



Prevention Team Members Celebrate “We Day”

By: Gabriela Guzman and Samyra Olivas

**Editor’s note: We Day is an annual national celebratory event featuring celebrities and inspirational speakers for students who participate in one local action and one global action.*

This year, Cascade Middle School’s Prevention Team participated by partnering with Cascade’s ASB (Associated Student Body) to promote the Canned Food Challenge, and raised money to donate to a clean water project in India. Sixteen Cascade students attended We Day,



along with thousands of other students from throughout Washington State.

We Day was really all about **empowerment**. At We Day, held at KeyArena in Seattle, we learned that \$50 equals one goat, one goat equals investment in a family’s future, and one family’s future equals a world of opportunities. Why a goat? A goat starts small but has a big impact. A goat provides nutritious milk and a sustainable source of income for a mother and her family.

Empowerment is a multi-dimensional social process that helps people gain control over their own lives. It is a process that fosters power in people for use in their own lives, their communities and in their society, by acting on issues they define as important. According to the organization’s records, students in Washington State participating in the We Act program collected 440,670 pounds of food for local food banks, logged 1.2M volunteer hours, and raised \$778,290 for local and global causes.

A Little Kindness Goes A Long Way

By: Oscar Kiehn, Jessica Nguyen, and Kira Pardee

On Monday, March 2, 2015, during our lunch periods, we asked students and staff at Cascade what they thought kindness meant to them. There were various answers. Here are five of our favorite answers:

- 1.) It’s when you treat others the way you want to be treated - Mr. Ellis
- 2.) Going out of your own way for others -student
- 3.) Means looking out for each other -student
- 4.) Making people happier if down -student
- 5.) Sharing is caring -student

To us, kindness means being friendly, compassionate and generous. As an example, a person can dedicate their time to be selfless and helping someone in need. This can include volunteering at a homeless shelter, animal shelter, or a non-profit organization. Many people mistake kindness and friendliness, however, we think kindness is more of an altruistic thing, and friendliness more of an expected thing.

We also asked our principal, Ms. DeBell, what she thought of as kindness. Ms. DeBell thought about this for a moment and decided that “kindness is empathy,” which means, “the ability to understand and share the feelings of another.” She sees more and more students at Cascade helping each other but thinks we should show and practice kindness every day. Small acts of kindness can be a big thing to many people. An example act of kindness that Cascade students can do is to go to sports games or the talent show to cheer people on. Those are the things that Ms. DeBell thought of as kindness.



Multiculturalism...what does it mean to me?

By Borain Sambath

The topic of multiculturalism or diversity comes to my mind often because the area where I live is full of people of different races. This makes it a wonderful place because I get the chance to learn about their lifestyles and what each culture is like. I appreciate this diverse community because in different places there isn’t much diversity and the special environment that diversity creates.

From my perspective, it be would boring if everyone was only one race, wouldn’t it? I am Cambodian and having this culture is like a gift because every culture or race has something unique and interesting about it.

At times, I see others ashamed of their culture. I think you should be proud and not ashamed. If you don’t know how to speak the language of your culture, it’s best to learn it because you don’t want to lose the heritage. I know this because as I got older, I started regretting not learning it. I realized that I couldn’t really understand my family so I started taking classes in after-school clubs. And of course, it was worth it.

I think being a minority can be good at times. As we get older and think of going to college, we realize that most colleges are trying to have diverse student populations. This increases your chance of getting into college.

Everyone has different perspectives in multiculturalism but this is my outlook.



A Look Back at 8th Grade Year

By Gabriela Guzman and Samyra Olivas

**Editor’s note: the authors of this article are graduating this year and these are their*

thoughts as they prepare to take the next step in their education and personal growth.



Cascade Middle School brought so many experiences, such as dances, ASB (Associated Student Body), Seattle Seahawks coming on-campus, and getting a new principal. These, plus more, were each a unique experience. It was a really great year and we’re pretty sure most of the 8th graders will miss Cascade, although we are looking forward to high school next school year.

Before spring break, we interviewed two 8th graders about their experience at Cascade and their coming transition. Student Victoria said, “In my 8th grade year I’ve done a lot of sports and would recommend it for the new 7th graders and incoming 8th graders. I’d say the best way to make your next year the best is to be honest with yourself and do your best in your classes. You may never use it in your future but it is the only way to get there and have it be a place you’re happy with. And don’t judge people by their appearances if different from who you are.”

Hieu, the other student interviewed, said, “8th grade year was such a blast. Taking risks and trying out new things have really benefitted me. Like running for ASB, and doing sports like soccer and wrestling that I never thought about doing. I think when it comes down to just moving from 7th grade to 8th grade you really get to know Cascade more. What it comes down to is [whether] you really do want to be more outgoing and involved with the school [or not]. Being involved with our school opened up so many opportunities.”

Both of these students have had their own experiences at Cascade Middle School throughout the two years they have been here. And while we are all looking forward to 9th grade next year, we wish the new 8th graders the best!



Alcohol? How bad is it?

by Borain Sambath

At one point we've all heard that alcohol isn't good for you, but how bad is it? People say that alcohol isn't as harmful as drugs, but it's still harmful, so why drink it? Well let's point out some facts and myths about underage drinking.

Alcohol increases the chance of unacceptable behavior, and many serious or fatal diseases, such as cancer and that's not good. Constant drinking or drinking too much can lead to alcohol poisoning which can lead to death and you don't want that, especially if you're under age.



During your time in school, you might notice some kids getting into trouble, drinking alcohol and/or using drugs. In Washington the percentage of students who drank alcohol in the past 30-days are surveyed for 8th, 10th and 12th grades as part of the Healthy Youth Survey.

The percentage of 8th grade students who drank alcohol in the past 30-days in 2010 was reported to be 11% and 53% of 10th graders. For 12th graders the number was 23%. In the 2012 Healthy Youth Survey, the percentage of 8th grade students who drank alcohol in the past 30-days was 8%, 21% for 10th graders and 36% for 12th graders.

In looking at students in Washington who self-reported having consumed alcohol in the last 30-days, we realize the percentage increases as students move into higher grades. Don't be that kid. Alcohol is a health risk.

In America it seems that alcohol is everywhere around us from modern music to TV, movies and even your friends. But if you're underage that's a whole different story because those under the age of 21 or basically a teen believes that drinking alcohol makes them "cool" and drinking alcohol is a way to fit in if you really want to fit in best choice is to stay sober because passing out and puking on yourself isn't really cool if you think about it, simply drinking alcohol can cause bad breath and weight gain. Fitting in isn't all about drinking alcohol and doing drugs, research shows that more than 70% of those aged 12 to 20 hasn't had a drink in the past month.

Source:
Washington State Coalition To Reduce Underage Drinking
Underage Drinking: Myths vs. Facts

Multi-cultural Night Celebrates Cascade's Diversity

The Cascade Prevention Team hosted Multi-cultural Night, Wednesday, April 22nd, with a full-house of parents and students celebrating its diversity. After a warm welcome from Principal Libby DeBell, the night unfolded with a selection of international songs and music by Cascade's Multicultural Choir and Multicultural Band, led by Sarah Butler. Niu Roots, a Pacific Islander Dance Group led by Tiare Faletofo displayed a combination of elegance with delicate and elegant hand and body movements and traditional dress by the female dancers. The roof came down and the excitement level went sky high as the male dancers unveiled their high energy dancing.



The flavor of the entertainment and participation of the audience took a new direction with Cantante Mariachi Salvador Morales, whose selection of Mexican songs drew students and parents alike to the floor for what could only be described as spirited dancing. A short intermission to allow attendees to savor a variety of foods and deserts was followed a continuation of the Latin theme with Folklore Mexicano Tonantzin, led by Connie Morelos. The troop of young and talented dancers in traditional Mexican costumes dazzled with their swaying colorful skirts and intricate steps.

The night ended with Umculo, an African Drum Group whose heart throbbing beat once again drew students to the dance floor for some spirited gyrations and a happy ending to a special evening of diversity.

Dual Language Program Coming to Cascade

by Kim Tracy World Language Teacher & Amy Vazquez, MSW Intern

Next school year, 2015-16, Cascade students will have the opportunity to participate in a Dual Language program. Under the new program, some incoming 7th graders will be taught certain subjects completely in English, and others completely in Spanish. The goal of this program is to give more opportunity for students to be completely bilingual and bi-literate in two languages; meaning that they can speak, comprehend, read and write fluently and academically in two languages.

Students from the Newsletter team responded to the following questions about the Dual Language program:

- **What do you think are the benefits of being bilingual (speaking 2 languages)?** Better job opportunities, easier to get a job, help and understand more people, translate, get more friends, give directions, help tourists.
- **How do you use another language outside of school?** Order food at restaurants, at home, with family, interpret for family.
- **How many students at Cascade do you think speak another language?** The majority of students speak another language -- 9 out of 10.



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