



## The Bathroom Sensation That's Sweeping the Nation

Hey there, Coronado! While you're stuck on the toilet, take some time to peruse this – and take a peek at the upcoming events! Remember to be kind and take care of yourself! Be kind to others. Your words have an impact on yourself and others, even if you don't think they do.

### Veterans Day is coming up this Friday.

It's November now, and you still might have some candy left over, but this coming Friday is a day to commemorate the men and women who have fought for our country. Because our school is very close to the Air Force Academy, there are a lot of military families.

- Tell your military family members you love them. It's always nice to let your family know you care about them. 😊
- Visit military memorials and bring some flowers. It may seem small, but it always shows that you care and honoring our dead is an important part of Veteran's Day. Many of our dead are veterans, too. A good place to visit is the Veterans Memorial by Prospect Lake.
- Give some food to the homeless you can. About a third of the homeless population in America are veterans. Show them you appreciate them.
- Donate to some causes that help out veterans if you can! Any amount can help quite a bit, even if you feel like you're barely making a dent.
- Be respectful. If you don't know about something, don't make assumptions about other peoples' lives or the past. If you can, educate yourself!

### The Impact of Words

If I wrote something about someone in this paper, how far would those words spread? A lot of people here seem to not realize their words can have an immense impact. On others, and yourselves.

When you insult someone, it's not just a simple string of words. What you say to someone, kind or cruel, will always stick around. Especially cruel words; if you tell someone something cruel, even if just once, that negativity will stay with them forever, and what you said will stick to them and become part of what they think of themselves. Calling people you don't know slurs or insulting them to their face, and even behind their backs, does much more damage than you'd ever know. Threatening to kill them is not any better. There is a reason bullying leads to teen suicides, which, in our state, is the 8<sup>th</sup> leading cause of death. That may seem low on the list, but with all the ways you can die in this world, that's a pretty high ranking.

And when you insult yourself, it's not any better. Things like calling yourself an "[...] idiot" and "failure" because you didn't do well on an assignment or a test will slowly destroy your ability to function. You will withdraw, pulling away from others just by telling yourself you can't do anything. **It's okay if you aren't perfect right off the bat, or if you're struggling. If it's school-related, your teachers are there to help. Talk to them! Talk to trusted adults for other problems.**

### Upcoming Events

Monday 11/6	Tuesday 11/7	Wednesday 11/8	Thursday 11/9	Friday 11/10	Saturday 11/11
Harvest of Love Food Drive (All Day) Grand Canyon University Staff Visit & Lunch (11am – 12:30pm) Lunch LinkUP @ Room 212 (both lunches)	Harvest of Love Food Drive (All Day)	Harvest of Love Food Drive (All Day) Chicago Matinee @ The Auditorium (10am – 12pm) SK8 Club @ Manitou Skate Park (3pm – 5:30pm)	Harvest of Love Food Drive (All Day) Chicago @ The Auditorium (7pm – 9am) Academic Counsel (11:40 – 12:40)	Harvest of Love Food Drive (All Day) Chicago @ The Auditorium (7pm – 9pm) Saluting America Veterans Day Assembly 1 (11:10am – 12:05pm) & 2 (12:30pm – 1:25pm)	Harvest of Love Food Drive (All Day) Chicago @ The Auditorium (2pm – 4pm) & (7pm – 9pm) ----- Sunday 11/12 Virtual College Fair (all day)

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# Cougar Daily's "The Potty Mouth" 11/6-11/10

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