

Ash High School

February 23, 2018
Volume 1, Issue 3

One Town
One School
One Family



Student Moving Forward One Step at a Time

By: Raquel Salazar

The student this month is a great example of how Ash is here to support and encourage students to graduate. Ricardo is currently juggling work and school. He's a father to a 3,2 year old girls and 1 year old boy. Ricardo is an active parent as all three of his children live with him and he is the primary care giver to these three terrific children. Ricardo shares that the hardest part about being a parent is adjusting to new things, like waking up at 7 am after you have worked all night is different and hard, but he loves being with them and he is also mentioned that he feels fortunate to be young so he can keep up with them.

Ricardo is humble in the fact that he will ask for help. His Tia (aunt) is wonderful at helping. Ricardo says, "she has been there every step of the way and always lends a helping hand." Ricardo shared that his Tia was in the same position at his age and understands what he is going through.



Ricardo wants his kids to learn from his mistakes and hope they become something great. Ricardo has been accepted to South Plains College and wishes to attend their new Culinary program. Once he graduates, Ricardo hopes to go to Colorado and cook for a big fancy restaurant and give his children what they need. Ricardo also mentioned that he would like to learn to be a mechanic so he could be self reliant and have a skill he could use outside of his career.

When asked what his biggest regret would be, he said, "not graduating when he was supposed to." Ricardo will be graduating this May, he is proud of his accomplishments and his children. Ricardo would like to encourage others to step up and take responsibility for themselves and those around them, "If I can get out of bed and do what I got to do, then you can as well. Don't hold yourself back and don't make sorry excuses."

Ricardo at the Ash Student Council Holiday Party

UPCOMING EVENTS

3/2/18 Doodle 4 Google!
Deadline, See Ms. Willey for
Details

3/9/18 End of the 3rd semester!

3/12 - 3/16 Spring Break

4/5/18 ABC Partnership Night

5/5/18 Jr. & Sr. Prom - Fiesta

Snack Shak: If you need to join
Snack Shak or modify your
package please go online.

ASH STATS

Graduates this Academic Year:
We have had 19 successful
Graduates.

Pending Graduates for February
We do not have any pending
graduates for February

Credit Recovery Program APEX
since 2/22/18

Ash Students:
59 semester credits earned
Our RAC Students:
15 semester credits earned

Total Second Quarter Credits:
Aug - 2/22, 244.5 semester cred-
its earned!

Number of Students Enrolled:
We have 64 students enrolled at
Ash High School

Thoughts About Tattoos

By: Tyger Juarez and Ruben Reyes

What is so bad about Tattoos? The word tattoo comes from the Tahitian word “tatu” which means “to mark something.” The history of tattoos can be followed through many different cultures; according to powerverbs.com, tattooing has existed since 12,000 years B.C.E. We cannot pinpoint exactly when tattooing started, however, a New York Times article from September 2017 shares that in recorded history, the earliest tattoos came from Egypt during the construction of the pyramids, although it undoubtedly started much earlier, and when Egypt expanded their empire, tattooing spread as well.

History aside, what about now? According to Health Line, an online health news magazine, there are about 38% of young adults ages 18-29 that have tattoos. There are about 30% of adults that still have their first tattoos, of those only 14% of adults regret having a tattoo. Tattoos and piercings are pulling further away from the unprofessional stereotype. Many people regard tattoos as a form of personal expression, so technically, tattoos could be protected by the U.S. Constitution. However, this does not mean that a company has to hire you. Tattoos are currently not protected by any law, in any state, where employment is considered.

Tattoos are not going to go away, but we should keep in mind our future employment when getting tattoos. Many career areas require tattoos to be covered; example is the health care industry. When considering when or if to get a tattoo think of how and where it will be seen in your future employment goals. Just something to consider.

Ash Sports Center

By: Omar Rivera

This past month has been exciting in the world of sports. We finished off the National Football League season with the Super Bowl and now we are into the 2018 Winter Olympics in Pyeongchang, South Korea.

Super Bowl LII was better than I expected, because the Philadelphia Eagles wanted to win the Super Bowl more than the New England Patriots. You can tell by the way the Eagles were playing and keeping the lead against the luckiest team in the world, the New England Patriots. Patriots had a 53% chance of winning and the Eagles had 47% chance of winning according to ESPN magazine. Everybody wanted the Eagles to win and to see the Eagles make history. The Eagles have never won a Super Bowl in their franchise history until that Super Bowl Sunday. Nick Foles, the quarterback for the Eagles, and his team had no problem moving the ball up and down the field against New England's yielding defense. When the score was 32-33 people started to predict that the score was going to stay like that for the remainder of the game. Foles proved that the Eagles didn't make it the Super Bowl for nothing.



The 2018 Winter Olympics are proving to be an amazing example of athleticism and sportsmanship. The Olympics are nearing the end. The final weekend will have medal competitions for hockey, speed skating, curling, cross-country, alpine skiing and snowboarding. The medal count is not in the USA's favor, but our USA team is competing well and showing the Olympic spirit of sportsmanship.



PyeongChang 2018



Movie Review

By Miriah McQueen

The Emoji movie is a fun and adventurous family movie to watch. If you want a good laugh and want a good movie to watch with the family or friends, the emoji movie is the movie to watch. The emoji movie is about the “meh” emoji getting his own spot in the phone keyboard. He makes it to his spot and they pick him and he freaks out, does the wrong face and messes up everything. Then chaos happens after that. During the whole movie the meh emoji, high five, and jailbreak try to figure out a way for the meh emoji to get back on the keyboard phone's. All three characters, the meh emoji, high five and jailbreak try to get high five back at the top of the keyboard. So the journey begins with all three friends competing against the robots to get their place back at the top the phone keyboard. One would think that the story line would be a little flat with cartoon emoji's as the characters, but it actually has some very humorous antics and story lines. In the end, they all make it to their spot, things get fixed, but not without some drama from the emoji's. For a great laugh take some time and see this movie.



Plainview Restaurant Monthly Review

By: Vivian Gonzales

Many people seem to love Leal's Mexican restaurant. Every time I go, the place is packed, especially on Sunday. In my opinion, the food is good. My favorites are the sour cream enchiladas and the brisket tacos. The couple of times I have gone the service is really good, with the exception of one time, our waitress that time was really rude she complained every time we ask her to bring us stuff and she hardly checked up on us. Besides that the service is good. The place itself is always clean and always smells good. Now I have asked other people about what they thought about the place and many people said the same thing that they love the place but they would love to see the owners of Leal's put something different on the menu. I totally agree with them the food at Leal's is great but they really need something different. They also said that the wait to be seated is sometimes too long, I kind of agree I think the only time the wait is long is on Sundays when the place is packed. Overall, Leal's is a great place to eat when you want Mexican food.



Carissa's Cooking Corner

By: Carissa Gonzalez

My mom doesn't cook, much, but when she does, this is what she cooks best. Cream of Mushroom Chicken, it is my favorite. My mom does not use a recipe, so to get the exact amounts I referenced a website.

The recipe to this wonderful dinner is:

1 ¼ pounds skinless, boneless chicken breast halves
1 teaspoon lemon pepper seasoning
1 tablespoon vegetable oil
1 can Campbell's Condensed Cream of Mushroom soup or Campbell's Condensed 98% Fat Free Cream of Mushroom Soup
1 can (4 ounces) sliced mushrooms, drained
2/3 cup milk
½ cup grated parmesan cheese
1 clove garlic, crushed
1/8 teaspoon ground black pepper
3 cups hot cooked white rice, pasta or mashed potatoes.

How To Make It

Step 1

Season the chicken with the lemon pepper seasoning. Heat the oil in a 10-inch skillet. Add the chicken and cook for 10 minutes or until well browned on both sides. Place the chicken into a 2-quart baking dish.

Step 2

Stir the soup, mushrooms, milk, cheese and garlic in a small bowl. Season with the black pepper. Pour the soup mixture over the chicken.

Step 3

Bake at 350 degrees F. for 30 minutes or until the chicken is cooked through. Serve the chicken and sauce with the rice.



<https://www.campbells.com/kitchen/recipes/quick-mushroom-chicken-bake/>

By: Stephan Perez

There are 100 schools offering criminal justice degrees in Texas.

Of the criminal justice programs in Texas, 67 offer associate's degrees or certificates, 51 offer bachelor's degrees and above, and 22 offer master's or doctoral degrees.

There are eight schools offering online criminal justice degrees in Texas ranked in US News & World Report's Best Online Bachelor's Programs:

- West Texas A&M University (#11)
- University of the Incarnate Word (#39)
- Lamar University (#58)
- Sam Houston State University (#72)
- University of North Texas (#86)
- University of Texas of the Permian Basin (#92)
- Texas Tech University (#100)
- Dallas Baptist University (#114).

In our area the following schools offer Criminal Justice degrees:

Wayland Baptist University Bachelors of Science in Criminal Justice

West Texas A & M Bachelor of Science and Bachelors of Arts in Criminal Justice

South Plains College Associate of Arts degree in Criminal Justice

South Plains College also offers Peace Officer certification which is required for city and county officer positions.

<https://www.criminaljusticedegreeschools.com/texas/>

Career to Consider: Law Enforcement/Criminal Justice

By: Arely Patino & Marisa Ramos

When considering a future career, one must think about the longevity of working in that career. During our time in high school, teachers share various career paths available, such as: Agriculture, Architecture and Construction, Arts, Audio/Video Technology, Communications, Business Administration, Health Science, Law, Public Safety and Corrections, Security, Science, Technology, Engineering, and Mathematics, etc.

For this overview of a career to consider, we are going to look into Law, Public Safety, and Corrections as a career. When pondering who to speak with about a criminal justice career, we decided to speak with a person who has retired from a successful time of service in the area of public safety. We decided to speak with Mr. David Mull, recently retired, from the position of Hale County Sherriff.

Mr. Mull has worked in Hale County for 30 years and recently retired as sheriff in December of 2017. In addition to serving as sheriff, he is also a professor at Wayland Baptist University teaching Criminal Justice classes and currently running for Hale County Judge in the upcoming election on March of 2018. When we asked him what he missed most about being sheriff he shared us he misses his co-workers and the people "they're like family." Which led him to tell us that the people he worked with and doing a job he loved to do was the most rewarding part of his job. Being part of law enforcement was something Mull always wanted to do. When the opportunity to run for sheriff came around of course he accepted the responsibilities to hold that position.

We inquired if there was any advice he would give to anyone interested in law enforcement, he answered us "To be successful you have to have a passion for it and be willing... law enforcement is unpredictable you just have to be ready for whatever comes your way." In addition to having passion, there are educational requirements. For example, Mr. Mull has his Bachelors in Justice Administration and a Masters of Public Administration degree.

Mull is a very relational man who will be there for his co-workers, family, students, and the people. His family is a huge part of his life, this April he will be married to his wife Mrs. Keri Mull for 30 years. The Mulls have two daughters: Meredith is recently married, graduated from Baylor University and is employed as speech therapist. Mackenzie is a Senior at West Texas A&M studying to be an occupational therapist. Mr. and Mrs. Mull also have two beagles they adore very much.

We would like to thank Mr. Mull for giving us the time to get to know about him and his career. We wish you the best with your future plans.



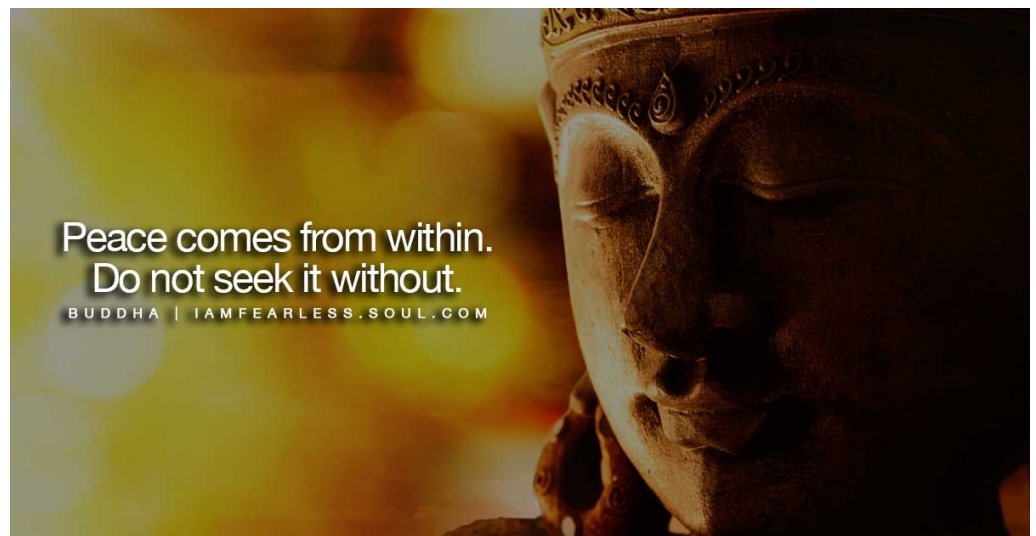
Stressed, Overwhelmed, Need to Find Some Peace

By: Courtney Fisher

Having peace within yourself can be very difficult. Have you ever felt so overwhelmed and frustrated with life, you feel you can't keep up? In life we go through many struggles and I mean many! You must have a positive mindset too keep you going. In the end only you can decide what you want to do with your life, and how you want to do it. I'm pretty sure all of us have heard once in our life time that we weren't going to amount to anything. You might have been called trash, garbage, or even a mistake. Why let these negative words put you down when you know who you are, and what you're capable of doing? Keeping a positive mindset can be very difficult however, it's not impossible. I'm not an expert myself, but let me give you some tips on "how to" form this healthy mindset.

1. Meditation- (I know this is mostly a hippie thing, but it actually works!) Taking the time to know who you are within yourself is a huge eye-opener. Try relaxing in a very calm and peaceful area. Take big deep breaths, and concentrate. To be the person you want you be, you must first believe that you can do it.
2. Forgive yourself- You absolutely cannot beat yourself up over things that have gone wrong. Everything happens for a reason. Putting blame on yourself even when you had zero control over the situation is very unhealthy. Tell yourself that you are forgiven for your mistakes and allow yourself to move on.
3. Stop being a critic- There is no one else in the whole world that can make you feel as terrible as you can. It's better to lay off on all the harsh criticism. When you're feeling really down don't automatically start judging yourself. Always remember we were all made different and that's okay. Don't forget to always love yourself for who you are. Being normal is boring!
4. Turning your failures into lessons- Nobody is perfect, and we all make mistakes. Some of us might have those type of families that we always have to impress. Am I right? No matter how hard you try you never live up to their expectations. Who cares what they think? I'm not saying you shouldn't listen to your family, but you have your own body and mind. The good thing about mistakes is that you can be your own professor and learn from them. Just keep put one foot in front of the other and never stop moving forward.
5. Let it out- It's not healthy to keep all of your emotions hidden, and bottled up inside. Talking to close friends or relatives can honestly make you feel a whole lot better. Maybe even crying a tear or two wouldn't be so bad. You will never be alone, sometimes we feel like nobody can understand us, but your mind is playing tricks on you. There are plenty of people who will listen, you just have to take that chance and open up.

These are just a few ways that have helped me in the past, and I want to share them with you. Some of the males reading this are probably laughing and thinking this is all a joke. Don't play hard and tough, we all know that guys have feelings, they just don't like to show it. Don't be scared to try these tips. You will see that they actually really work. Life is so beautiful when you throw all of the negativity and evil away. Trust me you will really see that life has so much in store for you, just please never give up!



Peace comes from within.
Do not seek it without.

BUDDHA | I AM FEARLESS.SOUL.COM

Discipline & Attendance Contest

By: Joseph Castro

Family groups at Ash compete for the best attendance and least discipline actions. The family group that has the best attendance is rewarded with lunch grilled by our own principal, Mr. Wallace. The family group with the least discipline actions gets to have pizza and video games for lunch with Mr. Wallace.

The standings currently for the attendance reward are:

Mr. Soliz and the RAC students are in first. Then in second we have Mrs. Nunez, followed by Mrs. Howell. In fourth place we have Ms. Meza closely followed by Mrs. Hanoch. Mrs. Madison is standing in sixth place, Mr. Pittman in seventh place, then in eighth place is Ms. Willey. In last place is Mrs. Coon's family.

The current standings for the least discipline actions are:

Mr. Soliz and the RAC students taking first place. We have Mrs. Hanoch in second followed by a tie for third place by Mr. Pittman and Mrs. Madison. Ms. Willey is in fourth place and another tie for fifth including Mrs. Coon and Mrs. Howell. In sixth place is Mrs. Nunez, in 7th or last place is Ms. Meza.

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