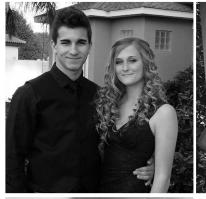
## The Hoofbeat

J.W. Mitchell High School's Student Newspaper 2323 Little Road, New Port Richey, FI 34655 Volume No. 13 | Issue 4 | February 2015







#WhosHB





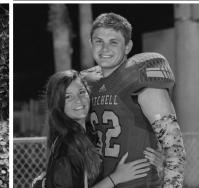








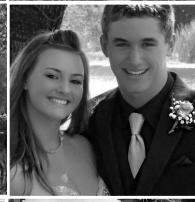












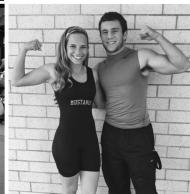














## Puture perfect Valentine's Day

Sarah Nagy

Staff Reporter

Valentine's Day consists of flowers, chocolate, big stuffed animals, and kind gestures, but it also serves as a day to show the love and appreciation for couples all over the world spend time together and treasure each other's traditions vary from couple to couple, but most manage into the day to make it just a little bit more special from any ordinary day.

Bella Smith ('16) adores Valentine's Day because she has spent it with the now. Her significant other, the University of Central Florida, but promises to make the best of Valentine's Day despite the recent far

"In the past years, Jacob things like picture frames, stuffed animals, desserts and written each other

letters. We also made things like scrapbooks and shadow boxes. After we exchanged our gifts, we went out to eat to Carrabbas," Smith said.

Although the tangible gifts hold valuable memories, this year spending time together plays an important role for Smith and her boyfriend in appreciating

different because my boyfriend lives 2 hours we used to. Valentine's Day is going to be even more special than usual. I'm driving up to see him and exchanging our gifts. After that, we're going to go to sunset. Valentine's Day is a special reminder to show other," Smith said.

Mackenzie Bennett ('16) also plans to spend the holiday with her boyfriend in a meaningful way.

"This Valentine's Day is

the first I'm spending with my boyfriend, Eli. He plans on taking me to dinner on the beach. He is setting it up himself and he says it won't disappoint. I'm very spend quality time with him with a beautiful ambiance,"

Although the couples plan to incorporate sentimental gifts into their Valentine's most to them: the quality time and gratefulness for one another.

## Caught on camera: Pasco edition

Bailey Sassatelli Staff Reporter

For decades, police forces adopted new methods of ensuring the safety of the citizens they try to protect. Now that technology continues to advance, the Pasco County Sheriff's Office announced last month that they plan to improve performance by issuing body cameras to all deputies in February.

"The cameras, named Taser Axon Flex, are approximately 4 inches long and one inch wide and are mounted on the deputy's uniform near the shoulder. They are visible but unobtrusive. The cameras can also be mounted on a pair of

specialized glasses, the collar of a shirt or a hat," Director of Media Relations at the Pasco County Sheriff's Office, Kevin Doll said.

As with any mobile cameras, or cameras in general, privacy rights remain a concern among citizens. Citizens may refuse recording, but only at times.

"If they are not under investigation, they can request one of our basic duties. This not to be recorded, if not in a public place. If they are part of a criminal investigation, they can be recorded without their consent. Of course, citizens always can exercise their Fifth Amendment right and choose

to remain silent, on or off camera," Doll said.

Exploiting citizens' personal lives and identities remains the Sheriff's Office's last possible intent; the cameras only mean to protect citizens and officers alike.

"Law enforcement should always be concerned about the rights of citizens, as the protection of those rights is is why our deputies will be continuously trained on the proper use of the cameras," Doll said.

Wearing the cameras stands as a requirement for officers that plan to remain

in contact with the public. ways, but also attempt to Training on how to use them reduce crime rates. and what to say to citizens in certain situations prevents

unconstitutional methods

of using the cameras from

officials at the sheriff's office

and the school system must

their school resource officers.

haven't figured out if we will

be wearing body cams in

schools yet. It is a privacy

issue, so I still don't know

The cameras not only

protect citizens in multiple

Joe Koehler said.

what they will decide," Corp.

"The district and my bosses

come to an agreement for

occurring. However, the

"One way is that people are often reluctant to commit crimes if they know they are being recorded, which is one of the reasons for security cameras that businesses, government and homeowners use," Doll said.

The cameras raise questions among the general public, but the Sheriff's Office acts quickly to answer concerns. The cameras serve as a tool to prevent crime, protect citizens from wrongfully being accused, and hold the potential to helping decide major things in court.

## Televisions take over

Amanda Garcia Staff Reporter

Over the past few decades, Apple repeatedly took the world by storm with the company's latest inventions and revolutionizing technologies. This trend continued as district staff began the process of installation of Apple TVs in every classroom to benefit the students' learning. Currently, only the flat screen TVs have been mounted in most classrooms, however, Apple TVs will soon be installed as well.

"At first I was really apprehensive about them replacing my projector. I quickly grew to like it because it made my tiny classroom

that much bigger. Before I would have to have all my desks scooted back so I had room for my projector, but now I can just directly connect my TV to my laptop, which is nice, and the image is clearer. The only disadvantage is that it's not as big of an image," Mr. Christopher Dotson (FAC) said.

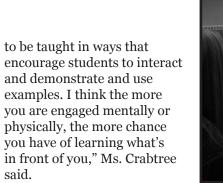
Ms. Denise Crabtree (FAC) believes that the new flat panel televisions paired with Apple TV promise to enable students to interact with learning.

"We are hopeful that this will help students be more engaged in learning, because lessons are going

to be taught in ways that and demonstrate and use examples. I think the more you are engaged mentally or physically, the more chance you have of learning what's in front of you," Ms. Crabtree said.

The mounted televisions help with interaction between the students, and serve as a means to provide examples of student work, according to Mr. Dotson.

"The TVs will be useful for projecting PowerPoint presentations, going over notes, and I'm looking to see if there is any way I can



connect my Elmo. Then I can



notes displayed on the new TV.

show students how to edit any the students, learning how writing we do. I like to show them instead of the students doing it all on their own. [We can] also play educational games like Kahoot," Mr. Dotson said.

Throughout the next few months, teachers will become

Apple TV's technological advancements help students in their learning environments. Teachers hope to provide more opportunities for interaction with the students and their learning.

### **Editorial Policy**

Published seven times a school year, the student newspaper of J.W. Mitchell High School is a public forum with its student editorial board making all the decisions concerning its contents. Unsigned editorials express the views of the majority of the edito-

Letters to the editor are welcomed and will be published as space allows. Letters must be signed, although the staff may withhold the name upon request. The paper reserves the right to edit letters for grammar and clarity, and all letters are subject to laws governing obscenity, libel, privacy and disruption of the school process, as are all contents of the

Opinions of letters are not necessarily those of the staff nor should any opinion expressed in a public forum be constructed as the opinion or policy of the school administration, unless attributed.

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## 50 shades of marsala

Caroline Weyer

Scott's

Thoughts

Q: Why have oil prices been

A: We say the dollar is strong now,

meaning that the US dollar can buy

more things overseas today than it

could six months or a year ago. And

that's had an impact on price. But for oil, the biggest issue is the supply. Supply has increased dramatically

over the last 2 years, and the biggest

increase in supply comes from the United States. We've increased our

production by 3.5 million barrels a

day. To give you an idea of how much

country's production other than Saudi Arabia. We're still importing a little bit of oil, but we are now, for the first tim

in 40 years, an exporter of fossil fuels

Q: What does the future look like for

A: Nobody predicted that they [the

orices] would drop like this. Nobody

expected the supply to increase this

fast. One thing that's consistent abou

predicting with oil is that you'll be wrong about half of the time. Long

term it's [anyone's] guess. A war in the Middle East could reduce supply

dramatically and shoot prices way

up. But it seems to be the trend that

cars are becoming more efficient, as new technology for fracking makes

us better at getting oil from the sea

floors, it looks like supply is going to stay ahead of demand for at least the foreseeable future. In the next several

years, prices are going to stay about

month or two they're going to go dow

where they are. I think in the next

Q: How is this going to help the

A: The price of a barrel of oil went

esterday [January 5, 2015] at \$50,

day that Americans have to spend

and two hundred thirty billion over

the year. That's 80 million dollars a

day that consumers are not spending

on gas. So when you fill up your car,

nstead of paying \$50, it's going to

Everybody's like 'I got \$20 that I didn't think I had. I can go out to eat. I can

do this. I can do that.' Seventy percen

of our economic activity comes from

consumer spending, and you just gave

people to spend. It's a wonderful thing

\$20, \$30, \$40 per week more for

or the economy.

cost \$30. It's acting like a tax cut.

There are 80 million dollars more pe

a bit.

that is, that's bigger than any OPEC

On low gas prices:

By Chrissy Couture

Opinions Layout Designer

Feb. 2015 | The Hoofbeat

\(\times\)

The new Pantone Color of the Year, marasla, seen recently in makeup and clothing, hit the fashion industry with a bang. This earthy, wine-red color found in stores from Victoria Secret's PINK to Vans fills up the closets of students around the country. The Pantone Color Institute, the worldrenowned authority on color, selects one shade each January to represent the trend of the year.

In the previous two years, the colors of the year were emerald and orchid, typically classified more as spring colors. Marsala, however, appears for the day with minimal to look like a fall or winter color. Yet students found a way to incorporate it into their style as spring arrives.

"Going into the spring season, I plan to incorporate marsala in my style through the form of lipstick. It gives me a nice

pop of color without being as in your face as a bright red. I can just throw the color on my lips and feel confident that I look good effort," Erin Kerns ('17)

Marsala fits into clothing style as well as makeup.

"The color of the year goes with so many other colors and textures. On a typical day I utilize the color by pairing a marsala pocket tee with khaki

shorts and chucks. But for a cool night out, my go to style is a leather jacket, white tee, marsala pants and combat boots," Liz Mott ('17) said.

The pantone color of the year influences the fashion industry in various ways, from makeup to clothing. The best way to incorporate marsala falls into the consumers hands this spring.

Color of the Year 2015

**MARSALA** 

Color of the Year 2014

**RADIANT ORCHID** 

2013 **EMERALD** 

Color of

the Year

the Year 2012 TANGERINE **TANGO** 

Color of

Color of the Year 2011

**HONEYSUCKLE** 

Color of the Year 2010

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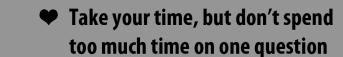
Several tips to get you ready for ACT and SAT testing

PRE-TEST

- Take practice tests that will give you and idea of what to expect
- Take them early, and keep trying to raise your score
- Don't cram for the exam
- Eat a good breakfast, and have a good night's sleep
- Get a tutor for the test



- Read questions carefully
- Underline or highlight something important



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University of Florida, Freshman 2014

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## Monster madness

Staff Reporter

The roar heard near Raymond James Stadium on January 17th signified the return of Monster Jam to Tampa. Monster Jam features oversized trucks jumping over cars and maneuvering through dirt tracks. These massive vehicles display designs of all different types of superheroes, characters and themes. Some trucks stand more than twelve feet tall, with wheels more than 5 feet high and 3 feet wide. The trucks will be back in

action in Tampa on February 7th with a totally different show.

Alec Burchick ('17) attended Monster Jam for the past two years. Burchick's favorite truck is the Grave Digger. This neon green and black truck sports a purple hooded skull, signifying the grim reaper.

"He's classic. Nothing can beat the classics," Burchick said.

For one of their stunts, the trucks barrel through a narrow passageway. "My favorite part is

when the Monster trucks come flying out of the tunnel," Burchick said.

Throughout the show, these trucks compete in two different categories: side-by-side racing and freestyle. More than 4 million fans crowd stadiums each year to see the event.

"Everyone there is friendly and energetic. They are not there for the first place, they're there to have fun and show it's not about winning," Brandi Horsburgh ('15) said.

Tickets remain for the February 7th Monster Jam at Raymond James Stadium. Gates open at 5pm and the show starts

at 7pm. Get tickets from TicketMaster starting at \$15 plus fees.







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- You like Legos. I like Legos. Let's build a relationship together.
- I'm not a photographer, but I can picture you and me together.
- I thought happiness started with an 'H'. Why does mine start with 'U'?
- Does your left eye hurt? Because you've been looking right all day.
- Have we taken a class together? Because I could've sworn we had chemistry.



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## A Valentine's Day sweet treat **♥** Brownie Trifles **♥**

#### Ingredients:

- -2/3 cup whipping cream
- -1 tablespoon sugar
- -1/4 teaspoon vanilla -8 2x2 inch purchased
- baked brownies. crumbled into pieces (about 2 cups) -2 cups fresh raspberries or dark
- sweet cherries, pitted -1 cup chocolate ice glasses or water cream topping goblets.

#### **Directions:**

- 1. In a chilled large mixing bowl combine whipping cream, sugar, and vanilla. Beat with an electric mixer on medium speed until soft peaks form; set aside.
- 2. Divide half of the crumbled brownies between 4 large parfait
- 3. Divide half of the raspberries, ice cream topping, and whipped cream between the

glasses, creating layers.

- 4. Repeat layers with remaining brownies, raspberries, ice cream topping, and whipped cream.
- 5. If desired, sprinkle with cocoa powder. Serve immediately or cover and chill up to 4 hours.



Photos by Kelsey Williams

## Matchmaking mania

Staff Reporter

Rather than spending Valentine's Day all alone this year, grab some help from the JV Cheerleaders. In mid-January, the team passed out compatibility quizzes through first period class so students around the school may find their perfect companion.

"It's a survey that you take about yourself and you answer questions. We're going to send it to a company

and they will find your top 10 most compatible people in your grade and also outside your grade that are most like you and least like you," Demi Asensio ('18) said.

The Cheerleader's quiz gives many suggestions for all participants, not just dating recommendations.

"If you're a girl then they will match you up with 10 girls who could be like your friends

and 10 boys who you would be best to date. It also shows vour enemies too so like who vou would most likely not get along with," Elisabeth Mott ('17) said.

The potential for surprise will motivate some to purchase their results. "It will lead to good

friendships and I think it will be cool to see who you're most compatible with," Kaylee Strobel ('18) said After collecting the

questionnaires, the team sends all of the copies to a company who finds everyone's matches. Once this process concludes, the finalized results become available for purchase.

"We will be selling the tickets at lunches and they are going to be three dollars," Strobel

By filling out a survey and finding a few perfect matches, students may find an alternative to sitting alone eating chocolate and watching Netflix on February 14.





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# Danis Day DATE/CIFT IDEAS

You've been talking for...

# A FEW LOS



Make a silly card and include a gift card to a store you know he loves.

## For her:

Get her that CD or movie she's been talking about and throw in some chocolates.

## For each other:

Stay in, order food (or make it together!), and watch Netflix for the night.

"I don't think I could put a dollar amount on what I'm willing to spend. I think when you care about someone enough, nothing seems like too much to see them happy."

- Jaci Green (15)

You've been dating for...

# A COUPLE TO MANAGEMENT OF THE PROPERTY OF THE

#### For him:

Give him a treat by buying that expensive cologne or shirt you know he would never get for himself.

## For her:

Haul that life-sized teddy bear with flowers and chocolate into school and have her carry it around all day.

## For each other:

The classic dinner and a movie can never go wrong! Get all dressed up, go out, and show each other off to the world.

"I'm going to give him a big stuffed animal and have him tow it around the school. We'll probably go out to dinner [after]."

- Lydia Dubeau (18)

You've been together for...

# ABOUT A LACOT L

## For him:

Add to his collection with new records or video games - maybe even upgrade his record player or XBox!

## For her:

Check her Twitter and surprise her with the love-themed jewelry she keeps retweeting.

## For each other:

You've been together long enough to know that you don't need flashy dates anymore.

Just spending the day on a picnic together might be exactly what you need.

"Sometimes we'll go to the movies or just out to dinner and just walk around at a nice place. We just make the best out of everything."

- Demi Arensio (18)

## Fans of the ice

Staff Reporter

Imagine a lightning quick game that holds so much intensity, a game that keeps fans on their toes and on the edge of their seat waiting in anticipation for the next goal. Some anticipate a spontaneous fight, while others just love the sport of hockey.

Mady Capelo ('17) loves the game more than anything. She follows a few hockey teams, and supports Mitchell's team every Friday night.

"My brother used to play when he was younger. I pretty much grew up at the hockey rink," Capelo said.

Ryan Penland ('16) strictly

watches The Lightning and refuses to follow any other

"I'm in love with the team and I love everybody on the team. I grew up watching them and I go to a lot of games," Penland said.

Ms. Jill Sculerati (FAC) admits that hockey fights do make her uninterested, but she enjoys the game too much to let it stop her from watching.

"I just love the game. I actually prefer high school and college hockey games because they have fewer fights. I don't mind them as long as no one gets hurt and they don't happen often. Too many fights slow down the game," Sculerati said.

Mr. Steve Burnes (FAC) gets pure joy out of the technique and skill that goes on during hockey games, but his father also played hockey during his childhood and that automatically linked Burnes to the game.

"My father is from Buffalo, NY and played hockey growing up. When hockey came to Tampa, I was a teen. He took me to my first hockey game, and immediately I was hooked. I watch hockey for the game and strategy. I understand that fighting



Photo provided by ESPN.com Radko Gudas on the Tampa Bay Lightning engages his oppenent to spark the team.

is part of the game, but the fast play and line match-ups

Whether someone watches hockey for the jaw-breaking

are the main reason I enjoy

watching hockey," Burnes

punches or just to see the players skate with ease, each fan loves the game for their own specific reason, and that makes the game unique.

## Rebuilding the Rays

Sports Layout Designer

The Rays front office fights around salary cap obstacles and relocation rumors to deliver a championship for the fans. The whole outlook of the franchise changed this offseason.

That includes General Manager Andrew Friedman leaving to go to the high powered Los Angeles Dodgers. The once MLB executive of the year left a big gaping hole in the front office. Matt Silverman now takes over for Friedman, in hopes of winning a championship.

"Friedman was one of the best minds in baseball. He will be very tough replace in the front office," Dillon Johnson ('17) said.

Manager Joe Maddon also left to go to the Chicago Cubs. Former Catcher Kevin Cash looks to replace the star studded manager. Cash worked under Terry Francona in Cleveland for two seasons.

"It was strange how the managerial position unfolded, but in the end I think the Rays hired the right guy," Aaron Bruegger ('17) said.

The Rays traded some of their better players this offseason to rebuild with younger talent. A fan favorite Wil Myers also got traded to the San Diego Padres. The once American League Rookie of the Year sustained an injury that nagged him all last season and he never looked right at the plate. The longtime utility player Ben Zobrist seems like the final move of the offseason as Silverman traded him to the Oakland Athletics. The nine year member of the Rays wrote a heartfelt goodbye in the Tampa Bay Times to the Rays organization and the fans that supported him in his

"It's tough to see a guy like Zobrist go. He was a huge part of the Rays' history," Johnson

The Rays didn't just lose players in the offseason; the team added valuable players to the long term and short term success. The Rays made a splash this offseason signing Asdrubal Cabrera. The former all star brings a great defensive arsenal with a good contact swing. The big additions in their trades look like Steven Souza, and Daniel Robertson. Souza classifies as a potential star in the outfield for the Rays. Robertson ranked as the Athletics highest ranked Shortstop in their farm system.

The Rays look to continue their success from the previous regime and give fans hope. The Rays look to prove doubters wrong in the 2015 season, starting in Port Charlotte for Spring Training on March 5th.

#### ROSTER CHANGES

#### ADDED

- Boog Powell
- Daniel Robertson
- John Jaso - Asdrubal Cabrera
- Greg Harris - Jose Dominguez
- Andrew Velazquez
- Justin Williams
- Mark Sappington
- Rene Rivera
- Burch Smith - Steven Souza Jr.

#### TRADED

- Jeremy Hellickson ---- Arizona Diamondbacks
- Ben Zobrist ---- Oakland Athletics
- · Matt Joyce ---- Los Angeles Angels - Wil Myers ---- San Diego Padres
- Yunel Escobar ---- Oakland Athletics
- Sean Rodriguez ---- Pittsburgh Pirates
- Joel Peralta ---- Los Angeles Dodgers - Cesar Ramos ---- Los Angeles Angels
- Ryan Hannigan ----- Boston Red Sox

#### COACHES

- Kevin Cash ---- Manager
- Rocco Baldelli ---- First Base Coach
- Charlie Montoyo ---- Third Base Coach

## Cream of the crop

Amanda Garcia

Staff Reporter

Devoted athletes fill the campus, from the court, to the pool, to the field, to the mat. Seven got the opportunity to sign with a college for a scholarship to play the sport they love, and with the school of their choice.

Amelia Gamarra ('15) received many offers to play softball in college, and at first she didn't know which school to choose.

"I had a couple colleges looking at me and I was about to choose to go to MSMU [Mount St. Marv's University], but at the last

second I heard from the JU [Jacksonville University] coach, and decided that I would rather be 3 and a half hours away from home rather than a whole plane ride. Also, my parents would be able to make the drive to come watch me play softball," Gamarra

Athletes go through recruiting processes to get looked at, and each sport provides a different method for choosing their athletes.

"For the recruiting process, I was playing baseball all summer and was getting a

bunch of emails from college coaches from different schools, and I visited a couple of schools. At the end I went to University of North Florida Prospect Camp, and they really like what they saw and made the process of signing me really quick. They had me commit in about a week,"

William Freeman ('15) said. Taylor Anderson ('15) believes that her work habits made her successful, maintaining a rigorous practice schedule throughout

the year. "Some work ethics I had were swimming six days a week, twice on Monday, Wednesday, and Friday, and then Saturday mornings. It's just constantly training, doing weights and being dedicated to the sport that gave me the opportunity to commit to LSU [Louisiana State University],"

Anderson said. Freeman maintains that excelling in both sports and academics plays a vital role during consideration for receiving a scholarship.

"It's very important to be a student athlete because I got most of my scholarship

money for being a good student. I was able to get a lot of scholarship from the university because of my high GPA and high ACT scores," Freeman said.

In addition to signings by Gamarra, Freeman, and Anderson, Lawrence Watt also signed for basketball to St. Leo University, and Emily Kerns signed for track as well as cross-country with the University of North Florida. Kiera Delegro and Nicole Milford also signed their National Letter of Intent for

## Raising the bar

Staff Reporter

Strength, conditioning, nutrition, and overall fitness remain benefits for the varsity girls weightlifting team. Competition involved two events: bench press and clean and jerk. In the bench press, lifters lie on their backs and use their arms to lift as much weight as they can from their chest. In clean and jerk, lifters use their legs and the rest of their body to raise the bar over their heads.

Coach Regenia Dixon (FAC) impressed upon the girls the importance of both the physical and mental aspects of the sport.

"Coach Dixon did a really good job teaching us the form for clean and jerk, which helped me improve. The team improved weight-wise, as we all have reached new maxes," Madison Bell ('17) said.

The difficulty level of the two events varied depending on the person. Preferring bench press, Meredith McNulty ('15) held a bench press max of 125 pounds and a clean and jerk max of 115.

"I personally think that clean and jerk is harder because it uses your entire body instead of just your arms. It's something I've been trying to improve on," McNulty said.

McNulty joined the girls weightlifting team her sophomore year and moved up to become one of the team's captains her senior year, when she also advanced to districts.

"I think everyone struggles a little bit when they first start out weightlifting. But as the season progresses, you get stronger and you get used to

how meets go and what to expect," McNulty said. Before competition, the weightlifters must get a good night's sleep and eat a healthy meal. Yet for those trying to make a certain weight class, the preparation method varied.

"You just have to eat right and make sure not to gain weight," Abigail Williams ('17) said.

Williams raised her clean and jerk max to 125 pounds after eating right, sleeping well, and gaining muscle strength. These goals remained important to the team, however, the athletes understood that they also needed the right mindset.

"A lot of it is really in your head. When you're competing, it takes as much mental as physical strength to



Abigail Williams lifts 115 pounds in clean and jerk at the Disparti Invitational

step onto the platform and lift your best," McNulty said.

Varsity girls weightlifting attracted more than 30 athletes, and continues to grow in popularity as girls recognize the sport's mental and physical benefits. The

regular season ended in January, but two team members, Liesel Johnson and Kacy Capra, head to state competition in Orlando.

## Teamwork makes the dream work

**Chrissy Couture** Staff Reporter

Constantly cutting weight, running mile after mile several times each week, and restricting one's diet define a wrestler's lifestyle during the season, followed by rigorous strength-training in the off months. Those new to the sport may not come fully equipped with the endurance, commitment, and drive required for success. Coaches guide them, but veteran wrestlers lead by example to make both a mental and physical difference for the fresh faces on the mat.

"I hope to teach them drive, like some of last year's seniors taught me. Just always work hard. It takes a lot of commitment, so it's a lot of breaking down and building back up," Dustin Watt ('15)

The captains take on a responsibility more than just leading practice and preparing for tournaments. Strengthening young wrestlers for the pressure of being on the mat creates a bond that extends past each three-minute match.

"We're all really good friends, and we all know a lot about each other, and if any of us need each other, whether its homework or girl problems, we're all here for each other," Matthew Hegwood ('17) said. Freshmen look up to the seniors for advice and direction, but when senior

year finally hits, the team dynamic changes. "It's weird not having anybody else to look up to. Like last year I had seniors to look up to, but this year I'm the one. Freshman,

sophomore, and junior year, you always talk to the seniors and ask them, but now everybody is coming to you with questions. It's just different," Russell [Storm] Schenk ('15) said. The knowledge that

experienced teammates give to underclassmen wrestlers lays the groundwork for success in the future.

"You always have to go into a match thinking you're going to win. If you go in thinking you're going to lose, you lose. [Schenk] helped me realize

that," Hegwood said.

Wrestling requires mental determination and demands physical vigor. People new to the sport brace themselves for a lifestyle of diet changes, running for miles, and multiple injuries. However, this transition goes smoothly with help from senior wrestlers, who know just what it feels like to be pinned against the challenges before

## LAX = Lacrosse

Lexi Clark

Staff Reporter

Very different from other sports, lacrosse requires use of a long-handled stick with a net attached for throwing and catching a small ball. The players must get the ball into their opponent's net to score

"It's so different from a lot of other sports and it's so challenging, but once you get the hang of it, you just get it," Gabrielle Chamberlin ('18)

This club sport offered through The Thundering Herd provided many players a chance to return for a second season. Girls moved up from the middle school to the high school division. It not only requires a lot of practice

and hard work, but bonding between team members off the field helps them communicate.

"Team bonding is very important; the girls have become so close and it really helps them on the field," Ms. Michele Chamberlin (FAC)

Life-long friendships develop through any sport, but in one of such a highintensity, it becomes natural to grow so close to teammates on and off the field.

"Last year, I barely knew any of the girls on the team, but this year, we're all good friends," said Gabrielle

Chamberlin. Lacrosse serves as a means for players to let their the physical nature of the sport allows them to challenge themselves and their

"[My favorite part about lacrosse is] the competitiveness. We're always getting in the other teams faces and yelling at them and it's really fun. We always laugh about it afterwards,"

Gabrielle Chamberlin said. Although the team finalized its roster in January, a lack of training and experience should not discourage anyone from trying out in the future.

"[If you're thinking about trying out], do it. Just do it, go try out. When I started out, I

was horrible. Just try it and it It doesn't matter if you don't know how to hold a stick or cradle the ball or anything because you'll learn and we can help you," Gabrielle Chamberlin said.

Jamboree, the team's first game of the season, takes place on February 8th and the season ends in April. The team, next year, plans to add a boy's team and expand the girls' roster.



Chamberlin teaches the new team members how to cradle the





## Studios UPDATE

### Avengers: Age of Ultron May 1, 2015

Ultron (James Spader), the self-aware artificial intelligence created by Tony Stark (Robert Downey Jr.), breaks free of his 'strings' and wrecks havoc on the planet. The trailer did not show much of the villain in action, but the glimpses and a killer one-liner illustrate Ultron's potential to surpass fan-favorite Loki (Tom Hiddleston) when it comes to posing a super-powered challenge. The Age of Ultron trailer makes unsettling use of the classic tune "I've Got No Strings" from Disney's animated feature Pinocchio, which Ultron also quotes, and the idea that Ultron is, in some sense, a son who's no longer content to be his dad's 'puppet'. The film's intense, dark tone is a first for the Marvel Universe and will set up Captain America: Civil War (May 6, 2016).



The team celebrates a victory in the Avengers Tower before they are interupted by a surprise guest.

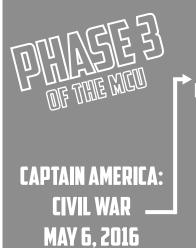
#### **Ant-Man** July 17, 2015

About a lesser known Marvel character, the Ant-Man film strays from the original origin story of the comics and starts when Hank Pym (Michael Douglas), the original Ant-Man, passes the torch to Scott Lang (Paul Rudd). The Ant-Man suit has a secondary ability to communicate with and control ants. Ants give Ant-Man a powerful and organized army; when he presses a trigger on the side of his hand he shrinks to ant-size but remains the strength of his normal-sized self. This film will complete Phase 2 of the Marvel Cinematic Universe.



of Ant-Man with Lang.





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**CAPTAIN MARVEL JULY 6, 2018** CAROL DANVERS CAST AS **CAPTAIN MARVEL** 

INHUMANS **NOVEMBER 2, 2018** 

## Sundance Film Festival

Staff Reporter

The Sundance Film Festival took place January 22nd through February 1st in Park City, Utah. With more than 12.000 submissions. the festival only selected 123 feature length films, 106 world premieres, and 106 short films.

"The Sundance Film Festival, founded by Robert Redford, is the place where smaller, independent films might find a larger audience. These are usually movies of limited budgets that focus more on the story and it's characters than what might come from Hollywood. The movies usually introduces a

new voice in film that tells their story in a unique way," Mr. David O'Hara (FAC) said.

The festival provides the debut for countless actors, directors, and movies, giving them a chance to get seen by producers and agents.

The movie Napoleon *Dynamite* premiered at the festival in 2004; since the movie's debut, it became a cult favorite that remains popular today.

The actor Mark Ruffalo started at the Sundance Film Festival and went on to star in 13 Going on 30 and . He made his directorial debut with Sympathy for Delicious in the 2010 festival. His well-known role as Bruce Banner in *The* Avengers shows that the Sundance Festival gives the opportunity for success.

Recently the movie *Boyhood* and Whiplash, both from the 2014 festival, premiered with strong results at the box office. After being shown at the festival Boyhood got picked up by IFC Films. Boyhood won three Golden Globes in January for Best Drama, Best Director, and Best Supporting Actress for Patricia Arquette. The film follows a boy named Mason for twelve years, showing how he deals with

school, his parents divorce,

12 <sup>(2)</sup> <sup>(2</sup>

and the effects of all the good and bad the choices he makes.

With the casting of Miles Teller and J.K. Simmons, the movie Whiplash ended up as one of the biggest sensations of the festival, as it won the Audience Award for the dramatic competition and the Grand Jury prize. This J.K. Simmons won Best Supporting Actor at the 2015 Golden Globes.

James Franco, Jonah Hill, Felicity Jones, Ethan Suplee and Gretchen Mol make an appearance in *True Story*, about an accused killer that stole a New York Times reporter's identity and goes

on submitting stories and living under his name. This film provides viewers with an intense thrill ride.

The movie *Z for Zachariah* offers plenty of drama and suspense as it tells the story of three lone survivors of Earth caught in a complicated love triangle. The cast of Margot Robbie and Chris Pine made this film one of the most intriguing entries in the U.S. **Dramatic Competition.** 

## They Will Be

Europe, and one in Africa.

it hard to believe that they

almost split up after their

second album, "Hands All

Over," in 1998. The album

and the band members got

"I did not know that they

almost broke up. I'm glad they

did not, though, because they

are one of my favorite bands,"

Jordyn Knight ('18) said.

very discouraged.

only sold close to 5,000 copies

With all the success they

recently gained, one may find



Apparently the band's near

break up remains in the past

as not many fans know about

"I have liked them for a

while, because my mom is a

huge fan, and I did not know

about it," Delaney Georgantas

Since then, the band

experienced a lot more

success. Recently Adam

Levine contributed more to

their success by appearing as

a judge on The Voice, a reality

('18) said.

Feb. 2015 | The Hoofbeat

\(\times\)









2014

2012

2010

Albums

2007

2002

television singing competition on NBC. "I like how since he has

band has gotten a lot more recognition," Knight said. In 2011 and 2013 Levine coached the winning contestant and he coached the

been on The Voice, the

runner up in 2014. "I thought Adam Levine was really good on The Voice and gave good advice to the contestants," Georgantas said. As Adam Levine finishes

another season of The Voice, Maroon 5 begins their second world tour.

"I'm really excited for the concert. I have heard that they are really good live and I'm excited to see if it is true. Knight said.

Maroon 5 continues their success as they perform at the Amalie Arena in Tampa on February 25, 2015.

## Amanda, please

Staff Reporter

Kaitlyn Klein

Staff Reporter

In 1994, a modern day

American pop rock band

Maroon 5, originally known as

way since they started as high

travel around the world, about

their fifth album, "V", starting

February 16, in Dallas, Texas.

They plan to perform for six

including a February 25th

stop in Tampa, 13 stops in

months in 43 different places,

Kara's Flowers, came a long

school students. Now they

to begin a tour supporting

formed in Los Angeles.

Can a career unravel in just 140 characters? Popular childhood stars Amanda Bynes and Lindsay Lohan used the popular social media app, Twitter, to contribute to their own downfall. With threats to other celebrities, cyber-bullying, and more problems, both these celebrities appear different than years ago.

Teens of this generation idolized Amanda Bynes during her The Amanda Show years. As her personal choices continued to trend toward the negative, fans experienced mixed emotions.

"I think it's her life, but it's sad that she messed it up. She was a role model when she had her old television show," said MaryGrace Catrett ('18).

When arrested for drug abuse, Bynes saw fans desert her and lose respect for her. To add to her list of shenanigans, Bynes sent hate via Twitter to other celebrities. Offensive tweets such as "@JasonBiggs you're ugly so I won't talk to you, and "If I'm not following you on Twitter, i don't like vou" contributed to Bynes' downward spiral.

Lindsay Lohan, former childhood star of A Parent Trap, remains a popular topic of gossip among teenagers and young adults. She takes part in Twitter antics, too.

> "Oh boy, she's nuts. She let the fame get to her head," said Catrett.

Lohan bashed her friends over Twitter for leaking

pictures of her in a photo booth and then refusing to apologize. Lohan also went to jail for drug abuse, and alcohol abuse made its way into her life, sending her to court multiple times.

The infamous Bling Ring incident was another low point in Lohan's career. A jewelry shop caught Lohan in the act of stealing a ring from among the selection, and said that she was completely capable of buying it instead of committing another crime.

Lindsay went to trial for the robbery and got put in jail. After her release, cleaning up her image made her daily lists, but she says the struggling still continues.

Despite their antics, fans of Amanda Bynes and Lindsay Lohan still believe these girls possess a chance to clean up their act. They continue to stick by their childhood celebrity favorites through the tough times, in spite of these situations through social

## Top Valentine's Day movies

#### If you are single:

#### The Break-up

In a bid to keep their luxurious condo from their significant other, a couple's break-up proceeds to get uglier and nastier.

#### John Tucker Must Die

Three ex-girlfriends of a serial cheater set up their former lover to fall for the new girl in town so they can watch him get his heart broken.

#### Legally Blonde

When a blonde sorority queen is dumped by her boyfriend, she decides to follow him to law school to get him back and, once there, learns she has more legal savvy than she ever imagined.

#### If you are a couple:

#### Valentine's Day

Intertwining couples and singles in Los Angeles break-up and make-up based on the pressures and expectations of Valentine's Day.

#### The Notebook

A poor and passionate young man falls in love with a rich young woman and gives her a sense of freedom. They soon are separated by their social differences.

#### Hitch

While helping his latest client woo the fine lady of his dreams, a professional "date doctor" finds that his game doesn't quite work on the gossip columnist with whom he's smitten.



## Phed up with Phil Punxsutawney

Staff Reporter

Punxsutawney Phil never relies on Klystron 9 or a weather app. According to the Inner Circle Groundhog Club, his system forecasts the remaining winter with 100% accuracy for over 125 years. However, LiveScience.com begs to differ; they say the woodchuck can only claim a 36% success rate.

Local news stations utilize advanced radars, but still make incorrect predictions about the daily weather from time to time. Trusting a groundhog for an exact forecast for the next six weeks

seems childish and likely to result in disappointment.

Counting on a groundhog's shadow to predict the weather seems like a faulty way to prepare for the impending winter, or lack thereof. Skeptics of the holiday believe that the Inner Circle Groundhog Club makes Phil's predictions in advance. And these critics provide evidence to discount Phil's faulty forecast; the Groundhog Club receives the weather prophecy in "Groundhogese." Only a few dozen people know this language, and conveniently,

they all belong to the Inner Circle.

With that information, even Phil fans become likely to distrust the forecast. Some members openly prefer six more weeks of winter, and others, quoted on the Inner Circle website, "would be perfectly happy if Phil never saw another shadow again."

This winter-predicting land beaver brings more suspicion to his holiday because the Inner Circle asserts that only one Punxsutawney Phil ever lived; this assertion indicates that for well over one hundred years, the same groundhog made the prediction every

They say that Phil "gets his longevity from drinking the 'elixir of life,' a secret recipe." If the Inner Circle actually created an elixir of life, hopefully they brew a "Fountain of Youth" variety of potions next.

As Punxsutawney Phil continues to sip on the elixir of life, maybe one day he may enjoy his old age and look forward to retirement. The accuracy of his predictions eludes the public. This

February it might be a good idea to flip a coin or check a weather app before trusting Punxsutawney Phil's prediction.

## **Decision Time:**

Upperclassmen offer advice on course selection

"I got my online and HOPE credits out of the way freshman year, took advantage of all the honors classes I could to get a head start on a high GPA and got 3 years of a foreign language under my belt by junior year." - Jaci Green (15)

"I would have taken a foreign language my freshman year to get it out of the way, because I have to take Spanish 2 as a junior when I wanted to take a course that interested me more." - Gina Cilluffo ('16)

> "The easiest way to have a high GPA is by taking higher level classes during your easiest years, not junior or senior year. I would have taken an AP class my freshman year." - Melanie Mercado ('15)

## Pinterest sets bar too high

Bailey Sassatelli Staff Reporter

The Internet houses many types of social media websites, hard to find and recreate. which tortunately include Pinterest. Created by Ben Silbermann, Pinterest grew from 5,000 users in August 2010 to more than 48 million now. The site allows people to post things, "like" what they see that may be unusual, and categorize their "pins" however they please on pages known as "boards." The most popular boards include themes like weddings, date ideas, fashion, and DIY activities and showcase different personality types. However, the most frustrating aspect of Pinterest occurs when the board includes

items and ideas that seem

Even though it seems nice to collect pictures of a dream life, such as a home or wedding, dream lives only truly occur in dreams, unless someone ends up extremely lucky or rich. Since Pinterest lets people fantasize about future places, people, and activities, it also crushes dreams when it shows that the fantasies won't become a reality in most cases.

Although it might seem fun to create a vision of an ideal future, Pinterest holds the power to actually distort the way people look at their real life. Pinterest

creates a falsehood in which people crave so much that they turn their back on reality and forget the most important things in life. The site holds boards and boards of impossible crafts never made, complicated recipes never tasted, and decorating tips never executed. This type of Pinterest disappointment led a woman named Jenna Andersen to coin the phrase 'Pinterest stress' and even began her own site: "PinterestFail.com Where Good Intentions Come to

Pinterest acts as a great confidence booster at times, yet at other times it crushes people's dreams. If someone becomes a chronic user of Pinterest, then it easily gets problematic, but many regular users report that Pinterest allows them to feel connected and even boosts their mood. So pin on, but before attempting to bake a Lego cake or redesign a lampshade, visit Pinterestfail.com for a reality check.



### **Dual Enrollment**

- Earn college credits for free
- Start your college transcript
- Get college-level experience
- 'C' or higher to receive credit
- Good on applications

## **Advanced Placement**

- Earn college credits for free
- Score a 3-5 on the exam at the end of the year to receive credit
- Recognized by out-of-state colleges/ universities
- Get college-level experience
- Good on applications

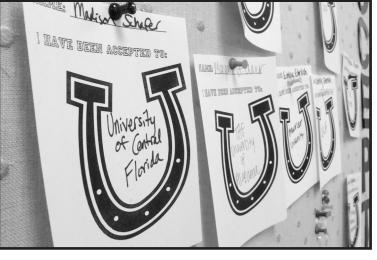


Photo by Jaelyn Moser

## College Bound

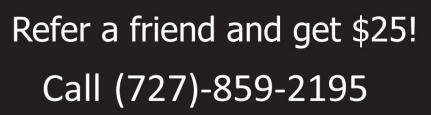
Seniors who have been accepted to college can visit the CRC and add their horseshoe to the bulletin board.

"I've recently been accepted to Ole Miss and the University of Alabama, I plan on trying out for both cheerleading teams and choosing from there. I want to major in special education."

- Mallory Eline (15)

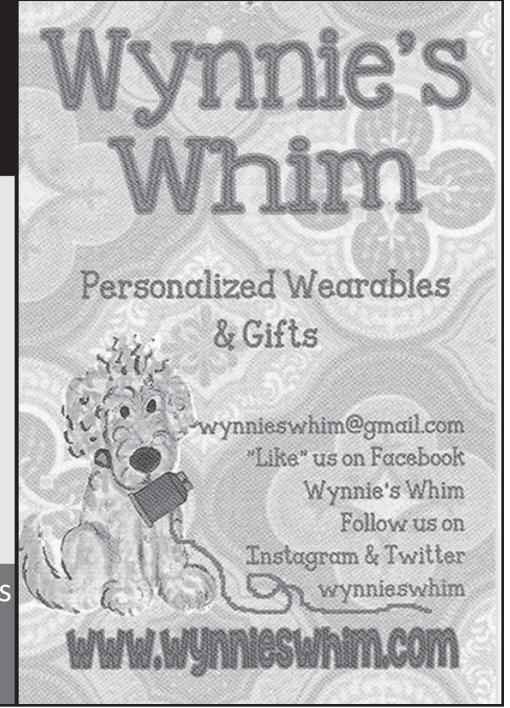
"I always love seeing the updates on the college board and I'm excited to see where students are getting accepted. So come into the CRC and let us know where you wanna go."

- Ms. Michele Chamberlin (FAC)





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## HALIMA **Emily Fowler** Staff Reporter "Love comes with no special holiday, they need to make purchases. But, they truly just want to see an increase of profit in their

Bailey Sassatelli Staff Reporter

price." Ironically, this statement appears inside a greeting card that costs \$3.95. Why bother saying these types of quotes when Hallmark and other booming businesses go big each year on selling merchandise on Valentine's Day? Valentine's Day originated in the fifth century as a Christian and Roman celebration, called Lupercalia. People focused on admiration, affection and their dedication of love towards others. Today, Valentine's Day creates the idea in people's heads that they must buy gifts, when love requires no price.

Hallmark and other card and gift companies assume responsibility for this confusion. They make cards, flowers and chocolate practically mandatory for this holiday. People lose the thought about gifts from the heart and focus too much on buying things. No one should feel like they need to purchase romantic items to earn a loved one's appreciation. Gifts should not represent how much a person means to their partner anyway. Hallmark produces the wrong idea of how to present affection to a person. They make people think that in order to receive a

business.

Each year, the total amount spent on Valentine's Day comes to billions of dollars, according to American **Express Spending & Saving** Tracker. That proves how much people get caught up with the thought of needing to spend a ridiculous amount on the people they love. Valentine's Day becomes commercialized due to these materialistic items, and this causes the holiday to slowly lose its special meaning.

There should not be one day of the year that people go out of their way for loved ones; this should happen every day. Valentine's Day quickly becomes overrated and overwhelming to celebrate. Companies like Hallmark should stop luring people into spending so much money on temporary gifts, which could never buy one's love. Everyday should seem like Valentine's Day for the people who love each other.

Each year, right after Christmas, the stores stock their shelves with Valentine's Day merchandise. Eventually everything ends up covered in hearts everywhere people go, with no mistaking which day the men will be bringing home flowers. Just because stores make Valentine's Day a reminder to get someone else something nice, the meaning of the day must not become entirely materialistic. The meaning of Valentine's Day holds true whether or not people spend money on their loved ones. On this day people take the opportunity to show love and affection, to subtly apologize for their past wrongdoings, and possibly make up for them.

The holiday, named for Christian martyr St. Valentine, still signifies an emotional and passionate day for everyone that plays a part in a relationship. As nice as it may be to receive

on this special day, they fail at ruining true love. Even the poorest couples enjoy a good time together while celebrating the holiday, because they know that no amount of gift giving overshadows the power of love and its true meaning.

Valentine's Day, although portrayed as a holiday that revolves solely around chocolates, flowers, teddy bears, and adorable puns and pick-up lines, acts as a reminder for people to pay attention to their loved ones more than any other day in the year. According to CNN, 6 million people either expect or plan a marriage proposal for Valentine's Day. For these romantic types, Valentine's Day will always serve as an important reminder of one of the most important days of their lives.

What people buy for their loved ones does not have to define the holiday. To enjoy

