

Semester Finals are closing in!

Make sure you are taking time during this break to catch up while you rest up! Use this time to pick up some owed work and get those points on the board!

Winter Sports are upon us!

Take time to check out the Scorpions in the winter! Girls and Boys basketball, the Wrestling team! Make a commitment to support your favorite activity!

Athena Arebalo

Student Mental Health

Mental health has been a heavy, yet widely discussed topic, even more so these present days. More awareness has been bought onto this topic, and as a result, more resources and assistance to those struggling have been available. However, it still is a personal struggle, and it can often be seen in students, for example. Many students can become burdened and stressed with the various responsibilities that education brings, but they may also struggle with personal issues at home. Regardless, each of these things can pile up, and eventually, take a long-lasting toll. While more awareness has emerged, the level of mental health incidents has also increased.

Depression is one of the most silent methods that many lives struggle with, and it can often be near impossible to see, especially in students. Many students may carry on with their lives, yet they are the only ones aware of how they feel. So now, people may wonder how more awareness and support can be bought up to assist students through these difficult times. Being supportive and communicative is important, as it not only shows trust, but also provides a safe place for students. Providing resources for more proper help is also important, as it allows students to turn to a trusted community.

While getting help is much easier said than done, it is still possible, and it comes in various ways. Merely raising awareness gets people's attention, and as a result, they are more educated. Allowing students to feel comfortable to communicate how they feel is important, so proper

reach out and care for students is another solution, as it provides a reliable source of help. However, many students may struggle with reaching out. By having caring and observant friends and teachers, those struggling with depression or anything else will be noticed and can be reached out to.

Being a trusted and open person can make a difference. The smallest methods of support can change someone's life drastically. As a result, anyone can help others through these struggles, the effort just needs to be made. To be able to lift someone up through difficult times is one of the greatest actions someone can do. To those struggling, it is a challenge, but no one should be afraid to seek help, because they are never alone. There are various resources and people that are there to help through difficult times

BE LIKE STING!



LAST ISSUE TRIVIA ANSWER

Scorpion minds want to know!

Scorpion tales staff

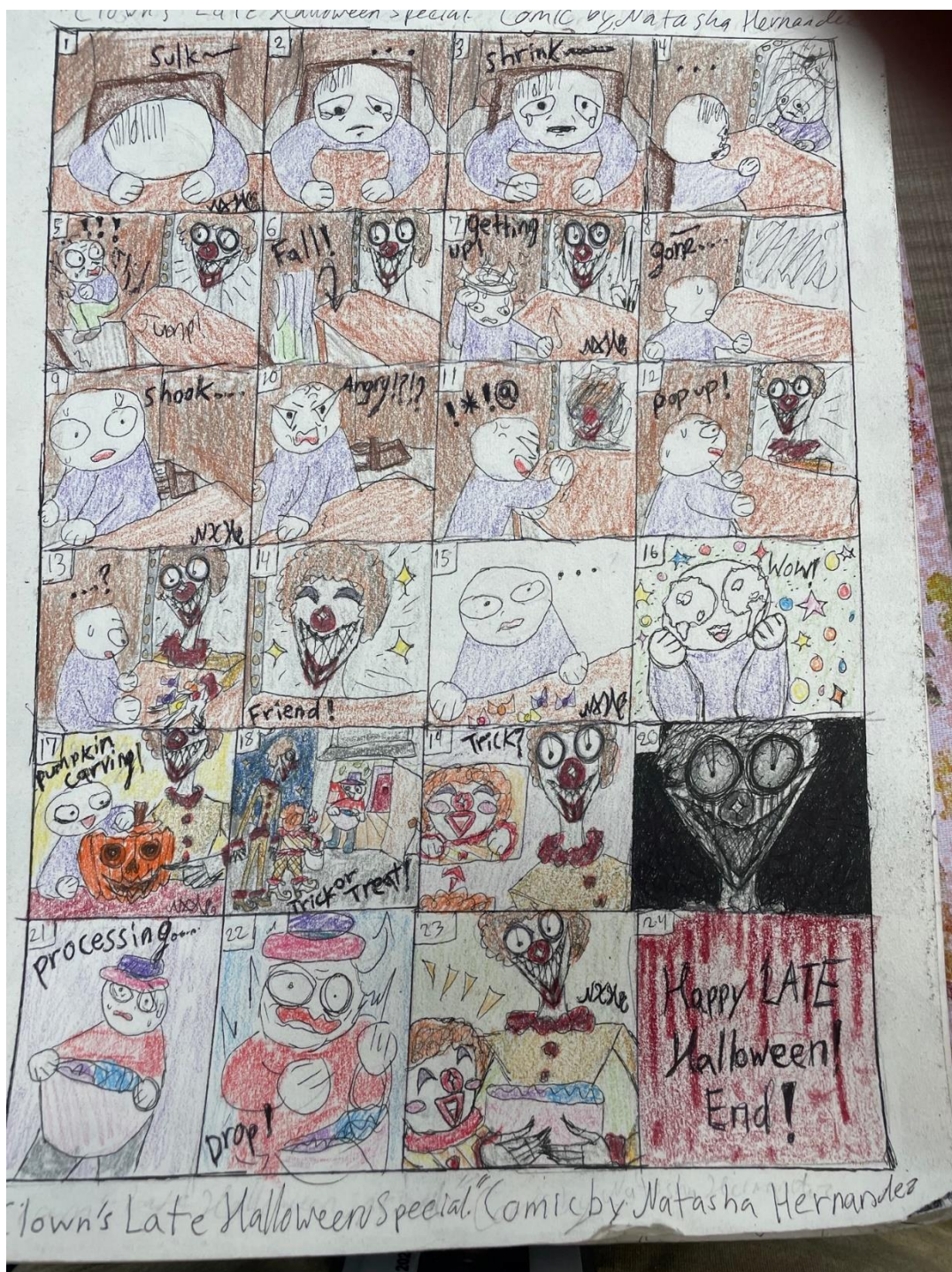
Ms. BEEMAN has indeed been at DHPH longer than COACH LOPEZ!

Extra terrestrials leave the School alone!

The latest updates

Staff

Have to make sure you are paying attention!!!



Ms. Hernandez is also a brilliant Satirist!

Giselle Dominguez

Devastation in Gaza

The war between Israel and Hamas is a devastating war, both sides have been making unethical choices. On October 7th the Palestinian group Hamas launched a massive complex and well-coordinated attack on Israel from the territory it controls in Gaza. Militants killed more than 1,200 people and kidnapped civilians. It was the most devastating and brutal assault Israel had suffered in decades. Soon after Israel declared war and launched "operation swords of iron" which has now cut off basic need supplies to the Gaza population.

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What is the deal with the bathrooms?

Mr. McSpadden

Of all the places to congregate within the walls of the Academies, our bathrooms seem to be the room of choice. This puzzles me, as this is the area where we void our bladders, and the rooms tend to be filled with odors that are less than pleasant. The notion that one would choose such a location is beyond comprehension.

The question does lend itself to ask if the bathroom in one's home is the favorite room? Does the student who "hangs out" in the bathroom at school run home and immediately sequester themselves in the toilet? If not, why not? Such action would be a continuation of school time activities.

We have had an uptick in students cutting class in the bathrooms, and again it begs the question, why? After all, it is almost always the first place we, as teachers, check.

Consider where you hang out. You might want to find better smelling surroundings.

Wrestling is coming up fast!!

See Coach Franklin or Coach Miller!

Scorpion Wrestling is on the go! Find your inner Scorpion on the mat! First wrestling meet is in Buena Vista!

Scorpion Basketball is back on the Court!

Coach G and his able assistants are on the move. Both Men and Women's teams are trying out and being finalized. Want to take a shot at the team? Talk it up with Coach and put your best shot forward!

Ms. Beeman, in it to win it!

Joseph Mendoza

Ms. Beeman, a graduate of Central High School right here in Pueblo, is one of the longest serving teachers at CHPA. She finds her motivation to remain in the classroom to be the notion that she is impacting lives, affecting their futures, and assisting her students to be equipped to live their best lives.

Ms. Beeman has taught at both ECMS and DPHH, involving all age ranges. She enjoys all areas of education but does enjoy her high school students for the conversational and educational discussion possibilities. She currently serves as the educational coach for ECMS, but always has time for questions from any students, and is willing to share best practices with her colleagues.

Ms. Beeman's Inspiration: "sounds corny, but impacting lives is very important".

Being like S.T.I.N.G.

We've traveled some distance from the beginning of the year and asking yourself the question "Am I like STING" should be foremost on your mind. It is not a punch line to a joke, rather an ideal to aspire to. We are facing challenges, and we are meeting them. Focusing on the negative never gives us the possibility to succeed. Looking for consistent failure leads to consistent failure; this is referred to as a self-fulfilling prophecy. We cannot become gripped by this fear. When we talk about being like STING, it isn't an empty notion. It's a matter of bringing pride to your school and yourself. Ask any student-athlete, club member, singer or performer. Is the team or the group important? STING gives us a common identity; STING represents the very best of being a Scorpion. Every member of our Academy family deserves to be respected for what they do, and what they bring to the collective table. Being like STING allows you the opportunity to not only experience that, but to bring it to life.

Our school experience lives and dies on the SPIRIT we generate in the halls, the classes, and the events. Choosing to be like STING is embracing that SPIRIT. It is a choice to make right now. We bring the importance of our school into our lives, and it makes us better. Don't wait until you're a member of the alumni and look back on something that you could have been a part of, participated in, made a difference.

Being like STING means being a part of this school. Don't leave those possibilities behind, experience them now.

Be like STING, it might surprise you where you will go.

Eligibility is no joke!

Each Student Athlete signs a contract to play. The contracts, according to Coach Franklin, are considered valid for the complete school year, not simply the season. Make sure you are in compliance and honoring your contract.

This message brought to you by Coach Carillo, your ever vigilant Athletic Director.

Check your community service hours

It's up to you!

Checking in with Ms. Padilla and Mr. McBee to understand where you are at in your community service commitment is something you should be checking on at least weekly.

Community service is required for graduation, as is participation in testing.

Don't get left behind, check your community service!
