

OCTOBER/NOVEMBER 2021

# ELDORADO COUNSELING NEWSLETTER



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## MEET OUR NEW COUNSELOR!

Counselor for Last Names Rok-Z:  
Dr. Lori Montoya  
loriann.montoya@aps.edu  
505-296-4871 x35009

Ms. Mertens moved out of state in September when her husband's job was transferred. She contributed greatly to Eldorado during her years here, and we miss her and wish her well!

If your last name falls in **Rok-Z**, Dr. Montoya is your new counselor.

Use this non-urgent request form to contact Dr. Montoya or any EHS school counselor. *If urgent, please come immediately to the Counseling Office!* For Ms. Velhagen, Mr. Huggins or Mr. Beecher, please reach us by email.

**Education:** PhD from The University of New Mexico (Family Studies/Counseling); M.A. from The University of New Mexico (Major: Counseling-School Counseling & Mental Health, Minor: Psychology); B.A. from College of Santa Fe (Child Psychology)

**Background:** I am a native New Mexican, born and raised as a farm girl in Corrales. My family was one of the first three families who settled in Corrales in the early 1700's.

**Trivia:** My favorite time is spent with my new husband and our 3 pets. My hobbies include running obstacle course races, reading, making greeting cards, playing board games, cooking, exploring nature, and traveling around the world.

**Favorite Quote:** "Give the ones you love wings to fly, roots to come back, and reasons to stay."  
~Dalai Lama



*Welcome, Dr.  
Lori Montoya!*



## OCTOBER & NOVEMBER DATES

- October: **Domestic Violence Awareness Month.** Need help with relationship issues? Reach out to your counselor!
- Oct. 1: **FAFSA** opens for college financial aid!
- Oct. 3-7: **Mental Health Awareness Week.** See below for details. EHS Counselors are here to support all students. Please see the [Counseling website](#) for crisis resources and our contact information.
- Oct. 11: **National Indigenous Peoples' Day**
- Oct. 22 @ 11:30 - 12:30 PM: **New Mexico State** info session in Admin. Conference Room. Juniors & seniors, [sign up here](#).
- Oct. 23: **UNM Fall Preview Day.** [Sign up](#) and visit the campus!
- Oct. 28 @ 12:00 and 6:00 PM (virtual): **UNM BA/MD Combined Medical Program Info Session.**
- Oct. 29 @ 11 - 12:30: **UNM FREE Application Workshop**, seniors only, [sign up here](#) and indicate preferred 30-min. time slot. Bring SS# if you have one; if not, you can still apply! Apply online (bring your ChromeBook) or on paper application UNM will provide.
- Nov. 2: **Election Day - No school**
- Nov. 3 @ 10:45 AM: **Embry-Riddle Aeronautical University**, Prescott, AZ, info session. Juniors & seniors, [sign up here](#).
- Nov. 4 @ 5:30 - 6:30 PM: **CNM virtual Dual Credit Information Session.** Learn about Dual Credit (free college classes during HS) benefits and the enrollment process. All students & families welcome.
- Nov. 13: **World Kindness Day:** promotes the importance of being kind to each other, to yourself, and to the world. This global recognition day reminds us that compassion for others is what binds us all together.
- Nov. 5: **AP exam registration deadline.** [Info & registration here](#).
- Nov. 6: **NM Tech Exploration Day.** Sign up and visit Tech!
- Nov. 9: **AP exam LATE registration deadline** (+ \$10). [Info & register here](#).
- Nov. 11: **Veteran's Day:** no school



- Nov. 13: **UNM Fall Preview Day.** [Sign up](#) and visit campus!
- Nov. 15: **Rock Your Mocs Day**
- Nov. 15-19: **National Apprenticeship Week.** See [Counseling website](#) for lots of apprenticeship & trade info!
- Nov. 17 @ 7:25 AM: **ASVAB: Military Placement Exam/Career Interest Tool.** Located in EHS Lecture Hall. ASVAB is free and open to all interested students grades 10-12. [More info here](#) and [sign up here](#) by Nov. 10. More info about ASVAB here.
- Nov. 24-28: **Thanksgiving Break:** enjoy and Happy Thanksgiving!
- Dec. 1: **UNM & NMSU scholarship deadline!**
- Dec. 1: Last day to apply to NMSU without a \$25 fee. [Apply online!](#)

## RED RIBBON WEEK

October 23 - 30, 2021

The [Red Ribbon Campaign](#) is the largest and longest-running universal drug-use prevention campaign in the nation. It's celebrated annually at thousands of schools across the country. **History:** Drug Enforcement Administration Agent, Enrique "Kiki" Camarena was tortured and killed in Mexico in 1985. In honor of Kiki's memory and his battle against illegal drugs, friends and neighbors began to wear red satin badges. Parents then started to form coalitions using Camarena as their model, while embracing his belief that one person can make a difference. These coalitions adopted the symbol of Camarena's memory, the Red Ribbon. Today, the Red Ribbon serves as a catalyst to mobilize communities to educate youth and encourage participation in drug prevention activities.

We will be offering several prevention activities at Eldorado during Red Ribbon Week. Please contact [Mr. Huggins](#), EHS Crossroads Counselor for more information.

### Mental Illness Awareness Week: October 3-9

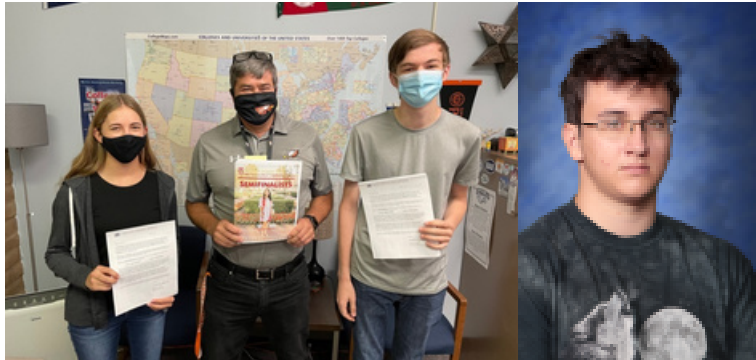
Each year, millions of Americans face the reality of living with a mental health condition. However, mental illness affects everyone directly or indirectly through family, friends or coworkers. That is why each year, during the first week of October, the National Alliance on Mental Illness and participants across the country raise awareness of mental illness, fight discrimination and provide support through Mental Illness Awareness Week (MIAW).

Since 1990, when Congress officially established the first full week of October as MIAW, advocates have worked together to sponsor activities, large or small, to educate the public about mental illness.

1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year.

If you or someone you know is experiencing challenges with their mental health, please talk to a trusted adult. EHS resources include: School Counselors, School Nurse, and other helping staff.

# CONGRATULATIONS, SCHOLARS!



## 2021-22 National Merit Semifinalists

Ainsley Paas  
Adam Oliphant  
Joseph Watson

Congratulations to **Ainsley Paas, Joseph Watson** (pictured with Principal Sandoval at left), and **Adam Oliphant**, who were named **National Merit Semifinalists**. These seniors achieved this honor through their outstanding scores on the PSAT/NMSQT as Juniors. They now compete -- by completing a detailed application with grades, achievements, activities, essay, and recommendation -- to be named *National Merit Finalists* in February 2022, at which point they may be offered college scholarships up to a full-ride.

**Congratulations, Ainsley, Joey and Adam!**



## 2021-22 National Merit Commended Student:

Gustav Bourdon

Congratulations to **Gustav Bourdon**, Eldorado's **National Merit Commended Student**, thanks to his outstanding score on the PSAT as a Junior! About 34,000 Commended Students throughout the nation were recognized for their exceptional academic promise. **Congratulations, Gustav!** (Pictured with Principal Sandoval)



## 2021-22 National Indigenous Scholar:

Tehya Barber

Congratulations to **Tehya Barber**, Eldorado's National Indigenous Scholar! Tehya was awarded this honor by the College Board's National Recognition Program for her outstanding PSAT score and exceptional grades. She is congratulated for her exceptional academic promise, and may qualify for outstanding college scholarships.

**Congratulations, Tehya!**



## 2021-22 National Hispanic Scholars:

Bailee Baca  
Michael Velasquez

Congratulations to **Bailee Baca** and **Michael Velasquez**, who were selected for the College Board National Hispanic Recognition Program! College Board launched this program 38 years ago to honor and connect academically excellent Latinx students to universities across the country. Bailee and Michael are being recognized for their academic achievements and outstanding performance on the PSAT/NMSQT, and they may qualify for outstanding college scholarships. **Congratulations, Bailee and Michael!**

