

Senator Square: The CHS Girl in the Mirror

The outside temperature is changing, coats and sweaters are being exchanged for shorts and T-shirts, and getting ready for summer may result in the temptation to be critical of one's outward appearance. Current times are still difficult for many, and although society is moving towards safe and positive change, many young people still feel isolated and disconnected. The following is one CHS student's story about overcoming a personal struggle.



By Corinne Ternau

(Editor's Note: Ternau is a freshman honors student at CHS)

Her eyes pierced my skin as she felt it was her job to elucidate everything she saw wrong with me. She said my legs were "too skinny, my face wasn't proportionate, I had noodles for arms, and my body wasn't balanced." As she spoke her thoughts, I convinced myself I needed to hide the body I couldn't change. My head sank as I walked through the crowded hallways. I wore clothes that didn't reveal my body shape. I wore a mask over my face that consisted of powder and pigment. She picked apart every inch of my body until she abolished my self-esteem. I tried to hide from her commentary, but every night I met her in the mirror yet again.

Body Dysmorphic Disorder (BDD) is a common complication in which many of any age and gender struggle. The American Psychiatric Association defines BDD as "A preoccupation with some imagined defect in personal appearance, or an excessive concern with a minor physical irregularity; the preoccupation causes significant distress or impairment." BDD affects about 1 in 50 people, and in the U.S. an estimated 5 to 10 million people suffer from this condition. Many Hollywood celebrities like Michael Jackson, Kim Kardashian, and Robert Pattinson have openly talked about their body dysmorphia and social anxiety. People who are controlled by their fame and are constantly put into the public's eye also have to deal with negative comments about their character and their appearance, and so many celebrities have tried to take action to prevent and help stop these pessimistic thoughts. Emma Stone spoke about it: "My great hope for us as young women is to start being kinder to ourselves so we can be kinder to each other. Stop shaming ourselves and other people— 'too fat, too skinny, too short, too tall, too anything.' There's a sense that we're all 'too' something, and we're all not enough. This is life. Our bodies change. Our minds change. Our hearts change." Actress, Jennifer Aniston said, "You're damned if you're too thin and you're damned if you're too heavy...According to the press, I've been both. It's impossible to satisfy everyone, and I suggest we stop trying." You are always going to look different to other people so the only thing that should matter to you is what you think. I was once told that when bananas become too ripe to enjoy I should just make banana bread. So that's what I did; I decided to gather all the bad bananas in my life and turn them into something sweeter. I concluded there wasn't one existing inch of my body needing to be morphed, and, with accepting this realization, I could move forth. So I gathered the "bad" bananas in my life, for it was no longer her job to cause me to writhe. I turned her lectures into my motivation to quiet the voice of my imagination. Finally, as my headspace became clearer, I fell in love with the girl in the mirror.

VIRTUAL CAREER FAIR IS NOW AVAILABLE TO EVERYONE IN CARSON CITY

The 2021 virtual career fair was a great success, and according to Carson City School District Work Based Learning Coordinator Marc Rodina, “I know not everyone was able to attend; we had 36 vendors from business, industry, military branches, and colleges, and of those, 17 of them recorded their Zoom session, so I have edited those recordings and created a virtual library on the work-based learning website for teachers, students, parents, and community members to view at any time.” Please go to carsoncityschools.wbl.com/2021-virtual-career-fair.html to view the library. “Many of these videos can give you great ideas for curriculum integration” Rodina added. For more information, please contact Carson City School District Work Based Learning Coordinator Marc Rodina at 283-2055 or mrodina@carson.k12.nv.us.

REGISTER FOR 2021-2022 CHS FALL CHEER

Hello to CHS’ current ninth, 10th-grade, and 11th-grade students, along with Carson Middle, Eagle Valley Middle, and Private School current eighth-grade students, from Coach Sheila Story. “I would love for you to join our Cheer Team for the 2021-2022 school year, so if you are interested in trying out, please go to registermyathlete.com, and complete all the sections of the registration.” The deadline is April 19 at 7:00 a.m. Tryouts will take place April 21 through April 24 at CHS. Story added, “We will also send an email through Register My Athlete with tryout information, and we will also be starting a CHS Cheer Tryout Band App where athletes will find tryout cheers, dances, and the CHS School Song to learn, and the coaches will also post weekly challenges to help athletes prepare for tryouts.” Students and parents, please send Coach Story an email, if interested, at



sstory@carson.k12.nv.us, or call her at 720-9583 with any questions. At this time of great need for safety, good health, and well-being, please stay at home, drink plenty of water, wash hands frequently, do not touch the eyes, and wipe down all surfaces.



FUTURE BUSINESS LEADERS OF AMERICA PUBLIC SPEAKING COMPETITION

CHS Senior Serena Dantzler has entered the FBLA State Public Speaking competition, and to see her speech, visit <https://senatorsnow.org/>. The Public Speaking competition requires FBLA members to address one of the nine goals of FBLA, and the competitors must write and video a four to five-minute-speech incorporating one of the nine goals. Serena, competing in her 4th State FBLA competition, has chosen to address the topic: “Develop Character and Prepare for Future Citizenship”; however, due to COVID restrictions,

the FBLA State Competition is being held virtually. Presently, all speeches are being viewed by judges, and chosen finalists will have to give their speech live via zoom this coming week. Serena was State Champion in the Introduction to Public Speaking event as a freshman, and her goal this year is to win the Public Speaking event as a senior, which is only for juniors and seniors. CHS wishes her the best of luck in this year’s competition.



SAFE SCHOOL PROFESSIONALS TRUSTED ADULT CAMPAIGN

School Social Workers this month are asking students and teachers about their Trusted Adults, and everyone gets a chance to win a gift card of their choice. A Trusted Adult is someone to turn

to for support, and, as the saying goes, “You know they have your back and are there for you when you need it most.” The assignment is to think about the Trusted Adults and submit a post telling SSPs about a Trusted Adult and what makes him so trusted. Teachers are also encouraged to join CHS students in writing. When concerned for someone, remember it is important to Acknowledge, listen to each other; do not ignore their concern, Care, let friends know they are cared for, and Tell, tell a trusted adult about concerns about friends (ACT).

CURRENT ATHLETIC EVENTS

CHS Track and Field, JV Baseball, and JV Softball will take place April 17 at 9:00 a.m. May 8 at 9:00 a.m. will offer Track and Field, Varsity DH Baseball, and Varsity DH Softball. May 18 at 3:00 p.m. is Track and Field only. May 21 is JV Track and Field Championships only. Apr 20 is CHS Varsity Softball at 3:45 p.m. Varsity Baseball at 7:00 p.m. Apr 24 is Varsity Baseball DH at 11:00 a.m. Varsity Softball DH at 11:00 a.m. Apr 27 is Varsity Softball at 3:45 p.m., Varsity Baseball at 6:00 p.m. May 6 is Varsity Softball at 3:45 p.m., Varsity Baseball at 6:30 p.m. May 14 is Varsity Baseball at 7:00 p.m. May 15 is Varsity Softball at 11:00 a.m. ~ Contributed by CHS Athletic Secretary Laurie Sheets.



STUDENT OF THE WEEK

Congratulations to engineering student Nathan Reynolds on being nominated as the CHS Student of the Week. According to his CHS Engineering and Architecture teacher Mark A. Lobsinger, “Nathan is

smart, hardworking, loves working with hands-on projects, is super respectful, helps out his classmates, and is a pleasure to have in class; he never complains.” Nathan, in year four of engineering, has restored three vehicles from the frame, paint, to the upholstery, and his cars have won awards at car shows: a 51 Chevy, 93 Jeep Wrangler (which he designed Jurassic Park style), and a 62 Willies pickup in the photo. With over 2400 students enrolled at CHS, it is truly an honor to be nominated. Employees within Carson City School District nominate the CHS Student of the Week, and it is often the students’ teachers who do the nominating though anyone in the district may do so by sending an email to pbrady@carson.k12.nv.us.



SENIOR IN THE SPOTLIGHT

Congratulations to Pioneer High School Senior Angelina Marino on being nominated this week's Senior in the Spotlight. Angelina Marino finds success with full time online school and has been enrolled at PHS for nearly four years, over three of those years as a full time online student. The online format has given Angelina the opportunity to complete her classes on her schedule, which helped give her greater motivation to be successful. She has even taken advantage of the opportunity to take extra online classes in business, which she plans to focus on when she attends college. After graduation, Angelina's goal is move to Oregon and one day own her own business. With a passion of working with and around people, she hopes to find a business internship to begin her journey. With a variety of interests in sewing, interior design, drawing and painting, sports, hiking with

family, and other outdoor activities, she is hopeful she can combine her interests with her future business ventures. School was not easy for her when she entered the ninth grade. She said she was easily distracted, had difficulty focusing on school, and often had the attitude to "just do whatever I wanted to do." She realized she needed a change and understood to be successful she was going to have to learn how to learn. Angelina told herself she was going to have to teach herself how to be a good student and decided to go to PHS. Angelina credits much of her success to her parents, whom she said pushed her to focus on her dreams, and to her grandparents who encouraged her to work hard, create goals, and find her passion. She also appreciates the support Pioneer gave her over the years, believing in her ability to be successful. "Teachers like Mrs. Archer were understanding of what I needed and were available to help me when I needed help." She also thanked Mrs. Council, Pioneer Online Coordinator, for helping focus on her school work, avoid distractions, and encourage her to set goals for herself after high school. The Pioneer family is proud of Angelina's accomplishments and knows she will find great success in her future. ~ Contributed by PHS Counselor, Cary Jordan.

Phil Brady is an English teacher at CHS.