



CUDA CHRONICLE

January 2022

For the parents, staff, students, and community of
New Smyrna Beach High School

Volume 20 / Issue 3



Greetings Cuda Families,

I hope everyone had a safe and wonderful winter break. As we move into the second semester, we will be completing the instruction necessary for students to take their standardized assessments. Please encourage your student to be in school every day. Attendance is one of the greatest indicators of student success.

At NSBHS, we provide office hours before lunch from 12:03 p.m.- 12:18 p.m. Students that are struggling in class should attend their teacher's office hours for additional help. Please email your student's teacher if you have any questions.

The registration process for the 2022-2023 school year's classes will begin in February for rising 10th-12th graders. Information will be sent home through Connect Ed messages, on our website under the Counseling tab, as well as through daily announcements.

Seniors should be completing their scholarship applications at this time. Scholarship information may be found on our website under the Counseling tab.

Despite the challenges resulting from the pandemic, our teachers and staff are working tirelessly to make a difference in the lives of students. We are fortunate to be in a profession that we can positively impact and shape young people's lives. Our students are worth all our efforts to help them be successful. #BarracudaStrong.

If you have any questions or concerns about any aspect of your child's progress, feel free to contact the school, counselors, or schedule a conference as needed.

Finally, as we move through the second semester, please monitor our website and listen to Connect Ed messages for important information.

Sincerely,

Timothy R. Merrick
Principal

NSBHS Mission Statement:

Working together with parents, school personnel and community members, New Smyrna Beach High School students will graduate with the knowledge, skills and values necessary to be positive contributors to society.



STUDENTS OF THE MONTH

October 2021



Scholar of the Month
Katelynn Connell



Athlete of the Month
Ethan Doster



November 2021

Scholar of the Month
Abigail Blum

December 2021

Scholar of the Month
Aubrey Posick



Citizen of the Month
Jacob Miller



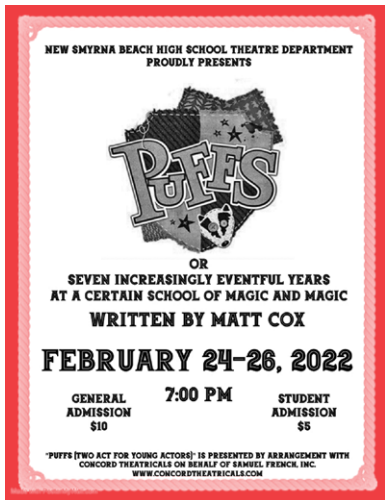
Citizen of the Month
Charles "Coop" Auburn



Athletes of the Month
Olivia Gardner and Will Robinson



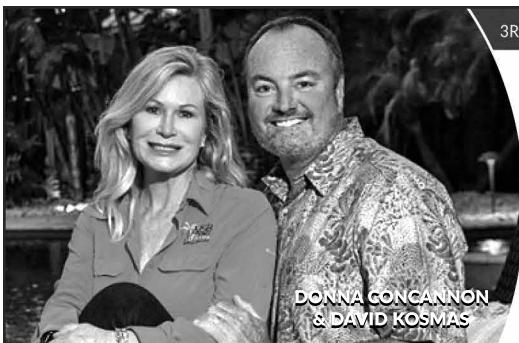
Athlete of the Month
Ivan Traykov and Taylor Esposito



Third or Nothing, Puffs Takes the Stage

The New Smyrna Beach High School Theatre Department is proud to present Matt Cox' hilarious comedy *Puffs: Or Seven Increasingly Eventful Years at a Certain School of Magic and Magic*. Under the direction of Heather Cribbs, with assistant director senior Ana Brynteson-Hanke, this hilarious spoof follows the Puffs, some students that were overshadowed for seven years by a certain boy wizard. Join Wayna Hopkins (played by Abigail Farmer), Oliver Rivers (played by Isabel Toussaint) and Megan Jones (played by Nevaeh Barnard) and more, as they discover the power of magic and the strength of friendship.

Puffs is on stage February 24-26. Tickets are \$10 for general admission, \$5 for students and free for all VCS employees. All shows begin at 7:00pm.



DONNA CONCANNON & DAVID KOSMAS

3RD GENERATION NATIVE REALTORS WITH INTEGRITY



LET THE "NSBHomes Lifestyle Experts" GUIDE YOU!
FOR MORE INFORMATION CALL
386.235.8588

OR EMAIL
DONNA@NSBHOMES.COM • DAVID@NSBHOMES.COM
LOCATED AT 318 PALMETTO STREET, NEW SMYRNA BEACH, FL 32168

County Fair Recognitions

New Smyrna Beach High School Animal Science and FFA County Fair Recognitions.



Livestock Team A

Chloe Briggs, Hayley Luznar, Emma Norman and Payten Gintz



Livestock Team B

Nicole Sangiamo, Jessica Anderson, Hailee Wetherell and Piper Wilkinson

Additional Recognitions

European Breeding Heifers

- Olivia Fidler- 3rd in both classes and a 4th in class
- Hayley Luznar- 4th over
- Jessica Anderson-5th in class
- Hayley Luznar- 3rd in class

AOB Showmanship

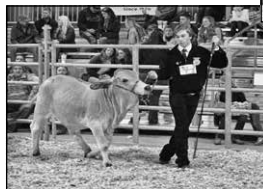
- Hayley Luznar- 3rd overall

Commercial Breeding Show

- Chloe-1st in class and Reserve Brahman influence heifer
- Haley-2nd in class
- Josh-3rd in both classes
- Hayley-4th in class

Showmanship

- Hayley Luznar- Champion Senior



'Cuda Chronicles'
January 2022 • Issue #3
Published Six Times Per Year
New Smyrna Beach Senior High School
1015 Tenth Street
New Smyrna Beach, FL 32168



Jason L. Larkin, DDS, MSD

811 State Road 44
New Smyrna Beach, FL 32168
www.larkinorthodontics.com

Ph: 386-427-1400
Fax: 386-424-1438
larkinortho@gmail.com

Sandy's Family Hair Care

Walk-ins Welcome
386-428-1359

1401 S. Ridgewood Ave., #5 • Edgewater, FL 32152
www.facebook.com/sandysfamilyhair

Congratulations!

Jace Engberg, a senior here at NSBHS, has been selected as a College Board National Recognition Program awardee. Jace earned this recognition because of his academic achievements in school and outstanding performance on the PSAT/NMSQT® and AP® Exams. He has accomplished these milestones during an immensely demanding period of his high school career. We are delighted to share this great news. Congratulations Jace!



RUE & ZIFFRA
Your Local Attorneys
1-800-JUSTICE | RUEZIFFRA.COM

Comprehensive
Medical &
Surgical
Eye Clinic

VOLUSIA EYE
ASSOCIATES
ADVANCED SURGICAL & EYE CARE, LOCAL CONVENIENCE

Optical Boutique
Eye Exams
Dry Eye Clinic

As an Alumni of NSBHS, Dr. Robert "Hank" Routh is truly a LOCAL serving LOCALS.

New Year's Resolution Makeover

Learn how to make your resolutions last longer than a passing thought.

What does Valentine's Day have to do with New Year's resolutions? By then, most resolutions to exercise, lose weight, get out of debt, and others have fallen by the wayside, say experts in achievement motivation theory and goal setting. But don't let a history of failed resolutions stop you from aspiring to grow and achieve. **Make this the year for resolution makeovers.**

Start by phrasing your resolutions in ways that make them specific, measurable, and positive. WebMD asked Gary Ryan Blair, author of *Goal Setting 101: How To Set and Achieve a Goal*, and Sally A. White, PhD, authority on achievement motivation theory, for help with makeovers of common resolutions. For example:

- Last Year: Get in shape.
- This Year: Go to gym three times a week, and workout 60 to 90 minutes.
- Last Year: Spend more time with kids.
- This Year: Reserve two hours every Sunday for a family-only activity.
- Last Year: Lose weight.

- This Year: Weigh 130 pounds and wear my size 10 jeans by June 1.
- Last Year: Get organized.
- This Year: Every morning between 8:30 and 9, list tasks according to A, B, or C priorities.
- Last Year: Be healthier.
- This Year: Eat five fruits and vegetables a day, walk 30 minutes a day three to five times a week, and limit McDonald's to once a week.
- Last Year: Get out of debt.
- This Year: Cut up Discover card, and pay \$100 over the minimum payment each month.
- Last Year: Have more fun.
- This Year: Schedule fun activities, such as bike riding, going to garage sales, hearing live music, etc., twice a week.

Be Specific, Measurable, and Positive

Blair, who lives in Syracuse, N.Y., tells WebMD why saying, "Weigh 130 pounds and wear my size 10 jeans by June 1" is a better resolution than "lose weight." "Our minds work best when we give it a specific target." The brain works like a pilot light, and once you specify what you want with complete certainty this helps set your mind to work on it."

The first statement is also measurable, which means you'll know where you stand and whether your efforts are having the desired result. Using the scale once a week will tell you if you need to modify your behavior in order to achieve your goal weight.

In addition, the first statement is time bound, with a deadline for achieving your goal weight and size. "Take a page out of sports," says Blair. "The time on the clock

is important. If there's two minutes left in the game and you're behind significantly, you play aggressively, not conservatively."

And it's positive. "Never set a goal of losing or quitting," says Blair. "That empowers weakness. Position yourself forward on what you want to be or where you want to go, not what you'll give up."

Success Strategies

- Be clear about what you want and your motivation. Blair, who calls himself "The Goals Guy," proposes a "1-3-5 system" to set you on the road to success; one "what," three "whys," and five "hows." The "what" is your resolution. Then come up with three reasons why you want it. "This will be very personal, such as increased self-esteem, peace of mind, wanting to live long enough to enjoy grandchildren, etc.," he says. The "hows" are the action steps you'll take to achieve your goal.
- Make resolutions that are challenging, yet realistic. If you want to grow intellectually by reading more, resolving to read one book a year isn't something you'll get excited about and won't do much for your intellectual prowess. And resolving to read one book a day will probably spell failure. Knowing what will be challenging, yet realistic, might take some trial and error. Experts are quick to say that resolutions should not be written in stone, but are always subject to change.
- Write down your resolutions, and post them where you'll see them every day. Writing your resolutions helps you clarify what you want. Posting them reinforces your commitment. "Goals out of sight become goals out



10 West Indian River Blvd.
Edgewater, FL 32141

386-478-1490

<http://www.chick-fil-a.com/edgewater-fl>



Sameer N. Haté,
D.M.D., M.S.
Board Certified Oral &
Maxillofacial Surgeon

WE PROVIDE COMPREHENSIVE
ORAL SURGERY CARE, INCLUDING:

Dental Implants • Wisdom Teeth
Botox/Juvederm • Anesthesia

105 Cypress Point Pkwy.
Suite B
Palm Coast, FL 32164
386-445-0555

870 Dunlawton Ave.
Suite 210
Port Orange, FL 32127
386-756-2580



EAGLE EYE
DENTAL

Cosmetic & Family Dentistry

Caring, Compassionate and Comprehensive Dental Care

Call for Appointment Today!

Phone: 386-957-3977 • Fax: 386-957-3979

Most Dental Plans Accepted



Follow Us



Dr. Michael Somai

104 S. Cory Drive (Cory Estates) Edgewater | Info@EagleEyeDental.com | EagleEyeDental.com

of mind," says Blair.

- Break down long-term resolutions into smaller action steps. For example, if your resolution is to be free of the smoking habit by March 1, determine that you'll limit yourself to one pack of cigarettes, the first week, one-half pack the second week, etc.
- Seek drama. "If you are trying to quit smoking, listen to a person with throat cancer talk about smoking," says John Acquaviva PhD, assistant professor of health and human performance at Roanoke College in Salem, Va. "Also, listening to people who have lost a lot of weight often motivates people to stick with it. They think, 'If they can do it, so can I.'"
- Celebrate milestones along the way. Experts say setting up a reward system is an excellent strategy to help you stick to a long-term goal. "For every week of diligently working out, buy yourself new workout clothes or treat yourself to a movie," says Acquaviva.

Understanding What Will Motivate You

Seems there really are two kinds of people, at least when it comes to what motivates them to stick to a plan or goal. "Research in adherence motivation tells us that strategies have to fit individuals' orientation and very different perceptions of what equals success," says White, who is professor and dean at Lehigh University College of Education in Bethlehem, Penn. "The field speaks of task and ego orientation, and nearly 45 studies show women to be more task oriented and men to be more ego oriented."

Task and ego orientation are each characterized by three key motivators. The task-oriented person is motivated when:

- Success and achievement are a function of high levels of effort
- They see the task as challenging
- The task is collaborative

The ego-oriented person is motivated when:

- They have the opportunity to demonstrate high levels of ability without high levels of effort
- There's an opportunity to demonstrate superior success
- There's an opportunity to win

"If a task-oriented person resolves to stop smoking, they'll join a support group and put effort into strategizing, such as learning which night clubs are nonsmoking," says White. "But they won't just practice avoidance, because that wouldn't be challenging. They'll say, 'When everyone else has a cigarette, I'll go 20 minutes without one, and if I still want a cigarette, I'll have just one.'"

"The ego oriented person will use the patch or another aid and place a bet with two or three buddies they think they can easily beat, and they'll choose those buddies very carefully. They'll have a high value placed on the bet."

Making the Most of Your Resolution Makeover

Now that you understand the power of a resolution makeover, you can see why most New Year resolutions never last until Valentine's Day. Resolutions require hard work and commitment. "Making a resolution needs to be as highly considered as anything else you do to bring about change," says White. "You have to want to change the behavior."

Blair identifies four characteristics of people who stick to their resolutions:

- They believe in their ability to change.
- They do not indulge in self-blame or excuse making.
- They avoid wishful thinking and concentrate on results.
- They understand their motivators and reasons why the resolution is important.

WHY CHOOSE DAYTONA STATE?



- More than 100 programs
- 1, 2, and 4-year programs
- Nationally recognized degrees
- Half the cost of state university tuition

DaytonaState.edu (386) 506-3000 / SCHEDULE A CAMPUS TOUR TODAY!

YOUR URGENCY IS OUR SPECIALTY!

PrimeCare
URGENT CARE



\$5 OFF
SCHOOL & SPORT
PHYSICAL

Coupon must be present and surrendered at time of service. Offer valid through 9/1/2022.



PRIMECARE NEW SMYRNA
1327 SAXON DR., NEW SMYRNA BEACH, FL 32169
386.767.2402

// PRIMECAREMD.ORG // f /PRIMECAREMD

Youth Council Task Force

Congratulations to the Youth Council Task Force for leaving an amazing legacy on the city of New Smyrna Beach. Each year students from New Smyrna Beach High school participate in the Youth Council Task Force sponsored by Teacher Paul Woodard. This committee acts as an official branch of our local municipal government, they meet with the Mayor and the elected City Commissioners as well as other local government bureaucrats to discuss concerns and projects for New Smyrna Beach. Due to the hard works of past members like Dae Perry, Shelby Balmer, Peyton Zitzka, Morgan Hibel, Tisha Tahmina, Jasmine Purkiss, Gabriella Hernandez, Clayton Love and current members El Fahey, Alize Cardot, Carson Step, Rachel Wang, Tillman Arietta. The city has recently installed 5 shark statues decorated by local artists throughout the city. This year the committee will continue this project by adding five more sharks statues throughout the city. They will also recommend more projects during the May city commission meeting. If you would like to participate as a concerned citizen please attend the following meetings at City Hall 214 Sam's Ave.

- Monday, January 24, 2022 at 4:00 PM
- Thursday, February 3, 2022 at 4:00 PM
- Tuesday, February 15, 2022 at 4:00 PM
- Tuesday, March 1, 2022 at 4:00 PM
- Tuesday, March 15, 2022 at 4:00 PM
- Tuesday, April 5, 2022 at 4:00 PM
- Tuesday, April 19, 2022 at 4:00 PM
- Thursday, May 5, 2022 at 4:00 PM



Shark statue decorated by artist Cathy Berse located outside City Marina at 201 N. Riverside Dr.



Shark statue decorated by artist Eliza Midgett located outside the Brannon Center at 105 S. Riverside Dr.



Key Club

Key Club just wrapped up its annual Christmas Toy drive and wanted to thank all those that donated. It was great to see Santaheimer and his elves once again gracing the hallways of NSB HS after his long absence in 2020. Many candy canes were passed out, many selfies were taken, and all throughout the high school you could here the sound of the Key Club gong being rung spreading Christmas cheer. The club set a new record and raised over \$450. Key Club successfully partnered with the NSB Police department and their Shop with a Cop program to help 5 local families have a Merry Christmas. As always, Key Club wanted to thank Dr. Bruce Henry from Kiwanis for his tireless volunteer efforts. Without his dedication, our club would not exist.

Education Academy / CUDA CARE

Before the Holiday break the Education Academy performed a Christmas Play with our Cuda care preschoolers. This event was organized by our FFEA club (Future Florida Educators of America) and upcoming educators. Our student teachers prepared skits, songs with motions, background props and created matching shirts for all. Our rising student teachers did an amazing job!





ACE IT TEST PREP

Enroll NOW

Spring and Summer SAT/ACT
Prep & College Consulting

386-405-2128 • www.aceittestprep.com

NEW SMYRNA BEACH GYNECOLOGY & OBSTETRICS

Complete Gynecological Care • Pelvic Surgery
Laparoscopic Hysterectomy

Jacob D. Rouse, MD, FACOG, FACS, *Board Certified*

603 South Orange Street
New Smyrna Beach, FL 32168

386.423.0333



Serving Volusia County
Over 20 Years



FOLLOW US

on

SOCIAL MEDIA

facebook

www.facebook.com/NSBHSBarracudas

twitter 

[@NSBHSBarracudas](https://twitter.com/NSBHSBarracudas)

GREAT EYE CARE BEGINS WITH REGULAR EYE EXAMS



TOTALVISION

TotalVision2020.com
524 Canal St., New Smyrna Beach, FL

COASTAL WOMEN'S HEALTH

Heather Metchick, M.D., F.A.C.O.G.
Board Certified

433 North Causeway
New Smyrna Beach, 32169

(386) 427-4441 Phone
(386) 427-4494 Fax

www.coastalwomenshealth.org

Offering comprehensive gynecology services
to the community for 15 years.



LOWE
ORTHODONTICS

Embrace Change

DAVID W. LOWE
DDS, MS, PA

Producing Area Smiles Since 1958

386-304-0100

www.drdauidlowe.com

4904 S. Clyde Morris Blvd. Port Orange



Treats on the Beach



It's Ice Cream Time!

Ice Cream, Snacks & More at New Smyrna Beach

504 Flagler Avenue
New Smyrna Beach, FL 32169

386-409-3456
treatsonthebeach.com

DUSTIN'S
BAR-B-Q

1208 S. RIDGEWOOD AVE.
EDGEWATER, FL 32132

386-882-9824

WWW.DUSTINSBARBQ.COM



New Smyrna Beach Senior High School
1015 Tenth Street
New Smyrna Beach, FL 32168

Non Profit
Organization
US Postage PAID
Orlando, FL
Permit # 2346

To Addressee or Current Resident

8

