



# Swiftwater News



## Fall Testing

Students testing need to be in class at 8:30.

SBAC ELA  
Nov. 3 & 4

SBAC Math  
Nov. 17 & 18

**Not testing?**  
Class starts at 12:00

## No School

**Early Release**  
Nov. 25th; 12:30

**Thanksgiving**  
Nov. 26th & 27th

**Early Release**  
Dec. 18th; 12:30

**Winter Break**  
Dec. 19th—30th

## Principal's Message

Fall is such a busy time of year for SWLC. We have 29 students enrolled in our program with an additional 4 enrolled in our on-line program, Graduation Alliance.

Last year we graduated 11 students and this year we are predicting we will have approximately 12 graduates come Spring.

Our staff has been working on a Building Improvement Plan for the past year. Part of our plan includes improving our student attendance which will further our students in earning credits. When students complete their credits they graduate. We are working on an incentive program which will include: attendance, a "race for credits", college/trade school applications completed, and FAFSA completion. We encourage students to keep their momentum going so they continue to meet their learning plans. All of our students have



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## College Campus & Career Exploration Tours

AKA a field trip! Join us November 10th on this year's first trip where we will visit Digipen Institute of Technology—a school specializing in computer science, game design, animation, engineering, music and sound design. We will then head to the campus of Lake Washington Institute of Technology and explore the programs and



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# Swiftwa- ter's 10th Annual

## Chili Cook-Off

Calling all Swiftwater students and staff! This year's much anticipated Chili Cook-Off is sure to bring savory competition and ravenous judges. The rules are simple: **you must make your own creation!**

Not a chili fanatic? There is always room for tasty cornbread....

**All who are present will judge, so bring your appetite too!**



### Ingredients:

- 3 tablespoons bacon grease or canola oil
- 2 tablespoons unsalted butter
- 3 Anaheim chiles, roasted, peeled, chopped
- 3 poblano chiles, roasted, peeled, chopped
- 2 red bell peppers, diced
- 2 jalapenos chiles, minced
- 2 yellow onions, diced
- 1 head garlic, minced
- 1 pound boneless chuck, trimmed and cut into 1/4-inch cubes
- 2 pounds ground beef, coarse grind
- 1 pound bulk Italian sausage
- 3 tablespoons chili powder
- 2 teaspoons cayenne pepper
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 2 teaspoons granulated garlic
- 2 teaspoons granulated onion
- 2 teaspoons hot paprika
- 2 teaspoons kosher salt
- 2 teaspoons freshly ground black pepper
- 2 cups tomato sauce
- 1 cup tomato paste
- 12 ounces lager beer
- 1 cup chicken stock
- Two 15.5-ounce cans kidney beans, with juice
- Two 15.5-ounce cans pinto beans, with juice
- 1 bunch green onions, thinly sliced
- 1 cup shredded Cheddar

### Directions:

Add the bacon grease and butter to a large stockpot over high heat. Add the Anaheim chiles, poblano chiles, red bell peppers, jalapeno chiles and onions, and cook until caramelized, about 5 minutes. Add the garlic and saute 1 minute longer. Add the chuck and brown, about 4 minutes. Add the ground beef and sausage and brown, stirring gently, trying not to break up the ground beef too much. Cook until the meat is nicely browned and cooked through, 7 to 10 minutes. Add the chili powder, cayenne, coriander, cumin, granulated garlic, granulated onion, paprika, salt and black pepper, and cook until fragrant, about 1 minute. Add the tomato sauce and paste,

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## UGLY Sweater Party

*Thursday, December 15th  
12:00 PM*



In conjunction with this year's Chili Cook-Off will be Swiftwater's 4th Annual **Ugly Sweater Party!** Sure to be an eye-sore, come and sport your most spectacular festive attire for all to see. Make it, buy it, or borrow it—but

## ID Cards at Swiftwater

It is time to smile! Swiftwater picture “week” will be November 1st-11th. Come ready to have your picture taken for your 2016/17 Swiftwater student ID card. ID cards are free for the first card; replacements cost \$5.



### **Dragon's Breath Chili; Continued from page 2**

and stir to caramelize, about 2 minutes. Stir in the beer and stock. Add the kidney and pinto beans; lower the heat and simmer, about 2 hours. Serve the chili in bowls over ***Double-Fried French Fries (see recipe below)*** and garnish with crackers, green onions and Cheddar.

#### **Double-Fried French Fries**

Four 4- to 5-inch-long russet potatoes  
8 cups canola oil  
1 tablespoon fine grain sea salt  
1 teaspoon freshly ground black pepper

Peel the potatoes on the sides, leaving the ends with the skin on. Cut the potatoes into 1/3-inch slices and then slice into 1/3-inch sticks. Fill a large bowl with water and soak the potatoes, submerged, at least 30 minutes and up to 24 hours. This will help remove the excess starch from the potatoes and keep them from oxidizing.

Fit a heavy stockpot with a deep-fry thermometer and heat the oil to 325degrees F.

Remove the potatoes from the water and pat dry to remove excess water. Carefully place two handfuls of potatoes into the hot oil. There should be at least 1 inch of oil above the potatoes.

## Help Wanted:

**MCDONALDS  
TACO BELL  
SUNCADIA—**

<https://www.monster.com/jobs/c-suncadia-resort.aspx>

**WINTER PARK AIDE** Temporary, part time job opening at Iron Horse/Lake Easton state Park. Weekends and holidays. Must apply at [www.careers.wa.gov](http://www.careers.wa.gov) Use reference number 10171 when searching. Questions call 509-656-2586.

Parcook until the potatoes are light brown, 5 to 7 minutes. Remove the potatoes, gently shaking off the excess oil and let them drain on a rack. Repeat the process until all of the potatoes are parcooked.

Raise the heat of the oil to 350 degrees F. Cook the potatoes again, two handfuls at a time, until golden brown, about 2 minutes. Remove the potatoes from the oil, shake off the excess oil, place in a bowl and sprinkle lightly with salt and pepper. Repeat the process until all of the potatoes are cooked.

Makes 8 servings

From Food Network Kitchens; after further testing and to ensure the best results this recipe has been altered from what was in the actual episode.

Recipe courtesy of Guy Fieri, May 2008

## Bronk's Corner

Attendance is important because students are more likely to succeed academically and economically when they attend school consistently. Not exactly surprising information, yet many high school age students (read newly licensed drivers) fail to make the connection. Swiftwater requires a 90% attendance rate and students who fall below this rate risk being dropped from the program.

For the majority of Swiftwater students, more than half of the time they are expected to be engaged in academic activity completed outside of school. This makes attendance even more critical for academic success than it would be in a more traditional high school setting. Regular attendance means regular help and instruction in courses. Regularly attending students earn significantly more credits and score better on state tests required for graduation. In other words, students who come to school graduate more quickly, and more frequently than students who do not.

What opportunities are there for students who fail to earn a high school diploma? According to magazine, Postsecondary Education OPPORTUNITY, forty years ago most dropouts could still find jobs that paid enough to support a family, but young people who leave school today face a lifetime of economic hardship. Between 1974 and 2014, the annual earnings of families headed by a high school dropout declined by nearly one-third. Additionally, dropouts are far more likely to become unemployed, receive public assistance, commit crimes, and become incarcerated. At the same time, they are less likely to receive job-based health insurance and pension plans, to stay healthy and live full lives. According to the latest data from the Bureau of Labor Statistics, high school dropouts aged 16-24 have a 30.3% unemployment rate.

Please come to school. All students who exceed the 90% attendance requirement this semester will receive a stylish Swiftwater t-shirt that will make them the envy of the skate park and video game community their peers. Attend regularly. Earn credits. Pass state tests. Graduate. Get a good job. Stay out of jail. Get a t-shirt. All of this is yours just for showing up and taking an interest in your future.



## **College Campus & Career Exploration Tours; Continued from page 1**

campus.

*Is there somewhere specific you'd like to check out?* Let us know and we will see if we can arrange a tour! We want to gear these trips toward specific careers seniors (and

We are looking forward to our first field trip of the year on November 10 and our annual Chili Cook-Off in December. Wishing you a wonderful Holiday Season!

Mel Blair

## **Principal's Message; Continued from page 1**

completed their 20 day reviews. We have been stressing the importance of 90% attendance and work completion to meet learning plan goals and stay on track to graduate. After all, a successful and productive future starts by showing up!

My office is now located at Swiftwater, and although I am often at the other buildings, I am loving being at Swiftwater. This has given me an opportunity to get to know the students and have a more supporting role as principal.



## **Someone to **Talk** To**

Do you need someone who will just listen to you? Cathie Songer is our district substance abuse counselor and a person you can talk to. Cathie offers support with chemical dependency issues for students. You can talk to Cathie about issues you are facing, or your concerns for friends or family. She is also able to help provide you with strategies for building self-esteem, refusal skills, recovery, and help with quitting.

*Here for you and willing to listen*

To reach Cathie call **509.941.0350** or email at [songerc@cersd.org](mailto:songerc@cersd.org).

*Conversations are private*



**Field Trip to Digipen & Lake WA  
Institute of Tech  
Thurs. Nov. 10th**

*Swiftwater's Annual  
Chili Cook-Off*

AND

*Ugly Sweater Party!*

*(see inside for details)*

**Thurs., Dec. 15th**

**Events TBA for January:**

**FAFSA Party**

*Information and help on filling  
out the application for  
Federal Student Aid*

**Dummy Downhill**

More info in December—

for now, just think **SNOW!!**

