

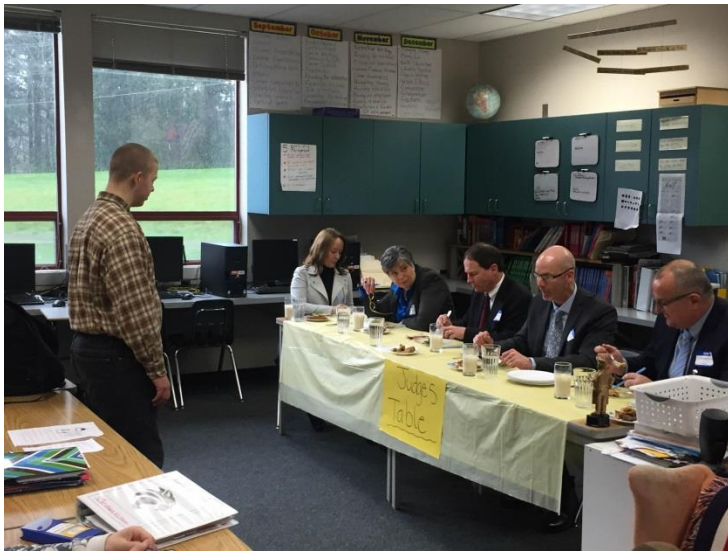
La Center High School Board Report

March 14, 2016

The Iron Chef is a program presented by the students in Mrs. Karukes' Transitional class. Students selected 4 recipes of something they would like to make in each of the following areas: drink, appetizer, entry, dessert. Once the student decided on the recipe, Mrs. Karukes took the students on a field trip to the store where they priced the cost of their ingredients and created a budget. A second trip was to purchase their items for the recipes.

Students had one opportunity to practice their recipe before presenting their dishes. Each of the classmates tasted each other's work, critiqued their samples and provided feedback. Students also discussed how to serve each item, including how to present and talk about their choice and why they chose the recipe.

Mrs. Karukes created 8 rounds on a bracket chart, so each winner moved forward to the next round. The judges over the four day event were asked to rate each item and comment on three categories: taste, presentation and originality. Below is a picture of Preston Thorn presenting his crab cakes to the panel of our distinguished judges.



**Congratulations to Rosalino Martinez
as the 2016 Iron Chef Champion!**

HIV/Aids Presentations begins this week for all of our students who have not opted out of the workshop. All 4th period classes will rotate through a two week window to participate in the HIV/Aids workshop presented by our nurse, Danielle Rivers. The parents had an opportunity last week to view and discuss with Danielle the materials that will be presented and how she will conduct the discussions. I'm pleased to report that 22 parents attended our preview. Parents are able to opt out of the presentation after they have viewed the material and discussed the contents

with Danielle. As a federally mandated law, we provide this training each year for all high school students.

Phoenix 11 just took place this past weekend and what a fantastic time they all had in spite of the wind, rain and hail. This session LCHS sent 11 girls and 13 boys, including 4 wonderful chaperones. Thank you to Josh Soske, Angie Thompson, Melinda Mazna and Kurt Gray for giving their time this weekend to support our students and the upcoming follow-up meetings. Comments from the students ranged from “this was the BEST thing that has ever happened to me” and “it was life changing.”

I know for one junior student who has dealt with anxiety issues all of her life, that this weekend was the first time she has ever spent away from her parents. Part of her motivation to take this step is what she has heard about the Phoenix program. Her younger sister attended last year and came back excited about the experience. This year when the junior was invited to participate she asked that I share information about her anxiety with the female chaperones. We put in place several ways she could handle any concerns that would come up during the weekend. This student was so brave to follow through with the Phoenix program, starting with the packing and preparation, to getting onto the bus, arriving at camp and finding ways to stay without having a panic attack. She came back elated and full of confidence. The student conquered a huge challenge of being independent for the weekend, away from her parents.

This was only one of many, many positive events that took place for these 24 students. Below are several pictures of their time at Camp Collins. Thank you for your continual support with the Phoenix program.





Grace Nolan, a freshman, participated in an essay writing contest sponsored by Barnes and Noble about *My Favorite Teacher Essay*. Grace wrote a powerful essay about Mrs. Sara Rideout, LCHS art and drama teacher. Grace's essay was selected and both individuals will be attending the presentation ceremony on April 12th from 4:30- 6:00 at the Vancouver store. Grace will read her essay and Mrs. Rideout will receive an award from the store. Congratulations to both of them.

The **Career Fair** is this coming Friday afternoon, March 17th, and students are buzzing about the wonderful options Nicole Johnson, College and Career Specialist, has organized. This year we have 30 presenters from all walks of life, ranging from welding, fabrication, and pastry chef all the way to engineers, college professors, and physical therapists to name just a few. All the military branches are represented and those students thinking about a career in the military will have a chance to talk individually with recruiters. The event will take place from 12:45 – 2:45. Every LCHS student will attend three workshops which they have selected.

Athletics and Activities

In the fall of this year, Debbie and Ashley Helmold scheduled a meeting to discuss the possibility for Ashley to compete in gymnastics. After all of her health issues, the doctors had finally given her permission to participate in the sport she loved. There was nothing more that she wanted than to compete for her own school. The two hurdles we overcame were getting the WIAA to grant Ashley a 5th year of eligibility and finding a school to co-op with because we do

not have a gymnastics program. Not only did Ashley have a great season and thoroughly enjoyed herself, but she was also named Gymnast of the Year at the District IV 1A/2A/3A Championships where she qualified for the Regional meet. Ashley then amazed even herself when she qualified for the State Championships in the Balance Beam and the Vault. The Columbian wrote a great article on her life story during the week of the State Meet.

Wrestling

The Wildcats had 3 athletes qualify for the Wrestling State Championships this past February. They were freshman Robel Grove, junior Jeffrey Mayolo, and senior Hazen Kapp. Tristin Huss, also a senior, qualified as an alternate. Jeffrey was our only medalist as he placed 5th in the state in the 138 pound weight class.

Boys Basketball

The Boys' Basketball team had a great first season under the direction of Jeremy Ecklund despite not finishing where they would have liked to. One unfortunate fact is that the team did not play with the starting five all season due to several injuries. Going into the last game of the regular season, there was a possibility of a 3-way tie for 2nd place in league. The Wildcats lost that last game to Kalama, which gave us a 4th place finish in the Trico League. Hoquiam defeated us by a score of 57-60, we then had to battle Montesano in a loser out game. After winning this game, we faced Eatonville in a loser out game. This was a hard fought game in which we lost by 2 points, and unfortunately the season ended for the Wildcats. The team was awarded the WIAA Distinguished Scholarship Award, given for a team which had an average 3.0 or better GPA.

Girls Basketball

The Girls' Basketball team went 18 – 2 this year and were co-champions of the Trico League for the 2nd year in a row. Based on a coin flip, the Wildcats entered the District Tournament as the #2 seed for the league. They defeated Eatonville, Montesano, and then Kalama in the District Championship Game to be the 2015-16 District IV Champions. Unfortunately, the team lost to Nooksack Valley in the Regional Round of the state tournament, which was played at Battle Ground High School. It was amazing to see so many LC fans at the game supporting the Wildcats. Not to be outdone by the boys' team, the girls were also presented the Distinguished Scholarship Award by the WIAA for having an average 3.0 or better GPA.

Knowledge Bowl

The Knowledge Bowl team placed 1st in the District meet on February 22. They will be headed off to Arlington High School to compete at the State Knowledge Bowl Meet this coming weekend, March 18 and 19. The competitors that will represent La Center High School are: Scott Brightbill, Loren Brown, Lexi Darienzo, Dustin Dennis, Ben Eavenson, Cameren Kuhnhausen, and Michael Skaling.

Dance Team

The season for our dancers will conclude this Thursday, March 17, with a performance in front of the student body at an assembly. This was a transition year for our new coach, Jodi Osborne. She comes with experience from the dance world, but no experience in coaching dance for a school. So, this year, we decided that the team would not compete against other schools and just perform at basketball games and assemblies.

Cheer Team

It was refreshing this year to have so many cheerleaders on the sidelines for football and basketball games. Loretta Holman and her volunteer assistant, Desirre McCarthy, encouraged a positive environment where the girls were happy to be a part of this team. Both coaches became certified in stunt choreography so that the girls could introduce some exciting moves to their routines. The coaches want to compete against other schools as the WIAA provides a State Championship in competitive cheer, much like they do for the dance.

Spring Sports

We have approximately 160 students competing in Girls Golf, Boys/Girls Track, Boys Soccer, Softball, and Baseball. The outlook for the teams is as follows:

- Girls Golf has the potential to do very well following several rebuilding years. Emily Haasl won the long drive contest in the Woodland Jamboree last week. We had teams place 3rd and 5th at this competition.
- Track should be fairly strong as a team, but we do have a couple of athletes who will excel as individuals. Jenna Melanson, Shelby Vermuelen, Grace Nelson, Jeremy Scott and Nate Beed are prepared to place highly in their individual events.
- The Boys Soccer team played their first game last night and played is coming together as a team. The game ended in a tie with Woodland. They continue to improve and we look forward to a successful season.
- We are the only team in the Trico to have enough players for a JV squad for softball. It is great to see this sport continue to increase as we have in the past. The varsity team should be Trico League Champions again this year as we have 9 out of 12 players from last year's team. The team includes Abby England (2 time league MVP), Megan Muffett (Defensive League MVP), Kayla Aguirre (committed to Mt. Hood College to play and 3 time 1st Team All-League), Jessi Weaver (2 time 1st Team All-League), Alicen Smith (2 time 1st Team All-League), and Charlotte Royal (2 time 1st Team All-League).
- Baseball should be right in the mix for the top 4 spots in the league. Sawyer Bierscheid has already committed to Bellevue College in Nebraska to play baseball. He returns as our best pitcher this season. The team will be young as we graduated quite a few seniors last year, but the depth in pitching will be the best it has been for the Wildcats in quite some time.

Respectfully submitted,

Carol Patton
LCHS Principal