Meet Mr. Herbert!

Growing up in South Texas, during high school I majored in getting in trouble. Coming from a broken, dysfunctional home, I didn’t have clear goals and college seemed like too much work, so I decided to join the military as an easier out (boy was I wrong about that!) I was enthralled with the mystique of the Marines so I decided to give them a try. I found that the Marines create an environment that challenges you to find more in you that you thought possible. Once I accepted that I was capable of more than I gave myself credit for, I thrived in a challenging environment. For the next 21 years I rode on tanks, travelling the world extensively. I lived in Japan, trained at the DMZ in South Korea, visited Cuba, spent extensive time in Europe and the Mid-East. During this time, I found learning was continuous. Whether it was Leadership Development or technical training at the post-doctorate engineering level, there was always something more to learn.

Once I got comfortable with learning, I realized that I needed to set myself up for the long term—there’s not a huge demand for tank drivers in the civilian sector—so I began night school at the local community college. Since my high school GPA, classes and grades were low, I had to first take remedial classes to get to the college entry level. As I moved along, taking 2 classes a term, I found the work challenging but no overwhelming. I had to stop several times as I was deployed to Iraq twice, but continued to pick away. I worked multiple positions until I was selected as Master Gunnery Sergeant (E-9) the highest position I could attain, and was assigned to help run our tank school. Not bad for an entitled kid with a high school diploma!

I retired in 2010 and began working as an instructor in JROTC in the Louisville, KY school district. The same month I retired, I completed my AA. For the next several years I pecked away at my Undergrad degree, graduating with a degree in Organizational Leadership from the University of Louisville in 2018. Yes, it took 18 year of off and on work to get my degree, all “night school” while working full-time jobs!

Since 2018 I’ve run my own consulting firm as an Expert Witness in the Law field, providing subject matter expertise in training management, leadership, human factors etc. When the opportunity came about to get back in and work with students, I jumped at it. My formal title is “Student Assistance Professional”, but a better description is Student Coach/Problem Solver. Being a high school student is tough, even in the best environment. I help students that battle things outside of the classroom that affect them negatively in school. Whether anxiety, depression, anger and discipline issues, home life, and many others, I help work through these issues in a confidential place not attached to discipline. This gives the student freedom to discuss and work through many things they may be burdened with. I’m not a therapist, but someone who listens and finds ways to work through things. Sometimes students and their families struggle with supports outside of school, whether transportation, making appointments, and that can impact school as well. I’m the “free safety net” moving around to go to where I’m needed. Feel free to stop me in the hall, or come in for a chat—I have plenty of stories! Whether you’ve got questions about the military, finding a direction, or deeper issues, I’m here! I see myself in many of the students and realize that if I had someone to turn to, and someone to push me, I could have been much more prepared for the rigors of post-high school life. Hopefully I can be that person I needed long ago.

My wife Julie has put up with me for nearly 28 years, and we have a daughter Madeline who is a student at George Fox. We also have 5 chickens, 6 cats (don’t get me started) and I love being outside, whether driving my 1953 military jeep or out on the water.

- Mr. Frank Herbert
SENIOR NEWS

SENIOR GIVEAWAY!

Completing your FAFSA/WASFA is important! By filling out this free application, you get access to the largest source of financial aid to pay for vocational, technical, 2-year and 4-year colleges/universities! Money should not be a reason why you do not pursue your post-secondary goals. We believe in this and want all the financial assistance that each one of you can receive. The sooner you get it done, the better! Stop by Post-Secondary Office if you need help!

ALL SENIORS WHO HAVE SUBMITTED THE FAFSA/WASFA BY WEDNESDAY, DEC. 15TH, WILL BE ENTERED IN A DRAWING TO WIN AN AWESOME NORTHFACE BACKPACK ON DEC. 17TH!

December University/College Admission Deadline

Dec. 1st -
- Gonzaga University

Senior Spotlight:

Connor Clausen
College 1st Choice: Stanford University
Dream job: Attorney

Joselin Nuñez
College 1st Choice: University of Washington
Dream job: Nurse

Esmeralda Angulo
College 1st Choice: Wenatchee Valley College
Dream job: Photographer/Baker

Christopher Villaseñor
College 1st Choice: Wenatchee Valley College
Dream job: Electrician
Career/College Opportunities for all MHS Students:

**Careers After School Program is back!**

Are you interested in a career in Law Enforcement? Learn all about this career on Thursday, December 16th 5:30PM-7:30PM at the Wenatchee Police Department.

Or what about being a Microbiologist & Medical Lab Technologist? Learn about these 2 careers on Thursday, January 20th 5:30PM-7:30PM at Confluence Health.

*Come to Post-Secondary Office if interested! You will need to register and transportation may be available!*
PLAY OUR DECEMBER GAME AND WIN A PRIZE!

What college/university did we attend and graduate? Match the teacher to their college/university!

*The first 10 students who bring correct answers to Ms. Grageda’s office will win a prize!*

- Ms. Sorenson: Central Washington University
- Mrs. Schramm: Gonzaga University
- Mr. Lopez: North Arizona University
- Ms. Quarre: Eastern Washington University
- Mrs. Sears: Whitworth University
- Mr. Fernandez: Western Washington University
- Mr. Villalobos: Northern State University
- Mr. Harthun: University of Washington
- Ms. Way: Wellesley College
- Mr. Sivertson: Missouri Valley College
- Mr. Helleson: Central Michigan University
- Ms. Lovelace: Wenatchee Valley College
- Mr. Fournier: Augustana College
- Mr. Brown: Heritage University