



# News and Notes

## Their Mental Health Matters, Too

As we enter the 7th month of the pandemic, mental health is becoming an increasing concern. Typically, this isn't something that would be a feature in a band newsletter - but I think it's worth it.

Recently, a group of high school seniors got together in the wee hours of the morning. They wore masks and they held signs. Those signs read, "Our Mental Health Matters, Too". This is not an attempt to engage in a political conversation but is a blatant attempt to remind you to touch base with your kids, often, and specifically. How are they doing? Don't accept "fine" as a re-

sponse. Are they losing interest in even trying to schedule fun activities? How is their appetite? Has it changed? Have their sleeping patterns changed? Are they tearful, hopeless, allude to feeling helpless?

If I hear that these are "unprecedented times" one more time, I may spit. But it's true... What's also true is that our high school students NEED social interaction. It isn't a bonus and it isn't just something nice for them. It is positively a developmental need....

Yes, COVID seems to be getting worse in Dona Ana County again and I urge you

to follow local laws and regulations; but do not lose sight of the potential cost of severe challenges to mental health. In Farmington, NM, one report indicated that they have experienced in 125% increase in suicide during these, "unprecedented times". This is important; and I will include some resources in this newsletter. Take care of each other. Text, call, chat, etc. And, if it's ok, get together. Lift each other up and ask the hard questions.

Let's take care of our Hawk Family.

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"Music . . . can name the unnameable and communicate the unknowable." — Leonard Bernstein

"Live your truth. Express your love. Share your enthusiasm. Take action towards your dreams. Walk your talk. Dance and sing to your music. Embrace your blessings. Make today worth remembering." — Steve Maraboli

"Music is the literature of the heart; it commences where speech ends." — Alphonse de Lamartine



## Hawks at Night in LC

Last Tuesday night, we hosted our first Drive-In Movie night! We had 52 cars join us for Jurassic Park under the stars.

It was so nice to be with (6 feet apart) all of our friends and to see so many new faces! Welcome, again, Freshmen Families!

The band earned \$780 that night and hopefully we helped a local business hang on for a bit longer. A great big thank you to Allen Theaters for this opportunity.

We are looking into doing it

again in the future, so start thinking about movies you'd like to see. It's going to get colder and closer to the holidays. Should we think about a holiday movie?

We will keep you posted with all the details as they are ironed out.

Thanks, again, for your support!



# Coming Attractions - Important Dates

DATE	EVENT	LOCATION	TIME
9/25-11/16	Tournament of Bands	Virtual	<a href="https://nmtob.nmsu.edu">https://nmtob.nmsu.edu</a>
10/12	Band Board Meeting	TBA	6:30 pm
11/4	All State Auditions	Band Room (individually)	TBA
10/20	Band Parent Meeting	Zoom	6:30 pm
11/14	Solo & Ensemble	TBA	TBA
2/22/20	Football Can Begin	n/a	n/a



# All State Fees Now Due

The All State Auditions are approaching fast and many CHS Band students are participating. If your student has signed up, Ms. Padilla has officially registered them and the fee(s) are now due.

The fee for All State Band Audition is \$17 per instrument. The fee for All State Jazz Band Audition is \$20 per instrument.

If you don't know if your student signed up for an audition, please let one of the Directors know or reach out to Jeni or Deb. We all have the list of students who have been registered and therefore owe money on their band account now.

**You can make a payment by logging into your account on Charms.** Go to CharmsOffice.com. In the top right corner, click "Login" then "Parents/

Students/Helpers". The school code is CHSBandLasCruces. Your initial password is your student's LCPS ID number. You will immediately be prompted to set up your own password. Once you've been able to login, click the "Finances" button. Scroll down to "Make a Miscellaneous Payment". Complete the payment process. In the note include "2020 Allstate Fee).

That's it! Then, you will also have your Charms account set up and you are able to modify demographic information and monitor the account at your convenience. If you have any trouble with Charms, please let Jeni or Deb know. Contact information is on the last page of every newsletter.



## Community Resources

The following is a brief compilation of resources I've used over the last 7 months with students and families I work with.

**New Mexico Crisis and Access Line** CALL 1-855-NMCRISIS (662-7474)

**KidTalk** offers someone to talk to and provides a safe place to reach out where someone will listen and offer non-judgmental, unconditional support. Volunteers are on call and waiting to help. Monday-Thursday: 3pm-10pm Friday: 3pm-Midnight Sunday: 10am-10pm KID TALK Warmline TEXT 636-3636 CALL 1-575-636-3636 EMAIL kidtalk@lapinon.org

If you or someone you know is experiencing any painful emotion, a mental health or substance use concern or just looking to talk to someone about recovery and resiliency. **NM Peer to Peer Warmline** TEXT 1-855-466-7100 between 6pm-11pm CALL 855-466-7100

**YourLifeYourVoice.org** is a website full of resources for teens facing a number of tough situations. CALL 1-800-448-3000 or TEXT VOICE to 20121, 24/7.

**Suicide Prevention Lifeline** CALL 1-800-237-TALK (8255) is a suicide crisis prevention resource with phone and e-counselors available 24/7.

**La Casa Domestic Violence Hotline** CALL 1-800-376-2272 To reach the shelter, call 575-526-9513 Crisis Shelter provides an immediate sanctuary if you are forced to leave your home because you fear for your life.

**La Pinon Sexual Assault Recovery & Crisis Hotline** CALL 575-526-3437 or 888-594-7273 A full-service sexual assault response agency in Southern New Mexico providing comprehensive sexual assault recovery services for sexual abuse victim and their families.

**SAMHSA's National Helpline** CALL 1-800-662-HELP (4357) Free, 24-hour-a-day, 356-day-a-year Information service for mental and/or substance use disorders. Referrals to local treatment facilities, support groups and community-based organizations.

**CHS Band Parent Association**

P.O. Box 16481  
Las Cruces NM 88004

Phone: 575-312-7394 (Jeni)

Email:  
CHSBandLasCruces@gmail.com

▶ **Stronger Together.  
With Pride.  
#HawkYeah**

**We're on the web!**  
**www.centennialband.net**

For the latest and most up-to-date information, join us on the **BAND app**. You can find it in the App Store and Android platforms. You can also search, "**Band.us/@chsband**". We ask that you have this app on your mobile device (and enable "push" notifications) for ease of communication at football games, competitions and other events.

Our website is: **centennialband.net**

Finally, check us out on **Facebook**  
"**@CentennialHighSchoolBand**".

**Did You Know....? Band Parent Association Officers and Band Instructors**

These are your Band Parent Board Officers and Band Instructors for the 2020-2021 School year and their "affiliated" sections:

**Jeni Raess - President**  
madijosmom@aol.com  
Clarinet  
(575-312-7394)

**Veronica Guerrero - Vice-President**  
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**Christal Swenson - Treasurer**  
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**Kim Vallejos - Secretary**  
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**Deb Hewus - Student Accounts**  
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**Selina Cardoza - FoD Concessions**  
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**Philip Ramos - Director**  
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**Karen Padilla - Assistant Director**  
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