

Grand Junction High School



December 2016

Ari Goldberg, Principal | Carol Coburn, Assistant Principal | Meghan Roenicke, Assistant Principal
Alicia Timbreza, Assistant Principal | Tom LeFebre, Dean of Students | Carol Sams, Director of Athletics

Important Dates

Academic Letter Ceremony

November 30, 2016 6:30p.m.
@ GJHS Auditorium

Choir Extravaganza

Dec. 1, 2 & 3, 2016 7 p.m.
@ First Church of the Nazarene

Choir Extravaganza

December 3, 2016 2 p.m.
@ First Church of the Nazarene

Health Science Preview

December 6, 2016
5 to 7:30 p.m.
@ CMU

End of Semester

December 16, 2016

Winter Break

December 19-Jan. 2, 2017

No School Teacher Workday

January 3, 2017

Sophomore Career Exploration Day

January 13, 2017

Martin Luther King Day- No School

January 16, 2017

A Message From Principal Ari Goldberg:

Dear Tiger Families,

I am writing this month's letter with a heavy heart. Right now, our Tiger community is hurting. We have lost two wonderful students by suicide, we have lost special people through cancer and other disease, we have lost loved ones through fatal accidents. Our students, our staff, and our community are grieving in so many ways. Our emotions are running high as everyone is working to get through this extremely difficult time. Please know that we are doing everything we can to support our students and staff. We continue to have resources available at the school to support students when they need to talk. I am so amazed at how strong our students are and how much they have come together during this difficult time. I have had conversations with many students regarding what to do next. Our students are working hard to educate their friends and families that there are resources out there and that talking about things and getting some help is the best way to get through tough times. Our students are asking what they can do to change this horrible trend that we are part of. Every day I come to Grand Junction High School, I am absolutely amazed and extremely proud of our students and our staff and how we handle life.

I have met with a group of students and we are in the process of creating a plan for a memorial as a place of hope on this campus. This memorial will be for everyone. It may be for someone who may have suffered a loss. It may be a place for someone to find solitude and to reconnect through quiet reflection. It will be a place of positivity that has messages of hope and love. It will be a place to say "end the silence." It will be a place to remember the loved ones we have lost. It will be a place to celebrate life. Our students have contributed many great ideas and we plan to create a place for this on our campus. I am reaching out to the community asking if you want to donate towards this memorial, we will be looking for community members who can help us financially, help us with resources such as landscaping materials, possibly a gazebo, benches, trees... We have a tentative plan and of course the more resources and support we can get from the community, the more we can solidify a plan and get this going. If you are interested in helping or intrigued and want to learn more, please call me. I would love to share the wonderful ideas the students have come up with.

Please know we are doing everything we can for our students, not only here at GJHS, but for all students in the Valley. If you want to learn more about our community resources

(Continued on next page)

visit the Hope West website or the Western Colorado Suicide Prevention Foundation website.

The amount of support that we have received from School District 51, other schools in District 51 and the state of Colorado and our community has been overwhelming. It has truly helped our staff and students get through these challenging times. Words cannot express our appreciation for all the kindness that has come our way.

Thank you,
Ari Goldberg

BOOSTER CLUB

The Grand Junction High School Booster Club would love your help. The membership has declined due to parents no longer being members after their child graduates. In order for the Booster Club to continue to function and provide continued support of our 40 plus Tiger activities, we need more parent involvement. Last school year the Booster Club was able to donate over \$68,000 to many of the Tiger programs and activities. Without this generous support of time and money, we would have to continue to cut back on programs and what our programs are able to offer and accomplish for your students.

If you have never attended a Booster Club meeting and are interested in doing so, please come and check it out. We like to keep the meetings to about an hour. Meetings are held the second Monday of the month during the school year at 6:00 pm in Room 120. There may be an exception to this if a Monday falls during a break or is a vacation day.

The next GJHS Booster Club meeting will be on Monday, December 12, 2016 at 6:00 pm in Room 120.

At the October Booster Club meeting the Booster Club approved \$1280.00 in funding requests to support the fall athletes and to partially fund an additional golf cart to be used by the campus liaison and the athletic department. At the November meeting, the board approved requests for \$4,323.00. The Swim team received \$3,000.00 for bags and equipment, the Chess Club received \$800.00 for chess clocks, travel and other equipment, and the school library received \$523.00 for renewal of the movie license for this year. Thank you to our Booster Club and all of the volunteers for your continued support of Grand Junction High School students, staff, and all of our activities.

If you are interest in becoming a Booster Club member or in volunteering, please contact: GJHS Athletic/Activities Director Carol Sams at 254-6900 or carol.sams@d51schools.org

Caps and Gowns

You may not be aware of this but each year we have a few seniors who choose not to participate in graduation activities because the cost of the required cap and gown is prohibitive. These students choose to remain quiet simply stating they are too busy or will be out of town that day. In an effort to ensure all students who wish to “walk,” are able to, monetary donations will be accepted at any time up until the Monday after Spring Break.



.....
VISIT PEARLEVISION.COM
TO SCHEDULE YOUR EYE EXAM*
.....

NEW LOCATION
611 24 Road
(Across from Mesa Mall)
Grand Junction
970-242-5412

Most major vision plans
accepted, including



CMU Health Sciences Preview

On Tuesday, December 6, from 5 to 7:30 p.m. in the University Center, Meyer Ballroom West, CMU will be hosting a preview of the Health Sciences Programs. There will be main campus tours including the Maverick Center, University Center and academic buildings from 5 to 6 p.m. Health Science Programs Preview will be from 6 to 7:30 pm where you can learn about the health science programs that CMU offers: EMT Program, Medical Laboratory Tech, Nursing, Phlebotomy, Pre-Med, Radiology and Surgical Tech. For more information contact: Kailey Kaiser, kekaiser@mavs.coloradomesa.edu or Kori Davis, krDavis@mavs.coloradomesa.edu.

Sophomore Career Exploration Day

Friday, January 13th, all 10th grade students will participate in Career Exploration Day!

As a result, 10th graders will not be participating in regular classes on that day. All sophomores will report to the auditorium after the bell rings on the morning of January 13th. For half of the day, students will tour the Technical/ Career programs offered to students through Western Colorado Community College. Students will be introduced to a diverse world of classes available from marketing to mechanics and engineering to health care! Many students find a challenge they would like to pursue, and some learn about new career choices as a result of this tour.

For the other half of the day, students will complete their state-required sophomore Individualized Career and Academic Plan (ICAP), start the registration process for their junior year courses, and interact with guest speakers/watch videos about a variety of careers they can pursue after completing their education.

The Career Exploration Day will help students focus the remainder of their high school career on their future. They will learn to select classes for their junior and senior years that are career focused, and they will further enhance their work with tools like Naviance, which will help with the search for appropriate career paths after high school. Attendance will be taken at each of the activities since regular classes will not be in session for 10th graders. Thank you for your support in career development for our students!

COLLEGE EDUCATION CONSULTING, LLC

Are you willing to make a \$200,000 gamble?

The average cost of 4-year public college is \$112,000; for private college, its \$236,000. Next to buying a home, post-secondary education is the most expensive investment a family will make. Yet many students leave it up to chance in finding the right college. Luck is not a plan. Let me help you find your "Best-Fit" colleges.



Kirk Golba
210-0727

1. Consider important college characteristics you want in a college
2. Understand your learning style and find colleges that embrace that
3. Prioritize and use the college characteristics as a filter when choosing your college list
4. Create a list that has two Safeties, three Targets, and two Reach colleges

Winter Sports are now underway. Girls and Boys Basketball, Girls Swimming, and Wrestling all started on November 11, 2016. Please continue to check the school website for changes in schedules, times, and locations. Support all students and coaches this winter with positive cheers and excellent sportsmanship.

CHEERS AND POMS

Both the Cheers and the Poms squads at GJHS are working hard in preparation for the CHSAA State Championships which will be held December 9th and 10th at the Denver Coliseum. Thank you to all of the sponsors and community people who have made donations to both of these groups in their preparation for competition. Remember the Poms and Cheer teams will perform at home basketball events throughout the winter sports season.

GIRLS SWIMMING

The GJHS Girls' Swim/Dive currently has 41 girls on the team. The girls have been working hard to get ready for the first two meets in Durango and Cortez, December 2nd and 3rd. There are several returning girls and many new girls on the team. This year's team will consist of swimmers from Grand Junction, Central and Palisade. There are also five divers who are working to learn the eleven required dives for the competitive season. Good luck to GJHS Swim and Dive!

BOYS BASKETBALL

After an off-season of camps, weight training, and individual skill building, the GJHS boys' basketball team is excited to be back in the gym for the 2016-2017 season. This year's team consists of 30 players at 3 levels, and is a good mix of returning and new players. We are looking forward to defending last year's Southwestern League title, attempting another run in the 5A state tournament, and continuing the proud tradition of Grand Junction Boys Basketball.

GIRLS BASKETBALL

GJHS girls' basketball is hard at work preparing for the 2016-17 season. A large group of Tigers have dedicated themselves to off-season weightlifting and basketball fundamentals, that started last June and continued up to the start of the sport season. This year's team is focused and ready to meet the challenges ahead. Come out and support Tiger Basketball!

WRESTLING

Wrestling season is finally here and you can feel the excitement inside the walls of the GJHS wrestling room. The 2016-17 Tigers enter the season as one of the favorites in the 5A classification. As a team, GJHS looks to improve upon its 17-2 dual meet record from last year, as well as its 7th place finish at the 2016 State Tournament. This year's team has an excellent shot to do just that as it returns 12 wrestlers with varsity experience, 8 state qualifiers, 3 state place winners, & 1 defending State Champion. The Tigers officially kick off the season at CMU on Dec. 3. Come out and support the GJHS Wrestlers this season!

NOW ACCEPTING NEW PATIENTS!

- Sports Physical Special: \$25! No appointment necessary. You do not have to be a current patient.
- General Health
- Prevention & Wellness
- Work/School/Travel Exam
- Acute Illness and Treatment
- Chronic Disease Management
- Medication Management
- Specialist Referrals



Family
Values Medical Clinic

(970) 242-3200

www.familyvaluesmedicalclinic.com
2478 Patterson Road, Suite 27

VOLUNTEERS

Thank you to all of the Volunteers who have given of their time and energy to the students of Grand Junction High School. It is because of the generous time and effort of these many volunteers that our programs continue to operate and perform at high levels.

CONCUSSION MANAGEMENT

If your son/daughter has sustained a concussion this school year, and intends to participate in any Grand Junction High School sports team during the school year, he/she has to be cleared by a physician in order to begin the Return to Play process. If your child has been cleared to begin the RTP process by your Physician, you will need to contact our Certified Athletic Trainer Ms. Erin Glavan at the Saint Mary's Life Center, Wellness Department, at 970-250-1131 to schedule time to begin and complete the RTP process. All doctors releases and notes should be turned into the school nurse and athletic department (if athletes). If you have questions please contact Athletic Director Carol Sams at carol.sams@d51schools.org or 254-6900.



All attorneys are not the same. Experience what sets Stone Law apart. Small town values. Knowledgeable attorneys. Quality, client-focused service.

Not sure how or what to plan for the future? Let us help with your **Estate Planning** needs. Some services we provide: Will & Trust Planning, Powers of Attorney, Asset Protection.

Trying to figure out how to manage an estate? We also help with **Estate and Probate Administration**.

Elder Law: We can support you and your family with any aging and disability concerns, helping to make sure you have a solid plan for the future.

Are you a small business owner? Thinking of starting a business? We offer **Business Planning** services helping you with Business Formation & Governance, Commercial Transactions, Real Estate & Commercial/Residential Property Matters, and more.

MENTION THIS AD FOR A FREE INITIAL CONSULTATION.



STONE LAW, LLC

Estate Planning, Asset Protection, Elder Law

877-897-6591 • STONELAWLLC.COM

Grand Junction • Lakewood • Loveland

Marc E. Summers, Esq.

501 Main Street, Grand Junction, CO 81502 • 970.644.0222 • Marc@StoneLawLLC.com

National Honor Society

The National Honor Society at Grand Junction High School has had the privilege this semester to make a lasting, positive impact on our community. This semester, we participated in the Empty Bowls Fundraiser for Catholic Outreach, which benefited their Soup Kitchen and Food Pantry. Our annual Halloween Canned Food Drive also benefited this program. National Honor Society donated over 3000 items, filling a nearly empty pantry. We have also had two car washes to help with operational costs. In the upcoming weeks, we are looking forward to helping in the Hope West Fashion Show and the Riverside Education Center Holiday Party. In addition, it is a great pleasure for NHS to help in the Grand Junction High School production of Choir Extravaganza. NHS is honored to be a part of helping others in our community, and we greatly look forward to continuing to volunteer our time.

Interact Club and Sources of Strength-STREAK

Greetings Tiger Families,

My name is Cheyanne Gentry and for the past three years I have been one of the mentors for The Interact Club and Sources of Strength. As many of the same students are in both clubs, we held a brainstorming session, last fall, to find a name for our combined club. During our research, we discovered that while tigers are usually solitary creatures, on the rare occasions they group together, they are called a Streak.

STREAK is involved in many activities locally, nationally and internationally. When we hear of a group or individual who is in need of support, we jump in to assist where ever we can. As part of the Interact Club, we are affiliated with the Grand Junction Rotary Club. Our local activities for them, include, ringing bells for the Salvation Army at Christmas time, volunteering to serve lunch to Grand Junction High students at the Salvation Army and holding fund raisers for local organizations.

Last year, we heard that Homeward Bound, the local homeless shelter was likely to close, putting nearly 200 people out on the streets, due to funding issues. Once our kids heard about this, they sprang into action, organizing a bake sale to raise money to assist the shelter. After spending a few hours preparing homemade cupcakes, cookies and brownies, in the Food Science Lab we met at a local business to sell our tasty treats, raising over 100.00. The club president, and mentors, took a 100.00 check to the shelter. At our next meeting, our members voted to allot an additional 100.00 to be used to purchase critically needed supplies for the shelter.

Our next project was to participate in the international Semi-Colon project, which promotes self-advocacy as opposed to self-harm. We researched their history which uses the semi-colon to show that no matter how rough a person's life is, at the time, their story is not over yet. Interact Club members spent hours tracing, and cutting out hundreds of colorful semi-colons. Next, we wrote positive messages on the back and taped them to nearly every locker in the school on a Friday evening so that when students arrived at school, on Monday morning, they would find a bit of encouragement. Turning shock and sorrow into action, our members rallied to baked cupcakes for a fallen hero, Mesa County Sherriff's Deputy, Derek Greer. Thanks to the generosity of our community, we raised just over \$300.00 for the family.

As the school year came to a close we joined other school groups to support the Light the Night Campaign which provides solar lighting for families who live in remote areas of Ethiopia. We gathered at the Koiunonia Church to serve a traditional Ethiopia meal, at their Dinner in the Dark fundraiser. The meal consisted of injera, brown rice, lentil soup,

berbere chicken, tomato & onion salad, chai tea and ice cream for dessert. Afterwards, we helped clean up and set the church to rights again. Each light costs twenty-five dollars and our group was instrumental in making it possible to purchase seventy-five of these solar lights.

This year our projects include selling tickets to the Red Ball Express, hosting an animal food drive for the Roice Hurst Animal Shelter, fundraising to purchase a cow or flock of chickens for an international family and providing several proud GJHS seniors with caps and gowns.

If you would like more information on our club please do not hesitate to contact myself or Mr. Steve Langley at Grand Junction High School.

Have a beautiful day!

CHSAA All-State Academic Recipients

We are proud to recognize and congratulate the following 73 Fall Sports Student Athletes who were selected as CHSSA All-State Academic or Honorable Mention Student Athletes.

Cheerleading: All State Academic- Taylore Church, Hanna Landini, Jennifer Pudlewski, Mariah Barfoot
Honorable Mention- Haylee Pace, Aliza Paradiso, Tori Peters, Ashlynn Quillen

Cross Country: All-State Academic- Sara Bertoni, Emily Starritt, Tiffany Maska, Mira Mercier, Alexandra Nicoletti, Chloe Pickford, Avery Pope, Grayson Gehl, Aaron, King, Charles Pitcher, Isaac Burton, Nicholas Duncan, Jed Wilson
Honorable Mention- Vashty Anguiano, Anna DiDario, Isabella Wittrock, Tyler Nelson
Recognized as an Academic All-State Team (Girls)
Recognized as an Academic All-State Team (Boys)

Football: All-State Academic- Salvatore Capritta, Jax Nourse
Honorable Mention- Nathaniel Hale, Tyler Mower

Golf (Boys): All-State Academic- Drew Derrieux, Trevor Olkowski

Pom Pons: All-State Academic- Jilleeann Warinner
Honorable Mention- Destiny Martinez, Lucia Vazquez-Briseno

Soccer (Boys): All-State Academic-Kyler Bradshaw, Mario Bravo-Fuentes, Jake Chaffetz, Garrison Corn, Abram Sanchez, Samuel Flynn, Logan Hahn, Andrew Hansen

Softball: All-State Academic-Arianna Martinez, Grace Ooley, Alexia Thompson, Camryn Sanchez
Honorable Mention-Hayley Hutto

Tennis (Boys): All-State Academic- Thomas Mahre, Ryan Bowen, Samuel Welling

Honorable Mention- Matthew Martinez
Recognized as an Academic All-State Team

Student Senate: All-State Academic- Katie Carozza, Royanna Crawford, Aaron King, RayLynn Nelson, Grace Ooley, Charles Pitcher, Tia Sewell, Isaac Burton, Thomas Oakley, Ashley Troester, Samuel Welling, Jessyca Wiman

Honorable Mention- Autumn Williamson, Elizabeth Hirschbuhl
Recognized as an Academic All-State Team

Volleyball: All-State Academic-Alexi Wright, Vanessa Garcia, Judith Woomer, Tiarra Wright, Madison Younker
Honorable Mention-Quinn Junge, Madison Schmalz
**Recognized as an Academic All-State Team*

**THERE'S ONLY ONE COLORADO. THERE'S ONLY ONE YOU.
AND THERE'S ONE BANK THAT HELPS YOU MAKE THE MOST OF LIVING HERE.**

As a Colorado community bank, you're more than just our customer - you're our neighbor. Bank of Colorado is committed to educating, advising and partnering with our customers to create stronger communities all across Colorado. Because we're not just a bank in Colorado, we're Bank of Colorado.

  (970) 245-1600
BANKOFCOLORADO.COM

 **Bank of Colorado**
THERE'S ONLY ONE

"BEST DENTIST I HAVE EVER HAD!" - CARL S. (PATIENT)

- Gentle Cleanings
- All Services Offered
- New Facility
- Great With Children
- Easy Parking
- Emergency Care



970-549-8795 www.LarsenDental.com 1655 N 1st St



DAVID W. LARSEN, DMD
Family & General Dentistry