

CROOM HIGH SCHOOL



COUGAR CHRONICLE



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Featured Story



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Senior News

Seniors,

**Don't forget,
YOU NEED TO
MAKE SURE
YOU HAVE
ENOUGH
COMMUNITY
SERVICE
HOURS
TO GRADUATE.**



SENIOR PACKAGES ARE DUE ASAP.

These dues pay for your cap and gown for graduation. You can buy a yearbook, Senior class T-Shirt, and other swag for graduation.



Get on the mailing list
eMail:

Gary.puzzella@pgcps.org

Please see
Mr. Phillips or
Ms. Robinson to get
forms, ask questions
or for payment info.



Woman's History Month

March is Women's History Month and the Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, Nat'l Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in

commemorating and encouraging the study, observance and celebration of the vital role of women in American history.



Featured Story: Woman's History Month

Women's History Month began as a local celebration in Santa Rosa, CA. The Education Task Force of the Sonoma County (California) Commission on the Status of Women planned and executed a "Women's History Week" celebration in 1978. The organizers selected the week of March 8 to correspond with International Women's Day. The movement spread across the country as other communities initiated their own Women's History Week celebrations the following year.

In 1980, a consortium of women's groups and historians- led by the National Women's History Project (now the National Women's History Alliance), successfully lobbied for national recognition.



In February 1980, President Jimmy Carter issued the first Presidential Proclamation declaring the Week of March 8th 1980 as National Women's History Week.



From the first settlers who came to our shores, from the first American Indian families who befriended them, men and women have worked together to build this nation. Too often the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength and love of the women who built America was as vital as that of the men whose names we know so well.

President Jimmy Carter's Message designating March 2-8, 1980 as National Women's History Week

Subsequent Presidents continued to proclaim a National Women's History Week in March until 1987 when Congress passed Public Law 100-9, designating March as "Women's History Month." Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim

"Women's History Month."



Club, Group & Organization News

Clubs and Organizations are a great way to share your hobbies and interests with others.

The options for clubs are limited to your imagination.

Give it try, you will enjoy it!



How about a Guitar Club? Or even a Music Club, a Chess Club a Book Club, even a Sign Language club!



The Jamie Foxx Story

In school, a Teacher made him a deal.....The Jamie Foxx Story

I was adopted when I was 7 months old by the same couple who took in my mother when she was a child. My biological grandmother had her hands full in South Dallas with her other kids.

My mom was taken in by Estelle and Mark Talley, who lived in Terrell, about 35 miles east of Dallas. Mark had been like an uncle to her family. After HS she moved back to South Dallas, Married and had me, but the marriage fell apart.

Since my mom didn't want to give up her Dallas life, I was adopted by Mark and Estelle. At 5, I learned the truth, but none of it mattered I just figured I had 4 parents.

We lived in alone story white, clean cut house. Estelle, who I called Granny, couldn't have children, so she treated me extra special.

To make money, she had a nursery school/day care next to the house.

I was born gregarious and from the start I was aware and took everything in. I slept in the TV room, and granny kept the set on most of the day. I loved watching variety shows.

Before long, I started to mimic entertainers like Sammie Davis Jr. and Tom Jones, which astonished Granny. She said, "This boy's crazy, he just keeps talking like the TV."

As I got older, I'd go to school and perform monologues in class. Soon, I was in trouble with teachers, they called Granny.

"Yeah, I know" she said, "But the boy is special." She brokered a deal with Ms. Reeves when I was in the 3rd grade. She said "let the boy tell jokes and he'll get out of the system."

Ms. Reeves said I could tell jokes for 10 minutes on Fridays if I was quiet the rest of the week. I settled down, and as I did, it turned out I was super smart. I had read through Granny's library at home.

I quickly turned those Fridays into a comedy residency. I'd tell my jokes, and soon 5th graders were listening at the door. In 5th grade the 8th graders checked me out, by 7th grade, teachers were at the door.

Mark and Estelle were older than most parents, which made me mature faster. By the time I was 13, they were calling me Little Man-Man.

I wore a tie on a white shirt and played the piano for the church. Granny gave me my first acting lesson. She said "You better act like you got some sense." And that was the thing, wherever I went, she

wanted me to act like a young gentleman. She also taught me not o fear anything. Fear is what keeps us from accomplishing anything.

In HS, when I was a junior, I was on the football team. During a playoff gamer, our starting QB faltered and they put me in. I drove the team down the length of the field, calling my own plays. Then we scored a touchdown and I heard my name ov er the PA system, I knew I had ascended into being the man.

But I also learned to keep cool. I panicked on a play and one of the guys pulled me off and said "Don't ever panic in life, I don't care what it is dog." All this would help me later in movies.

I never took formal acting lessons, I went to college on a classical piano scholarship. They put me in an acting class, it wasn't for me. They were pushing a stuffy acting method and they were not exactly enlightened about black people.

After college, I realized I had been acting my entire life and started doing stand-up. In 1991 I was cast for the TV show "In Living Color", and I learned to be a character.

By the time I got to "Ray" in 2004, I focused on more than his music, I focused on how he ordered food and answered the phone, the nuances.

Today I love in LA on my avocado ranch, it reminds me of Texas. When I look at all that I've achieved, I think of Mark and Estelle, and my people from Terrell, I feel fortunate and blessed.

Staff News

We would like to wish a Happy March Birthday to:

Mr. DiNatale (9)



Just for Fun! - St. Patrick's Day

15 Things You Might Not Know About St. Patrick's Day

1. We Should Really Wear Blue

Saint Patrick's color was "Saint Patrick's blue," a light shade. The color green became associated with the big day after it was linked to the Irish independence movement in the late 18th century.

2. Saint Patrick Was British



He made his mark by introducing Christianity to

Ireland in the year 432, but Patrick wasn't Irish himself. He was born to Roman parents in Scotland or Wales in the late fourth century.

3. The Irish Take Saint Patrick's Day Seriously

As you might expect, Saint Patrick's Day is a huge deal in its old stomping grounds. It's a national holiday in both Ireland and Northern Ireland.



4. So Do New Yorkers



New York City's Saint Patrick's Day Parade is one of the world's largest parades.

Since 1762, 250,000 marchers have traipsed up Fifth Avenue on foot and the parade still doesn't allow floats, cars, or other modern trappings.

5. Chicago Feels Lucky, Too

Like New York, Chicago has a spectacle all its own. The city has been celebrating Saint Patrick by dumping green dye into the Chicago River since 1962. It takes 40 tons of dye to get



the river to a suitably festive shade!

6. It Used to Be a Dry Holiday



For most of the 20th century, Saint Patrick's Day was considered a strictly religious holiday in Ireland, which meant that the nation's pubs were closed for business on March 17. In 1970, the day was converted to a national holiday, and the stout resumed flowing.

7. It's the Thought That Counts



Hot Springs, Arkansas claims the title for brevity – its brief parade runs for 98 feet.

8. There's a Reason for The Shamrocks



According to Irish legend, the saint used the three-leafed plant as a metaphor for the Holy Trinity when he was first introducing Christianity to Ireland.

9. Cold Weather Helped Saint Patrick's Legend



In Irish lore, Saint Patrick gets credit for driving all the snakes out of Ireland. Modern scientists suggest that the job might not have been too hard; according to the fossil record, Ireland has never been home to any snakes. Through the Ice Age, Ireland was too cold to host any reptiles, and the rough seas kept any snakes from migrating there.

10. There's No Corn in that Beef



Corned beef and cabbage doesn't have anything to do with the grain corn. Instead, it's a nod to the large grains of salt that were historically used to cure

meats, which were also known as "corns."

11. The World Runs Up Quite a Big Bar Tab

All of the Saint Patrick's Day revelry around the globe is great news for brewers. A 2012 estimate pegged the total amount spent on beer for Saint Patrick's Day celebrations at \$245 million. And that's before tips to pubs' bartenders.



12. It Could have Been Saint Maewyn's Day



According to Irish legend, Saint Patrick wasn't originally called Patrick. His birth name was Maewyn Succat, but he changed his name to Patricius after becoming a priest.

13. There Are No Female Leprechauns



Don't be fooled by any holiday decorations showing lady leprechauns. In traditional Irish folk tales, there are no female leprechauns, only nattily attired little guys.

14. But the Leprechaun Economy Is Thriving

Another little-known fact from Irish lore:



Leprechauns earned that gold they're guarding. According to legend, leprechauns spend their days making and mending shoes. It's hard work, so you can't blame them for being territorial about their pots of gold.

15. The Lingo Makes Sense

The Saint Patrick's Day saying of "Erin go Bragh." is a corruption of the Irish Éirinn go Brách, which means roughly "Ireland Forever."



Important Dates To Remember

Croom High School
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Cheltenham, MD 20623
301-372-8846



Cougar Chronicle Staff

Editor Gary Puzzella
Asst. Editor Maybe You?
Sports Maybe You?
Photographer Maybe You?
Editorials Mr. Stephenson

IMPORTANT DATES TO REMEMBER

March	1	T	Staff Meeting 4:15pm
March	1	T	Woman's History Month Begins
March	4	F	3 Hour Early Dismissal - Everyone
March	4-8		3rd Quarter Progress Reporting
March	10	TH	Progress Reports Released
March	13	Su	Daylight Savings Starts
March	17	Su	St. Patrick's Day
April	3	Su	1st Day of Ramadan
April	5-7		3rd Quarter Grading Window
April	7	TH	End of 3rd Quarter
April	8	F	2hr Early Dismissal - PD for Staff
April	9-18		Spring/Easter Break

Letters to the Editor

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Dear Editor,

I have noticed lately that there seems to be a lot of anger in the world and even in my life. It is



*stressing me out, how can I stop being angry and feel better?
- Angry and Scared*

Dear A & S,

You are not alone, most people have the same concerns and fears. This is so important I am asking Mr. Stephenson, our in house expert on these matters.

Thanks! Understanding how anger works and how to handle it are skills we all need to keep ourselves sane and alive.

Here are 10 important things to know about anger:

It is a powerful, natural emotion that everyone feels from time to time in their lives.

Expressing anger properly can help motivate you to actually solve problems! Channel your anger to motivate you to overcome obstacles and achieve your goals.

HOWEVER, it can be harmful when you ignore anger or allow it to manifest itself in a negative way.

It is one of the most poorly handled emotions in society today - But it doesn't have to be!

Causes of anger: Frustration, disappointment, hurt, threats, being annoyed, harassment, etc.

Body reactions to anger: Your heart rate increases pumping adrenalin, and other disorienting chemicals into you bloodstream raising your blood pressure and causing muscle tension.

Ignoring Anger does not work! Failure to deal with anger can lead to severe health problems; high blood pressure, headaches, heart problems, depression, etc.

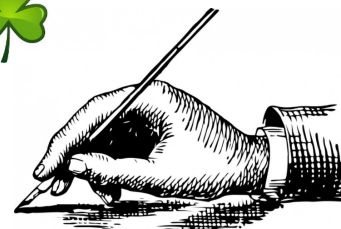
Repressed (holding it in) anger is the leading cause of harmful anxiety, and problems with friends and family.

Uncontrolled anger is dangerous and can lead to violent behavior, abuse, and criminal behavior.

Good anger management is the ability to see the problem and walk away/remove yourself from the source of your anger. Always keep calm when expressing anger. Ask for help from a responsible person, DON'T let it get personal and don't avoid the issue.

Thank you Mr. Stephenson!

-Editor



Croom Positive Parenting Page

Welcome to the Positive Parenting Page.

This month, we are offering words of wisdom from the parents of our scholars.

“Never stop trying”

“Be your own person, don’t depend on anyone to be that person for you”

“Without struggle, there is no progress”

“Every day is a new day, take advantage of the day that you are in”

“Success is not final, failure is not fatal; it is the *courage to continue* that counts”

“The best view comes after the hardest climb”

“Do it, and be done with it”

“Keep shooting for the moon, even if you miss, you will still be among the stars”

“You have the ability of changing the atmosphere where you go with just your presence; be your authentic self”

“Dream big, stay focused and make it happen”

“It always rains before a rainbow”

“It can’t rain every day”

“You are braver than you believe
Stronger than you seem
Smarter than you think
And Loved more than you know
Never, never give up!”

“You are in control of your destiny”

“It doesn’t matter how long it takes you, as long as you get there”

“If you don’t like something, change it. If you can’t change it, change your attitude”

“If you are not willing to learn, no one can help you. If you are determined to learn, no one can stop you”

“Be the change you want to see”

“Do unto others as you would have them do unto you”

“Don’t put off tomorrow what you can do today”

“The only place success comes before work is in the dictionary”