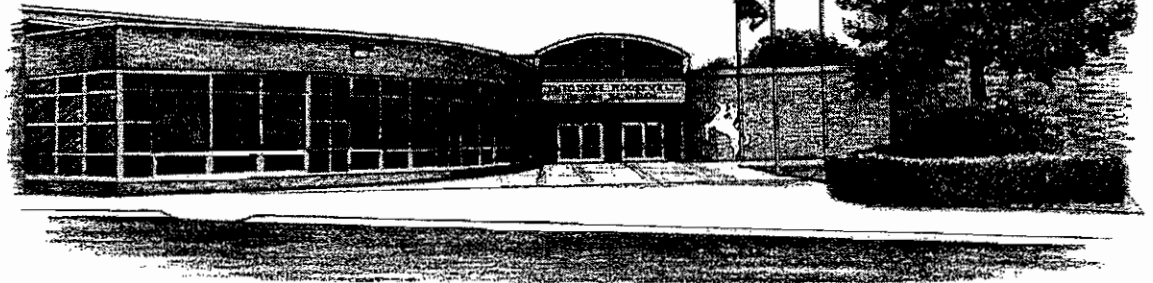




BRANCHING OUT

Roosevelt
High
School



1400 North Mantua Street

Kent, Ohio 44240

(330) 676-8700

Dear Friends,

October 2009

We often hear that the ability to communicate effectively is a great precursor for success in life. Schools, high schools in particular, are viewed as the last piece of formal education preparing young people for the world of adulthood that may include work, college, or military service. In these worlds, technology drives communication. Indeed, CEO's of major corporations now have "Facebook" accounts and cell phone providers fall all over themselves extolling the virtues of continuous internet connectivity.

Communities in the 80's began demanding that their schools help students become acquainted with the use of the exploding technological and communicative advancements. The earliest computers were not as powerful as any cell phone in use today, but they ushered in a new way of thinking, learning and communicating. A revolution in how we communicated with one another occurred and it happened fast. I was one of those "techie semi-junkies" early on, being "semi" because of limited resources and a wife who held my spending reigns. While I was able to sneak by a CB radio in the late seventies (ask your dad if CB doesn't ring a bell), it took a long while before I was able to talk her into a cordless telephone, let alone a computer, but I digress.

Twenty years ago, today's world of digital communication could not have been imagined by the general population. Schools have tried to keep up, but am I the only one who finds it ironic that we are simultaneously spending great sums of money to expand and integrate the use of technology into the curriculum and, at the same time, trying to keep students from using technology via rules about cell phones, texting, twittering, blogging, and surfing? The real world uses technology in communicating with each other a whole lot differently than we allow in schools. I understand the need for the rules, for their protection and the integrity of the learning process, but are we preparing our students for the *responsible* use of technology in the real world? Or, has the total integration of technology in their daily lives removed them further from forming meaningful relations with others, including parents, teachers, and friends?

I have accepted that our young people are natives to the use of technology, but us old guys are merely immigrants to this digital world. They just use the stuff, but we are always trying to understand the ramifications for life as we know it with each new advancement. In a weak moment I might even admit that it scares me a little, because the kids just see the potential. Unless I submerge myself into their technical world, I can't possibly help them navigate it in a *responsible* and *meaningful* way. I'm not always sure I want to go there and

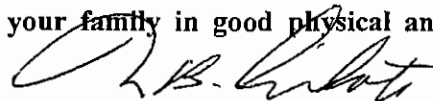
I suspect that many parents may feel the same way. But one has to start somewhere I suppose, so to help you start the conversation I pose a question.

Can one have a real relationship with another human via cyberspace only, and is technology increasingly replacing face-to-face interaction to a point where the subtle looks on one's face or tone of one's voice, or one's body language are unimportant to the message? For example, if I e-mail or text my wife "I love you" while I am eating a salami sandwich as I am watching an old episode of Seinfeld, with the TV remote in my hand, and the newspaper laying in my lap, will it be as meaningful as sitting down and writing "I love you" in a card and sending it to her in the mail? Or better yet, will it be more meaningful if I say "I love you" as I am walking out the door leaving for work?

I know how I would answer the question, but I am of another generation. What worries me is that a sixteen year old might not even understand the question. Can we reduce our communications to mere bits and bytes and have it be meaningful with no emotional, visual, or physical framework? A local priest, Rick Pentello of Saint Patrick parish posed it another way; "Have we become 'high tech' but 'low touch'?" How I would love to eavesdrop on the conversation between parents and kids over that not-so-simple question! Let me know how it turns out!

As always, I hope this Branching Out finds you and your family in good physical and emotional health!

Office: 330-676-8710
Home: 330-678-3381
e-mail: ke_rsidoti@kentschools.net



Roger Sidoti
Principal

October 2009

ITEMS IN THIS NEWSLETTER

Principal's Letter
Roosevelt High School Guidance News
Celebrate Red Ribbon Week
Roosevelt's Craft Show
Homecoming 2009
Driver Education Information / Registration Form
Women's Health Fair Flyer
Lights, Camera, Auction - Silent Auction Fundraiser
Rough Rider Yearbook News / Order Form
Safe Homes Program
OCTOBER CALENDER

THEODORE ROOSEVELT HIGH SCHOOL GUIDANCE NEWS!

The Guidance Department web site is filled with important dates and deadlines, along with college and career information. Scholarships, college visits and testing information can be found at www.kentschools.net/rhs-guidance/

SENIOR CLASS NEWS

Parents of seniors who were unable to attend the Guidance Informational Program on Wednesday, September 23 with Mrs. Rutzky can call the Guidance Office for the information packet made available that evening.

JUNIOR CLASS NEWS

Junior parents and students bound for a two or four year colleges who were unable to attend the special Junior Parent College Information Night scheduled for September 30, should stop in the Guidance Office for an information packet.

On **October 17th** RHS will administer the PSAT/NMSQT. The Preliminary Scholastic Aptitude Test/National Merit Scholarship Qualifying Test is a great practice test for the SAT, but more importantly, for our current juniors, it is the qualifying scholarship test to be named a National Merit Finalist. All juniors are STRONGLY encouraged to take this test along with SOPHOMORES planning to pursue college. This is an excellent practice test for the SAT.

Registration for the PSAT/NMSQT test will begin on October 1 and go through Wednesday, October 14th. The cost of the test is \$20.00. Please make checks payable to Theodore Roosevelt High School and pay through the Treasurer (Mrs. Pifer) in the main office. A junior who has an athletic event scheduled the morning of the test, or is observing a religious holiday, should see Mr. Kline or Mr. Carlton to arrange for an alternate test date.

SOPHOMORE CLASS NEWS

Sophomore parents mark your calendar to reserve Wednesday, October 14th to spend time with Mr. Randy Kline to learn more about how you can help guide your sophomore in their career planning and future educational opportunities following high school. The program will begin at 7:00 p.m. in the auditorium. Look for a special flyer to be mailed home announcing the program!

What is the PSAT/NMSQT? Sophomores planning to pursue college will be encouraged to register and take the PSAT/NMSQT test on Saturday, October 17th. The PSAT is an excellent practice test for the SAT as well as the competitive test for awarding national merit scholarships! The cost is \$20.00 and students may register for the test between October 1st and October 14th.

What is the PLAN test? It is an excellent practice test for the ACT. The cost is \$20.00 and the registration period will be from October 26nd through November 11th. Testing will take place on November 14th at RHS.

FRESHMAN CLASS NEWS

Freshman class parents are invited to an informal program "High School Basics: Freshman Success 101" at 7:00 pm on October 28 in Roberts Auditorium. Parents can meet with Mrs. Nancy Bubenzer, the freshman guidance counselor, to provide a framework for planning the next four years of high school to help support or launch a student's educational and career options following graduation. Course and program scheduling, high school grading and academic records, state testing, college testing opportunities and programs, etc., will be discussed followed with your questions and concerns. Watch the mail for your invitation.

PLEASE JOIN ROOSEVELT HIGH SCHOOL AS WE WELCOME FOREIGN EXCHANGE STUDENTS

This year we have five students spending a year with us from other parts of the world. We have Caterin Becker, Christina Kahl and Julia Haarer from Germany; Le To from Vietnam and Frederik Neerskov from Denmark. Welcome to Roosevelt!

OHIO GRADUATION TESTING

The Ohio Graduation Test will be administered the week of October 26 – 30 to juniors and seniors in need of passing one or more parts of the test. Students will be notified to report to the high school auditorium to re-take the test(s) they need according to the following schedule: Monday-Reading; Tuesday-Math; Wednesday-Writing; Thursday-Science and Friday-Social Studies.

Celebrate Red Ribbon Week!

Red Ribbon Week is coming! What is Red Ribbon Week? It is a national awareness campaign that takes place during the month of October. The campaign against substance abuse, and a celebration of drug-free lifestyles. "No use of illegal drugs and no illegal use of legal drugs."

During Red Ribbon Week Kent City Schools will take part in a variety of activities that are designed to increase awareness about the negative effects of alcohol, tobacco and other drugs and to promote safe and drug free environments for everyone. Ohio's continued yearlong theme is "DRUG FREE 24-7". Encourage your students to listen and stay tuned to upcoming events and activities.

Some young people do not fully understand what addiction can do to the brain and the body or how it can destroy their lives. As parents, teachers, and caregivers, we must be the ones who teach them--early and often. It all begins with dialog in the home supported by strong efforts within the school and community.

One of the best ways to try and prevent substance use and violence within our neighborhood is to give time and attention to young people. Let Red Ribbon Week be a reminder to you to please take the time to talk to a young person about the dangers and consequences of substance abuse and listen to their concerns. You can increase their awareness of the positive traits that are necessary to achieve success in life. Many parents of high schoolers are unfamiliar with the wealth of prevention programs and resources available. With this in mind, we are taking the opportunity during the month of Red Ribbon Week to highlight some of the many resources that are available.

School Resources

Student Assistance Program

Sandy McKown

Roosevelt High School Intervention Counselor

(330) 673-9595. ext. 8704

ke_smckown@kentschools.net

Jacque Peoples Dukes

Stanton Middle School Social Worker,

Roosevelt High School Intervention Assistant

(330) 676-6693 Ext. 8510

ke_jpeoplesdukes@kentschools.net

Local Prevention and Intervention Resources

Mental Health & Recovery Board of Portage County (330) 673-1756

WWW.MENTAL-HEALTH-RECOVERY.ORG

Townhall II, Alcohol, Tobacco, & Other Drug Education Program (330) 678-3006

WWW.TOWNHALL2.COM

Jeff Langstaff, LICDC
Juvenile Counselor
(330) 673-3488
Email: langstaff@kent-ohio.org

Akron Area Al-Anon & Alateen (330) 645-1165
www.afg-akron.org

Narcotics Anonymous, Buckeye Region (NA) (888) 438-4673
www.naohio.org

Check Out These Websites!!!
They May Be Helpful In Supporting You and Your Young Person
In Their Commitment To Drug Free Living!

www.TheAntiDrug.com
www.drugfreeactionalliance.org
www.alcoholcostcalculator.org/kids
www.freevibe.com
www.justthinktwice.com

REMINDER – ROOSEVELTS' CRAFT SHOW IS APPROACHING FAST!!

The 9th Annual RHS Craft Show will be held on November 7th, 2009, in the high school's cafeteria and gym areas. Plan on shopping for that special gift for your spouse, children, anniversaries, birthdays, etc.

Come and bring your family and friends! Instead of going to several stores at the Mall, you can find the same items here with us at good old Theodore Roosevelt High School. Our hours will be from 9:00 a.m. to 3:00 p.m. There is space still available if you would like to purchase a table to display your items to sell!

Please call Mrs. Sandi Melucci or Mrs. Patti Eves at 330-676-8776, or call the main office at the high school – 330 – 673-9595.

Hope to see you there!

HOME COMING 2009

On **October 16-17**, Theodore Roosevelt High School will host our annual **HOME COMING FESTIVITIES**. Homecoming is co-sponsored by Roosevelt's **Student Council** and **Booster Club** with support from Sophomore Class, Junior Class, and the TRHS Athletic Department.

Lori Ahart, Tanjenae Harris, and Hannah Schaefer are the **Student Council Homecoming Chairs**. **Booster Chairs** are **Samantha Livengood and Molly McCreary**. **Booster Co-Chairs** are **Callie Cunningham** and **Victoria Heeter**. Senior members of the Homecoming court, along with freshman, sophomore, and junior attendants, will be announced at the annual **Homecoming Court Assembly** planned for **Friday, October 9**.

On **Friday, October 16**, Roosevelt will play Springfield High School at 7:00 p.m. for the Homecoming football game. Plan to arrive early as pre-game festivities will get underway beginning at 6:00 p.m. with a reception hosted by **Student Council** for the **Homecoming Court** and their families in the library at 6:00 p.m. **Student Council** will introduce the **2009 Homecoming Court** and their parents as well as present the crowning of the **Homecoming Queen** and **King** during halftime.

On **Saturday, October 17**, the **Homecoming Dance** will take place in the Roosevelt gymnasium from **8:00 to 11:00 p.m.** Boosters have selected **One Sweet Evening Presented by Willy Wonka** as this year's theme and invite all interested students to attend **Booster Works** to help prepare decorations for the gym and atrium areas. Music will be provided by a DJ service, and the presentation of the **Homecoming Court** will take place at **9:00 p.m.**

Homecoming Dance tickets will be sold from the cafeteria concession stand during lunch periods starting **Tuesday, October 13**, through **Thursday, October 15**. Pre-Sale tickets are **\$8.00 per person**. Tickets will also be available at the door on **Saturday evening, October 17**, for **\$10.00 per person**.

Although the **Homecoming Dance** is considered a semi-formal, dress-up affair, a suit and formal dress are not required for admittance. While outfits may vary greatly in reflection of current styles and fashion trends, there is an expectation that students should refrain from wearing clothing that is excessively revealing or not in good taste for a high school activity. Also, as is the case at all school dances, chaperones for the **Homecoming Dance** will enforce Board of Education policy and school rules throughout the evening. This includes dancing and behaviors that are considered inappropriate for a high school event. Please note that students are welcome to invite **one** guest of their choice. Guests must be in high school or older, but no older than 20. If a Roosevelt student wishes to bring a guest who is from another school or a graduate, the guest must turn in a completed student guest form prior to purchasing tickets. The guest form is available in the activities office and is due **NO LATER** than Friday, October 9th to the Activities Coordinator, Heidi Myers, to be able to attend the **Homecoming Dance**. However, Roosevelt High School reserves the right to refuse admittance to any student or guest who is dressed or behaving inappropriately.

Focus One Studios will be available from **5:30 to 11:00 p.m., Saturday, October 17**, to take **Homecoming portraits**. Pictures will be taken in the cafeteria, and prices will vary depending on the package ordered. Brochures containing price information will be available in the Activities Office throughout the week prior to the dance.

Sophomore Class members and families are requested to provide baked goods and desserts for refreshments at the dance. Sophomores should drop off goodies in the Roosevelt cafeteria between **9:00 a.m. and 12:00 noon** on **Saturday morning, October 13**. Thanks for your help!

Special thanks to the following faculty advisors who are working closely with those students planning our **2009 HOME COMING WEEKEND**:

- **STACEY O'REILLY – STUDENTS COUNCIL**
- **CHRISTINE DREHER-RODESHEIM & JAN RYAN – BOOSTERS**
- **BETH SCHLUEP & TANYA TITUS – JUNIOR CLASS**
- **CAROL BENDER & JANELLE CUVA – SOPHOMORE CLASS**

Roosevelt students and their families, alumni, and community members are invited to participate in the **2009 Homecoming Festivities!** Questions concerning Homecoming plans may be directed to the Theodore Roosevelt High Activities/Athletics Office (330) 676-8770 or the Main Office (330) 673-9595.

DRIVER EDUCATION INFORMATION AND REGISTRATION FORM

National Driver Training School offers Driver Education as part of our Kent Community Education program. All students, including those who are home-schooled or attend other schools, are welcome to enroll. The Kent Community Education Office is located at Roosevelt High School in Room 515. All students participating in Driver Education are responsible to the Kent City School District Student Conduct code.

Each 3-week session meets six times for classroom instruction-Tuesdays and Thursdays from 4:45 p.m. through 9:00 p.m. in Room 506 at Roosevelt. Students then individually schedule their 8 hours of "behind the wheel" instruction directly with National Driver Training School at (440) 248-8552. The 24 hours of classroom instruction and 8 hours "behind the wheel" instructions are required by law.

Students must be 15 years and 5 months of age to attend the classroom and 15 years and 6 months for the "behind the wheel" instruction. This is the law.

The fee for each session is \$320 payable by check, cash, or money order to Kent Community Education. Payment in full is required prior to the first day of class. **New this year: Master Card, Visa, and Discover Credit Cards will be accepted. Credit Card payment will be made to National Driving and processed by our office or by phone.** Please read all dates carefully for your session to be sure that the dates do not interfere with your co-curricular activities. No refunds will be issued after the first class session. If school is canceled due to emergency for the school day, i.e., weather, Driver Training class is postponed. The minimum number of students to hold a class each session is five.

DRIVER EDUCATION CLASSROOM SCHEDULE 2009-10

Session 2: October 6, 8, 13, 15, 20, 22: \$320	Session 7: March 9, 11, 16, 18, 23, 25: \$320
Session 3: November 3, 5, 10, 12, 17, 19: \$320	Session 8: April 6, 8, 13, 15, 20, 22: \$320
Session 4: December 1, 3, 8, 10, 15, 17: \$320	Session 9: May 4, 6, 11, 13, 18, 20: \$320
Session 5: January 5, 7, 12, 14, 26, 28: \$320	Session 10: June 8, 9, 10, 15, 16, 17: (9:00 a.m. – 1:15 p.m.) \$320
Session 6: February 9, 11, 16, 18, 23, 25: \$320	

Registrations can be mailed to Community Education, % Roosevelt High School, 1400 N. Mantua St., Kent, Ohio 44240

=====

DRIVERS EDUCATION REGISTRATION FORM
(CHECKS PAYABLE TO KENT COMMUNITY EDUCATION)

NAME: _____ HOME PHONE _____

ADDRESS: _____ CITY: _____

PARENT/GUARDIAN CONTACT NUMBER DURING DRIVING CLASS TIME: _____
(Please Circle Session)

Driver Education Classroom Schedule 2009-10

Session 2: October 6, 8, 13, 15, 20, 22: \$320	Session 7: March 9, 11, 16, 18, 23, 25: \$320
Session 3: November 3, 5, 10, 12, 17, 19: \$320	Session 8: April 6, 8, 13, 15, 20, 22: \$320
Session 4: December 1, 3, 8, 10, 15, 17: \$320	Session 9: May 4, 6, 11, 13, 18, 20: \$320
Session 5: January 5, 7, 12, 14, 26, 28: \$320	Session 10: June 8, 9, 10, 15, 16, 17: (9:00 a.m. – 1:15 p.m.) \$320
Session 6: February 9, 11, 16, 18, 23, 25: \$320	

Date _____ Check No. _____ Money Order _____ Mastercard/Visa/ Discover Card _____
Expiration Date _____

**MIND, BODY, SPIRIT...
YOU!**

WOMEN'S HEALTH FAIR

Saturday, October 10th
10:00 a.m. – 1:00 p.m.

Kent Roosevelt
High School
1400 N. Mantua St., Kent

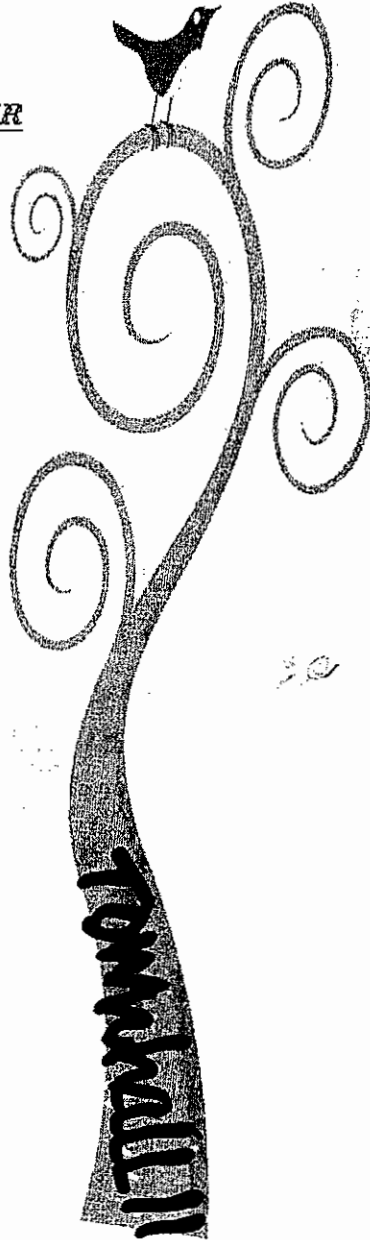
Learn more about topics important
to you through interactive health
stations, workshops, and
informational tables.

Topics Include:
Physical Activity, Nutrition,
Communication, Stress
Management, and many more!

Bring your mom, daughter,
sister, or friend.

Free giveaways, food, and
children care

For more information, please
call 330-678-3006



Attn: All Women

**Keep
ABREAST**

**Free or Low
Cost
Mammograms
Available**

The mammovan will visit
Kent Roosevelt High School
on October 10th from
9:30am-3:30p.m.

To Sign up,
Contact Gina Ross

(330) 472-4187

Register by: October 5th

• Sign up if you are over 40
and haven't had a mammo-
gram in the last 12 months.
Limited space available so
sign up soon!

• Free T-Shirts
• Free
Information

• We will also have educational
breast cancer prevention ma-
terials.


• Door prizes!

• Mammograms Save Lives!

• Get Screened!

KENT STATE
UNIVERSITY

Susan G.
Komen
FOR THE
cure
NORTHEAST
OHIO



Lights, Camera, Auction!!



What: Silent Auction Prom Fundraiser

Who: The Class of 2011

When: Thursday, December 3, 2009

6:30—9:00 p.m.

**Where: Theodore Roosevelt High School
Cafeteria**

**Why: To raise money for the Class of 2011
and the 2010 Junior/Senior Prom**

Mark your calendar and join us for this exciting Community event!!

To make a donation or help in any way, contact Sue Yanchar

@676-8841

Lights, Camera, Auction!!
The Silent Auction Prom Fundraiser is back...
It is scheduled for Thurs. Dec.3 at 6:30 p.m.
in the Kent Roosevelt Cafeteria.

FAQ's about the Silent Auction Prom Fundraiser...

- Q. How can we help make the Silent Auction, AND Prom a success?
- A. Sponsored by the class of 2011; advisors and chairpersons are asking for help from Juniors, Junior parents, teachers, and other Kent Community groups, organizations or businesses willing to donate items or services to be auctioned.
- Q. What kinds of items or services are wanted for the auction?
- A. Any and all donations are appreciated. New or very gently used merchandise will be accepted now through mid-November. Services can range from haircuts to oil changes to simple wills, etc.
- Q. What is expected from each junior student? How can businesses help?
- A. We would ask that each junior and /or their parents find at least two donations so that there are plenty of items on which to bid. If you own a business, please contact us if you can donate and we will send a student to secure your donation.
- Q. When and to where do I send service donations?
- A. Start sending them as soon as possible! Gift certificates or other documented services or discounts can be mailed to Theodore Roosevelt High School, Class of 2011, 1400 Mantua St., Kent, Ohio, 44240. Along with all donations, on a full sheet of paper, please list the name of the item along with student and parent name and phone number, in case we need to contact you with any questions.
- Q. Where does my child take a "material" donation?
- A. Please send any new or gently used goods to Room 529 (Mrs.Yanchar's room). Secure a LARGE note to the item & place it in a bag with the item, so that we know who made the donation. Remember, used Longaberger baskets and other collectibles are often the most sought-after items at the Silent Auction!
- Q. How else can I, as a junior parent or student, get involved?
- A. You can contact our SILENT AUCTION VOICEMAIL NUMBER—330-676-8841, if you are willing to organize, sort, make baskets, take payments, etc. either before or on the night of the Auction. Please leave a message with your phone number and we will contact you with further details.

THERE WILL BE AN ORGANIZATIONAL MEETING EVERY MONDAY AT 6:30 P.M. IN THE LIBRARY.
EVERYONE IS WELCOME.

Thank you in advance for supporting the Class of 2011.

Sincerely,
The Class of 2011,
Chairpersons: Alayna, Diana, Emily
McKenzie, Raquel & Wesley

Advisors: Sue Yanchar & Deb Duffy

Our Rough Rider Yearbook staff wants you to know...



we're here to serve our student body and capture their spirit in the 2010 all color yearbook.

Order a 2010 all color yearbook by Nov. 6, 2009

- You'll receive the best price of \$55. After Nov. 6 the price will be \$60.
- If you order **IN SCHOOL** by Nov. 6, you'll be entered into a **drawing** to receive one of two **fall yard clean-ups** being offered by our fantastic yearbook staff.
- See order form in this issue or pick one up in the activities office

Senior Photos

- A color, wallet size, head and shoulders studio quality photo should be submitted by April 9, 2010.
- Digital submission is preferred. The photographer can email the photo to ke_kframpton@kentschools.net or drop off or send a cd to Roosevelt High School- Kim Frampton, 1400 N. Mantua St., Kent, OH 44240.
- Please name the file using the student's last name, first name
- The resolution must be 300.

Upload Images

- If you've got digital photos of school events or vacations away from school, we'd like to see them and include as many students as possible in our yearbook.
- Go to <http://images.jostens.com>, the username is 400002767 and the password is kent
- Browse to select the photo you want to upload, enter information about the photo and provide contact information in case the staff needs additional information

SAFE HOMES

SAFE FOR TEENAGE PARTIES

SAFE FROM ALCOHOL AND OTHER DRUGS

SAFE FOR THEODORE ROOSEVELT HIGH SCHOOL STUDENTS

THIS SAFE HOMES PROGRAM consists of a pledge that confirms ONE parent CAN do something to prevent teenage alcohol and drug use in a simple, positive, and loving way. Many parents together can make prevention a school and community standard.

SAFE HOMES PARENTS agree to cooperate with schools, law enforcement and young people to create a healthy atmosphere in which the use of alcohol and other drugs is no longer the "norm." **SAFE HOMES** parents are taking a stand against the alarming increase in alcohol and drug use among our youth.

FAMILY GUIDELINES – Inform your children that you have taken the **SAFE HOMES PLEDGE** and discuss it with them. Know where your children are. Assure them that they can telephone you to be picked up whenever they find themselves in a situation that is uncomfortable or threatening. Get to know your children's friends and their parents. Be awake or awakened when young people come home at night.

When your child is invited to an activity, call the person in charge and verify the location and occasional. Check on adult supervision, and verify that no drugs or alcohol will be available. If the activity seems inappropriate for your child's age group, express your concerns. Keep your child home and seek alternative activities. If you need to leave your older teenagers alone overnight, alert your friends and neighbors, so they know you are planning to be away.

LIABILITY – Many times parties are spur-of-the-moment occurrences when parents are not home. Frequently, alcohol and other drugs are used at these parties and young people may get drunk or high. Houses are damaged, and violence and even death can occur. Whether you, as a parent, are home or not, case law exists which establishes liability with you in such situations.

- ➔ Drinking under the age of 21 is against the law.
- ➔ Driving while intoxicated is a criminal offense.
- ➔ Alcohol and other drug use cause injury, loss of inhibition, sexual abuse, illness and even death.
- ➔ Serving a minor is a criminal offense, and adults are potentially liable for resulting negative consequences.
- ➔ Parents may be sued for damages and injuries caused by the underage individuals they serve. In other words, **YOU MAY BE SUED FOR THEIR ACTIONS AND ACCIDENTS.** The adult is held responsible, **NOT** the underage host or drinker.

BENEFITS OF TAKING THE SAFE HOME PLEDGE –

1. Adults take a united stand against alcohol and other drugs, becoming more effective than when they act separately.
2. Parents benefit from the support of other parents by helping each other resist pressure from others who do not set limits on their children's behavior.
3. Parents are reassured when their kids attend parties at a **SAFE HOMES** location.
4. **SAFE HOMES** members have access to the **THEODORE ROOSEVELT HIGH SCHOOL DIRECTORY** listing other families who support this program.

AS A HOST PARENT –

- ➔ Be a visible host/hostess. Tell the guests who choose to leave the activity that they may not return.
- ➔ Encourage "by invitation only" gatherings. Use a guest list and refuse entrance to any party crashers.
- ➔ Call the parents of anyone possessing drugs or alcohol or appearing to be under the influence of either.
- ➔ Call the appropriate law enforcement, if necessary. Do not allow anyone under the influence to go home alone or drive.

PARENTS PLEDGE FOR SAFE HOMES

- ▶ I pledge that I will not allow parties and gatherings when I am not home.
- ▶ I pledge that I will not serve alcohol, nor will I allow youth under the legal drinking age of 21 to consume alcohol at my home/property.
- ▶ I will not allow the use of illicit drugs at my home/property.
- ▶ I will discuss my expectations and this pledge with my child.

Please return this form to Sandy McKown, Theodore Roosevelt High School,
1400 N. Mantua St.
Kent, OH 44240

Name (please print) _____ Phone # _____

Address _____ City/Zip _____

E-mail address _____

Student(s) Name(s)/Grade _____

Signature _____

By signing this pledge your name, address, and phone number will be published in a directory and sent to all participants.

By signing below, you give us additional permission to list your name only in a future issue of *The Branching Out* as participating in the Safe Homes project for Theodore Roosevelt High School.

Signature _____

Theodore Roosevelt High School - October 2009

Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1 INTERIM GRADE REPORTS DISTRIBUTED Registration Deadline 11/7 SAT 4:30PM B FR FB @ Southeast HS 4:30PM G V TN Tallmadge High School 4:30PM G JV TN Tallmadge High School 4:30PM G V FH Stow-Munroe Falls 5:00PM G V SC Field High School 5:30PM G JV VB Crestwood HS 6:00PM G JV FH Stow-Munroe Falls 7:00PM B V SC Field High School 7:00PM G V VB Crestwood HS	2 4:00PM Bridges Chilli Challenge Fundraiser for Homeless 7:00PM B V FB Southeast HS	3 11:00AM Choir Picnic at Al Lease Park 3:30PM Academic Challenge at COSI in Columbus 8:45AM B JV GF @ Black Tiger@Brookledge 9:00AM BG V CC @ Grizzley Invitational at Wadsworth 10:00AM B JV FB @ Southeast HS 5:00PM B JV SC @ Cuyahoga Falls City Schools 5:00PM G JV SC Wadsworth HS 7:00PM B V SC @ Cuyahoga Falls City Schools 7:00PM G V SC Wadsworth HS
4	5 10:10AM Homecoming Court Voting-Lunch Periods 6:00PM Booster Club-Homecoming Works	6 10:10AM Homecoming Court Voting-Lunch Periods 12:00PM Bridges Junior Lunch & Survey Event 2:45PM Spanish Club Meeting 2:45PM Key Club Meeting 7:00PM KCS Alumni Association General Meeting 4:00PM BG V CC Field/Ravenna 5:30PM G JV VB @ Norton High School 7:00PM G V VB @ Norton High School	7 10:10AM Homecoming Court Voting-Lunch Periods 10:10AM School Picture Re-Take Day-Lunch Periods 4:30PM G V FH Cleveland Heights High School 6:00PM G JV FH Cleveland Heights High School	8 2:45PM Amnesty International Club Meeting 4:30PM B FR FB Ravenna HS 5:00PM G JV SC Twinsburg HS 5:30PM G JV VB Field High School 7:00PM G V SC Twinsburg HS 7:00PM G V VB Field High School	9 8:00AM Senior Class Group Picture 1:50PM Homecoming Court/Ravenna Pep Assembly 3:00PM Freshman Class Officer Candidate Speeches Due 7:00PM B V FB @ Ravenna HS	10 SAT Test (Not at RHS) 10:00AM RHS Band in KSU Homecoming Parade 11:00AM Women's Health Fair at RHS 9:00AM BG V CC @ Stow Invitational 10:00AM B JV FB Ravenna HS 5:00PM B JV SC Lake HS 5:00PM G JV SC @ Green HS 7:00PM B V SC Lake HS 7:00PM G V SC @ Green HS
11	12 6:00PM Booster Club-Homecoming Works 6:00PM BPA Club Powder Puff Football Tournament 6:15PM B JV SC Southeast HS	13 10:10AM Homecoming King and Queen Voting (Lunch Periods) 2:45PM Key Club Meeting 6:00PM Booster Club-Homecoming Works 7:00PM Fall Choir Concert 4:30PM G V FH Orange High School 5:00PM B V SC @ Western Reserve Academy 5:00PM B JV SC @ Western Reserve Academy 5:30PM G JV VB @ Coventry 7:00PM G V SC @ James A. Garfield HS 7:00PM G V VB @ Coventry	14 Registration Deadline 10/17 PSAT/NMSQT 9:20AM KSU College Fair 10:10AM Homecoming King and Queen Voting (Lunch Periods) 6:00PM Booster Club-Homecoming Works 7:00PM Sophomore Class Parent Guidance Information Night	15 12:15PM EARLY RELEASE DAY-Students 12:30PM FACULTY IN-SERVICE 6:00PM Booster Club-Homecoming Works 8:30PM Women's Volleyball Senior Night Celebration 4:30PM B FR FB Streetsboro High School 4:30PM G V FH @ Laurel School 5:30PM G JV VB Southeast HS 6:00PM G JV FH @ Laurel School 7:00PM B V SC Coventry 7:00PM G V VB Southeast HS	16 NEOEA Day-NO SCHOOL 10:00AM Booster Club-Homecoming Works 6:00PM Homecoming Court Pre-Game Reception 7:00PM B V FB Springfield HS	17 7:00AM Booster Works-Homecoming Decorations 8:00AM PSAT/NMSQT Test at RHS 8:00PM Homecoming Dance 10:00AM BG V CC @ PTC Tournament @ Randolph Fairgrounds 10:00AM B JV FB @ Springfield HS 10:00AM G V FH Ottawa Hills HS 11:00AM G JV SC Revere High School 11:15AM G JV FH Ottawa Hills HS 1:00PM G V SC Revere High School 1:00PM G V FH Maumee Valley Country Day School
18 Academic Challenge in Cleveland 1:00PM Homecoming Clean Up	19 7:00PM Instrumental Music Boosters	20 2:45PM Key Club Meeting 7:00PM BOE Meeting at Davey 7:00PM Fall String Festival	21 10:10AM Required Freshman Election Speech Rehearsal-Lunch Periods 2:45PM French Club Meeting 7:00PM Rough Rider Open Forum	22 10:10AM Final Speech Rehearsal for Freshman Elections-Lunch Periods 2:35PM Colonel Work Session 4:30PM B FR FB Crestwood HS	23 7:45AM Freshman Class Elections Assembly 10:10AM Freshman Class Elections Voting-Lunch Periods 6:30PM OMUN Showcase of Bands 7:00PM B V FB @ Crestwood HS	24 7:30AM ACT Test at RHS 10:00AM Cancelled B JV FB Crestwood HS
25	26 Red Ribbon Week 7:35AM OGT Testing for Grades 11-12	27 Red Ribbon Week 7:35AM OGT Testing for Grades 11-12 2:45PM Key Club Meeting	28 Red Ribbon Week 7:35AM OGT Testing for Grades 11-12 2:45PM OGAN/PCAN Meeting 7:00PM Freshman Class Parent/Guidance Information Night	29 Red Ribbon Week 7:35AM OGT Testing for Grades 11-12 7:00PM Open Mic Night 4:30PM B FR FB @ Norton High School	30 END 1ST NINE WEEKS Red Ribbon Week Registration Deadline 12/5 SAT 7:35AM OGT Testing for Grades 11-12 4:00PM Senior Band Dinner 7:00PM Senior Night for Band, Football Team, Cheerleaders, and Athletic Trainers 7:00PM Last Home Football Game/Script Kent 7:00PM B V FB Norton High School	31

Rough Rider Fitness Center



"Where Rider Athletes Train to Perform"

Fitness Center Hours: Monday thru Friday 3:00 to 6:00 p.m.

While school is in session

Strength & Conditioning

Staff: Coach Kevin Hockett, Mr. Toby Jurging

Fall Issue 2009

Mrs. Chris Moravec

2009 Summer Fitness Center Progress Report

By: Coach Hockett

Wow! I have to say, this summer was fun, productive and rewarding for me as a strength and conditioning coach; I learned so much about our student athletes here at RHS, that I want to share with all of you. For instance I learned that our students will work hard; if



we give them structure; they will show us they can be disciplined if we show them commitment, they will be consistent if we should them

consistency, they will be able to see the purpose for hard work and how it will help them reach their full potential as individual as well as, enhance their team successes. Moreover, I strongly believe our student athletes that were involved this summer in our strength-training program now know and understand that they are what they repeatedly do. An excellence is not an act but a habit, so don't mistake activity for accomplishment, because hard work will make their dreams come true. In fact, structure, discipline, commitment, consistency and hard work in our strength and conditioning program over the past four years has enabled our athletes to achieve adequate yearly progress (AYP); with my focus being put on Relationships, Relevance and Rigor, I too have learned to grow and develop as a strength and conditioning coach with the understanding that I must novitiate, educate and evaluate our student athletes so progress can and will accrue in a timely manner.

In conclusion I would like to thank the following people for their time, energy, knowledge and support of our s/c program, because this summer without these people I would not be able to help our student athletes learn and understand our vision is to become a community of students, faculty and staff which values learning, caring and creativity in all areas of their lives. So thank you

Chad Palmer RHS Alumni

Mr. Hukins RHS Parent

Kasey Adelman & Staff Girls Volleyball

Josh Huettich & Staff Boys Soccer

Erin Anderson & Staff Cross Country

Mary Lynn Bush Girls Tennis

Brent Pfeiffer & Staff Golf

Steve Mitchell & Staff Girls Soccer

Ben Barlow Ice Hockey

Fred Jones 7th & 8th Stanton Girls Basketball

John Nemec & Staff Roosevelt Football

Go Riders !!

Coach Hockisms (Favorite Quotes)

“ No one can do everything, But everyone can do something”

Coach Hockett

“ A #2 pencil and a dream can take you anywhere”

Joyce A. Myers

“The reward of a thing well done is to have done it.”

Ralph Waldo Emerson

“We make a living by what we get, but we make a life by what we give”

Winston Churchill

“Everyone can be great, because everyone can serve”

Martin Luther King

Nutrition Topics - Chocolate Milk may improve recovery after exercise.

Chocolate milk is a effective post exercise drink that improves recovery, according to the results of a small trial study reported in the February issue of the International Journal of Sport Nutrition and Exercise Metabolism. The study indicated that chocolate milk is a strong alternative to other commercial sports drinks such as Gatorade, in helping athletes recover from a strenuous energy depleting exercise, and contains an optimal carbohydrate to protein ratio which is critical for helping refuel tired muscles after a strenuous exercise and can enable athletes to exercise at a high intensity during subsequent workouts. So as a result of this information, I started giving our football team 8 ounces of chocolate milk after their workouts which I consider a cost effective alternative to commercial sports drinks for recovery from exhausting, glycogen-depleting exercises. The football team thought the chocolate milk made a difference in their recovery time.

2009 Football Team Off-Season Awards

Leadership Award: Marcus Rogers & Marcus Wright

Effort and Intensity Award: Evan Shimensky & Shane Havel

Dependability Award: Kevin Slone, Cameron Willson & Morgan Mason

Physically Most Improved: Sam Thomas & Joey Bradley



Comeback Athlete

“Yeah Laurel!” Those were the last words I heard before the big “pop” from below my thigh. I laid there in agony thinking, oh my gosh what did I just do? Did I bust myself so bad that I’ll never

be able to walk again? Will I be able to swim, run, play soccer or lacrosse anytime in the future? The answer is yes! A couple of weeks after I tore my ACL and maniscus I was running around and being the crazy kid that I am. But then it was surgery time. I went under on June 13th 2008, and that was the day that my life was changed forever. I thought that going into this that I’d recover in no time; I never believed my doctor when he said that I would lose all my quad muscle and have to wear a brace for three to four months; but surely enough I did. I started three days of rehab per week and had to do home exercises when I was at rehab. I know that I needed to work hard if I wanted to be anywhere near where I was my freshman year in swimming and lacrosse, so I began to do work for the first three weeks of rehab I spent my time laying on the bed crying as they tried to bend my knee and break apart the scar tissue.

Just as I started to lose hope, my leg started bending further and further! My motivation kicked back in and after four months of rehab I was back in the pool. At first I wasn’t allowed to kick or do flip-turns, but I could work on my upper body strength and technique.

But this was not good enough for me. I went back to my doctor and begged him to let me kick, and he gave in and said that I could just do some flutter and that flip-turns were o.k. as long as I did them slowly.

After that I was back in the game. In our first swim meet I won the 200 meter in the same time that I did the previous season and even helped my teammates in the 100 breast stroke. I even did so well all season that I made the first-team all conference and made it to the districts in three events; even better than last year.

I was so relieved and happy to see that knee surgery wouldn’t break me down and that I could do just as well, if not better, than what I did before i injured myself. I don’t like using my injury as an excuse and absolutely hate wearing my knee brace because I feel like opponents pre-judge me, but when the game begins I go into it hard and remember what I went through to get to the sport that I am at right now. Just about one year later I’m running, jumping, swimming and doing all of the things that I want/love to do. I want everyone to know that you can get through pretty much anything. Whether it be a sports injury or a personal problem, it just takes a little motivation, some hard work and positive thinking while taking pride in the steps that you do to move yourself forward.

Laurel Crocker, RHS athlete

Hock’s Formula for success in the Fitness Center

The three “B’s”

Be Present

Be accountable

Be responsible and have the discipline to learn what we are teaching you.

Football Records

2009 Quest for Excellence Testing Club

Bench Press

Eric Pucillo 315

Hang Clean

Marcus Rogers 275

Squat

Ryan Anderson 435

Pull Ups

Evan Shimensky 30

40 Yard Dash

Shakeel Howard 4.5

Shuttle Run

Nick Sacchini/Evan Shimensky 4.28

Top 5 K-man

Evan Shimensky

What is a Workout

By: George Allen

A workout is 25 percent perspiration and 75 percent determination. Stated another way, it is one part physical exertion and three parts self-discipline. Doing it is easy once you get started.

A workout makes you better today than you were yesterday. It strengthens the body, relaxes the mind, and toughens the spirit. When you work out regularly, your problems diminish and your confidence grows.

A workout is a personal triumph over laziness and procrastination. It is the badge of a winner—the mark on an organized, goal-oriented person who has taken charge of his, or her destiny.

A workout is a wise use of time and an investment in excellence. It is a way of preparing for life's challenges and proving to yourself that you have what it takes to do what is necessary.

A workout is a key that helps unlock the door to opportunity and success. Hidden with each of us is an extraordinary force. Physical and mental fitness are the triggers that can release it.

A workout is a form of rebirth. When you finish a good workout you don't simply feel better.

You feel better about Yourself.

R each

Y our

F ull

P otential



Through the Eyes of a Volunteer

My name is Doug Hoskin; I am a volunteer, parent, and the secretary of the football boosters. I have been volunteering at the

fitness center since June 8, 2009. It has been a great learning experience for me. This all started when I dropped my son off for conditioning. Doug and I would arrive thirty minutes prior to his conditioning workout and would run a mile. This helped me to get in shape. We would talk about his day as we ran around the track rain or shine.

When I was in the fitness center I asked Coach Hockett if he would like some help. Hock did not miss a beat and said yes. Hock put me to work, working with the eighth and ninth grade football players. The eight and ninth routine started with four steps, run a half mile, and four walk, jog stride and

Alumni View

By: Kim Sloan 2008 Grad

I loved being able to use the Roosevelt weight room this summer! No matter who you are, Coach Hockett will always push you to be your best, or Reach Your Full Potential. I love the passion and intensity that he brings to the weight room every day.

The weight room has all the equipment we'll ever need, along with all the extra motivation we could ever ask for. We used the weight room for different reasons but were still able to work together. I wanted to improve my overall strength. The fitness center is a perfect place for me to do that. My basketball coach at Mount Union gave everyone on the team a certain bench max to meet when we're tested in preseason. Hock has pushed me to go beyond that goal. I can't wait to go back to school stronger. I always love hearing him relate his past athletic and life experiences to the current workout or goal. He makes sure everyone gets the most of themselves. We can go to the weight room for different reasons, with different goals, but we leave with the same outcome, we all improve.

sprint at forty yards. Then they would start their strength and conditioning workout. Their workout was modified from the varsity workout by using stretch bands, medicine balls and other various strength conditioning exercises.

It has been very educational experience for me, learning and watching Coach Hock how he comes up with different workouts to keep the entire players on their toes, none of his workouts were ever the same. The best part was watching how the football team encouraged each other to do their best and come together as a team not individuals. My two favorite quotes are, "IT IS NOT THE SIZE OF THE DOG IN THE FIGHT, BUT THE SIZE OF THE FIGHT IN THE DOG." "CHAMPIONS ARE MADE NOT BORN."

In conclusion I would like to thank Coach Kevin Hockett for giving me this opportunity.

Doug Hoskin

Alumni View

By: Emily Lopick

I really enjoyed having the opportunity to work out at the RHS fitness center this summer. Besides having the bonus of being out of school, I wanted to work out at RHS because it is both a helpful and fun environment.

It is a helpful environment because people like Hock are always there and willing to help you better yourself. Hock has such a great knowledge of strength and conditioning that by going to the fitness center, you are essentially receiving a free training session. It is also a very encouraging environment. All of the walls are covered with motivating sayings and posters. It is a place where people can safely achieve their full potential.

Good luck to all the Rider Athletes.