



## Leadership News

-13<sup>th</sup> Annual Mr. DHS: Totally 80's will be held Saturday, April 6, 2019, at CVIC Hall at 6:00 p.m. Come watch as 16 boys from the Class of 2019 compete for the crown and the honor of Mr. Congeniality. There will be dancing, talents, pick-up lines and so much more. There will also be opportunities to participate in raffles. Tickets will be on sale March 25<sup>th</sup>. Tickets will be \$20 each. Attendance will be limited to 300, so get your tickets early by seeing a leadership student or Ms. Lamb. Remember all money raised goes to DHS Safe and Sober Grad Night to celebrate the Class of 2019. For more information contact Karen Lamb at [klamb@dcsd.k12.nv.us](mailto:klamb@dcsd.k12.nv.us).

-The Junior Class is proud to present DHS Junior/Senior PROM 2019: A Night on the Boardwalk to be held Saturday, April 27, 2019 at Genoa Lakes Golf Course. Join us for a night of dancing and deserts. More information coming soon! \*Reminder: All students attending Prom 2019 must have a current year signed Dance Contract in order to be permitted entry. For more information contact Karen Lamb at [klamb@dcsd.k12.nv.us](mailto:klamb@dcsd.k12.nv.us).

-To stay up to date on DHS events and information, follow us:  
Instagram: @dhstigers  
Twitter: @douglastigers

## Counseling Department

Seniors interested in attending WNC next year should participate in the Bridge to Success program. This program will provide the accuplacer test at DHS for free as well as provide priority enrollment in WNC classes for the fall of 2019. This is separate from the

Promise Scholarship and only available through WNC.

## Scholarship News

There are many scholarship deadlines for the month of March. Be aware of the deadlines in order to take advantage of the many opportunities available to graduating Seniors.

- Caltrans District 10 Future Transportation \$1,000 – Received March 1
- Tzu Chi Scholarship Northwest Region \$1,000 – Postmarked March 1
- University Women of Carson Valley 2019 Jane Jobe Memorial \$1,000 – March 1
- National Pony Express Scholarship \$1,000 – March 1
- OverAchievers \$1,500 – March 1
- Valley Eyecare & Eyewear Gallery \$1,000 – March 1
- NIAA Top 10 Student-Athletes of the Year \$500 – March 8
- Nevada Agricultural Foundation – March 15
- OverAchievers \$1,000 – March 15
- Italian Catholic Federation – March 15
- Intertribal Timber Council Truman D. Picard \$2,000-\$2,500 – March 15
- National Pony Express \$1,000 – Received by March 15
- Nevada Bighorns Unlimited Midas Chapter \$1,000 - \$2,500 – Post-marked by March 15
- Barton Memorial Hospital Auxiliary \$1,500 – Received by March 15 at 5:00 p.m.
- Queen Maud Lodge #42 Daughters of Norway Memorial – Post-marked by March 15
- Parigini Orthodontics \$500 – March 15
- Jiffy Lube Teen Driver – March 18
- P.E.O. Chapter AN \$1,000 – March 21
- Nahas Scholarship Endowment – March 22 5:00 p.m.
- Greater Nevada Credit Union – March 29

- Douglas County Mounted Posse \$1,500 – March 29
- Nicole Snyder Softball TBD – March 29
- Nicole Snyder Girls Sports TBD – March 29
- Nicole Snyder Boys Sports TBD – March 29
- Carson Valley Girls Softball Carson Valley Fastpitch \$1,000 – March 29
- Alpine Parents Group \$1,000 - \$5,000 – March 29
- Pinon Hills Elementary PTO Scholarship \$1,000 – March 29



## Drama News

William Shakespeare's, *A Midsummer Night's Dream*, is coming to the DHS Stage. This is Shakespeare's best-loved romantic comedy and is appropriate for the entire family.

-When: The weekends of March 22-23 and March 29-30 at 7:00 p.m. Saturday matinees at 2:00.

-Where: Douglas High School Drama Room, 101

-Tickets: \$10.00 General Admission; \$5:00 presale ticket purchased from any student involved in our theater program or from the front office.



## Nurse News

March is National Nutrition Month! As the nurse at the high school, I can't tell you how many kids I see that skip breakfast. (I personally cannot wrap my mind around this as I am a true foodie!! I wake up thinking about food!) We know that breakfast can give

you energy to start the day and keep you on task at the high school. A healthy breakfast is important for everyone. Here are some quick breakfast ideas to help your student start their day:

- Make instant oatmeal with low-fat milk instead of water. Toss in raisins or dried cranberries and chopped walnuts.
  - Layer low-fat plain yogurt with your favorite crunchy cereal and blueberries.
  - Blend a breakfast smoothie with low-fat milk, frozen strawberries and a banana.
  - Make one packet of microwave oatmeal with low-fat milk. Mix in 1/4 cup unsweetened applesauce. Sprinkle with apple pie spice or cinnamon.
  - Top a toaster waffle with low-fat yogurt and peach slices.
  - Stuff a whole-wheat pita with a sliced, hard-cooked egg and low-fat shredded cheese.
  - Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
  - Spread low-fat cream cheese on a whole-grain toasted bagel. Top with sliced strawberries.
  - Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin.
  - Peanut butter and banana sandwich on whole-grain bread
  - Leftover veggie pizza
  - Deli turkey, a slice of low-fat cheese and lettuce wrapped in a tortilla
  - Leftover rice mixed with low-fat yogurt, dried fruit and nuts. Sprinkle with cinnamon.
- Power up with a healthy breakfast and you're off to a great start!



### Back Pack Buddies

Douglas High School is sponsoring a food drive this month for our Back Pack Buddy Program. This program helps to support students of Douglas County. The barrel for donations of nonperishable foods will be located in the commons near the front doors.



### Douglas Track & Field

We have home track meets on March 16 and April 27. If you are interested in helping out please contact: Kim Tretton [ktretton@dcsd.k12.nv.us](mailto:ktretton@dcsd.k12.nv.us). We can offer students volunteer hours if they are interested!



### STEM News

Join the STEM remind group for updates and reminders for the following events in March. Text @bhkge to 81010 to join the DHS-STEAMClub. Any questions contact Mrs. Fitzhugh, room 705 or email [lfitzhug@dcsd.k12.nv.us](mailto:lfitzhug@dcsd.k12.nv.us).

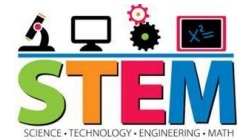
Deadline March 30: Sign up for Girls Go Cyber at this link (use the DHS STEM club when they ask for

a club - you do not have to be an active member). When 5 girls get through 6 levels, our Guys can join in the fun. Rally your friends and make DHS a coding leader two years in a row! <https://www.girlsgocyberstart.org/>

UNR is hosting labs and lessons on engineering to high school students.

<https://www.unr.edu/engineering/research-and-outreach/k-12-outreach/lab>

We also encourage students to join the REWARD CLUB (hosted by the MEFYI foundation). Listen to announcements or follow remind texts for Tuesday lunch meetings at the media center. We teach the soft skill of public speaking, work readiness skills and connects our students to community businesses.



### Upcoming Dates for the Class of 2019

Review these carefully to make sure you don't miss anything and check the website for any updates.

April 6: Mr. DHS at the CVIC hall, downtown Minden. Seats are limited and tickets will go on sale soon!

April 27: Prom

April 29: Walking partner cards will be passed out in all government classes

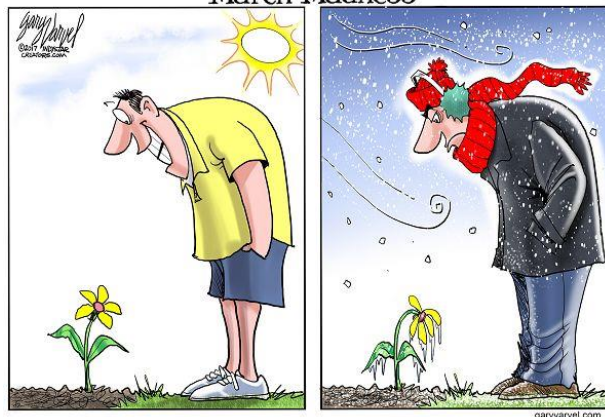
June 5: Grad Nite

June 6: Graduation day at DHS: Ceremony begins at 5:30 p.m.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Home games are in red.	All game times are accurate at time of printing. Please check with the coaches for any updates.	<h1>March 2019</h1>			<b>1</b> B-day	<b>2</b>
<b>3</b>	<b>4</b> A-day	<b>5</b> B-day	<b>6</b> A-day	<b>7</b> B-day PTSO meeting 6:00 in 107 Vars. Softball @ Sacramento TBD Vars. Baseball @ Carson 3:00	<b>8</b> Teacher PD Day ~ No Classes Vars. Softball @ Sacramento TBD Vars. Swim @ Carson 1:00 Vars. Baseball @ Carson 3:30	<b>9</b> Vars. Softball @ Sacramento TBD Vars. Baseball @ Reed 9:00 Track @ Spanish Springs 9:00 Vars. Baseball @ Reed
<b>10</b>	<b>11</b> A-day	<b>12</b> ACT TESTING DAY Only Juniors Attend	<b>13</b> B-day Staff PLC Day 90 minute delayed start (9:05)	<b>14</b> A-day Boys Vars. Golf @ Wolf Run 1:00 JV Baseball @ Spanish Springs 3:45 Vars. Baseball vs. Spanish Springs 3:45 JV Softball vs. Galena 3:45 Vars. Softball @ Galena 3:45	<b>15</b> B-day	<b>16</b> Vars. Swim @ CVSC 9:00 Track vs. Wooster 9:00 JV Baseball @ Reed 11:00 Vars. Baseball vs. Reed 11:00 JV Softball @ Manogue 11:00 Vars. Softball vs. Manogue 11:00
<b>17</b>	<b>18</b> A-day	<b>19</b> B-day Boys Vars. Golf @ Eagle Valley 1:00 JV Baseball vs. Reno 3:45 Vars. Baseball @ Reno 3:45	<b>20</b> A-day	<b>21</b> B-day JV Baseball vs. Manogue 3:45 Vars. Baseball @ Manogue 3:45 JV Softball @ Damonte 3:45 Vars. Softball vs. Damonte 3:45	<b>22</b> A-day	<b>23</b> JV Softball @ Hug 11:00 Vars. Softball vs. Hug 11:00
<b>24/31</b>	<b>25</b> B-day	<b>26</b> A-day	<b>27</b> B-day Vars. Baseball vs. Bend 3:30	<b>28</b> A-day Vars. Baseball @ Lassen 4:00	<b>29</b>	<b>30</b> Vars. Baseball vs. Lassen 12:00

### March Madness





## Upcoming Dates to Remember



## Telephone Directory



Professional Development Day NO CLASSES ----- March 8  
ACT Testing Day ----- March 12  
PLC Late Start Day ----- March 13  
Spring Break ----- April 15-19  
Graduation ----- June 6

*For the Douglas County School District calendar, visit:  
[www.dcsd.k12.nv.us](http://www.dcsd.k12.nv.us) and click on the school calendar link.*

Main Office ----- (775)-782-5136  
Front Desk ----- extension 0  
Attendance ----- extension 2  
Counseling Office ----- extension 4  
Athletics ----- extension 5  
Registrar ----- extension 6  
Nurse ----- extension 7  
Fax ----- (775)782-7039

### Counselors:

Shari Andreasen (F-Lef) ----- extension 1718  
Kira Brown (A-E) ----- extension 1716  
Lisa Maslach (Leg-Re) ----- extension 1719  
Vanessa Ozolins (Ri-Z) ----- extension 1717  
Jim Meyers (exit level 1 students) ----- extension 1770

### Administration:

Joe Girdner, Principal ----- extension 1711  
Mike Rechs, Asst. Principal ----- extension 1759  
Sarah Russell, Asst. Principal ----- extension 1761  
Wendi Yankoskie, Asst. Principal ----- extension 1763

## DOUGLAS COUNTY SCHOOL DISTRICT

### Notice of Non-Discrimination

The Douglas County School District does not discriminate against any person on the basis of race, creed/religion, color, national or ethnic origin, sex (including pregnancy), gender identity or expression, genetic information, sexual orientation, disability, marital status, age, veterans or military status, or political affiliation in admission to or access to, treatment or employment, or participation in its programs and activities, and provides equal access to the Boy Scouts of America and other designated youth groups, pursuant to federal and state laws including, but not limited to, Title VI and VII of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, Title II of the American with Disabilities Act of 1990, the Individuals with Disabilities Education Improvement Act (IDEA), and the Boys Scouts of America Equal Access Act. The District is an Equal Opportunity Employer.

Any person who believes she or he has been discriminated against, denied a benefit, or been excluded from participation in any district education program or activity on the basis of race, creed/religion, color, national or ethnic origin, sex (including pregnancy), gender identity or expression, genetic information, sexual orientation, disability, marital status, age, veterans or military status, or political affiliation, may grieve such matters using the adopted grievance procedures of the Douglas County School District. Such procedure shall provide for prompt and equitable resolution of complaints alleging acts of discrimination.

The Superintendent of Douglas County School District has designated the following person to handle inquiries regarding student and employee non-discrimination policies:

### Executive Director of Human Resources

1638 Mono Avenue  
Minden, Nevada 89423  
(775) 782-7177

### Non-Discrimination Policy

The Douglas County School District Board of Trustees supports equal educational opportunity for students free from discrimination based upon race, color, religion, sex, sexual orientation, disability, or national origin (Board Policy No. 103). This concept of equal opportunity serves as a guide for staff in making decisions relating to school facilities; and selection of educational materials, equipment, curriculum, and regulations affecting students. In support of this policy and in compliance with the requirements of federal law, no student will be required to attend mandatory meetings solely based on the student's race, color, religion, sex, sexual orientation, disability, or national origin.