

## Senator Square: CHS teacher talks about physical education

*Editor's note: The following was written by CHS Strength Conditioning and Personal Fitness teacher Misty J. Guantonio*



In an era where students are more comfortable communicating behind a screen rather than face-to-face, teaching Physical Education can be more than challenging at times. It seems that each year there are fewer students who enjoy physical activity. This year has been no different. Instead of focusing on the challenging aspects of teaching, I want to celebrate the great physically active strides my students have made. In physical education, we test components of fitness which include cardiovascular endurance and muscular strength and endurance. At the beginning of the year, 39 percent of my freshmen students met average to above average standards of fitness. For girls, this meant running a mile faster than 13 minutes, and completing 25 or more curl-ups and seven or more pushups. For boys, a mile time of 10 minutes or faster, 33 or more curl-ups, and 17 or more pushups meets average standards. I am honored to share that by the end of March, 69 percent of my students met average to above average standards of fitness, and nearly 50 percent fewer students were below standard. Students who were above average on their fitness testing grew from 21 percent in September to 52 percent in March. Simply put, I am reminded of how students continue to meet and exceed expectations when they are given the opportunity. While personally acknowledging every student is difficult in print, I hope the spirit of this message is able to convey just a part of the respect I have for each and every one of my students. Thank you for a wonderful year in progress – Misty J. Guantonio

## CCSD SENDS CHS BAND, CHOIR, AND ORCHESTRA STUDENTS TO VEGAS

The Carson City School District sent 50 students, April 4 through 6 to the Nevada All-State Music Festival at the University of Nevada, Las Vegas. The event included intensive rehearsals



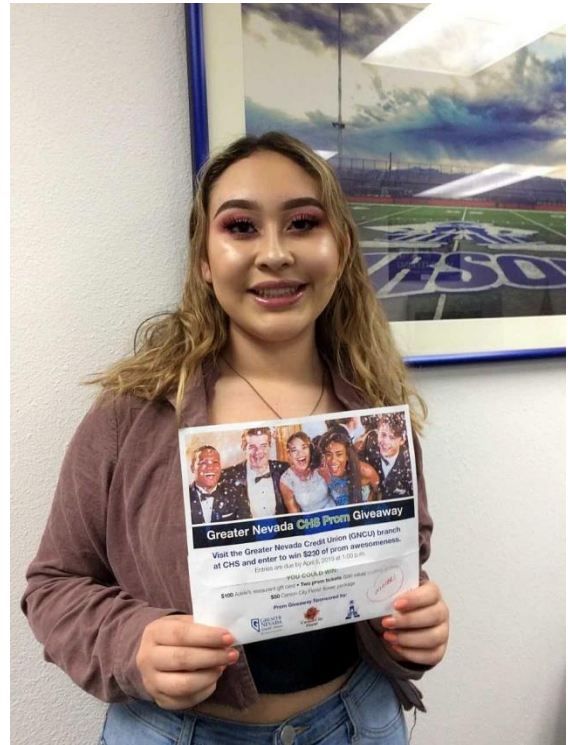


with acclaimed guest conductors, a symposium for music educators, and seven spectacular performances. Band, Choir, and Orchestra were represented from CHS, Carson Middle School, and Eagle Valley Middle School. Eleanor Sturm, who was Concertmaster of the All-State Orchestra, said, "It was a great experience working with the best students from across the state." The event was a fantastic experience for music educators, too, who

participated in a professional development conference. Site and district administrators have been very supportive of this experience, earning respect and gratitude from district music teachers.

### **GNCU SPONSORED PROM TICKETS DRAWING WNNER ANNOUNCED**

Congratulations to Itzel Mariscal, whose name was drawn from the many Greater Nevada Credit Union CHS Prom Contest entries. Itzel received two Prom tickets, a Prom flower package from Carson City Florist, and a \$100 Glen Eagles gift card for dinner. GNCU wishes Itzel a safe and wonderful time at the Prom.



### **FBLA TAKES TOP TEN AWARDS IN STATE COMPETITION**

CHS Future Business Leaders of America students returned from State Competition in Las Vegas, and the CHS FBLA Chapter walked away with 36 top ten awards and qualified 14 students for the National Competition in San Antonio, Texas. They also won sixth-place in Chapter Sweepstakes. According to Adviser Angila Golik, "Chances are you know one or two of these amazing kids, so please give them a high-five when you see them." Skills and Performance Event Winners: Banking & Financing: Saeed Mobaligh, Prabhjot Mand, and Alan Garcia, third-place. Broadcast Journalism: Abby Golik, Serena Dantzler, and Carlos Torres, fourth-place Business Plan: Jens Robison, Bradley Wiggins, and Walker MacKenzie, third-place, Chris Luna and Andrea Delgado, seventh-place, and Casanova Segura, tenth-place. Client Service: Jacob Nichols, sixth-place. Emerging Business Issues: Areli Solis and Karla Torres, eighth-place. Entrepreneurship: Bradley Wiggins and Jens Robison, seventh-place. Hospitality Management:



Kiana Martinez and Chloe Walt, third-place. Introduction to Public Speaking: Sam Nichols, first-place. Job Interview: Kiana Martinez, first-place, Chloe Walt, second-place, Abby Golik, fourth-place, Chris Luna, fifth-place, and Gloria Martinez, eighth-place. Public Service Announcement: Austin Salgado, ninth-place, and Bitia Jizani, Bahar Jizani, and Heba Syeddah, tenth-place. Sales Presentation: Gloria Valdenegro, eighth-place. Sports and Entertainment: Jacob Nichols, first-place, Walker MacKenzie and Ryan Lawlor, fifth-place, Alan Garcia, Saeed Mobaligh, and Prabhjot Mand, eighth-place. Testing Top 10 Winners: Advertising: Bradley Wiggins third-place, and Kiana Martinez, fifth-place. Health Care Administration: Abby Golik, seventh-place. Introduction to Business Communications: Carlos Torres, first-place, and Serena Dantzer, eighth-place. Introduction to FBLA: Heba Syeddah, second-place, and Bahar Jazani, ninth-place. Introduction to Financial Math: Carlos Torres, fourth-place. Introduction to Information Technology: Carlos Torres, fourth-place. Introduction to Parliamentary Procedure: Heba Syeddah, second-place, and Makayla Mueller, ninth-

place Personal Finance: Jens Robison fourth-place, and Bradley Wiggins, tenth-place.

### **FFA STATE CONVENTION WINNERS ANNOUNCED**

CHS' Capitol Future Farmers of America Chapter attended the 90<sup>th</sup> Nevada FFA State Convention last week competing in Veterinary Science, Milk Quality and Products, Creed Speaking, Horse Evaluation, Poultry Evaluation, Agriculture Mechanics, and Agriculture Issues. The CHS chapter brought home First Place in Poultry Evaluation, Jazmari Valdivia took Second Place as an individual, and Ben Tureson took Third Place as an individual in Poultry Evaluation. The Agriculture Issues Team took home Third Place, and Zion Belcastro was awarded the Nevada State FFA Degree, the highest degree a FFA member may receive at the state level. Congratulations to all of the winners and those who attended.

### **MOB THE HALLS AND DRESS FOR SUCCESS WINNERS**

Administrators and teachers participated in the Social and Emotional Learning Committee's directive to Mob the Halls and Dress for Success April 11 at 7:00 a.m. and throughout the day.



Mob the Halls began with greeting CHS students as they arrived to school with fabulous smiles, fist bumps, and high fives. Then, many students and staff participated in the monthly Dress for Success Challenge. The amazing participants dressed in career appropriate attire in order to show off and look impressive as modeling is one way in which positive or negative behavior is learned. Everyone willing then nominated students and their fellow colleagues for a chance to win a Dutch Bros. gift card. Pictures were taken, and fun was had at the best rural high school in Nevada. The results from the Dress for Success Challenge go to sophomore Hailee Bauman for best dressed student and Kim Cooley for best dressed staff.

### **SUMMER JOB OPPORTUNITIES FOR STUDENTS**

Learn about available jobs and career opportunities with Carson City in the CHS

Library and Career Center. Students must be at least 15-years-old to apply to be a lifeguard or a recreational aid. Also, graduating seniors may come and learn about seasonal firefighter positions with the Carson City Fire Department and Dispatch positions with the Carson City Sheriff's Office. Students interested in receiving lifeguard training that leads to a paying job may apply with the Carson Aquatic Facility for April 15 to 19 as well. Interested? Visit [carson.org/jobs](http://carson.org/jobs) to see all available jobs, requirements, and pay.

### **THE SPRING BLOOD DRIVE IS HERE**

The National Honor Society Blood Drive is April 24 from 7:30 a.m. to 4:00 p.m. in the CHS Small Gym. Donors are urgently needed, and lives are saved because of this





selfless sacrifice. Anyone choosing to donate is asked to eat a full meal before donating and must be at least 16-years-old. Anyone under 18 must have a signed parent consent form when donating, and all donors must show photo ID with birth date. Students may sign up in CHS room 221; anyone else may simply drop by and donate. Snacks and drinks are needed also; these may be dropped off at the CHS Main Office, or email NHS Adviser Brian Branch at [bbranch@carson.k12.nv.us](mailto:bbranch@carson.k12.nv.us).

### **FREE HOT AIR BALLOON RIDES COMING TO CHS**

Interested in aviation? Science? Hot air ballooning? CHS teacher and military veteran Michael Reynolds, along with Karalyn Mumm, pilot and owner of hot air balloon Citrus in the Sky, will be offering tethered hot air balloon rides to CHS students directly after Spring Break, April 23, beginning at 7:40 a.m. And if that is not enough, The Balloon Federation of America is offering a Junior

Balloonist Camp at Donner Ski Ranch, 19320 Donner Pass Road in Norden, California. Scholarships are available. Go to [bfa.net](http://bfa.net), click the "2019 JB Camp" tab. Registration is free, and the scholarship application is at the end of the registration. Those interested may also find more information by looking them up on Facebook, going to [highsierraballooncamp@gmail.com](mailto:highsierraballooncamp@gmail.com), calling Karalyn Mumm at 225-1284, calling CHS teacher Michael Reynolds at 283-1630, or emailing him at [mreynolds@carson.k12.nv.us](mailto:mreynolds@carson.k12.nv.us).

### **COMMUNITY FATHER DAUGHTER DANCE COMING SOON**

The "Under the Big Top" Annual Father-Daughter Ball is coming April 26, and tickets are \$40. Order tickets by going to [eventbrite.com](http://eventbrite.com) and search for Father-Daughter Ball – Carson City. Tickets may also be purchased in person at the CHS main office or on the day of the event.

### **GNCU VISA GIFT CARD GIVEAWAY**

In celebration of National Credit Union Youth Month, Greater Nevada Credit Union Education Branch at CHS is having a contest during April and will be giving away two \$50 Visa Gift Cards. The contest is open to all CHS students who stop by the GNCU CHS Branch between 7:15 a.m. and 1:30 p.m. to pick up an entry form. All entries are due by 1:00 p.m. April 30.

## ATHLETES OF THE WEEK

CHS Athletic Department's Athletes of the Week for April 8 through 12 are Taryn Encinas for Girls Varsity Track and Justin Stevens for Boys Varsity Baseball. These athletes, and all students who participate in school functions through leadership, clubs, and sports, deserve a high level of recognition and congratulations.

## STUDENT OF THE WEEK



Manuel Lopez, a junior, is the CHS Student of the Week. Manuel's art teacher, Mike Malley, said about him, "Manuel always works until the bell rings, and this is in the often restless AB55 period, the last class of the day." Malley also

said about him, "Manuel is a polite, focused student of superlative skill level and should also be observed to be in the Gifted and

Talented designation; it is my pleasure to have this student." Congratulations to Manuel Lopez.



## SENIOR SPOTLIGHT

Pioneer High School's Senior in the Spotlight for April is Isaiah Zacarias. Isaiah is friendly, kind, helpful, and respectful, and he is always willing to help around campus with any tasks needing attention. Isaiah moved to Carson City from northern California when he was 7-years-old. Isaiah has been attending PHS since his freshman year, and he has always been very involved in campus activities. Not only has he been a part of PHS student leadership, but he has also been instrumental in working on the yearbook. Isaiah also learned how to play guitar at PHS and continues to practice at home every day. He really loves drawing, has taken art classes every year in high school, and has greatly developed his skills and natural talent. In February, Isaiah's accomplished work earned a Scholastic Art Awards Honorable Mention. During the summer, Isaiah spends a great deal of his time doing landscaping work, and he enjoys spending his free time with friends and family. After high school, Isaiah plans to enroll in barber school. He has been mastering his hair-cutting skills since he was in seventh grade. Eventually, he would love to open his own barbershop. Isaiah is well liked by everyone who meets him, and he makes Pioneer High School proud.



*Phil Brady is an English teacher at CHS.*

