

ECHO COUGAR TIMES

Volume 3, issue 1
October 2006

AND THE CONSTRUCTION GOES ON!

By Chelsea Myers, *staff writer*

As you all may know, Echo has been undergoing some construction around the high school area.

This has caused a slight delay in traveling for students and staff members. An interview with one construction worker explained what all was being done. Burt Wilhelm, a highway flagger, was more than happy to talk with me while on the job on a Monday afternoon.

Funded by the Oregon Department of Transportation, their goal is to expand Gerone Street near the school for a sidewalk on one side and a bicycle lane on the other.

This will improve overall safety for children traveling to and from school on that street. Right now, besides construction, the workers are also concentrating on children's safety. For example, at the crosswalk, they are helping elementary students cross traffic safely and keep kids away from the holes on each side of the road.



Mr. Wilhelm also mentioned his concern for skateboarders. With the construction, little rocks get spit up onto the street where kids ride, which can be dangerous. So be careful skateboarding by the school.

Construction here started the first day of school, and despite what some may think, the date was not intentionally put this way. But good news: they are close to finishing. In a few weeks, they will be putting in the asphalt, and then things speed up from there.

Since traffic is so light in this area, things are easier for the construction workers to control. They pretty much slow everyone down and keep things simple. Wilhelm also pointed out how friendly small-town people are compared to those in bigger cities.

He said they are much more patient, and 7 out of 10 people would wave or smile at him when going by.

It always seemed that being a construction worker

would be really difficult considering they have to work in all weather conditions. For example the heat in the first part of September was brutal. When asked how he and his coworkers stay hydrated, Wilhelm surprised me with his answer. Construction workers bring big coolers of water to work and sometimes drink a whopping 4 gallons a day.

Locals have also helped out when they can. The Ebys gave them all fresh pears, and a water truck came by one day to deliver more water to the thirsty workers.

Mr. Wilhelm, from Los Angeles, California, works for Certified Personnel Service and was trained in a classroom to be a construction worker. He has lived in this area since January and spoke very highly of the community here. He also wished the boys' football team luck in their upcoming game. Go Cougars!

And after he pauses to radio a coworker, he wraps things up with telling Echo students to study hard and respect the roadways. He promises it'll be done soon.

Thank You Sports Sponsors!

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MR. WOLFGRAM TAKES A DANGEROUS ADVENTURE

By Joey Middleton, *staff writer*

Mr. Wolfram makes science class an exciting time. Classes are always filled with wisdom, knowledge, and African hunting stories. This past summer he made yet another trip to Africa and has been generous enough to give us a personal account of his trip.

Mr. Wolfram left for Africa on June 8th and flew for 48 hours, going through Denver, Washington D.C., Dekar Sengal, and finally stopping in Johannesburg, South Africa. He visited a great many places, including traveling to the Limpopo River and along the Botswana border.

He then traveled to the Eastern Cape which is located in the eastern part of South Africa. At the end of the summer he traveled to Zulu land along the Indian Ocean, near Mozambique.

When he was on his trip around South Africa he hunted a large variety

of exotic animals. He hunted Red Hartebeest, which is a large species of antelope. Then he hunted Blue Wildebeest, Limpopo Bush Buck, Zebra, and Nyala, which is another species of antelope.

He also hunted some of Africa's extremely poisonous, deadly snakes, including the Mozambique Spitting Cobra, Black Mamba, and Puff Adder. During the snake hunting, the guide had a bad accident: a Mozambique Spitting Cobra spit in his eyes. He could not see after getting the poison in his eyes.

His eyes swelled shut from the venom, and the whole time the guide was in agonizing pain. Mr. Wolfram had to wash the guide's eyes out with saltwater from a syringe, and even though Mr. Wolfram did this, the guide did not regain his sight for about a week.

Mr. Wolfram traveled to Zulu Land to hunt a very rare antelope called the Nyala. While scouting for game he used a four-wheeler to fol-

low a games trail into the jungle. Mr. Wolfram rounded a corner along a creek bed and came face to face with a huge bull elephant, and the four-wheeler startled the bull elephant.

The elephant trumpeted and showed signs of being very nervous. While Mr. Wolfram turned the four-wheeler around, Mrs. Wolfram began to film the elephant with their video camera. When the elephant saw Mrs. Wolfram, he trumpeted again and then charged. Mrs. Wolfram ran with all her might to the four-wheeler and managed to jump on the back.

Mr. Wolfram made the four-wheeler go as fast as he could and they both narrowly escaped the elephant. After that exciting encounter they continued their hunt for the very rare Nyala.

Finally their fun and excitement was over for the summer so they returned to the States and a Mr. Wolfram returned to teaching, until next year's exciting trip.

TECHNOLOGY CONTINUES IN ELEMENTARY

By Devon Mitchell, *staff writer*

With school just starting, Echo Elementary School has acquired some grants that allowed the school to buy computers. Mrs. Hampton, the fifth grade teacher, was asked about the grants and computers and whether it made school easier, maybe even simpler.

She said, "I wouldn't say it makes school simpler; it is just another tool which allows the students to expand their curriculum." She also said that, "Instead of having to write, they can type.

And when the students type, the computer self-corrects words that the students spell wrong."



In the first year they had 24 notebooks (laptops), in addition to 10 tablet PCs. This year they will be sharing their technology with Umattilla, which means that they are using the same programs. It is similar to having their computers networked only they cannot access our files and we cannot access theirs.

The students use the technology for writing, science and math. It is nice to use them for math because the computers help the students and correct the mistakes the students make. Landon Mitchell, a sixth grader, says that the new technology, "is cool. It helps me do my work because I am too lazy to write anything in pencil."

Now that the elementary school has more new computers, the future is looking brighter for Echo School!

STUDENT HELPS MAKE ECHO A BETTER PLACE

By Steven Smith, *staff writer*

C.J. Zita is a senior at Echo High School. He is a great person and very caring to everyone here at Echo, and even to those he doesn't know.

It was of no surprise when C.J. decided to clean up the entrance of the field and put in new rocks. C.J. did this project for his Eagle Scout project and to make Echo a more beautiful place.

He was inspired because he wanted to make the football field he plays on a better looking place. He was hoping to benefit the community and the school with this project.

People who helped him with this project was his friends, family, local businesses, and teachers here at Echo High School.

ECHO FOOTBALL COMES OUT STRONG

By Mike Fisher, *staff writer*

The game went well when the football team played Cove.

"The team got way more aggressive on defense and started to actually hit the opponent hard. The line executed their blocks and had more endurance than the other team. Kris Fisher and Billy Pedro had great blocks the whole game. The ball was moved up the field continuously when we had the ball, and it was a great game by the line and back field. I did not expect us to win but we pulled it off pretty good," said C.J. Zita.

"The way we get pumped up is by yelling things nobody can under-

stand, but it sounds hardcore," added Mike Madison.

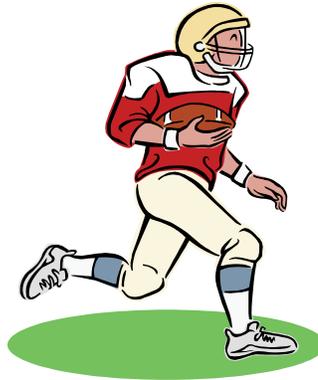
"The way the game went was great," said Klinton Mathers who had 89 yards, played both sides very well and had some great tackles. Kelan Danner gave a Cove player a painful clothes line in the fourth quarter and had another good tackle right after that. The person who clearly did outstanding this game, with three complete passes and 59 rushing yard and did well on defense was quarterback Andy McFarlane.

Mr. Stewart said the team pulled together, and after

the first quarter, the score was 12-6, Echo's lead for the whole first half.

During the third quarter, the score was 28-6. The fourth quarter rolled around with the ball in Cove territory, and Vicente Escalante scored a 15-yard touchdown.

Cove scored last with 1:12 remaining, and it was over after that once the Cougars had the ball. The final score was 34-12. Congratulations Echo!



2006-2007 HOMECOMING EVENTS APPROACH

By Amanda Lutz, *staff writer*

Homecoming and Spirit Week are just around the corner. Spirit Week starts Saturday October 14th and ends the night of the dance on Saturday October 21st. To some students, Spirit Week means getting out of class, to others it means letting Cougar Blood flow through their veins. "Spirit Week means showing love for my school," says 10th grade student Tiffany Sullivan.

One thing that will make Spirit

Week different from last year is that the student counsel plans to develop more rules for each event. That way there will be no more arguing between classes concerning who wins.

When it comes to winning, it is obvious that these students have a lot of Cougar Pride for their class. "I would like the juniors to take the spirit stick this year," says junior, Joey Middleton.

Each class will plan an activity. Some of these activities are things

like the car push, tug of war, boys' volleyball, girls' powder puff football, dress up days, noise parade, and a bon fire. Football and volleyball games are against South Wasco County Saturday night, which is also Homecoming Night.

"Spirit Week will be a lot of fun. I'm looking forward to it," said Homecoming planner Mr. Wolfgram. "The Cougar becomes the dominate predator, so we can plan on our team being victorious."

STUDENTS TAKE ON A NEW CULTURE WITH SPANISH CLUB

By Byron Baker, *staff writer*

This year the Spanish Club is planning a lot of fun and exciting things.

Mr. Estrada is planning an excursion to Portland for a college visit, a worksite visit, and Spanish meals including lunch and dinner and of course to learn how to salsa dance. The club's first



meeting is still to be decided and those who are interested will be notified soon. In order to be a part of the Spanish Club you must be taking or have taken a year of Spanish.

The Spanish Club is designed to help students by introducing them to the Spanish heritage, practicing the Spanish language, and learning how to cook Mexican style.

To earn money for all

these field trips they are going to have a tailgate party, bake cookies, have spaghetti and potato bars at sporting events, sell lollipops, and sponsor a dance.

The chaperones from last year included Mr. Estrada, and parents, Mrs. Eby, Mrs. Ferge, and Mrs. Madison. Hopefully, they will be able to help again this year. So make sure you get signed up for Spanish Club—it looks like its going to be a good one this year!

VOLLEYBALL BEGINS WITH A BUMPY START

By VOLLEYBALL BEGINS WITH A BUMPY START

Hilary Cisneros, *staff writer*

This year, the Echo High School volleyball team will be coached by Friday Bracher, and the assistant coach is Candice Davis.

"I am really excited for the season to start," said freshman Stephanie Manson. "I think that going from junior high to high school is a big change. In high school the coaches expect a lot more out of you, and it is more intense!"

The girl's first tournament they participated in went really well: they won five out of seven games. Some of the teams that they beat were

teams that they will be playing against during this season, such as South Wasco, Lone, and Dufur. The girls have been showing much dedication; they have been getting up at 5:45 for practice every morning and have been working very hard!



The first volleyball game of the season was on September 8 against the Cove Leopards. The girls played pretty well, considering they only

won one game out of the four games that they played.

"Cove was a hard team to play they were a hard loss. We prepared for them that week before, but we still came out with a loss," said Kimberly Manson. For the second game of the season the girls traveled to North Powder.

"During that game we had our up's and down's. We went to five games in that match and came out with another loss, but there is always next time when we play Condon/Wheeler. I am very excited for that game; it will be our first league game," said Kaylyn Bloom.

ECHO SCHOOL WELCOMES NEW TEACHERS

By Amanda Lutz, *staff writer*

Six new teachers joined Echo Schools for the 2006 – 2007 school year. The small ratio of students to teachers is what mostly inspired these teachers to join our school. "These students make me feel accepted at this school," said Mr. Shepherd, a new teacher for the Echo School District.

For most of them, this is their first full time job. "The students keep me

on my feet with all of their questions," said Mrs. Scott. "I love interacting with the kids, watching them learn, and seeing their accomplishments."

Although these teachers are fascinated with their new school, there are a few improvements that they would like to see be made throughout the school year. "I would like to see more school spirit, and everyone there at the basketball games this winter," said Mr. Shepherd.

"I want to see more parental involvement," added Mrs. Cory.

One thing that these teachers have noticed in this school is student and teacher dedication. "Working with these students has given me a positive outlook on the future," explained Mrs. Parker.

"It surprises me by how smart these kids are," said first grade teacher, Mrs. Cory. "I love working here in Echo schools."

STUDENTS TOAST THE FIRST PEP ASSEMBLY OF THE YEAR

By Tiffany Sullivan, *staff writer*

At the beginning of this year on September 7th, the students of Echo High School had their first pep assembly, and it went very well. There was a drinking contest which included pickled juice, water, Tabasco sauce, soda, apple juice, and lemon juice.

Those who watched and participated in the contest had definite opinions. "It was easy," said junior



Taylor Mize, who drank pickle juice, water, and apple juice, respectively.

"I think it would be really disgusting if I would of done it," said freshman Byron Baker.

"I thought it was pretty hilarious," noted sophomore Amanda Lutz.

Sophomore Mike Fisher had a slightly different opinion, "I thought it was ok, but the stuff should have been nastier."

Also during the assembly the cheerleaders and volleyball and

football players were announced. Cheerleaders Danyelle Myers and Heather Frederickson thought that the assembly, "Totally rocked."

Hopefully, everyone enjoyed the pep assembly and look forward to more, creative assemblies. There was another pep assembly on September 28th for the lone game.

However, we were unable to report on this by press time.



THE SUPERINTENDENT'S CORNER.....

Good to GREAT” Spotlight: Helping Students who are Struggling in School

From time to time, even the best of children and teenagers may struggle with school work or school related activities.

When conversing with parents, we sometimes hear the question: “What can I do at home to help my child with tough times at school?” In researching this question, we came across some sound advice that we would like to share with the hope that it will help parents with the difficult job of raising children.



Be involved and ask questions.

- * Establish a time in your home for discussions to occur. It could be a regular family meeting, dinner time, or another time set aside for family activities.
- * Do not be afraid to ask questions. Then listen for the answers. It may take awhile to establish a relationship of trust, but being involved and asking questions is a great start.
- * During these discussions, acknowledging and discussing the effects of peer pressure on young people’s lives is important. Peer pressure becomes a major force especially during teen years.
- * Recognize stress in your student. Discuss positive stress coping techniques. Healthy ways to handle stress include: Exercise, organizing a schedule, listening to music, writing in a journal and/or talking to a friend.
- * Get to the root of problems. Students may reach a boiling point and lash out and what they lash out at is not the actual problem. Open and honest communications lines can help get to the root of a problem.

Establish guidelines.

The parents.com newsletter has some great suggestions when it comes to establishing guidelines relating to school work and school related issues.

- * Set clear rules and discuss in advance the consequences of breaking them. Don’t make empty threats or let the rule-breaker off the hook and don’t impose harsh or unexpected new punishments.
- * Follow through. The rules must be consistently enforced; every time a child breaks the rules the parent should enforce a punishment.

Be a good role model.

The National Youth Change Panel has some interesting suggestions in regard to being a role model.

- * Be a living, day-to-day example of your value system. Show the compassion, honesty, generosity and openness you want your child to have. Use experiences from your workplace as a discussion point for school related issues.
- * Examine your behavior. There is no such thing as “do as I say, not as I do” How you handle your work and other relationships will have a great effect on how your child handles school related issues.
- * If you struggled with school related issues as a child be honest, but also speak of positive experiences you had and talk about how you would have done things differently.

Show love and compassion for your child...without excusing poor choices, or making choices for them.

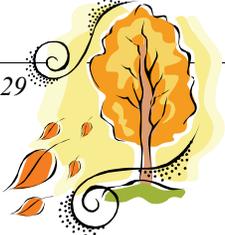
- * The best way you can help your kids avoid destructive behavior is to spend time with them, talking to them about their friends, school activities, and asking them what they think.
- * Research shows that knowing your kids, who they hang out with - and their parents - dramatically reduces the likelihood that they will get into trouble. Have positive interactions with your child. Go out for a pizza. Go skating or biking. Go to a movie. Listen to music together. Most importantly, tell your kids you love them.



October 2006



This is Homecoming Month!
Spirit Week Dress Up Days begin on the 10th and are for 6th –12th grade only!

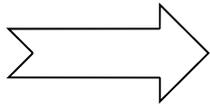
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 <i>JHFB & VB @ 4pm Weston</i> <i>HSVB @ 5pm</i> <i>JV follows</i> <i>HSJV FB @ 6pm</i>	4	5 <i>Blue and Gold Day</i> <i>Pep Assembly</i> <i>7th period</i> <i>HSVB @ 5pm</i> <i>JV follows</i>	6 <i>HSFB @ 7pm</i>	7 <i>HSVB @ 11am</i> <i>Sherman County</i> <i>JHVB @ 10am</i> <i>Ione</i>
8	9 <i>National Guard</i> <i>Assembly</i> <i>2nd Period</i> <i>Juniors & Seniors</i>	10 <i>Cougar T-shirt Day</i> <i>Dodge Ball 1st period</i> <i>HSVB @5pm</i> <i>JV follows</i>	11 <i>Homeless Day</i> <i>Lifesaver</i> <i>Competition</i> <i>3rd Period</i>	12 <i>Eighties Day</i> <i>JH/HS</i> <i>Pirate Stick</i> <i>4th Period</i> <u>Hearing Screening</u>	13 <i>HSVB @ 3pm</i> <i>Arlington</i> <i>JHFB & JHVB</i> <i>@ 2pm</i> <i>Arlington</i>	14 <i>HSVB @ 11am</i> <i>Grant Union HS</i>
15	16 <u>Picture Retakes</u> <i>Dynamic Duo Day</i> <i>JH/HS Car Push</i> <i>5th Period</i> <i>School Board Meeting</i>	17 <i>Redneck Day</i> <i>JH/HS</i> <i>Iron man VB</i> <i>6th period</i> <i>HSVB @ 5pm</i>	18 <i>Pirate Day</i> <i>JH /SH Tug of War</i> <i>2nd Period</i> <i>Powder Puff FB 6pm</i>	19 <i>Blue/ Gold Day</i> <i>Car Jam</i> <i>Pep Assembly</i> <i>7th period</i> <i>Noise Parade 6pm</i>	20 <i>HSVB @ 5pm</i> <i>JV follows</i> <i>HSFB @ 7pm</i> <i>JHFB & JHVB</i> <i>@ 2pm</i>	21 <i>Masquerade Ball</i> <i>Homecoming Dance</i> <i>9:30pm- 12:00am</i> <i>HS Commons</i>
22	23	24	25 <i>HSVB TBA</i>	26 <i>Student of the Month</i> <i>Elem. 12:45pm</i> <i>JH/HS 1:45pm</i> <u>End of 1st Quarter</u>	27 <i>HSVB District s</i> <i>Umatilla</i> <i>HSFB @ 7pm</i> <i>Condon</i>	28 <i>JHVB @ 10am</i> <i>Helix</i>
29 	30	31 <i>Halloween</i> <i>Student Body</i> <i>Costume Contest</i>	<p><i>To contact the Echo School District call 376-8436</i> <i>Please visit us at our website at www.echo.k12.or.us</i> <i>For complete sports schedules</i></p>			



OCT. 9-13
IS
NATIONAL
SCHOOL LUNCH
WEEK

WIN GREAT
PRIZES FOR EAT-
ING EVERY DAY
THAT WEEK!

EAT LUNCH EVERYDAY
TO WIN PRIZES



OCTOBER 2006 MENU

Mon	Tue	Wed	Thu
<p>2 CORN DOGS W/ CHIPS OR CHICKEN NOODLES W/ BREAD SALAD BAR, MILK</p> <p>APPLE PIES</p>	<p>3 CHICKEN NUGGETS W/ FRENCH FRIES OR HAM & CHEESE ON A BUN W/ CHIPS, FRUIT, CORN, MILK</p> <p>BAGELS</p>	<p>4 SOFT TACOS OR PIZZA STICKS SALAD BAR, MILK</p> <p>BRKFST BURRITO</p>	<p>5 CHICKEN SANDWICH W/ CHIPS OR HOT DOGS W/ CHIPS FRUIT, VEGGIES, MILK</p> <p>POPTARTS</p>
<p>9 CHICKEN NUGGETS W/ FRENCH FRIES OR CHEESEBURGERS W/ CHIPS, SALAD BAR, MILK</p> <p>APPLE CHURROS</p>	<p>10 SPAGHETTI W/ FRENCH BREAD OR BURRITOS W/ REFRIED BEANS, CORN, MILK</p> <p>MUFFINS</p>	<p>11 SUB SANDWICHES W/ CHIPS OR POPCORN CHICKEN WRAPS, SALAD BAR, MILK</p> <p>BREADED PATTIES</p>	<p>12 CHICKEN FRIED STEAK W/ MASHED POTATOES & GRAVY OR HOT DOGS W/ CHIPS FRUIT, VEGGIES & MILK</p> <p>DANISH</p>
<p>16 LASAGNA W/ FRENCH BREAD OR SOUP & SANDWICHES SALAD BAR, MILK</p> <p>SAUSAGE LINKS</p>	<p>17 CHICKEN GRAVY OVER MASHED POTATOES & BREAD OR CHICKEN FAJITA, CORN, PEARS, MILK</p> <p>RASP. STRUDEL</p>	<p>18 TUNA NOODLE CASSEROLE, GREEN BEANS OR SLOPPY JOES W/ CHIPS SALAD BAR, MILK</p> <p>BAGELS</p>	<p>19 PIZZA (CHEESE OR PEPPERONI) OR RAVIOLI VEGGIES, FRUIT, MILK</p> <p>DANISH</p>
<p>23 TERIYAKI NUGGETS W/ RICE OR NACHOS SALAD BAR, MILK</p> <p>APPLE PIES</p>	<p>24 CHICKEN FAJITAS OR WEINER WRAPS CHIPS CORN, PEACHES, MILK</p> <p>POPTARTS</p>	<p>25 SOFT TACOS OR CHICKEN STRIPS SALAD BAR, MILK</p> <p>MUFFINS</p>	<p>26 BURRITO W/ REFRIED BEANS OR CHICKEN GRAVY OVER MASHED POTATOES FRUIT, VEGGIES, MILK</p> <p>RASP. STRUDEL</p>
<p>30 SLICED HAM W/ SCALLOPED POTATOES OR CORN DOGS W/ CHIPS SALAD BAR, MILK</p> <p>BREADED PATTIES</p>	<p>31 HAYSTACKS OR POPCORN CHICKEN FRUIT, VEGGIES, MILK</p> <p>DONUTS</p>	<p>BREAKFAST IS SERVED W/ A VARIETY OF FRUIT, JUICE, GRAINS & MILK DAILY</p> <p>STUDENTS MAY CHARGE UP TO 4 LUNCHESES (ABOUT \$6.50) BEFORE THEY WILL BE SERVED A PEANUT BUTTER & JELLY SANDWICH.</p> <p>FOR ACCOUNT BALANCES PLEASE CALL THE OFFICE @ 376-8436</p> <p>MENUS ARE SUBJECT TO CHANGE</p> <p>ECHO SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.</p>	

