

# MIGHTY FLYING BEARS NEWSLETTER

Temecula Valley Air Force Junior Reserve Officer Training Corps CA-933



U.S. AIR FORCE

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## February Recap

*By Cadet Hannah Rosario*

Even in our shortest month of the year, CA-933 continues to push through and bring forward many changes!

During this month we continued to find ways to sustain morale with the Military Ball Remembrance, our own Drill Teams will be wearing uniforms soon, and we have a video coming up for the Spring Expo!

Even in this harsh environment, we continue to bring new things to work around this obstacle and we here are very proud of our corps. Finally, Happy Valentine's day to everyone!

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In the spirit of Black History Month C/Rueda talked about Harriet Tubman and her accomplishments as an African American woman. (p.01)

#### Cadet of the Month

Get an insight on who was chosen to be Cadet of the Month for February! (p.01)

#### Meet our Inspector General!

One of our cadets, C/ Kayla Johnson has directed an interview with our inspector General to get a closer look at the kind of work he does (p.08-p.09)

#### Military Ball Remembrance

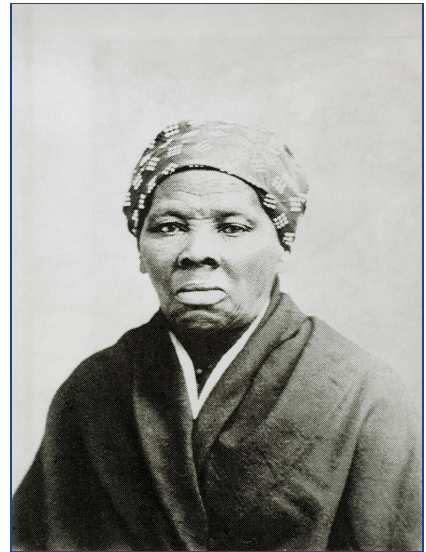
This month we would've had Mil Ball so we decided to share some of the amazing memories we've made in the past during Mil Ball. (p.15)

# Black History Month Hero

*By Cadet Daniel Rueda*

It wouldn't be a February issue without a remembrance to our African American community, and in the spirit of Black History Month I will be talking about one of the many heroes who represent this month's remembrance.

Meet Harriet Tubman, an abolitionist who helped approximately 70 enslaved people escape their horrific lives in the south. Born in slavery, she was sold and rented throughout her life and contrary to popular belief she did not create the underground railroad but actually benefitted from it when she escaped with her two brothers in 1849. From this point Tubman would return to the south to help her enslaved brothers and sisters and would use the underground railroad to help guide and free them. She became known as the "conductor" of the underground railroad and her success would lead slave owners in the south to post a \$40,000 bounty on her. But Tubman didn't only help those enslaved in the south, she would later serve the US Army during the Civil War as a spy, guerilla soldier and nurse. Her name shall always be remembered and her bravery and greatness will be a beacon of pride for the African American community, to women and to us all. Truly a courageous and noble hero worth remembering!



*Harriet Tubman*

# Cadet of the Month

*By Cadet Daniel Rueda*

To reiterate from previous newsletters, Cadet of the Month is when a committed and hardworking cadet gets nominated for a specific month. Getting selected as Cadet of the Month is an important award to receive. Every school year a total of nine cadets out of our corps will have been selected for this nomination.

For this month, there is no exception. Another of our well deserving cadets, C/A1C Lindsay Leyba, has been a recipient of this nomination due to her being a role model towards her peers and contributing to our program by participating in clubs and drill teams! It is rare to have a freshman be so dedicated to the corps this early on, and certainly something worth recognizing.



*C/A1C Lindsay Leyba*

Congratulations C/Leyba! Very well deserved!

# Officer's Perspective

By Cadet Hannah Rosario

The thing that sets apart AFJROTC from other classes is the fact that we are a cadet run program, and in this program we have a small percentage of these cadets who are incredible leaders that have earned their position as cadet officers. Being able to interview three of these officers, C/1st Lt. Juris Gaerlan, C/2d Lt. Kiara Ochoa, and C/Capt. Nakya Hayes, gave me wonderful insight on what it takes to be an officer as well as finding out different experiences these officers have had in our corps.

## Cadet Gaerlan's Perspective

C/Rosario: *“What do you feel officers have in common?”*

C/Gaerlan: “The officers all want to do something that would benefit the corps and allow all cadets to have a family-like experience.”

C/Rosario: *“What are the main challenges you come across as an officer?”*

C/Gaerlan: “A challenge that I’ve come across is proving myself to other cadets. I’m not the best public speaker and because of that, I second guess myself.”



C/1st Lt. Juris Gaerlan

C/Rosario: *“How does Kitty Hawk stand out from other clubs and why should cadets join it?”*

C/Gaerlan: “The projects as well as the chord and pin help Kitty Hawk stand out from the other clubs. Many cadets display interest in the chord and pin and ask how they can get it. With that, more cadets join the club allowing more options for the tutoring field and helping other cadets in need for academic support.”

C/Rosario: *“What was the best experience you had being part of the Sabre Drill Team?”*

C/Gaerlan: “The best experience that I had with the Sabre Team was during SCIDM of my freshman year. Before inspection we observed the team before we got yelled at by Drill Sergeants. The tension we felt was terrifying, though we got through it together and earned 3rd place in the competition. That was the most special experience for me in the Sabre Team.”

# Cadet Ochoa's Perspective

C/Rosario: *“What would you say the main difference between an NCO and an Officer is?”*

C/Ochoa: “I would definitely say that the main difference between an NCO and an Officer is that...being an Officer holds such a way bigger responsibility and amount of weight on your shoulders compared to being an NCO. You are looked upon, and expected more of.”

C/Rosario: *“What was the biggest change you encountered going from an NCO to an Officer?”*

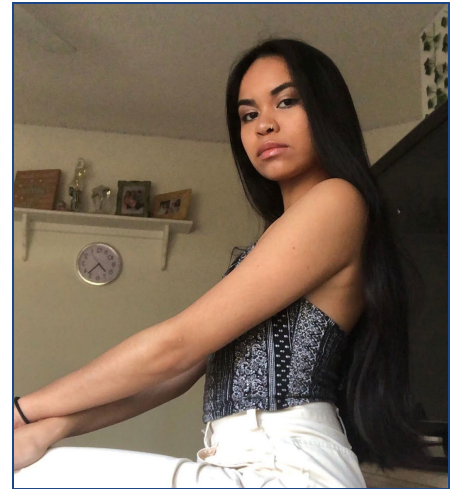
C/Ochoa: “The biggest change I have faced from being an NCO to an Officer would probably be squeezing in time for JROTC in my everyday life. Sometimes it is hard balancing dance, homework, and now more of JROTC, but I am still able to get what needs to get done, done.”

C/Rosario: *“How would you describe the characteristics needed to be a part of Color Guard?”*

C/Ochoa: “Being in Color Guard very much requires A LOT of characteristics...You will need motivation, perseverance, dedication, confidence, and many more. Being in color guard... you need to have that drive. You need to want it. You need to be willing to do your best...You need to not only be able to accept your failure, but do something about it. You need to have that focus...while also letting loose and having fun. Color Guard is very unique and different from all the other teams. It's all about a learning and growing experience.”

C/Rosario: *“What has been the hardest part of your job as Operations Commander? What is your favorite part?”*

C/Ochoa: “The hardest part about being the Operations Commander is making sure everyone gets the information they need with no misunderstandings or mishaps, and at the right time..It's difficult trying not to get things confused or mixed up with other details/stuff sometimes. On the other hand... my favorite part would have to be, getting the chance to become friends with these guys (Drill team commanders). Of course I knew of them and they knew of me, and I've had little conversations with all of them before...but I've never been able to really REALLY talk to them. Plus now, I don't only talk to most of them inside JROTC, but outside of it too. I like how I am not total strangers with any of them anymore and it's a really nice feeling that I am able to goof around with them and not be so serious all the time, it makes it easier on my part. Overall, my favorite part would be gaining these people as friends and getting to know them.”

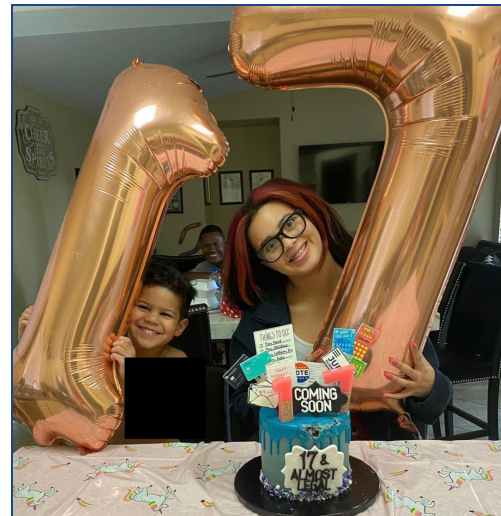


C/2d Lt. Kiara Ochoa

## Cadet Hayes's Perspective

C/Rosario: *“What are some of your responsibilities as an officer?”*

C/Hayes: “Almost everyone is going through a really hard time. Besides my job as an Executive Officer, I want to make sure that the corps remains a safe space. I would still want to do this outside of my position, but especially because I am an officer, I should make it my responsibility. Ideally, a place where cadets can laugh and create lasting memories. That’s what kept me in the corps. It didn’t matter how many friends I had or whether I had a good relationship with the instructors, I needed those memories to keep me here, as I’m sure many others did as well. I want to continue to create opportunities and memories for those in our corps. That’s one of the main responsibilities that I’m focusing on as of right now. Again, the online environment is challenging, but not impossible. I hope that people can feel comfortable in our corps. The staff will make sure to do our best to make that possible!”



*C/Capt. Nakya Hayes*

C/Rosario: *“What do you feel a person should have in order to be a successful Officer?”*

C/Hayes: “Determination. It may not be everyone’s year this year. Last year, when I was a Squadron Commander, my squad and I often talked about how difficult this environment was for everyone. However, what separated last rotation’s staff from being mediocre is how determined we all were to overcome this overwhelming challenge of being online. We all displayed significant determination to always be better. I know for a fact the freshmen that were under my leadership became better communicators and better leaders because of their determination. Although they weren’t officers, I can see them being phenomenal officers in the future because of how driven they were to always better themselves. On top of that, we had an amazing Top 5 staff to look up to as role models. Finding things to create determination is easy, maintaining it is the hard part. Especially as challenges come along, the easier decision will always be giving up. I’m glad none of us did, though. It taught us how to be better in the future and how to pace ourselves in the moment.”

C/Rosario: *“What were some of the challenges and experiences you faced to become one of the Executive Officers today?”*

C/Hayes: “Frankly, the last rotation was quite draining. I overworked myself by not taking breaks and was always by my phone to answer questions on time. I didn’t allow myself to take any time away from my position to be a human. Either it was sleep, school, or being a Squadron Commander. Very unhealthy habits and I wouldn’t recommend them to anyone.

However, I'm glad that I did. I was terrified of failure, but if I fail, that means that I tried to succeed. What's the harm in trying? Nothing. Now that I am an Executive Officer, I've learned from those unhealthy habits to take time away from my position to be human, take a breather, go outside and look at the beautiful scenery in my backyard... Anything other than worrying about the inevitable - failing."

*C/Rosario: "What were some of the things you learned from having a staff position virtually versus being in-person?"*

*C/Hayes:* "Leading without connection is almost impossible. Arguably, impossible. That's how I lead in the beginning stage of my time as a Squadron Commander. There was a clear gap in the communication between my Squadron and myself. Out of ideas, I asked my therapist what I could do to connect with them. She said that I could do icebreakers. I've always hated icebreakers, so I was extremely hesitant, but the more I thought about it, the more I realized that I wasn't leading myself. So, I decided to do the icebreakers. Something I wouldn't have done if we were in person. It was the best decision ever. We laughed at whether sweetened condensed milk belongs on shaved ice and that became our running joke for the rest of our term. Even typing it out after months have gone by since the joke was originally made, I fondly look back on the nostalgic, bittersweet memory with the utmost respect towards my squad. When we were in person, leading was a significantly smaller challenge compared to the online environment. However, as I said in question two, it took determination to be better."

Our officers are one of our key foundations as to why our corps is the way it is today. Like how C/Hayes has said before, our officers have incredible determination. Being an officer is one of the most important roles few cadets are able to receive. Not just any cadet can become an officer, just like C/Hayes, C/Gaerlan, and C/Ochoa, they all worked hard and committed to our corps which led them to become three of our few officers today..

## NCO's Perspective

*By Cadet Daniel Rueda*

Our officers aren't the only cadets running the show. Our enlisted group known as the NCO's (also known as Non-Commissioned Officers), have a very different but equally important set of responsibilities. These cadets take up most of our corps, but they all play a key role in the way our corps functions. Like C/Rosario, I took the opportunity to interview three NCOs which include C/TSgt Isabella Date, C/SSgt Destiny Henderson, and C/SSgt Michaela Malabrigo to get a better perspective and understanding of what exactly it is like to be an NCO and insight on their view on ROTC as a whole.

## Cadet Date's Perspective

C/Rueda: *“What is the role of NCOs in our corps?”*

C/Date: “I believe the role of an NCO is to exemplify personal integrity, loyalty, leadership, and dedication to the AF policies, and standards.”

C/Rueda: *“What differs an NCO from an officer?”*

C/Date: “The difference between an NCO and an officer, is that the officer can command any personnel and officers under his command, whereas an NCO can’t command officers except those put under their command.”

C/Rueda: *“How does ROTC differ from other electives and extracurricular activities? (such as clubs, sports, etc)”*

C/Date: “ I believe ROTC is different from any other elective because it teaches you a whole set of new skills. Not art, not dance, not singing, it teaches you responsibility, taking accountability and leadership. It teaches you how to make yourself a better citizen not only for your country and the people around you, but also for yourself as well.”

C/Rueda: *“What are some of the benefits being in ROTC?”*

C/Date: “Some benefits I have gained from joining ROTC, is I learned how to work together, take accountability, and understand and gain respect for everyone. It taught me to be clean with my work, efficient, work with others around to come up with the best solution.”



C/TSgt Isabella Date

## Cadet Henderson's Perspective

C/Rueda: *“What do you think is the most important characteristic of an NCO?”*

C/Henderson: “The most important characteristic of being an NCO for myself would be creativity, not only does creativity allow you to expand your options but as well as explore more. This is important being an NCO because as an NCO we are here to help the corps grow and improve in all ways!”



C/SSgt Destiny Henderson

C/Rueda: *“How would you describe your experience as a NCO in this environment?”*

C/Henderson “My experience as an NCO in an online learning environment has certainly been challenging, although it hasn't been easy I've taken the time to look back at the challenges and have thought of ways I had learned from them, what worked and what did not.”

C/Rueda: *“What was it about our corps that made you want to stay?”*

C/Henderson “I could confidently say that was something that brought me back to CA-933...the experiences and joy it brought me. With not only the help of our amazing instructors, our cadet corps leaders, & the comfortable safe place they created for us to not only love what we do but enjoy doing it.”

C/Rueda: *“What encouraged you to rank up to an NCO?”*

C/Henderson: “As for myself becoming an NCO I think something that helped encourage me in doing so would be the support of amazing cadets around me.”

## Cadet Malabrigo's Perspective

C/Rueda: *“What's something many people miss about being an NCO?”*

C/Malabrigo: “Being an NCO is not just about achieving a higher rank or position it is about becoming a good role model to other cadets. They show leadership and they are always at their best behavior for younger cadets to learn and be inspired to be an NCO. They are the guides that will lead and help those around them.”



*C/SSgt Michaela Malabrigo*

C/Rueda: *“What advice would you give to those who want to be an NCO?”*

C/Malabrigo: “Do your best to be an example and be a role model that other cadets will look up to. Don't ever doubt that you are not worthy of the position because I know that there is so much more in you and you will do amazing things in the future.”

C/Rueda: *“What were some of your favorite experiences and memories in ROTC?”*

C/Malabrigo: “Last 2018, a mass inspection was held and all of us in the corps experienced nervousness and excitement about the inspection. Although it was intense, all of our cadets are determined and confident that we will do great. That's why we received the highest score and we couldn't be more delighted to know that because we practice as hard as we could in order to achieve the highest score.”



C/Rueda: *“How would you describe ROTC to a new cadet?”*

C/Malabrigo: “ROTC is a place where you can be at your best and at the same time where you will experience the warmth and kindness in each cadet. It is a place for improvement and development in order to fulfill our mission, "Develop citizens of character dedicated to serving their nation and community.”

These NCO’s do so much more than what many are led to believe. While our officers are busy handling the logistical aspect of AFJROTC, our NCO’s are here to make sure that the rest of the cadets are given the chance to speak their minds and share their insights. Working along with our command chief, they work hard to improve our morale and ensure that even in these tough times our corps continues to strive forward with a smile on our faces. Truly a remarkable group of people! And a special thanks to the cadets involved in these interviews!

## Meet our Inspector General!

By Cadet Kayla Johnson & Cadet Hannah Rosario

In our corps we have over thirty positions and the most notable are the ones in the top nine. However, our corps ranges further than just these positions as those nine only include 3% of the entire corps. One of those positions is the Inspector General, C/SMsgt Enzo Custodio. C/Custodio is in charge of providing the corps with goals along with leading the Mass Inspection the unit has every 4 years. C/Johnson had the opportunity to interview C/Custodio to give us a more in depth insight at what this job entails!

C/Johnson: *“What is an Inspector General?”*

C/Custodio: “Keeping the unit in compliance with AFJROTC regulations. 2. Making sure that the AFJROTC mission statement and goals are being followed. 3. Making that unit goals will be achieved 4. Preparing the unit for an Air Force inspection.”

C/Johnson: *“Why did you choose to become Inspector General? Was there someone who inspired you?”*

C/Custodio: “I chose to become the inspector general because I want to help prepare the corps for our unit inspection come the 21-22 school year. I also wanted to create goals and help



C/SMsgt Enzo Custodio

our corps succeed. The corps is actually the one who inspired me. A group of young students with such passion and drive for the best and for better, I can't think of anyone or anything that can be more inspiring than that."

C/Johnson: *"How do you intend to make an impact on the corps?"*

C/Custodio: "Well to motivate everyone, most especially when our unit inspection is coming up. To strive for the best and for everyone be the best versions of themselves. I want to also help everyone in any way possible and inspire them to become better Cadets."

C/Johnson: *"As Inspector General what are the responsibilities you have to do?"*

C/Custodio: "Create goals for the Corps. Make sure the Corps reaches the goals. Prepare the unit for inspection."

C/Johnson: *"If there was one thing you could tell freshman cadets about your position what would it be?"*

C/Custodio: "It's underrated. It's a job that is overlooked but don't let that stop you. It's not a top 9 position but that doesn't mean it's not important. There is a lot of work behind the scenes and people or Cadets don't need to see all the work. As long as you know you're doing the work and putting in your best then you're doing your job."

Inspector General is one of those positions not many people see, for their work is done behind the scenes, this does not make this position any less important than the rest. There is a job to accomplish and every position has an important task to do, and the Inspector General plays a key role in the success of the corps. C/Custodio has done an amazing job even in this environment and hopefully we get to see what he has planned in the near future!

If you want to contact C/Custodio for any questions regarding his position or anything at all, his contact information is listed below!

Email: [0070187508@tvusd.us](mailto:0070187508@tvusd.us)

## ROTC/TVHS Clubs

*By Cadet Alexis Pottorf*

There are many different ways to be involved with AFJROTC, one being joining a club. There are a variety of clubs you can join, from the Cyber Patriots club to the Athletics club. Here are two clubs in our corps who are currently looking for members, which are the Rocketry and APT club. I had the opportunity of interviewing the Rocketry club commander, C/CMSgt Jayvion Campbell, and the APT club commander, C/1st Lt. Brenna Dail.

# Awareness Presentation Team (APT) Club

C/Pottorf: *“What is something that you want cadets to know about you (introduce yourself)?”*

C/Dail: “I am a captain, and a 4 year cadet. I pride myself on my loyalty and that I am always helpful to people and very friendly.”

C/Pottorf: *“What is the APT club about?”*

C/Dail: “The Awareness Presentation Team is basically a club within ROTC that is dedicated to talking about the dangers of drug and alcohol abuse as well as bullying and peer pressure, to hopefully help elementary school kids and middle school kids learn to stay away from that, or at least do it responsibly. Also to create a more friendly community with less bullying and peer pressure.”

C/Pottorf: *“What are some things that members do in the APT club?”*

C/Dail: “We definitely practice public speaking, we write speeches, we do slideshows, we present in front of elementary and middle school kids, we do skits, and simple things like that. We are a very big group that works together.”

C/Pottorf: *“Why did you take part in the APT club?”*

C/Dail: “I joined my freshman year and I joined because I wanted to get better at public speaking, but also, I wanted the badge for my uniform.”

C/Pottorf: *“How does the APT club relate to our corps’ mission?”*

C/Dail: “Our corps mission is to create better citizens for America that are dedicated to their community, so for APT we try to make our community healthier. We try to create more maturity and allow kids to come to us or ask us questions so they know the dangers and consequences of bullying or being bullied, or doing drugs or alcohol at such a young age. If we can make a difference in those kids lives and limit the number of kids that are doing these things, then it creates a stronger community for us.”

C/Pottorf: *“What are some words of encouragement for cadets who are interested in joining the APT club?”*

C/Dail: “Anybody can join! I was a terrible public speaker, but I got so much better through that. The upperclassmen and higher ranks are definitely there to help you, and to help make you a better public speaker. They're there for your support, you create very good friendships especially with older cadets, which may be a bit scary for freshman and sophomore

cadets. You should join, you meet more people, you'll get to experience more things that ROTC has to offer, as well as improve a skill that is useful throughout your entire life.”

## Rocketry Club

C/Pottorf: “*What is something that you want cadets to know about you (introduce yourself)?*”

C/Campbell: “Hello, my name is Jayvion Campbell. As you guys know I am your Command Chief, Training Officer, and Rocketry Commander. Something that I like to do is drawing. I do it whenever I feel like, and if I feel really motivated I’ll do an animation, which is something that I’ve always been fascinated by ever since I was a kid and have only just recently started to learn how to animate. Other than drawing, I mostly just like to hang out with my friends in my free time.”

C/Pottorf: “*What are some things that members do in the Rocketry club?*”

C/Campbell: “New cadets will be given the contract, which they will sign before they get started on anything. I show them a slideshow about the details of Rocketry. They then go through an open note test, where if they pass they can be in Rocketry officially. The cadets who have passed the test, have taken their kits and are currently building their rockets now.”

C/Pottorf: “*Why did you take part in the Rocketry club?*”

C/Campbell: “I thought it was something cool to command, and I’ve wanted to command a club, and I thought that it was something that would suit me well. I also wanted to teach cadets how to build the rocket and to help them out.”

C/Pottorf: “*With the possibility of going back to school on April 5th, what will the Rocketry club look like?*”

C/Campbell: “If we do go back to in person school on April 5th, Rocketry meetings will probably be a lot more frequent. And since we would be in school there will also be a possibility that we would be able to get a Rocket launch up and going and the Cadets can finally get their Rocketry badges.”

C/Pottorf: “*How does the Rocketry club bring cadets together/contribute to our mission?*”

C/Campbell: “It’s fun, basically. You get to build rockets together with your friends and launch them. A downside is that we can’t be at school for the time being, so you don’t get that hands on, you don’t get to be in S-14 and be outside and launch the rocket, but as of right now, you get to build the rocket. Being able to work together in order to build rockets, each person can help each other out, I can help out whenever they need, and it altogether contributes to us launching the rockets and gaining the badges.”

C/Pottorf: *“What are some words of encouragement for cadets who are interested in joining the Rocketry club?”*

C/Campbell: “Rocketry is a really fun, relaxing, and really easy club to participate in. You get to build a rocket after all, and you can do it with your friends as well. Rocketry is very stress free and you should join it so you can be cool, because Rocketry is cool :D.”

Outside of AFJROTC, there is a wide variety of clubs you can join that are currently looking for members. One being the Youth Liberty Club. I had the pleasure of interviewing the Youth Liberty Club president, Jaydn Hepler.

## Youth Liberty Club

C/Pottorf: *“What is something that you would like students to know about you (introduce yourself)?”*

Jaydn Hepler: “Hi, I’m Jaydn and I am the president of the Youth Liberty Club.”

C/Pottorf: *“What does the Youth Liberty Club encourage?”*

Jaydn Hepler: “Mainly we encourage civil discussion between like and unlike minded people, like people who disagree with each other. We also just encourage finding common ground between politics and things like that considering all the controversial topics, especially going on right now, we really encourage things to be civil and to find what you may have in common with someone you wouldn’t think you have something in common with.”

C/Pottorf: *“Why should students join the Youth Liberty Club?”*

Jaydn Hepler: “I think students should join the Youth Liberty Club because considering how involved I’d say our generation is in politics, it’s a really good way to express your opinion and to see how other people feel and just being able to talk about it without having to just solely go through social media. You can just talk with everyone and that’s kind of what we really focus on, trying to get everyone’s opinion heard.”

C/Pottorf: *“What is the purpose behind the Youth Liberty Club?”*

Jaydn Hepler: “The main purpose I’d say is for people to realize that politics, yes as much as it is a big deal in our lives right now, shouldn’t control you. We also want people to be able to talk about it and to go through it all with help. That’s why we use such controversial topics I’d say just to get people to release that energy that may come from having some toxic politics in social media especially.”

C/Pottorf: *“How does this club encourage students to develop a growth mindset?”*

Jaydn Hepler: “I’d say it develops a growth mindset because you’re hearing different opinions from both sides of the spectrum and in the middle too, so it kind of helps you see the other side of what you may disagree with and it helps you learn that ‘okay maybe that isn’t so crazy’. A lot of people can feel that the opposite side is just this insane idea compared to theirs, but when you really get to talking with people you see that you have more in common than you thought you did.”

C/Pottorf: *“Why did you personally take part in this club?”*

Jaydn Hepler: “My junior year in high school I had been friends with a couple of kids, and we all just had been talking politics and going back and forth and we all kind of came together saying ‘hey let’s like start a club at school.’ For me personally I think it was just being kind of confused at how I felt and trying not to be swayed by social media and trying to figure out what my opinions were. I think that a lot of people kind of found themselves being able to come to meetings when we were in in-person school and being able to talk about it. People had some good discussions, even now we don’t have as many people, but personally, I found it interesting to be able to talk with other people who disagreed with me.”

## Mental Health Advice

*By Cadet Alexis Pottorf*

Everyone is going through an obstacle right now during these tough times, but remember that you are not alone. We are all in the same boat together, and there are ways to get past mental obstacles. One being talking to Ms. Lily, the school social worker. I had the pleasure of interviewing Ms. Lily, and here is some advice and words of encouragement.

C/Pottorf: *“What is something you want students to know about you (introduce yourself)?”*

Ms. Lily: “I am the School Social Worker, and I do counseling with our high school students. I am similar to a counselor, but I do more counseling and less class/college stuff. My office in the counseling building too :) The first step is always to reach out to your counselor first, but I am here as support also!”



*Miss Lily, our TVHS social worker*

C/Pottorf: *“Do you have any comforting words for someone who might be struggling with their mental health but are afraid to say anything?”*

Ms. Lily: “I think our mental health and what we are going through can be deeply personal, and on some levels embarrassing; but the people that are in your life that are here to help (like your teachers, counselors, and school social workers) have a passion for helping students and will not be upset or angry if you share that you are struggling. Many of us have been through similar things and would love to help and be there for you!”

C/Pottorf: *“Why is it important to reach out to someone for help?”*

Ms. Lily: “Most people that are struggling with something, think they are the only one, which makes it so much harder and lonelier. When you reach out, you actually realize you are not alone and there are many that know what you feel like. It's a pretty incredible feeling to finally be surrounded by people who get you, won't judge, and who can be there for you. Getting help and reaching out is the best thing someone can do when they are hurting.”

C/Pottorf: *“What are some words that you would like to tell anyone during these tough times?”*

Ms. Lily: “I think the most important thing I would like to say is to not give up. Most pain and struggling doesn't last forever, and better days are coming! Also, no matter the situation we are in, there is always some good that we can focus on. If we do that, no matter what happens we can hold on to hope and positive thoughts.”

C/Pottorf: *“What is something that you would like to tell anyone who is suffering from anxiety or depression?”*

Ms. Lily: “If you are struggling with anxiety or depression, I would strongly suggest talking to a professional about it. Anxiety and depression can start out small, but if you never learn how to deal with it, then it can grow and grow and one day it can be overwhelming. Anxiety and depression are treatable, so reaching out can help you overcome them!”

C/Pottorf: *“What are some words of encouragement for students who are struggling to keep going?”*

Ms. Lily: “I would encourage everyone to find balance; focus on school but also focus on things that help us feel relaxed and rejuvenated. It is important to do things that help us feel good so that we have the energy and motivation to do the things that are hard. If we focus only on one of these areas too much, then we will feel overwhelmed at one point. Lastly, I would say that you have made it this far and you are doing it!! Don't give up before you see the end result.”

Keep in mind that you are not alone, and that you have people around you that will support you through any tough times. “Keep going. Each step may be harder and harder, but don’t stop. The view is beautiful at the top.” You can always reach out to your counselors, to schedule a meeting if you need any help or guidance. Another way to reach out for help at any time is to text HOME to 741-741, where you can talk to someone from around the world, anonymously if you want, about what you are feeling or going through.



# Military Ball Remembrance

*By Cadet Alexander Bowen*



*Cadets during the Military Ball Ceremony*

The hours of formality and fun during the night were some of the best cadets had throughout the year. The anticipation of the Royal Court winners, eating wonderful food, and hanging out made this a top tier event for cadets. Although Military Ball is a fun night for cadets, it is also a night to recognize outstanding staff members in our schools. Last year, Mr. Hamill was voted for teacher of the year and Officer Kennedy was voted for favorite Support Staff member!



*L to R: C/Moriel, C/Rosario, C/Villez*

Military Ball, a formal, fun, and missed event this year due to COVID-19. The formal ceremonies, dancing, socializing, and overall just having an outstanding time was an experience that freshmen could not have in their first year of high school, an experience that the seniors could not have for the last time, and an experience that the sophomores and juniors didn’t have this past year.



*L to R: Lt. Col. Good, C/Lundgren,  
Mr. Hamill, MSgt Knight*

The Ball is a cherished event by many and the day it would have occurred did not go forgotten. COVID-19 has brought hardships to many and unfortunately we had to miss this wonderful event because of it. Our safety and wellness is more valuable than one night of fun that we can hopefully look forward to returning to next year.



# Meet the Newsletter Team!

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