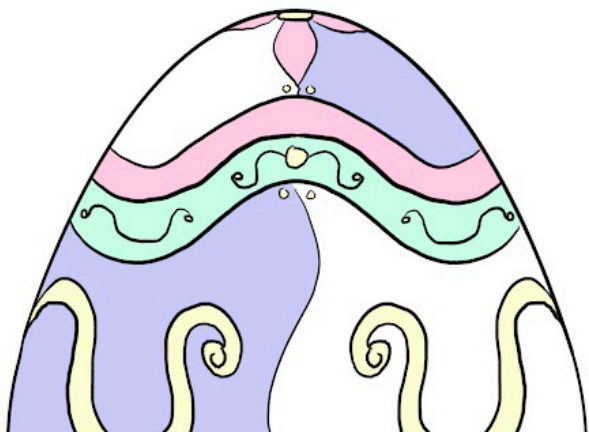


STARTING TUESDAY  
paper eggs will be hidden  
throughout the school.  
Turn 5 in to Mrs. Williams  
for an Easter treat!



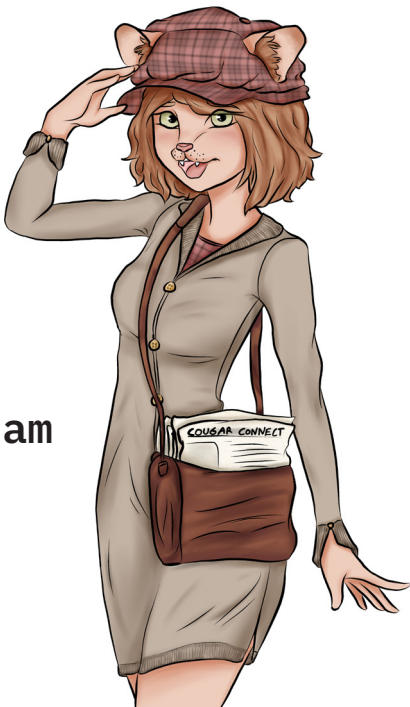
#TIM\_TALKS\_TV

The Cougar Connect Team

Managing Editor: Mrs. Williams  
Editor in Chief: Amadeo Spirig  
Assignment Editors: Sarah Walburger,  
Molly Lewis-Russell, Riley Pierson  
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Copy Editor: Vitéz Orbán-Imreh

April Birthdays

April 1	Kiana Yoder, Seth Russell, Macy Butler
April 4	Isobel Jones
April 5	Zach Low
April 6	Shyanne Cook
April 7	Max Nelson
April 9	Serena Peterson
April 10	Vitéz Orbán-Imreh
April 11	Rylan Atwood
April 12	Amber Virostek, Laynee Beazer
April 14	Cayleigh Nelson, Porter Bennett
April 15	Talen Dillon
April 17	Alexis Toone
April 18	Rhozy Fox
April 19	Mikey Holland, Thomas Kinder, Brynne Koch
April 20	Annie Salmon, Grady VandenHoek
April 23	Jada Wells
April 24	Chris Luddu, Carissa Leavitt
April 30	Cruz Fox, Coen Bevans



Cougar Connect

April 11, 2022

We asked Mr. Strang to answer a list of questions for this Cougar Connect feature. The original questionnaire used to be a parlor game enjoyed by Victorians; it was a popular diversion designed to discover new things about old friends.

Read Mr. Stang’s answers!

- 1 . What is your idea of perfect happiness?  
*A mask-less, restriction-free, mandate-free society.*

2. What is your greatest fear?  
*Living through a third-generation Trudeau government before I die.*

3. Which living person do you most admire?  
*Unquestionably my wife.*

4. What do you consider the most overrated virtue?  
*Patience. I’ve done just fine without it. To be very honest, I wish I had more of it.*

5. Which words or phrases do you most overuse?  
*After teaching for 34 years, I probably have a lot of them. “Saa Jokes”; “Let’s keep the dream alive!” (more notes); “If you write on my test, I’ll write on your face” (wink, wink) “If you look good, you feel good ... and I feel great”. “ oh my shattered nerves”*

6. When and where were you happiest?  
*Just after I won the lottery. I was so excited! I couldn’t contain my joy! Then I woke up.*

7. Which talent would you most like to have?  
*I wish I could play the guitar. Then I could accompany my own great singing.*

8. What do you consider your greatest achievement?  
*Qualifying for both the Summer and Winter Olympics. Well, I didn’t exactly qualify, but I did attend both.*

9. Where would you most like to live?  
*Anywhere warm.*

10. What is your most treasured possession?  
*Presently, it is a picture of the Savior given to me by Claire Primrose’s extended family.*

11 . What do you regard as the lowest depth of misery?  
*The last week of summer holidays.*

12. Who are your favorite writers?  
*No one specifically since I prefer non-fiction.*

13. Who is your hero of fiction?  
*John Rambo*

14. Which historical figure do you most identify with?  
*Ronald Reagan:  
“Government is not a solution to our problem; government is the prob-lem.”*

15. What is your motto?  
*“The world is a book, and those who do not travel read only one page.”  
-Saint Augustine*
-

# Stressed?

If there is anything we have in common during these unpredictable times, it’s feelings of stress and overwhelm. You are stressed about school. You are stressed about your parent’s expectations. You are stressed about the weather ruining your baseball game. You are stressed about how much time you spend doing things that don’t matter. Even thinking about stress causes more stress. What should you do? First of all, you need to identify when you are stressed. Stress can manifest itself in many different ways.

- Signs of Stress:
- Constant worry or anxiety
  - Feeling overwhelmed
  - Difficulty concentrating
  - Feeling overwhelmed
  - Short temper
  - Have difficulty relaxing
  - Low self-esteem
  - Eating more than usual
  - Changes in your sleep habits
  - Using substances to escape or relax

Now that you know you are experiencing stress, what can you do to combat it? The following are researched based practices that are proven to help reduce feelings of stress. Give one or two of them a try.

## How to manage stress

Exercise- Health Canada recommends children aged 12-17 get at least one hour a day of moderate to intense exercise each day. If you don’t enjoy sports, think outside the box. You can find a guided exercise video on youtube, go to the weight room, ride your bike, or walk your dog for an extended period of time.

## Healthy eating

Foods to avoid if you are stressed- alcohol, caffeine- energy drinks, sodas, etc. high sugar foods, simple carbs such as cake, cookies, white bread, crackers, fries.

Good foods to help with stress- herbal tea, whole grains, avocados, nuts, salmon, citrus fruits, high fiber vegetables.

Hobbies- doing something you enjoy reduces stress. The University of Utah recently conducted a study and found that people had a 75% reduction in stress related health markers after spending an hour participating in a hobby they enjoyed.

Talk to someone about your problems- we are social beings and are hard-wired to connect with other people. Feeling understood reduces stress.

Eliminate/manage your triggers- know what sets you off. Common stress triggers for teens are family discord, academic stress, traumatic events, and significant life changes. For example if there is a certain family member that always sets you off, plan in advance how you will deal with them and respond differently than you have in the past. Use one of the management tools listed above after dealing with the person that causes you stress.

Avoid harmful substances- trying to medicate your stress away with substances can numb the pain for a while, but will have damaging long term effects and possible addiction. Instead of reaching for a substance, use a stress management tool.

Meditation- meditation can produce a deep state of relaxation and a tranquil state. According to the Mayo Clinic during meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress. This process may result in enhanced physical and emotional well-being.

Everyone experiences stress and it is completely normal. When stress starts derailing your life, you need an intervention. You can greatly improve stress symptoms and unpleasant feelings by using stress management tools. While you may not be able to change your circumstances or your feelings associated with them, you can keep yourself in a better position to cope by using some of these strategies.

# Advice Column

Put your questions in the Dear Daisy box in the library!

Dear Daisy,

“How do you reject a friend who likes you but you don’t want to date them?” - Repulsed Rachel

Repulsed Rachel,

This one is tough. Usually it’s a very exciting thing when you find out someone has a crush on you, but if you aren’t interested it can get very awkward, very quick. Especially if you are close and you don’t want to lose a good friend. But if you don’t care too much about sparing their feelings, here are some ideas!

Don’t hesitate or drag it out. If you want to tell them you don’t like them, just say it! Being vague or non-specific can make it worse sometimes, and this can just help them move on faster.

Remember that you don’t have to explain yourself or why you feel that way, and they should respect what you said.

And of course we want to make it plain that you don’t like them, but we don’t want to be too rude and point out things like specific reasons you aren’t attracted to them. There is a line, and pointing out physical traits, usually crosses it.



Dear Daisy,

“Do you have any antidotes for stress? Thanks!” - Stressed Sofia

Stressed Sofia,

This is a great question seeing as we are in high school, and everyone is almost always tired or worried. It is very normal to experience stress over something like a big test, but it shouldn’t be a constant part of your life. Here are some suggestions to help you feel more calm and relaxed.

Make time for your hobbies. This seems pretty simple, but school and other tasks can really eat up a lot of your time. It’s important to schedule time to do things you really enjoy.

Take a break from what is stressing you out. If it’s something like homework, then you can take 5-15 mins to get up, walk around, drink some water, or have a snack.

Go outside! The weather is warming up, and especially after a long winter it’s important to soak up all the sunlight you can. Go for a quick walk, play with a pet or just sit on the front step and take a minute to breathe.





CHS Student Spotlights

Grade 9 Spotlight  
Andrew Styba

- 1. Favourite band or artist  
*Peach Pit*
- 2. Favourite hobby  
*Sim racing*
- 3. Biggest pet peeve  
*People who don't use common sense*
- 4. Something you can't live without  
*Music*



Grade 10 Spotlight  
Sarah Walburger

- 1. Favourite band or artist  
*Taylor Swift*
- 2. Biggest pet peeve  
*slow walkers*
- 3. Favourite celebrity  
*Zendaya*
- 4. Something you can't live without  
*My AirPods*



Grade 11 Spotlight  
Vitéz Orbán-Imreh

- 1. Favourite band or artist  
*Jean-Michel Jarre*
- 2. Favourite hobby  
*Building computers*
- 3. Biggest pet peeve  
*People who can't understand how to use technology*
- 4. Favourite celebrity  
*John Wayne*
- 5. Something you can't live without  
*My pc*



Grade 12 Spotlight  
Amadeo Spirig

- 1. Favourite band or artist  
*Ryan barry (@9monkeys)*
- 2. Favourite hobby  
*Drawing*
- 3. Biggest pet peeve  
*murder*
- 4. Favourite celebrity  
*Dwayne the Rock Johnson*
- 5. Something you can't live without  
*Drawing*



Our Festival Stars

Recently the Cardston Rotary club organized its first festival since covid initially hit. We had a number of students participate with many doing outstanding. Dalin Comin, Zachary Low, and Russell Comin all received awards for their piano pieces. Dalin Bascom and Katie Creed won awards for musical theater. Elena Bevans, Anna Rusk, Molly Lewis-Russell, and Tim Shipley all received awards and were recommended for provincials by the adjudicator for the category Musical theater.

Elena Bevans and Jessica Hardy received awards and were recommended for provincials by the adjudicator in the category Classical Vocal. Anna Rusk received an award and a provincial recommendation for the category of Contemporary voice. All of the students that competed all had fantastic performances, and are definitely worth praising.



Zach Low plays 'All of Me' by Jon Schmidt



Molly Lewis-Russell sings a song from 'Little Women'



John Hardy hands over the award for "Best Choral Performance" in the form of the "Marilyn Hardy Memorial Trophy"

Photos coutesy of The Temple City Star

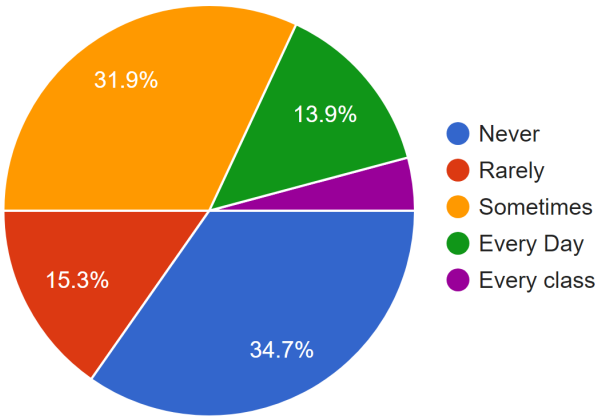
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Student Survey

Social Media in Class?



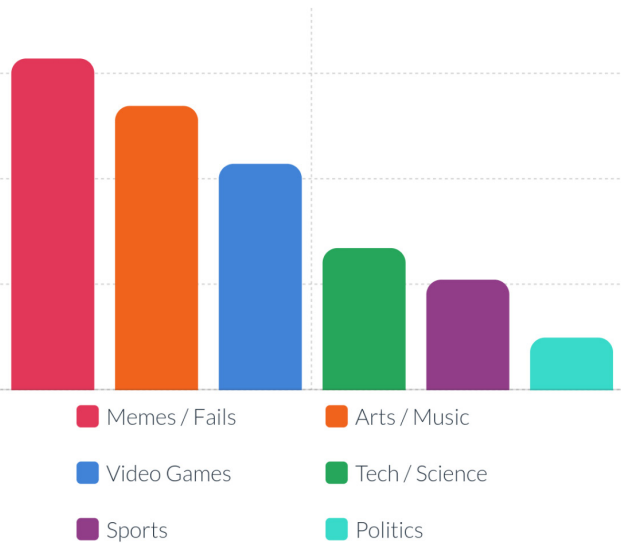
Most Used Platforms



Runners Up



Popular Posts





# Crossword

Across

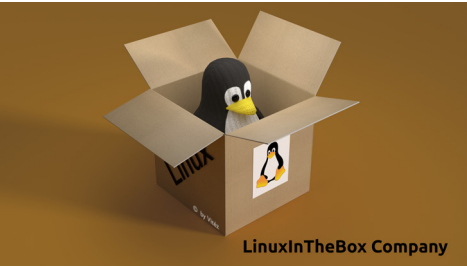
- 1. "Ditto"
- 9. Golden years
- 15. Pottery worker, sometimes
- 16. Removed the rind from
- 17. Rocker Elvis
- 18. Left money on the table
- 19. Demolition compound
- 20. 1944 Peck movie
- 22. Typesetting widths
- 24. New York gallery district
- 25. Poet Teasdale
- 27. 300-game winner Clemens
- 30. Splits open
- 34. Peck movie of 1962 or 1991
- 36. "John Brown's Body" poet
- 37. Net location
- 38. With 53-Across, 1962 Peck movie
- 41. Fed. benefit source
- 42. Chess area
- 44. Peck movie of 1956 or 1998
- 46. Heche of "John Q"
- 47. Office slips
- 49. Comics canine
- 50. Dean of "Lois and Clark"
- 52. Reverent respect
- 53. See 38-Across
- 59. "The Simpsons" outburst
- 62. Entrance phrase
- 63. Three digits punched with the digits
- 65. Repair shop substitute
- 66. Combine against
- 67. Uses a divining rod
- 68. Lip curlers

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				50	51					52					
53	54	55						56	57	58			59	60	61
62								63				64			
65								66							
67								68							

Down

- 1. Splinter group
  - 2. Auth. unknown
  - 3. Overall strategy
  - 4. Ambulance VIP
  - 5. Takes to heart
  - 6. First name in jazz
  - 7. Depend
  - 8. Shooter of hearts
  - 9. Decide on
  - 10. Vivien of "Gone With the Wind"
  - 11. Censure
  - 12. Gravy Train alternative
  - 13. Will of "The Waltons"
  - 14. Whirling water
  - 21. Sugar suffix
- 23. Author Rita \_\_\_ Brown
  - 25. Diving acronym
  - 26. Wrecker of a Ruth record
  - 27. Classic auto
  - 28. Symbol of strength
  - 29. Family name of folklore
  - 31. Privileged info
  - 32. "Casino" Joe
  - 33. Vampire-slaying weapon
  - 35. Big name in bouquets
  - 36. Word before window
  - 39. London lavatory
  - 40. Barbell abbr.
  - 43. Southern "supposes"
  - 45. Name before Jones
- 47. Forty-niners, for example
  - 48. Part of the U.K.
  - 51. Anouk of "La Dolce Vita"
  - 52. "Time is money," e.g.
  - 53. Salsa rating
  - 54. Melville novel
  - 55. Smokeless tobacco portion
  - 56. Insomnia indicators under the eyes
  - 57. Persia today
  - 58. Painter Magritte
  - 60. Polecat's defense
  - 61. Coop group
  - 64. Dirty dog

# Cougar Sports: Archery



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