

HB

The Hoofbeat

J.W. Mitchell High School's Student Newspaper
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*The best
things in life
are free*



Katy White
Staff Reporter

As part of an annual tradition, Kendyl Schol ('16) gathered with her family at Hope United Methodist Church to help piece together the Experience Bethlehem walk through. This event allows people to get in the Christmas spirit with only a small donation; non perishable food items to be given to local food banks. Schol began volunteering a few years ago. Although Schol could not participate this year, she did walk through the city with her family.

"In the past my role in the city was to welcome [people]

and sing while playing some instruments. I get the kids to play instruments and sing [with me]. I really like interacting with the kids. This is their first introduction to what Christmas [is about]," Schol said.

Taylor Rodriguez ('18) grabs a drink from Starbucks after finishing dinner with her mom, sister, and her cousins. She finds a good spot to sit down on the grass and waits for the dancers at Wiregrass mall to come out. For three years she and her family have gone to Wiregrass during the holidays to celebrate.

"They have fake snow that's just bubbles [and falls during the shows]. Then I just sit and watch my cousins play and have fun," Rodriguez said.

For five years Sara Stewart ('19) and her family have gone Christmas shopping at The Shops at Wiregrass. After they finish shopping they get some hot chocolate and sit by the Christmas tree to watch the lights.

"There are always dancers and it's really cool to see their routines," Stewart said.

Allie Bellwood ('18) started her tradition of attending a boat parade at Indian Rocks

Beach at the age of five. Near Christmas time boats all pass by the houses on the shore playing Christmas music and getting everyone into the holiday spirit.

"The boats line up and have numbers on them and they put lights and decorations on them, like it's their house," Bellwood said.

A parade that brings a much larger crowd attracted Maria Stege ('19) and Angelica Stege ('16) to New York City for Thanksgiving Break. They spent most of their Thanksgiving watching the Macy's Thanksgiving Day

Parade and enjoyed a nice dinner afterwards.

"We've never been to New York before, so going for Thanksgiving was a good experience and seeing the parade was fun," Angelica Stege said.

Free events like these offer students the chance to spend the holidays with loved ones and get into the spirit while supporting the community as well.

Once a Mustang, always a Mustang

Mitchell Mustangs,
I wanted to inform you that as of January 14, 2016 I will be stepping down as the Principal of this great school and retiring as an educator. This is a decision that I have labored with for a while, but I feel I am at a time in my life where it makes sense to make this move. I will take some opportunity to travel and spend time with loved ones.

Being at Mitchell High School makes this a very difficult decision. Thank you to the teachers and staff for

the professionals you are, for caring about our kids and our life's mission. Thank you for your understanding and loyalty to me. I am leaving a profession that I have truly loved. I can only hope that I was a positive role model for the students and adults that I came across. This has been the best place possible to finish my long run.

#MustangsInMyHeart
Mr. Michaels



Photo by Bella Smith

In 1978, Mr. Jim Michaels (FAC) concluded his undergraduate studies and began a career in education. His goal in choosing to be a teacher and a coach was to impact people and help them be the best they could be. Many years later, he leaves a profession as a positive role model for the students and adults that he came across.

Michaels worked for 18 years as a physical education teacher and an athletic coach in football, basketball, baseball, softball and golf. In 1996, he

was approached about being an Administrator and took the opportunity to mentor, support and coach adults as well. He became an Assistant Principal at River Ridge High School and then at J.W. Mitchell High School before returning as Principal of the same two schools.

We Mustangs have had the privilege and the honor of having him as our principal, and we are thankful for his leadership and guidance. We wish you well, Mr. Michaels!
#Mustang4Life

Running offers hope to hospice

Raleigh Illig and Amanda Garcia

Staff Reporter

In November, the Mustang family suffered a loss when Ms. Cecelia Pitcher's (FAC) father, Mr. Juan D. Sanchez, passed away from stomach cancer. Several students came together to support Ms. Pitcher and her family by participating in the annual Hearts for Hospice 5K at Starkey Wilderness Park for Gulfside Hospice on November 15.

"I feel it's important to go run and raise awareness for it because it raises money for the Hospice charity," Brecanna Bugge ('17) said.

Ms. Victoria Mudry's (FAC) class became involved due to the relationship between her and Ms. Pitcher. Ms. Mudry's students wanted to help out and give back to the community.

"We found the need here on campus to support our faculty. Ms. Pitcher's dad had been diagnosed with stomach cancer many months ago and we knew that Hospice was helping her family, and was there every day towards the end of his life, and when I listened to the HOSA meeting a few weeks back they had a representative from Hospice come and we had talked about possibly doing something with the reading students," Ms. Mudry said.

Students relate to the passing of a loved one because Hospice helps numerous families in the community.

"I suffer from a heart condition as well, so I know how it feels, and they took care of my aunt when she was passing away. We are all

rooting for Juan, and we just have to support Ms. Pitcher," Brandon Striegel ('17) said.

The students dedicated their time to helping this cause and supporting Ms. Pitcher and her family.

"We got there at seven on Sunday, so I think these kids that showed up from reading classes need a good high five and kudos for showing up this early. I bought some white T-shirts so they could decorate and they could all be on their own team. Then we actually met up with HOSA, so all the Mitchell kids were combined together. We all walked together and took pictures with the CEO of the run," Ms. Mudry said.

Knowing the students helped the cause impacted their views

about volunteering.

"If more people could go out and volunteer as well I think they would appreciate the event and what it means," Zack Watson ('17) said.

Students looking to volunteer at Gulfside Hospice & Pasco Palliative Care should fill out a volunteer application from the organization's website at www.ghppc.org.



Photo provided by Ms. Victoria Mudry

On November 15th, Heather Morris ('17), Jordyn Latham ('17), Jillian Godin ('16), Ms. Victoria Mudry (FAC), Zack Watson ('17), and Chris Pezza ('17) walked a 5K in the name of Juan D. Sanchez.

Editorial Policy

Published six 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 editorial board.

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 paper.

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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The battle of the bay

Lexi Clark

Staff Reporter

The NJROTC prove themselves time and time again to be one of the best units in area seven, which encompasses the entire state of Florida. On October 24th, the unit traveled to Central High School for the ninth annual Iron Bear competition and they came in first place, bringing home the traveling trophy.

"Iron Bear is like a field meet without the drill. They call it a fun field meet but it's still incredibly competitive. It's all physical fitness challenges so you do things like three legged races, Houser knot, which is a giant, really heavy rope and you have to tie it in knots around a goal post, damage control, where you have to stop pressurized water leaks out of a hose, which means it's shooting up in your face. There's tire flipping,

tug of war, sprint races; it's just about anything under the sun that makes you tired and makes your body ache," Tyler Wetherill ('16) said.

After days and days on end of exhausting work, the relief of winning the trophy over their biggest competition overwhelmed the cadets with joy.

"[When we won] we were ecstatic. It was between us and Riverview and we knew it, and we didn't know who was going to win. When they were announcing awards they go 'second place goes to,' they made a pause and we sat there just praying and they said Riverview. I had to stand up and yell to get my cadets under control just so they could announce us for first place. Everyone just erupted when they did," Wetherill said.

The Iron Bear trophy stands proudly in the front office for all to see, displaying the victories from 2012-13 and from this year. While walking through purple commons, students see banners hanging proudly on the wall that says 'Distinguished Unit' in bold lettering. These banners stand for an accomplishment that the NJROTC received for the past several years in a row. Distinguished Unit is achieved by a point system, which the commanding officer, the executive officer, the command master chief, and the instructors monitor throughout the year. Ways to earn points include doing things like winning field meets and going to states. It depends on how many cadets earn honor roll, how many cadets volunteer, and the amount



Photo by Lexi Clark

Mitchell's NJROTC at the Battle of the Bay Field Meet hosted by Gaither High School on Saturday, December 5th winning the academic award.

of volunteer hours total. If a unit earns enough points by the end of the year they received Distinguished Unit.

"About 2 percent of schools in ROTC throughout the country get them so it's a huge honor," Stephen LaDue ('16) said.

Field meets consist of multiple different organized events such as academic competitions, drill routines, uniform inspection, runs, obstacle courses, and other athletic events.

"[Field meets are] a matrix, everyone has a time to be where they need to be and a thing they need to do and when they have to do it. It gets done and it gets done right," Wetherill said.

On Saturday, December 5th at the Battle of the Bay Field Meet at Gaither High School, Mitchell placed sixth overall out of 16 schools while also taking home wins in academics, sit-ups, and an individual routine.

Mustangs silence the Knights

Shyanne Dove

Lifestyles Editor

In 2001, the doors at JWMHS opened to house the overflow of students from Gulf and River Ridge High School. This forged a rivalry in New Port Richey that resulted in what is thought to be the highest turn out for a football game in school history.

The rivalry between schools produced The Stang Gang vs. The Purple Posse, which increased school spirit and became more apparent in the last two years, as bickering on Twitter increases to a daily occurrence between members of each school.

Numerous Twitter handles have been created to slam both schools, creating an illusion of hatred between RRHS and JWMHS. Yet students seem torn when they

consider if the rivalry was just for show or legitimate hatred.

"I think it's just how competitive the two schools are, it's legit at least I think it is from how I've seen others react," Emily Mitchell said ('17).

Students like Ben Davis ('18) doubt the importance of the rivalry.

"Honestly I don't care [about the rivalry]. It's kind of funny how hyped people get over it. I love the kids at River Ridge. They are nice to me. I don't get why everyone hates them," Davis said.

Though suffering a loss to RRHS this year in football, the school has continuously shined in numerous other sports. Out of 21 sporting events RRHS claimed

the W in only 5 games during the 2014-2015 school year.

"We beat them in everything else. [Football], that's the only thing they have," Nik Schmidt ('17) said.

Games between RRHS and JWMHS have proven to be popular among students. The rivalry attracts numerous onlookers generating heated student sections.

"Whenever we play River Ridge we always show up [to games] the most and have the most spirit," Braedon Morecraft ('17) said.

Other students felt differently about what fuels the apparent hatred between the schools.

"I feel like sometimes it becomes more about hating them than actually having spirit for our

school," Mitchell said.

It was rumored that RRHS tweeted out for Posse members to vote for Brandon High School for the Fox13 Prep Rally so Mitchell would not host the event. Tensions rose between both schools as they tried to show which school had the most spirit.

A poll on Twitter sponsored by the Hoofbeat gained a lot of attention from both schools, receiving 2,361 votes. The poll went back and forth between JWMHS and RRHS, yet in the last hour RRHS took the lead. With the help of assistant principal Ms. Jessica Schultz (FAC) the Mustangs were able to finish on top with fifty four percent of the vote. It displayed amazing

school spirit from both schools, but clearly the Mustangs shined through.

"I love my school more than anything. I love the people, the Friday nights, the pep rallies, and the atmosphere. There is nothing about this school that I don't love. I wouldn't want to spend my high school career anywhere else," Schmidt said.

The rivalry created two popular student sections that allow both schools to make the most of their high school years. Students that participate in the spirit of the Stang Gang and Purple Posse gain numerous memories to look back on later in life.

#STANGGANGBABY

Sharing the love of giving to others

Sophie Sajecki

Staff Reporter

With the holiday season creeping up around the corner, clubs like Interact, Key Club International and National Honor society reach out to help those in need to provide the most eventful holiday season yet.

The Key Club International's main focus this year is on a local elementary school, Mittie P. Locke, a less fortunate school in Pasco county that has students and families that need some help.

"We are doing a Thanksgiving food drive for Mittie P. Locke and we have to feed 70 families. We

donated supermarket gift cards, cans and good food they can eat, like turkeys. We are also doing an Angel Drive [before Christmas] where students can donate shoes and old clothes to the families at Mittie P. Locke," Caitlin King ('16) said.

National Honor Society holds events throughout the school year; one of these events includes the movie night.

"We are having a movie night on December 17th at 6:30 and we are showing The Nightmare Before Christmas, we are

putting the money towards club activities which include helping local families during the holiday season," Ashley Presbitero ('16) said.

The Interact Club also ran a food drive for the Thanksgiving season, and their collections are donated to those directly in the Trinity area.

"We helped out the community during the holiday season by doing the annual Thanksgiving Food Drive for fellow Mitchell families who weren't fortunate enough to have a full meal set for their

family on the special holiday; one small action or simply giving on our part can have such a domino effect to those in need and possibly impact their holiday hopefully in a great way," Leah Thompson ('16) said.

Key Club students see that some people in need really desire the gifts given to them with the positive reactions they have been receiving.

"It's a good feeling to see all of the families at Mittie P. Locke that are getting all of the things that we're giving to them. Most

of them don't have shoes or good homes so they get really excited even when we just go and say 'hi' to them and it's nice to see how happy they are," King said.

Student donations help out numerous people and families, and without these donations some families might not be able to celebrate the holidays. Our school is fortunate enough to be the ones helping those in need rather than receiving the help. This season, be thankful for what is given and keep those in need in mind.



HOLIDAY gift guide

Sharpie Mug:

Buy a plain white mug, and any color oil-based Sharpie pen. Then draw whatever you would like on the cup, and let it dry for a few hours, or overnight. Next, bake the mug in the oven at 350 degrees Fahrenheit for 30 minutes. Be sure to hand-wash this mug, rather than placing it in the dishwasher. This gift is very personalized and can be easily altered for different people.



Stuffed Mason Jar:

Gather a few of your friend's favorite things, and any size mason jar that applies. This is a great gift if you're looking for something quick, or something that can be easily customized.



Yearbook:

A yearbook is a great gift to give someone who goes to Mitchell. The Stampede staff sells them every Wednesday during each lunch. Stop by Room 517 for more info.



Candles:

Candles can be found practically anywhere and they make great gifts. Find very affordable ones at places like TJ MAXX, Target, and Marshalls.

Peppermint Sugar Scrub:

Directions:

- 1- Combine 4 cups of sugar, 20-30 drops peppermint essential oil, and 1 cup olive oil to create a wet, sandy mixture.
- 2- Place 1/4 cups candy canes in a ziploc bag and crush them into fine pieces.
- 3- Now, begin layering the scrub on top of the candy canes in a small jar to make a white and pink design.
- 4- Finish it off with a small gift tag and bow.



Photo Letter:

For this gift you will need photos of you and your friend, places you've been, places you want to go, or any photos you would like to include, and a cardboard letter of your friend's initial. Use Modpodge to stick your photos to the initial, and apply another layer on top of the photos to ensure that they are stuck.



Homemade Blanket:

Grab two different fabrics of at least 4' x 4' from the craft store, and a pair of scissors. Place the fabrics on top of each other, and cut 1-2 inch slits along every edge of the fabrics. Then, tie each of the corresponding pieces of fabric to each other until every slit is tied in a knot and you have a double-sided blanket.



Blonde Brownies

Ingredients

- 1 box of yellow cake mix (18.25 oz, like Duncan Hines)
- 1/4 cup canola oil
- 1 egg
- 1/3-1/2 cup milk (less is better for a denser texture)
- 1/2 cup sprinkles
- 1 and 1/2 cups chopped Golden Oreos (reserve a handful to sprinkle on top)

Directions

- Preheat oven to 350 degrees. Spray 11x7 baking pan with nonstick spray. Set aside.
- Combine first four ingredients in a large bowl. Add milk slowly. The cake batter should be as dense and thick as possible. Fold in chopped Golden Oreo pieces and sprinkles.
- Pour into prepared baking pan, sprinkle a few more sprinkles and crushed Oreos on top.
- Bake for 25-30 minutes until the edges are just turning brown. Let brownies to cool for 30 minutes to allow the center to set before cutting into squares.

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Lifestyles

Rockin' around the outlet mall

Emily Fowler

Staff Reporter

Now opened, the Tampa Premium Outlet Mall receives a lot of attention from the Tampa Bay area, and recently served as a popular conversation topic. With a variety of designer stores, this outside mall includes close to one hundred places to shop, according to tampabay.com.

"I really love Michael Kors and it has made a big difference being able to have one so much closer to my house. I also love Ralph Lauren, and it is so convenient to not have to shop online for it," Grace Gardner ('18) said.

The 441,000 square foot mall brings great deals in stores to the customers.

"At PacSun there was a buy-one-get-three free deal. I personally think there were more stores for guys but I think it was worth going to see at least once," Madison Foggia ('18) said.

Other stores, even the high-end stores like Michael Kors, include special deals compared to the regular malls, such as the Gulf View Mall.

The Tampa Premium Outlets

changed the Tampa Bay area by adding something new and different for tourists to come see.

"I feel like it is a great addition to the community since Trinity is expanding and it is a new place to shop," Austin Plouffe ('17) said. The mall opened on October 29th, and continues to receive positive attention.

"I was really excited because it was new and close to my house, and I heard that there were a lot of good stores," Gardner said.

The Tampa Premium Outlets, similar to the Wiregrass Mall, brings nice outdoor areas and eye-catching views to shoppers.

"There is a really nice food court and there is this bridge with a giant fountain," Justin Marquez ('17) said.

On the contrary, the new mall also brings some disappointment.

"I didn't like how small the food court was. There is barely any room and it is so crowded. I also do not like how the mall does not have a Victoria's Secret," Victoria Arvanitis ('18) said.

Other disappointments included

the building of the mall itself.

"I did not like how it was totally outside, so if I wanted to go on a rainy day I couldn't," Foggia said.

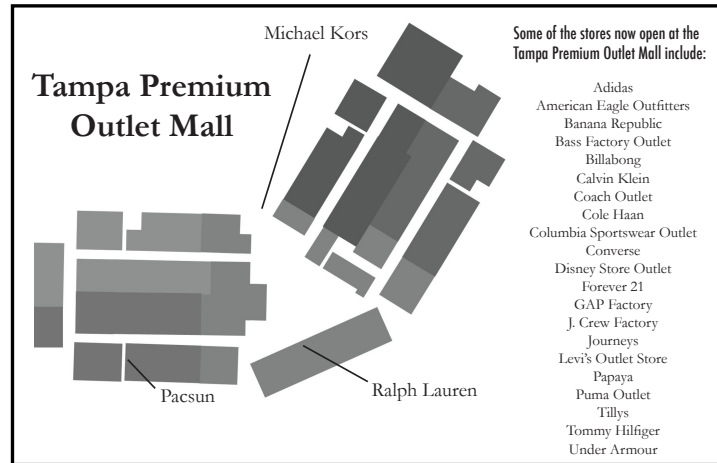
The outlet mall carries few disappointments, but overall remains a popular new place to

shop for bargains.

"I think it was worth going. It was a really nice place that just needs little improvements and it would be the most perfect place to hangout," Arvanitis said.

The Tampa Premium Outlets

continues to get raved about and receives a high number of shoppers each day. The wide selection of stores and the fancy yet different layout contribute to the popularity and potential success of this mall.



Have yourself a merry little break

Alyssa Magilligan

Staff Reporter

With winter break just around the corner, students begin to create plans with their families and friends on what to do during the two week period.

"For Christmas I think I'll be staying home with my parents and my brother. We'll be going out for dinner on Christmas Eve and then wake up early to all of our Christmas presents," Holly McDowall ('18) said, "but for New Year's I am planning on going to Treasure Island and stay

at a hotel on the beach with my parents, my brother and my dog".

Leaving Florida to visit another place proves as an option about how to spend this year's winter break.

"I am going on a cruise to the Bahamas for New Year's, and for Christmas I am going to Phoenix to spend time with some family," Elsi Vega ('18) said.

Students may also make the holiday season more exciting, even if they plan to stay in town instead

of going somewhere else with their loved ones.

"Over winter break I will be staying with family, friends, and loved ones. We will be staying in town this year since I am working. But we will still have some fun scheduled activities," Nicole Renitez ('17) said.

Traditions may also take place over the break and holiday season. These traditions include spending time with family and participating in activities that they do annually.

On Christmas morning, McDowall, who is from Scotland, celebrates with family.

"My dad always makes a traditional Scottish breakfast as a treat. After that we sometimes go to the movies then come home and make Christmas dinner with turkey and some traditional British foods that my parents would always eat on Christmas. Sometimes, my dad brings out surprise gifts when we're finished with dinner. But for New Year's

I am planning to go to Treasure Island and stay at a hotel on the beach with my parents, my brother, and my dog," McDowall said, "We did this last year as well and my parents enjoyed it so much that they want to go back to the same hotel."

As students made plans to take part in a lot activities over winter break, all included spending time with family, friends, and loved ones and just enjoying each other's company.

Embracing Florida's winter fashion

Lexi Clark

Staff Reporter

With the cold weather approaching slowly but surely, students struggle to dress to impress in winter fashion while not overheating in the high temperatures of Florida. Unbothered by the weather, some students dress for a cold winter regardless of the unrelenting heat still occurring in the months of November and December.

"To me it doesn't really matter

what the temperature is because I'll still just wear leather jackets. I'll still dress like it's 60 degrees because it doesn't really matter when you're in a classroom all day," Julien Brinkley ('16) said.

In today's highly influential society, fashion trends prove themselves as easy to pick up on and easily found around every corner, especially in high school where the majority of the

population want nothing more than to fit in with the rest of the crowd.

"[The trends I've noticed for girls are] the flare bottom pants that fit like leggings at the top, the Victoria's Secret and PINK sweatshirts, and for guys joggers and Nike sneakers," Sophia Laoudis ('18) said.

Evidently, trends such as these continue to increase in popularity

among students.

"Everyone is entitled to their own style and everything, but most of the time people just try to follow trends because they see everyone else wearing it or they buy something for the name brand like Michael Kors and ones like that, then it gets a little mainstream and basic but people still do it," Laoudis said.

Other students, regardless

of the hype for the typical mainstream fashion trends, remain true to their own style and tastes.

"[I would describe my style as] unique. I like to stand out from people and be different," Brinkley said.

Although the temperature seldom drops below 75 here in Florida, Brinkley plans to continue to disregard the heat and dress to his fashion sense.



Santa's Bag O'Tricks

Goofy gifts to get loved ones this holiday season, as available on Amazon.com



The Gigantic Gag Gift Basket
\$99.95



Best Gag Gift - A Jar of Nothing
\$11.99



Handerpants Underwear Gloves
\$11.68



A christmas story nite light
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'Pull My Finger Farting Santa'
\$18.40



Grumpy Cat Mini Holiday Ornament
\$15.99



Lucky Yodelling Christmas Pickle Ornament
\$12.99



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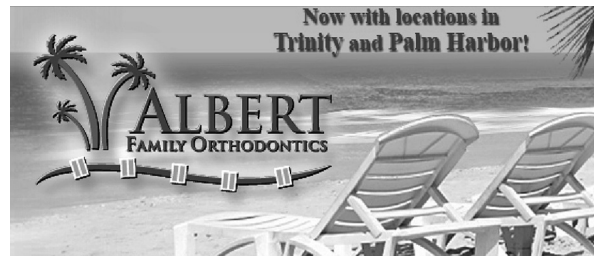
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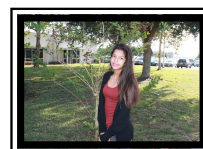
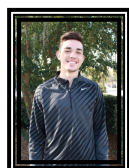
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Sat. ~ 9-4

Next Appointment



Thank you...



Brock Shively
Sports Editor

All photos by nytimes.com

Brock Shively
Sports Editor

Brock Shively
Sports Editor



2015-2016 NCAA SEASON PREDICTIONS

Conference Winners	Final Four Teams	Sleeper Teams
ACC - Duke	Kentucky	West Virginia
Big 12 - Kansas	Duke	Clemson
Big East - Villanova	North Carolina	Notre Dame
Big Ten - Michigan State	Michigan State	Providence
Pac 12 - Arizona	Player of the Year Ben Simmons, LSU	Michigan
SEC - Kentucky		Alabama



Duke Head Coach
Mike Krzyzewski

Kicking into a new year of challenges

Sophie Sajecki

Staff Reporter

As the newest seasons of boys' and girls' varsity and JV soccer begin, players and fans get excited for what the future holds. Every new soccer season promotes changes in the way the team plays together, and the team looks determined to play to their best abilities and overcome the biggest obstacles.

"A major success we've had this season is rebuilding our lineup. We lost players in important positions last year, we rearranged our team lineup to conform with the players we have now," Kacie Patterson ('16) said.

Team bonding influences players on and off the field, and making a strong bond with teammates encourages strength.

"My favorite part [of soccer is]

decorating our lockers because it was fun to do as a team and getting to know the new players personalities," Angelica Stege ('16) said.

Injuries impact a team greatly during a soccer season, and take determination to overcome.

“Tearing my ACL was one of the hardest injuries I’ve had to overcome, although I may not yet be back to my original state [but] I can say that being injured last season really has given me motivation to play even better this season. Although it is difficult to get used to the pain I occasionally get with shooting, I’m glad I was able to come back and finish my senior year injury free,” Brady Friedman (*16) said.

For the seniors on the team, this

season means more, since this is their last time playing soccer in high school.

"My main goal for my last season is to have fun and make memories by going all the way to states," Patterson said.

Losses from previous seasons motivate players to win and strive for success on the field and fuel them to victory. With Land O' Lakes having such a great season this year, the anticipation of playing against them rises.

"I am looking forward to playing against Land O' Lakes because we lost last year when we were winning 2-0," Kendra Hoffman ('18) said.

Players know what they need to work on every day at practice, which strengthens the team.



"The best part of this season is being able to come together as a team and be able to say we beat River Ridge 4-1," Brady Friedman (16) said.

"I would say my personal strength is controlling the ball on the field and my weakness is staying focused, sometimes I forget about the competition and I focus on the social aspect of the game," Patterson said.

Overall, the dedication and commitment of the players throughout this season shows

on the field. The next varsity girls' soccer game takes place on December 15th against Chamberlain High school at 6pm, as JV plays at Sunlake High School on December 18th starting at 6pm. The next boys' soccer game occurs on December 15th at Chamberlain High School starting at 8pm.

Going farther than before

Gabrielle Tsamis ('17)



Larry Dalla Betta ('17)



Erin Kerns ('17)



Lifting through all the obstacles

Emily Fowler

Staff Reporter

Team captain Linda Dinh ('16) feels proud to be a part of the girls' weightlifting team, because it gives her confidence and makes her stronger. The team practices four days a week, and their meets typically occur on Wednesdays at the school. The new season brings a positive attitude to the team.

"We started out early, so we are much stronger than we were in the past. It seems that the dedication is a little bit different this year. The girls are more driven to compete. After they have gone to their first meet, they now know what is expected," Coach Regenia

Dixon (FAC) said.

The team also prepared differently this year, which brought a stronger outcome at their meets.

"We have been doing this technique our coach calls supermaxing, where every Thursday we will try to lift around five to ten more pounds than we lifted at our meet to help us improve our maxes," Victoria Mahairas ('17) said.

The captains of the team, Kacy Capra ('16) and Dinh lead the girls in warm ups, assist the coach, and act as role models toward

the team. The girls individually hold different interests, which determined the reason why the team continues to improve.

"Our team this year is really good. We all have come from tons of different sports and activities, which has really helped us to become stronger and lift more competitively. All of the girls have gone to the meets giving their 100%, and I think that is what is really helping us to a successful season," Mahairas said.

As the season goes on, the girls strive to achieve personal goals as well as team goals.

"I am improving my clean and jerk and I broke my own school record for that in my weight class," Capra said.

Similar to Capra's goal, Dinh wants to break her records from the previous year.

"My personal goal was to beat my bench record in my weight class, and I recently got that with a 155 bench. I hope to end the season with a 170 bench and make it to states" Dinh said.

Weightlifting brings positive energy to the girls, while it also remains a learning environment.

"I love the competitive

atmosphere and how the team works together to get each person better everyday. I also love how our coach teaches us to learn proper technique and grow confidence." Kaila Ward ('17) said.

The weightlifting team started conditioning early to help prepare for the season and to build more strength. With new players this season, the team continues to strive hard and push themselves to make this season successful.

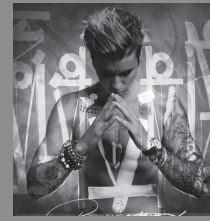
Entertainment Hot new albums of the season



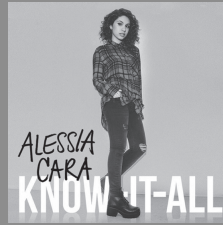
GET WEIRD
LITTLE MIX



MADE IN THE A.M.
ONE DIRECTION



PURPOSE
JUSTIN BIEBER



KNOW-IT-ALL
ALESSIA CARA



25
ADELE

Play it again, play it again

Jessica Mason
Staff Reporter

Overplaying songs on the radio remains a risky business. According to radioanalyser.com, the average radio lifespan of a chart hit is less than three months after it becomes popular. Following that, listeners start to react negatively to the song.

Some recent hits like "Somebody That I Used to Know" by Gotye, "Call Me Maybe" by Carly Rae Jepsen, and "Gangnam

Style" by Psy were all placed in whatculture.com's top 5 most overplayed songs on radio stations.

"'Call Me Maybe' was a very catchy song, but then it got annoying to where I would just change the station," Taylor Platt ('18) said.

The results of an analysis that radioanalyser.com conducted infers that playing a chart hit for more than four months with no

interruption, will more likely hurt the ratings of that particular station than help them.

"Overplayed songs become irritable to people. They probably think that over playing a song will make more people listen to it. But when you play a song, you want them to like it, not hate it," Jessalyn Odum ('18) said.

According to brentmusicreviews.com, a few of today's overplayed

songs include "Shake it off", and "Blank Space" by Taylor Swift, and "All About That Bass" by Meghan Trainor. Emily Lawrence ('18) feels overplayed songs include today's currents like "Hello" by Adele, "Here" by Alessia Cara, "Lean On" by Major Lazer and DJ Snake, and "Like I'm Gonna Lose You" by Meghan Trainor.

"In my opinion, it's annoying to hear the same songs. When songs

are overplayed, we usually avoid that radio station," Lawrence ('18) said.

Rather than listening to redundant songs on the radio, free phone apps like Spotify and Pandora provide people the option to choose which songs students hear. With options such as these, the annoyance of overplayed songs becomes a thing of the past.

Wrapping it up: Mockingjay Part 2

Raleigh Illig
Staff Reporter



Jennifer Lawrence, reprises her roll as Katniss Everdeen in Mockingjay Part 2.

The familiar faces of Katniss Everdeen (Jennifer Lawrence), Peeta Mellark (Josh Hutcherson), and their accomplices returned to the big screen on November 20, in the last movie of the Hunger

Games series, Mocking Jay Part 2. After being taken to District 13 and made the Mocking Jay, Katniss tries to help the revolution against the Capitol.

In Mocking Jay Part 1, Peeta

was held captive in the Capitol and used to torture Katniss for her wrong doings against the Capitol. District 13 went into the Capitol toward the end of Part 1 to save Peeta and the other tributes. Once saved, they were brought back to District 13. When Katniss went to see Peeta for the first time since the games in Catching Fire, she learned that he had been what they call hijacked. Peeta attacked her and put Katniss into the hospital.

Picking up right where Part 1 left off, Part 2 starts with Katniss in the hospital still shocked at the events that occurred with Peeta. The fight with the Capitol still continues as each district joins 13 in the revolution. Putting her life at risk, Katniss flees from 13

to join the battle on the frontline with the troops as they storm the Capitol.

All throughout the film, viewers remain on the edge of their seats anticipating what will happen next. During her quest through the movie, Katniss suffers great losses, some more devastating than others. The pain of the losses she suffers affects her greatly and the choices she makes in the Capitol.

Trouble arises when the trust of some members in 13 and the Capitol is put to the test. Katniss decides where her true loyalty lies and where her place is during the revolution.

As the final film of the series, viewers became attached to some characters making their losses even more painful and emotional.

With Part 1 lacking the action presented in the previous two movies, Part 2 makes up for it all. Combining humor, action, thrill, and romance, this movie entertained and caused a strong reaction from viewers due to the unexpected twist of events that occur throughout.

Overall, this jaw-dropping movie captivated the audience's attention from beginning to end. Mocking Jay Part 2 presents a fitting ending to Katniss's journey and provides a satisfying conclusion to the series. A heartbreaking and emotional experience, it will stay with viewers, making Mocking Jay Part 2 a must-see in theaters to conclude the Hunger Games saga.

Breaking free and free forming

Alyssa Magilligan

Staff Reporter

In January 2016, ABC Family plans on changing their station name to Freeform. According to ABC Family President Tom Ascheim, "Freeform evokes the spirit and adventure of their audience."

"I found out about ABC Family changing its name to Freeform a few weeks ago, around early November," Taylor Hughes ('17) said.

Freeform plans on airing new, original content, as well as the favorites that play on television right now, such as *Pretty Little Liars*, *The Fosters*, *Young and*

Hungry, and *Baby Daddy*. The new content that releases in January includes two new series called *Shadowhunters* and *Recovery Road*.

"I'm excited for both. I love the shows that are returning but I also want to see what the new shows have to offer and see if they're as good as the returning ones," Katelyn Vergara ('18) said.

The new name change aims to target a more mature audience. They will classify under a not-so-family oriented channel, the complete opposite of what they currently classify under. The origin of this comes from a show called

The Secret Life of the American Teenager, which touched base on mature subjects such as teen pregnancy and sexual orientation.

"Despite their already overwhelming abundance of viewers, I believe that ABC Family wants to steer away from the idea that it's solely just a 'family-based network,'" Hughes said.

Without fail, the movies and shows playing on the channel at the moment attract younger children, yet the intention is to attract people through their teens and young adulthood.

"By targeting a more mature

audience, this network can stream shows that aren't only directed for kids as the name mistakenly applies to," Hughes said.

Families spend more time on the couch watching something together, while teenagers often find themselves binge-watching shows on Netflix on their laptops. Parental advisory may also be an issue due to changes. In addition to changing the name of the channel, ABC Family coined the phrase "Becomers" for viewers ages 14 to 34. The network's target audience will fall in this age demographic.

"I think that through this name change, they will lose a lot of their younger viewers because families will be less inclined to let their kids watch a show if they don't feel that the proper parental advisory is in place," Hughes said.

With the name and programming changes that ABC Family introduced, they plan on putting new material out to hopefully attract more viewers from an older category of age groups.

10 Days til Christmas on ABC Family

December 15th		December 16th	
Santa Claus is Comin' to Town 5:00 PM		The Year Without a Santa Claus 5:00 PM	
December 17th		December 18th	
The Polar Express 6:30 PM		Disney's Prep and Landing 7:00 PM	
December 19th		December 20th	
The Santa Clause 5:15 PM		National Lampoon's Christmas Vacation 7:00 PM	
December 21st		December 22nd	
ELF 6:30 PM		The Santa Clause 3: The Escape Clause 8:45 PM	
December 23rd		December 24th	
Frosty's Winter Wonderland 6:30 PM		Toy Story that Time Forgot 6:00 PM	



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Opinions

Hey, I'll be there in...

Kaitlyn Klein
Staff Reporter

Students experienced the Arrive Alive Tour simulation on October 27th to show the difficulty of texting and driving, sponsored by UNITE. In the simulation, students sat in a real car and wore virtual reality glasses that showed the risks of driving while looking at their phones. This experience opened eyes for many on the true danger of texting and driving.

UNITE sponsors events like these all around the country. According to their creed on arrivealivetour.com, "there is an old adage that says 'an ounce of prevention is worth a pound of cure.' We want to be that 'ounce of prevention' before the cure is needed. We strive and will continue to strive to be on the forefront of cutting edge Health

and Wellness Programs."

Though it may seem that the common person knows the dangers of texting and driving, according to textinganddrivingsafety.com, 77% of teens confidently say that they can safely text while drive, and 55% of young drivers claim it is easy to text and drive.

Coach Scott Schmitz (FAC), who took his Driver's Ed classes to the simulation, recognized the importance of a hands-on texting and driving experience without the risk of an accident.

"I don't think they realized how bad it was until they actually did it. You can talk about it in class all you want but everybody thinks that they can text and drive. The reality is you can not drive as well

while you are texting, period. I think they found that out," Coach Schmitz said. "They all thought they could do it, but basically none of them could."

The simulation altered the opinion of many, whether they texted and drove prior to the experience or not.

"It changed my perspective [of texting and driving] because I see how much attention I lose from texting while I drive," Nicholas Allen ('19) said. "I didn't [text and drive] before, but I thought I would be able to. I'm not going to text and drive in the future."

Kids who tried the simulation realized how much worse they drive while texting.

"I could not focus on the road at all. I got into a crash in like ten



Claire White ('17) experiences the dangers of texting and driving in a safe setting when UNITE brought a simulation to campus in late October.

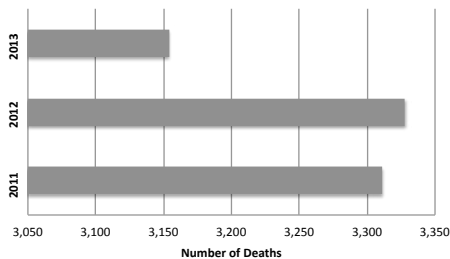
seconds. I will not text and drive because it is really dangerous and scary," Thuyen Truong ('18) said.

For some, the experience reinforced beliefs already established.

"It didn't really change my

perspective on things it just showed me how texting and driving affects others around you which I already knew," Jacob Cace ('19) said. "I didn't text and before and I still won't."

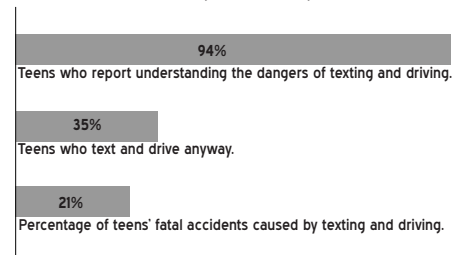
National Cell Phone Related Fatalities



*Statistics from Edgar Snyder and Associates, MADD, & U.S. Department of Transportation.

According to Edgar & Snyder Associates, "Texting while driving is **6X MORE LIKELY** to cause an accident than driving drunk."

AAA Study on Teen Texting and Driving



Hallmarking the holiday

Bailey Sassatelli
Opinions Editor

As her friends decorate their houses and bake cookies, Sabiha Mollah ('16) prepares to celebrate Christmas with them, even though she is not Christian. According to Pew Research Center, eight-in-ten non-Christians in the U.S. celebrate Christmas. Between 2007 and 2012, the percentage of Americans identifying themselves as Christians has dropped from 78% to 73%, based on Pew Research studies.

Some practicing Christians keep their traditions centered around the origin of the holiday, even though others believe that the religious part of Christmas recently dwindled from its previous high-standing importance.

"I'm a nondenominational Christian, so to me, Christmas is a time for family and to appreciate what we have and to remember the sacrifice Jesus made for our sins, so we could live our lives and be with him in eternity when we pass," Tyler Wetherill ('16) said.

Religious or not, those

celebrating Christmas spend their time enjoying company and emphasizing the main purpose of the holidays.

"Christmas isn't really a religious holiday anymore; it's more of a hallmark holiday. You don't need to be the best Christian in the world to celebrate the holiday, because nowadays it's just about presents and family," Nicholas Gagny ('16) said.

Regardless of religious affiliation, non-religious students recognize the potential impact of the holiday.

"My personal belief system deals very much in showing light and love to others. So, my take on Christmas is really a reminder that even though we are high school students and sometimes we let things slip away from us, that it's important to take the time to show love and to give to others that may need what you have," Wetherill said.

Christmas brings out the feeling of joy and happiness through spending time with family while

giving and receiving gifts, but the focus for some remains helping others in various ways.

"They still at least believe in human kindness and compassion, and that's the important part about this time of year," Wetherill said.

The big picture of Christmas attracts those of other beliefs, even though they celebrate their own holidays and traditions as well.

"There are specialized holidays for people of different religions, but I guess if you want a piece of Christmas you can have it," Megan Stone ('18) said.

Since religious beliefs overlap, many holidays share traits in what they celebrate, making it easy for others to understand some Christian ideas.

"I would feel weird celebrating [Christmas] if I didn't understand Christian views like I do, because I'm not Christian, but it's a fun time and everyone is happy and enjoys it, so why not celebrate it," Mollah said.



Tyler Wetherill ('16) stands outside enjoying the winter weather and the particular feeling of togetherness that comes with the season.

Mollah understands the difference between celebrating Christmas and walking away from her Islamic beliefs, and Gagny agrees.

"It's like when you go to another country, you aren't going to do everything you do in America because you want to experience what that country has to offer. Well, some people can't do that, so instead they experience other cultures in a different way like

celebrating a different religion's holidays," Gagny said.

Some people actively look for something to believe in and some people just want something different to experience. No matter the practice, American people of every culture express their right to celebrate any holiday they want. The religious values remain present whether people want to celebrate them or not during this jolly time of year.

Illustration by: Caroline Weyer



Schultizisms

Interview by:
Bailey Sassatelli

Advice to Students: Talk to your parents.

#TalkToYourParentsTuesday

Each week we are going to institute #talktoyourparentstuesday and we want you to talk to your parents. It is a good thing. We have been giving out a lot of information lately that is important to you, which is why you need to talk to your parents. Now. Today!

Graduation information

Those of you planning on graduating got a whole bunch of senior information recently. Ninety percent of you probably have not even talked to your parents about the fact that we had a graduation presentation. We talked about caps and gowns, t-shirts, tassels, and all of the other senior paraphernalia. Please make sure that you let your parents know that they DO NOT have to order a cap and gown. Thanks!

Costs of Senior Year

Grad Bash and Prom are coming up, which tend to be a rather expensive endeavors. And there are fees to graduate. As a result, now is a good time to have those conversations about the expenses at the end of your senior year. This is about \$100 for Grad Bash, \$80 for senior fees (this includes the aforementioned, already ordered cap and gown), and \$1 million for your prom and all of the craziness that you all do (well, at least \$65 per ticket).

Everyone needs to communicate

Underclassmen, your responsibility in talking to your parents is quite similar to that of the seniors. Begin talking to them about what classes you can take next year. Remember that you don't necessarily have to select all regular, or all honors classes, or all AP classes in order to get into college. In fact, please remember that an A in a regular class ALWAYS looks better on a transcript than a D in an honors class. Either way, you need to study and if you need to do so with your parents, it will give you a chance to talk.

Ask and you shall receive

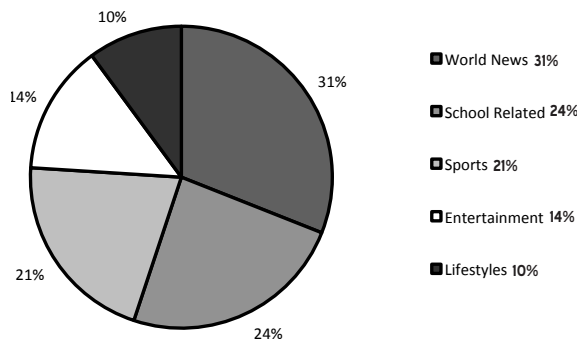
Bailey Sassatelli
Opinions Editor

As a student run publication, the Hoofbeat's job is to inform our audience and properly represent the student body, therefore, the staff conducted a poll pertaining to garner what the students want to see more of in second semester.

The results of the poll showed that 77% of students always or sometimes read the school newspaper. Since there is an overwhelming number of students with an interest in the publication, including content in demand is of utmost importance.

The type of story that is the top concern of students is world news, including politics. This publication aspires to give the people what they want, therefore, in second semester, we will decide stories based on the results of this poll to better express your interests. Thank you to those who took our poll.

Types of Stories Wanted



Say what you want to say

Sarah Nagy
Entertainment Editor

As the winter holidays come creeping up faster and faster every year, holiday festivities come into play soon after Halloween ends. Although folks have already jumped into the holiday spirit, numerous controversies arise over touchy subjects pertaining to holidays and political correctness.

A debate arose to society's attention as many different holidays are celebrated within the month of December.

Whether people should wish a universal "Happy Holidays," or should they be allowed to wish their own celebration upon others, sparked a polemical discourse within many Americans.

"I feel like I should be able to say Merry Christmas because it's my religion, and I have freedom of speech,

as does everyone else, so we should all be entitled to say what we feel," Marcella Calabrese ('16) said.

Many expressed their sentiments toward wishing a Merry Christmas, or their own religion's wishful phrase. But, some also believe in wishing a more general "Happy Holidays" as it can apply to everyone.

"I love celebrating Christmas and celebrating it with the people that do, but I think it's better to be more open to wishing people happy holidays since there is a lot of people with different traditions and beliefs than me, and just the people who celebrate Christmas," Mackenzie Bennett ('16) said.

Complaints came up about Starbucks removing the Christmas symbols from

their usual red, holiday cups. They have now simply made the cups red, which some feel expresses "anti-Christmas" sentiments. Aside from the cups, the more common, more broad dispute includes the potential risk of offending someone who may not partake in the Christmas celebration.

"From my personal views, saying Merry Christmas is not a problem. Conforming to American traditions has made Christmas nothing out of the norm for my family- Merry Christmas is just as fine as Happy Holidays," Viraj Patel ('17) said.

Any wishful message, whether it be "Happy Holidays," "Merry Christmas," or "Happy Hanukkah," is expressed with an endearing intention.

Breaking up with break

Bella Smith
Staff Reporter

Midterms take place after Winter Break this year. Students oppose this schedule because they want to spend their Winter Break relaxing instead of stressing about midterms.

The midterm schedule makes it difficult for students to enjoy the time that Winter Break offers.

"I think that if we have to spend time studying for the midterms during Winter Break, then we will not be able to relax and have an actual break," Victoria Mahairas ('17) said.

The new test schedule for midterms causes a general feeling of stress. Students must spend time studying instead of celebrating and enjoying the holidays.

"We want to have fun, but instead we have to study, worry and stress when we could have them before. That way we would be able to have a stress free break and have fun," Marcella Calabrese ('16)

said.

Students might forget what they learned before break by the time they take their midterms. During summer, students typically forget a huge fraction of the information that they learned the previous year. The same thing happens over Winter Break, which affects test scores.

"I don't think it's a good idea to have midterms after Winter Break because I know that it's hard to remember what you learned over a period of time off from school," Calabrese said.

First semester ends later than usual because of midterm scheduling. Seniors applying to colleges look forward to receiving their updated transcripts. These transcripts contain updated GPAs and grades from first semester. The schedule change prolongs the process of universities receiving updated information for the transcripts.

"I'm upset about first semester ending later because I want to send my updated transcripts to the University of South Florida and the University of Central Florida. Those are the schools that I plan on applying to and I would rather send them my improved GPA, as opposed to my cumulative from eleventh grade," Calabrese said.

Time off from school needs to be spent celebrating the holidays, not stressing over midterms. Students dedicated to receiving good grades will stress out.

"Winter break should be what it's supposed to be, a break. Not time spent studying for midterms," Kamren Powers ('16) said.

Midterm scheduling causes a wide feeling of stress for students and teachers. Next year, midterms return to before break.



'Tis the season To: Receive

Jaelyn Moser
Lifestyles Editor

Every story comes with two sides. During the ever-famous Christmas season, those two sides include the acts of giving and receiving. While giving allows a person to show their community or the people in their lives just how much they mean to that person, receiving gifts helps make a person feel wanted or appreciated.

It's common knowledge that people do things for the ones they love. However, sometimes a person's actions go underappreciated or unacknowledged. This can make the person feel like all that they do does not truly matter. Even though many do not ask for it all the time, knowing that family members, friends or even a random stranger in the community appreciates all that is done for them can really brighten someone's day.

While some may believe that those who choose to prefer receiving over giving may seem selfish or self-absorbed, the under-laden motives may suggest that a person simply loves the feeling of being loved and looked after for the season.

No matter how big or small the gift or action, the thought of appreciation disguised within may never be truly masked by wrapping paper and bows. So while a physical gift or action always makes for a nice surprise, to the recipient, the real value of the gift remains in the thought and emotion presented by the giver. Carmen Brunger ('16) reflects on what receiving a gift from a loved one means to her.

"I just feel grateful for whatever they give me because it's the thought

that counts. I know my family works hard for their money and that my friends mean well, so I wouldn't take it for granted," Brunger said.

So just because one may prefer to receive rather than give this holiday season doesn't necessarily mean that selfishness lies in their heart. People love to know how much the people they care about appreciate them. It is a basic human emotion to need confirmation of appreciation. So remember the two sides to each story and remember that receiving may produce just as much of a warm emotion as giving. Considering these things, receiving brings just as much joy as giving.

From: A Giver

Kelsey Williams
News Editor

The holiday season presents students with the opportunity to either give or receive gifts. While receiving gifts allows people to enjoy a feeling of want, giving to others provides a better sense of purpose.

Gift giving represents a physical expression of affection for the people that hold a special place in a person's life. Not only is it important to give to those that mean something in one's life, it is also important to give to strangers. As stated by John F. Kennedy in his Inaugural Address "Ask not what your country can do for you but what you can do for your country." These words hold powerful meaning in both the broad sense

that one should put forth their best for their country, and the narrow sense that one should always give to others.

Giving a gift not only allows a person to obtain a new item, but also gives them a sense that they are loved. By giving someone a gift one may let another person know what significance they hold.

Homeless and underprivileged families possess rising needs during the holiday season, which willing donors may fulfill if they so please. Those that enjoy the privilege of being able to purchase gifts for the holidays may also find giving to those in need enjoyable as well.

By giving to others, the gift provider gets a sense of fulfillment. Giving to others that are cared for or less fortunate gives back to the sender. Watching someone excitedly tear into a nicely wrapped package that you spent hours searching for provides a great feeling for both the receiver and the sender.

This season, students should take a moment to reflect on what it means to give to others and all the reasons why it is satisfying. Giving gifts to others is both pleasant for those on the receiving end, and for those that select and give gifts with care.