



Senior Spotlight: Sabrina Winslow

By Staff Co-Editor: Malachi Weber

Sabrina Winslow was born in Burlington Colorado. Her parents are Sara Smith and Matthew Winslow and she also has her brother Matthew, her sister Sydney, and her sister-in-law Alexis.

After graduation she plans to attend college in Sheldon Iowa, she sees herself starting her life in her dream job of an EMT Paramedic. Her favorite high school class is Psychology and currently she is working on getting ready for college and the rest of her life after graduation.

One person that has impacted her the most is her mom, Sabrina said, “she has always been there for me and never given up on me, she has never made me believe I could not do something.”

Her favorite quote is by Cody Johnson, “The ride was worth the fall. The fall was worth the smile . The smiles were worth the tears. Tears were worth a mile. Miles were worth the pain. Pain was worth this life. Life is worth the ride . The ride is worth the fall.”

Some of her hobbies include diamond art and drawing, something she will miss the most about Canistota is getting off of school and seeing her mom every night. Advice she would give to underclassmen is this, “Study hard and senior year is more stressful than any other year so when you turn 18 still show up.”

Her favorite food is her family's roast, her favorite restaurant of Tequilas in Goodland Kansas, her favorite season is summer, and her favorite holiday is Halloween.

We wish Sabrina the best of luck on her future and her journey outside of Canistota.



Middle School Student Of the Month: Kaya Mosley

By Staff Reporter: Lilli Mae Schenkel

Kaya Jo Mosely is April Middle school Student of the Month. Kaya shows what it means to be kind and positive every day. She says that being chosen for Student of the Month is important because it shows how kind you are and how you continue to improve.

Kaya is involved in both Robotics and Marching Band. Her favorite class is reading, and she especially enjoys learning from Mrs. Marquardt. Outside of school, Kaya likes to play mini golf, color, and spend time hanging out with friends, which she says is what matters most to her.

Family is also a big part of Kaya's life. She has a sister named Lia, who she says is annoying, a brother, Josh and an older sister, Jailynn, who always makes her laugh.

Kylan is her younger brother. Kaya's parents are Josh and Seanne.

She has two dogs, Oakley and Ella. Oakley is full of energy, while Ella is calm and relaxed. Even though the dogs fight over toys sometimes, they are an important part of her life.

Her dream is to become a teacher, specifically in ELA and Reading. She wants to help kids learn how to be kind and treat others with respect. In fact, Kaya says her special talent is being kind to others, especially when someone is having a hard time.



CHS Golfers

The Canistota Gold Team started their season by practicing every day after school at the Salem golf course. There are 13 players on the team, and Coach Matt Anderson helps them improve. Coach Anderson often tells them that the hardest part of golf is staying mentally focused.

Sophomore Miles Heinzman was asked what his favorite memory has been. Miles said, “My favorite memory is the day they all had fun hitting golf balls together and laughing on the course.”

Their first meet is on April 16th in Yankton. As the day approaches, Miles feels excited not just for the competition but for the time spent with friends on the golf course.



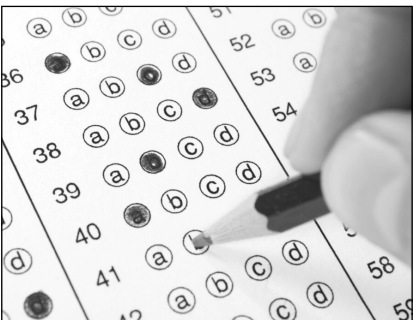
Pictured L to R back row: Will Globke, Gage Rebelein, Joshua Koenig, Nate Merrill, Malachi Weber, Miles Heinzmann
Pictured L to R front row: Tim Crotty, Rachael Eriksen, Trinity Small, Mina Shu, Lyrik Golder, Malachi Church

Mark Your Calendar
Monday, April 13th
FBLA State Leadership Conference in Pierre
JH Track and Field Meet @ Salem
School Board Meeting @ 7:00 PM
Tuesday, April 14th
FBLA State Leadership Conference in Pierre
Rasmussen Track Relays @ Salem
Wednesday, April 15th
No events scheduled.
Thursday, April 16th
Varsity Golf @ Yankton
HS Menno Track Relays @ Menno
JH Track and Field Meet @ Menno
Friday, April 17th
No event scheduled.

Testing Tips

Preparing for state testing doesn't have to be hard. Canistota Middle School students were asked to give their best tips. Here's what they had to say.

1. Get a good night's sleep
2. Eat a healthy breakfast
3. Dress comfortably-Wear clothes that help you stay relaxed, skip anything too tight or distracting.
4. Stay hydrated-Drink water to keep your mind alert!
5. Limit distractions-Stay focused and avoid anything that might break your concentration.
6. Use a fidget to help you stay calm and focused (if your teacher allows it).
7. Use caffeine wisely-Too much can make you jittery.



The CHS PRESS Staff
The CHS PRESS staff includes Co-Editors: Ellie Becker and Malachi Weber. Staff Reporters Miles Belt-Hanson, Ty Jacobsen, , Ellia Hjermstad, Clara Remacle, Emma Carter, Roo Acheson, Ambur Haag, Alina Bertleson, Lilli Schenkel, Lola Conn, Abigail Keller, Amelia Remacle, and Robert Knochenmus; Advisor: April Marquardt. The opinions expressed in The CHS PRESS editorials do not necessarily reflect the Canistota School District views. The CHS Press is a student-run newspaper, providing staff members the opportunity to practice ethics and responsible journalism practices and activities.

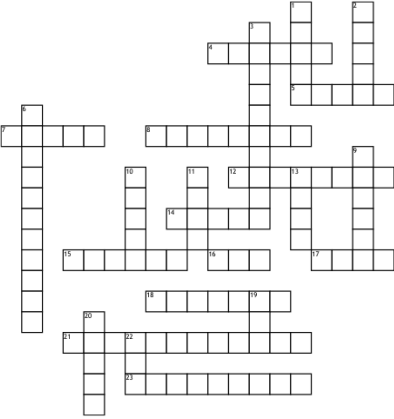
Golf

Across

4. One score under the par for that hole
5. The name of the course, also a colour
7. Assistant to the golfer
8. The number of strokes a player is given to adjust his score to that of standard scratch.
12. A club used to hit the ball in golf, with a heavy wooden or metal head on a slender shaft
14. One over par for the hole
15. Club mainly used for striking the ball on green when putting for the hole
16. The number of shots it should take to get the ball into the hole
17. A loud warning shouted when a ball may hit other players
18. Area of a par 4 or par 5 hole between the tee and green
21. The area of short grass that surrounds the hole
23. The promotion of good behaviour through a set of guidelines

Down

1. The action of hitting the ball
2. A score of two strokes less than par on a hole
3. The shape and height of a golf ball's flight in relation to its direction
6. A hazard of water that is located on the course



9. A hazard filled with sand
10. Piece of turf cut out when the golf club, contacts the ground
11. An attempt to hit the ball
13. A pole with a flag on top
19. Synonym for hole in one
20. A small motor vehicle, typically with an open top, used of the course
22. A small peg that is put into the ground, serves as a stand for the golf ball

