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The Cometary



Fall 2013

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Run, Cameron, run! *Girls' Cross Country team qualifies for State*

by Jade Green

Wind, rain, snow, and sleet. They run through it all. This year, the members of the girls' cross country team will be running all the way to Wisconsin Rapids after qualifying for the State Meet on November 1. Coach Tim Borstad said that this accomplishment is a first in Cameron High School history.

CHS's top seven runners for the state meet are Megan Maresca, Naomi Reed, Kendall King, Brooke Zimmerman, Josie Hoffman, Kayla Secraw, and Rachel Sauve. The two alternates are Ellie O'Flanagan and Gabby Thompson.

This group is one of the largest team that CHS has had in years. They competed in Division 3 and made their mark. Overall, the girls' team earned many first and second place finishes throughout the season, and the guys' team



On to State! The 2nd place girls sectional winners pose after their meet in Bruce. They earned a trip to the State Tournament in Wisconsin Rapids on November 2. Members of the girls team pictured are (front row) Kayla Secraw, Josie Hoffman, Megan Maresca, and Rachel Sauve. In the back row are Kendall King, Cheyanne Wade, Crystal Gillett, Coach Borstad, Gabby Thompson, Naomi Reed, and Brooke Zimmerman.

was not far behind with some worthy third and fourth place finishes. "Our team is great, easy to get along with, and fun to work with," said junior Brandon Pittman.

It's not just about running distance during practice. Along with the 7-8 mile runs, the team does lots of sprint work, where they sometimes sprint a quarter mile or half mile distances over and over. They also work on hills, intervals, and focus on their running form. "We kill ourselves every single day! But we do it because we love to run," said sophomore Kendall King.

Seniors this year include Josie Hoffman, Megan Maresca, Holly Olson, Ben Linton, and Jesse Mikolon. They were great leaders, helping the younger and first

time runners, according to Coach Borstad.

In the Conference meet on October 15, the girls' team took first for the second year in a row. Getting Conference honors were Megan Maresca, Naomi Reed, Kendall King, and Kayla Secraw. The boys' team also ran strong races finishing fifth with Conference honors going to Kal Gerber and Tanner Drew. Sectionals took place on October 25 in Bruce, where the girls captured 2nd place earning their trip to State. The boys also ran very well and took 7th place.

Coaches for this wonderful group of runners are Mr. Tim Borstad, Mrs. Martha Jacobs, and Mrs. Patty Gerber.

Good luck!

College admissions testing

College-bound juniors should plan to register for the ACT this spring by logging on to www.actstudent.org. Students should pick a test date and location that works best for them. The testing fee is \$36.50 for the basic test (no writing) and \$52.50 for the basic test plus writing.

Check the ACT website to see if the college you intend to apply to requires the writing test portion. Also remember to take advantage of the four free score reports that can be sent to campuses of interest to you. If you do not take advantage of the free score reports, and your campus of interest requires official score reports, you must pay \$12 for your scores to be sent to each campus that you apply to.

Seniors who plan to apply for college and have not yet taken the ACT, need to take the December test. The registration deadline is November 8. Your admissions will be on hold until test scores are available.

Yearbook pics

Two senior and two baby pictures are due to Mrs. Hopkins by Tuesday, November 26.

Students will soon be signing up to purchase a yearbook. Jostens will automatically send invoices home. Please make payments directly to Jostens with the invoices that are mailed home. Cost is \$55.

If you have questions, please call or email Mrs. Hopkins at 715-458-5926 or chopkins@cameron.k12.wi.us.



Looking good. Senior Ben Linton smiles for the camera as he runs by during the race at Cameron.

Notes from Mr. Meznarich - principal

Parent-teacher conferences

Parent-Teacher conferences at the high school will be held on Thursday, November 7 in the high school gym, and Tuesday November 12 in teacher's classrooms. Conference times will be from 4:30 to 8:30 p.m. on the 7th, and from 1:30 to 5:30 p.m. on the 12th. The high school students will be dismissed from school at 12:00 p.m. on the 12th. Parents are encouraged to meet with their child's teachers during these times. Parents who are unable to attend are encouraged to call or email teachers to discuss their student's progress.

Parent access to Powerschool

Another resource available to help parents monitor their child's progress is Powerschool. On the Cameron School District homepage, the link to Powerschool is in the upper right hand corner. Logging on to Powerschool allows parents to view their student's current grades, attendance, lunch balance, and other school information. Checking the gradebook will not only give a current grade, but also indicate late or missing assignments. Parents are en-

couraged to log-on to Powerschool on a weekly basis.

Thanksgiving break

School will be in session the Monday and Tuesday of Thanksgiving week. If your son or daughter will be absent for either of these days, please send a note to school beforehand. This will help your student get his/her necessary work done ahead of time. If pre-excused absences are not done before they leave, teachers have the option to assign zeros for missed work. Thank you for planning ahead.

Class rings/graduation announcements

Each year, members of the sophomore and senior classes meet with a representative from Jostens to pick out and order class rings and graduation announcements. Seniors are also fitted for caps and gowns. Information for class rings and announcements were handed out to students on October 31. Students will place orders with Jostens on Thursday, November 7.



Wisconsin Knowledge and Concepts Exam

The WKCE testing window for high school sophomores opened October 28 and runs through November 22. Testing at the high school took place October 28, 29, and 30. Students who were absent or missed portions of the test will be making up their missed tests in November.

One-to-one initiative

This is the second year for one-to-one computing at the high school. Students use their devices in ever new and innovative ways to learn course content. The use of technology has and will continue to change the way we teach and learn.



A reminder for the insurance option: if you have not purchased the optional insurance plan for \$40, there is still time to do so. The insurance is highly recommended as it covers almost all accidental damage to the laptops. Please keep in mind that theft is not covered by the insurance.

Welcome, Mr. Meznarich

Mr. John Meznarich, the high school's new principal, took on the role previously held by Mr. Joe Leschisin, our new Assistant District Administrator. A graduate of UW-Eau Claire, Mr. Meznarich taught chemistry, math, and physics in Cadott. After obtaining his Master's degree in

administration, he was an assistant principal for nine years at Fond du Lac High School. Although his transfer to Cameron has gone smoothly, the size of Cameron High School was a big change. "I was really impressed with the behavior of the kids, and I am enjoying the smaller size," said Mr. Meznarich.



Dancing with attitude

"Dancing is the poetry of the foot." ~John Dryden. This year's dance team is proving this quotation to be true. Having a very large and dedicated squad has been advantageous! The team is very focused on entertaining the crowds at game half-times, and being outstanding at their competitions. But this doesn't happen easily. Some of the girls started practicing this summer by attending the Barron Dance Camp. This fall, Tuesdays and Thursdays were practice days with performances at Friday night football games.

Their competitions are coming up quickly. On December 7 in Menomonie, the team will compete in the Holiday Classic. Following this competition, the girls will compete in Barron for their Conference competition. From there, Regionals will be held in New Richmond in January.

The team will also be sporting new uniforms for the upcoming basketball season. They fundraised



Team leaders. Dance lead team members are Ashley Smith, Jennique Peterson, Selena Moen, and Elizabeth Crotteau. They are charged with the tasks of creating and teaching the routines to the rest of the team.

for these and the girls are pumped to have them! One fundraiser was a "Kids Camp" where the dance team taught 2nd - 4th graders a routine which was performed at a football game.

Good luck in your competitions and thanks for your spirit-boosting performances all year long!



Kickin' it up. Cameron's dance team performed at the homecoming game on September 27. Their kick line impressed everyone!

Sports in brief

(As of October 29, 2013)

Volleyball (25-5-2)

Coach: Mary Brion
No seniors



Football (6-4)

Coach: Bob Bowerman
Seniors: Marcus Brion, Marcus Bronstad, Devon Doorn, Alex Fredrickson, Zach Langman, Lucas Morgan, Chris Parker, Cody Pumala, Jacob Sanborn, Logan Sanborn, and Mike Shore.



Cross Country

Coach: Tim Borstad
Seniors: Ben Linton, Jesse Mikolon, Josie Hoffman, Megan Maresca, and Holly Olson



Dance

Coach: Rhonda Breeden
Seniors: Elizabeth Crotteau, Jenna Goede, Tiana



Hensel, Abby Jaeger, MacKenzie Kutchera, Selena Moen, Melissa Papantonatos, and Jennique Peterson.

The "Dream Team" vehicle

by Tanner Whitman

High Mileage Vehicle is a new class offered at Cameron High School. The class meets every day during 7th hour to design their vehicle. They are to use engineering skills to create a one-of-a-kind high mileage vehicle that gets great gas mileage. The class is to use design processes and has to follow

specific guidelines (set by the Wisconsin Energy Efficient Vehicle Association) in creating this car. The goal to reach when building these cars is to get efficient fuel economy out of a four-stroke, unleaded engine.

The class will have to put a lot of problem solving skills together to make this car work in time to race



Start it up. The High Mileage Vehicle class at Cameron High School begins building their fuel-efficient car by creating a wooden prototype. The class members shown are Lucas Morgan, Cody Pumala, Mike Shore, Joey Beckman, Jacob Sanborn, and Zach Richter. (missing from the picture is Logan Sanborn)



Kick off. Mr. Gohs, high school technical education teacher, shows the prototype of the class's vehicle.

it. Even though the race isn't until May, the class is only a semester long, but students will continue working on it until it is finished, even if that means working during 8th hour study halls. Races will be held at the UW-Stout campus and in Lake Geneva at Road America.

Scholarships are available for the winners of the races and for the best engineering package for these cars.

Good luck, dream team.

Notes from Mrs. Sanborn - guidance

Visting campuses important in decision-making

One of the best ways for a prospective student and his/her parents to determine if a college is a good choice is to visit the campus. The best time to start visiting schools is during the second half of the student's junior year, during the summer months, or early in his or her senior year. In addition to providing the opportunity to meet with admission office personnel, a campus visit allows a student to see the campus via a guided tour. Students wanting to meet with faculty, coaches, or other university staff may be able to prearrange appointments with these contacts.

Students wanting a more extensive agenda when visiting a campus may choose to attend a preview program. These programs are typically half day events that feature informational sessions with faculty, student service representatives, and current students.

Scheduling early is key when arranging a campus visit. Students should schedule with the campus one or two weeks early. Campus preview information can be found in the University of Wisconsin publication available in the Student Services Office or by visiting www.uwhelp.wisconsin.edu. Technical system publications are also available in the Student Services Office.

ACT test prep

It is highly advisable that students familiarize themselves with the ACT prior to taking the test. High school students are able to accomplish this by logging onto WISCareers and taking practice ACT tests. This site not only provides study tools but offers test taking tips, progress monitoring and identifies individual student academic strengths and weaknesses. Besides test prep, WISCareers also offers interest inventories, college search engines, scholarship searches, and connection to the Occupational Outlook Handbook. WISCareers is available at www.wiscareers.wisc.edu All students in grades 11-12 are registered users of WISCAREERS through their



Power School username and previous password while students in grades 9-10 are registered under their first initial and last name and lunch account number.

Apply online

Electronic application to UW System schools is available through www.apply.wisconsin.edu or the individual campus' website. The application can be completed in one session or returned to as many times as necessary for completion. Each section is error-checked to help ensure the applicant has not made any obvious errors and has answered all mandatory questions. The \$44 application fee is required

at time of application. Applications can also be made to the technical colleges at www.witechcolleges.org or to Wisconsin Independent colleges at www.wisconsinprivatecolleges.org. It is highly encouraged that students apply by December 1 for priority placement.

See Mrs. Sanborn if you need help completing your application or want to talk about college opportunities.



2013-2014 ACT Test dates

December 14, 2013
registration deadline:
November 8, 2013

February 8, 2014
registration deadline:
January 10, 2014

April 12, 2014
registration deadline:
March 7, 2014

June 14, 2014
registration deadline:
May 9, 2014

To register for these tests, students must go to www.actstudent.org and use the Cameron code of 500-335.

Christmas wish lists can be made in the school store

CHS students have had the opportunity to go into the school store and make their Christmas gift wish list!

Parents, please stop in the store to see what your child may want/need to complete his/her Comet wardrobe! The store will be open during parent-teacher conferences and during some home basketball games before the holidays.

Check it out! New merchandise arrives often.



Hide and seek

by Mikayla Ehrich

Want to try something new and fun for the whole family? Try geocaching! According to Wikipedia, "Geocaching is an outdoor recreational activity, in which the participants use a Global Positioning System (GPS) receiver or mobile device and other navigational techniques to hide and seek containers called "geocaches" or "caches" anywhere in the world. A typical cache is a small waterproof container containing a logbook on which the geocacher enters the date they found it and signs it with their established code name. After signing the log, the cache must be



I found it! Senior Austin Pacholke finds a geocache hidden on school property.

placed back exactly where the person found it."

What's the purpose of geocaching? According to Mr. Brett Sauve, CHS social studies teacher, it can be used for recreational reasons, but for class, it is something fun to do that involves geography. Geocaching is a great way to get the students outdoors. Mr. Sauve's students are given the task of creating and hiding a geocache and having it approved and published by www.geocaching.com. To date, Sadie Carpentier, Alexa and Austin Pacholke, and Rachel Sauve have completed this task. Sadie and Rachel have hidden and published theirs and Alexa and Austin are waiting for approval from www.geocaching.com. "I like geocaching because it is a mystery. When I have some extra time, I plan to do more of this in the future," said senior Austin Pacholke.

"Geocaching is a great way to show the students how to use a GPS to navigate items. It's interesting, it's cool, and it's fun to see how it starts in one spot and then moves to a place across

the country," said senior Cierra Hard, who is also in the class. "In the beginning, when you start your geocache, you may put anything that you desire in the box. It could be a picture, a map, or an action figure."

Mr. Sauve's Cultural World History class does this activity because it's a fun way to get the high school kids involved in something people do all over the world. It is quite an adventure for all the students. According to high school student Gracie Davis (who is not in the class but participates in geocaching on her own time), "I love geocaching. I like the challenge you get from this. Sometimes when you get to the spot, it's not really what you expect. You may have thought you found it, but then it could be in the tree or under a rock."

Geocaching is a nationwide phenomenon. There are 3,000 geocaches within 50 miles of Cameron, 25,000 in the state of Wisconsin and at least 950,000 geocachers in the world.

When you get a minute, try a good game of "hide and seek." See what you learn!

Hall of famer

All-American Honors, UW-Superior Male Scholar Athlete of the Year (twice), Most Valuable Wrestler, Most Dedicated Wrestler, Mertz Mortorelli Athletic/Coaching Achievement Award Winner, and Wisconsin Coach of the Year. These are all accolades earned by our very own athletic director and

math teacher, Mr. Dave Gerber. On October 4, 2013, Mr. Gerber added one more honor to his list. Mr. Gerber was inducted into the UW-Superior Athletic Hall of Fame. Along with his other duties, Mr. Gerber coaches CHS wrestling and baseball.

Congrats, Mr. Gerber!



Setting up the court

Regional Champs move on in playoffs

by Beth Daigle

Bump, set, spike. The Cameron High School volleyball team has had a very successful season thus far, even without seniors on the team. This year, the students that set the tone and provided the example for the younger players were juniors Chloe Wanink, Hope Foss, Ashlee Bayer, McKenzie Otto, and Hannah Bailey.

"We have had a pretty good



A win enjoyed by all. The Regional champion Comets celebrate with their faithful fans after beating Bloomer on Saturday, October 26.

season, even though it's been tough with Hope tearing her ACL. People have been stepping up to the plate and it's been great," varsity player Hannah Bailey reflects on how her team has done this season.

The girls have played strong and fierce, refusing to be brought down by their opponents. Maintaining a game face through each match and keeping their heads up even when things got rough helped the girls tremendously. Hannah said one way they have managed to cultivate their forceful edge on the court is by being competitive

at practice with one another.

When the season began, the team had a few common goals. One goal was to be named Conference Champs, and after splitting matches with Clayton, Cameron was named Co-Conference Champions with them. The Comets also won their home tournament to end regular season play.

Next goal, Regionals. The Lady Comets beat Chequamegon, Phillips, and Bloomer to win the Regional title! Sectionals bring Grantsburg to Cameron on October 31, and the march to the ultimate goal-State-continues.



Teamwork. Hannah Bailey rejects a spike with Camryn Hines at her side to help when needed.



Sophomores. Front row: Emily Gilles, Kendall King, Chelsea Pumala, Chandra Bearden, Brittney Bossany, and Wyatt Wade. Middle row: Abby Fjelstad, Janelle Peterson, Kelly Ferris, Brady Schoenecker, Cynthia Papantonatos, Alexxis Seymour, Kathryn Zelnik, and James Paradise. Back row: Gabrielle Engel, Kordell Lopau, Peyton Dibble, Emily Jaeger, Rachel Hanson, Sam Linton, and Sam Metropulos. Missing from photo is Bekka Baures.



Freshmen. Front row: Dora Linton, Cheyanne Wade, Carli Pacholke, Chelsi Pacholke, Cassidy Crotteau, Rachel Gillett, Shayla Schwingle, and Rachel Sauve. Back row: Nate Fostvedt, Remington Davison, Ryley Bartsch, Daynen Paddock, Kylie Hauck, and Ashlee Drew. Missing from photo are Ryan Hanson, Ryley Hanson, Josh Koenecke, and Gabrielle Thompson.

Gridiron greatness

by Gracie Davis

“Never back down. Never let up.” That was the motto of the Cameron High School football team this year. The saying had a definite influence on the team. “Mentally, the motto had an effect because we are not the biggest team out there. It affects how we go into a game,” said senior Chris Parker. “It helped us to never back down from a challenge,” said senior Lucas Morgan.

The football team participated in several team-building exercises to unite the players. Some things they did were going on camp-

outs, going to Gilligan’s for wings, catching breakfast before school started, going to a rival’s Saturday football game, and sharing team meals. The guys always had a posse of Comet fans at all of their games. The cheering section followed these “boys of fall” from the home games to the away games. According to seniors Lucas Morgan, Marcus Brion, Cody Pumala, and Chris Parker, the best parts of the season this year have been beating Frederic—the predicted conference champions this year—crushing Cumberland,



Ready, set, action. The Cameron football team takes on Turtle Lake at the homecoming game on September 13.

and winning the homecoming game against the Flambeau Falcons. But underclassmen may have a different point of view. “I love just playing football and being outside,” said freshman Nick Wintrone about the best part of his season.

The team had a 6-3 season qualifying for the playoffs. The first playoff game was against Fall Creek where the Comets ended their season with a 40-18 loss.

Whether it was crushing the opposition or enjoying the sport, players had the best of both in the 2013 season. School spirit and team pride were evident at every game.



Singing loud and proud. The Cameron High School football team sing the school song after a win!

Academic award winners (semester 2, 2012-13)



Seniors. Front row: Marcus Brion, Melissa Papantonatos, Abby Jaeger, Elizabeth Crotteau, Megan Maresca. Back row: Jurnee Uetz, Skylar Johnson, Sidnie Wilder, Dani Jencks, Kylie Richter, Holly Olson, Lucas Morgan, MacKenzie Kutchera, Cody Pumala, Josie Hoffman, Gracie Davis, Ethan Englund, and Jesse Mikolon. Missing from photo is Alexa Pacholke.



Juniors. Front row: Andrew Myers, Chloe Wanink, McKenna Sevals, Sam Gerland, Mandy Outcalt, and Bethany Daigle. Middle row: Crystal Gillett, Brooke Hom, Ellie O’Flanagan, Hailey Eckstrom, Ryan Sauve, Al Fredrickson, Alex Schutt, Kal Gerber, and Michael Timblin. Back row: Rachel Bartsch, Hannah Bailey, Justin Harriman, Tyler Benik, Garret Schleis, Brett St. Aubin, Michael Semon, and Kyle Swanson. Missing from photo are Joey Murphy, Ashley Smith, and Tanner Whitman.

Bringing the heat while raising the bar

by Cierra Jade

Pumping iron and earning points—just two of the things Cameron students could do to pass the time in the weight room last summer. Mr. Brett Ridout and Mr. Jon Haughian spent their summer supervising the weight room. What is summer weight room, you ask? On Mondays through Fridays students were able to participate in a special type of workout. The workout is based on becoming bigger, faster, and stronger—pushing the students to do their best.



A true legacy. Sophomore James Zimmer was the ‘champion’ of Cameron School’s 2013 summer weight room program.

Starting at six in the morning, participants would start their two-part workout. They start out with a warm-up—as to not injure themselves—and then start on weightlifting. They worked on different parts of their bodies, like their biceps, legs, and shoulders using a series of techniques. Once their muscles were strengthened and the weightlifting portion of their day was finished, they moved on to the cross-training portion. Cross-training is a series of different exercises designed to work different parts of your body—such as speed, jumping, zumba, working with a large tire, and different cardio exercises. This would complete their day, as the summer weight room closed at 10 a.m.

There were about 100 participants throughout the summer. The only requirement was to be enrolled in Cameron schools.

The students also had an opportunity to win a t-shirt at the end of the summer if they earned 72 or more points. The students could earn these points by completing different exercises. They earned a point when they finished doing their core lifts, danced along to some of the zumba songs, stretched, completed a set of curls, and more. At the end of the summer,



Leading the team. Mr. Brett Ridout, Cameron Physical Education teacher, was one teacher who supervised the 2013 summer weight room this past summer.

each participant’s points were added up by Mr. Ridout and Mr. Haughian. Whoever got at least 72 points in all received a t-shirt designed specifically for the summer weight room. Out of the estimated 100 participants, 22 of them received the t-shirt. James Zimmer collected the most points, topping off at 170!

Overall, the summer weight room was a major success and Mr. Ridout is expecting to continue this program for years. It will grow and become an even greater success in the summers to come.

Continue to work out! The weight room is open Mondays and Wednesdays from 7:15 - 8:00 a.m., 8th hour (if you are a Level 3 study hall student), and most days from 3:20 - 4:00 p.m.

Fishy, fishy

by Mikayla Ehrich

To learn more about our native fish, Mr. Ladd's Careers class, the Conservation Club, and Mr. Martin's Presentations class went to the Fish Hatchery in Spooner, WI. While the classes were at the hatchery, they learned important information about everything from where the fish are raised to what lakes they're transported to after they're raised.



Students gather and learn. Cameron High School students gather around to learn about the types of fish that roam the rivers and lakes of Wisconsin.

Mr. Ladd wanted the students to learn about possible job opportunities and to gain a better understanding of what the DNR does.

Senior Kohlton Smith enjoyed the trip and thought it was a good learning experience. He was impressed with the amount of work that goes into transporting and raising fish. The Spooner Fish Hatchery raises muskellunge, walleye, northern pike, and suckers. "I thought this trip was pretty cool and entertaining. It was a good experience," said Kohlton. The students also learned that we should protect our rivers and lakes by not building homes on lakes where the population of fish is high.

While the students were at the Fish Hatchery, they gained

knowledge about the Yellow River and how it controls the flow and usage in the factory. "On our trip to Governor Thompson's Fish Hatchery, I learned a lot about how they ran the place and how they grew the fish. I learned that they harvest eggs for their fish from local lakes that fish biologists choose," said senior Mike Shore.

Overall, the fish hatchery was a fantastic experience for all of the classes; everyone was interested in what they learned. "I would definitely take this trip again. It was interesting," said Mr. Ladd.

Mr. Martin's students took what they learned and turned it into a presentation for the October Cameron School Board meeting.

CHS students enjoyed what the people at the fish hatchery do for the state of Wisconsin.

Pushing the limits

by Sidnie Wilder

Everyone speeds. As human beings, it is our natural instinct to push the limits, but is speeding on the road actually worth the risk? Physics teacher Mr. Brent Whittenberger invented a lab to demonstrate whether or not breaking the speed limit in short distances is beneficial. He has taught this particular experiment for a long time, since it is a problem most students face every day. "You go a lot faster than you think," said senior Adam Pavick.

During the trial portion, a passing car on Highway 55 was timed with a stopwatch, two different radar guns, and

an iPad. Policeman Terry Skaar supervised the lab. Once the data was collected, the students went back to the classroom to proceed with the experiment. With the videos on the iPad and the data collected by the stopwatches and radar guns, the pupils figured out the speed of that vehicle using various equations, mathematical skills, and pure "Whitt."

From their results, the students learned that speeding such a short distance only saves a few seconds, making it an inefficient risk on the roads. "I am going to continue doing this lab, since it deals with decisions students



Data points. The physics students record information for their lab.

have to make in everyday life," said Mr. Whitt.

Overall, this experiment was beneficial both in the classroom and in the students' lives. Do you think you need to speed? Think again!

Learning life lessons

by Cierra Jade

It turns out that being pregnant isn't all it is cracked up to be, as the students in Mrs. Laurie Adams' parenting class discovered this past September. The students were to partake in an activity that required a rather large shirt with an extremely round belly, also known as the Profile in Pregnancy Belly. This was meant to teach them about how a pregnancy can take its toll on you, both physically and mentally. And that it did.

Parenting students had just learned about the stages of parenting, starting with child bearing and ending with departure (sending the child out into the world). They had a chance to really experience what it would be like to carry around an almost full-term child, if only for two class periods. The students were to wear a "Profile

in Pregnancy Belly", also called an Empathy Belly, to know what it feels like to be pregnant. This belly is a weighted garb that has been tested to be medically accurate and enables anyone to acquaint themselves with over 20 different symptoms of pregnancy. It lets belly wearers experience a weight gain of 30 pounds, the feel of fetal kicking, shallow breathing, increased blood pressure, back aches, and fatigue!

"I got really hot and had to go to the bathroom," stated freshman parenting student, Dani Strzelecki. Dani wore the belly during her English and science classes and said that she got many weird looks from many students. The discomfort seemed to fulfill its purpose after those two class periods.



With fake child. Senior Cierra Hard wears the Profile in Pregnancy belly around Cameron High School for parenting class.

"[I learned] that you shouldn't get pregnant until you are older and you are financially and emotionally ready for a child," said Dani.

Four in a foreign land

Cameron High School is lucky enough to have four foreign exchange students with us this year. Julia Siqueira is a junior from Brazil and is staying with the Baures family. Elin Dervo, a junior from Norway, is staying with the Marcons. Marcela Albuquerque also from Brazil and is a junior staying with the Ferris family. And, Matyas Jelinek is a senior from The Czech Republic. Matyas is staying with the Smith family. All four foreign exchange students are scheduled to stay with us for the entire school year.

Welcome to Cameron!



Fab four. Marcela Albuquerque, Elin Dervo, Julia Siqueira, and Matyas Jelinek join us this year from Brazil, Norway, and The Czech Republic.