

MAIN SAIL



APRIL 2022

Volume 6, Issue 2

FROM THE PRINCIPAL'S DESK

Dear Parents, Guardians, Students, and Alumni of Sarasota High School.

As we all know from experience, adversity is inevitable. If the past two years have proven anything, it is that all people face trials of many kinds. As I write these words, I'm looking out my window at two different palm trees. One is withering, the other is steadfast and sturdy. Why the difference? With a cursory glance, all things seem equal. A dendrologist friend of mine gave a likely explanation: Disease. The disease slowly destroys the weakest tree first, and according to my friend, the next weakest is soon to follow. Our objective with the trees, therefore, is to prevent disease and give them the sunlight and nutrients they need to thrive.

Looking beyond the two trees, I'm seeing approximately 30 of our students eating their lunch in one of our outdoor courtyards. Each one is capable of extraordinary things... not because of genetic material... there is no happiness gene or success gene, but because the potential for happiness and greatness lies in each one. We can't change that they will face challenges along the way. We can't change the reality that "diseases" will attempt to afflict them. What we can do is give them the mindset, skills, and strategies so these challenges are never able to break them. We can build their resilience.

Resilience is being able to bounce back from stress, challenge, tragedy, trauma or adversity. When people are resilient, they are braver, more curious, more adaptable, and more able to extend their reach into the world. The great news is that resilience is something that can be nurtured in all of us!

The challenge for our trees is preventing disease and giving them the environment to thrive. The challenge for our kids, I believe, is to build resilience and give them multiple opportunities to thrive.

I'm a firm believer that resilience can be built and strengthened at any age. I just did a quick Google search using the keywords, "how to build resilience," and page after page of information was returned within milliseconds. I'd encourage you to do the same search. Some of the information appears to be rather sage!

Building resilience in our kids isn't about clearing adversity out of their way. None of us enjoy watching our children struggle and stumble. But eliminating these from their lives wouldn't necessarily be doing them any favors. Properly faced, adversity helps them to develop the skills they need to flourish. Strengthening them towards healthy living is about nurturing within them the strategies to deal with that adversity.

As spring emerges from the winter, let's challenge ourselves to do all we can to make ourselves more resilient and to build sturdy kids filled with optimism and hope. Let's model positive responses to challenges and show them we can be more than overcomers!

Together in the battle,
David Jones

SARASOTA HIGH SCHOOL

941-955-0181 • Fax: 941-361-6380

Principal David Jones David.jones@sarasotacountyschools.net

Assistant Principal - Curriculum

Michelle Anderson
Michelle.anderson@sarasotacountyschools.net

Assistant Principal - Administration

Becky Moyer
Becky.moyer@sarasotacountyschools.net

Assistant Principal

Dr. Robin Livingston ESE
Robin.livingston@sarasotacountyschools.net

Assistant Principal

Sean Donovan A-F
Sean.donovan@sarasotacountyschools.net

Assistant Principal

Mark Gilliland G-M
Mark.gilliland@sarasotacountyschools.net

Assistant Principal

Keatrun Stroughter N-Z
Keatrun.stroughter@sarasotacountyschools.net





MISSION STATEMENT

Sarasota High School is dedicated to providing a culturally, socially, and intellectually diverse student population with an education that will allow them to be successful in today's ever-changing society.

Creating a learning environment that is challenging, relevant, and active is essential to ensure our students are equipped for success in their post-secondary pursuits. In doing so, we aim to develop in each student the skills of leadership, accountability, and self-reliance that are essential to become a productive citizen.

VISION

To Teach, Challenge, Support and Inspire

"Main Sail"
April 2022

Published Five Times Per Year
Sarasota County District Schools
1960 Landings Blvd.,
Sarasota, FL 34231
Issue #2

FIGHTING THE FORCES OF MATH DEFICITS, EQUATION CONFUSION AND MISSING INTEGERS...

**SHS MIGHTY MATH TEAM
OVERTAKES THE DARKNESS**



NEWS FROM THE STUDENT SUCCESS CENTER

Junior College Night is April 12 at 6 PM in the Global Learning Center. This event is for parents and students. Parents will meet in the Global Learning Center while students will be next door in the Student Success Center. Seniors will be available to speak with juniors at this event.

Seniors still have time to fill out a FAFSA and apply to state colleges. Students may visit the Student Success Center for assistance with FAFSA. Our college career advisors can help them with school-straight-to-career options, apprenticeships, and military options as well.

MAST STUDENTS DOMINATE REGIONAL STEM FAIR

MaST students presented their projects virtually at the Sarasota Regional STEM Fair and the results were outstanding. Our students performed very well and were awarded for their efforts, taking 10 of the 11 1st Place prizes and 16 out of 20 2nd Place prizes. They also received 12 of the 15 special awards given and 8 of the 10 Best In Fair Prizes.

Category Awards

Animal Sciences

1st Place—Anja Schwarzbauer*

2nd Place—Caroline Jones

Behavioral & Social Sciences

1st Place (tie)—Olivia Bailey

1st Place (tie)—Ivy Malave

Biomedical & Health Sciences

1st Place—Anna Davis-Lunardi*

2nd Place—Leah Wojtaszek

Cellular/Molecular Biology & Biochemistry

1st Place—Jessica Ritchie*

2nd Place—Quinn O'Connor

Chemistry

1st Place—Ella Menke*

Earth & Environmental Sciences

1st Place—Skylar Woods*

2nd Place—Rylee Mulhollen & Nicholas Cox*

Engineering

1st Place—Evan risp & Peter Fugleberg

2nd Place—Zoe Strom

Environmental Engineering

1st Place—Noelle Prouty

Microbiology

1st Place—Anna Smith

Plant Sciences

1st Place—Reagan Walter

2nd Place—Sydney Dailey, Isabella Ferriera & Mia Martain

*Designates Overall Winner/State Finalist



ShorePoint
H E A L T H
VENICE

Taking care of you and the place we all call home.

941-485-7711

shorepointhealthvenice.com

SCHOOL-RELATED EMPLOYEE OF THE YEAR

Congratulations to Jennifer Mikulski who was selected as this year's "School Related Employee of the Year." Mrs. Mikulski began working at Sarasota High School in October 2016 and has filled several different roles since then. She was first an Administrative Assistant for the Guidance Department and then for an assistant principal before moving to her current position as Registrar. In her role as Registrar, Mrs. Mikulski enrolls new students and ensures they have met the requirements for enrollment. She is also tasked with making certain grades have been posted at the end of each grading period.

One of the highlights of Mrs. Mikulski's work as a registrar is meeting and interacting with new families. She enjoys telling incoming students all about SHS and the wonderful options we have to offer. She is thankful for the opportunity to work with seniors as they get ready to move on to the next chapter of their lives and to hear their excitement about what is next for them.

Mrs. Mikulski is meticulous in her record keeping and in all facets of her job. Her attention to detail is imperative in her role as registrar and you can count on her to gather and process all the necessary information for each student she enrolls. Mrs. Mikulski is a self-starting and conscientious employee and no task or challenge is too daunting for her. She also fills a vital role for Sailor Athletics and can be seen selling tickets during football season and for other athletic games.

Mrs. Mikulski earned an Associate of Arts in Business Administration and Accounting from Keiser College. After spending almost 20 years in the corporate world, she was seeking a job that was rewarding and applied to Sarasota County Schools. Prior to coming to Sarasota High, she worked as a bank teller, at a car dealership and as a concierge at an apartment building.

Mrs. Mikulski hails from Pennsylvania and Maine and has called Florida home since 1995. She and her husband Chuck will celebrate their 23rd anniversary later this year. She enjoys working part-time in retail at TJ Maxx in Venice and has been doing so for 12 years.

We are proud to have Mrs. Mikulski representing Sarasota High School as this year's School Related Employee of the Year. Congratulations Mrs. Mikulski!



ALBERT WOOSTER & CO REALTY
THE BEST WAY TO BUY AND SELL IN SARASOTA

VIP treatment at every pricepoint!

Shop for Homes by School District

SarasotaWowhomes.com

941 350 1220
woosterfla@gmail.com




Gulfcoast
EYE CENTER

Member
American Optometric
Association

Dr. Steven C. Bovio
Board Certified Optometric Physician
Comprehensive Eye Care
Diagnosis & Treatment of Ocular Disease
Contact Lenses & Eyeglasses

941.921.2020
www.gulfcoasteyecenter.com
2940 S. Tamiami Trail
Sarasota, FL 34239

**COURTEOUS COMPREHENSIVE
EYE CARE**




KEISER UNIVERSITY

KEISER UNIVERSITY SARASOTA

- Day, evening, and online classes
- Career placement assistance for graduates
- Scholarship opportunities available

941.907.3900
KeiserUniversity.edu

NOW, ESPORTS 6151 Lake Osprey Drive, Sarasota, FL 34240
Keiser University is a private, not-for-profit university

   ORDER ONLINE @ SLICE.COM


VILLAGE PIZZAS
— BY EMMA —

 

\$2.00 OFF ANY LARGE PIZZA WITH THIS COUPON

941-373-1878
www.villagepizzasbyemma.net
3350 Bahia Vista Street • Sarasota, FL 34239


THE ORAL SURGERY CENTER

PETER J. KAUFMAN, D.M.D.
DENTAL IMPLANTS • WISDOM TEETH REMOVAL

3900 CLARK RD. BUILDING I • SARASOTA, FL
941-922-3524 • Fax: 941-924-2929
123 SHAMROCK BLVD. • VENICE, FL
941-493-3352 • Fax: 941-497-1140

WWW.PETERKAUFMANOMS.COM

PROM NIGHT

PROM FAQ

When is Prom?

Saturday, April 30th @ 7:00 pm. You must be there promptly at 7:00, dinner will be served at 7:20.

Where is Prom?

Hyatt Regency Downtown Sarasota

What do I wear to Prom?

Formal attire.

What is the attendance requirement?

Students must not have more than 5 "U" or "T" marked for a day in their attendance between March 25th and Prom.

When do I bring to the dance?

Once you have turned in your waiver AND purchased a ticket, you will be on the ticket list. You must show photo ID.

How much are tickets?

\$85

How do I buy a ticket?

Bring a signed waiver and money to 14-203.

What if I bought a ticket in my senior package?

Bring a signed waiver to 14-203.

Who can go?

Juniors and seniors can bring a date, anyone under 21. Students from other schools are allowed, you just have to get a waiver signed. ANYONE going has to have a waiver.

CLASS OF 2022 COUNTDOWN TO GRADUATION

Apr. 20	Graduation Student Speaker Applications Deadline
Apr. 22	Cap & Gown Distribution
Apr. 27	Graduation Student Speaker Auditions
Apr. 30	Prom
May 11	Senior Awards Night
May 19/May 20 *TBD	Mandatory Graduation Practice
May 20	Graduation



NATIONAL ART HONOR SOCIETY

Noelle Prouty, Secretary

Sarasota High School's chapter of National Art Honor Society has had a busy 3rd quarter, offering members and students in the SHS Art Department many opportunities to express themselves creatively. NAHS meetings have been comprised of printmaking with Mrs. Markley, wheel throwing under the teachings of Mr. Barendse, and visiting the Sarasota Art Museum.

Additionally, during the months of February, March and April, the NAHS officers are visiting several middle schools in Sarasota to showcase the various visual arts opportunities at SHS and invite eighth graders to join our community of creative sailors.



*Florida State Fair
1st Place Winner
Madeleine Harwell*



*Florida State Fair
3rd Place Winner
Charlotte Pico*



NAHS at Sarasota Art Museum

FLORIDA STATE FAIR WINNING ARTWORK

Congratulations to our Florida State Fair Winners! Sailors were the recipients of 50 awards at this year's state fair including a Best In Show winner, twelve 1st Place winners, eight 2nd Place winners, ten 3rd Place winners and 19 Honorable Mention winners.



DR. EL SHAHAWY
MD, MS, FACP, FESC, FASH, FSCCT,
FAHA, FACC, FASPC

President International Society for
Cardiovascular Disease Prevention

941-366-9800
cardiologycenter.net

1950 Arlington Street, Suite 300
Sarasota, FL 34239

IMPORTANT DATES

April 15—Mini Break—No School
 May 27--Last Day of School



CHEER



KEY CLUB

Key Club was recently recognized at the Sarasota Elks' Volunteer Appreciation Dinner for their participation in Toys For Tots. Members volunteered over 200 hours of their time by creating tags for toys, organizing and sorting toys, and assisting with distribution.



★ Anyone who will be attending SHS for 2022-2023 school year ★

Sarasota High School Cheerleading Try-outs



Tuesday March 29th
 Mandatory Informational Meeting – 6:00 pm
 Cafe (Park In Bahla Vista Lot)

Friday April 1st
 Prep Clinic: 5:00 – 7:00 \$15.00 at the door cash only
 (Anyone interested in getting some extra help from coaches before tryouts)

Tuesday April 12th & Thursday April 14th
 Workouts 5:00 – 7:00 (New Gym)

Monday April 18th – Thursday April 21st
 Mandatory Tryout Practice – 5:00 – 7:30
 New Gym

Friday April 22nd
 Tryouts – After School
 New Gym



Please follow us on Facebook @ SHS Cheerleading Sarasota High or Instagram @ sailor_cheer
 Please print off the tryout packet/physical packet and bring all forms filled out to the meeting March 29th.



Tryout Packet & Questions? Contact:
 Kayla Hancock at sailoralumnicheer@gmail.com



Proud Supporter of
 Sarasota High School
 Shop 24/7!
HendrickHondaBradenton.com

New Hondas are selling quickly!

Reserve Your New Honda at
 Hendrick Honda Bradenton Today!



When you check out our inventory, check out ALL we have to offer:

- Honesty
- Integrity
- Transparent Process
- Hassle Free
- Giant Selection
- Incredible Offers

5515 14th Street W., Bradenton, FL 34207 • 941-758-7997

©2021 Strong Automotive Merchandising. All Rights Reserved.



NEW COLLEGE OF FLORIDA
 GUARANTEED ADMISSION PARTNERSHIP

As the State of Florida's "honors college for the liberal arts," New College is excited to partner with Sarasota High School to offer **guaranteed admission** to students who meet the minimum criteria.

NCF.EDU/APPLY

New College
 THE HONORS COLLEGE of Florida

TESTING, TESTING, 1, 2, 3...

Below is the estimated window of test dates.
*Exact dates subject to change.

- Florida Civic Literacy—April 18 – April 29
- FSA Writing Grades 9 & 10—April 5 – April 14
- FSA Reading Grades 9 & 10—May 2 – May 27
- Algebra 1 EOC – May 2 – May 27
- Geometry EOC – May 2 – May 27
- Biology EOC – May 2 – May 27
- U.S. History EOC – May 2 – May 27
- English LEOC – May 9 – May 27
- Economics LEOC – May 9 – May 27
- Government LEOC – May 9 – May 27
- Math for College Readiness LEOC – May 9 – May 27
- Precalculus LEOC – May 9 – May 27
- AP Testing—May 2 – May 13
- AICE testing calendars available at www.shsaice.com under “Calendar” tab.

GO SAILORS!

SAILOR VARSITY BASEBALL

Clyde Metcalf, Head Coach

Apr. 5	@ Venice	7:00 PM
Apr. 7	Strong Rock Christian @ Home	7:00 PM
Apr. 8	Jesuit @ Home	7:00 PM
Apr. 12	@ Palmetto	7:00 PM
Apr. 14	@ Lakewood Ranch	7:00 PM
Apr. 20	@ Manatee	7:00 PM
Apr. 23	@ Palm Harbor	1:00 PM
Apr. 26	Bradén River @ Home (Senior Night)	7:00 PM
Apr. 27	@ Riverview	7:00 PM
Apr. 29	Cardinal Mooney @ Home	4:30 PM
May 2 – May 5	District Tournament TBA	7:00 PM



SAILOR JV BASEBALL

Allen Morlock, Head Coach

Apr. 6	@ Venice	6:00 PM
Apr. 9	@ Jesuit (Double Header)	11:00 AM/1:30 PM
Apr. 11	Bradén River @ Home	6:00 PM
Apr. 13	Palmetto @ Home	6:00 PM
Apr. 14	@ Lakewood Ranch	4:00 PM
Apr. 16 – Apr. 23	@ Riverview JV Tournament	TBA



Coastal Auto Collision & Customs

941-378-5207

Insurance Claims Specialists

Minor & Major Collision Repairs

CoastalAutoCollision.com
Coastal@CoastalAutoCollision.com

6133 Palmer Boulevard
Sarasota, FL 32240



AICE

If you're looking for award-winning academics, look no farther. The University of Cambridge AICE program awarded 155 *AICE Diplomas* to the Sarasota High School Class of 2021. Those students receiving an AICE diplomas took seven AICE classes in four different groups of study, and the required Global Perspectives, and passed the respective exam for each class. This year's AICE testing season begins April 19 as we prepare to administer over 2,300 exams.

New AICE apparel available soon through an online store.

Freeman Orthodontics for Children, Teens & Adults

Personalized Care • Convenient Hours
Affordable Monthly Payments
Clear Braces • Invisalign® Certified

953-7500



Freeman
ORTHODONTICS

David H. Freeman DMD MS
Board Certified Orthodontist

2050 Proctor Rd., Ste. A, Sarasota
FreemanOrthodontics.com

ONLY \$79* A/C TUNE-UP

6 Months No Breakdown Guarantee**
*Cannot combine with other offers.
**Guarantee applies only if recommended services have been performed.

\$93* OR FREE DRAIN CLEARING

Includes Camera Inspection
*Cannot combine with other offers.

\$50* OFF ANY ELECTRICAL REPAIR

*Cannot combine with other offers.

"Give your **BEST** to
get the **BEST**."

~ Jaime DiDomenico, President

941-584-4885

CoolToday.com • Facebook @CallTodayCoolToday

CoolToday
PLUMBING TODAY ENERGY TODAY

PlumbingToday EnergyToday

SAILOR ATHLETICS

SAILOR SOFTBALL

Heather Mushrush, Head Coach

Apr. 6	@ Parrish Community	JV/V	5:00 PM/7:00 PM
Apr. 7	Bradenton River @ Home (Senior Night)	V	6:30 PM
Apr. 13	Riverview @ Home	JV/V	5:00 PM/7:00 PM
Apr. 14	Bradenton Christian @ Home	JV	5:00 PM
Apr. 18	@ Charlotte	JV/V	5:00 PM/7:00 PM
Apr. 19	North Port @ Home	JV/V	5:00 PM/7:00 PM
Apr. 20	@ Bradenton River	V	6:30 PM
Apr. 25	@ Lakewood Ranch	V	7:00 PM

SAILOR LACROSSE

Kendall Gay, Head Coach

April 5	Calvary Christian (Clearwater) @ Home	JV	6:30 PM
Apr. 6	Venice @ Home	V	6:00 PM
Apr. 7	@ Immokalee	V	7:00 PM

LADY SAILOR LACROSSE

Heather Ballew, Head Coach

Apr. 5	Manatee @ Home	6:00 PM
Apr. 7	@ Lakewood Ranch	6:00 PM

SAILOR TRACK

John Stevenson, Boys Head Coach

Ed Sera, Girls Head Coach

Apr. 7	County Meet @ Booker High
Apr. 9	IMG--Bradenton
TBA	Districts
May 7	Regionals
May 14	State Meet



SAILOR BEACH VOLLEYBALL

Nick DeLorenzo, Head Coach

Apr. 5	vs. Sarasota Christian @ Sarasota Christian	4:00 PM
Apr. 12	vs. Venice @ Bee Ridge Park	4:00 PM
Apr. 25	Districts @ Bradenton River	



SAILOR TENNIS

Madison McCaleb, Head Coach

Apr. 7	@ Bradenton Christian	3:30 PM
--------	-----------------------	---------

SIGNING DAY

Sailor athletes were celebrated at the most recent Signing Day on February 2. Eleven student athletes gathered in the Edward F. Howell Gymnasium to sign letters of intent to continue their academic and athletic careers at the collegiate level. Congratulations to each of the following athletes and their families!

- Janel Mitchell—Glenville University—Soccer and Track
- Aurora Marino—Drew University—Softball
- Lance Trippel—University of West Florida—Football
- TJ McKay—Florida Memorial University—Football
- Josh Warnock—West Liberty University—Football
- Ashton Turner—Seton Hill University—Football
- Trey Burggraaf—Delta College—Football
- Victoria Bibler—Florida Institute of Technology—Swimming
- Sumner Chmielewski—Brown University—Swimming
- Cole Firlie—Massachusetts Institute of Technology—Swimming
- William Shoemaker—Bucknell University—Swimming



ASSOCIATE

BACHELOR'S

CERTIFICATES

\$ TUITION IS 50% LESS THAN THE COST OF UNIVERSITY

APPLY TODAY!
SCF.edu



STATE COLLEGE OF FLORIDA
MANATEE-SARASOTA

EARLY COLLEGE

DUAL ENROLLMENT

Earn tuition-free college credit while in high school.

SCF.edu/EarlyCollege

BRADENTON • VENICE • LAKEWOOD RANCH • ONLINE

State College of Florida, Manatee-Sarasota is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award associate and baccalaureate degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, GA 30033-4097 or call 404-679-4500 for questions about the accreditation of State College of Florida, Manatee-Sarasota. State College of Florida, Manatee-Sarasota does not discriminate on the basis of sex, pregnancy, race, religion, age, national origin/ethnicity, color, marital status, disability, genetic information or sexual orientation in any of its educational programs, services and activities, including admission and employment. Direct inquiries regarding nondiscrimination policies to: Equity Officer, 941-752-5323, 5840 26th St. W., Bradenton, FL 34207.



Sarasota County District Schools
SARASOTA HIGH SCHOOL
 2155 Bahia Vista Street
 Sarasota, FL 34239

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

8

SPEECH & DEBATE

Bella North, Team Captain

Grand Finals is one of the championship tournaments the Speech and Debate Team prepares for all year. Not only did SHS compete at this tournament held at Tampa Jesuit High School in February, but Sarasota High is proud to announce that three team members qualified to go to NCFL Grand Nationals in Washington D.C. in May. Qualifiers include freshman Sienna Hanson in Oratorical Declamation, junior Peyton Milhorn and senior Abigail Clark in Dramatic Performance. The team's coach, Dr. Terri. St. John, was named FGCCFL Coach of the Year.

While the result of this first national qualifying tournament is great news, this is not the last tournament of the season. The team competed in the Florida Sunshine District Championship in March, and they will compete in the Florida Gulf Coast Forensics League Novice Championship in April. The students are an important asset to a tournament, but so are the adult judges. The judges of each tournament are parents of the students and without them there would be no debate or speech. The team is always thankful for their support and sacrifice when coming to a tournament on a Saturday and learning how this activity helps a diverse number of students learn and grow to become well educated citizens.

The number of skills in learned in researching, writing, and presenting is impressive. It takes time to learn how to research and write well. Students gain the ability to think quickly and respond accurately. These skills lead students to futures in law, education, medicine, scientific research, and the armed services.

As SHS begins its scheduling process for the 2022-23 school year, keep in mind that Debate is offered to students as an academic elective. The Speech and Debate Team is also open to all students in grades 9 – 12. Should you have questions or if you would like to make a donation to the self-funded team, please contact Dr. St. John at Terri.StJohn@sarasotacountysschools.net.

SHS THEATER PRESENTS



APRIL 20-23, 2022

Tickets available at www.shstheater.com