



Vista Grande High School | Spartan P.R.I.D.E – May 2021

Message from the Principal

These last few weeks of the school year are proving to be busy for our students and families. We had prom Saturday night and the attendees looked so very nice and their behavior matched. What a pleasant group of students who attended prom! Their behavior reminded us as to why we like to do nice things for our students when we can. A big thank you to Ms. Borninkhof and Mr. Inojosa for leading a team of staff and students to conduct prom. Also coming up this month are Academic Awards Ceremonies, AIA state Baseball and Softball playoffs, the Band Concert, and Graduation. We thank everyone who has been patient as we try to provide good high school experiences for our students while “masking up” and maintaining protocols.

Glenda Cole
Principal

May Calendar/Announcements

Prom: 5/1

Early Release: 5/5, 5/12

Underclassmen Academic Ceremony:

5/6 at 10:00 a.m.

Academic Evening: 5/6

Senior Breakfast: 5/12 during 1st period

May Calendar/Announcements cont.

Senior Finals: 5/13 - 5/14

Underclassmen Finals: 5/19 - 5/20

Senior Check Out: 5/18

Graduation Practice: 5/19 – 5/20 @ 8:15 am

GRADUATION!: 5/20 @ 8:00 pm



Congrats VGHS Class of 2021!

VGHS Seniors

We want to know what your plans are for the future! Here is a list of what some of your friends and peers are doing! To let us know your plans please complete the survey in the "Class of 2021" BlackBoard page. (Students will be added to the list each month) *new to list.

Congrats Seniors and Good Luck! Remember, once a Spartan, ALWAYS a Spartan!

Aiden Pitts: Navy- Nuclear Engineer

Juan Morales: Welding

Cody Yowman: HVAC

Jose Valenzuela: Central Arizona College

Benjamin Mollet: Embrey Riddle Aeronautical University

Celeste Rodriguez: Central Arizona College

Shanika Osborne: Grand Canyon University

Daniel Martinez: University Technical Institute

Micheal Gonzales: Focus on gaming and streaming

Noah Bahr: Fire Fighting

Yamelix Gonzalez: Central Arizona College

Lauren Macias: University of Arizona

Xavier Morgenthaler: Welding

Krystal Rios: Central Arizona College

Jazlin Zavala: University of Arizona

Ximena Calderon: Central Arizona College

Keana Corn: Northern Arizona University

Alina Espino: Central Arizona College

Jesus Gastelum: Itson University

Joseph Gutierrez Cenicerros: University of Arizona

Aiyasia Honeybone: Central Arizona College

Austin Campbell: Central Arizona College

Christiana Olvera: University of Arizona

Jazzlyn Joaquin: South Mountain Community College

Jade Martinez: Northern Arizona University

Xela Mae Mercado: Mentoring for Acting

Roy Sandoval: Central Arizona College

Victoria Velasco: Grand Canyon University

Freyja Everett: United States Navy

Marie Deall: University of Arizona

Jace Atkins: Adams State University

Ricardo Gomez: Arizona State University

Joseph Encinas III: Zumiez or Guitar Center

***Alyssa Dela Roca:** Arizona State University

***Gabriel Olmos:** Milwaukee School of Engineering – School of Nursing

Ryan Van Wagenen: Church Mission

Mariana Villavicencio: Arizona State University

Ayden Mullenix: Arizona State University

Mariyha Morin: Western Oregon University

Dominic Perez: Northern Arizona University

Karely Maldonado: Carrington College

David Parra: 911 Dispatch

Lexis Pierce: Central Arizona College

Evan Chaparro: Arizona State University

Amyah Boostedt: Southern Utah University

Ily Guy: University of Arizona

Aaliyah Mata: University of Arizona

Owen Raley: Northern Arizona University

Nicholas Teti: Central Arizona College

Melanie Nagel: Northern Arizona University

Anubis Clark: Arizona State University

Chloe Esparza: Central Arizona College

Samantha Fratt: Central Arizona College

Kailee Grover: Central Arizona College

Moriyah Herrod: Arizona State University

Avery Ramirez: Central Arizona College

Aiden Jannasch: Central Arizona College

Acela Robles: University of Arizona

Divine Ibarra: Central Arizona College

Chris Hernandez: Northern Arizona University

Tanay Evans: Grand Canyon University

Gerardo Moreno: United States Marine Corps

Katie Huerta: Arizona State University

James Ozbirn: Power Linemen

Aurora Yoder: Arizona State University

Riley Comeau: Northern Arizona University

Sebrina Jett: Army National Guard

***Kathy Dang:** Central Arizona College

***Skyler Higdon:** Coe College

Monthly VGHS Quiz

Answer the questions below and send your responses to jwalther@cguhsd.org for a chance to win prizes! Prizes will be awarded to VGHS students only.

1. Approximately how many classrooms (not counting workrooms) are there at Vista Grande High School?

- a. 98
- b. 83
- c. 108
- d. 76

2. Which of these teachers has NOT been working at Vista Grande since it opened?

- a. Mrs. Salcido-Grigg
- b. Mr. Scheeler
- c. Mrs. Scheeler
- d. Mr. Smyers

3. Which college did Miss Sipes, Mr. Del Cid, Mrs. Jimenez, and Miss. Khan all attend?

- a. U Arizona
- b. Arizona State University
- c. Northern Arizona University
- d. Grand Canyon University

4. Who is the tallest teacher in the social studies department?

- a. Mr. Scherr
- b. Mr. Scheeler
- c. Mr. Stuart
- d. Mrs. Saucedo

5. Which administrator attended college in Tennessee?

- a. Mr. Danzy
- b. Mrs. Cole
- c. Mr. Pierce
- d. Ms. Beechum

6. Which staff member completed an Iron Man Triathlon in Fall of 2018?

- a. Mr. Grigg
- b. Mr. Walther
- c. Mrs. Salcido-Grigg
- d. Ms. Kortsen

April's answers: **C, B, C, C, B, B**

April's Trivia Gift Card Winner: **Francesca Boyungs**

Student Spotlights

Katherine Lara-Quintero

Grade: 11th Grade

Plans for next year. My plan for next year is to start preparing for college. I want to get as informed as possible for all the opportunities that are available to me. Lastly, I want to have fun and enjoy my last year of high school as a senior.

Plans for 5 years from now. If I had the power to control the plans, I have in 5 years, I would want to see myself to get a degree. I doesn't matter what I end up choosing as my career, I just hope in the next 5 years I do something I love and I'm successful.

Favorite class this year? My favorite class this year is Chemistry. I like to learn how things we use daily react with other things and work together with others. I also think that it is very easy, and who doesn't like an easy class.

Favorite spot in Casa Grande? My favorite place in Casa Grande would be Downtown. I like the vibe and the old look it has to it. I also love the alleys and the Neon Sign Park and the murals.

What is your go-to movie? My go-to movie would be any Fast and Furious movie. I love the story and the family theme of it.

If you could meet any celebrity, who would it be? If I could meet any celebrity, I would meet The Rock.

Are you a morning or night person? I am most definitely a night person. I have the most energy and ideas at night.

What type of food would you NEVER eat? The type of food I would never eat is insects. (Yes, people eat those.)

Skyler Higdon

Grade: 12th grade

Plans for next year. I plan on attending Coe College and continuing my athletic career.

Plans for 5 years from now. 5 years from now I want to have my degree for physics-engineering and maybe work for Google as I will be pursuing an internship there while going to Coe.

What are you most looking forward to going to college next year? The main thing I'm looking forward to is the challenge of college. I look forward to the struggle I will have studying physics engineering, with more advanced math and other courses. I also look forward to the challenge of taking classes while playing football at the next level.

Favorite class this year? My favorite class this year is Trigonometry due to some of the new chapters that challenge me a little.

Favorite spot in Casa Grande? Esporta. I find myself there more than anywhere else.

What is your go-to movie? Catch Me If You Can. I love the plot of the movie. A kid being smart enough to pull all of that off and scam the government out of millions of dollars.

If you could meet any celebrity, who would it be? I would love to meet Brian Shaw because he has been an idol of mine for years.

Are you a morning or night person? Night is when everything happens.

What type of food would you NEVER eat? Onions.

Justine Diaz

Grade: 10th grade

Plans for next year. To be in NHS, Band, and hopefully Link Crew. I also want to grow academically and just as a person in my community.

Plans for 5 years from now. I want to be in med school. Maybe John Hopkins or even Arizona's U of A.

Favorite class this year? My all-time favorite class is Band. I have always had a passion for music and being able to be a musician is incredible. There is nothing that compares to finishing a performance and being able to hear how it all came together.

Favorite spot in Casa Grande? I think my favorite place is Dave White Park. I don't get there too often, but I enjoy watching the ducks, fresh air, just overall peace of being outside when it can be quiet and calm.

What is your go-to movie? Cinderella. It's a classic. I love it so much that when I was little, I would dress up as her until I was maybe 7.

If you could meet any celebrity, who would it be? I would want to meet either Selena or BTS. I want to know how they felt making history in the main-stream culture and to see just their pure personalities, just being people, not musicians.

Are you a morning or night person? I can say without a doubt, I am a night owl. I am more awake and focused at night than I am in the morning. I don't wake up on the weekends until noon.

What type of food would you NEVER eat? I would NEVER eat fish. When I was younger my dad tried to say that the grilled fish was grilled chicken and it made my sisters and I sick, so never again.

Jasmine Frazier

Grade: 11th Grade

Plans for next year. My plans for next year are to join Volleyball Team as well as get a Drill and Colorguard team for JROTC.

Plans for 5 years from now. My plans for 5 years from now are to be enlisted into the Army as a Fire Fighter.

Favorite class this year? My favorite class this year is AP Psychology with Mr. Scheeler.

Favorite spot in Casa Grande? My favorite spot in Casa Grande is the Promenade because there is just so much you can do and explore there.

What is your go-to movie? My go-to movie is Ready Player One because I love stuff about the future and Virtual Reality, as well as action and fantasy.

If you could meet any celebrity, who would it be? I would want to meet Sebastian Stan because he is someone I have looked up to since I was younger, he has become such a well-rounded knows how to play his roles.

Are you a morning or night person? I am more of a night person, I have a hard time waking up in the morning, I'm especially grumpy in the mornings.

What type of food would you NEVER eat? I would never eat bell pepper. I feel like it throws off the taste of the entire meal.

Jordan Nickelson

Grade: 10th Grade

Plans for next year. Next year, my focus will be on keeping my GPA up and working.

Plans for 5 years from now. I will be in college, and I will have a job.

Favorite class this year? I guess... English and Math.

Favorite spot in Casa Grande? Popeyes and Canes.

What is your go-to movie? Forest Gump and The Little Mermaid.

If you could meet any celebrity, who would it be? Olivia Rodrigo, Michelle Obama, and Terry Crews.

Are you a morning or night person? Night person

What type of food would you NEVER eat? My sister's cooking.

Prom 2021



Teacher Spotlights

Mrs. Vasquez-Garza



What do you teach? Geometry and Algebra II

How long have you been a teacher? 5 years.

Where did you go to college? ASU!

Where did you grow up? Casa Grande, AZ

Go to Quarantine snack? EVERYTHING in sight

One thing you could not live without. My kids, it is kind of like Stockholm syndrome.

All time favorite TV show or movie? Wizard of Oz

What was your high school job? Reebok at the Tanger Outlet (way back when it was full of stores) and Abbott Ross Laboratories Employee store (on the job training for DECA).

You are hosting a dinner party. Who are 3 people, living or dead, who you would invite and why? My grandma, grandpa, and great aunt Annie because I would give anything to see them again (all are deceased).

If you were not a teacher, what job would you have been? My current "dream" job if I were not a teacher would be to own and operate a zero-waste store (this changes often).

Mr. Ferguson



What do you teach? PE and Weightlifting.

How long have you been a teacher? 16 years

Where did you grow up? Coolidge, AZ

Where did you go to college? Scottsdale Community College, Western New Mexico University, and University of Phoenix.

Go to Quarantine Snack? Chips and Salsa

One thing you could not live without. My son.

All Time favorite TV show or movie? Movie: Predator, TV show: Game of Thrones.

Did you have a job in high school? What was it? First job was chopping weeds out of cotton fields. Second job was working for my parent's ice cream shop.

You are hosting a dinner party. Who are 3 people, living or dead, you would invite? Muhammad Ali, Billy the Kid, Arnold Schwarzenegger.

If you were not a teacher, what would you have been? College Football Coach



Mr. French

What do you teach? I teach everything music related/ Symphonic band, Jazz Band, Marching Band, Percussion Ensemble, Choir, Music Appreciation, and Colorguard.

How long have you been a teacher? This is my 4th year teaching – I spent 1 year teaching K-8 Music, and the past 3 years here at Vista.

Where did you go to college? I graduated from Miami University (in Oxford, Ohio... Not Miami, Florida)

Where did you grow up? An extremely small town in the most Northeast corner of Ohio called Conneaut. The population was barely 10,000 people, and my graduating class was 125.

Go to Quarantine snack? Chips and Guac.

One thing you could not live without. Music. Although I do not plan on being a music teacher forever, I plan on always having it in my life. Whether it be performing or singing in a group or working with a group as a guest conductor.

All time favorite TV show or movie? Grey's Anatomy. I have watched the entire series at least 3 times. I like to consider myself a doctor, and each time I re-watch the series I take on a new specialty. So far, I have been a Neurologist, Cardiologist, and Trauma Surgeon... I'm not sure what I'll be next time.

What was your high school job? I worked at a family-owned grocery store starting at 15 ½, and I was a bagger, stocker, cleaning person, etc. My older brother had the same job and once he graduated and moved for college, they just gave it to me.

You are hosting a dinner party. Who are 3 people, living or dead, who you would invite and why? Taylor Swift. Her and I will be best friends someday. Jennifer Lawrence because I think her, and I would be extremely annoying together and get along well. The final person would be Vice President Kamala Harris, she is a huge role model of mine and I'd love to talk with her and hear her thoughts on different things.

If you were not a teacher, what job would you have? Definitely either a Starbucks employee or a lawyer (not because I'm smart enough), but because I'm stubborn and I love to argue with people.

Mr. Grigg

What do you teach? I teach Health and PE.

How long have you been a teacher? 15 years.

Where did you grow up? Casa Grande, AZ

Where did you go to college? Arizona State University

Go to Quarantine Snack? Chips and Salsa.

One thing you could not live without. Baseball.

All Time favorite TV show or movie? Amazing Race.

Did you have a job in high school? What was it? I worked at Fry's and I did everything... Bag, carts, stick etc.

You are hosting a dinner party. Who are 3 people, living or dead, you would invite? Vin Scully, Pete Rose and Clint Myers. To talk shop about athletes.

If you were not a teacher, what would you have been? FBI Agent!!!



Mrs. Saucedo

What do you teach? World History, Contemporary Issues.

How long have you been a teacher? 17 years.

Where did you grow up? Casa Grande, AZ

Where did you go to college? So many places... Northern Arizona University, Arizona State, Ottawa University.

Go to Quarantine Snack? 100 calorie disgusting bars.

One thing you could not live without. Token answer: my family. Realistic answer: trashy TV.

All Time favorite TV show or movie? Friends.

Did you have a job in high school? What was it? Yes, I worked in a bookstore at the mall.

You are hosting a dinner party. Who are 3 people, living or dead, you would invite? Jake Plummer- to see if we are still compatible all these years later, Nicole Brown to confirm that OJ really did murder her, and Jennifer Aniston because I feel like we would be great friends in real life.

If you were not a teacher, what would you have been? A talk show host for sure.

Ms. Addison

What do you teach? Special Education – Behavior Skills and Functional Academics

How long have you been a teacher? This is my 24th year in education.

Where did you grow up? St. Louis, Missouri... Woohoo!

Where did you go to college? University of Missouri – St. Louis and Grand Canyon University

Go to Quarantine Snack? Toasted Ravioli and Bagels (I <3 low carb 😊)

One thing you could not live without. Jesus

All Time favorite TV show or movie? The First 48 and Top Gun

Did you have a job in high school? What was it? I was a champion jeans folder at The Gap. Right after college, I folded parachutes at a skydiving center.

You are hosting a dinner party. Who are 3 people, living or dead, you would invite? I would invite my dad because we lost him 5 years ago. Great guy with the worst dad jokes, but he sure could BBQ. Joan of Arc or George Washington. I am fascinated by people who accomplished such great feats at such an early age. At 19, I was roaming around town listening to Def Leppard and drinking Dr. Pepper. And third, I would invite Sebastian Maniscalco. I laugh each and every day and this guy cracks me up whenever he opens his mouth.

If you were not a teacher, what would you have been? Police Officer, Fighter Pilot, or Fireman. I love the action, but back in the 80's, women were not often hired into these positions. So, I did the next best thing.... And went to work with teenagers.



VGHS Athletics



Amyah Boostedt - Softball

Grade: 12th Grade

When did you first start playing softball? I started to play ball when I was 7.

Who is your biggest inspiration? My mom is my biggest inspiration, she is a very hard-working nurse and always works to be the best at what she does. She is where I get my determination from and she always pushes me to be that best at everything I do as well.

Pre-Game Ritual? Taking a quick nap and making sure I have a braid in my hair.

Pre-Game Meal? Getting a drink from Dutch Bros.

Goals for the rest of the season? My goal is obviously to go all the way and make it to state.

Erubiel Ozuna - Baseball

Grade: 12th Grade

When did you first start playing baseball? I first started playing baseball when I was 6 years old.

Who is your biggest inspiration? My biggest inspiration is my dad, he has worked endless hours to give our family the best life we could have without getting an education and growing up with a hard life.

Pre-Game Meal? Whatever gives me energy.

Pre-Game Ritual? Rolling my windows down on my way to the game and hearing the engine of my car.

Goals for the rest of the season? My goal for the season is to do what nobody has ever done at this school and take home a team state championship.

Jace Atkins - Track and Field

Grade: 12th Grade

When did you start running track? I started running track my senior year.

Who/What is your biggest inspiration? My biggest inspiration in track would have to be Christian Taylor because he does the events that I do and is one of the best.

Pre-Race Ritual? My pre-race ritual is to do the same stretches and warmups every time.

Pre-Race Meal? I do not have a pre-race meal. I just like to have a granola bar or two before I go out.

Goal for the season? My goal for the rest of the season is to get about 38-39 feet on triple jump, 19 feet on long jump, and under 12 seconds in the 100m dash.

Bridgette Piper - Tennis

Grade: 12th Grade

When did you first start playing tennis? I started playing tennis my sophomore year, after my basketball coach begged me to play.

Who is your biggest inspiration? Would definitely have to be my parents and my siblings for sure.

Pre-Game Ritual? My pre-game ritual would be blasting music in my air pods, while we are warming up.

Pre-Game Meal? I usually play sports on an empty stomach, so I don't throw up.

Goals for the rest of the season? My main goal is to get better at the game.

Spartan P.R.I.D.E



May Focus:

How to Make the Most of Summer Break: 5 Tips for Promoting Emotional Wellbeing this Summer.

When the structure of the school day is gone, it is important to replace it with some sort of routine. It can be beneficial for parents and teens to sit down and talk about summer plans so teens will know what to expect. Teens should have some unstructured down time, but it is healthier when it's built into their routine.

- **Participate in decisions about summer plans:** Talk with your parents at the beginning of summer about what they have planned and compare that to your expectations and plans.
- **Work together with your parents for how to structure time. It may make sense to organize the summer into thirds:** one-third productive time in which you are involved in something that has net results (work, volunteering, internship); one-third unstructured time in which you must figure out how to fill the time with the caveat that no more than 2 hours a day can be spent on the internet; one-third vacation, including time with family.
- **Reset the alarm clock for summer instead of turning it off all together:** Get a consistent 9 hours of good sleep each night.
- **Keep regular routines and rules:** You do not want to lose the good habits you pick up during the school year over the summer.
- **Bring extra attention to your relationship with your friends and family:** To the degree possible intentionally make time to hang out with family and friends opposed to texting them or being alone.

Student Wellness Center

Today's vaping problem is real: Vaping is on the rise among teens. More than 5 million U.S. youth currently use e-cigarettes. Many kids think vaping is harmless, but it can have serious health consequences. The graphic below provides information on Teen Vaping along with resources to use if you or someone you know needs help quitting.

Facts About Teen Vaping



Most **e-cigarettes, including the popular Juul brand, contain nicotine**, the same highly addictive chemical in regular cigarettes.

More than **one in four high schoolers** currently use e-cigarettes.



Teens are more susceptible to nicotine addiction than adults because their brains are still developing.



Many e-cigarettes used by teens are **shaped like USB sticks, pens, or even watches**, which makes them **easy for students to hide at school.**



Despite what some kids think, **vaping is not safe.** In fact, one Juul pod contains **as much nicotine as a whole pack of cigarettes.**

Kids who vape are more likely to **start smoking cigarettes.**



A recent outbreak of **serious lung illnesses** linked to **vaping products**, including e-cigarettes, has affected thousands of people, including healthy teens and young adults.



Some e-cigarette aerosols contain **chemicals, such as formaldehyde**, that can **cause cancer.**

Help Quitting

Teens may not know the signs of nicotine addiction. Ask for support from others. Remember: It's never too late to get help.

Signs of Addiction

- Cravings to use e-cigarettes or other tobacco products
- Feeling anxious or irritable
- Continuing to vape despite negative consequences
- Going out of one's way to get e-cigarettes

Getting Help

- Talk to your family doctor about treatment options
- smokefree.gov
- CDC Quitline: 1-800-QUIT-NOW
- For Young People: Text "DITCHJUUL" to 88709
- For Families Helping Young People: Text "QUIT" to 202-899-7550



Ways to Say No

Some teens say they vape because their friends do—either to feel cool or because they're afraid to say no. Here are four ways to handle the pressure.

- **Say a simple "No, thanks," or "Nah, that's not my thing."**
- **Change the topic** ("Hey, are you going to band practice today?").
- **Walk away and do something else.**
- **Talk with a friend, parent, or trusted adult.**

Parent Tips: Healthy Habits at Home

The environment in your home plays a big role in your child's decisions. Keep it healthy to help kids avoid harmful habits.



- **If you smoke or vape, try quitting.** Teens report that one of the top reasons they try e-cigarettes is because a friend or family member uses them. Share the reasons why you want to quit, and ask your family for their support as you start your journey.
- **Establish a tobacco-free home.** Don't allow smoking or vaping in your home. Make sure to ban smoking and vaping in your car too.
- **Steer clear of smoking and vaping in public places.** Avoid restaurants, parks, and other locations that allow people to smoke or vape.
- **Set family health goals each week.** Take a walk together around the neighborhood, try a new vegetable each week at dinner, do one-minute yoga stretches together, or challenge everyone to drink more water. Working as a team keeps it fun!