

# Cougar Chronicle

Casa Grande Union High School

“The School That Makes Education Happen”



CGUHS Cougar is all cleaned up and now protecting our receptionists at the front door

October/November  
2005

Volume 2, Issue 2

### Inside this issue:

## A Deadly Substance May Be In Your Home!

By Djavid Duporte  
Jesus Ruiz

A new substance has come on the drug abuse scene and this substance has proven to be deadly, and could be lurking innocently on your shelf. It has already killed a number of young across the country, but many parents are oblivious to its danger. What is this menace? It's that can of Dust Off used to clean your computer keyboard. Although that is Dust Off's main use, it has several components within that make it a quick fix for getting 'high.' But like other items used as drugs, Dust Off has no estimated overdose limit. In actuality, this deadly product has been classified as a potential inhalant and has a warning label in bright, red letters upon the can. But individuals from the ages of nine

to fifteen years of age have been using it without the knowledge of their parents.

As for the usage of Dust Off, the inhalant at first seems to be nothing but compressed air which is what most users think. But actually, it is a very potent gas which has been noted to be heavier than air itself. Once it is first inhaled, the product begins to replace the air within your lungs. Thus, oxygen within your lungs begins to deplete and less oxygen is sent to your brain and heart. This is how the users get the feeling of being high. But little do they know, most that inhale die while inhaling or a short amount of time after they get their 'buzz.'

Consequently, Dust Off is not



the only device than can be used to get high sans general narcotics. To conclude, **please** watch what your children do and talk to your children about how important it is to stay off drugs. It could save their lives.

## AIMS Retakes Are November 1, 2, &3

By C.J. Ramos & Rosalyn Jones

The Fall AIMS retake test is coming! Juniors and Seniors who have not previously passed a particular subject, as well as those who want to go from meets to exceeds will be taking the AIMS test on November 1, 2, and 3. Sophomores will take the AIMS tests this spring

The purpose of AIMS is to

improve the academic achievement of all Arizona students. Parents are asked to help their students perform to the best of their ability on these tests. Here are a couple of helpful hints:

- Encourage your student to work hard in all their classes
- Be physically prepared by seeing that your students

gets plenty of rest the night before the exam and has a good breakfast that morning.

Keep in mind all students MUST meet the AIMS standards in order to graduate. Please encourage your student to do their best..

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### Dates to Remember

First Quarter Ends
October 7, 2005
PSAT
October 12, 2005
Parent-teacher Conferences
October 18, 2005
Fall Break (NO SCHOOL)
October 24—28, 2005
AIMS Fall Retest
November 1, 2, & 3, 2005
Veteran’s Day (NO SCHOOL)
November 11, 2005
Thanksgiving Break
(NO SCHOOL)
November 24—25, 2005

# Introducing Some of CGUHS' New Teachers

By Marisol White & Nicole Martinez

This year there are a number of new teachers here at CGUHS. Each issue the staff of the Cougar Chronicle will introduce a few of them to you.

## Mrs. Linda Kroll

She went to Western International University. She teaches the Hospitality course and the Fundamentals of Technology course.

Mrs. Kroll has been teaching for eight years. She says she loves CGUHS. She says the teachers are great! The students are great! The staff is great! She also says everyone is so kind and willing to help.

## Mrs. Mace

She went to Indian Hills Community College / University Of Phoenix . Mrs. Mace

teaches Fundamentals of Technology. She started substituting in January 2004 and this is her first year full-time. We asked her what she thinks about CGUHS, she said she really likes the kids and the variety of programs that the school offers.

## Deb Prososki,

She completed a Bachelor of Arts degree at the University of Nebraska in Lincoln, Nebraska and recently completed a Master of Arts degree in Educational Counseling at the University of Phoenix . Mrs. Prososki teaches Special Education here at CGUHS. Before coming to CGUHS she taught for five years in alternative and charter schools here in Arizona. She thinks CGUHS is an awesome school with great

students and staff. She says everyone here has been friendly and helpful. She also says the school offers a wide variety of programs that will fit the needs of the very diverse population it serves.

## Richard Bowers,.

He did his college work from Tulane to Boston University and his doctorate at Indiana University. He teaches special education. Figuratively he has been teaching all his life but most of his professional career he has a nonprofit foundation executive and decided this year to do a mid-career change and this is a total new experience for him. He has taught college and other places but not high school. He says he loves it here.

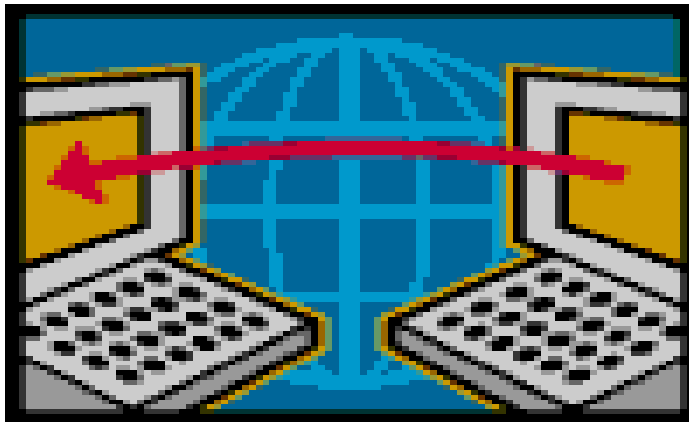
## Internet Help: Phishing maybe Hazardous to Identity!

*The Cougar Chronicle in an effort to be an educational tool for our community will include items that may be of a more general nature, yet important as an informational tool to the community.*

**Phishing** (fish ing) (n.) The act of sending an e-mail to a user falsely claiming to be an established legitimate enterprise in an attempt to scam (or trick) the user into surrendering private information that will be used for identity theft.

The e-mail directs the user to visit a Web site where they are asked to update personal information, such as passwords and credit card, social security and bank account numbers, that the legitimate organization already has.

The Web site, however, is bogus (phony) and set up only to steal the user's infor-



mation.

The e-mail may even state something like: Your account will expire if you don't logon and update your profile.

### How can you protect yourself?

The best way to protect yourself from "phishing" is by knowledge. It only works when there are people willing to enter personal information on the bogus site. If you receive an e-mail asking you to enter a username or credit card information, chances are it's an attempt to obtain your personal information.

Legitimate Web sites will NEVER send you an e-mail asking you to logon to *update your profile* or ask

for any personal information via e-mail.

The staff would like to thank school technologist, Phil Mumme for bringing this information to the staff's attention.

### Cougar Trivia Question of the Month...

What are some of the other names by which cougars are called throughout the Americas? (answer on page 4)

# School Rules Reviewed

By: Katie Hammerstrom and Alyse De Vore

Students are expected to know and follow school rules at CGUHS at all times.

However, not all students are aware of the rules, or choose not to follow them.

Often times the parents are also unaware of the rules enforced at their child's school.

As parents it's initially your responsibility to make sure your child is acceptable according to the school rules before they leave the house. You should be aware of the following rules in place at CGUHS.

- A CGUHS I.D. card **MUST** be worn on a lanyard, above the waist at all times. If you don't have an I.D. card you must buy a replacement. The cost for your 1<sup>st</sup> replacement is \$5, then increases by five dollars each time you need one.
- Cell phones are allowed on campus but **MUST** be turned off during class and can't be used

during classes.

- **NO** listening devices are permitted during school hours.

If a student is caught with these items the item will be confiscated and brought to the discipline office to be picked up after school by the parent or student depending on the situation.

Some of the most unnoticed rules are dress code violations. To ensure safety and the continuation of the educational process the following articles shall not be worn:

- Tank tops, halter tops, spaghetti and shirts that reveal one's back, midriff, hips, or are low-cut.
- Sleeve-less garments must extend to the end of shoulder and fit closely under the arms
- No vulgar, offensive, or obscene messages.

This includes the demeaning of others on the basis on race, color, religion, gender or things of similar manner. Nothing that promotes alcohol, drug use, or violence.

- No blue, red, or brown shoe laces are to be worn.
- Hats are not allowed on campus except for religious, military, or health reasons.
- Use of any illegal substance is prohibited include alcohol and there is a NO tolerance policy that is strictly enforced.

These rules were put in effect by a committee of teachers in May of 2005 in order to keep the focus on education. Any student violating these rules will be subject to disciplinary action including but not limited to: Warning, Parent conference, ASD, community service, ISS, and OSS.

## This Homecoming Theme May be "Shipwrecked" But Coach Predicts Victory for Varsity!

By Marian Pfander & Matilde Munoz

Homecoming is just around the corner! Cougar Varsity Football has winning season so far with a 3 - 2 season.

The homecoming theme is "Shipwrecked".

.. Our Cougar football team will be playing against the Cougar Hayden Falcons on Friday, October 7<sup>th</sup> at 7 P.M. Despite the difficulties that brought defeat during the game against Buena , the Cougars are set for a winning season. Coach Stewart is looking for another victory. All past and present cougars and cougar boosters are encouraged to attend the game and cheer our team to victory!

The Homecoming events will be held on Saturday, October 8, 2005. The homecoming dance will begin at 8:30P.M. and ends at 11:30 P.M. True to a CGUHS tradition the king and queen of homecoming will be announced during the dance. During the dance, which will be held in the gym, students can take their pictures with your special someone or friends. The photographer and the background will be located in the cafeteria. Pictures need to be paid for at that time and will be picked up in the bookstore in a few weeks.

The safety of all our students is important to us. Parents encourage your students to have fun while being safe and sober!



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The Cougar Chronicle is the work of  
the Beginning Journalism Class.  
Marthaann Richards, Adviser  
Melinda Juarez, Student  
Editor –in– Chief

● Knowledge is Power.

## Deadline for Senior Ads for Yearbook is November 18, 2005

All senior ads for the 2005-2006 yearbook must be in room C106 by the 2:45 P.M. or postmarked on November 18, 2005.

Your photos and messages should be in an 8 1/2 X 11 or 9 X 12 manila envelope with your senior's name and address as the return address and your name and address as the delivery address. Please affix the necessary postage on the envelope if you would like your photos returned next September, 2006. This year the yearbook staff will be attempting to scan all senior ad photos in order to return them to you sooner. **Please remember to use only photographs printed by commercial printers.** Home printers and digital photos do not have the necessary resolution or pixels for our yearbook printers to commercially reproduce the photos to the original specifications. In

additional, please do not send pre-cropped photos, as they make the scanning and placing more difficult.

### PHOTO AND TEXT LIMITS FOR SENIOR ADS

\$50	1/8 page	40 words*	1 photo
\$75	1/4 page	50 words	2 photos
\$150	1/2 page	100 words	3 photos
\$300	FULL PAGE SENIOR AD 8photos		

- The 1/8 page senior ad is designed on a pre-determined template and should have one photo (preferably wallet size) and 40 words or less.
- All senior ads are printed in FULL color

If you have any questions or concerns, please contact Kyle LaRose at (520) 836-8500 ext. 4146 between 12:10 and 12:45 P.M. or send an e-mail to [kmlrose@hotmail.com](mailto:kmlrose@hotmail.com)

The Yearbook mailing address is:

Casa Grande Union High School

Attn: Cougar Yearbook

2730 N. Trezell Road

Casa Grande, AZ 85222

Trivia Question Answer:  
Cougars are also known as mountain lions, pumas or panthers. Cougars are very strong and powerful predators that can easily take down a full size deer. Cougars are found throughout the Americas.