

Bearkat Buzz

Volume 3

Issue 7

January 26, 2023

BEARKAT BUZZ ART CONTEST



**WINNER GETS \$50
CASH!**
**THE BEST PIECE OF
ALL THE SUBMISSIONS
WILL BE REWARDED**

THE RULES

**ANY MEDIUM IS ALLOWED SUCH AS: SKETCH,
SCULPTURE, PHOTOGRAPH, PAINTING, POEM, ETC.**

THE REQUIRED THEME IS:

LIGHT OVERCOMING DARKNESS

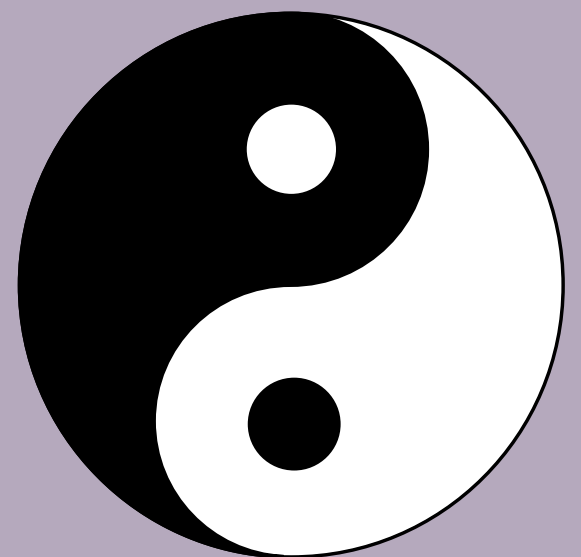
**ANY SUBMISSIONS WITHOUT THE THEME WILL BE
DISQUALIFIED.**

**CONTEST IS OPEN TO CUSHING ISD STUDENTS
GRADES 6-12**

**BRING SUBMISSIONS TO MRS. MOORE'S CLASSROOM,
ROOM 302, BY FRIDAY, FEBRUARY 10TH.**

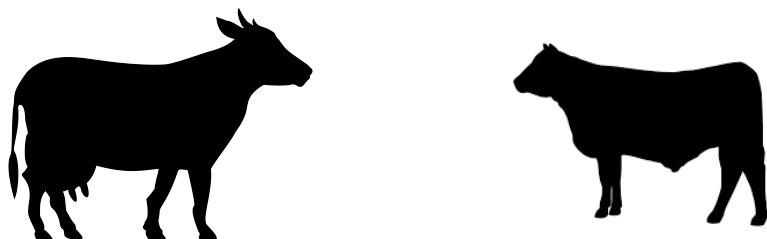
**THE WINNER WILL BE FEATURED IN THE NEXT
EDITION OF THE BEARKAT BUZZ.**

**FOR ANY QUESTIONS, CONTACT MRS. MOORE AT
JHMOORE@CUSHINGISD.ORG.**



PAGE DESIGNED BY: BEN NICHOLS

FORT WORTH HEIFER SHOW



Over the years, the Fort Worth Stock Show and Rodeo has changed in size and scope. It's undergone several name changes and has added events to accommodate the new space. As it continues to expand, who knows what records it will break and who else will receive inspiration from this special event.

Sophie Alvie, an 8th grade junior high student, attended with her 10 month old Heifer placing 7th of 50. Below are a few photos of her at the Heifer Show.



The



Breakfast

Lab

Mrs. McClure's Culinary Arts class participated in a Breakfast Lab. Students edited a classic breakfast recipe to make it their own. For the lab the students cooked stuffed biscuits. The biscuits were stuffed with egg, sausage, and cheese.





BREATHE FOR CHANGE



BREATHE FOR CHANGE IS A WELLNESS CLASS INSTRUCTED BY MRS. MOORE. CARRIE LANGHAM, SHELBY GRESHAM, CRISTIN CROFFORD, HOLLY CLARK, ANGIE PIPPIN, MELISSA DUNCAN & MIA, GINA GRESHAM, DONNA RUSSELL AND DAVIS ROSS ALL COMPLETED 5 CLASSES. THESE INDIVIDUALS HAVE MADE A PERSONAL COMMITMENT TO ENHANCE THEIR OWN WELL-BEING. AS A REWARD, THEY WERE PRESENTED A CERTIFICATE OF APPRECIATION AND A \$20.00 GIFT CARD TO CHICK-FIL-A! SPECIAL THANKS TO TEXAS FARM BUREAU INSURANCE IN NACOGDOCHES AND MRS. MONNI GARY FOR SPONSORING THIS GENEROUS PRIZE.



HERE ARE A FEW INTERVIEW QUESTIONS I ASKED SOME MEMBERS.

What is your favorite part about yoga?

Carrie Langham- "My favorite part was that it is relaxing but challenging".

Gina Gresham- "I am able to take time for myself."

What benefits have you experienced from doing breathe for change?

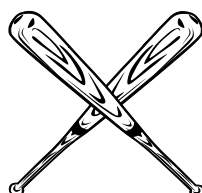
Carrie Langham- "To have a better mindset, face the rest of the week and whatever challenges you have, increase health and mobility."

Gina Gresham- "I learned how to release the stress from my entire body."

BY: LANEY COOK



BASEBALL



SOFTBALL



Senior Kade Jones shared his perspective on the upcoming season..

What are your expectations for this upcoming season?

To hopefully get in the playoffs.

Can you describe your approach towards the development in your game?

I plan to work harder than ever to stay healthy and perfect my game for the betterment of the team.

What is your most memorable moment while playing baseball?

My sophomore year when we beat Lovelady in huge comeback fashion in the playoffs.

Interviewed by: Edward Davis

Head Coach, David Holzhauer, shed some light on the upcoming softball season.

How do you plan on improving your team this season?

We plan on improving with hard work and by having a good core group of the team returning this year.

Explain your basic training program and how you implement it to new players?

We spend everyday working on offense and defense and as the situations arise. We work on the small details that show up during a practice.

Do you have any memorable highlights from past seasons?

Spending time with the team getting better the team getting better.

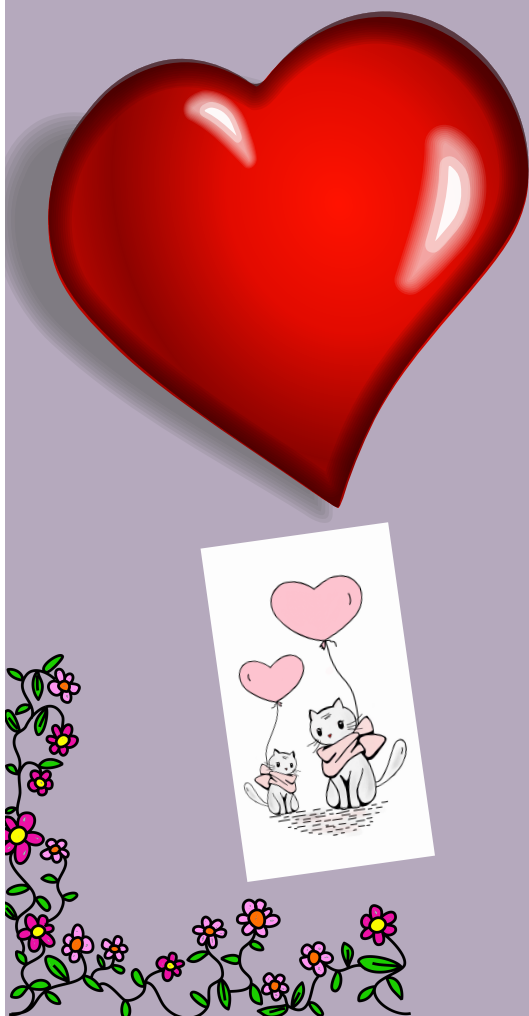
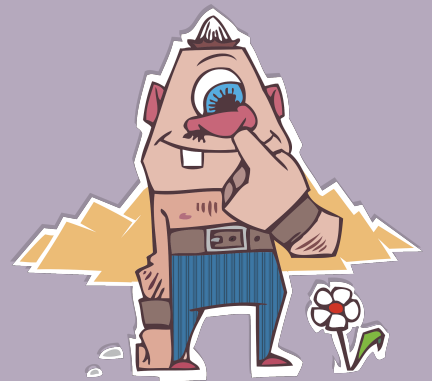
A Carnation Valentine

Valentine's Day at Cushing High School will be filled with flowers. The junior class is holding a fundraiser for Valentine's Day. They are selling carnations for \$3 a flower and attaching a note to send to anyone you would like. The deadline is February 10th, so hurry up and get your crush a special gift for Valentine's Day.



Carnations are sold during lunch outside the cafeteria. Don't leave your crush lonely, and hurry before it's too late!

Page by: Kade Jones



Bible Study



"It is wonderful that Cushing Junior High has a Bible Study on Thursdays from 7:40 to 7:50 a.m. I am delighted that our school provides this opportunity for students to come together and learn about the Bible and its teachings. It is a great way to foster a sense of community and spiritual growth." - Chance Lewis, Senior

Junior High Science teacher, Melissa Duncan, shared her thoughts on the weekly Bible study:

How does this effect the students day?

They have a happier day.

Does this encourage the students to get here early in the morning?

Yes.

What inspired you to start the study?

The Lord convicted me to start while praying; it felt like that was my purpose.

How do you feel about the students attending on Thursdays?

I'm pleased that they're coming. It makes me feel like I'm doing what the Lord had intended me to do.

SIXTH GRADE ROLLER COASTER FUN!

