

# PHOENIX NEWS


Soaring to New Heights

www.bdchs.org

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## Yearbook Reminder



**March 22<sup>nd</sup> is the new deadline to purchase a Yearbook!!**

- Visit: [ybpay.lifetouch.com](http://ybpay.lifetouch.com)
- Use ID Code: 9248318
- Locate BDCHS, then type Student's name as it appears on their school file.

## IMPORTANT DATES

**MARCH 12—16: SPRING BREAK**

**MARCH 19: BOOSTER CLUB MEETING @6PM**

**MARCH 20: PAC MEETING @6PM**

**MARCH 22: PROSPECTIVE STUDENT OPEN HOUSE**

**MARCH 27: NHS INDUCTION CEREMONY @6PM**

**MARCH 30: NON-STUDENT DAY**

**APRIL 2: 1:40PM DISMISSAL**

**APRIL 5: REPORT CARD DISTRIBUTION**

**APRIL 7: TROPICAL SOIREE**

## Principal's Corner



It is hard to believe that the third quarter has come to an end. With only nine weeks remaining of school when we return from Spring Break (and even less than that for our seniors), it is critical that students do their very best on their state assessments, SAT, ACT, and final exams. It is a true joy to work with such amazing students and staff members. Let us make the most of the time we have remaining this school year. On behalf of the Board of Directors, Faculty, and Staff at BDCHS, we hope our students and families have a restful, safe Spring Break.

## Student Spotlights

Alex Barnes is a senior here at Brooks DeBartolo. She plans on attending FGCU in the upcoming fall semester and intends to study nursing. From there, Miss Barnes plans to become a pediatric nurse practitioner. In addition to being one of Brooks DeBartolo's prestigious students, Alex works at Bath and Body Works, babysits, volunteers at Florida Hospital, and is dually enrolled at Hillsborough Community College. Here at BDCCHS, she works hard as the editor of the sports section for our yearbook, and after school she is involved with the Science National Honor Society, the National Honor Society, and Brooks Bunch Business Bootcamp. Alex is a model Phoenix, and we wish her luck as she spreads her wings!



Many students may have noticed a newly blonde senior walking through the halls of Brooks DeBartolo Collegiate High School. Jacob Newman recently qualified for the Florida Wrestling state competition, and, upholding tradition, has dyed his hair. Mr. Newman wrestles for Armwood High School, located in the Seffner area. Jacob practices three hours a day and implemented a special diet into his lifestyle. While he does not yet know if he will wrestle in college, Jacob has narrowed down his options to Midway University, located in Midway, Kentucky, and the local University of South Florida. He intends to study either Physical Therapy or Biology, and his future career will hopefully be one in the field of physical therapy. **Jacob's free time consists of volunteering at his church's thrift shop as well as spending time with his family and friends.** Here at BDCCHS, Mr. Newman is a member of the chess club, and is one of the newest members our National Honor Society chapter. He is a model citizen in our beloved hallways, and we are proud to call him a Phoenix!





## Phoenix Tennis

The 2017-2018 BDCHS Phoenix tennis team has really set the bar high with a great start to their season. The season began on February 13th and will continue through the spring. Our head tennis coach, Trevor Joensen, believes in his team and has faith **that they will do “pretty well” in this** upcoming season. He also mentioned that is a bittersweet season considering the team has three phenomenal seniors that will be leaving us after this year.: Devon Williams (team captain), Summer Oliver, and Sienna Krulis. All three student athletes have served (pun intended!) as a great assets to the team. Coach Joensen **stated, “It is bittersweet knowing** these seniors will be leaving us soon, but I know that they will move onto



**bigger and better things in college.”** The team’s biggest rival this season is Carrollwood Day School, and the coaches and players are working hard to prepare for that meet. **Our girls’ varsity team will compete at Carrollwood Day School** March 27th at 4:00PM and would love to see some Phoenix support on the sidelines.

Come cheer on our Phoenix tennis team at home games located at Copeland Park: 11001 N 15th st. Tampa FL 33612. GO PHOENIX TENNIS!

## Mechanical Engineering Club

The BDHCS Mechanical Engineering Club, sponsored by Mr. Hochman, has taken on the endeavor of **competing in the Electrathon of Tampa Bay's 2017-2018** racing season. The basis of the competition is to create an electrically powered vehicle that races on a single set of batteries over the course of one hour. Many club members have spent hundreds of hours over winter break and their weekends working **on this car. The first race took place February 17th at the USF's College of Engineering.** Despite many problems leading up to the race, including a battery shortage the morning of, the Brooks DeBartolo team **stay determined and was able to place 8th in the race. Senior Jackson Schultz said, "This experience has taught me not only about mechanical engineering and the design process, but has also helped me learn how to work in a group to produce incredible results."** As we look forward to the team's **March 24th** race in St. Pete, the team plans to modify the car they currently have, as well as begin designing a new car for **future races. Fellow senior, Troy Davis, made a statement about the future direction of the club: "Our hope for the club is to provide students with ability to explore their options in several engineering fields and perhaps find something that interests them. Our wish is to be able to compete in the Electrathon competitions and make ourselves more well-known in the community as we go forward with the car, and we plan on using the technology of today to develop the technology of tomorrow."** We wish the team luck as they head into race day!



# Clinic Corner



While this time of year usually brings cheerful weather and the growth of beautiful plants, millions of people will be gearing up once again to do battle with a problem that recurs every year. Itchy eyes, repetitive sneezing, a permanently runny nose - the symptoms of seasonal allergies.

With the season of sniffing and sneezing in full swing, you may be surprised to discover that what you thought you knew about seasonal allergies may not be true. You're hardly alone. An estimated 40 to 60 million people in the U.S. suffer from allergic rhinitis (aka hay fever), and yet many have misconceptions about seasonal allergies. "One of the biggest misconceptions people have about allergic rhinitis is that it's a trivial condition - it's certainly not trivial to the people who have it." Besides causing considerable discomfort, seasonal allergies can disrupt sleep and cause fatigue and lost productivity."

## Here are six other things many of us don't realize about seasonal allergies.

**You Can Develop Hay Fever as an Adult Even if You Didn't Have It as a Child**

**What you're Allergic to Can Change Over Time**

**Seasonal Allergies Can Trigger Asthma Flare-ups**

**Moving to a New Geographic Region Won't Cure Your Allergies**

**It's Best to Start Taking Antihistamines Before You Have Symptoms**

**Allergy Shots Are Not the Only Long-Term Solution**

### Certain food choices can help alleviate allergies:

Vitamin C is a natural antihistamine, so load up on berries, lemons and other citrus fruits, broccoli, leafy greens and chilies.

- Chlorophyll-rich spring greens such as watercress, arugula, kale, Swiss chard, spinach and mustard greens, and the bitter spring vegetables such as radishes, asparagus and artichokes all help clear allergies because of their immune-enhancing anti-inflammatory properties, and because they detoxify the liver, helping the body to process any immune triggers that may have entered the system.

- Quercetin is a potent flavonoid that prevents allergies and is found in onions, the cabbage family and apples.

Probiotics can help normalize immune function and kill allergens and unhealthy bacteria in the gut.

- Ginger, nettle and dandelion teas are natural antihistamines and are detoxifying.

Avoid inflammatory foods such as dairy, wheat, refined carbohydrates and sugars, and increase intake of anti-inflammatory Omega-3 fatty acids found in fatty fish such as salmon, flax seeds, chia seeds and walnuts.

### Habits at home that can help prevent allergies:

1. Remove shoes when in the house.
2. Shower immediately after being outside to wash away pollen and other irritants.
3. Buy a HEPA-filter air cleaner.
4. Use a vacuum with a HEPA filter and vacuum frequently during allergy season.
5. Irrigate the sinuses with a saline solution or Neti-pot to remove pollen from the nasal passages where it generates an allergic response.





## College Acceptances

Hamza Ahmed: USF

Christian Alfonso: UF, UT – **\$52,000 Dean's Scholarship**

Alex Barnes: UF

Claire Brittain: UF; FAU - \$5,500 scholarship

Chandler Carr: Purdue University

Caetlin Dempsey: UF; New College

Lavel Dumont: University of Toledo

Daniela Febles: St. Leo University - \$28,000 Merit Award

Grace Gale: FSU

Gabriella Konicek: USF; FGCU; UT - \$52,000 scholarship

Sienna Krulis: UCF

Thomas McAlister: New College; UT - \$56,000 scholarship

Sarah Metayer: UT - \$8,000 Minaret Scholarship and \$4,000 RAISE Scholarship

Justin Miller: UF

Jacob Newman: FGCU; USF; Midway University - \$40,000 Presidential Scholarship

John Pama: Florida Institute of Technology - \$111,920 Panther Distinguished Scholar Award

Kirsten Presley: UF; UCF; FGCU

Olivia Sanderford: Savannah College of Art and Design - \$40,000 Academic Honors Scholarship and \$6,000 Honors Scholarship; Ringling College of Art and Design - **\$40,000 Dean's Scholarship; UF**

Christopher Schaller: FSU; UF; USF

Janay Shuler: LSU

Jake Smith: UCF; FSU - \$9,600 University Freshman Scholarship; UF

Marielle Smith: UF

Echo Stewart: UT

Shawn Stever: Arizona State University – 40,000 University Award; University of Kansas; USF; FSU

Nolan Tipton: Spring Hill College

Xikira Van der Laan: FSU; USF

Alejandro Welliver: Boston University

Jack Young: FGCU; UNF

# College Road Trip



## COLLEGE ROAD TRIP

**SUMMER 2018**

FOR RISING 9TH - 12TH GRADERS

CODED EXPERIENCE  
ALL STUDENTS WELCOME

**5 DAYS, 10 CAMPUS VISITS.**



**MERGE INC.**

**JULY 22 - 27, 2018**

- ➔ Meet College-Educated Professionals
- ➔ Meet admissions representatives from each school and walk each campus

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**COST: \$650**  
includes...

- ➔ Hotel accommodations
- ➔ Three full meals each day
- ➔ Transportation to/from Tampa and to each college campus

**PAYMENT INFO:**

- ➔ \$100 deposit due March 31, 2018
- ➔ Balance due: June 22, 2018
- ➔ Payment plans & assistance available!

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**QUESTIONS?**  
CALL: 813-618-7284  
EMAIL: [info@MERGEToSuccess.org](mailto:info@MERGEToSuccess.org)

[HTTP://TINY.CC/COLLEGEROADTRIP2018](http://tiny.cc/collegeroadtrip2018)

MERGE Inc. is a 501(c)(3) not-for-profit organization in Tampa Bay.

# BDCHS Athletic Booster Club Information & Members

Our fall sports are well underway.

We hope students, faculty, and families will come out and cheer on our athletes. They do appreciate having spectators, and our membership options make entry more affordable!

- The Athletic Booster Club wishes all families and staff of BDCHS a safe and happy spring break!

Please join us for our next meeting on Monday, March 19 at 6 pm in the cafeteria.

- We will discuss plans for our athletic banquet.
- Interested in becoming a member? Please email [phoenixbooster1@gmail.com](mailto:phoenixbooster1@gmail.com).

The Athletic Booster Club thanks and congratulates our newly elected Board members and volunteers:

President: Matt Bradarich

VP of Membership: Wendy Neal

Treasurer: Mike Neal

School Liaison: Coach Maggie Hedley

Vice President: Steven Jenkins

Secretary: Chuck Eade

Board Liaison: Suzin Carr

We appreciate the following members who have renewed or joined us for the first time:

## Phoenix Membership

Paul Congelosi

Jennifer DiCecco

Clark Hull

Chuck and Anita Eade

Tanya Bird

## **Susan and Michael O'Keefe**

Melissa Britton

Otis Perry

Henry Simmons

Gail Thomas

Veronica Johnson

Sarah Gallow-Young

Raequel Tomsich

## Family Membership

Theon Salley

Kristina Porricolo

Lee & Karen Corscadden

Michael Cook

Javier Moreno

## **Victoria Skrimshire**

Blaine Family

Jenkins Family

Owen/Phares Family

Rick Polidoro

Bruce & Shannon McKinney

Tom & Micki Shille

## Fire Membership

Sheila Shipman

Dee Sellers

Diana Quiles

Angela Shortt

Aria Brown

## Gold Membership

Jim and Suzin Carr

Dexter and Tina Jackson

## Garnet Membership

Mike and Wendy Neal

Bolter and Carr Investigations

For more information, email [phoenixbooster1@gmail.com](mailto:phoenixbooster1@gmail.com). GO PHOENIX!!



# Donate to SILENT AUCTION



**WE NEED YOUR HELP** with collecting donations/items for the Spring Event's auction. Anything you can provide will be greatly appreciated – use your imagination and think outside the box. Sign-in to your SignUpGenius account and click on the Tropical Soiree requests (there are four); next – sign-up for items that you are willing and able to donate. You can request these items from local businesses, companies, organizations, friends, etc.

Don't have a SignUpGenius account, email [proudphoenixparent@gmail.com](mailto:proudphoenixparent@gmail.com) with your email address and permission to set you up.

**PLEASE** deliver items to the school no later than Friday, March 23<sup>rd</sup>.

Silent Auction Donation forms must accompany each item donated, as well as the volunteer donation form so you can receive volunteer hours.

Both of these forms can be found in the SignUpGenius requests, as well as a silent auction wish list!!

All of these items can be found on the BDCHS website – [www.bdchs.org](http://www.bdchs.org).

***With your help, A Tropical Soiree, will be a successful event assisting our students in "soaring to new heights"!***

**BUY your tickets NOW!**  
**Don't miss out on a fun evening!**

BDCHS 2018 SPRING EVENT

# *Tropical Soiree*

SATURDAY, APRIL 7, 2018

6:00 PM TO 9:00 PM

CENTRE CLUB TAMPA

123 S West Shore Blvd #8

Tampa, FL 33609

Attire – Island Chic  
(includes your favorite Hawaiian/island shirt)

*Let us take you away to an island in the tropics!*

Entertainment, Auction, Wine & Spirits Pull

Cash Bar Available

Adult Event (must be 21 or older)

\$75 per person / \$140 per couple

**To purchase tickets & learn more about  
sponsorships, visit -**

**[bdchs.org/support-bdchs/a-tropical-soiree](http://bdchs.org/support-bdchs/a-tropical-soiree)**

or contact Judy Anderson at [janderson@bdchs.org](mailto:janderson@bdchs.org) or 813.971.5600

*All proceeds from the event will assist in  
continuing to grow the BDCHS Phoenix Fund.*





# Phoenix Action Crew Update

## PAC Update

### THE NEXT PAC EDUCATIONAL MEETING...

Tuesday, March 20, 2018

6:00 - 7:15 pm

BDCHS Cafeteria

*Is this on your calendar?*

*Please join us as we welcome...*

Jamie Pirone, ATC MsED, our new Athletic Trainer from the Tampa Shriners' Hospital for Children and other staff from Shriners' to our March 20<sup>th</sup> PAC Education Meeting. They will share with you how you can help prevent your youth/student from all types of injuries, not just athletic injuries but also those that can happen at home and in their everyday life. You'll also learn more about concussions which is a growing concern among our society today and especially among our athletes. You will be educated on Shriners' Hospital for Children and what it can do for you and your families. **ALL parents can benefit from our speakers and topic!!**

***We look forward to seeing you on Tuesday, March 20<sup>th</sup> (the Tuesday following Spring Break)!!!!!!!***



# Thank You to our Donors & Community Partners

## **THE "INAUGURAL" PHOENIX NEST PARTNERS**

(the BDCCHS annual fund/giving program)

- \* Edward and Candy DeBartolo \* Derrick and Carol Brooks \* James and Suzin Carr
- \* Chad Chronister and Nicole DeBartolo \* Tim Davis \* Terry Stever and Karen Horii-Stever
- \* Richard and Denise Griffin \* Geza and Rosario Henni \* Jeffrey and Wendy Lancet
- \* Richard and Synara Lepper \* Norma and Nich Matassini \* Donald and Yvonne Moose
- \* James and Jean Palermo \* Vicky Phares and Charles Owen \* Sarah and Clint Randles
- \* Tara Spieler \* Residential Estimating & Design Services \* David and Elizabeth Mallitz
- \* John and Jenna Byzcek \* Rob and Annette Rochlin \* Valls Ship Agencies, LP.
- \* Palmetto Beach Line Handlers \* James H. & Amy G. Shimberg Foundation

## **PHOENIX FUND INVESTMENT SPONSORSHIPS**

Kitchen/Cafeteria: Chris Sullivan Foundation  
Fitness Center/Trail: Maney Gordon, P.A.  
Science Lab: Asher DeBartolo Helffond  
Band Classroom: Lisa DeBartolo & Don Miggs  
Math Classroom: David Mallitz & Family  
Math Classroom: Geza Henni & Family  
Math Classroom: Anonymous  
Math Classroom: AnyCar USA Auto Sales & Leasing  
English Classroom: Apheta Family Offices  
English Classroom: Elizabeth & Mike Weems  
English Classroom: PAC 2014 Terrace: Lee Roy Selmons

Foreign Language: Nikki DeBartolo & Chad Chronister  
Foreign Language: Matassini Law Firm  
Conference Room: Jean & Jim Palermo  
West Hallway: Karen & Lawrence Liebers  
Science Lab: Broadrick Family Foundation Inc.  
PE/Health Classroom: McIlwain & Chiaronte  
Dance Room: Royal Sun Park Assisted Living / Smith Family  
South Hall New Wing: Denise Griffin & Family  
East Hallway: New Tampa Pediatric Dental

Through this naming program, the BDCCHS and local community can make an annual investment in education and in the futures of BDCCHS students.

Available sponsorships include:

- \* Gymnasium \* Admin Suite \* TV Studio \* IT Office / Media Center \* Clinic
- \* Plant / Maintenance Office \* Teacher Workroom \* Technology Labs (s)
- \* Math Classroom (1) \* English Classrooms (3) \* Social Sciences Classrooms (4)
- Science/STEM Classrooms (3) \* World Language Classroom (1)
- \* Teaching / Writing Labs (3) \* Hallways (4)

## **If you're interested in becoming a**

Phoenix Nest Partner, making an investment through a sponsorship or scholarship, and/or you want to learn about other ways to become involved with us, please contact

Judy Anderson,  
BDCCHS Director of  
Development at  
[janderson@bdchs.org](mailto:janderson@bdchs.org)  
or 813.971.5600 X204.



## **COMMUNITY PARTNERS**

- \* DeBartolo Holdings \* Derrick Brooks Charities, Inc.
- \* Elder Ford of Tampa \* Fifth Third Bank \* PDQ
- \* Lee Roy Selmons \* Wells Fargo
- \* Today's Janitorial Service \* HCC \* USF \* UT**
- \* Saint Leo University
- \* Temple Terrace Chamber of Commerce
- \* Tampa Bay Sports Commission
- \* College Football Playoff Foundation

Office Hours: 7:15am-3:30pm  
School Day: 7:25am-2:40pm

10948 North Central Ave Tampa, FL 33612  
813.971.5600