

Upward Bound

February

Happy Valentine's Day!

To: My coworkers
Wishing you a lifetime
full of love
From: Heather

To: Kayla
I love you!
From: Emajen

To: Andrew
You're the cutest
nerd I know
From: Hailey

To: My Family
Thank you for all you
have done for me. I
LOVE YOU!
From: Natalee

To: Niki Corral
Have a wonderful
day!
From: Aisha

To: Talen
Have a great Val-
entine's Day!
From: Jacob

To: Haley
Have an awesome
Valentine's Day!
From: Andrew

To: Luke
Thank you for being
my brother
From: Leah

To: UB Buddies
Happy V-Day!
Love: Da'Nautica

To: Andrew
I wish for you to prosper
and have a great basket-
ball career
From: London

To: Mr. Gaston
It won't be my birth-
day without you
From: True

To: London
I adore you!
From: True

To: Harry
Do you know him?
Love: Little Bro
Victor

To: Leena
Thank you for being
there for me
From: Leah

To: Chum the Cat
Thank you for be-
ing my support
Love: Jordon

To: Kayla
You are such a sweet
girl
From: Anonymous

To: Dad
You should dye your
beard pink.
Love: Jon

To: Mr. Barry
I love you
From: Tony

To: Kayla & Emajen
I miss you guys! Happy
Vday. I love you both
so much!
From: Ema

To: Jayden
Thank you for being
there for my brother
From: Leah

To: Mom
Happy V-Day!
From: Your Fav T



Academic Advisor Update

Heather Barry—Chadron H.S.

As always, the halls of Chadron High School are busy, busy! Many of our students are busy preparing for our upcoming musical – Shrek. Please plan on attending this event – Friday, March 15th – Sunday, March 17th. Mrs. Mahr and our students always put together an outstanding show! Plus you need to come check out the new auditorium seats Chadron High has been busy fundraising for!

The Chadron High Basketball teams have been busy competing as well, with only two weeks left of their season before sub-districts begin. Chadron boys and girls basketball teams took on Alliance at home, Tuesday, January 29th. They also played at home Friday, February 1st versus Rapid City Christian, and were on the road Saturday, February 2nd to Valentine. Basketball sub-districts for the girls begin February 12th at the CSC Chicoine Center. Boys' sub-districts will begin the 19th.

Speech Team has been kicking butt at speech meets, placing first and second at almost every meet! FFA had a great competition at WNCC this month! Lunch meeting for Boys and Girls State will be held February 20th in Room 102 for those interested in more information. Sunday, February 10th Chadron High is hosting a Prom Dress Swap! Girls can bring in their old dresses and try and sell them for money and those looking for a great used dress can find one at a great price!

Tearza Mashburn—Alliance H.S.

The end of the school year is rapidly approaching. This is a great time for Juniors to start to organize their college choices and look at how they can pay for it. Once your Senior year starts it can become quite over whelming with all the steps that need to be done to graduate and enjoy your day. Senior pictures, homework, graduation announcements, reception area, college tours, and the miles of financial aid paperwork that all need to get done. Stop, take a breath and let me help you.

First, think about the things you enjoy doing and are good at. The quote, "Enjoy what you do and you will never work a day in your life," is right on. Do something you love.

Second, do a college search. Find out which schools have programs of study in your interests. www.collegegreenlight.com is an excellent program to help narrow down your options. You must fill out a short profile of what is important that your college has. Examples: size, cost, housing options, activities, distance from home and quality of food.

Third, visit a few schools or do web tours with your parents. Your parents know you best and can help you find a place you will be at home with. Narrow it down to 2 or 3 schools.

Fourth, Financial Aid!!! Fill out the FASFA!! Use College Green Light, Mr. Lanik, Naviance and me to help you find scholarships that you meet the criteria for. Apply, Apply, and apply for some more. Just because it is a small amount of money, don't pass it up. For a few hours of paperwork you can receive FREE money. It would take you over 9 hours of work to pay a \$100 of your tuition. Even those little ones add up!!!

If we work together as a team, we will be able to make your dreams come true.

Start talking to your parents about the Summer Program. This is a great opportunity to make friends, show your responsible side and HAVE FUN!!! Parents, I will be sending home information to help answer any questions you may have. You can also call me at 308.760.7975.

Brad Gaston—Crawford H.S.

Everything is going great at Crawford.

The speech team goes to Chadron February 2nd, and to Bridgeport on February 9th.

The Music Department goes to Chadron on February 4th and 5th for High Plains Music Festival.

On February 5th, the boys and girls basketball teams play in Crawford against Sioux County. They play Hay Springs on the 7th of February and then Parents Night for both boys and girls basketball teams and wrestlers.

FFA District CDE-Ag Ed Contest @ Gordon on February 6th.

Varsity Girls Basketball sub Districts February 12 at Gordon Rushville.

FFA week is the 18th-24th—should be a fun week!

Steps to Writing Your College Essay

College application essays give you an opportunity to let your personality shine through. It is important to the college because they can learn about a different side of you, but also get a sense of your writing skills.

Below are essay writing guidelines to follow:

Essay prompts are statements that focus on a topic or an issue, followed by questions. The purpose of an **essay prompt** is to inspire a response in the form of an **essay**, which will test your **writing**, reasoning, and analytical skills.

Pick your prompt: If you're responding to the Common Application prompts, you'll need to choose which topic to write on. (If you are using an independent school application or writing a supplemental essay, you may not have a choice.) Give yourself time to decide. You may want to narrow it down to two or three prompts and create an outline for each to see which topic you think will make for the best essay. Go with the one that will yield the most original story that tells the most about your personality. Rewrite your chosen prompt in your own words before beginning.

Outline your essay: Once you know what prompt you will write on, it's time to plan your response. Before you write your first draft, you'll need to think about:

-Tone: What kind of tone will you establish in your essay? Will it be humorous? Nostalgic? Hopeful?

-Personality: What aspects of your personality do you want your essay to highlight? Does your essay show your ability to persevere through tough times? How have you matured over time? Your passion for a certain hobby?

-Scene: What scene will you write about? Although college essays can be about a long-term theme or event in your life (for example growing up in foster homes), your reflection on this topic should be anchored in one or two particular scenes (for example your first night in your foster home). This makes the content of your essay more easily accessible to your readers. Make sure you think of sensory details to add to your scene. What do you want readers to be able to feel? Hear? See? Smell?

-Main Idea: Personal statements don't necessarily include thesis statements, but they do have some overarching main idea they convey. For instance, if you are writing about your move to America, your main idea might be that integrating into a new culture can be very hard.

-Conclusion: Remember that your essay should show some kind of thinking process, so that the main idea you begin with should grow and change with your essay. Often, the conclusion takes the form of a lesson learned or a realization made. For instance, using the example above, your conclusion might be about how although fitting into a new culture is hard, it makes you a stronger and more well-rounded person.

Draft your essay: Once you have a strong outline, it's time to draft your essay. Remember to start with a "hook" to grab your readers' attention. Don't spend a lot of time worrying about making everything perfect. Just get your thoughts organized on paper for now.

Get feedback and rewrite: Once you have a first draft, share your essay with peers, family, teachers, or mentors – whoever you feel comfortable with. Ask them for their ideas for improvement. Once you have their feedback, write your second draft. Repeat this process until you are happy with your essay.

5. Proofread: Now go through your essay with a fine-toothed comb. Look for grammar, spelling, mechanics, word choice, etc. Have a mentor or teacher proofread with you. Don't submit until you are satisfied that you have done your best and your essay is error-free.

The Dangers of Vaping

Fifteen year-old Luka Kinard began vaping, or smoking e-cigarettes, as a way to handle the anxiety of trying to fit in at his High Point high school. Within six months, he lost interest in school, his friends, his sports teams and his Boy Scouts troop. He had a seizure he and his family believe resulted from his nicotine addiction. Kinard spent 40 days at a California rehab center to kick his addiction to e-cigarettes.

So what is an e-cigarette? The CDC has defined it as an electronic device that heats a liquid and produces an aerosol, or mix of small particles in the air. Some e-cigarettes look like regular cigarettes, cigars, or pipes. Some look like USB flash drives, pens, and other everyday items. Larger devices such as tank systems, or “mods,” do not look like other tobacco products.

E-cigarettes pose just as much danger as traditional cigarettes. Most e-cigarettes contain nicotine the addictive drug in regular tobacco products. Nicotine can harm the developing adolescent brain which continues to grow until about age 25. Using nicotine during adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control. Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people’s brains build synapses faster than adult brains and nicotine changes the way these synapses are formed. Using nicotine in adolescence may also increase risk for future addiction to other drugs.

There has been a substantial increase in the number of students “vaping” in our schools. The sleek design and ability to conceal them adds to their appeal. Parents please be on the lookout for changes in your child. Increase in mood swings and irritability, dropping grades, spending less time with friends and ignoring responsibility can all be signs of use.

TIP OF THE HAT

Hanna and Jada for making the High Plains Music Festival!

Hayes, Talon, and **Hanna** for their hard work on the Speech Team!

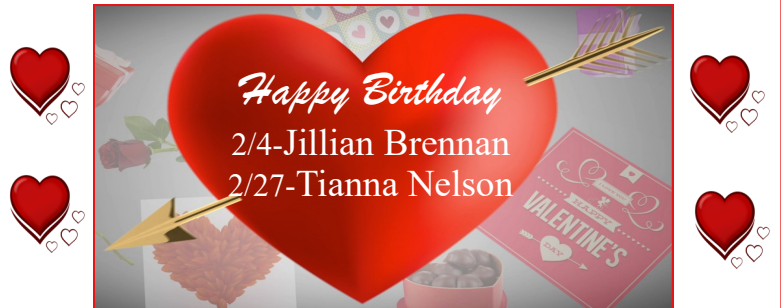
Way to foul out **Blythe Boness!** Do you hold the school record for it yet?

Victor DuBray has done an incredible job on raising his grades and GPA!

Chadron High School added a Mental Health Provider to their staff!

Chadron High School speech team placed first at Alliance meet on January 26th and second place at the Scottsbluff Invite on January 19th !

Chadron High School FFA group brought home many champions and ribbon winners from their competition at WNCC on January 9th !



Hayes Frahm- February Student of the Month



Hayes Frahm and Dude Gaston

Hayes Frahm— what a great person!

Hayes contributed on the football team in many ways. He is a starter on the varsity basketball team and does a great job. Last year, he was an outstanding golfer and will be this year also.

Hayes has mostly A’s and B’s and works very hard in the classroom. He was an attendant for his class for Homecoming.

Hayes did a great job during the 2018 Upward Bound summer program. He is interested in aviation, and hopes to pursue it for his career goal.

-Brad Gaston, Crawford HS Academic Advisor