

Schools fight bullying

October is National Bullying Prevention Month, and the Kansas State Department of Education has encouraged all schools to do their part to take a stand against bullying. Oberlin Elementary School and Decatur Community High School are doing just that.

Last week at the grade school, each day began with an announcement by a sixth-grade student reminding everyone of the focus for the day. Monday. Be a good friend; Tuesday. Show respect; Wednesday. Be a good sport; Thursday. Stand up and speak out; and Friday. Make a change.

Posters, made by students, were displayed in the hallways, and on Friday every class signed a pledge to stop bullying. These concepts are stressed in each classroom and also presented in lessons throughout the year by school counselor Sheila Jansonius.

At the high school, principal Ben Jimenez, counselor Brenda Breth, and Student Council president Serena Stacy held an all-school assembly with the theme, "There is No Place for Hate at DCHS."

Mrs. Breth showed a Youtube video of a penguin tripping another penguin while two others watched. "We laugh at the video, but what if the penguins were people? Is it funny then?" Mrs. Breth asked the students. "What if the penguin who gets tripped is you? Is it still funny?"

The video shows the three parties involved in bullying – the bully, the bullied, and the bystanders.

Bullying is purposely hurting or harming another person with words or behavior. It is repeatedly hurting someone because they are smaller, bigger, weaker or different.

Mrs. Breth explained that each day 160,000 kids stay home from school for fear of being bullied. One in three kids are victims, while bystanders intervene in only one out of 25 episodes.

"We have students in our school who don't want to come to school because they are bullied," said Mrs. Breth. "This has to stop. We have to speak up."

Bullying can be direct or face-to-face. It can be verbal, such as insults or teasing. It can be psychological, such as dirty looks or making threats, and it can be physical, such as pushing or hitting.

Bullying can also be indirect, such as leaving someone out or telling someone not to be friends with someone else. Bullying has also entered the digital world, and students bully others through texting and social websites, such as Facebook.

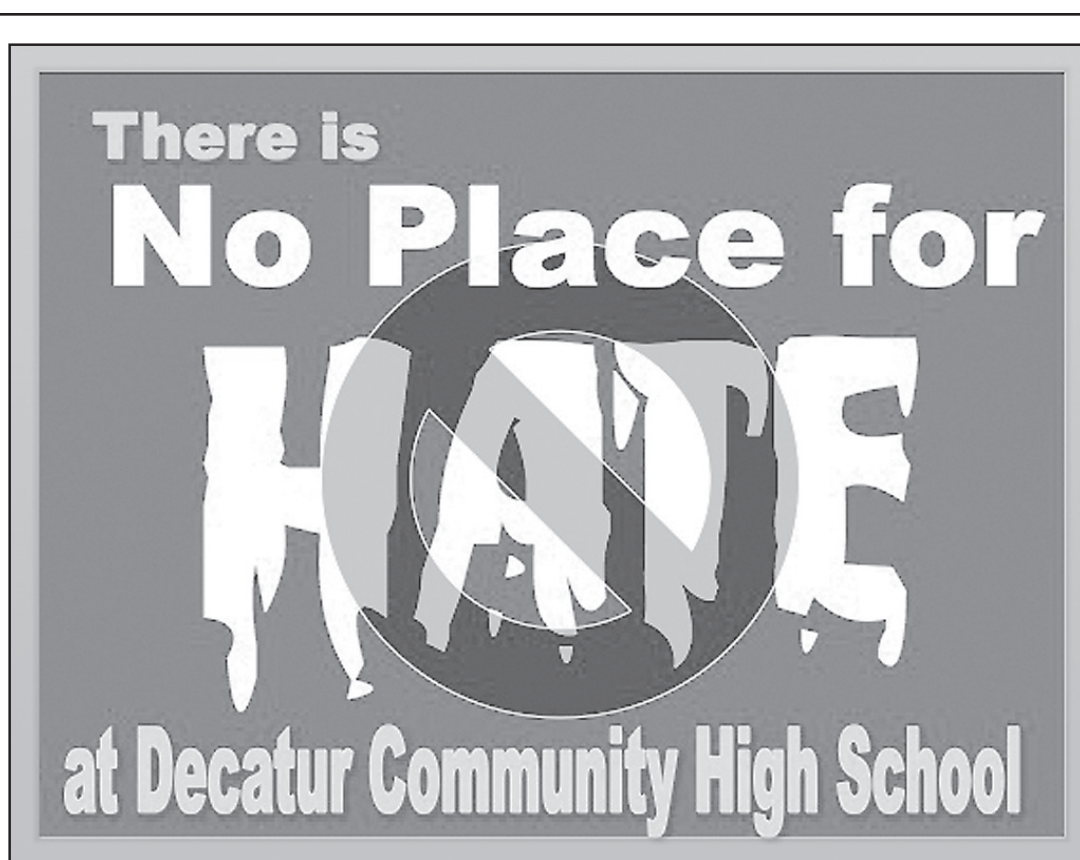
"Bullying is violence," said Mrs. Breth, "and violence is any mean word, look, sign, text or act that hurts a person's body, feelings or things."

Mrs. Breth then gave the students a little quiz: "Is this bullying?"

- You send texts or e-mails to someone who has said he wants no further contact with you? Yes, this is bullying.

- You spread rumors or say mean things about someone behind her back? Yes, this is bullying

- You call someone a retard? Yes
- You post embarrassing things



No one is perfect, but most try

By BRIANNA KLIMA

There may be hatred at Decatur Community High School, but I also see a lot of love.

Having hatred is never a positive thing in any case. In our school hatred goes on all the time, but in some cases we can't see it always.

I think we understand that nobody is perfect, and we all want to get along, but can you imagine

Commentary

how much more exciting and fun school would be if we all kept our bad thoughts to ourselves and were all drama free?

Everything in life would be so much easier for everyone if we erased all the drama.

Over the past few years, bullying has decreased a little, but there is still a lot of hatred, and I know it can be fixed if everyone cared and realized being hateful does no good for anything or anyone.

about someone on Facebook? Yes

- You tell a friend that you don't like Paul? No, this is not bullying. We tell our friends lots of things, including how we feel.

- You tell your other friends not to like Paul? Yes, then it becomes bullying.

- You comment on someone's clothes because she doesn't shop at the Buckle? Yes

- You and your best friend Dean have an argument and you decide not to speak to him for a day? No

- After the argument, you tell all your other friends not to talk to Dean too? Then it becomes bullying

- You hear your friend make fun of a disabled student, and you say nothing. Yes

- During football practice, someone tackles you from behind and you twist your ankle. No

- You push someone into a locker. Yes

- You accidentally bump someone, and he falls against a locker. No
- You walk past an ex-girlfriend in the hallway and call her a bad name. Yes

- You key someone's car. Yes – this is also vandalism.

"I think some of the students realized that some of their actions are considered bullying," said Mrs. Breth, "and that was the purpose of the assembly – to raise awareness."

Mrs. Breth ended her portion of the assembly telling the students about Phoebe Prince, a 15-year-old from Massachusetts who commit-

ted suicide.

Phoebe endured threats, name calling, and exclusion – both in person, and after school by text messages and on Facebook.

Mrs. Breth also showed a video by country singer Kylie Morgan who wrote a song about Phoebe called "It Matters What we Do."

Mr. Jimenez then shared his experiences about being bullied and being a bully. "I take bullying very seriously," said Mr. Jimenez, who is implementing a new procedure at the high school to deal with bullying.

Serena spoke up about how sometimes students aren't the only bullies, and that adults can be bullies

too. "We can't be afraid to speak up when we are being bullied by adults," said Serena.

To end the assembly, Serena asked all the students and staff to rise and repeat a pledge: "I believe that each student is an important part of our school and has the right to feel safe and happy."

"Therefore, I pledge, from this day forward, to do my best to stop bullying and hating and to stop those who violate the rights of others."

"I believe that one person can make a difference, and I will do my best to treat everyone fairly – even if they are not like me."

"I believe there is no place for hate at DCHS."



Enhancing Our Medical Team to Better Serve You

Tri Valley Health System is pleased to announce the addition of Shiuvaun Jaeger, MD to our Medical Staff. Dr. Jaeger practices Family Medicine as well as Obstetrics and will be seeing patients in Tri Valley's Indianola and Cambridge Medical Clinics beginning November 1, 2011.

Dr. Jaeger hails from Chappell, Nebraska and attended the University of Nebraska Medical Center prior to her residency in Cheyenne, Wyoming.



Dr. Jaeger joins a skilled, compassionate Medical Staff serving southwest Nebraska and northwest Kansas.



Dr. Rachelle Kaspar-Cope, MD
Family Practice/OB



Dr. Lennie Deaver, MD
Family Practice/OB



Kyleen Klinkebiel, PA-C
Family Practice



Bill Malchow, PA-C
Family Practice



Paul Shellabarger, PA-C
Family Practice/OB



Jim Allen, PA-C
Family Practice

Tri Valley Health System also hosts 23 visiting specialists.

ARAPAHOE MEDICAL CLINIC
305 Nebraska Avenue, Arapahoe
308-962-8495

CAMBRIDGE MEDICAL CLINIC
1305 Highway 6 & 34, Cambridge
308-697-3317

INDIANOLA MEDICAL CLINIC
119 South 4th Street, Indianola
308-364-9290

Spanish class orders dinner in McCook

By SERENA STACY

Senora Carol Brown and her Spanish students took a trip to McCook on Sept. 28 to expand their horizons.

The students had been learning new vocabulary and were able to practice what they learned.

The students got to eat at the Mexican restaurant Tequila's.

Spanish III student Brooklyn O'Hare said, "Going to Tequila's was fun. We got to use the Spanish

we have learned to order lunch, and we got out of school for a couple hours."

To go on the field trip, students had to be in Spanish II or III and had to order their food using Spanish.

Matt Glading said, "I had a lot of fun! I ate the enchiladas suprema and some fried ice cream for dessert."

Sounds like learning Spanish is fun.

Haunted house planned

By NOLAN HENNINGSON

Halloween is right around the corner, and we have just one question: are you ready for a good scare? The senior class is putting together another haunted house.

The haunted house is going to be in the old high school in Norcat. It will run Friday, Oct. 28, and Saturday, Oct. 29 from 8 to 11:00 p.m. both evenings.

Amanda Marshall and Darian Bose had the idea last year to start the haunted house as a fund-raiser for prom. It was such a great success, they're back at it again. They hope to see a great turnout this year.

The haunted house will be operated by the senior class, with help from several underclassmen. Senior class sponsor Dana Juenemann will also be helping out. All proceeds



will go to the seniors.

So if you're bored on Halloween weekend and/or like to be scared, come on out to Norcat for the haunted house.

Voice of Decatur Community High School



By the DCHS Dictator Staff

Many groups to sing at first vocal concert

By NOLAN HENNINGSON

Are your ears itching for some good music? We've got just what you need. The high school vocal department is going to perform its first concert of the year on Tuesday at 7:30 p.m. in the auditorium.

The concert, directed by Susan Nelson and accompanied by Jenny Tally, will feature several of the high school choir department ensembles including the mixed choir, concert choir, DCHS Singers, Chante, and Men in Black.

"The combined choirs will be singing 'Witness', 'There's a Place for Us' and 'Go Out With Joy', said

Mrs. Nelson. "Chante" will perform 'Dynamite' and 'Keep Holding On'. The concert choir will perform an arrangement of 'When the Saints Go Marchin' in' and the James Taylor Song, 'Fire and Rain'.

"Men in Black will sing a Jackson 5 hit – 'Blame it on the Boogie'. The DCHS Singers will sing 'Seize the Day', 'Boys of Fall' and Katie Perry's 'Firework'.

Admission will be one box of tissues per family as cold and flu season is right around the corner.

We hope to see you all there to enjoy this great night of music and performing.

New Student

Mary Riley

By KIAH BLAU

New student Mary Riley says Hi and gives high fives to everyone in the hallways.

Mary is a sophomore, and she moved to Oberlin from Bird City.

Mary said the reason she moved to Oberlin is because she wanted

change.

In her free time, she likes to listen to music and hang out with her friends.

Mary said, "I love it here in Oberlin."

Her favorite class is math, but she said she likes all her classes.

School Menus

Oct. 17-21

OBERLIN SCHOOLS

Monday: Late start no breakfast. Lunch: tater tot/green bean casserole. Tuesday: Breakfast: French toast sticks; Lunch: chicken fajitas, corn. **Wednesday:** Breakfast: breakfast bites; Lunch: turkey and cheese sandwiches, peaches.

Thursday: Breakfast: fruit turnovers; Lunch: spaghetti and meat sauce, vegetable blend. **Friday:** Breakfast: scrambled eggs, toast; Lunch: corn dog, baked beans.

Fruit served with breakfasts, choice bar with lunches, milk with all meals.