



# Casman's Weekly

## Episode IV!

New Hope for the Creative Writing Class!

October 11, 2024

Vol 1, Issue 4

### Mental Health Matters!

#### Who is Paddy Pimblett

By Nathan Edgington

Born on January 3rd, 1995, Paddy Pimblett made his debut in 2012 with Cage Warriors and became known as Paddy the Baddy. He made another debut in 2021 and became known for gaining massive amounts of weight and losing it all. Paddy has talked about mental health and encouraging people to seek help when they need it or want it. He heavily discusses the mental health of men and the future.

Paddy Pimblett



#### Who is Tony Ferguson

By Nathan Edgington



Tony Ferguson, born on December 12, 1984, began 2008 with a debut and debuted in the Ultimate Fighter in 2011. His record currently stands at 26-11-0. He was formerly known as the boogieman "El Cucuy" and was on a loss streak due to previous injuries. While dealing with his mental health difficulties, Tony has discussed mental health and the never-give-up mindset.

## **Sitting down with Mr. Chris Heidel**

By Nathan Edgington

### **When did you want to become a teacher?**

As a young man, I spent many years coaching baseball and football. After starting my own family, I spent many years in the workforce, making money to support them. When my children got old enough, I decided to get a teaching degree and become a teacher.



### **What advice do you give to the people of Casman?**

This has been said before, by others,  
"You never truly fail until you give up.

" Life is a wonderful thing, just keep  
working hard towards your goals  
and dreams and you'll end up having a decent life.

### **When did you join the Navy and what was your MOS**

I joined the Navy in November of 1982,  
Ronald Reagan was my Commander  
in Chief. My official job (MOS)  
was that of a Boatswain Mate, but I  
spent most of my military life as a roving security guard.

### **What advice can you give to the future sailors of the United States?**

Military life is a microcosm of civilian life, my advice is to work hard and learn. See how the world operates and find your place in it. Cover your Six!



### **What is your favorite food?**

I love Mexican food, tacos, fajitas, burritos, and yummy salsa!!!

### **What is something you wished everyone knew about you?**

I want everyone to know that I love my fellow human beings and I hope that someday we all learn to live with each other and our differences. We are all human beings and we all belong on this planet.

### **What an experience made you the person you are today?**

All of it. The important thing is to participate in your own life. Go into the world and create experiences. I've had experiences that are very hurtful and experiences that are very uplifting. I prefer the latter

## Interviewing Cash Wilson

Interviewer Ian O'Connor

### How would you describe yourself?

Him.



### What are your plans after graduating?

Getting a job at a zoo or something with animals

### What inspirational quote do you relate to?

“Ah, you think darkness is your ally? You merely adopted the dark. I was born in it, molded by it. I didn't see the light until I was already a man, by then it was nothing to me but blinding!” — **Bane**



### What is something you want people to know about you

I'm a child of god.

### Any advice for the students of Casman?

Work hard.

## Animal of the Week - African Bush Elephant

The African Bush Elephant is an endangered species of elephant (obviously) that lives in most countries in Africa. African bush elephants can grow anywhere between 7-10 ft at the shoulder. Female African Bush Elephants can weigh up to 6,600 lb (3.3 tons), and males can weigh up to 13,000 lb (6.5 tons), which is over 2x the weight of the average car (4,100 lb).

African Bush Elephants are currently endangered due to habitat loss, poaching (illegal hunting), and human vs elephant conflict



If you would like to help keep these animals alive, you can donate to WCS using this link here:

<https://www.wcs.org/our-work/wildlife/elephants>

## **Poem of the week!**

Healing is hard but not impossible  
Everything seems like it can't be better but it can  
Although you know you feel like it's a lie  
Lying to yourself won't help you heal, know there's a need for growth  
The first step is always the hardest but I believe that you can come out the other side just fine  
Hello again you've changed and grown no longer a shadow hurt and alone but a flower in full bloom

### **This week's Movie recommendation!: 1 a Minute**

This is a documentary about a typical breast cancer patient's life, from a diagnosis to a treatment and in many cases to recovery. The narratives are testimonials from celebrities who have experienced cancer/illness. 1 a minute is very inspirational you don't know what is going on until you step in someone's shoes and it gives us a great perspective on someone with cancer.

## **Song of the week: Ring of Fire Johnny Cash**

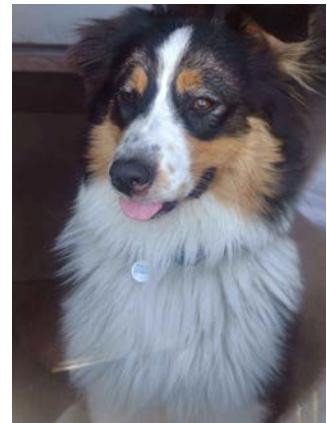
### **Not so fun FACTS:**

- 1) Breast cancer doesn't always come in the form of a lump.**
- 2) Having a male relative who's had breast cancer increases your chances of getting breast cancer**
- 3) Maintaining a healthy weight can reduce your breast cancer risk.**

## **Pet of the week: Eva**

Eva is Lovelly's playful and beautiful Aussie. The playful girl's nickname is Peanut! She's about 1 year old and loves to play. Her favorite toy is her yellow frisbee. One thing she likes to do is go outside in the rain at about 10 pm when people are eating ice cream.

One interesting thing she has apparently done is kill a rabbit(???). It's such an Aussie thing to do! Unfortunately, the poor girl gets car sick. But despite that, she attempted to follow Lovelly on the bus!



Despite the fact that Aussies are known for being extremely intelligent, it seems she has her dumb moments, like most dogs. One example is the fact that she doesn't know how to move when people are pulling up their chairs. Her right ear is always higher than the other it is visible in the photo

**Author's Quote of the Week- “Amateurs sit and wait for inspiration, the rest of us just get up and go to work.” Stephen King**



## **This month is Breast Cancer Awareness Month**

This is celebrated in multiple ways painting the town pink, wearing pink or wearing a pink ribbon. The pink ribbon is a symbol for breast cancer awareness. October 13 is nationally recognized to be for breast cancer awareness.

# Mental Health Help by Jess



## Oct01-Oct31

Monday	Tuesday	Wednesday	Thursday	Friday
14. Philly pinwheel sandwich Alt:Big Daddy's Pizza	15. Chicken Fajita Alt:Yogurt plate	16. Chicken smackers Alt:Calzone	17. Homemade macaroni & cheese Alt: Cheeseburger	18. Ham & cheese sandwich <b>NO ALT</b>
21. Ham & cheese pretzel sandwich Alt:Big Daddys Pizza	22. Chicken Quesadilla Alt:Yogurt plate	23. Popcorn chicken Alt:Calzone	24 Cheese lasagna Alt: Cheeseburger	25. Turkey and Cheesesandwich <b>NO ALT</b>
28 Chiken alfredo Alt:Big Daddys Pizza	29 Beef Fajitas Alt:Yogurt plate	30 Grilled chiken sandwich Alt:Calzone	31 Sweet N Sour Chicken rice pilaf Alt: Cheeseburger	



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