



Bearkat Buzz

Honor
Roll
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Volume 1 Issue 4

www.cushingisd.org

Edition: November 14, 2020

HEART OF A CHAMPION



Bearkat Athlete Defines Character

Cushing freshman, Leighah Deckard, displayed a selfless act of kindness at the regional cross country meet in Huntsville on Tuesday, November 10th.

As she approached the finish line, Deckard noticed a fellow runner in distress. Without hesitation, she shifted her focus from the finish line to helping someone in need. A bystander captured these photos and contacted Cushing High School principal, Andy Gresham, to tell him what she witnessed. In an email to the faculty and staff, Gresham stated, "Am I surprised? No! I am very proud that we have students that are this caring and compassionate of others. This is also a testament of what we, as a district, are teaching our students and a great example of the type of students we put out here at CISD."

The pictures and story were posted on Facebook and have received over 250 shares. This visible demonstration serves as an example of what our world needs. As so many have already responded in comments, "It's a great day to be a Bearkat."



Final Quotes on the Season

"My favorite meet was at Broaddus. We all hit a PR, we all medaled, and then we all jumped in the lake!" - Lexie Nichols, junior

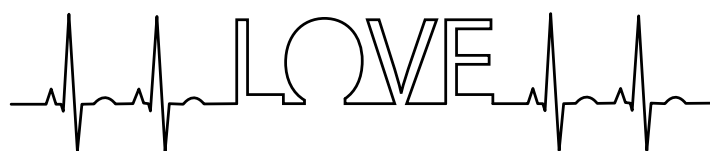
"I loved when I placed and got a medal." - Kaylei Downs, freshman

"It was a fun season. My favorite memory was getting 1st place in the district meet." - Jose Garcia, junior

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Congressional Debate Team

On November 9th, three students from Cushing High School's first ever Congressional Debate Team competed in Hallsville at Regionals: Leighah Deckard, Kaylah Stelly, and Joshua Hancock.

Congress is a form of debate created to emulate the US National Congress. The students write bills or legislation and send them to the regional committee two months before competition. The committee, made up of a group of teachers in East Texas, chooses fourteen of the bills, and UIL publishes the official list. The bills are written over current events or real world issues: the DOD's 1033 program, mental health services in prisons, forming a federal CPS, Puerto Rico's Statehood, abolishing ICE, and mail-in ballots for those with disabilities are among some of the topics.

After the list is published, the students begin researching each of the bills. They write speeches using articles and statistics that they have found either

supporting or going against the bill.

Carrie Langham, UIL Coordinator and Debate Team coach, stated, "This is a lot of work for these students. They have to find time to do this between sports, their school work, and other extracurricular activities. Plus, they only have a couple of months to get all fourteen speeches written and practiced."

On the day of the competition, students are sworn into office, just as our national representatives are, and use the same oath of office used by our own Congress. They then go into their first three hour session. The sessions mimic a true legislative session. The students elect a presiding officer, or speaker of the house, nominate a docket to decide the order of bills, and then they begin discussion of the bill by giving speeches on both sides. The Chamber is run using Robert's Rules of Order.

"If you can't tell by the description, this competition is pretty complicated

and mentally taxing," Langham added.

Students are selected to advance to the Regional Finals if they rank in the top of their chamber. They do this by exhibiting excellent speaking ability and showing that they are well informed. This means another three hours of debating for those students.

Joshua Hancock, Cushing sophomore, advanced to the finals chamber and competed for a total of six hours.

Hancock said, "It was hard, but I couldn't believe how fast it went by. I was proud that I was able to keep up with the experienced seniors."

We are very proud of our students who put in the work and went to compete for the first time in this event.

"It takes a lot of mental endurance and dexterity to do what they did. Go Bearkats!" Langam ended with a cheer.

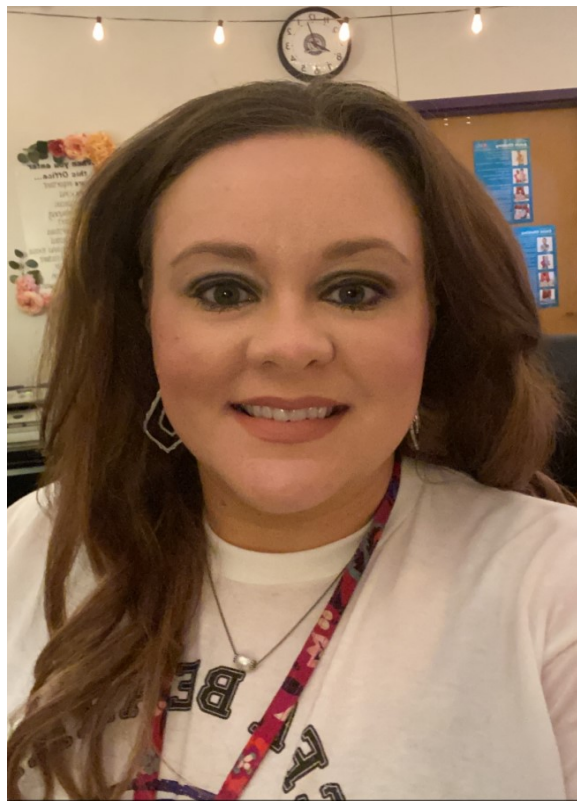


mental dexterity (n)- intelligence as revealed by quickness and alertness of mind



Regional Congress Debate Tournament 2020

Meet Our Nurse: Charity Alvy



Charity Alvy serves both campuses as the school nurse. While she has been at Cushing for two years, she has twelve years of nursing experience.

What challenges have you faced that you have overcome?

When I was 23, I was diagnosed with a bone tumor in the lower 2/3 of my femur in the left leg. I went through 18 months of intense chemo therapy and multiple surgeries to save my leg. This did work, and I was able to keep my real leg for two more years. However, I had a revision surgery to replace the rod I had in, and it became infected. I had five surgeries, multiple hospital stays and IV antibiotics every night for two weeks trying to prevent me from losing my leg. In the end, I ended up losing my left leg above the knee. Losing my leg has been the hardest thing that I have ever been through. I lost the ability to live my life independently. I lost who I was as a woman, a wife, and a mother. Losing a limb affects the way you do everything in

your life. I have been blessed to get a top of the line prosthetic leg. This has been so hard to learn how to use, but in the end, I decided to make it a tool to help me live my life as normal as possible.

What is your favorite part of your job?
I think my favorite part of my job is just listening to the kids. Most of the time they really need someone to listen to them and show them that you love and care for them more than they need medical care.

What advice would you like to give to encourage students?
When I got sick, I thought that I would never be me again. I lost my identity; who I really was. Over time, I have found that girl who I always was again. "Don't let anything in your life stop you from being who you are whether it is something big or small."

Elementary Veterans Day Art



2nd Six Weeks:

Bearkat Honor Roll

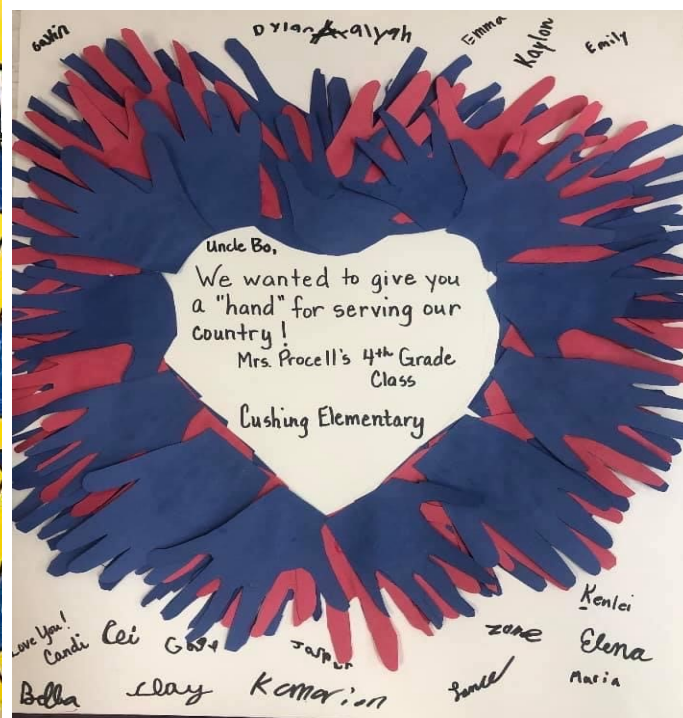
- Karter Arreguin
- Kamryn Barfield
- Tait DuVall
- Cooper Gardener
- Zoe Gary
- Emery Hagemeyer
- Lilly Ham
- Daegon Lee
- Brynli McCarthy
- Audrey McQueen
- Christian Reeves
- Lance Copeland
- Will Owens
- Reese Hagemeyer
- Mila Harvey
- Ava Harvin
- Emy Quezada
- Stephen Tamez
- Bryce Upshaw

Honor Roll

- Halle Wheeler
- Bella Harvey
- Ryder Pierce
- Jhonen West

A/B Honor Roll

- Allie Benge
- Evelyn Donnell
- Troy Griffith
- Ryan Hart
- Jay Lostracco
- Kailea Moore
- Carter Pena
- Shelby Ross
- Gabriel Tamez
- Coraline West
- Kaitlynn Arnold
- Kaylon Cole
- Esther Flores
- Clay Keress
- Cason Leishman
- Morgan Neal
- Zavier Ramos
- Luke Royer
- Paul Wyatt
- Anna Benge
- Nicole Carrillo
- Lukas Castleberry
- Emily Cosby
- Brandon Crisp
- Elyse Gans
- Jace Gresham
- Madison Holland
- Chase Morrow
- Emma Rawlinson
- Emma Willhite



Veterans Day Poster Contest

Mrs. Spencer's Animation, Art, and Graphic Design students had the honor to participate in the Veterans Day Poster Contest.

Veterans Day is a day of remembrance, a day to honor the men and women who have fought to preserve our freedom. All Veterans make a sacrifice to serve their country, whether physically, emotionally, or by being away from their loved ones and missing important life moments.

"Looking back on centuries of Veterans' service and sacrifice and what we have learned from the past, we must always maintain the vision for the future of Veterans. Putting the Veteran at the center on Veterans Day, we continue to honor all who served, while focusing on the needs of the next generation of Veterans," Spencer said.

First place went to Lincoln Stewart, freshman; Second place, Daniela Carillo, senior; Third place, Elizabeth Williamson.



Gratitude Gains

In honor of Thanksgiving and the word of the month, gratitude, high school English students watched "If You Want to Be Happy, Be Grateful," a Ted Talk by David Steindl-Rast. Students wrote about Rast's three-step guide to happiness and the key role gratitude plays in finding and maintaining that happiness.

Joseph Humphries, Cushing senior, wrote about the correlation that exists between gratitude and happiness:

When someone is grateful, they are often happy, but just because someone is happy, it doesn't mean they are grateful. To live a grateful life, there is a three step method that can be used.

The three steps are stop, look, and go. The reason the method begins with "stop" is because most people are rushing through life missing opportunities to be grateful. The

second step, which is "look," means to open your heart and senses to what is happening around you. The third step is "go," and it means to just enjoy whatever is happening before you. There is always an opportunity to be grateful in the life we live. It is just up to the person if they want to obtain that gratefulness and have an opportunity at happiness.

Students shared what they are grateful for and created "leaves of gratitude."

While Thanksgiving is celebrated in November, giving thanks is something to do daily to truly be happy.

