



Tbird Newsletter

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Student Senate Members

- ◇ **Igor Silva**
(President)
- ◇ **Souleymane Adam**
(Vice President)
- ◇ **Marlissa Morris**
(Secretary/Treasurer)
- ◇ **Tia Gardner**
(Student Activities Leader)
- ◇ **Sophie Jebose**
(Communication / Media)
- ◇ **Michael Dorer**
(Sophomore Rep.)
- ◇ **Alizea Mcclanahan**
(Sophomore Rep.)
- ◇ **Taylor Griffith**
- ◇ **Olivia Nobert**
- ◇ **Bruno Da Silva**
- ◇ **Lakya Leslie**
- ◇ **Kelee Siebold**
- ◇ **Johan Cobena**
- ◇ **Sierra Portenier**
(Freshman Reps.)

President's Word

Hello student body, here is your president again, I have some questions for you. How are your grades? Are you very stressed? Lack time because of your duties and responsibilities? Only one person can help you, and that person is yourself. How is your morn-

ing routine? Have you complained or thanked more? You are what you think. Negativity only brings bad results. Don't procrastinate, do not wait for tomorrow if you can do something today. Organize your time and create your own schedule. Don't just do what teachers

ask, do more, read more, study more, train more, so you can be more. Develop your own self more every day so you can be better than yesterday. Invest in yourself, in your well-being, follow your dreams. Suffer the pain of discipline, not the pain of regret.

-Igor Silva



This brand new Student Senate bulletin board located in the Student Union shows who are members are. Also, the meeting minutes and other important news can be found here.

Constitution Day

On September 17, 2019, the students of Cloud County celebrated Constitution Day in the Union. The students celebrated this day by playing a "kahoot" game about the history of the United States. The kahoot game was created by me, Souleymane Adam, and it consisted of a set of sixteen questions. The purpose was to help extend students' understanding of the United States constitution and reminds us of how to be a better citizen of this great nation. All students who attended the event described it as a fun way to

widen their knowledge of the U.S. history. The participants were not just U.S. citizens, but also students from other countries, such as South Africa, Brazil, and the Dominican Republic. At the end of the event the top three winners of the kahoot game received awards. The winners were Ranaldo Johnson first place, Semaj McGhee second place, and Shanee Angol third place.

-Souleymane Adam



Letter from the Editor

Even though I am not a journalism major, I take great pride in this second publication of the T-Bird Newsletter. You, the student body, make this school and, therefore, the lack of insight and transparency was a big problem last year. This problem needed to be tackled, and tackled it was. Not only will you be updated on what is happening within the school monthly through the newsletter, but there are also weekly

updates on YouTube for the visual students among us. Besides, different (sports) teams will be introduced on the channel. If you are not subscribed or have not seen any videos yet, search "CloudCountyTV" to find and explore our channel. Another project we have started recently is our suggestion box. In order for us to make improvements in the school for you, we need to know what problems you encounter. Please note that if you make a suggestion,

which can be done anonymously, we will discuss it immediately and do our absolute best to address it. A physical suggestion box is located in the Union right outside of Dr. Bruce Douglas' office, and the online version of the suggestion box is a work in progress. How do you know when it is available? I guess you will just have to stay updated through either the newsletter or the YouTube Channel.

- Sophie Jebose

Clubs at Cloud

Hey, Hey, Hey, We're PTK!

"Hey, Hey, Hey! We're PTK!"

On Friday, September 20th and Saturday, September 21st, 2019, the Concordia Upsilon Tau and Geary County Beta Eta Xi Phi Theta Kappa Chapters attended the PTK Kansas/Nebraska Region Leadership Conference held at Kansas City Kansas Community College in Kansas City, KS.

During this conference, the members in attendance listened to some very motivating and inspirational guest speakers, one of which was Dan Meers, KC Wolf for the Kansas City Chiefs.

For Upsilon Tau, five people, along with the Advisor, Dr. Bruce Douglas, went to represent Cloud County. Out of the five people that went, four were officers; President, Hannah Owens, Vice-President of Fellowship and Communication, Lakin Ekwall, Vice-President of Fundraising and Service, Marina Pereira, Vice-President of Hallmark Programs, Fernanda Rossetti,

and member, Rafaela Cunha.

While at the conference, the members also sat in on presentations dealing with projects that the chapter will be working on completing in order to achieve a Five-Star Chapter status. Those projects include a College Project, Honors in Action Project, a Case Study Challenge, and nominations for Hallmark Awards. More information on these projects and other PTK news will be released at later times, so stay tuned!

-Hannah Owens



*Phi Theta Kappa is the International Honor Society of the Two-Year College. To join, one of the main requirements is to have a 3.3 GPA. If you are interested in learning more about PTK or are possibly seeking membership, please contact Dr. Bruce Douglas at bdouglas@cloud.edu or myself, Hannah Owens, at hmowens@tbirds.cloud.edu.

PTK

Phi Theta Kappa had their first chapter meeting on Monday, September 23rd. PTK is the honor society of two year colleges and academic programs. Cloud County is the Upsilon Tau chapter and, according to Dr. Mitch, currently has 41 registered members, as well as 162 outstanding invitations to join. PTK is led by advisors Dr. Mitch Stimers and Dr. Bruce Douglas, and president Hannah Owens. During this meeting, we discussed the leadership conference that the chapter officers had attend-

ed the previous weekend, and the one they plan to attend in November. This will be the Fall Honors in Action Conference, which will be held in Lincoln, Nebraska. Finally, we talked about different projects we would need to complete to become a five star chapter, and set deadlines to make sure that could happen. We plan to meet again on Thursday, October 3rd.

-Olivia Nobert

iWILL

The Club iWILL, a club led by Spencer Fahra, whose members perform random acts of kindness, helped with the North Central Kansas Down Syndrome Buddy Walk. One of their members, Niya Slaughter, participated and says the following: It (The North Central Kansas Down Syndrome Buddy Walk) was breathtaking. It was incredible to see the different age groups there to help out. I can't replace the feeling that I had when seeing the smiles on all of their faces while enjoying the activities.

-Niya Slaughter



FCA

On Wednesday morning at 7:30, members of the college and the community met at the flag outside the college to participate in "See you at the Pole," carried out by Cloud's Fellowship of Christian Athletes. This is a national event that takes place every year on the fourth Wednesday of September. On this day, people of all ages gather at a flag pole and pray for their peers, school, community, country, government, and anything else they feel led to pray about. We had a great turnout this year and appreciate all those who participated in this event.

- Taylor Griffith

Cloud and Community

Elementary Marathon

For the 6th time in the history of the Concordia Elementary School, children from 1st through 4th grade ran a mile every morning before school until they had completed a full marathon, which is 26.2 miles in total. On September 25th, 2019, the athletic teams of Cloud County Community College were invited to cheer the children on

as they completed their daily mile. It was good to see that representatives of the volleyball team, the cheer team, the dance team, the cross country team, the track team, the baseball team and even Thor rose bright and early to get involved with and give back to the community.

-Sophie Jebose

Meals on Wheels

I am Marliisa Morris and I participate in Meals on Wheels every Monday and Friday. It is not just me who participates from Cloud; it is also a couple more people as well. It is a good way to get your face out in the community and meet some new people, along with collecting some great volunteer hours. We deliver meals to people who

can't drive on their own or reached an age where it may be difficult for them to cook for themselves. It does not take much of your time to put a smile on the elders' faces in Concordia. They genuinely appreciate people volunteering to help, so if you are interested, come to Dr. Bruce Douglas' office and get involved.

-Marliisa Morris



Fall Fest

This year's Fall Festival was the 36th annual festival, and was held on the weekend of September 28th, in downtown Concordia. The events started off on the evening of Friday the 27th, with a cruise-in ice cream event sponsored by Heartland Auto Club, and a pub crawl at Jitters sponsored by CCCC. Saturday's events, starting at 10am, included a parade, a kid's corner, a turtle race, a 5K run, and a variety of free entertainment. There were also many vendors offering different foods and crafts throughout the day. The festival ended Saturday night with a live performance by King Midas and the Mufers. All of this information is credited to, and can be found on www.concordiakansaschamber.com/fall-fest.
-Olivia Nobert

BOOM! Did you hear that? Was it the sound of a a cannon? No, it was Cloud County's brand new drumline; Rolling Thunder! On Saturday, September 28th, the Rolling Thunder Drumline had their first performance in the Fall Fest Parade. The musicians had been working tirelessly for the past few weeks, making some epic selections come together. During the parade, the group performed two selections called Drumline Cheers and Time Travel. Rolling Thunder's first performance was a great success and helped give the parade a little electricity. Rolling Thunder, which is directed by Professor Christopher Langsford, will be performing many times throughout basketball season as well.
-Sierra Portenier

Cloud's Calendar

OCTOBER 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Meet the volleyball team	5 3V3 Basketball tournament
6	7 Announcement video	8 MIDTERM - Flag Football 5	9 WEEK	10 Popcorn and Poetry 6:30	11 Tartuffe play 7 pm Theatre	12 Tartuffe play 7 pm Theatre
13 Tartuffe play 3 pm Theatre	14 Announcement video	15 Bonfire 8:30	16	17 FALL BREAK	18 NO CLASSES	19 Meet the XC team
20	21 Announcement video	22 Canvas painting 6:30	23	24 Student Senate Meeting	25 Tbird News-letter	26
27 Theater workshop 3-5	28 Announcement video	29	30	31 Halloween		

Popcorn & Poetry



Bonfire

The bonfire was successful despite the rough start.

People came and had a great time.

The sound of laughter, great conversations and great music filled the night sky.

I'm thankful for the help I had putting this event together .

Even though I'm the Student Activities Leader, I can't run an event by myself. It takes a team to do so.

-Tia Gardner



Ping Pong



In the first intramural event hosted by Michael Dorer, which was the ping pong tournament, several players met in the game room to see who would win in a playoff system, where the winners kept progressing. With many games played during the early stage, the best ones stood out until the semi-finals and finals of the championship. Felipe Lazabai and Joao Valentim made the final, in which Felipe won, Joao took second place, and Jamie Rinquist won the battle for third place. Overall, it was a successful first intramural event.

3v3 Basketball

The 3v3 basketball event hosted by the Student Senate and ran by Alex Fall, and assisted by Michael Dorer. Alex is associated with the church Victory Faith Assembly of God. They were very helpful and kind with the donations they gave to the event! Over 60 people attended to see the eight teams, with over 30 players in total play.

"I just want to thank all of the people that took time out of their schedule to make the event successful in having

fun and spreading the love of Jesus," Alex said.

It was a real experience to work with Alex and co-host this event and I hope to work with him again in future events. After several tough games, the overall winners of the intramural 3v3 basketball tournament were "The Grits." The members of the winning team were Samuel Macklin, Chandler Taylor, and Richard Newman, were and coached by Marliisa Morris.

-Michael Dorer



Flag Football

Hey guys! Student Senate had a flag football event on Monday, October 15th. It was the perfect sunny fall day to go out and play, and at least 30 people did! Everyone had a good time and I am planning to host sports events with Bruno every week to create more opportunities for sportsmanship for everybody.

- Michael Dorer



Cloud's Specialties

Physical Activity and Health

Physical activity can improve academic performance!

Adolescents who practice physical activity can have a better academic performance. This is what a study published in Archives of Pediatrics & Adolescent Medicine, a journal of the American Medical Association discovered. Exercises and aca-

demical performance have a positive relationship, and can benefit the young.

"Studies suggest that being more physically active leads to improved academic performance in young people," the authors say. The benefits happen because exercise can help cognition by increasing the flow of oxygen and blood to the brain, noradrenaline

and endorphin levels (neurotransmitters that reduce stress and improve mood), and growth factors that help create new nerve cells and give support to the plasticity of synapses of these cells. It has been proven that regular physical activity helps to improve young people's cognition, leading to better academic performance, so let's practice?

-Bruno Silva

"5 years ago I came to this country with nothing more than my backpack. The only thing I was filled with was Hope and Determination and look at me now. I am a student-athlete in college, I am the vice-president of the Student Senate, and I am very active in my community. I am the living proof that anything can happen as long as you are willing to work for it."

Meet Your Latest American Citizen

Souleymane Adam, the Vice President of Student Senate, has been in the United States for five years. Even though he was born in Sudan, he spent the majority of his life in a refugee camp in Chad. In 2014, he and his family (consisting of a mother, father, and eleven siblings) got the opportunity to move to the United States. After a long process, which lasted five years, he got his citizenship on October 16th of 2019.

How was it to move with your family to a completely different country on a different continent?

"It was very difficult to move to the United States, because we did not know anybody and we did not speak the language. Fortunately, the people here were very friendly. This definitely made it easier to adapt to the culture and to make friends."

How was the process of citizenship?

When a new refugee comes to the United States, he or she gets a green card after two years of residence. After five years of residence, you can apply for citizenship. The application process starts in the immigration office, where they take your fingerprints, get your headshot, and do a background check. After you pass these first steps, you will receive a book about the history of the United States, so you can study for 100 questions, 10 of which will be asked during your interview. Fortunately, I passed my test the first time and I received a letter about the ceremony day and location. My ceremony would take place in the Courthouse in Kansas City, Missouri on October 16th 2019.

Were you nervous before your official ceremony?

Yes, I was a little nervous because I did not know what was going to happen exactly. However, I was also very excited to finally receive my first citizenship. I was never able to receive the citizenship of the country I was born in because of the wars that started when I was very young.

During the ceremony, my nervous feeling turned into a feeling of pride. When they called my name in the court, I had to say from which country I came and after I pledged Allegiance to the flag of the United States of America I am now officially

As a citizen of the United States, how do you see your future?

This country has given me so many opportunities that I would never have had in Africa. As a student-athlete in college, I see a bright future for myself. My goal is to be a good citizen and to help other refugees and immigrants to live a successful life. I hope my story inspires everybody who lives in this great nation.

Student Senate's Freshmen Projects

Retirement Home

Hey everybody! I am freshman representative, Sierra Portenier. My project for Student Senate is to help connect the young people in the city with the elderly. On Friday, September 27th, Kelee Siebold, Olivia Nobert, and myself went to visit Sunset Home retirement center. We got the pleasure of talking with some very wise and funny people and we were shown around the building. The residents seemed to enjoy talking

with us and we cannot wait to return again next week! You're allowed to play games, play music, read, and talk to them during your visit. This is a well-needed service in our community and Sunset Home would like to see us get more volunteers! If you would like to be a part of this service, please shoot me an email at sportenier@tbirds.cloud.edu!

-Sierra Portenier

Neighbor to Neighbor

Neighbor to Neighbor is a center started by a group of Sisters with a mission to serve underprivileged women and children at no cost. There are many services they have that provide for daily needs. These include meals, a place to do laundry, and bathrooms equipped with showers, but those are not the only things the Neighbor to Neighbor has to offer. Every morning from 9-11:30 there is a child play group that allows the mothers to socialize, get things done

that they need to, or participate in any of the activities being held. Activities are held for the women throughout the day, and include painting, baking, sewing, yoga, and many more. I plan to volunteer alongside my fellow members of Student Senate to assist the Sisters in their daily activities. I believe that this organization is an incredibly selfless one, and after meeting with some of the Sisters to discuss their needs, as well as touring their facilities, I am very eager to begin working with them.

-Olivia Nobert

Intramural Sports

Hello, my name is Bruno, I am from Brazil and I love sports. My goal with Student Senate is to help other people and provide moments of fun and integration through sports, bringing together different people, nationalities, and cultures. I will help Mi-

chael Dorer with intramural sports and every week, we will do some sports event for all students to participate in, like basketball, soccer, pool, volleyball, PS4 game tournaments, etc. I am available to help you and I look forward to seeing you at our events.

-Bruno Silva

Faculty of the Month

For my freshman project, I, Taylor Griffith, would like to do something for the staff. Each month, students will be able to vote for a staff member that they believe should get recognition for

their dedication and work that they do for the school. At the end of the month we will draw a name and the staff member chosen will receive some type of prize.

-Taylor Griffith

Word of the Week

Hello! My name is LaKya Leslie and I will be posting a "Word of the Week" every week on the app as well as on the Student Senate board located in the union. It will be a random word chosen by myself and I will also provide the definition(s) and a sentence to go along with it. I challenge all of you to take these different words with you throughout your week and expand your mind and vocabulary! If you see me, come up to me and use the word in a sentence! I will be impressed.

-LaKya Leslie

Computer Lab

"Hi, I am Kelee and I am a freshman Representative on Student Senate. Fortunately, I have my own laptop, which means I can do my homework whenever I want to. However, I know that not everyone has this luxury. Students without laptops have sufficient access to computer labs during the week but not during the weekend, since the library is only open (most) Sundays from 6 p.m. to 8 p.m. Therefore, with my freshman project, I am going to focus on creating more opportunities to access computer labs during the weekends.

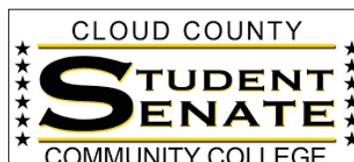
-Kelee Siebold

CloudProud

"Without community, there is no liberation" (Andrew Lorde). No one had ever asked me how it felt to be myself. After a few stumbling blocks I begin to understand that life is not only about what you receive, but what you give to others and that's what Cloud Proud means. For a long time, I searched in different places for self-love; a lightness of being. "Be a force for good. Give your testimony bravely, regardless of the circumstances because you decide to be as complete as you can". Coltrane said.

I am sure that I am in the right place right now. Despite of having my ups and downs and being constantly put in a corner, I refuse to stop being myself. There comes a time in our lives in which life goes fast and the days are nothing more than another second. But what does it feel like to be me? It is hard sometimes but I can say with all honesty that I do not renounce my nature, nor my choices; anyway, I have been fortunate. The most complex truths and the most certain happiness, so absurd and ephemeral is our passage in the world, that it only leaves me in peace knowing that I have been authentic, the knowledge that I have managed to be as close to myself as I could. My name is Johan Cobena, Johita for my family and closest friends. I descend from a long row of women. Black women. My name is Johan and I am gay.

-Johan Cobena





Become **RESIDENT ASSISTANT**

for **Spring 2020**

Applications due **November 1st**

Applications can be picked up in **Susan's Office (SC107)**