



the Reek



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“I will instruct you and teach you in the way you should go. I will counsel you with my eye upon you.” **Psalm 32:8**

A Message from Principal Stallworth



Yuma Catholic Community,

As we prepare for commencement ceremonies for the Class of 2021, I would like to take the time to highlight a few of the accomplishments of the Class of 2021. The Yuma Catholic Senior Class has only 86 total students. However, they have accumulated more than \$11,000,000 in merit based scholarships. On top of that, our senior class boasts 15 individuals that will have graduated with either their Associate of Science or Associate of Arts degrees from Arizona Western College, a week before they actually walk the line at Yuma Catholic. The majority of the classes were taken right here on the Yuma Catholic High School campus.

This year we were able to add to our already thriving dual enrollment courses. Our partnership with Arizona Western College has never been stronger. This year we added two Administration of Justice courses, two Agriculture courses, and an Ethics class. There will be more to come next year. In addition to our dual enrollment courses, we added a Sports Media course which has our students developing the graphics, filming and projecting the game on our jumbotrons and a Sports Medicine course allowing our students to learn the skills of a sports trainer. These new additions have afforded our students to be challenged while learning more about careers in these areas.

Although this school year has been a challenge because of the Covid-19 pandemic, our Yuma Catholic Community has persevered and excelled during these trying times. The Golden Shamrock Choir and the Shamrock Robotics team have excelled and received multiple awards this year. All but one team sport at Yuma Catholic made it to the playoffs. Football ended their season as the state runners-up. Baseball is currently making a deep push into the playoffs. Individually, the Shamrock Wrestling team had one state champion and two runner-ups. Not only have all our sports teams done an exceptional job, but they have maintained academic accountability throughout their seasons. The Shamrock Football team had the highest team GPA this year with an overall 3.7 team GPA.

As always, I would love to take the opportunity to thank all of you who have supported us either financially or with your labor. We appreciate all you do for our school and our students. Our students are the next wave of individuals that will support our community. They have learned to embrace their sense of community from you who have supported them through their educational experiences at Yuma Catholic.

Keep the Faith and keep Yuma Catholic in your prayers.

Respectfully,

Rhett Stallworth - Principal Yuma Catholic HS

Tradition Never Graduates.

Upcoming Calendar



May 19-21 Final Review Week	May 27 Last Student Day	Aug 5 Students Back to School!
May 19 Senior Award Banquet	May 28 Graduation	
May 24-27 Final Exams		

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YC Visits Yuma Police Station

The **Administration of Justice** class got to tour the Yuma Police Department's crime lab and police facility!

They learned more about crime scene investigation, how the police department maintains police reports, and how dispatch operates. They also heard from patrol officers and detectives, and met the Assistant Chief of Police. They saw the inside of a patrol vehicle and got to sit in the SWAT Bearcat! In addition, they toured the city court and got to hear a court case!

We asked the students how it felt learning outside the classroom, and we wanted to know if seeing the 'real thing' intrigued their interest for a career in law enforcement.

Here is what they had to say:

Wesley McDonald "I had a great experience going to the police department and the courts. It made me want a job in law enforcement even more. It was very interesting seeing all sides of law enforcement and seeing a trial happening in person."

Eliana Caro "I really enjoyed seeing all the equipment. I was very interested when I saw how they put things in evidence and how they do everything with caution to not damage the evidence."

Breanna Gongaware "I enjoyed the crime lab mostly because of how it put into perspective all that we had learned about. Seeing where we would've done our hands-on work from school if we were in that field of work was immensely interesting. It gave me a great idea of what I would be working with if I decided to choose that career path. The officers insights and advice were also very encouraging and fueled my enthusiasm for my AJS class!"

Cassia Carrera

"Going to the police department was nice because you really got to see what goes on when they are investigating in a crime scene. You really get to see how a police department looks and how they have stuff underground as well. I've never gone into a courthouse, I've really only seen it on TV. Finally going into one and seeing how it looks and seeing where they put the jury or suspect was amazing to me. It was overall a great experience."



Dual Enrollment College Credit Class!



YC Rockin' the Competition!



First Tech Challenge Ultimate Goal 2020-21

- ♣ **December Qualifier:** Ranked 5th Place, 1st Place Design Award, 3rd Place Colling Aerospace Innovative Award & Think Award
- ♣ **March Qualifier:** Ranked 5th Place, Qualify to State Championship
- ♣ **April Qualifier:** Ranked 7th Place, 1st Place Judges Award Student, **Henry Benedictus**, has been selected to be a semifinalist in the State Championship FIRST Dean's List Award.
- ♣ **State Championship:** 10th Place



WorldStrides National Virtual Choir Festival

- ♣ The Golden Shamrock Choir competed against 5 other Choirs in their category (Concert Choir) and classification (1A for enrollment of 600 or less) and earned 2nd Place with a Silver Rating on a National level!

Fundamentals of Engineering Design, EGR188



Students, **Andon Keppeler** and **Kortney Curry**, have been working on the project.

Dual Enrollment College Credit Class!

Practicality and Implementation of a Solar Tracking Panel

The lack of sustainable energy has become a crisis in the modern world, and any method to increase the generation of energy will ultimately become beneficial to the future of both the world's ecosystem and the livelihood of humanity as a whole. The problem we face today in solar energy is the amount of energy being wasted. By having a dual axis solar panel that follows the sun's movement, we will be able to harvest the maximum energy that a solar panel is actually capable of producing.

In our research, we wanted to determine how much greater the energy output of a solar tracking system is in comparison to a static one. We have been able to determine that we should expect a 30%-50% increase in energy output. Erring on the low side due to our lower quality components, we hypothesized an increase of approximately 35% in comparison to a static panel.

As of now, we have developed a cardboard prototype controlled by an Arduino Uno that works fine. The next step is to employ a 3-D printer to enhance the quality of the parts for a more robust design. **-Dr. Moustakidis, Engineer & STEM Instructor**

Sports Medicine Comes to YC!



My name is Felix Aguayo, this is my first year at YC. I'm the Athletic Trainer and Sports Med instructor. As the AT at YC, I do multiple things for our athletes such as taping ankles, setting up everything for games and treat/rehab injuries. I also teach YC's new Sports Med class. Main purpose of this class was to have students help setting up waters for practice and games, cleaning up the training room and taping other athletes. I didn't want the Sports Med class to just be students helping in the training room and game prep; but rather I also wanted to teach them things that could be useful to them one day in the real world.

The class is divided into 4 quarters. The first quarter is an introduction to Sports Medicine. What sports medicine actually is, handling emergency situations like CPR and other first aid, how environmental conditions such as lightning and heat can affect athletics, and injury classification such as knowing the difference between a sprain and a strain are some of the things that we talk about in this quarter. This is also the time when they start learning how to tape an ankle and other tape jobs which they will continue to practice throughout the rest of the year

every Friday when we go to the training room.

The second and third quarter is about human anatomy, more specifically, lower extremities in the 2nd qtr. and upper extremities in the 3rd. Starting with the foot and ankle, students learn about anatomical structures such as joints and their bones, muscles and their movements, and ligaments. Once they know the anatomy, we then move on to some of the common injuries that we tend to see in athletics and everyday life. This way they can know anatomically what occurred when they roll an ankle, break a bone, or have another injury. In the 3rd qtr., we go over the shoulder, elbow, hand, spine and head; their anatomy and injuries. We also talk about what concussions are, why they happen, things to do in case of a concussion and the concussion protocol.

Lastly, the fourth quarter students learn about the injury and rehab process. We talk about the response of the body to an injury and the rehab program such as regaining range of motion and strength to come back from an injury. Another thing students learn in this quarter is when and why to use heat or cold to aid an injured athlete.

The Final test for this class is not a written test, but rather a presentation. They have to go online, look for an athlete and an injury they had and then do a presentation on the athlete's injury. Some of the things they have to talk about in their presentation are how the injury happened, what anatomical structures were injured, how the injury was managed on-site and what the athlete's recovery looked like as they returned to play. With

this final, they are showing everything they have learned in class and put it into practice.

It has been an interesting and fun experience instructing Sports Med class since it is something new at YC. Students are already telling me that they are hoping to take my class next year. The students' excitement and interest makes me happy and gets me excited too for the Sports Med class next year. **-Mr. Aguayo, LAT, ATC, Sports Med Instructor**

Eliana Caro "The class was very helpful. Mostly because being an athlete I learned more about the human body and how it works. In this class, we do both hands-on and assignments on the computer. So far we have learned ankle, wrist/thumb, Achilles, arches, shins, and we have also learned how to wrap shoulders for different situations and injuries."

Hanna Twomey "Sports Med is BY FAR my favorite class. I learned numerous tape jobs to help aid athletes so they may perform at their best. In addition, it has taught me a good amount about the human anatomy. I have found myself in situations where I was able to relate real life situations to aspects I learned in class. I have found this extremely interesting, and it feels most accomplishing when I am able to relate things I have learned back in the classroom or training room. I enjoy the balance of this class being both hands on, and work based."

Aden Cain "Sports Medicine is a very fun and hands-on class that I have enjoyed from the day we started. It gets everyone up, moving, and participating, as well it is a completely different environment than I am used to in a traditional class. We study the anatomy of the human body and injuries that could occur. Everyone's favorite part of the class is heading over to the training room and practicing our tape jobs, we even have taping competitions that are very fun."

Catch the Spirit –Campus Ministry News

Yuma Catholic Campus Ministry is proud to announce that **19 individuals** – 18 students and 1 teacher – were brought into the Church through the RCIA program at the Easter Vigil this year. They had been preparing since the end of September with weekly classes and are continuing to be supported by the Campus Ministry community.



We are celebrating May Crowning in this month of May. Each of the in-person seniors was given a rose to place before the statue of Mary during the senior school Mass on Tuesday, May 4th.

Additionally, we look forward to our celebration of the feast of St. Isidore the Farmer, our school's patron. As we near the end of the school year, the Campus Ministry department assures all in the Yuma Catholic community of our prayers for you and your families. **-Sister Mary Theresa, Campus Ministry**

May God bless you this summer and beyond!

Alumni Spotlight: Kaitlyn Stallworth



We would like to recognize Kaitlyn Stallworth as our featured alumnus having chosen teaching as her vocation. Kaitlyn will be teaching 2nd grade at Mesquite Elementary School in Yuma starting with the 21-22 school year.

Kaitlyn Stallworth graduated from Yuma Catholic High School, Class of 2017. She just recently graduated from NAU (2021) with a bachelors in early childhood and special education. During her time at YC, she participated in volleyball, basketball, and softball as well as track. She says what she enjoyed most about YC was the small school environment and family atmosphere. The teachers are able to help you one on one and you are able to develop positive relationships with them. They truly cared about the success of students. Plus, classmates become second family and we looked out for each other.

She states, “In my time at Yuma Catholic, YC provided endless opportunities and resources that helped me prepare for the academic expectations of college. To this day, I continue to ‘Keep the Faith’ throughout my studies and now as I prepare to help educate our future generations.

I have always wanted to be a teacher. I had a deep desire to ‘Pay it Forward.’ When I first began college, I was having second thoughts about pursuing an education degree because of the lack of money in this career. I came to the realization that if I did not pursue what I was truly passionate about, I wouldn’t be happy. Now that I am finishing up my student teaching, I am so glad that I chose this path of educating future generations. I am even more excited to give back to those in the Yuma community that helped me grow into the person that I am today. I can’t imagine being in any other career in any other place.

Since my father was a history teacher and is now the principal at YC, I have always been around education. At first, I wasn’t thrilled about having my father at school with me, especially during high school, but I quickly realized having family around for support helped me grow even more. And now that I am no longer at YC, I still get to experience those Yuma Catholic values every day through my dad. I am excited that now both of my brothers will get the YC experience like I did.

I encourage all current and future Shamrocks to take advantage of all that Yuma Catholic has to offer; from rigorous dual credit classes that will give them a head start within their college academic career, to the many competitive sports programs that offer structure and teamwork. Becoming active in the YC community will ensure you get the most out of your high school experience.”



Sports Media Operated by Shamrocks

The new Sports Media class is highly recommended if you like to be involved in the behind the scenes of sporting events.

Throughout this course, students learned to man the cameras during home games, made highlight reels, and learned about marketing. In class, we were actively engaged in learning all aspects of sports media. While the class is graded, it is also truly fun! Mr. Schiller liked to say that we have been the guinea pigs in this new class.

The beginning of the year was especially challenging as we had to quickly learn how to do everything in a matter of just a few weeks in order to be ready for the first football game. This included manning the three cameras. One class member was manning the camera up on the box which sits on a tripod. The field cameras required two people working in tandem to handle them. One student held the camera and the other student held the wire. The students were in constant communication with each other through the use of wireless headsets. These proved to be quite amazing; especially when trying to yell at someone!



Students were also located inside the box working the audio, video board, and the scoreboard. Students had to determine which of the three camera outputs to display and when to run replays. Some sporting events were rather chill while some were very hectic. Football is crazy because there is so much that needs to be done; whereas soccer games are nice and calm.

The Sports Media class is not just about games and the new and impressive scoreboard though! It has an academic component to it as well; including lectures, readings, presentations, quizzes, and tests. This class is really project-based learning. Currently, we are learning how to use Adobe Effects. This class also educated us on marketing in order to prepare us to help our Rock Crew.

Working the games has been challenging, fun, and filled with great memories! Taking this class has helped me to realize how much I like the media field!

Submitted by:
Dani Raymond, Shamrock Junior Class