



# THE ECHO



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Canton High School, Canton, SD

www.canton.k12.sd.us

October 27, 2011

## New Drug and Alcohol Counselor Joins Staff Thomas to Work With C-Hawk and Tiger Students

By Lindsey Sorlie

Lizzie Thomas was recently hired as the school district's new drug and alcohol counselor.

Thomas graduated from the University of South Dakota. Though her original major was art, when she discovered there was a special major in drug and alcohol studies, she immediately switched.

"For me, it was more important to help people with addiction," Thomas said. "I never regretted my decision."

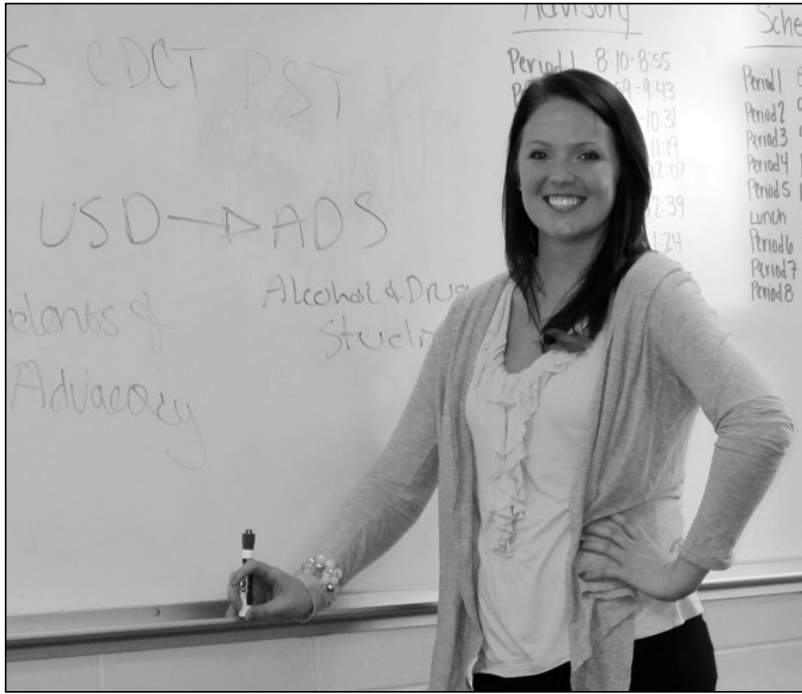
Thomas was president of the Coalition of Addiction and Students Professionals Pursuing Advocacy while in college. She also interned at the Carroll Institute in Sioux Falls.

Thomas wants to help people learn from their mistakes.

"Addiction is not your fault," she stated. "It a disease."

Thomas believe the best way to tackle adolescent substance abuse is through proactive efforts from the community and the parents.

"Most youth obtain alcohol easily, and many times the source of their



Drug and Alcohol Counselor Lizzy Thomas spoke to the Journalism class Oct 17 about her new role at CHS. She now leads Students Against Destructive Decisions (SADD). The name change came about because Thomas believes that destructive decisions go beyond just drinking and driving. Photo by Tori Iverson

alcohol is from their parents," reported Thomas. "I think Prairie View Prevention addresses this issue well with its "Parents Matter" campaign. This campaign supports the message "It's not about control. It's about love." Parents need to understand this."

Thomas believes the worst thing parents can do is to ignore the problems of kids' substance abuse. She wants to let everyone know that they don't have to go through this alone.

Thomas also heads up Students Against Destructive Decisions (SADD). The CHS student organization now has 28 members. Their job is to inspire kids of all ages to make the right decisions.

Thomas thinks it's important to take her job seriously and is making it a priority to reach out to Canton students.

"Addiction and drug abuse counseling is important and people really do get better with the right help."



## Construction Camp Hands-On Opportunity

Junior Darrell O'Connor gets hands-on experience at setting up and reading a transit during the Civil Engineering portion of Construction Camp Oct. 12 at Southeast Technical Institute. Thirty-five students from Civil Engineering and Architecture class, Landscape Design and Home Care attended the day-long event.

Photo by Jesse Peterson

## C-Hawk Dialogue

### All About "Hawk Pride"

Commentary by Cody Majeres

Volleyball reigns supreme in girls' high school sports.

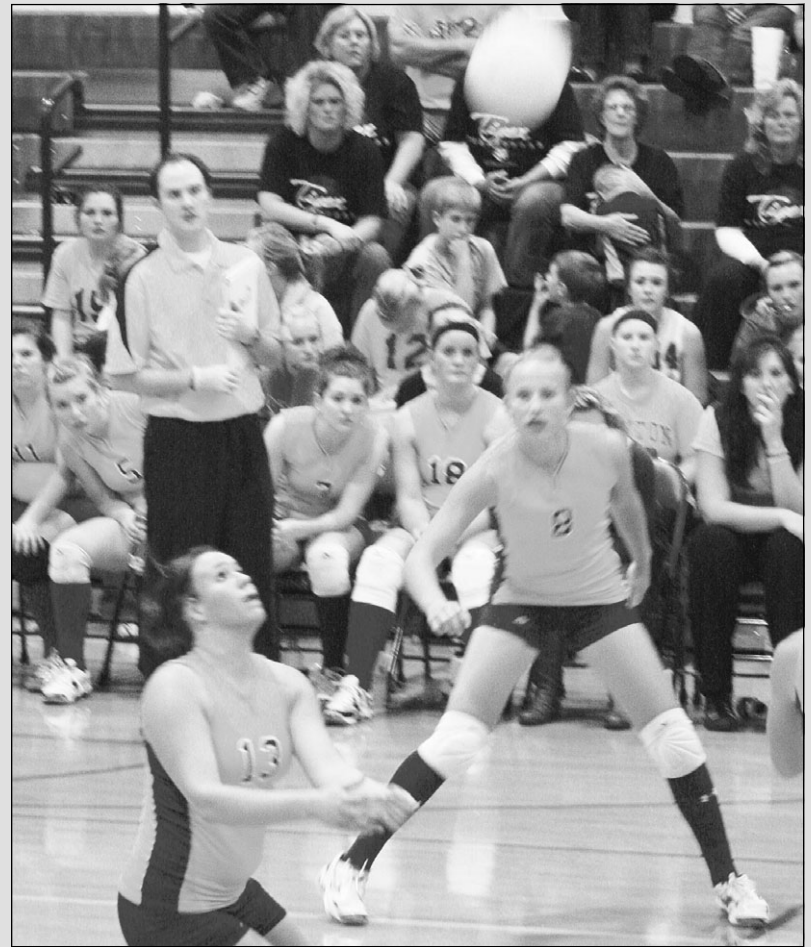
As an "all girl sport" with a fall season and play-offs, 59 teams in South Dakota Class A Volleyball are aiming for that coveted State Championship crown.

This year, the SD State Volleyball Tournament will be held in Sioux Falls Nov. 17 - 19 for all classes. Where Class AA is made up of four regions and four teams in each region, Class A and B face more formidable odds with 16 regions and three to four teams in each region. With the difficulty level for Class A raised because of 12 additional regions and 36 teams, the competition for the title becomes even more elusive. Winning Districts is tough and qualifying for Regions is even tougher.

Canton (7-14) has played a rather tough schedule this year, facing some top-ranked opponents like Sioux Falls Christian, Tri-Valley and Harrisburg. Win or lose, for all the players it's just been fun.

For fans, the sport has been great to watch. The student section at the Canton home volleyball matches is always on its feet cheering loudly. (Still, nothing can compare to last year's spirited crowds.)

The Canton volleyball team will play its last scheduled game of the season against the Lennox Orioles Senior Night Nov. 1, so get out and support our Lady C-Hawks.



Jessica McKenney gets ready to bump the ball as Kristin Twedt and Coach Eric Trygstad are in the background.

Photo by Laura Heckmann, Sioux Valley News

### Soaring C-Hawk of the Week

Congratulations to the C-Hawk Cross Country team. Seven individuals represented CHS at the State Meet in Sioux Falls. For the girls, Tatum Larson, Alicia Bergren, Jaden Wersal, Morgan Goodroad (14<sup>th</sup> at Regions), Sally Peterson (12<sup>th</sup> at Regions) and Region champ Halie McMains all qualified. Joe Rath was the only boy this year for Canton as he placed 20<sup>th</sup> at the Regions. Great job to those seven athletes as they are this week's Soaring C-Hawks.

# OPEN FOR BUSINESS

## C-Hawk Coffee Shop Teaches Life Skills to CHS Students

By Kaylee Van De Stroet

Canton's Skills for Success students are on their fourth year providing students and visitors with a variety of drinks and treats every morning.

Alternative Special Education Classroom teacher Kim Wentz supervises as the Skills for Success Students run the Coffee Shop.

"The students serve flavored coffee, espresso, lattes, cappuccino, Chai tea, Frappuccino, and hot chocolate," Wentz said.

The teachers have taken a liking to ordering coffee there in the mornings.

"I enjoy the Americano espresso," math teacher Ruel Eneboe said.

When he gets irritated with his students, he likes to take a drink of water or coffee to gather his patience.

They also serve baked goods.

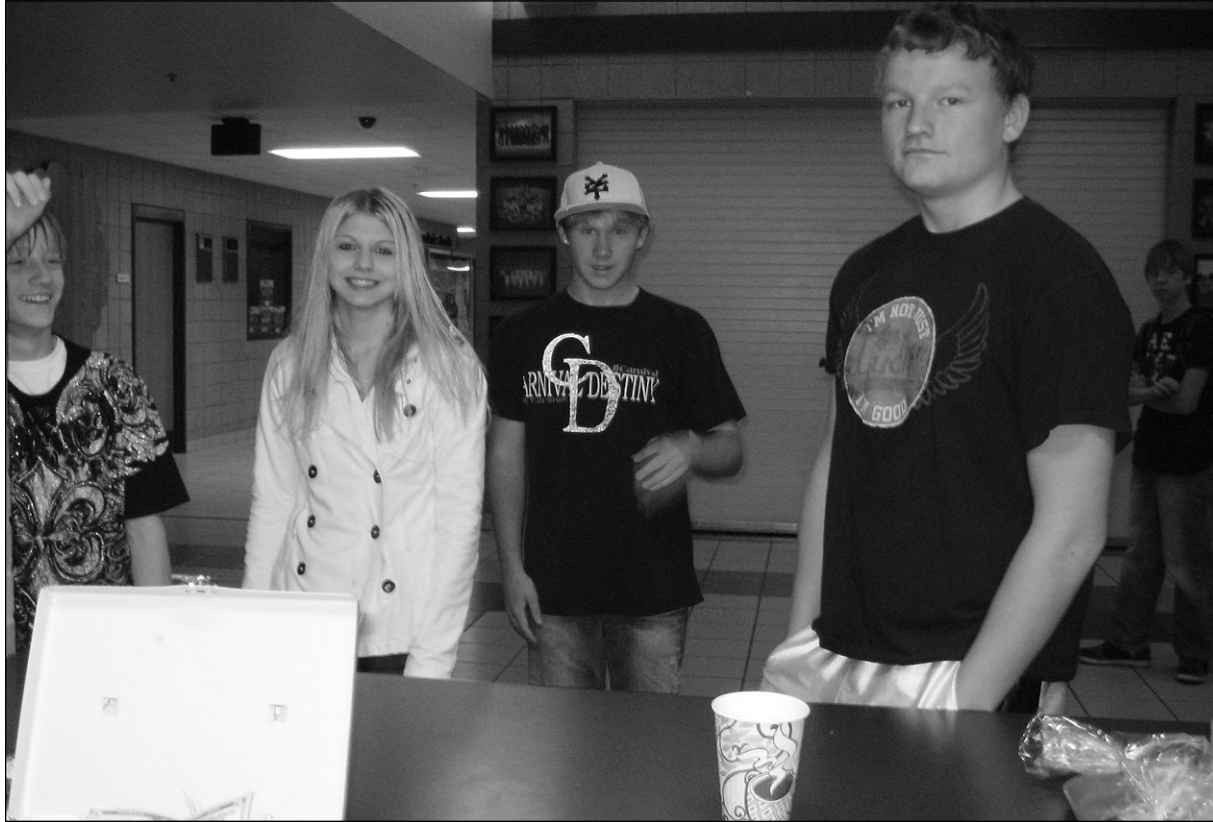
"The cinnamon rolls are amazing," Freshman Justin Fluit said.

The coffee shop is helping the students learn job skills like keeping track of hours, counting back change, taking orders, and interacting with customers.

"The students have to do all of the budgeting, using the C-Hawk Coffee Shop account. With supervision, the students write out the checks that are used to buy supplies, and record the checks in the register. The students go with the special education instructor to the bank and are responsible for depositing money into the account and filling out the deposit slip," Wentz said.

Wentz is proud of the students and encourages the school to support the efforts of the skills for success students.

"So stop on over and support the C-Hawk Coffee Shop from 7:45 to 9 AM!"



Customers (from left): freshman LJ Bird, freshman Lindsey Mulder, freshman Willie Williams and freshman McCade Reynolds wait to purchase a morning cup of coffee from the Coffee Shop. Skills for Success students run the Coffee Shop before school and during first period and at the same time learn about business accounting, budgeting and life skills.

Photo by Virginia Olson

## Hey Canton, the Yearbook wants your pictures!

Have you taken a great picture of some high school activity or event this year? The CHS yearbook would love to see it!

Share your pictures with us by registering on the Josten's webpage ReplayIt.com. Simply go to the site and register to send the yearbook staff your pictures. It just may appear in the 2012 yearbook. If you have questions, email adviser, Virginia Olson at virginia.olson@k12.sd.us.

Also, 2011 yearbooks are available for \$47.50

## Other Views: What's your favorite part of Halloween?



"Scaring people for a reason." Freshman Michael Kolvek



"The candy. I like dressing up, too." Sophomore Gabe Dolen



"Trick or treating." Junior Kaylee Sehr



"Decorations and dressing up." CHS Science Teacher Kris Pederson

Opinion Piece edited by Tori Iverson and Abby Christensen

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