

GVMS NEWS



VOLUME 1. ISSUE 3

FRIDAY, APRIL 7, 2023

SKI CLUB SHREDS POWDERHORN



Mrs. Carter/ *GVMS News*

Tanner Hunt, Waylon Panter, Emily Farris, and Gracy Whiting snowboarding on E-Z run at Powderhorn Mountain Resort on March 13th. See page 18 for more photos.

Choreography in Theatre

By Jonathan Clark

Josh James, the sixth grade social studies teacher, also teaches theatre as an elective. He has done one play this year, so far, but it lacked something: movement. Movement and choreography can add a ton to a play, and James tried to incorporate this.

Choreography adds so much to a play, but it can also take away from it.

“Pros [to choreography], are what it adds. Cons are, if it's not done correctly, it takes away from the show. Another con would be when dealing with people who are not dancers you can't do all cool things that you usually do.” James said.

Although, he tried to choreograph the first play, it fell short, as he did not use the dance and choreography to its full potential.

CHOREOGRAPHY, 22

Tips for Test Anxiety

By Sierra Trani

Summer is almost here, but with that, it also brings stressful tests: finals, CMAS, and NWEA. There is one general opinion on why we get nervous when taking tests, but there are many different ways to help with that anxiety.

Students have ways to help with their anxiety, and teachers have advice for their students. Also, when teachers were students, most of them got nervous while taking tests as well.

“Everyone gets nervous [when taking tests],” Sixth grade Social Studies and Theatre teacher Joshua James said. “Students think that they have to be perfect, they're afraid to fail.”

Students may feel like the score they get on the test will define if they are good or bad. Seventh-grade science and grow dome teacher David Spies said something about the pressure that is put on students.

“Their adults are putting too much pressure and emphasis on the grades and not the learning,” Spies said.

Adults may be putting pressure on their kids or students and not even mean to. They just want the best for them, but it ends up making them feel like they have to be perfect.

TEST ANXIETY, 24

Upcoming Events

2 | Friday, April 7, 2023 | GVMS News

STORY IDEAS

Please email your story ideas to
gvmsnews@garfield16.org



GVMS News

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GVMS Important Dates

Friday, April 14th & Saturday, April 15th

- "The Addams Family" Musical at GVHS
 - Doors open at 6 p.m.
 - Tickets: \$5 for students and seniors, \$8 for general admission

Monday, April 17th

- Track meet @ Grand Valley High School

Tuesday, April 18th & Thursday, April 20th

- CMAS Math/ ELA

Wednesday, April 19th & Friday, April 21st

- CMAS Make-ups

Thursday, April 20th

- Last day to buy a GVMS Yearbook

Saturday, April 22nd

- Track meet @ Coal Ridge High School

Tuesday, April 25th

- 7th Grade: Challenge Course Day
- 8th grade: CMAS Science

Saturday, April 29th

- Track Meet

Tuesday, May 2nd, Wednesday, May 3rd, and Thursday, May 4th

- NWEA Reading & Math

Friday, May 5th

- GVMS Theatre presents "Crazy Cuts" at 7 p.m. @ GVMS

Saturday, May 6th

- PEG Track Meet

Thursday, May 11th

- Combined Pops Concert at 6:30 p.m. @ GVHS



Features

3 | Friday, April 7, 2023 | GVMS News

Teacher Spotlight: Ms. Knox

By Hayden Skeen

Born on June 19th, 1997 Kirsten Knox is a seventh and eighth English Language Arts Teacher and Yearbook Advisor here at GVMS. “The GVMS Newspaper has highlighted some incredible teachers in the past, and I am so honored to be chosen for the spotlight this time,” Knox said.

Knox grew up in Cookeville, Tennessee and has one sister named Lyndsie (17) who is a Junior in high school. She also has a dog named Artemis (like the Greek goddess) who is a 7-year-old chocolate lab. After Knox graduated high school, she moved to New York City for a year which then led to moving to North Carolina and California later on. She moved back to Cookeville in 2020 to finish her degree at Tennessee Technological University (Tennessee Tech).

Growing up in Cookeville, Knox would spend a lot of time with her grandma, as most of her family also lived in the area. “I spent a lot of time at my grandma's house growing up. One of my favorite things to do with my grandma was to go to bookstores. She would always sit in the cafe area while I spent hours combing through every shelf at the store and finding stacks of books that I wanted to take home and read,” Knox said.

KNOX, 25



Provided

Ms. Knox and her dog, Artemis went camping in Bryce Canyon, Utah over Spring Break.

The History of Easter

By Keirra Medina

Easter: the fun, sweet, and cheerful spring holiday. Many people know Easter as the holiday with the joyful bunny that comes around leaving gifts and goodies in your Easter basket. However, there's more meaning behind it. GVMS eighth grade Social Studies and History of Food teacher, Micah Amborn, knows exactly what the history behind Easter is.

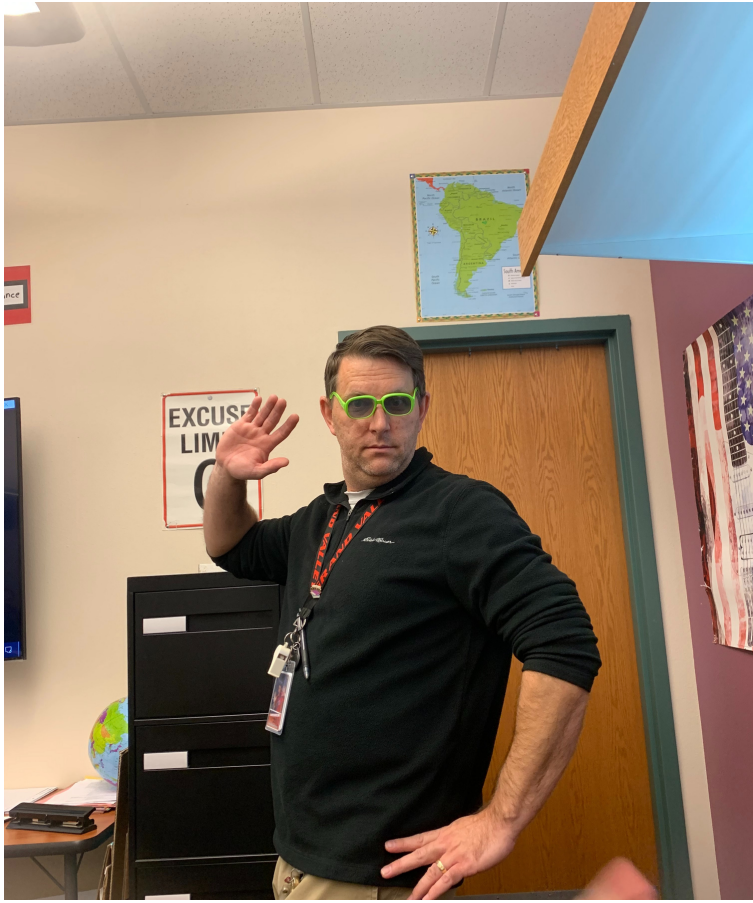
Amborn was born into the church, and this helped him learn about the history of Easter by going to church regularly with his family.

“My father was a preacher, so growing up we regularly went to church. I probably first heard the story in Sunday School.” Amborn said.

In Amborn's Sunday School class, he learned many things about the meaning behind Easter. He learned what happened on that particular day, why this happened, and what the religion Easter was based on.

EASTER, 21

Teacher Spotlight: Mr. James



Provided

Mr. James being Mr. James in all of his glory.



Sierra Trani/ GVMS News

Mr. James participating in pajama day during spirit week.

By Melanie Rodriguez

Josh James is a sixth grade Social Studies and Theatre teacher at Grand Valley Middle School.

“I think it’s awesome [being in the teacher spotlight],” James said.

James has been teaching for 12 years. This is his eighth year teaching at a public school. He loves teaching social studies and theatre because they are both a passion of his. He likes to inspire young minds and seeing their full potential. James always wants to do the very best that he can possibly be. “I’m not okay with being mediocre,” he said.

James loves to spend time with his family, playing board games, and watching movies. He also sings. His birthday is on February 18, 1980. James has two kids, Elie (14) and Jesse (11). James’ proudest accomplishment was becoming a father. “I’ve always wanted to be a dad and I’m very proud of my children,” he said.

The scariest thing that James went through was having a panic attack. He’s never had a panic attack before. “It was the scariest thing that has happened because I wasn’t sure what was going on,” James said.

He enjoys camping and fishing. James’ favorite color is red. His hobbies are playing guitar, songwriting, and writing musicals. His favorite thing about himself is his sense of humor because it helps him get through the day. James thinks laughter is the best medicine for a lot of things. He’s also really proud of writing a full-fledged "Christmas Carol" and seeing it performed to the public.

In first semester, he directed a middle school show called, “Murder In Twinkleburg.” It was performed on Friday, December 2nd, 2022. For this second semester, he is directing another middle school show called, “Crazy Cuts.” It will be performed at our school on Friday, May 5th. There will be a second show being performed called, “What Goes On In An Idiot’s Mind.” It will be a short show performed on the same day as “Crazy Cuts.” James said, “I am excited and I think it will be a great show if everyone works hard.”

Paraprofessional spotlight: Ms. Kayla

By McKenzie Barrick

Here at GVMS, we have many people to help students. Not only do we have teachers, we also have several paraprofessionals. You have probably seen several of them in the hallways and in one of your classrooms. Kayla France is one paraprofessional who is here throughout the day to help students in need.

France has been a paraprofessional at GVMS for about 10 months. She really enjoys her job.

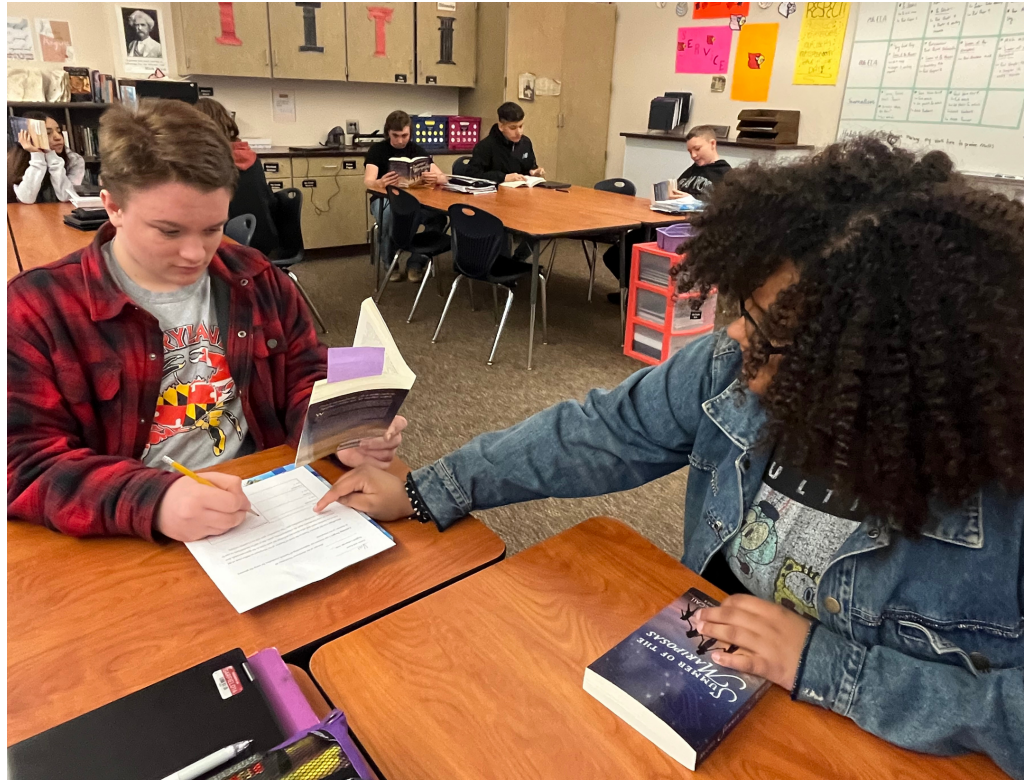
"[I like that] I get to come here and help kids all day," France said.

France helps about 15 students right now, but she would like to help more. Being a paraprofessional does have its challenges though.

"[It is hard] having to repeat myself a lot of times when students are not listening," France said. "[It is also difficult] seeing and hearing students being so hard on themselves."

France works about eight and a half hours a day at GVMS, but she also does work outside of school sometimes. She has three siblings, one sister and two brothers.

When she was younger she went to school in Parachute. She went to Colorado Mountain College (CMC) for her Associates of Art degree (AA), and after that she went to Colorado Mesa University (CMU) for her Bachelors of Fine Arts (BFA).



Provided
Eighth grader Brenson Woodward receiving help from paraprofessional Ms. Kayla on an assignment in Mrs. Carter's English Language Arts class.

One of France's biggest accomplishments in life is graduating college.

Eighth grade English Language Arts teacher Kirsten Knox appreciates France's helps in her class when kids need it.

"Kayla is a real superhero in my classroom. She is always willing to jump in when kids need it and her absence is noticed when she is not in our classroom," Knox said.

Special Education teachers Jodi Livingston and Bruce Crowhurst decide who France gets to help. Although, Knox could ask France to help any student that could benefit working in the small group.

Knox will give France a schedule of what we will be doing in class usually a day or two before.

"We will discuss any modifications like pulling small groups, accommodating work that students may need, and what would be the best way to execute this plan for individual students," Knox said.

There are about five students that she works with in Knox's classroom.

A student who works with France said that something she likes about her is that she will wait until the student asks for help. France will come right over and help. The things that she struggles with are mostly Math and Literacy. She loves having France to help her when she needs it in those classes.

"She is my superhero," the student said. "Thank you for helping me reach my potential."

How to Dye Easter Eggs

By Yesenia Reyes

Easter is nearby, so there are several ways to dye Easter Eggs. The first way is the kit method and the second is the shaving foam method.

Things you will need for both shaving foam and Egg kit methods:

- Egg kit
- Shaving cream
- Food dye
- A dozen eggs
- Something to boil them

Steps for egg kit method

1. Boil eggs for 15 minutes
2. Draw the desired design on them with the crayon that comes with the kit (magic crayon)
3. Add vinegar to the first line
4. Then add room temp water to the second line
5. Then dip your egg in the dye with the dipping tool (with whatever colors you would like)
6. Then pull out the Egg
7. Dry the egg
8. There's your finished product

Steps for shaving foam method

1. Boil eggs for 15 min
2. Grab a disposable plate/bowl
3. Put shaving cream where you desire
4. Add food dye then mix it up
5. Dip the egg in the food coloring with the shaving cream
6. Take the Egg out
7. Let it sit for 6 mins
8. Wipe it off with a napkin
9. Last, you are done

Dyeing Easter eggs is a great way to bond with your family.

“I think this would give you more family time and you are supposed to have fun with family on Easter,” eighth grader Kenya Wade said.



Yesenia Reyes/ GVMS News

Yesenia's finished product for the egg kit method.



Yesenia Reyes/ GVMS News

Yesenia's finished product for the shaving foam method.

HIGH SCHOOL SCHEDULING

By Kyzen Houglund

We all know how scary the jump from middle school to high school can be.

People think the scheduling is way different but it's not. "The scheduling is very similar to middle school, we have seven classes each day, and we end it with advisory (CREW)," Zoey Bradley a Freshman at Grand Valley High School said.

"I like the scheduling the high school sets you up as a freshman with the required classes to graduate. They try to get you those classes within the first two years that way you are able to take classes that interest you in the further years or have a free hour/ study hall," Bradley said.

Middle school and high school are not much different.

"It isn't much of a change. We have 55-minute classes, with lunch between the 4th and 5th periods. At the end of the day, we have an hour of 'flex' where you are free to work on homework, play in the gym, and hang out with friends as long as your grades are proficient," Caitlin Stong a Senior at Grand Valley High School said.

Going into high school, people think it's going to be a lot more work/ homework.

"The workload is more or less the same, we tend to move through content quicker, but really there is no reason for falling behind. The teachers are very flexible with changing due dates. A lot of days classes are filled with taking notes, or fun activities in class," Bradley said.

In high school, schedules for everyone are different.

"You get to pick your electives so that part is exciting. Mostly you will have classes with the kids in your grades. Once you get used to the schedules and finding your way around, it's easy," Strong said.

High school does require some adjustments.

"One thing a lot of freshmen including myself have dealt with is a lack of motivation. Sometimes the only thing you don't want is to be at school doing work, but really it will be over sooner than you think. High school is only four years, so enjoy them as much as you can," Bradley said.

As freshmen, students take classes that will help with their success at the high school level.

"The school sets you up very well for the rest of your high school years, as long as you stay on top of work and pass the classes you need. Many of the classes you have as a freshman are 'Intro to AP' which means they are classes preparing you for the harder ones in the years to come. That is one of my favorite things, knowing I will be prepared to go into harder classes," Bradley said.

During high school, you have to take certain classes, but you also get to decide how your schedule goes,

"You have some say in the beginning. I am sure you are going to have freshman registration soon. You will get to learn all of the electives to choose from and you can sign up. It is important to note you won't always get your first choices. They will also give you a guide to the credits (classes) you will need to graduate. When choosing my top electives, I made an effort to keep that as a guide and what I wanted to knock out as soon as possible," Bradley said. "They set you up very nicely as a freshman, the classes aren't too long and you have passing periods to rest before your next class."

Bradley is finishing her freshmen year, and she wants incoming freshmen to realize it is not scary.

"Being in high school is certainly not as scary as most think. The teachers know you are coming from middle school, and they know things will be different for you. They know you won't act like adults immediately and that you are still learning and growing into who you are; however, teachers expect you to be mature. The most important thing is to stay on top of your work, not to fall behind, and of course to have fun. There is no need to stress or worry," Bradley said.

High school is an adventure full of memories, hard work, and fun.



GVMS Happenings

8 | Friday, April 7, 2023 | GVMS News



6th grade
Cordiellia Rangel



7th grade
Blayne Myers



8th grade
Ellie Thomas

Student of the Month

By Aimar Jimenez Zaragoza

The following GVMS students have been chosen to be Student of the Month for their grades: Cordiellia Rangel (sixth grade), Blayne Myers (seventh grade), and Ellie Thomas (eighth grade).

Sixth grade English Language Arts teacher Lisa Johnson voted for Rangel.

"Though she is quiet, she is kind to her peers and excels in whatever academics are asked," Johnson said. "Cordiellia best represents Responsibility. She rarely misses school and is timely for all her classes."

Rangel works hard not only in her class but at home as well.

"I do my homework as soon as I get home," she said.

For seventh grade, Myers was chosen.

He was surprised that he was nominated.

"Even though I was surprised, I always strive to get my work done in class, and if I do not get it done then I work on it at home," Myers said.

Myers positive attitude does not go unnoticed by his teachers or peers.

"Truly I feel Blayne embodies all the CRISP habits consistently in my classes (Spanish and World History). I also appreciate his inquiry and how he has explored learning Spanish. He consistently perseveres when things get hard," Spanish and World History teacher Caitlyn Tustin said.

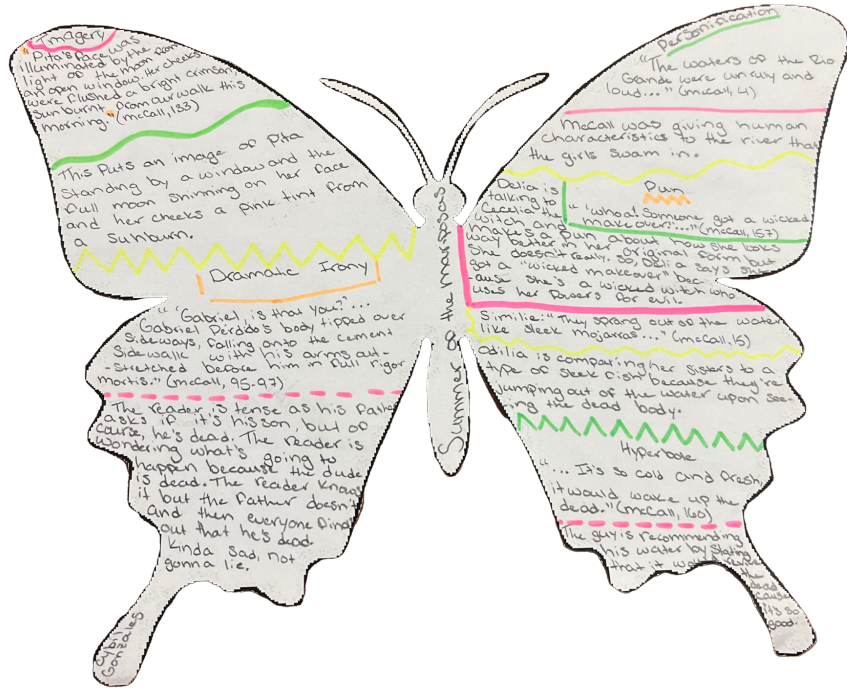
Seventh and eighth grade English Language Arts and Journalism teacher Jessica Carter agrees with Tustin.

"I also appreciate his positive attitude and his commitment to his education," Carter said.

For eighth grade, Thomas was chosen.

High Quality Work

By Sierra Trani



8th Grade ELA

Summer of The Mariposas;
Figurative Language Butterflies
By: Cybil Gonzales



Praise for Cybil's Butterflies:

- "She did a great job including all figurative devices required. She also made it look neat by adding color and organization," seventh and eighth grade English Language Arts and Journalism teacher Jessica Carter said.
- "I actually put effort into it because I'm just that great," Gonzales said.
- "I love the butterflies; they have beautiful colors," seventh grader Morgan Hoyt said.

Adobe Class

Adobe Project #1: The Advertisement
By: Sixth grader Antonio Diaz Herrera



Praise for Antonio's Advertisement:

- "The student went above and beyond in demonstrating their skills in Adobe Photoshop. Not only did they meet all of the requirements of the project, but the finished work was polished, interesting, and a compelling advertisement," Adobe, Typing, Broadcasting, and Photography teacher Emeline Mayo said.
- "I kind of put effort into it," Diaz said.
- "It looks appealing and very delicious. It's obvious that he put effort into his work," sixth grader Thomas Hartman said.

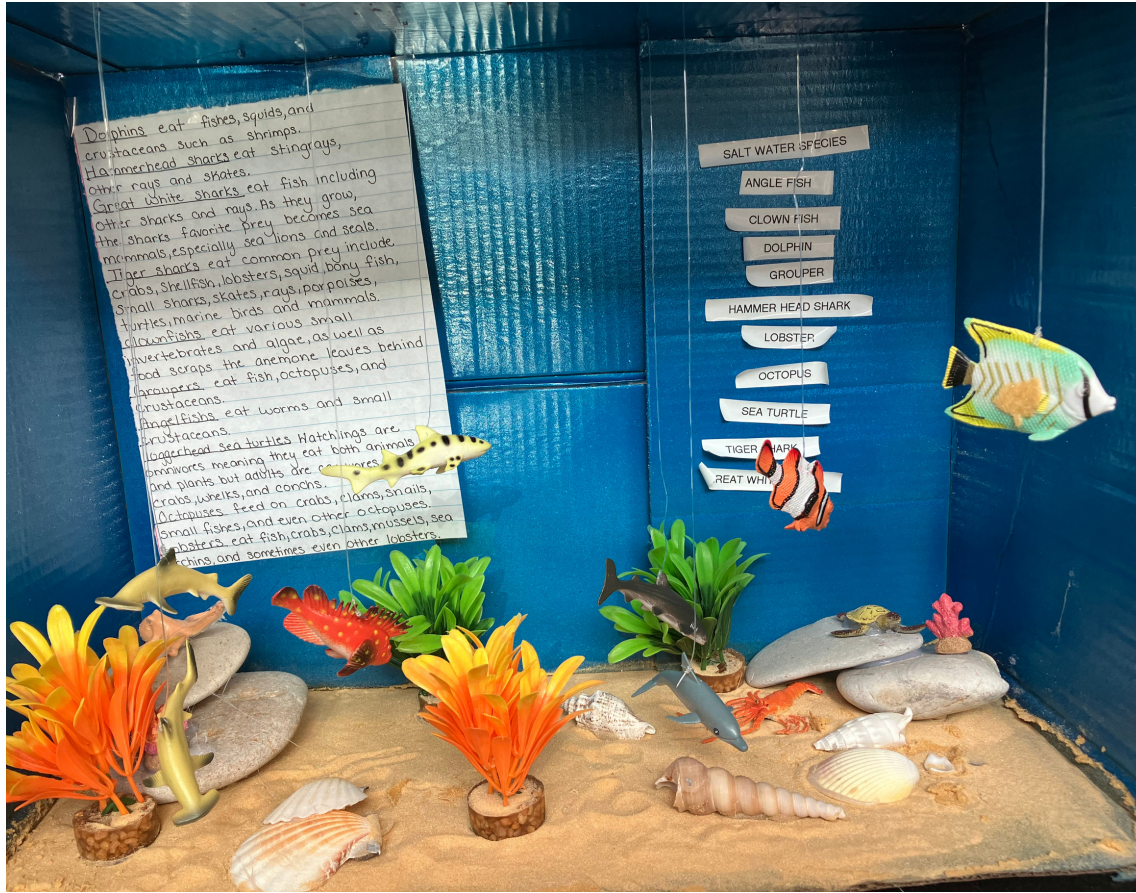
HQW
from page 9

6th grade Science

Ecosystem Diorama

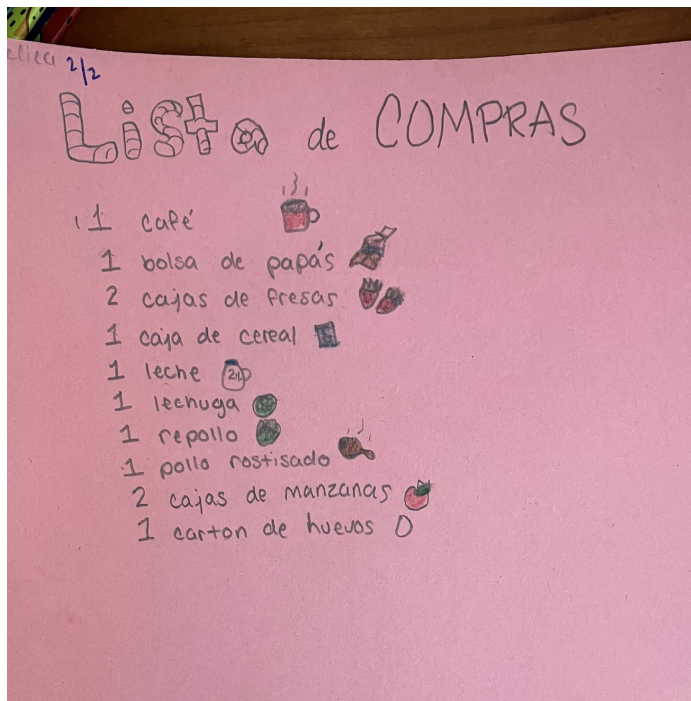
By: Adrianna Vinson

This project required students to understand interactions between ecosystems and the difference between ecosystems.



Praise for Adrianna's Diorama:

- “It shows creativity and effort,” 6th grade science teacher Bryan Vashus said. “The species were true to that ecosystem [and] it met all of the requirements on the rubric.”
- “I put a lot of effort into it,” Vinson said.
- “It’s very detailed and colorful,” 8th grader Zalas Richards said.



Intro to Spanish

Grocery List

By: Seventh grader Angelica Romo Ruiz

Praise for Angelica's Grocery List:

- “She went above and beyond by using other Spanish words, not just the provided ones,” Intro to Spanish teacher Caitlyn Tustin said. “[It is] detailed and colorful.”
- “The handwriting is nice and it is very detailed,” eighth grader Jonathan Clark said.
- “I did the whole thing in Spanish. I put some effort into it,” Romo Ruiz said.

HQW

from page 10

6th Grade Science

Periodic Table of Elements

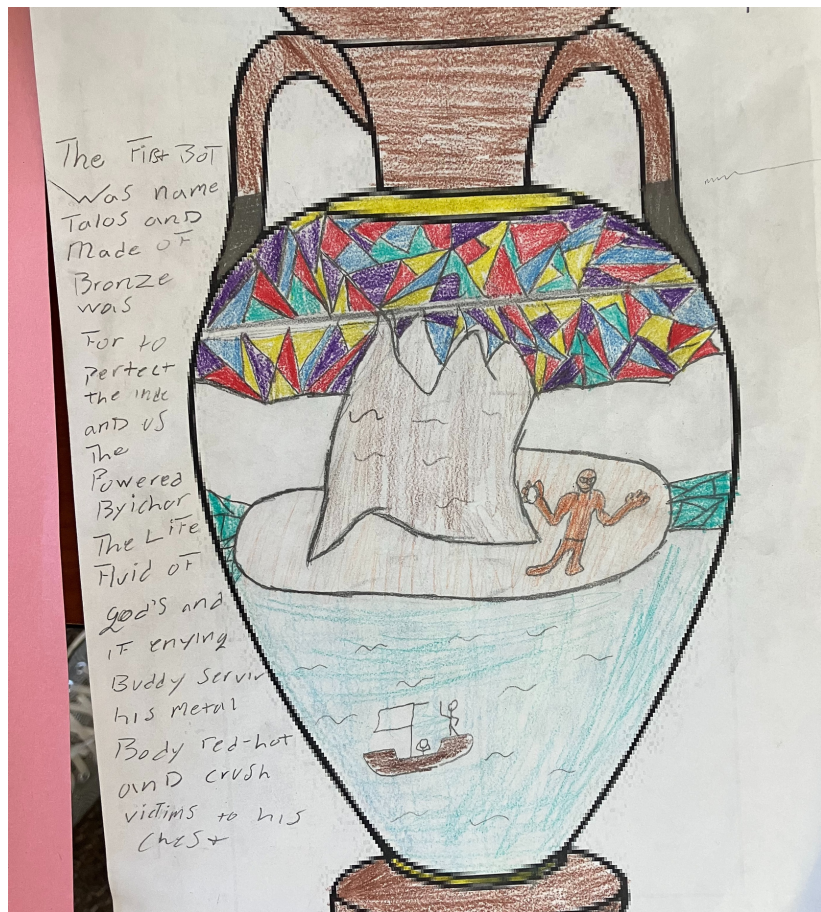
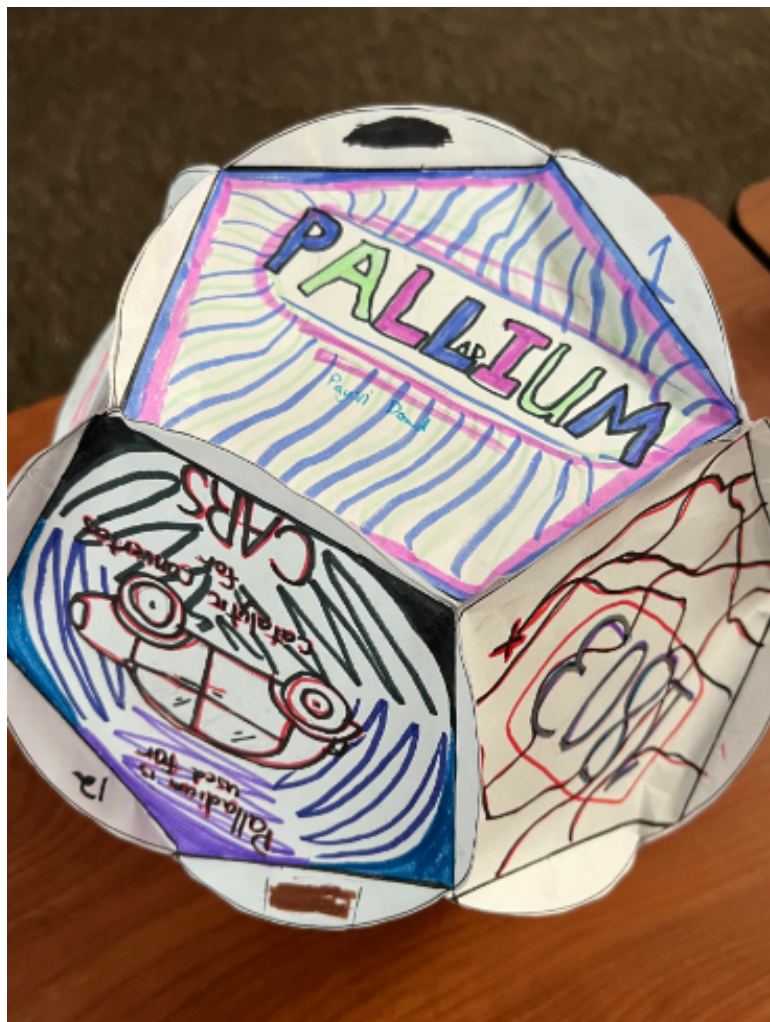
Dodecahedron

By: Paysli Dowd

Students chose one element to study and then had to put facts about it on each side of the dodecahedron.

Praise for Paysli’s Dodecahedron:

- "She put a lot of coloring into it, [and] it has good detail on every side," sixth grade Science teacher Bryan Vashus said.
- "It has lots of colors, and it looks like she took her time," eighth grade Keirra Medina said.
- "I think it got chosen because it looked nice, and it took some time to get it how I wanted," Dowd said. "I put a lot of effort into it because I wanted a good grade for this project."



7th Grade Social Studies

Greek Jars

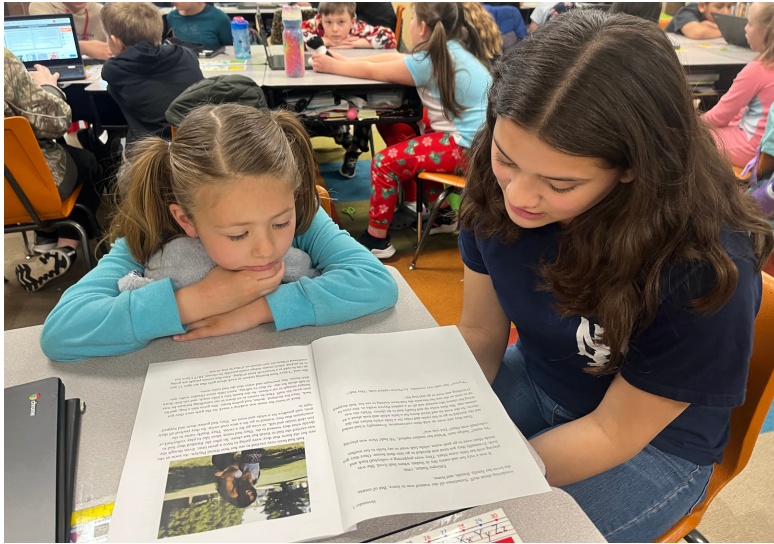
By: Hector Astorga

Praise for Hector’s Greek Jars:

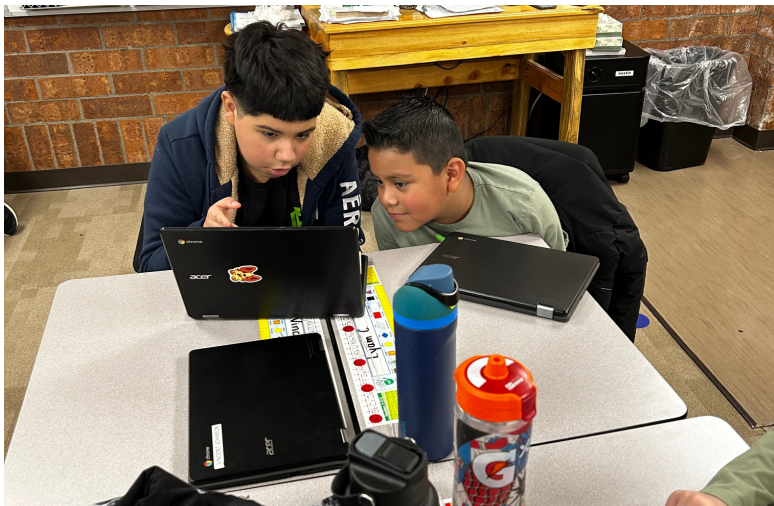
- "The detail Hector went into is great and it’s colorful," seventh grade Social Studies Teacher Caitlyn Tustin said.
- "I worked hard on it, I tried to do my best. I put time into both at home and school," Hector said.
- "I really like the colors. It's really super detailed, literally," eighth grader Waylon Panter said.

Good job to all of these students! They all did a Cardinal job producing high quality work!

STORY TIME AT BUE



Mrs. Carter/ *GVMS News*
Seventh Grader Kyleigh Hernandez- Arellanez reads her narrative to a second grader in Ms. Strong's class at BUE on March 15th.



Ms. Knox/ *GVMS News*
Seventh grader Eleazar Ibarra Rodriguez reads his narrative to a second grader in Ms. Strong's class at BUE on March 15th.



Mrs. Carter/ *GVMS News*
Seventh grader Blayne Myers listen's to Ms. Palcer's second grade student's story at BUE on March 15th.

What is happening in Social Studies?

By Estrella Valdez Hinojosa

At Grand Valley Middle School, students have entered the final quarter of this school year.

In sixth grade social studies, Josh James' classes will be covering the United States, Mexico, Central America, and South America.

James' favorite history topic is the early American History Revolution and the United States Constitution. James thinks this because it is the foundation of our country.

"I think it's important for Americans to know our foundation and to keep building our culture and society upon that foundation," James said.

In seventh grade social studies, Caitlyn Tustin's classes will cover Ancient Rome with a fun Shark Tank project, Early China & Silk Road, Buddhism, Islam, Various Civilizations Sikhism/Listening to History Chicks podcasts/Newsletters from Africa (Ghana/Kenya and Zimbabwe) and Japan.

Tustin's favorite part of teaching social studies is just showing her students the interconnectedness of the world. She loves to be a part of their geographical learning.

"[My favorite part of teaching this subject is], connecting students to our deeply interconnected world," Tustin said. "I love when students learn new things and get excited about people, cultures, or faiths different from their own."

In eighth grade social studies, Micah Amborn's class will cover Western Expansion (Specifically the Oregon Trail). Then, they are going to be talking about the causes and consequences of the Civil War.

EIGHTH GRADERS PLAY LOTERIA IN ENGLISH LANGUAGE ARTS



Mrs. Carter/ GVMS News

In eighth grade, students are reading the novel *Summer of the Mariposas*. To learn about Hispanic Culture eighth grade students in Mrs. Carter's and Ms. Knox's English Language Arts classes got to play on March 7th. Left: Peyton Farris and Waylon Panter yelled "Lotería" winning a round. Right: Beau Madden also won a round of Lotería.

Schedule Shuffles

By Morgan Hoyt

The 2023-2024 school year will be different from the one we have today. Two extra weeks of school will be added. The school days will be about an hour shorter. There are many ways one might look at this. Is it a positive or negative change? Will it feel much different? Eighth grader Kylene Mascioli, seventh grader Madison Myers, and school counselor Jennifer Hoyt can help us answer these questions.

"I feel this new schedule for next year will be a good, positive change for us. It really only adds two more weeks to our school year, and that's not bad at all," Mascioli said. "I am happy about the change, I think it has needed to happen for a while now. I think plenty of people will be pleased that we don't have to get to school as early and we get out earlier."

"I think the days will feel shorter, so yes I believe it will feel different. I do not think adding two more weeks to our school year will feel much different though," Mascioli said.

The change could impact the daily schedule too. The days will be shorter; therefore, the schedules might be different.

"I was happy about it because when we have longer school days it makes us tired, and some people sleep in class," Myers said.

Longer school days cause us to be tired, and we still have homework to do after school. If you are in sports, you have to stay even later and then stay up even later doing homework.

Myers claims, "It might feel different. It depends on how long the classes are."

The classes during the day are guaranteed to be shorter due to the shorter school day.

"I like the change because we get shorter days," Myers said.

The days indeed will be shorter but we might not like it as much because we are getting two extra weeks of school.

"I support the idea of shorter school days, but I would prefer to start earlier in the morning which would then allow us to end earlier in the afternoon," Hoyt said. "I don't think it will feel much different at first. As time goes on, I believe students will be able to focus better."



Geography Bee Finalists

Who is going to be the GVMS Geography Bee Champion? On Friday, April 14th, we will find out! The Geography Bee quiz was given in Mr. James', Mrs. Tustin's, and Mr. Amborn's social studies classes, and the top five from each grade level were chosen to compete.



6th Grade



Vivian Arthur



Tanner Hunt



Bri Lewis



Coleman Moore



Marlie Read

7th Grade



Prince Pacheco



David Severns



Asher Straus



Kevin Suarez



Gabe Wallberg

8th Grade



Jonathan Clark



Stephanie Delgado



Trey Hawkins



Nate Hunt



Jackson Rugaard



What is going on in Ceramics?

By *Rhianna Munoz*

Ceramics is an elective course offered at Grand Valley Middle School. In ceramics, students have the opportunity to make their favorite thing.

Students have made soap dishes, extinct animals, lanterns, and more.

Art teacher Ingrid Harris teaches ceramics, advanced art, sixth-grade art, and painting.

Harris' dad is a sculptor, and he has been a big supporter of her creative adventures.

"[Having] a creative father definitely inspired me to try all the different avenues of art," Harris said. "My parents both created an environment in our home that was conducive to being creative and learning in general."

Her father inspired her to be creative and come up with fun things to do. For example, in ceramics, they play learning games on how to sculpt better.

"It is fun to see kids at this age develop a skill," Harris said. "Working with ceramics allows for lots of development in motor skills and dexterity. Other skills that are acquired as part of the process would be time management, organization, problem-solving, and occasionally the skill to simply accept or move through and learn from failure."

She likes seeing kids have fun and develop skills.

"Their next project is going to be one of their favorite things," Harris said. "[For example], if your house burnt down, what is something they would take with them?"

CERAMICS, 23

Jokes

"How does Easter end? With an R!"

"What do you call a rabbit with fleas? Bugs Bunny!"

"Why did the picture go to jail? It was framed!"

"Why did the bicycle fall over? It was two-tired!"

"What's an Easter egg's least favorite day? Fry-Day!"

"Why was the broom late? It over swept!"

"Why was everyone so tired on April 1st? They had just finished a March of 31 days!"

"Why aren't koalas actually bears? They don't meet the koalafications!"

"What 2 things can you never eat before Breakfast? Lunch and Dinner!"

"What do you call bears with no ears? B!"

"What's the resemblance between a green apple and a red apple? They're both red except for the green one!"

"What's red and bad for your teeth? A brick!"

"Four legs up, four legs down, soft in the middle, hard all around. What am I? A bed!"

"Why are teddy bear never hungry? Because there stuffed!"

"Can February march? No, but April may!"

"What did the green grape say to the purple grape? OH MY GOODNESS!! BREATHE!!! BREATHE!!!!"

"What did the triangle say to the circle? You are pointless!"

"What do Alexander the Great and Winnie the Pooh have in common? They have the same middle name!"

Created by 8th graders Sierra Trani and Keirra Medina

GT STUDENTS SLED OLD POWDERHORN



Mrs. Hoyt/ GVMS News

GT students Gabe Wallberg, Thomas Hartman, Aila Griffin, and Sierra Trani sledding at Old Powderhorn on Tuesday, March 7.



Mrs. Hoyt/ GVMS News

GT students Aila Griffin, Joseph Roe, Gabe Wallberg, Thomas Hartman, Sierra Trani, and Lucas Miller created sleds to test at Old Powderhorn on Tuesday, March 7.

STUDENT

from page 8

"I notice her ability to take ownership and responsibility for her actions," Social Studies and History of Food teacher Micah Amborn said. "If she is falling behind in class, then she will be the first to notice and take action to remedy the situation."

Thomas' time management skills has been crucial for her success in middle school.

"I try to do as much as I can in class and what I don't do in class I do at home," Thomas said.

Not only is Thomas a hard worker in the classroom, but she embodies the CRISP habits.

"I feel like Ellie is helpful and shows service whenever possible, she will be the first to volunteer to help clean up," Amborn said.

Congratulations to April's Students of the Month.





Sports

17 | Friday, April 7, 2023 | GVMS News

Athlete Spotlight: Dillon Lahr

By Jonathan Clark

Dillon Lahr, an eighth grader, has played many sports, one of which is track and field. Track and field has just started up again at GVMS. Lahr started doing track last year, and joined it again this year, making this his second year doing track. Last year, Lahr had a very solid start to track. He does the two throwing sports in track: discus and shot put. Micah Amborn, the head coach of the track team, saw Lahr's track beginning.

"Dillon placed first in the PEG (Pitkin County, Eagle County, Garfield County) league track meet last year for the Shot Put throwing the 9 lbs. ball 35 feet, and he was able to place 2nd on the all time Track Leaderboard for shot put," Amborn said.

Since last year, Lahr has improved his skills in many ways. Lahr has gotten stronger and has been able to learn new things. Amborn has seen Lahr's improvements.

"I think in general, Dillon's strength has improved, and he is starting to work in some more complex throwing techniques," Amborn said.

Lahr's strength is a big motivator towards his success. It is also one of the main reasons he joined track to begin with. There is a big break between basketball and football at the school and joining Track was a good way for Lahr to remain at peak condition.

"I joined track to keep in shape. [Along with that] What motivates me is to be strong," Lahr said.

Lahr is the kind of person that works hard to push his limits. He joined track to be strong and worked hard to keep strong. Lahr works hard, even outside of school, to play the sports he is in well.



Provided

Eighth grader Dillon Lahr in his throwing stance.

"Dillon is the type of athlete that puts in the hard work in order to improve. He is always working on his events and working out at the Rec. Center in order to improve on his strength and conditioning. He has an intrinsic drive to get better at his events; he has a hunger to be the best," Amborn said.

Lahr will hopefully do just as well as last year in track. If Lahr keeps working hard on track he will be even better than last year. His first track meet is Friday, April 7th.

"I think I will be awesome in track this year," Lahr said. "I'm strong and really fast."

SHREDDING THE POWDER AT POWDERHORN



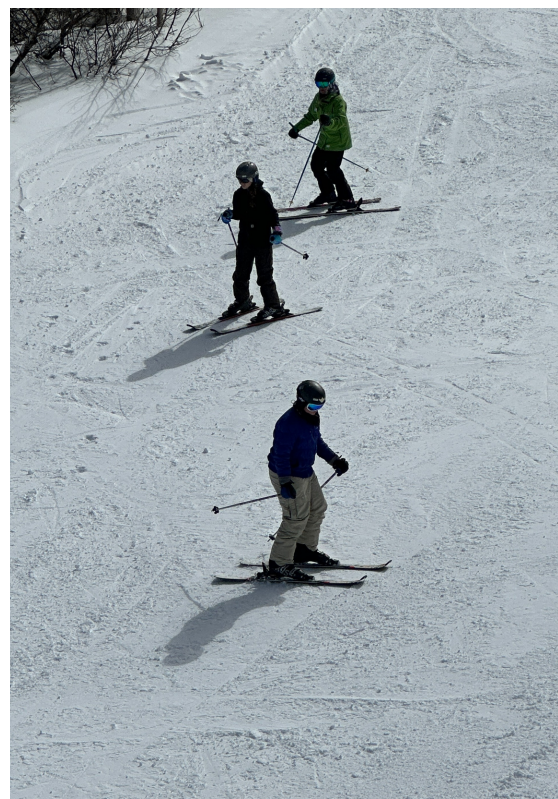
Mrs. Hoyt/ GVMS News

The ski club members for the 2022-23 school year include: Aila Griffin , Nate Hunt, Justin Hassler, Jorge Alvarenga Maldonado, Waylon Panter, Morgan Hoyt, Tanner Hunt, Emily Farris, Adrianna Vinson, and Gracy Whiting , and Ryan Volk. Not Pictured: Marlie Read.



Mrs. Carter/ GVMS News

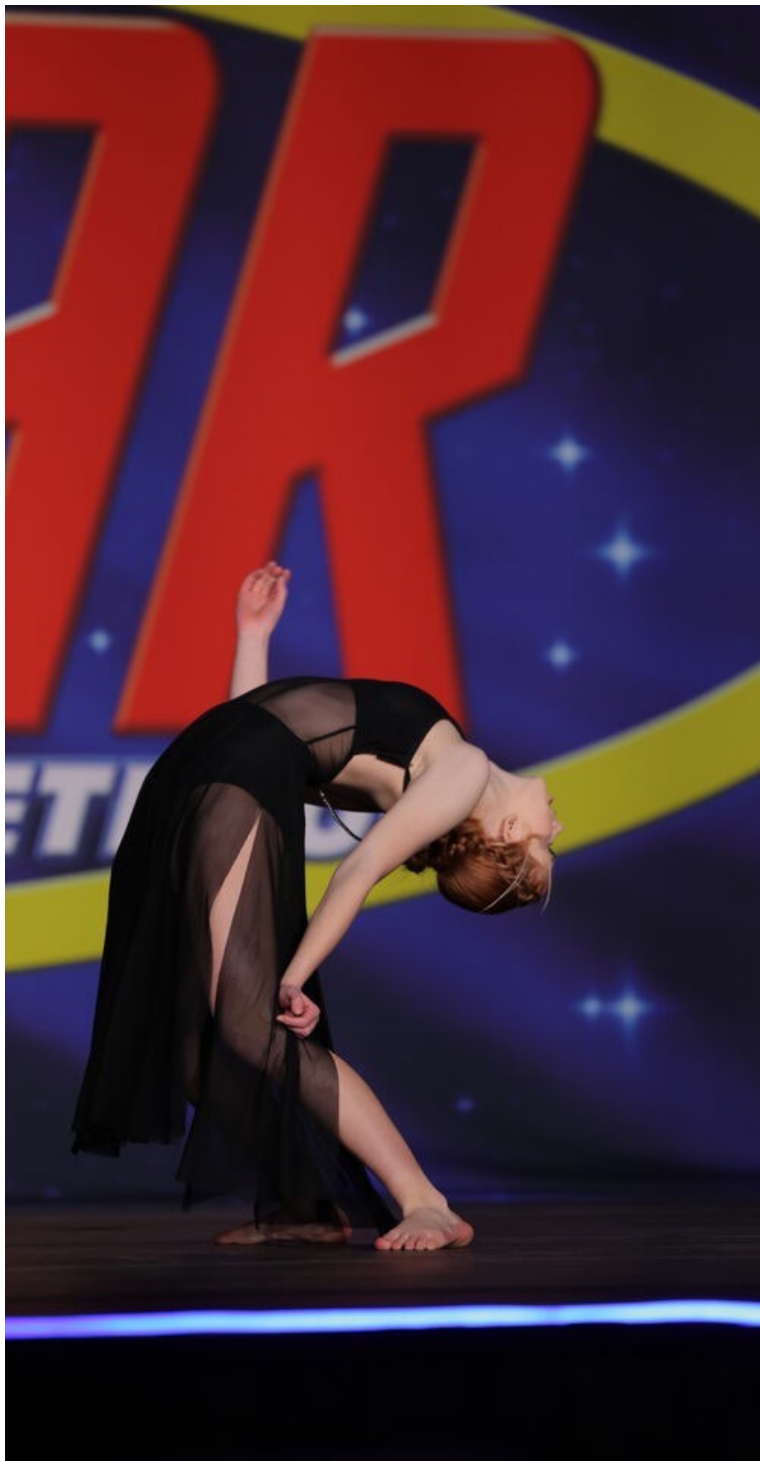
Ski Club members enjoying their lunch at Powderhorn Mountain Resort on March 13th. From left to right: Tanner Hunt, Jorge Alvarenga Maldonado, Nate Hunt, Waylon Panter, Marlie Read, Adrianna Vinson, Emily Farris, Gracy Whiting, and Aila Griffin.



Mrs. Hoyt/ GVMS News

Seventh graders Morgan Hoyt (middle) and Ryan Volk (bottom) skiing Powderhorn Mountain.

FTDC SHAKES THE STAGE AT DENVER DANCE COMPETITION



Top Left: Eighth grader Kylene Mascioli danced to "Like That" by Beau Miller on March 31st at the Nexstar National Talent Competition in Denver. She placed seventh overall and received a high gold.



Top Right & Bottom Left: Eighth grader Hayden Koley, eighth grader Kylene Mascioli (top right photo), junior Talia Castellari, and eighth grader Tanna Castellari's (bottom left photo) dance team The Nitrous danced to "Head Above Water" at the Nexstar National Talent Competition in Denver on April 1st. The Nitrous advanced dance team scored a high gold, placed first in their division, and placed third overall.

All Photos Provided



Pros and Cons to CMAS Testing

By Sierra Trani

We can all agree that CMAS testing is not the most fun thing to do in the world. Lots of people get nervous while taking tests, it's horribly boring, it takes forever, and overall just isn't slaying. CMAS has many cons, but also quite a few pros.

What's CMAS really for? It's not used for determining what classes we get into. So what's the point in taking it? As someone who takes school really seriously, why should I have to try hard on something that isn't really going to affect me? I have a 4.0 GPA and above-average NWEA scores, plus instruments and dance and theatre.

CMAS only adds stress to everything I already have going on. Of course, I still try my best on the state test, but I always wonder: "Why am I trying so hard on something that's not going to help me in any way?" It seems completely pointless, and I can guarantee that many people would agree.

With some research, I've learned the actual reason we do CMAS. CMAS results are used by the state to measure Colorado students' academic growth. According to the Colorado Department of Education, "The results will let you know how well your school is teaching all students and...will help you check your child's progress toward mastering the academic standards' grade-level expectations."

CMAS results help the state, and along with this, there is one more positive aspect that no one really considers. CMAS gets you out of normal school work. If you like to read, then you get to read a lot, and they usually take a bunch of breaks in between tests.

All in all, CMAS is long and boring, but it really is useful and isn't as bad as we all make it seem.

SCHEDULE

from page 13

Starting earlier does cause students to be tired, but overall it gives them more time to get their homework done and have free time.

"I do not see the change as being a big enough difference to cause any issues for students," Hoyt said.

The change might seem different at first but we will get used to it.

"Again, I support the idea of shorter school days, but I would prefer to start earlier in the morning which would then allow us to end earlier in the afternoon," Hoyt said.

EASTER

from page 3

Amborn went to church for most of his life. Amborn doesn't go to church anymore as an adult, but he appreciates what he learned as a kid.

“I went to church every Sunday (for the most part) until I was 18,” Amborn said. “It has honestly been a while since I have been to church, but I feel the lessons I learned when I was younger help me to this day.”

“The history of Easter centers around the Christian religion,” Amborn said. “... Jesus of Nazareth entered Jerusalem with his following those in charge were threatened and started looking for ways of getting rid of the threat of their authority.” Amborn then goes on to say, “The history says Jesus was arrested and brought in front of Pontius Pilate, who was the governor of the Roman-controlled territory of Judea. Pilate ruled that Jesus was to be crucified, which was a punishment at the time that usually ended in death. After dying on the cross, Jesus was put in a tomb, and three days later he emerged alive, victorious over death.”

Amborn believes the people of Jerusalem put him on the cross because they grew jealous of Jesus, and thought he was trying to take the power of Jerusalem's governor.

“... they viewed him as a threat against their authority. He was becoming pretty popular, but it might have been that he claimed to be the Son of God.”

Amborn always enjoyed hanging out and being around his family during the Easter holiday. He loves to eat his Easter foods with his family at the family table.

“My favorite part of the Easter holiday has the opportunity to get together with family; we can celebrate the ideas of hope and love by eating delicious food,” Amborn said.

Amborn's best part of knowing the history of Easter just makes it a more special holiday for him.

“... knowing about history makes it that much more meaningful,” Amborn said.

SOCIAL STUDIES

from page 12

Amborn's advice for middle schoolers becoming high schoolers is to do your work and to stay responsible. Amborn also recommends for students to put in effort on everything they do. Without any effort, you will never truly be successful in your work.

“Do the work. In this world, you only ever get what you give, so if you give effort, you will be rewarded. Always remember that without pressure, there would be no diamonds in the world. So if you feel stressed and under pressure, you should embrace it because it is preparing you for the next step of life. Finally, try to create habits of good responsibility now because that will set you up for success,” Amborn said.



Nicole Loschke

Pictured from left to right: Eighth grade U.S. History teacher Mr. Amborn, seventh grade World History teacher Mrs. Tustin, and sixth grade Social Studies teacher Mr. James.

CHOREOGRAPHY

from page 1

"Last semester [the choreography] was not as good [since] I did it," James said. "I am not a choreographer. I only know basic dances, and I didn't utilize it enough. I did what you would call staging," James said.

James did not feel like he incorporated dance and movement into his first play enough, so he called on one of his students to help him. Sierra Trani, an eighth grader, is very passionate about dance and was upset with the choreography of the first play.

"I made Sierra the choreographer: one, because she had dance experience, and two, because she complained about the first play, and wanted to choreograph it," James said.

Trani was very happy to be the choreographer, as she is used to dancing. She is in dance outside of school, and she is very passionate about it. Trani is very thankful that James has given her this opportunity.

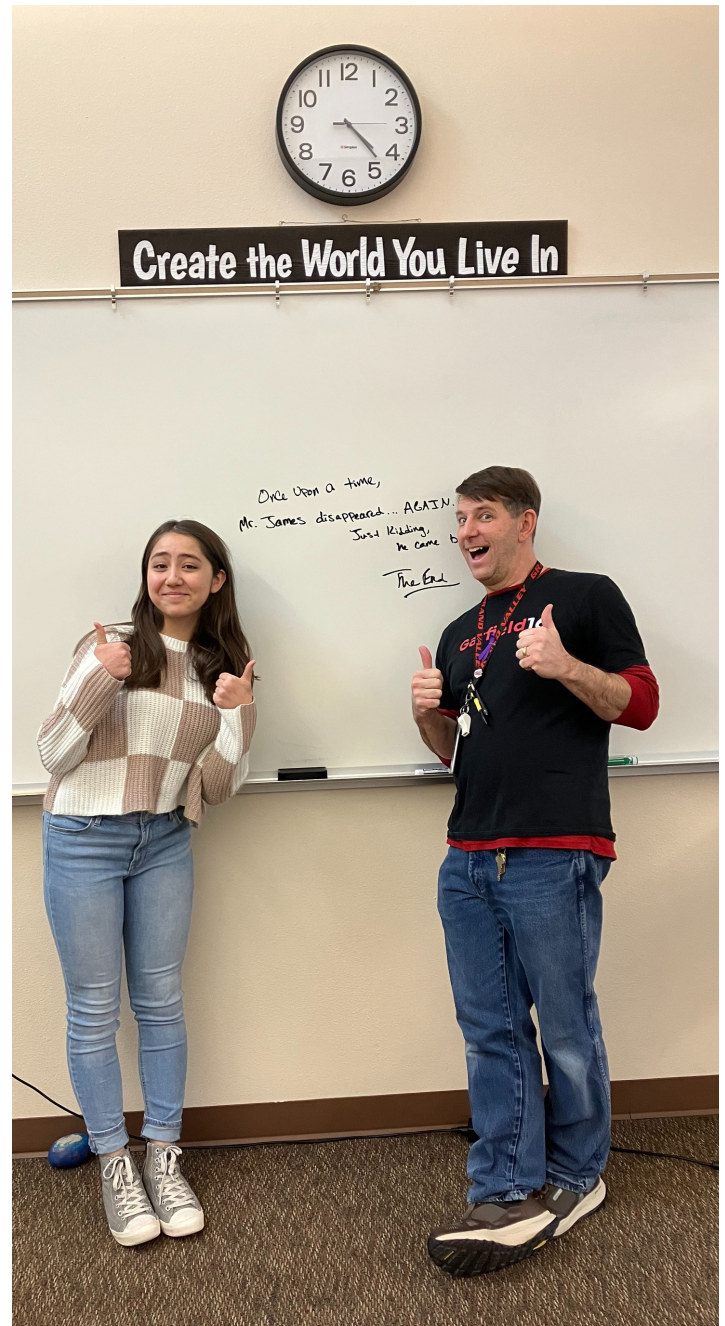
"Yes of course [I am happy to do this]. Dance is my life and dance in general is pure joy. And getting to teach something I am passionate about is very great," Trani said.

Although Trani loves teaching theatre class, it still comes with its problems. Not everyone in the class is as good as her, and many of them have a harder time doing everything she does. Waiting for others to learn what she is teaching them is a big struggle.

"It's hard to be patient with people because with me it's so easy and I have to understand that it's not easy for everyone. But, I have really enjoyed teaching them and I am so thankful that Mr. James has given me this opportunity to do this," Trani said.

Trani auditioned for one of the two new plays that are performing this semester. The first one (the one she auditioned for) is called "Crazy Cuts" and is about a salon that might have to close down and the strange and goofy things that happen in the process.

The second play is called, "What Goes On in an Idiots Mind." which is a short fifteen minute play, that is called a straight play. It is about the things that happen in a students mind when they do homework. She got the role that she wanted, Scardy Cat, who will be having a tap dance part.



Provided
Eighth grade student Sierra Trani and Mr. James posing for a picture.

Sierra does not enjoy singing as much as she does dancing.

"I hate singing, but I was required to sing by myself for auditions. It absolutely sucked, and I've never been so nervous my entire life," Trani said.

Trani's choreography will be shown on May 5th, when you can see the plays for yourself. If Trani's choreography is as good as is said, it will really improve from the last play.

"Sierra has done a great job creating dances that they can usually do and learn," James said. "She taught them simple moves that they will be able to use."

CERAMICS

from page 15

Harris makes it a point to give her students choices with the projects they create. Ceramics is not only an art class it is a way to inspire creativity.

"It is a little different than your typical art class," Harris said. "It is different in a few aspects. In all my other art classes with each new project, we switch up our mediums or they have the option to switch up what materials they use. In ceramics, we are primarily working with clay. Also, there are a lot of things we have to be mindful of when it comes to the nature of clay. Clay can dry too quickly which can lead to cracking. You can get air bubbles or trapped moisture in your projects if you don't prep or attach your clay correctly- which can lead to projects exploding in the kiln. Before a piece is fired it is SUPER fragile. I feel there is less forgiveness in the process than with painting for example, where you can paint over your mistakes."

Seventh grader AJ Castillo has been in ceramics the entire school year, and her favorite part about this class is that she gets to have fun and mess with clay.



Rhianna Munoz/ GVMS News
Seventh grader AJ Castillo with her hippo she created in Ceramics class.

"You get to slam [the clay] in the board and make it into sculptures with your imagination," Castillo said.

Not only does she enjoy the soothing aspects of clay creation, but she likes having friends to bounce ideas off of.

"I [like that have] my friends in here with me," Castillo said.

MAY THE FOURTH BE WITH YOU-5K

MAY 4, 2023

WALK OR RUN WITH US TO SUPPORT THE G16 SCHOOL-BASED FAMILY RESOURCE CENTER

Check-In: 4:30 pm - 5:00 pm @ 251 N. Parachute Ave., Parachute, CO

5K Begins at 5:00 pm

Fees: \$15 Individual, \$25 Family, \$50 Teams/Organizations

FREE

BRING BASKETS

APRIL 8 @ 9:30A

EASTER EGGSTRAVAGANZA

BY GRAND VALLEY RECREATION CENTER

MAGIC SHOW 9:30A | KIWANAS EGG HUNT 10:30A |

EGG DYING & COOKIE DECORATING 11:00A |

CRAFTS, GAMES & PETTING ZOO 11:00A

398 Arroyo Drive, Battlement Mesa Co 81635

More Information: call 970.285.9480 and ask for Shawnee or Stephanie

Alpine Bank

Shipping & Gifts

GARFIELD 16

GRAND VALLEY RECREATION CENTER



TEST ANXIETY

from page 1

“[I worry about how] if I don’t get a good grade will I be smart,” sixth grade student Kimber Baker said.

Sixth grade student Kennidy Gonzalez said something very similar.

“I get nervous about failing and getting embarrassed,” Gonzalez said.

Another reason that students get nervous while taking tests is they’re unprepared, and they know that it will show up in their score or grade. Caitlyn Tustin, seventh grade Social Studies and intro to Spanish teacher got nervous while taking tests (especially bigger tests) when she was a student.

“It was a combination of studying well and calming down right before the test,” Tustin said was the way she helped with her test anxiety.

Some advice that Tustin gave to students was that studying is key. There are many different ways to study for different subjects. She said that you should ask your teacher for advice on how to study for the specific subject that they are teaching.

Another important thing to do for helping test anxiety is changing your mindset. James helped with his anxiety by realizing that trying your best during testing is enough.

“I changed my perspective, [it’s] a smaller event in life, it’s not that big of a deal,” James said.

Studying and mindset require a lot of work, and especially with mindset, you probably won’t get immediate results. But, there are also little things that you can do like chewing gum or listening to music.

“I don’t get nervous when testing. I usually don’t try to stress about things too much,” eighth grader Trey Hawkins said. “I definitely listen to music and that helps a bunch.”

There are little and big things that you can do to help with test anxiety, but also remember that everyone is different, and that’s okay. Do what you need to do to help with the test, and always remember that you’re not going to be perfect. In the grand scheme of things, it isn’t a big deal, and it’s okay to make mistakes.

“Anxiety is stress over outcomes that haven’t happened yet,” Spies said.

** STAY
Positive **

Test- Taking Strategies

- Avoid Distractions
- Take Your Time
- Re-read Tough Questions
- Use Active Reading Strategies
- WHISPER READ
- Eliminate Wrong Answers
- Read ALL Answers 1st
- Annotate the Question and/or Test *
- Read the Question before the Passage
- Preview the Entire Test *
- Save the Hard Questions for Last *
- Follow Directions
- Recycle through the Test *
- Make Sure to Answer All Parts of a Question
- Pay Attention to Outliers in Answers
- Look for and Annotate Elimination Words like “except” and “not”
- Use Substitution of Answers on Vocabulary Questions
- On Writing Response Questions DO A PLAN/ OUTLINE 1st
- On Writing Response Questions Write the Correct Amount of Paragraphs
- On Writing Response Questions Organize Your Essay in a Logical Manner
- Work Backwards on Math Questions
- Use a Focus Tool (if available or allowable)
- Ask the Teacher a Question *
- Be CONFIDENT & Dress Comfortably
- If All Else Fails, Guess

* denotes in-class tests and most CMAS/ College Board tests, not NWEA or reactionary batteries/ assessments

KNOX

from page 3

She also enjoyed being outdoors, as Cookeville is a very outdoor driven place with lots of parks, lakes, and waterfalls nearby to hike and kayak at. She is also a big fan of Cookeville's ice cream. "Cookeville also has the best ice cream shop in the world (total unbiased opinion, of course) called Lazy Cow Creamery where they hand make all of the ice cream and the add ins that go in the ice cream using only locally sourced products, I've yet to find ice cream that remotely compares," Knox said.

Knox moved to Parachute in July of 2022, when she heard about the teaching position at GVMS. She had heard about the position during her senior year of college. She had always wanted to come to Colorado and this position was just the push she needed to take action. "I had always been drawn to wanting to move to Colorado, and after researching the district and talking with GVMS staff members throughout the interview process, I thought it would be the perfect time to take the plunge and move," Knox said.

As a new teacher, this is her first year teaching in a classroom by herself. There are struggles and challenges but overall Knox loves being a teacher here. "I think the hardest part about being a first year teacher is learning how to juggle being on my own in the classroom for the first time, while also learning a whole new curriculum and how to handle certain situations," Knox said.

A few things Knox likes about teaching is spending time with students and her colleagues always being there to support her. "I am thankful to be surrounded by a community of teachers who go out of their way to help me when I need it and offer advice for running my classroom," Knox said, "I love getting to build relationships with students and watching them learn and grow throughout the year. I also love that my students teach me almost as much as I teach them."

There are also struggles when it comes to teaching. This includes: preparing lessons, grading, and having to stay late to clean up students' messes. "There have been so many days where I'll stay at school until 6 pm (or later) trying to get lessons prepared, put in grades, clean/organize my classroom, or I'll spend so much time on the weekends trying to get stuff ready for school," Knox said.

Knox said she did things a little untraditionally when she was in college. She was taking dual enrollment classes which is essentially college while you're still in high school and it counts for both high school and college credits. She graduated high school as a sophomore in college. Knox spent a year living in New York City studying Journalism, but quickly realized it wasn't for her, so she took some time off school. During her time off, she started considering teaching as a career choice and enrolled in Tennessee Tech. During her senior year, she did Residency where she was helping teach in a class with the expectation she would take over the classroom second semester.

One of her proudest accomplishments is graduating college with a 3.7 GPA after two years of working full time while taking classes, and student teaching.

One thing she regrets is not taking control of her life sooner. "I made decisions for the people in my life, rather than making decisions that would make me happiest," Knox said.

Knox likes to spend her free time with friends and family, as well as being outdoors and doing things such as paddleboarding, camping, and hiking. "I like to hang out with my dog and go for walks around the neighborhood, or sit at home watching TV. I also like exploring new cities, taking road trips, thrift shopping, going to concerts, and spending time with my sister and friends," Knox said.

A few things that inspired Knox to become a teacher were the thought of helping others and one of her teachers in high school inspired her. The teacher's name was Mrs. Hawkins (whom they called Mama Hawk), and she inspired Knox by being kind and caring for her students. "I remember in high school, one of my friends wasn't able to pay the testing fees she needed for one of the classes she was taking. Mama Hawk selflessly paid ALL of the fees for my friend out of her own pocket (which was easily \$200+)," Knox said.

Another reason for Knox becoming a teacher was that she wanted a job where she could help people. "I love watching students as they learn and master new skills, but I also enjoy helping my students navigate middle school and learn life skills," Knox said.