

Student Spotlight



Alpha House

Jeff Morris
11th Grade

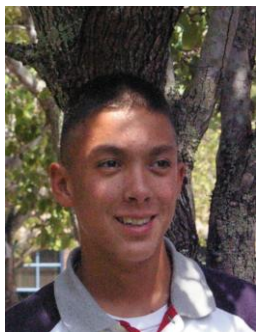
Jeff was chosen by all of his teachers because he is a top student in his class and he's a very talented musician.



Beta House

Tyler Haywood
12th Grade

Tyler was chosen for his charming personality, and because he is a good leader but also a good follower.



Omega House

Grayson Gibson
9th Grade

Grayson was selected for by one of his teachers because of his studious behavior. He is also on the First Coast Swim Team.



Sigma House

Shelby DiGiorgi
11th Grade

Shelby was selected because of her outstanding character and her citizenship at First Coast.

The Mainsail

Monday, September 21, 2009

First Coast High School

Jacksonville, Fla.

Barnes makes Super 11

By: Stacey Lawrence



First Coast senior Tavaris Barnes is one of The Florida Times-Union's Super 11 high school athletes on August 30, an honor he called unexpected.

"I was not expecting to become one of the Super 11," Barnes said. "I was extremely surprised."

The Super 11, who were shown on the cover of the T-U's sports section on August 30, consists of senior boys from the Jacksonville area who are being recruited by the most coveted teams.

"There's a little something extra special about the crop of Senior football prospects on the First Coast this year," Times-Union Prep Sports Editor Hays Carlyon.

Coach Culver, First Coast

Barnes continued on Page 2

FCAT lands school in uncharted waters

By: KRISTINA KIDD, KELSI GRAHAM and SHAVONTAE JONES

Why is First Coast High School an F school? For some, the reasons seem endless: unmotivated students, poor teachers, the curriculum, or the dropout rate. However, the school did not receive the F over night.

From 1999-2005, First Coast was a 'C' school. From 2006-2008, it was a 'D' school. Now it's 2009, and First Coast has become an 'F' school.

There are several factors that go into determining a school's grade.

Principal Debbie Smith said, "The school is graded on 8 different categories. There is also a score we are given, we made a 394, we only missed it by one point, if it would have been a 395, we would have been a 'D' school. There was also a major drop in the reading scores."

School reputation hurt

If the school maintains a failing grade for two years, the Duval County School Board will intervene with more mandates and staff replacements. However, Smith says the worst part about being an F school is the lack of respect in the "eyes of the community."

So what went wrong last year? Due to the FCAT, the majority of the school's grade is carried on the shoulders of First Coast's 9th and 10th graders.

Based on information from Smith, it seems that students who did well in

2008 have significantly dropped in their achievement rates.

Omega House 10th grader Sabrina LaBar, said she thinks the school received an F because "we didn't try hard enough on the FCAT and we all should help fix it."

While some people may blame the school's climate and feel that there are no benefits to high school, don't put in effort, and eventually drop out, many people think First Coast has a great atmosphere for learning.

"There are a lot of great students and teachers here at First Coast," said English teacher Mr. Richard Johns.

What's next?

New programs such as Navigation Quarters have been implemented for the benefit of the students. Navigation Quarters is designed to build "Buc Pride" by allowing each student to know they are part of the team, part of the "big picture", and have a constant teacher who they can go to for questions.

The school is also sticking to some old programs, such as Knowledge For College, also known as KFC. KFC builds vocabulary and terms you'll need for the SAT and ACT.

Although, some students think more FCAT preparation should take place. Delroy Holness, an 11th grader, said, "Instead of doing Reading 180, give us more FCAT preparation."

Smith has set several goals for this year. but the most important is the

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FCAT

Continued from page 1

year, but the most important is the school's grade. "I am working out a plan to raise the grade," she said. "I want the school to be a 'B' school."

For more information on the FCAT, go to www.fldoe.org

Barnes Continued from page 1

defense coordinator, said Barnes is not the first Buccaneer to get this distinction.

"Since 2001, we've had one of our boys be one of the Super 11 every year," he said.

Culver added that college scouts come out to watch First Coast's football team play because they want to have first pick on the next Super 11.

Senior John Holloway,

School hosts parents at Open House

By: DERRICK THOMAS

Success! This is the only word that truly and fully describes the result of Open House 2009 at First Coast. From the ROTC's opening festivities to the final bell, visitors and parents alike were given a more in depth look at the school but as a learning not just as a

community as well. Parents were introduced to Navigation Quarters, the teacher mentoring program. After explaining the purpose and method behind our navigation classrooms, Julie Moron the mother of sophomore Ryan Moron, shared her feelings about the new program. "Of course if

the program is run correctly it could help students because it gives them some form of stability to their schedule." Ryan said.

Another highlight of the evening was the Oncourse sign-ups, which will allow them to view their child's grades anytime they wish.

who's also Barnes' teammate, says Barnes was picked to be one of the Super 11 because "he's strong and fast, he's got great athletic skills for his size."

Students all around First Coast have seen how strong he has become. Some of Barnes' teammates said they look up to him because he's maintained his grades, attitude, and determination, many traits of great leader at First Coast.

Barnes, who started playing football in the 7th grade, has signed with Florida State University and is determined to be a leader there.

Starting on Junior Varsity as a freshmen and working hard got him to be on Varsity before the season was even over.

Barnes said he's motivated by his family and his mom and has some words of advice for students who hope to one day fill his shoes.

"Work hard, don't take anything for granted," Barnes said.

Players who have leadership and determination, will have good things come to them.

This year just might be different for the football team and very life-changing for the young, talented Barnes.

"He's going to do great things," Culver says.

School cracks down on dress code

By: MEAGAN BROWN

Every year when students walk into the blue and black doors of First Coast High School they are ripped to shreds with dress code rules.

As this new school year has finally set sail, students, especially girls, have found that some of the dress code rules may soon change.

One of the proposed new rules of is the two-inch heel policy. The rule will mandate that girls can no longer wear heels that are higher than two inches.

"Dress code hasn't changed. The two inch heel rule isn't really being enforced [yet], but they are getting dangerous," said Terri Dieker, Alpha House Administrator.

Last year it was rumored that a girl hurt herself very

badly due to the height of her heels; therefore, the rules about the heel height may be added to the school's dress code.

Some students think the proposed new rule is unfair.

"I think the two-inch heel rule is ridiculous because we all shouldn't be punished because some people can't walk in really high heels," said 12th grader Kiahna Jackson.

Students often complain that other parts of the dress code are hard to follow because of the Florida heat and First Coast being a predominantly outdoor school.

One part of the dress code that is being strictly enforced is that tank tops with straps less than three inches wide are not allowed to be worn at any time.

"A lot of us like to wear

tank tops, they keep us from being so hot during the school year, so I think they should definitely reconsider the rule", said Ja'Corra Ford, a senior in Beta House.

Another dress code rule the school is strictly monitoring is the head covering rule. Hats and bandanas are not to be worn during school hours.

"Not being able to wear hats is crazy, they don't harm anyone or cause a distraction. I really don't think that it should be enforced", said Kaleigh Walker, an 11th grader in Beta House.

Whether students like them or not, the rules may be here to stay. But some students are hoping that these dress code rules will at least be a little less strict in the near future.

Definition of Homecoming


By: AMANDA EVANS

Many students are not aware of the true definition of Homecoming, which is to bring alumni back to the school.

In addition to welcoming the Alumni back, Homecoming is also a time to show school spirit and letting other students and faculty members know how much First Coast means to them. This year's Homecoming theme is, "Uncovering Buc Pride" which coincides with the theme for Saturday's dance, "Masquerade".

Theme days are: Monday is Tacky Day, Tuesday is Crazy Hair Day, Wednesday is Michael Jackson Day, Thursday is Throw Back Day and Friday is Spirit Day.

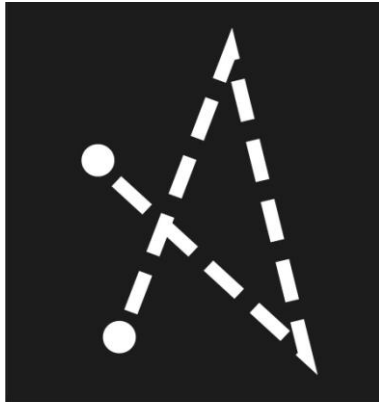
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- | | | |
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| Barrera, Myranda | Hubenthal, Alexander | Roziers, jasmine |
| Beckworth, Marissa | Jackson, Kiahnna | Ruiz, Lester |
| Bernhard, Justin | Johnson, Tierra | Santiago, Nicholas |
| Bledsoe, Robert | Jones, James | Seabrook, Alexandra |
| Bollinger, Sierra | Juskiewicz, Kimberlee | Seals, Carson |
| Brock, Jovonda | Kague, Adjovi | Smalling, Asante' |
| Campbell, Tanisha | Kast, Brittani | Steel, Mathew |
| Carlisle, Amber | Kimbrough, Kurrea | Terry, Gabrielle |
| Carlisle, Ashley | Lewis, Margaret | Thomas, Derrick |
| Carter, Cassandra | Littleton, Chris | Tuliao, Febe |
| Chance, Corey | Lloyd, Heather | Turknett, Logan |
| Curtis, Zipporah | Long, Emily | Walker, Tabitha |
| Davis, Tia | Lumang, Katherine | Wallace, Allison |
| Everett, Sharene | Mendoza, Erica | Wallace, Jazmine |
| Foster, Michael | Mincey, Johnnie | Watley-Mull, Monique |
| Garraway, Lindsey | Nesmith, Dariel | White, Brandon |
| Good, Emilie | Noles, Aaron | Wiens, Ashley |
| Griffin, Lindsey | Owen, Randy | Wilson, Corey |
| Hagelberger, Stephanie | | Yates, Melanie |

You are cordially invited to attend our annual Induction
 Thursday, September 24, 2009 at 7 p.m.
 in the First Coast High School Auditorium

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School an 'F', not its students



By: TIERRA JOHNSON

The new school year for has brought along many changes for First Coast, one of them being the school grade.

The overall grade for FCHS has dropped to an F for the 2008-2009 school year.

As a member of the student body, I am unsure how the rest of my fellow peers feel about attending

an "F" school, but I am disappointed. The media HIGHLY OVER EXPOSES our school, only bringing attention to the negative attributes.

But what about the positive attributes of the school? Sure, being an "F" school is something that should not be celebrated. However, we are NOT "F" STUDENTS!!!

For example, for the 2008-2009 school year the school's overall Advanced Placement Test percentage has risen 12%, in comparison to the 2007-

2008 school year. Now how could "F" students manage to pull that off?!

Although I am highly disappointed, I am not discouraged.

For this school year, 18 new teachers have joined the FCHS family with years of expertise, as well as extensive training over the summer in their subject area.

This year will be better than the last, so let's show the community what First Coast is really made of and do our very best!

Tierra is a junior at FCHS

It's never too late to start over



By: ARIELLE BUTLER

People have always stressed to me the importance of staying in school, trying my hardest, and striving to achieve academic success.

Although I knew all of this great advice, I still chose to slack my freshman and sophomore years...and I am paying for my foolish mistakes now.

However, now that I'm a senior, I feel wiser because I have already been in everyone's shoes (freshmen, sophomores,

and juniors).

Everyone is given the same opportunity to be successful; however, it is up to YOU to take advantages of those opportunities from DAY 1!

Only the strongest survive, and who wants to be weak?

I encourage all freshmen and sophomores to work hard now, because the benefits during your senior year will be amazing.

Although underclassmen may think it's "cool" to hang out with the upperclassmen and join in on the festivities, wait your turn because we have paid the cost to get to this point, and so will you. To the juniors and my fellow

seniors...KEEP HOPE ALIVE!!!

Register for college entrance tests such as the ACT and the SAT. An important Web site I recommend juniors and seniors to visit is FACTS.org. The website has a great college evaluation tool to help you make progress in being qualified for the college of your choice, if you do choose to go to college.

It is never too late to turn your academic profile around, trust me...I am living proof! I would share my testimony, but you chose to read *The Mainsail* not my life story. Let's show the community that "the Buc starts here, and we strive for success!"
 Arielle is a senior at FCHS

Sports Spotlight with Ashlee Lithalangsy



By: **BLANCHE GIQUINTO**

Senior Ashlee Lithalangsy earned a golf scholarship but, is still undecided as to what college she is signing with.

However, Lithalangsy plans to study international business as well as marketing.

Lithalangsy started playing golf when she was about four or five years old but it was off and on. She started playing religiously when she was 15. Her parents motivated her to try all sports but her father then told her that golf was a sport you could play until death.

Lithalangsy also said that Tiger Woods emerged into the PGA around that time

and she found it amazing how someone that was African American and Thai could open the sport even further.

Lithalangsy has been working on her skills for years, and before each tournament she likes to get a copy of the course card to study, then two to three days prior to the actual tournament she goes and plays a round of golf just to familiarize herself with the surrounding course.

On game day, Lithalangsy likes to eat two peanut butter chip granola bars and drink either a Gatorade or water. She says the peanut butter gives her an extra boost of energy.

On the way to the golf course, her teammates and her like to joke around to get the jitters out. When the team starts warm-ups, she thinks about one shot at a time.

According to Mr. Tim Maki, former head coach, said he believes the team has the potential to make it back to the regional tournament in Tallahassee. He added

that Lithalangsy is the No. 2 golfer so she is very important to the team's score each game they play.

Lithalangsy said her favorite thing about golf is that every shot is a challenge no matter what and how beautiful some of the courses are. Her favorite course would be South Hampton golf course when the sun is either rising or setting.

According to teammate 12th Erika Kinchen, she thinks Lithalangsy is a role model to the golf team because she is always willing to help anyone else who needs it.

Lithalangsy advises anyone who would like to play golf in the future to

see Cooper Osborne at Master Fit on Phillips Highway. She said that he is a professional golf coach; he is Jacksonville's very own Hank Haney (who is Tiger Wood's golf coach).

"Mr. Osborne shows you on video what you are doing wrong and what you can do to fix it as well," she said.

Ashlee says that he is the only golf instructor she has met that understands every golfer is different, and will give you all the advice you need to find what fits the golfer.

Lithalangsy still has some time to choose a college but make sure to attend signing day to see who Ashlee signs with!

Paxon Eagles serve Bucs first season loss

By: **ROSS CRAMER**



Photo By: **KASSANDRA RIVERA**

On Tuesday, September 1 the First Coast Varsity Ladies Volleyball Team took the court against the Paxon Eagles.

Throughout the game many mistakes were made that needed to be corrected by both teams.

Although the ladies put up a good fight the game sadly ended with a score of (3, 3).

Following the game,

the Lady Bucs Coach Nicole Bishop spoke with confidence said, "We didn't play to our full potential, but next game we will talk more and give more effort to the little things."

"We did good individually, but could have been better as a team," said First Coast's only senior player, Kim Juskiewicz.

Even though the Eagles' brought in a

victory, Paxon Coach Hodges said, "there is still room for improvement."

By the end of the night, one may think the spirit of the Lady Bucs team had disappeared, but the teams' spirit remained.

Even with a record of (0, 1) and the first loss of the season, First Coast Lady Bucs volleyball believes they can do big things in during this season.

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