art and Principles of Design to plan, and create, artwork. We then began our first project based on the artist Alexander Calder. Calder was known for making very large-scale three-dimensional sculptures from flat two-dimensional sheet metal. For our smaller version, students used flat sheets of foam board to cut out the letters of their names, then painted and assembled them to create three-dimensional sculptures. We then moved on to working with clay. The students are currently creating slab-built pottery that incorporates texture and patterns. Slab built pottery is the process of rolling out clay with a rolling pin, similar to rolling out dough. They are also learning how to use pottery wheels. They are quickly learning that throwing on a pottery wheel is much harder than it looks!

Art Outreach - Mrs. Stodola

Art Outreach is comprised of students who have already taken quite a few art classes and they want to partake in special assignments: It is basically Art Community Service. This group has gone above and beyond right from the beginning wanting to have a “Positive School Culture” theme. They have already created a positive sticky note wall, which they can barely keep up with replacing kind thoughts and quotes that are meant for students to “Take one, give one.” The group has also begun to make positive bookmarks for the IMC and CHS students, with the hopes to create some for some elementary students. Art Outreach had a busy beginning by painting 12 very large band fronts for the CHS Band Department for competitions. With CHS Musical right around the corner, they have just begun to collaborate ideas and prep the background for this year’s *Fiddler on the Roof*. Positivity is definitely growing here in the Art Department and at CHS!

SCHOOL COUNSELING AND CAREER CENTER

MARK YOUR CALENDAR:

November 1 – Susan T. Buffett Scholarship opens
November 8 - Registration deadline for December 14th ACT
November 15 - Columbus Foundation Scholarship opens
November 27-29 - Thanksgiving Break

ANYTIME: IF YOU ARE TAKING EXTENDED TIME OUT FROM SCHOOL (5 DAYS OR MORE), MAKE A PLAN WITH YOUR COUNSELOR TO PREVENT LOSING CREDITS/GRADES.

COLLEGE PLANNING:

- Applying to colleges will give access to their websites' information in regard to scholarships
- Visit your counselor for information on scholarships
- Schedule College visits if still needed – Get a form from your counselor
- Apply for FAFSA
- Attend College Fairs (Pictures below from October 3rd CCC College Fair)



2019-2020 will be Mental Health Awareness year at CHS and every month you will see statistics and information to create awareness and fight STIGMA about seeking the help needed

General

- One in five teens and young adults live with a mental health condition – half develop the condition by age 14 and three-quarters by age 24. (National Alliance for Mental Illness)
- One in five American children ages 3 through 17 — about 15 million — have a diagnosable mental, emotional or behavioral disorder in any given year. Only 20% of these children are ever diagnosed and receive treatment; 80% — about 12 million — aren't receiving treatment. (TODAY via Centers for Disease Control and Prevention)

Depression

- In 2016, an estimated 2.2 million adolescents aged 12 to 17 in the U.S. (9%) had at least one major depressive episode with severe impairment. (National Institute of Mental Health)
- One in five teens and young adults live with a mental health condition – half develop the condition by age 14 and three-quarters by age 24. (National Alliance for Mental Illness)
- From 1999 through 2015, 1,309 children aged 5 to 12 took their own lives in the United States (CNN via Centers for Disease Control and Prevention)
- Each year, about 157,000 young people between the ages of 10 and 24 are treated in emergency departments across the U.S. for self-inflicted injuries. (Centers for Disease Control and Prevention)

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A nationwide survey of U.S. (Centers for Disease Control and Prevention) high school students found that:

- 16 percent of students reported seriously considering suicide.
- 13 percent reported creating a plan.
- 8 percent reported trying to take their own life in the 12 months preceding the survey.

64.1 percent of youth with major depression do not receive any mental health treatment. (Mental Health America)

9 SIGNS
A PERSON MAY BE EXPERIENCING DEPRESSION

Symptoms of Depression

1. An unusually sad mood.
2. Loss of enjoyment and interest in activities that used to be enjoyable.
3. Lack of energy and tiredness.
4. Feeling worthless or feeling guilty though not at fault.
5. Thinking often about death or wishing to be dead.
6. Difficulty concentrating or making decisions.
7. Moving more slowly or sometimes becoming agitated and unable to settle.
8. Having sleeping difficulties or sometimes sleeping too much.
9. Noticeable changes in eating habits, sometimes resulting in weight gain or weight loss

NOTE: A person who is clinically depressed would have at least one of the first two symptoms, nearly every day, for at least two weeks. The person might also experience one or more of symptoms 3-9.

USA MENTAL HEALTH FIRST AID®

Contact the School Counselors

Bethany Seehusen is the school counselor for 9th graders or Class of 2023. Join her google Classroom using code: **0qe3vuc** Other contact information seehusenb@discoverers.org, phone number 402-563-7050 Ext. 13081

Kari Drymon is the school counselor for the 10th graders or Class 2022. Join her google Classroom using code: **14rjqb** or contact her by emailing her at drymonk@discoverers.org or by phone 402-563-7050 Ext. 12837

Kim Loeffelholz is the school counselor for juniors-Class of 2021 and seniors-Class of 2020 whose last names begin with the letter A-K. Join the Classroom for Class of 2020 using code: **iodjw5**, email her at loeffelholzk@discoverers.org or call her at 402-563-7050 Ext. 12271. If you use the **Remind** app you can join by using code: @828f99k

Guadalupe Marino is the school counselors Juniors-Class of 2021 – Seniors- Class of 2020 with last names starting with letters L-Z. She manages the google Classroom for the Class of 2021, join the classroom by using code: **8csz037**. Other contact information is marinog@discoverers.org or by calling @ 402-563-7050 Ext. 13323