

# DAILY BULLETIN

*Cougar Family.  
Cougar Pride.*

*Learning & Connecting: Nothing Can Stop Us!*

**THURSDAY, NOVEMBER 21, 2024**

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
Shaun Way	Chicken Pesto Pasta, Garlic Bread, Fresh Veggies, Fruit, & Milk Variety	Take action seniors! 2 school days left to get help from Mrs. Accurso with your CSU and UC priority applications. Come sign-up to see her ASAP if you need help.

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
<p>The Mendocino College Schedule is now available for Spring Semester. If you would like to see Mrs. Accurso to look at your college class options, please sign up to see her in the office. College Registration starts November 22nd.</p> <p>Next week- No School. When we return we have just 3 weeks until the semester is over. Finish strong. Get work turned in. Level up and Fin</p>	<p>Seniors: Hoodies are on sale now in the Cougar webstore. ULHS seniors can purchase one hoodie for \$20. Any additional hoodie will cost \$40. We want every senior to get a hoodie! If you need support purchasing a hoodie, reach out to Hayenga.</p> <p>Seniors are selling tamales! Place your order with Hope. Pick up is November 22</p>	<p>ULHS Wrestling BBQ Fundraiser TONIGHT from 8:00 pm to 10:00pm at the Habematolel Board Room in Upper Lake</p> <p>There are three elements that determine eligibility. Your GPA, your weekly attendance, and your behavior. How are YOU doing on the Big Three?</p>

## *CAMPUS REMINDERS*

As you know, at Upper Lake High School, we live by our core values of Trust, Respect, and Responsibility. One way we can be respectful is to pay attention to our language and do our best to avoid inappropriate language when we are here in Cougar Country.

But what is a swear word? Why is it inappropriate? For a word to qualify as a swear word, it must have the potential to offend. As a general rule, swear words originate from taboo subjects. This is pretty logical. The topic is off-limits, so the related words aren't meant to be spoken, either.

Remember, one way we can be RESPECTFUL is to use appropriate language when we are on campus and at school events.

## *COUGARS HONOR HISTORY*

Thanksgiving is a complex day. For some, it's a time to celebrate with family over an elaborate meal. For others, it's a day to mourn and protest against colonialism and intentional false narratives about the relationship between Indigenous People and the early settlers.

While we don't know when the fairy tale version of the holiday was created, President Abraham Lincoln made it a national holiday in 1863 to foster unity.

"We are Americans; we can make the holiday into anything we want it to be," said Rep. Deb Haaland of New Mexico, who in 2018 became one of the first Native American women elected to Congress. "We can choose to celebrate each other."

Thanksgiving allows us to reflect on our collective history and celebrate the beauty, strength, and resilience of the Native tribes of North America.

We remember the generosity of the Wampanoag tribe to the European settlers.

We remember the hundreds of thousands of Native Americans who lost their lives because of the ignorance and greed of colonists and the genocide experienced by whole tribes.

We remember the vibrant and resilient Native descendants, families, and communities that persist to this day throughout the culture and the country.

To rewrite the myth, first, we must recognize the harmful impact of this historical fiction. Second, we need to stop engaging with any media that represents Indigenous People as cartoonish historical relics. It relegates Native Americans to the past and smooths out a history that should be taught with all its dimensions, and Native American history is American history.

The Native Americans featured in the Thanksgiving story are from the Wampanoag tribe, and they still exist. They make up two federally recognized tribes, the Mashpee Wampanoag Tribe and the Wampanoag Tribe of Gray Head.

Today, Thanksgiving is about coming together, being grateful, and remembering our ancestors. These values can still be honored while debunking the myths and learning and understanding another culture's history.

(Alem Tedeneke)