



Canon City High School

TIGER PRIDE

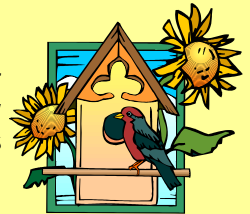
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April 2007

Message from Dr. Compton

Dear Parents and Students,

Graduation is near and once again it is time to say farewell to the graduating Class of 2007, and wish our seniors good luck as they enter the next chapter of their lives. For many of us, this year has flown by so quickly and it's hard to believe there are only a few short weeks left of school.



The beginning of August, you will be receiving a comprehensive mailing that will give you registration information and athletic information. The CCHS student registration days are scheduled for Tuesday, August 7 and Wednesday, August 8. Athletic registration is scheduled for Thursday, August 9. The mailing will give you all the details you need to complete all registrations. New high school students to the district will have an orientation on Monday, August 6 at 8:00 a.m. in the Lou DelPizzo Auditorium. New students will receive information for class schedules and to be able to complete student registration on August 7 or 8.

Recently a lot of information regarding energy drinks has been in the news. Energy drinks have become more and more of an issue. Should any student bring an energy drink to school, the drink will be confiscated and parents will be notified. Please read the 'Beware of Energy Drinks' article on page 2 written by Linda Bennett, our school nurse, to become more informed on the stimulants used in the drinks and the effects that take place in the body when consumed.

Have an enjoyable and relaxing summer! Best wishes to all graduating seniors and their families.

Dr. Cindy Compton

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2007
YEARBOOKS
GET YOURS NOW!!
\$\$ 55.00
SEE MR. BRAY
ROOM 207
E-Mail:
Braye@canon.K12.CO.US

Wanted: Parent Volunteer Coordinator

Our Current CCHS Parent Volunteer Coordinator is resigning at the end of this school year. The Coordinator oversees parent volunteer hours as they complete school mass mailings, scholarship researching, general office tasks, and other school projects that may be assigned. If you desire to be the next Parent Volunteer Coordinator and/or would like more information please call Chalyn Frederick, CCHS Office Manager, at 276-5877.

Beware of Energy Drinks

So-called "energy drinks" with names like *Red Bull*, *Monster*, *Amp*, *Full Throttle*, *Rock Star* and *Spike* may claim to increase energy, alertness, and athletic performance. But one look past the flashy packaging and slick advertising slogans reveals that what they are really offering is a large dose of caffeine.

The basis of most energy drinks is the stimulant caffeine; most contain 70-200mg or more. Here are some comparisons of caffeine in an 8-8.4 ounce serving:

Coke 19 mg
Diet Coke 25 mg
Mountain Dew 36 mg
Red Devil 42mg
Coffee 60mg
Red Bull 67mg
SoBe No Fear 70mg
SoBe Adrenalin Rush 80mg
Arizona Green Tea 100mg
Rip-It 102 mg
Rock Star 150mg
Spike 300 mg

Many of these drinks contain other ingredients, such as guarana and taurine, these are additional stimulants, or enhance stimulant effects. Most drinks are also loaded with large amounts of sugar, as well. While the FDA limits caffeine in a 12-ounce soda to no more than 65mg, energy drinks are not regulated, and are not required to label the amount. Claims such as enhanced performance are also not regulated.

While students may be consuming energy drinks with the expectation of increased alertness, performance, or just some sort of "high", the effects of caffeine are well documented. Increased heart rate and blood pressure, insomnia, jitteriness, and anxiety are common. In higher doses, panic attacks, stomach problems, and heart arrhythmias can also occur.

Since 1997, with the introduction of Red Bull to the U.S., the "energy drink" market has grown to over a \$3 billion industry. Industry leaders agree that this is the result of very sophisticated marketing targeted specifically to teens and young adults. At \$2 to \$4 a can, energy drinks could easily be called "rip-off" drinks.

For more information, check out the 9-minute video on:

www.healthpolitics.com
under "search site" click on Diet and Nutrition
click on "Need a Quick Boost"
click on "Watch Video"

2007 National Schnitzeljaged Contest for German Students

The Deans at Waldsee German Language Village want to thank the German Class for participating in the Internet Schnitzeljaged. They have awarded one of our students a 2-week scholarship to an Immersion Camp at Waldsee in Bemidji, Minnesota, this summer. Since Cañon City is building the German program, this scholarship is a sign that German is a vibrant language and that learning it can lead to great things for students at our school. The winner is Kelli O'Shea; she has decided to go to the Immersion Camp in August and will experience a fun two-week session and see the various credit programs running concurrently and take part in International Day on August 10th. It will be a wonderful experience for Kelli to witness thousands of kids from across the country all gathered in the north woods of Minnesota and speaking so many different languages. Congratulations to Kelli O'Shea!!

Cañon City High School 2007-08 Course Offering Book Amendment

Beginning in the fall of 2007, freshman will no longer be required to take Geography. This class will be replaced with Civic Responsibility. A course description for this class is listed below. Please visit with your counselor if you have any questions.

CIVIC RESPONSIBILITY COURSE DESCRIPTION

Civics is an overview of an individual citizen's role and responsibility designed to help students become conscientious and independent thinkers. The course deals with political behavior which students and citizens consider relevant to the most pressing issues of the day. This course provides students with experiences that will develop citizenship attitudes within the framework of a democratic society. Students will also comprehend how citizens can exercise their rights, while applying those rights to their participation in civic life.



Midnight in Paris



Junior/Senior Prom

When: Saturday, April 21, 2007

Where: Harrison School

920 Field Avenue

Time: 8:00 pm to 12:00 am

Tickets: \$44.00 per couple, \$26.00 for singles

Tickets may be purchased beginning Tuesday April 10th at the CCHS Athletic Office.

Out of School guest must be signed up in the office at the time tickets are purchased.

Dress is formal

For further information contact:
Ms. Martinez at CCHS



NEWS FROM THE COUNSELING OFFICE

A word of encouragement from the Counseling Cheer Squad... Keep up the good work!!!!

Less than one quarter left! It's not summer yet, so please help your son/daughter to stay in the game 100% until the end!!! FOCUS and PERSISTENCE will pay off!!!

SENIOR PARENTS: Remind your student to keep an eye on deadlines for scholarships. Graduation is just around the corner and there are great opportunities to receive financial help with post-secondary education. Please frequently log on to our Prep HQ program (www.cchsweb.org - click on "Counseling" - click on "Prep HQ" enter student's login and password) for daily updates on scholarships, college visits and other important post-secondary information. For assistance, contact the Counseling department at 276-5882.



SENIOR TO DO LIST

APRIL

- ◀ Watch your mailbox or e-mail for college acceptance letters and financial aid award notifications.
- ◀ Evaluate all financial aid award notifications.
- ◀ Consider grants, scholarships, work-study and other aid you never have to repay before accepting a student loan. Accepting a student loan means accepting the responsibility to repaying it.
- ◀ Decide on a college's financial aid award letter if required, noting the awards you're accepting and the ones you're declining.
- ◀ Notify the colleges you were accepted to, but won't be attending.

MAY

- ◀ Arrange to have the academic transcript of your final grades sent to your college.
- ◀ Look for summer job to help with college costs. Or sign up for summer school. Take Advanced Placement exams.
- ◀ Notify your college financial aid administrator if your family has experienced any changes in circumstances such as lower wages or job loss.

JUNIORS TO DO LIST

APRIL - MAY

- ◀ Take the ACT or SAT. All juniors in the State of Colorado will take a free ACT test in April of their junior year. Reminder, this test cannot be used to NCAA Clearinghouse.
- ◀ Grades aren't the only thing schools evaluate; how's your public service involvement?
- ◀ Keep your grades up!

JUNE - JULY

- ◀ Visit colleges and take tours. Continue to refine your list of colleges.
- ◀ Continue to evaluate colleges. Consider talking to a recent graduate or current student.

Attention Juniors and Junior Parents:

The summer months between the Junior and Senior Year provide an excellent time for college visits. To plan a college visit, call the admissions office several weeks in advance. Explain that you are the parent of a high school Junior and that you are interested in setting up a college visit. Ask if they have any "visitation days" or "open house" scheduled. These programs are designed specifically for prospective students and their parents. If you want to visit a college on a day when no specific program is planned, you can schedule appointments and a tour through the admissions office.

Tips to help you make your final decision on where to go to college:

- What different financial aid packages does the school offer? *Remember to factor in costs such as transportation home, long distance calls, etc...*
- How much does housing cost? *Is finding off-campus housing difficult?*
- What is my actual cost? *Other expenses beyond just the 'sticker price' for tuition can include:*
 - * *Lab Fees*
 - * *Fee to add/drop a course*
 - * *Transportation home*
 - * *Computer/Internet fees*
 - * *Car expenses (gas, parking, insurance)*
 - * *Application and doc fees*
 - * *Security deposit*
- What is the average increase in tuition and other costs from year to year? *View at least three years' worth of data to chart past increases.*
- Does your college offer the program you want? *Do required courses fill up quickly? How many students graduate in four years? What's the reputation of the program you desire?*
- What is the quality of academic resources? *Are the library, equipment, computer labs, etc... up-to-date? Accessible?*
- What kind of career planning services are available? *How many graduates find jobs in their field of study? Does the school offer your preferred level of career development skills?*
- How easy is it to switch majors? *Will it mean spending more time in school? What other majors are available?*
- What percentage of students graduate in four years? *Ask for an explanation if the on-time graduation rate is low. Is it difficult to get into required classes?*
- What student organizations are on campus? *Are they ones you would want to join?*
- What meal options are available? *What is served in the cafeteria? Does it cater to specific allergies? What's available when the cafeteria is closed?*
- What is the retention rate? *How many students come back after their freshman year?*
- Do you need a car? *What jobs are close to campus? Would you need to drive to any classes?*
- Is your prospective campus safe? *Ask if your school has emergency call boxes, campus escorts, shuttle services and ID checks. Is the campus well lit at night? Does campus housing prevent intruders?*

SCHOLARSHIP DUE NOTICE!!!!!!

Seniors receiving academic scholarships from an institute of higher education for other scholarship programs must furnish the Guidance Office with a copy of the Award Letter from that institution. The academic scholarship the student will be accepting will be announced at the Senior Honors Night program on May 17th at 6:30 pm in the Tiger Dome. The complete list of scholarships offered will be in the Graduation program and released to the local papers. Deadline for accepting these scholarships by the Guidance Office will be Wednesday, May 2, 2007 by 3:00 pm.

KNOW YOUR STUDENT'S COUNSELORS

(Selected by first letter of last name)

| Student's Last Name | Counselor | E-Mail Address |
|---------------------|---------------|--|
| A-E | Dyle Knifong | dylek@canon.k12.co.us |
| F-L | Tim Ritter | ritttert@canon.k12.co.us |
| M-R | Bill Betts | bettsb@canon.k12.co.us |
| S-Z | Mary Hillegas | hillegm@canon.k12.co.us |

FINANCIAL AID INFORMATION

The 2007 Free Application for Federal Student Aid (FAFSA) is now available in the Guidance Office. The application can also be found at www.fafsa.ed.gov. This form should be filled out by all students planning on attending college in 2007. Please contact the counseling office with any questions.

TRANSCRIPT REQUEST AND FEES

Transcripts may be requested in the guidance office. Students are allowed five free transcripts, per CCHS policy. All subsequent copies will result in a \$2.00 fee per transcript. Students are encouraged to make copies of transcripts if *unofficial* copies can be utilized. Due to laws of confidentiality, once a student has left CCHS and is eighteen, only the student may request a copy of his/her transcript.

STATE MANDATED ACT TESTING OF ALL JUNIORS

In April of 2007, all students who are classified as an 11th grader at test time will be required to participate in the statewide administration of the American College Test (ACT) whether they plan to attend college or not. The test will be administered at CCHS on Wednesday, April 25, 2007. This is an actual ACT Test and results will be mailed to each student. Most colleges and universities recognize the statewide administration for college entrance and scholarship consideration. Students are encouraged to have test results sent to colleges and universities they are interested in attending. Some military service academies WILL NOT accept these scores for consideration. In order for a student to submit scores to these institutions, he/she must register to test on a national test date.

ACT TESTING

Register online at: www.act.org

| <u>Test Date</u> | <u>Registration Deadline</u> | <u>Late Registration Deadline</u> |
|------------------|---------------------------------|-----------------------------------|
| April 14, 2007 | March 9, 2007 | March 23, 2007 |
| April 25, 2007 | Statewide ACT test held at CCHS | |
| June 9, 2007 | May 4, 2007 | May 18, 2007 |

SAT TESTING

Register online at: www.collegeboard.com

| <u>Test Date</u> | <u>Registration Deadline</u> | <u>Late Registration Deadline</u> |
|------------------|------------------------------|-----------------------------------|
| *May 5, 2007 | March 29, 2007 | April 11, 2007 |
| *June 2, 2007 | April 27, 2007 | May 9, 2007 |

test site will not be at CCHS

SENIOR CORNER

Senior graduation orders are in and were delivered in March. The last order delivery date is Thursday, April 12th, in the lobby from 10:45 am to Noon. If you have any questions regarding graduation please contact Chalyn Frederick, at 276-5877.

- √ *Commencement Exercises will be held on Saturday, May 19th at 10:00 a.m. in Citizen's Stadium.* All Seniors need to be in Tiger Dome by 9:00 a.m.

- √ Seniors will be check out from school on Wednesday, May 16. Seniors are to pick up clearance cards in the Commons area before school - then attend regular classes. Seniors must clear with every teacher for the Spring semester; turning in books, paying all fines, uniforms, ect., to the appropriate teacher on this day. If fines are owed from previous years, it will be on the clearance card. Senior check-out will be during 4th block on Wednesday, beginning at 1:30 p.m. in the Commons. Any fines, books or materials not turned in on Wednesday, will be expected to be cleared before the end of school on Friday, May 18th. *Any Senior who does not turn in a clearance card showing all fines paid and books turned in will not be issued a diploma until they are cleared.* During check out, caps and gowns will be handed out. If you have not ordered a cap an gown see Mrs. Frederick in the office.

- √ All Seniors are expected to be at CCHS for graduation practice on Friday, May 18th at 8:00 a.m. and remain until the practice is completed at approximately noon. *Any Senior who misses practice without prior approval will not go through the ceremony Saturday!* A free Senior breakfast will be served at 7:30 a.m. in the Commons.

- √ Senior Funfest will begin at 3:15 p.m. on Friday, May 18th. This a fast paced, fun filled community-sponsored activity for the Class of 2007. Seniors will be given more information during the graduation practice. *Plan to attend!*

- √ The Senior Calender of Events may be picked up by Tuesday, May 1st from the front office. Class events and other May activities are listed.