



Osan American High School

# Cougar Update

Friday, October 19, 2012

# MONDAY NIGHT FOOTBALL @1800

Come support the Osan Cougars as they play a **Monday Night Home Game** against the Singapore Falcons!



**Email:** [PRINCIPAL.OSANHS@pac.dodea.edu](mailto:PRINCIPAL.OSANHS@pac.dodea.edu)

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**RED RIBBON WEEK OCTOBER 22-26, 2012**



*Osan American Schools are  
alcohol, tobacco and other drug free!*

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**The Red Ribbon Campaign is now the oldest and largest drug prevention program in the nation reaching millions of young people during Red Ribbon Week, October 23<sup>rd</sup> - October 31<sup>st</sup> each year.**

#### **WHAT IS RED RIBBON WEEK?**

It is an ideal way for people and communities to unite and take a visible stand against drugs. Show your personal commitment to a drug-free lifestyle through the symbol of the Red Ribbon, October 23 - 31<sup>st</sup>.

#### **WHY?**

The Red Ribbon Campaign® was started when drug traffickers in Mexico City murdered DEA agent Kiki Camarena in 1985. This began the continuing tradition of displaying Red Ribbons as a symbol of intolerance towards the use of drugs. The mission of the Red Ribbon Campaign® is to present a unified and visible commitment towards the creation of a DRUG - FREE AMERICA.

#### **WHO?**

The National Family Partnership is the national sponsor of the Red Ribbon Campaign®. We are helping citizens across the country come together to keep children, families and communities safe, healthy and drug-free, through parent training, networking and sponsoring the National Red Ribbon Campaign®.

#### **WHY SUPPORT THE NATIONAL THEME ?**

A theme unifies each year's campaign and helps to broadcast one message creating a tipping point to change behavior.

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**LOCK  
YOUR  
MEDS**<sup>®</sup>  
National Family Partnership

## DID YOU KNOW?

OVER 3 MILLION U.S. TEENS ABUSE PRESCRIPTION DRUGS.<sup>1</sup>



EVERY DAY, 3,300 MORE CHILDREN BEGIN EXPERIMENTING WITH PRESCRIPTION DRUGS.<sup>2</sup>



70% OF CHILDREN WHO ABUSE PRESCRIPTION DRUGS ADMIT TO GETTING THEM FROM FAMILY OR FRIENDS.<sup>3</sup>

NATIONAL  
FAMILY  
PARTNERSHIP

### Lock Up Your Medicine To Prevent Children's Prescription Drug Abuse

Due to the fact that prescription drugs, when used as prescribed, can improve one's health, many teens believe they are a safe way to get high. View the tips on the next page to keep your child safe from prescription drug abuse.

#### TAKE ACTION

DOWNLOAD AN INVENTORY CARD  
Keep your children safe by  
monitoring your medicine cabinet.

SIGN AN E- PLEDGE  
Take a stand.

[www.lockyourmeds.org](http://www.lockyourmeds.org)

1. Substance Abuse and Mental Health Services Administration. 2007. National Survey on Drug Use and Health: National Findings.
2. Substance Abuse and Mental Health Services Administration. A Day in the Life of American Adolescents: Substance Use Facts, 2007.
3. Substance Abuse and Mental Health Services Administration. 2006. National Survey on Drug Use and Health: National Findings.

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# PTSO

## SCHOLARSHIP PROGRAM

The PTSO has a new scholarship program! Our goal is to identify talented high school students and encourage their higher education. Understanding the often-difficult position of military/ expat children in maintaining consistency in their activities, academics and athletics; our scholarship honors those students who achieve the most by including their diverse opportunities.

*The official flower of the Military child is the Dandelion. Why? The plant puts down roots almost anywhere, and it's almost impossible to destroy. It's an unpretentious plant, yet good looking. It's a survivor in a broad range of climates. Military children bloom everywhere the winds carry them. They are hardy and upright. Their roots are strong, cultivated deeply in the culture of the military, planted swiftly and surely. They're ready to fly in the breezes that take them to new adventures, new lands, and new friends*

This year we will be offering two **\$2000 scholarships** to individuals who have shown they can excel not only academically but are also involved with extracurricular activities in school and in the local community. Leadership, community service, and extracurricular activities should encompass the student's entire high school career.

But there's a catch: students (or their families) must be PTSO members to apply and the memberships must be active before December 1, 2012.

We'll have more info on the scholarships at our next PTSO meeting on October 23rd at 6pm in the cafeteria. See you there!

Then it is off to encourage our kids in School House Rock!



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## ***Bullying Prevention and Awareness Facts***

Source: <http://www.pacer.org/bullying/nbpm/spreadtheword/key-messages.asp>

More than 160,000 U.S. students stay home from school each day from fear of being bullied.

Bullying directly affects a student's ability to learn. Students who are bullied find it difficult to concentrate, show a decline in grades, and lose self-esteem, self-confidence, and self-worth.

Students who are bullied report more physical symptoms, such as headaches or stomachaches, and mental health issues, such as depression and anxiety, than other students.

In some cases, bullying has led to devastating consequences, such as school shootings and suicide.

Bullying affects witnesses as well as targets. Witnesses often report feeling unsafe, helpless, and afraid that they will be the next target.

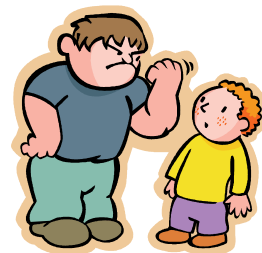
Bullying is a communitywide issue that must no longer be ignored or thought of as a rite of passage. Students, parents, and educators all have a role in addressing bullying situations and changing school culture.

The two keys to creating change are: increasing awareness that bullying has lifelong impact, and giving people the tools they need to respond effectively.

Students can be especially effective in bullying intervention. More than 55 percent of bullying situations will stop when a peer intervenes. Student education of how to address bullying for peers is critical, as is the support of adults.

Silence is no longer an acceptable response to bullying. Adults, students, and educators can no longer look away when they see bullying. Ignoring it won't work. Everyone needs to be empowered with options to respond.

DoDEA has a website dedicated to helping students, teachers, administrators, parents and community members in this collective, national effort to stop bullying wherever it may occur. [www.dodea.edu/stopbullyingnow](http://www.dodea.edu/stopbullyingnow)



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Friday, October 5, 2012  
Osan American High School

# Cougar Update

## Admin Notes

### *Have a Great Teacher? Want to recognize them?*

Each year three exceptional teachers are recognized by the Veterans of Foreign Wars (VFW) for their outstanding commitment to teach Americanism and patriotism to their students. The VFW annually recognizes the nation's top classroom elementary, junior high and high school teachers who teach citizenship education topics—at least half of the school day in a classroom environment—and promote America's history, traditions and institutions effectively. Interested in submitting a teacher? Go to <http://www.vfw.org/Community/Programs/>

## Teacher's Notes

### *Doc Holley*

Is your student interested in participating in the premier academic enrichment activity, 2013 OAHS Harvard Model Congress Asia? Contact Doc Holley or visit the website:

<http://www.docholley.com/HARVARD-MODEL-CONGRESS-ASIA.html>

### *Ms Allred -*

The fine arts department is producing a musical, "Schoolhouse Rock Live" on October 23, 24, 25. Over 55 students will perform in this fun show, which runs about an hour. Performances start at 1900. Don't miss it!

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## Week at a Glance:

**Monday, October 22** - "A" Day

Football / Cheerleaders vs Singapore 1800 Kickoff

**Tuesday, October 23**- "B" Day

**Wednesday, October 24**- "A" Day

**Thursday, October 25**- "B" Day

**Friday, October 26** - "A" Day

Volleyball @ SAHS

Tennis @ SAHS

Football / Cheerleaders @ SAHS

## Upcoming Events:

22-26 October - Red Ribbon Week

23 October - PTO Meeting 1800 before Drama Production

23-24 October - Drama Production of "Schoolhouse Rocks (Live)"

### 22-26 October

*Monday*

Chicken Tenders\*  
Veggie Burger (V)  
Turkey Wrap  
Chicken Tender Salad  
Snap Peas  
Garden Salad  
Pineapple  
Orange Wedges  
Whole Grain Dinner Roll\*

22

*Tuesday*

Macaroni & Cheese (V)  
Chicken Patty Sandwich  
Ham & Cheese Sub  
Turkey Salad  
Green Beans  
Sweet Potato Crinkles  
Apple Slices  
Peaches  
Fruit Swift Cup

23

*Wednesday*

Chicken Fiesta Wrap  
Meat Nachos  
Black Bean Fiesta Wrap (V)  
Chef Salad  
Tomato & Cucumber Salad  
Broccoli, Cauliflower & Carrots  
Grapes  
Mandarin Oranges

24

*Thursday*

Pasta Pockets (V) &  
Meatballs (optional)  
Baked Chicken & Roll  
Tuna Salad Sandwich  
Ham Wrap  
Fresh Veggie Bowl  
Corn  
Bananas  
Applesauce

25

*Friday*

Fish Sticks\*  
Lasagna\*  
Grilled Chicken Wrap  
Baked Potato & Cheese (V)  
Garlic Toast\*  
Peas  
Carrot Sticks  
Fresh Fruit  
Fruit Cocktail

26



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### WHAT IS THE VOICE OF DEMOCRACY PROGRAM?

Since 1947, the Voice of Democracy has been the Veterans of Foreign Wars' (VFW's) premier scholarship program. Each year, more than 50,000 high school students compete for more than \$2.3 million in scholarships and incentives. Students compete by writing and recording a broadcast script on an annual patriotic theme. This year's theme is, *Is Our Constitution Still Relevant?*

### WHY SHOULD I ENTER?

Prizes and scholarships are awarded at the local, district, state and national level. Department (State) winners receive an all-expense paid trip to Washington, D.C., March 2-6, 2013, to tour the city, meet our nation's leaders, be honored by the VFW and its Ladies Auxiliary and receive their portion of \$152,000 in national awards, the top scholarship being \$30,000.

### THE RULES

#### Who can enter?

The Voice of Democracy is open to students in grades 9-12, who are enrolled in a public, private or parochial high school or home study program in the United States, its territories and possessions; or in an overseas U.S. military/civilian dependent school. Foreign exchange students, students age 20 or over and previous Voice of Democracy first place state winners are ineligible.

#### What do I need to enter?

Record your original 3-5 minute (+ or - 5 seconds max.) essay on a standard cassette tape or CD. One student per CD or cassette. Preferred format for CD's is the audio CD format. When burning your CD, make sure that "Create Audio CD" option (or similar) is selected so the program can properly convert your sound file and burn it to CD. After it has finished, be sure to play back your audio CD on a system other than your computer, such as a standard radio or car CD player, to verify that the conversion/burning process was successful. Label the recording, neatly typed essay and attach this completed entry form. Provide these items to your school/group competition or local VFW Post for judging. All recordings must be in your own voice. Hearing/speech impaired students should contact the Voice of Democracy National Office at (816) 968-1117 for special instructions. No music, singing, poetry or sound effects are allowed. The body of the essay must not identify you in any way, although the recording & typed essay should be labeled with your name, to show ownership. You may enter only one Voice of Democracy competition per year.

#### Where do I submit my entry?

All entries begin at the Post level. The only exception is where schools/classes/youth groups have large numbers of students and wish to conduct their own competition, submitting one winner for each 15 students to the local VFW Post competition. Individual students may submit their entry directly to the Post providing they have not competed at a school/class competition.

One winner for every 15 entries from each Post advances to District and one District winner advances to the state (Department) competition. State winners are invited to Washington, D.C where their essays compete in the finals competition.

If you need help finding a participating VFW Post in your area, call (816) 968-1117, e-mail to [kharter@vfw.org](mailto:kharter@vfw.org) or visit our website at [www.vfw.org](http://www.vfw.org).

### 2012-13 OFFICIAL ENTRY FORM VOICE OF DEMOCRACY COMPETITION MUST BE COMPLETED BY ALL CONTESTANTS

Name: First, M.I., Last

Address

City, State, Zip

( )

Home Phone

E-mail

Date of Birth

Grade In School

School Name, City, State

First Name You'd Like on Your Badge

Jacket Size

### TO BE COMPLETED BY STUDENT'S PARENT/GUARDIAN

Parent/Guardian Signature

Date

( )

Parent/Guardian's Daytime Phone

Parent/Guardian's E-mail

### I HAVE READ AND UNDERSTAND THE RULES (ON OPPOSITE SIDE)

I certify that I am the sole author of the enclosed audio/essay entry and that I have only entered the competition once.

I understand that if it is found that I have entered any other Post's competition or used this essay for another VFW competition, I face elimination from the competition and will return any and all prizes or incentives awarded.

Signature of Student Participant

Date

# voice of democracy



## OFFICIAL RULES FOR STUDENTS ADVANCING TO NATIONAL LEVEL

If selected as a first-place state winner, I have the consent of my parent/guardian and school to attend the Voice of Democracy National Finals in Washington, D.C. as a guest of the VFW National Organization.

I understand that state winners who do not attend as stated above will forfeit all rights to compete in the National Finals and will be replaced by their state's second place winner.

In the event my tape is selected for entry into the National Voice of Democracy Competition, I do hereby for myself, for my heirs, executors, administrators and assignees: waive, release and discharge all rights and claims which I have or which may hereafter accrue against the Veterans of Foreign Wars of the United States (VFW) and/or the several Departments (state organizations) of the Veterans of Foreign Wars and their respective officers, agents, successors and assigns from any damages which may be sustained by me in connection with my participation in or association with the VFW Voice of Democracy Competition and/or arising out of my travel to and during the Competition. In the event of sickness, accident or injury in connection with the Competition, I consent to and accept the services of a duly licensed medical, surgical or dental specialist selected on my behalf and for such treatments, as they may deem necessary. I understand that VFW will not be liable for such treatment. I further understand that the Veterans of Foreign Wars of the United States retains non-exclusive rights to use my tape, essay and likeness in the promotion and execution of the organization's programs and activities.

## TO BE COMPLETED BY THE VFW/AUXILIARY POST

I certify that this student is an authorized entry in our VFW Post Level Voice of Democracy Competition.

Post Commander's/Chairman's Signature \_\_\_\_\_ Post # \_\_\_\_\_

Ladies Auxiliary President's/Chairman's Signature \_\_\_\_\_

Post Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

No. of students participating \_\_\_\_\_

No. of winners advanced to District \_\_\_\_\_

Amnt. of Post/Aux. scholarship awards \$ \_\_\_\_\_

Amnt. of Post/Aux. additional expenses (banquet, pins, etc.) \$ \_\_\_\_\_

## TO BE COMPLETED BY THE VFW/AUXILIARY DISTRICT

I certify that the student named in the previous section is the duly selected winner of the Voice of Democracy Contest District Competition and is our sole entry into the Department finals.

District Chairman's Signature \_\_\_\_\_ Dist. # \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

( ) \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

## TO BE COMPLETED BY THE VFW DEPARTMENT CHAIRMAN

I certify that the student named in the previous section is the duly selected first-place winner of the Voice of Democracy Department Competition, is our sole entry into the National judging and will attend the National Finals in Washington, D.C.

Department Chairman's Signature \_\_\_\_\_

( ) \_\_\_\_\_ ( ) \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Fax \_\_\_\_\_

Email \_\_\_\_\_

The winner  has been  will be (check one) notified that they are the first-place Department winner on \_\_\_\_\_. Note: National Headquarters will contact your winner after this date to make travel arrangements for them to be in Washington, D.C.

## What is the deadline for my entry?

All entries competing at the Post level must be in the hands of that VFW Post by midnight, Nov. 1, 2012. It is the responsibility of the student to meet this deadline by submitting their entry to the proper location by ensuring it is a participating Post.

## WHAT ARE THE JUDGING CRITERIA?

### Originality is worth 30 points:

Treatment of the theme should show imagination and human interest.

### Content is worth 35 points:

Clearly express your ideas in an organized manner. Fully develop your theme and use transitions to move smoothly from one idea to another.

### Delivery is worth 35 points:

Speak in a clear and credible manner.

## THE IMPACT OF THE VOICE OF DEMOCRACY

National finalist Stephanie D'Abruzzo Shemin is a graduate of Northwestern University in Speech and a performer with the Jim Henson Company's Muppets.

**"What VOD did was prepare me for college and the real world. I saw how I could find my place in this world."**

Past national winner Dr. Gary Belkin is a psychiatrist and ethicist at Harvard and Brown Medical Schools.

**"The whole Voice of Democracy program was an experience that is still with me."**

The National Association of Secondary School Principals (NASSP) has again approved this contest for its National Advisory List of Contests and Activities.



Veterans of Foreign Wars & Ladies Auxiliary  
Kansas City, Missouri  
816.968.1117  
E-Mail: [kharmer@vfw.org](mailto:kharmer@vfw.org)  
[www.vfw.org](http://www.vfw.org)

EMBLEM AND SUPPLY ORDER NO. 4420  
Revised 1/2012

## LOCAL VFW POST INFORMATION:

CONTACT: \_\_\_\_\_

PHONE: \_\_\_\_\_ BEST TIME TO CALL: \_\_\_\_\_

ALTERNATE CONTACT: \_\_\_\_\_

PHONE: \_\_\_\_\_ BEST TIME TO CALL: \_\_\_\_\_