



Cougar Daily's "The Potty Mouth" 8/26-8/30

The Bathroom Sensation That's Sweeping the Nation

Onward, to the third week! Remember that the **Journalism club meets this week on the 27th**! Hopefully now it feels a little less like dragging your feet and more like walking comfortably to get through the day! Make sure to drink some water, and I'll see you next week!

Ways to Make the Most of Your Time

I know that sometimes the passing periods are too short to do a lot of things you need to get to, especially if you're a slow walker. Here's a tip to help you use your time wisely!

- If you need to use the restroom, but your next class is all the way in a different building? Go to your class first – you'll find that you're less stressed once you've dropped your stuff by your seat, and you'll have enough time to use the restroom, too!
- Need to do something important like go to the office to pick up forms or something similar? Just go to your class first to check in, and then go to the office. If you're late, you can ask them to write a pass, especially if it was something out of your control.
- Need to go to your locker, but it's in a completely different building? There's not much you can do except plan – during lunch, or the last time you're in the building of your locker, pick up your book or notebook just in case. It might be tedious to carry around, but it's better than hurrying around to grab what you need.
- Talk to your teachers! If there was something out of your control, most of your teachers will be forgiving!

Why Should You Read More?

I know some Cougars might not be all that excited about the new Monday reading program in every English class, so I'll go over a few benefits of reading!

According to Piedmont Healthcare, reading can ease stress and reduce cortisol production. This is probably one of the most important benefits, especially for us as high school students.

The relaxation reading gives us can also better our sleep. It's also a healthier alternative to our screens, which emit a harmful blue light that can cause significant harm to your natural melatonin levels.

Reading can also keep your mind "sharper," as it's been shown to reduce the speed of mental decline and the possibility of developing Alzheimer's (in a study done by Robert P. Friedland, et. al), though researchers are still unsure as to how exactly on the latter point.

Reading also allows us to experience viewpoints different from our own, which strengthens our empathy towards others. This is an especially important skill for high schoolers to develop, as we prepare to go out into the world.

Upcoming Events

Monday 8/26	Tuesday 8/27	Wednesday 8/28	Thursday 8/29	Friday 8/30	Saturday 8/31
Boys Varsity Golf Spartan Invite @ Colorado Springs Country Club (1:30pm)	Journalism Club @ Room 215 (Lunch) Softball JV & Varsity v Air Academy @ Holmes (3:30pm) Boys JV Tennis v Cheyenne Mountain @ Home (4pm) Boys Varsity Tennis v Cheyenne Mountain @ Cheyenne Mountain (4pm) Girls C-team & JV & Varsity Volleyball v Air Academy @ Air Academy (4pm)	Boys C-team Soccer v Cheyenne Mountain @ Cheyenne Mountain (4:30pm) Boys Varsity Golf Tournament @ Walking Stick Country Club (8:30am)	Boys Varsity Golf Tournament @ Four Mile High Club (9am) Girls C-team & JV & Varsity Volleyball v Liberty @ Home (4pm) Boys JV & Varsity Soccer v Cheyenne Mountain @ Home (5pm)	JV & Varsity Softball v Rampart @ Rampart (3:30pm) Boys C-team Soccer v Rampart @ Home (4:30pm) Varsity Football v Palmer @ Garry Barry Stadium (7pm)	Girls JV & Varsity Flag Football @ Vanguard School (9am) JV Football v Palmer @ Home (9am)

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