

# HB

the hoofbeat

Sept  
2019

J.W. Mitchell High School

2323 Little Road

New Port Richey, FL 34655

<https://connectplus.pasco.k12.fl.us/jwmhs-hoofbeat/>

Issue 1 Volume 18



**Stang Gang supported their football team to a 38-20 victory against rival school River Ridge. (page 12)**

Photo by Hailey Kroll



# HB

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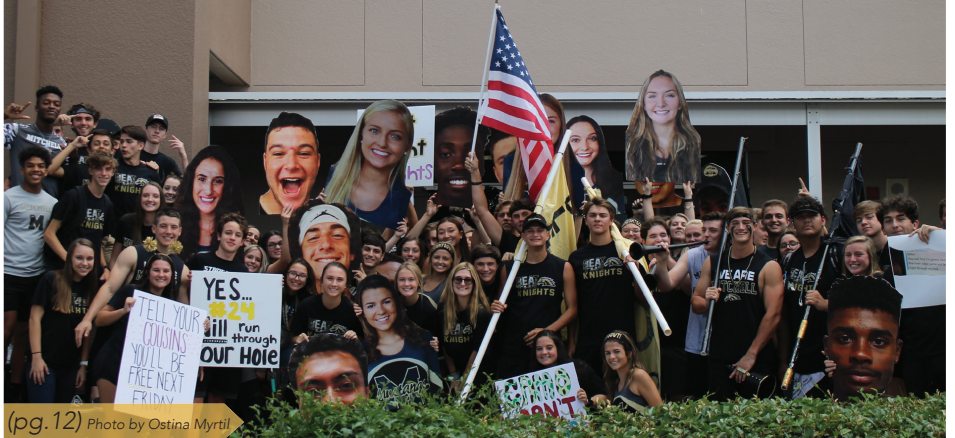
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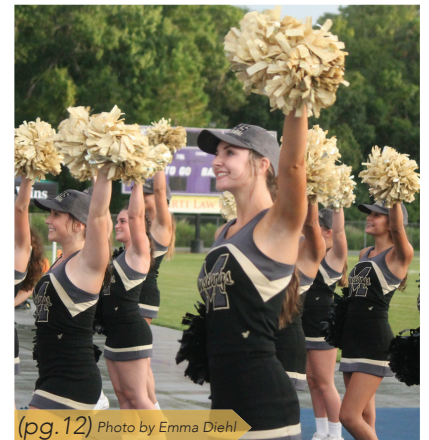
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(pg. 12) Photo by Hailey Kroll



(pg. 11) Photo by Morgan Fliss



(pg. 12) Photo by Emma Diehl



(pg. 3) Photo by Emma Diehl

## HB 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 construed as the opinion or policy of the school administration, unless attributed.

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**adviser**

Morgan Fliss  
**editor-in-chief**

Bailey Illig  
**editor-in-chief**

Richard Daley  
**sports editor**

Emma Diehl  
**feature editor**

Valerie Farrar  
**news editor**

Hayley Fliss  
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Hailey Kroll  
**ent. editor**

Ostina Myrttil  
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Emma Rogers  
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Davis Burnette

Luke Cartiglia

Riley Curie

Isa Desiante

Savannah Henslee

Ashley Hoskins

Tori Marjan

Laynie Mazur

Jelayna Vasquez

Avery Weber

# New AP Scholars build connections

The AP Capstone program grows in numbers, increasing from two periods of seminar to three and changing Mentor Mondays

Emma Rogers  
business manager

The AP Capstone program was initiated into the school's course options in 2015. Since then, not only has the pass rate percentage increased, but so has the number of students pursuing the rigorous courses. Last year's AP Capstone Seminar class moved onto the second portion of the program, called AP Capstone Research, with a 100 percent passing rate.

Numbers increased significantly, and beginning this year, the seminar class has three different periods of students, while the research class only has one period.

"I love that the program is growing, because it means

we will have so many different research projects impacting the world, and [it is] allowing students to get involved in fields of their interests," Kobe Phillips ('20) said.

Ms. Beth Seletos (FAC) and Ms. Jamie Orrego (FAC), found a way for both classes to work with one another on skills like teamwork and communication, called Mentor Monday. Every month, a Monday is put aside for the seminar students and research students to get together to help one another on their projects that will eventually be submitted to the College Board.

"What excites me the most about this program is the amount of collaborative work that is done. I like working with my classmates because it allows

for me to learn new things from them, while making new friends," Mackenzie Every ('21) said.

According to the College Board, the AP Capstone program is an innovative program that equips students with the independent research, collaborative teamwork, and communication skills that are increasingly valued by colleges. Therefore, throughout the first year of the program, the students must

learn at a faster pace than usual because their AP testing starts during the month of December.

"Although I have only been in the class for [a couple weeks], I have already learned a lot about forming arguments and even some presentation skills," Colby Jacobs ('21) said.

For the second part of the AP Capstone program, research students pursue their own research on any topic, within

boundaries provided by the advisers. This year's research students are finding many topics to research; from history and humanities to different sciences.

"The thing that excites me most [about AP Capstone Research] is that I can talk to other researchers about my topic that I am looking into. My topic is not refined yet; however, I plan on working on Ovarian Cancer and a potential early detection method," Molly Triassi ('20) said.

The program is becoming larger through influences of past students, who have taken the classes, and the intense drive Ms. Seletos and Ms. Orrego instill into their students on a daily basis. To apply for next year, talk to Ms. Seletos in room 724.

**SAT vs. ACT**

**SAT**

- Register by Oct. 3 to take the next available test on Nov. 2.
- Sections include: 65 minute reading, 35 minute writing and language, 25 minute math (no calculator), and 55 minute math (with calculator).
- Scores range from 400-1600. More information can be found at [collegeboard.org](http://collegeboard.org).

**ACT**

- Late registration with an additional fee is from Sept. 21-Oct. 4 for the next available test on Oct. 26.
- Sections include: 45 minute English, 60 minute math, 35 minute science, and 35 minute writing.
- Scores range from 1-36. More information can be found at [act.org](http://act.org).

# Marching to the beat of the drums

The band practices for perfection in preparation for their 20th annual football game halftime show

Isa Desiante  
staff reporter

Sweat dripped down the backs of students' necks and their arms turned red from the sun's rays beating down on the marching band. Grasping their instruments and trying to not let them slip from their hands, they played the notes written on the music-sheet for the halftime show, dedicated to the school's 20th anniversary. The sun shined on Mr. Joel Quina (FAC), as he stood atop the lift and prepared the band members for the upcoming year. He directed a new piece entitled "Wild and Free", which created a challenge for the students.

"I think the way we approach things has changed so much over the years that it kind of matches where we are in the history of the school. The way we do things now is so different than the way we did things 10 years ago, or at the very beginning," Mr. Quina said.

As he stood on the football field and held the highest instrument in the brass family, Louis Chianella ('21) placed his lips on the cup of the trumpet and began playing his piece of music. Chianella's third year on band shows his dedication to the school and his contribution to the 20th anniversary.

"I am really excited about the

theme and I feel like it's a great way to pay homage to the school and all of the previous band members. I am really proud to be a part of something so large and well known. This year we are held to an especially high standard because it's for our school," Chianella said.

Standing on the riser and conducting her band into the new year, drum major Cecilia Duquette ('20) placed each arm in the correct position at the right time to ensure the other members played their music on her count. Duquette practiced the nine-minute routine every Tuesday and Thursday for three hours to ensure success on the

field and during competitions.

"I'm proud that I get to conduct a show that commemorates the 20th year of our school being open. I know how important it is to some of our teachers that have been here since the beginning and I can't wait to be able to perform for them," Duquette said.

"Every year we make our performances more and more concept oriented. We are trying to put out a show that has a new storyline. This year we're following the storyline of the mustangs being let out to roam 'Wild and Free'," Duquette said.

See them perform on their home field this Friday, Sept. 27.



Photo provided by Karyn Smith  
Kobe Phillips ('20) conducted a section of the band during their halftime show. They perform at every football game.





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**MIKE C. BYRNE**  
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**4038 Grand Blvd  
New Port Richey, Florida 34652  
Phone (727)859-0903  
Fax (727)859-0890  
Email [Mike@AncloteRestoration.com](mailto:Mike@AncloteRestoration.com)**

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# The perfect gift for the perfect friend

These girls bring back a trend from the past and sell unique beaded or threaded bracelets and necklaces to anyone interested

Tori Marjan  
staff reporter

Fashion trends come and go countless amounts of times, but friendship bracelets from the early 2000s comeback more popular than ever before. Shells, beads, pearls, and string friendship bracelets are flowing into teens' hands. These bracelets shower Instagram and students wear them throughout campus.

Grace Boatright-Earls ('22) is one of many students who makes jewelry as a fun hobby. As a sophomore, she started by selling seed bead jewelry to her close friends as she maintains her business. Earls always tries to find new and unique patterns to make her jewelry stand out from others.

"Making seed bead jewelry is something I really enjoy doing. It's a fun hobby that I can do if I'm ever bored, or if one of my friends wants one. I sell them to a lot of my friends," Boatright-

Earls said.

Earls made a profit of approximately \$150 during the summer. When her business bloomed customers came back wanting more and more jewelry.

"Usually, whenever one of my friends wants jewelry, I have at least ten or more options for bead colors. They can choose what colors they want and then tell me if they want a bracelet or necklace. I sell my bracelets for three to five dollars and my necklaces for five to ten," Boatright-Earls said.

All of the time she spends



Photo by Tori Marjan

Stretch Magic Jewelry Cord and an assortment of beads are the building blocks to making the necklaces and bracelets these three students sell. "It doesn't take me more than ten to thirty minutes depending on what type of bracelet I am making," Redmon said. The jewelry is sold in a range of prices from three dollars to ten dollars depending on which piece the buyer gets.

making each piece of jewelry is well spent because students constantly buy her products.

"I am thinking about creating an Instagram to promote my jewelry so I can sell more and will most likely make one soon," Boatright-Earls said.

Promoting selling jewelry online, through sites like Instagram or Twitter, will give her more of an advantage and an easier time getting products out to new customers.

Another student, Emily Redmon ('20), runs her own mini business as well. She sells bead

bracelets to anyone interested in her products' unique design.

"I started making bead bracelets because it was a relaxing thing to do outside of track practice. It doesn't take me more than 10 to 30 minutes depending on what type of bracelet I am making. By selling bracelets, I've become more involved with the community. I've gotten to talk to more people and explore more about the school," Redmon said.

Emma Peterson ('22) makes bead friendship bracelets for the girls on her volleyball team as a way to bond. This team bonding helps make the athletes grow closer together and constructs better friendships.

"I love to make friendship bracelets for my team. It is a really nice way of bonding and getting to know the girls. I highly recommend making bracelets with people you're close with, it's a really entertaining activity," Peterson said.

In 2019, take a trip down



Photo by Gracie Glover

The jewelry is sold through word of mouth or on Instagram through their business/social media accounts. They can be distributed to friends, family and teammates as a nice gesture. "It's a fun hobby if I'm ever bored, or if one of my friends wants one," Boatright-Earls said.

memory lane and join in on cherishing memories with your friends as you wear bracelets to commemorate your bond. Message these girls on their Instagrams to partake in buying any of their products: @earlsgracee, @erjewelryyy, and @emmaapeterson\_

# Find an interest and you'll find a club

Joining a club is a great way to get involved; to find club descriptions, visit [jwmhs.pasco.k12.fl.us/clubs-and-organizations/](http://jwmhs.pasco.k12.fl.us/clubs-and-organizations/)



## Art/Fashion Club

Fulton: room 333  
2nd and 4th Mondays  
at 3 p.m.



## French Club

Schulaski: room 505  
2nd and 4th  
Wednesdays at 7:45  
a.m.



## Leo Club

Herny/Bakomihalis/  
Leavey: Media  
1st Fridays at 7:45 a.m.



## Psychology Club

Burnes: room 745  
1st and 3rd Thursdays  
at 3 p.m.



## Student Council

Besack: room 721  
2nd and 4th Thursdays  
at 7:45 a.m.



## Cornhole Club

Corp. Greene: Gym  
1st and 3rd Tuesdays at  
7:30 a.m.



## FBLA

Lamb/Glaves: room 315  
3rd Thursdays at 7:50  
a.m.



## Math NHS

De Leon/Kaelin: Media  
4th Tuesdays at 3:05  
p.m.



## Ranch Hands

Durand: room 130  
1st Wednesdays at 7:45  
a.m.



## Teen Court

Corp. Greene:  
Government Center  
2nd Wednesdays at 5  
p.m.



## Dance Team

Hatfield: Orange  
commons  
Mondays and Thursdays  
from 3-5 p.m.



## Game Club

Dotson: room 825  
Wednesdays at 3:10  
p.m.



## Mustang Film Creation Club

Taylor: room 740  
Every other Tuesdays



## SADD

Greene/Pitcher: room  
108  
3rd Fridays at 7:45 a.m.



## The Melting Pot

Daniel: room 811  
3rd Thursdays at 3 p.m.



## Ecology/Fishing Club

Koslin: room 323  
2nd and 4th  
Wednesdays



## GSA

Konrad: room 307  
1st and 3rd Fridays at  
7:45 a.m.



## National Honor Society

Crabtree: Media  
2nd Wednesdays at  
7:30 a.m.



## Science NHS

Koslin/Illig: room 323  
TBA



## Thespian Club

Johnston: Portable 11  
Mondays at 3 p.m.



## English NHS

Valk Kerr: room 519  
4th Mondays at 8 a.m.



## HOSA

Bruegger: room 737  
1st Thursdays at 7:45  
a.m.



## Odyssey of the Mind

Crabtree: Media  
TBD based on Team



## Social Studies NHS

Hampton: room 705  
2nd Fridays at 7:45 a.m.



## Wrestling Club

Crouch: Wrestling  
Room  
Wednesdays at 3 p.m.



## FCA

Dixon/Hinmon: Gym  
2nd and 4th Mondays  
at 7:45 a.m.



## Interact

Martanovic: room 704  
1st and 3rd Mondays at  
7:45 a.m.



## Philosophy

Gifford: Portable 20  
2nd and 4th Thursdays  
at 3 p.m.



## Spanish NHS

Pitcher: room 327  
1st and 3rd Tuesdays at  
3 p.m.



## Youth Beats

Vanno: room 330  
1st and 4th Thursdays  
at 7:45 a.m.



# Tip and tricks for an organized year

## 1. Develop a routine

Consistency is the key to student success. Write down your general weekly schedule and create a routine. Include things like when you'll review the things you learned, when you'll exercise, etc.

## 2. Set rules for yourself

Set rules/goals for yourself and make sure to check and review them every month. In addition, write everything down since nobody has a perfect memory and remembering things can be stressful. You can use a planner or an app online if you prefer. Writing everything down may lower anxiety since you are not relying on your brain as a storage device.

## 3. Declutter once a week

At the end of each week, look through all papers, notes, brochures, and other things you have accumulated. Recycle or throw away all the items you do not need and save important papers you can use to study for end of course exams later in the year.

## 5. Break down tasks

Breaking down big tasks and projects makes them seem less overwhelming and more manageable. Breaking bigger tasks into smaller tasks is best to reduce procrastination.

## 7. Ready in advance

Prepare any bags for sports and for school the night before to prevent scrambling and possibly forgetting papers in the morning. Setting a reminder through a mobile/electronic device or writing a note on a Post-It can ensure this task is complete every night before going to bed.

## 4. Five minutes to plan

Before doing homework take five minutes or more to look at your planner. Take notes of all upcoming assignments, tests, and deadlines. Once checking your schedule, you can prioritize assignments to get them completed.

## 6. Plan for future tests

Write down practice resources that may be used to study more efficiently for upcoming tests. It is even beneficial to plan how many practice problems or exam papers that are planned to be completed. Also be sure to plan an efficient testing method to ensure best test score results.

## 8. Refuse the snooze

Waking up a few minutes earlier for school is beneficial to ensure less of a rush to get ready. In addition, try setting an alarm on the opposite side of the room so it is not as tempting to hit the snooze button on the alarm.

# Expression through painted parking

During their last summer of high school, incoming seniors express their artistic talents by painting their designated spot

Hailey Kroll  
ent. editor

As seniors embark on their last year of high school, they gain the opportunity to express themselves in the form of a painted parking spot.

Students pay \$50 to reserve a spot to paint: \$30 for the spot and \$20 more to paint. Seniors have almost complete artistic freedom when it comes to their spot if administration approves of the design in advance.

"My spot is a grey background with flowers around the edges and my name is in the center with the year I'm graduating. I was originally going to paint it something completely different.

But paint is expensive, so I decided just to get three colors. With my other idea, I had to have about ten [colors]. It was still going to have flowers but they were going to have more depth, texture, and shading," Maya Patchin ('20) said.

Considering Patchin loves to draw, her spot was fairly artistic, but other students decided to take a humorous approach. For example, the spot painted by Jake Lewis ('20), features Squidward from the Nickelodeon show "SpongeBob SquarePants" holding chopsticks and wearing an Asian hat.

"I didn't really know what to do, so I was scrolling through memes on my phone and saw

the photo of Squidward. I chose it because I like SpongeBob and I'm Asian. It relates, so I thought 'Why not?'," Lewis said.

Some retain a nostalgic feel, such as Emmersyn Chefero's ('20). Chefero painted the house from the Disney movie "UP". Her name is also on the bottom with the quote from the movie, "Adventure is out there."

"I chose my spot to look like this because 'UP' has always been my favorite Disney movie. I love the line 'Adventure is out there' because that's pretty much my outlook on life. There's always another adventure or something else ahead of you. Especially with me being a senior, high school has been my little adventure.

And now I'm going off to do big things in college which will be a whole new adventure and chapter in my life," Chefero said.

After the four hour painting experience, seniors complete a spot that express themselves. Just like this year's seniors, the class of 2021 will be able to paint their spot in the upcoming summer, so start planning!



Photo provided by Emmersyn Chefero.

Chefero, alongside her family and friends, paints an iconic symbol from her favorite movie. She works in a team with people she loves to create a more worthwhile painting experience. "My mom cleaned the brushes, my dad made the house, my sister helped draw the outline of the balloons, and my friend Morgan Fliss painted the balloons. It was really fun for all the people I care about to work on it together," Chefero said.

# Mustangs spotted around the world

Over the summer, students recap where around the world they traveled, and share their favorite memories from their trip

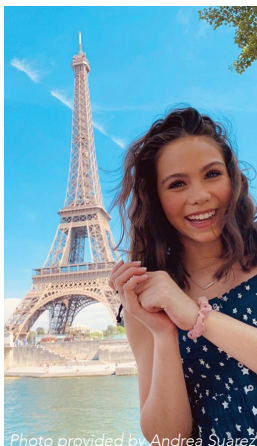


Photo provided by Andrea Suarez.

"My parents have been wanting to go to Europe for a really long time, because they've been multiple times, but [have not] taken us. They really wanted us to see the different cultures and experience new foods to get a taste of everything. The most exciting thing was seeing the Eiffel Tower."

**Andrea Suarez**  
('22)



Photo provided by Gitanjali Reddy.

"I took a tour of Europe to Spain, Portugal, France, and Monaco. After that I went to India. My favorite site was the cathedral in Seville because it was so huge and nothing you would ever expect to see; [with] stained glass everywhere. [It] was really cool."

**Gitanjali Reddy**  
('21)



Photo provided by Jacob Unger.

"I went on a road trip where we visited many places along the east coast. My favorite place that we visited was Acadia, Maine because we camped and hiked through the forests and got to see beautiful views from mountain tops."

**Jacob Unger** ('20)



# One foot out the door

Students explain the importance of preparing for college in the early years

Ostina Myrtill  
social media manager

With a goal of acceptance at the University of Pennsylvania, a highly competitive Ivy League school in Philadelphia, Shruti Patel ('20) began prepping her resume with community service hours, clubs/organizations, and extracurricular activities to build a well-rounded application, as well as taking challenging

courses such as Honors, Advanced Placement (AP), and Dual Enrollment (DE).

"I had my entire course schedule laid out from freshman year to senior year. I knew which organizations I wanted to

join before I stepped into high school and which ones I wanted to be an officer of, which is why I'm president of three clubs right now. So by the time senior year came I was ready to go, ready for college," Patel said.

College readiness also includes taking the PSAT all four years

offered to all students free their sophomore year, to prepare for the SAT and ACT. Doing so will help increase test scores needed for admission to the highly competitive universities.

"I think it's really important to start making College Board accounts, start taking the ACT and SAT prep tests online, and really start preparing yourself. Make sure your GPA is high and you continue to better yourself

to make sure you have the best ability to get into colleges," Louis Chianella ('21) said.

Another aspect of college preparation involves talking to students that go

to desirable universities and scheduling tours with those schools. Students can research, visit, attend college fairs, and explore YouTube for videos made by current students to find the right fit.

"I toured UCF because I really love UCF a lot. You just look

around...they have self-guided tours, or you can do an actual tour with a leader from the school, and they just take you around. It's really important to pay attention to what the energy is like," Bethany Bradshaw ('20) said.

Equally important is the actual application process, mainly for the essay portion of the test. For the essay, brainstorm ideas and ask people for input, instead of trying to speculate how others perceive you.

"It's hard to pick out what you want to show them because they only see such a small part of your life and so you want to make sure that you stand out from the rest of the applicants. There's going to be a ton of people who are so smart and they have all the best grades but that's not necessarily going to get you into a school," Bradshaw said.

Ms. Michele Chamberlin (FAC), the school's Career Specialist, provides guidance on college preparation, visits, and applications to students in the Career Resource Center, room 617. She will hold College Planning Night on Oct. 3, at 7 p.m. in the Media Center.

"I toured UCF; You just look around...they have self-guided tours, or you can do an actual tour with a leader from the school, and they just take you around. It's really important to pay attention to what the energy is like.

Bethany  
Bradshaw ('20)

## Top five colleges 2019

Mitchell grads attend



### Florida State University (FSU)

Gpa Requirement: 4.1-4.5  
Acceptance Rate: 58%  
SAT Score(s): Reading: 560-640; Math: 550-640



### Pasco Hernando State College (PHSC)

Gpa Requirement: 2.5 or higher  
Acceptance Rate: 100%  
SAT Score(s): no specific score



### University of Central Florida (UCF)

Gpa Requirement: 3.81 on 4 point scale  
Acceptance Rate: 49.9%  
SAT Score(s): 1220-1380



### University of Florida (UF)

Gpa Requirement: around 4.4  
Acceptance Rate: 45.9%  
SAT Score(s): 1360+



### University of South Florida (USF)

Gpa Requirement: around 3.8 on a 4 point scale  
Acceptance Rate: 46.6%  
SAT Score(s): 1300+

# Artistically speaking your personality!

Blogspot.com has created an inter personality quiz to generalize different types of personalities. The quiz determines different personality qualities that may suit you judging from the way you analyze directions and draw something given vague directions. Results vary for individuals of the population given that people have different ideas and perspectives

**Directions: On a piece of paper, draw a mountain scene. MAKE SURE IT INCLUDES: a mountain, a road or path, and some trees. Additional details can be added but are not necessary.**

## Setting:

- If you drew a sun in your picture, you have a more sunny or more of a brighter personality
- If it is nighttime, you are full of ambition and optimism.
- If it is raining, you are a person who may be prone to lethargy. There are chances you may be sad about something causing you to create a rainy scenery around your mountain.

## Mountain:

- If your mountain keeps climbing higher and higher, without an end in sight, you tend to be more self-driven and self-motivated.
- If your mountain goes up, stops at a peak and has a more rectangular "peak", your friends rely on you greatly.
- If your mountain goes straight up, peaks and goes straight down (similar to a triangle), you are a multi-tasking person who is not disappointed easily with failure.

## Road/Path:

- If your road goes straight through the mountain, you are a direct and to-the-point person.
- If your road turns around the mountain repeatedly, you tend to have a more cautious personality.
- If your road travels straight across one side of the mountain, then you are a peaceful person who sees the world with calm and serene eyes.

## Trees:

- If your trees show great detail, with lots of leaves and branches, you tend to have a more creative personality.
- If your trees contain fruit, you are a daydreamer who seeks out adventure.
- If your trees are simple twigs with leaves on them, you are a person who enjoys following the rules of life, and you are precise in your actions.



# More stores, more jobs, more opportunities

Gracie Glover  
back page editor

According to the most recent census in 2010, 10,907 people live in Trinity and counting as more apartments and houses are being built. To serve the growing population, construction begins on plazas filled with shops and restaurants to entertain, feed and provide for residents. The newest is The Village at Mitchell Ranch on the southwest corner of Little Road and SR 54.

This new plaza contains stores such as Michaels, Five Below, Ulta, Sketchers, and Home Goods, and new restaurants like PDO, Chipotle, Panda Express, and Grain and Berry.

"I think the plaza is a good thing; it's better than them building more houses and now we get new places to eat and shop."

I was really excited when they announced they were building it and I can't wait for everything to be completed," Caroline Ryzowicz (21) said.

Increase in traffic and companies tearing out pastures raise concern to build the new plazas.

Urbanization of the area decreases the quality of the environment, but it also brings higher productivity because of its positive benefits and improvement of economies.

"I am happy we are getting a variety of shops because it will bring a new type of diversity to our community. But I am worried about urban development and overcrowding because Trasco may not be able to handle the new influx of people rapidly moving in. Despite that I still like all the shops there; it is a good change and gives us more choices to shop at," Daniel Stort (21) said.

Along with more places to go, job opportunities open up to the working population of teens and adults.

"Job opportunities are beneficial for our growing student population because it is local and easy to access for students that live around the area. Since our student body is so large, more people will have opportunities to be able to work in order to gain experience or save up for college," Kristina Ngo (20) said.

Taking on a new job can be nerve wrecking but applying is the first step.

"Just apply. If you apply to as many places as you can, you'll hear something back. I worked at Culvers just before Sprouts and [before I got the job] applied to five places and heard back from two," Renee Weissberger (21) said.

## How to ace your next job interview

Getting a new job as a teenager can be intimidating and overwhelming. According to launchcode.org here are some things you can do to make sure your interview goes great!

### 1. Make a resume and do your research

Knowing a little bit about where you are applying to is important. Check out what they are looking for in an employee and make sure you have the skills and experience in your interview and resume.

### 4. Confidence is key

Even if you are unsure of a question that is asked, put your best foot forward! Don't panic, you can always ask for clarification. Ask a question to the best of your ability.

### 2. Practice makes perfect

Practice talking in front of other people, like you would to an interviewer. Have your friends ask you actual interview questions and practice answering them professionally.

### 5. Ask questions

If you are unsure of a question, ask for clarification. Don't be afraid that you are coming in on the right things." Also, after the interview ask questions about the job to highlight your knowledge and interests.

### 3. Take a pause when needed

Once the interviewer asks a question, take a pause and think about what you are going to say. If you need to take a pause, it is better to take a "that was a great question" to give yourself some time to think.

### 6. Follow up

Make sure to send a thank you note to your interviewer after your interview is over and take time to reflect on the interview experience to grow for your next one.



Photos by Bailey Illig and Morgan Fliss

**25%** of high school students age 16 or older, are employed, according to the most recent U.S. Census (2010)

## Chipotle Mexican Grill



Based on their website, Chipotle is looking for employees over the age of 16 that have a friendly attitude, are willing to help others when needed, are willing to learn how to cook multiple different food items, are team players, responsible and able to communicate with other coworkers and customers. Working at Chipotle, comes with numerous employee benefits such as up to \$5,250 a year in college tuition, free food, a paid break, closed holidays, full time or part time positions and the opportunity to advance to higher positions.

## Grain & Berry and First Watch



According to Glasdoor.com, workers at Grain and Berry earn over \$9 an hour. The smoothie and bowl making restaurant is looking for workers who have an energetic and outgoing personality but can work under the pressure of the fast paced restaurant. First Watch, a day cafe, that recently opened, is in need of workers. The restaurant is looking for someone who has a good attitude with customers, can learn the menu, comply with all health concerns and regulations, works well with others, and has reliable transportation to make it to all shifts on time.

## Panda Express



Panda Express, according to their website, is hiring employees that create a warm and welcoming environment for customers, are able to work at a fast pace, and understand the importance of food safety. The benefits that come with working at Panda Express are opportunities for bonuses and advancements in the company, and discounts on theme park tickets, movie tickets, mobile phones, gym memberships and more.


## PDO




PDO, which stands for "People Dedicated to Quality," opens in October, and is in search of employees over the age of 16. Employees should showcase that they are able to work at least 3 days a week, have a positive attitude, good customer service skills, can stay organized and the ability to connect with guests. The perks of working at PDO are that employees receive 50% off meals, as well as receiving optional medical benefits.



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# Be sure to make a splash this season

The swim and dive team prepares and works hard in order to have another successful year in the water

Davis Burnette  
staff reporter

The swim and dive teams congratulate each other in the aftermath of another successful meet. Coming off of an undefeated season last year, new and experienced swimmers alike prepare for another productive season.

There are more accomplished swimmers for the season that have high goals for the season as well. One such swimmer is Austin Erickson ('20), who went undefeated in every event he participated in last season.

Erickson continued his streak by winning first place in all of his events during their Black and Gold meet, continuing his winning streak.

"We're coming off a record-breaking year, and everyone's gotten better since then. I'd like to maintain my undefeated streak for the regular season, and I hope to defend my title as conference and district champion," Austin Erickson ('20)

said.

Optimism runs strong throughout the team, for a good reason. Even the most accomplished swimmers are feeling the positivity for the season. Participants put in the hard work needed to keep their meet record in-tact. Tiffany Cain ('21) prepares for her meets by listening to music and conversing with her teammates.

"I think I have improved from last season by going to practices six days a week over the off season and summer with my club team," Cain said.

The team also participates in on-land conditioning to keep the swimmers at the top of their game.

"We do sprints, long distance, and things like pushups and sit ups when it's raining," Jude Noles ('21) said.

With their talent, strong teamwork, and positive spirits, as well as their continual hard work, it's expected to be another good year for our swim and dive teams.



Photo by Morgan Fliss

Above, Carson Kruger ('20) flies down the pool doing the breaststroke during one of his relays. Below, Mia Dempsey ('22), with legs tight and arms stretched, completes a back dive, which was one of her six dives for the meet.



Photo by Morgan Fliss

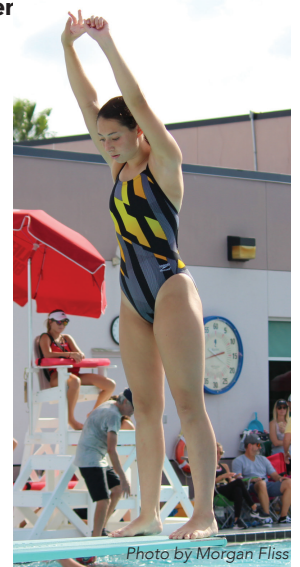


Photo by Morgan Fliss

Hayley Fliss ('21) stands focused at the end of the dive board, ready to complete an inward dive. Mia Dempsey ('22), below, is in the middle of completing one of her dives at her first dive meet of the season.



Photo by Morgan Fliss

Olivia Noles ('20) swims across the pool, lifting herself out of the water and using her arms to propel herself forward during her event at her first swim meet in September.



Photo by Davis Burnette

Several swimmers are lined up in a row waiting for their event to begin.



Photo by Morgan Fliss

Charles Rockefeller ('22) jumps off of the diving board into the pool.



Photo by Morgan Fliss



Photo by Davis Burnette

# Never give up; great things take time

Student athletes share their journey, hard work and feelings toward transitioning from the junior varsity to the varsity team

Jelayna Vasquez  
staff reporter

Young athletes on their JV team push themselves in order to take their place on the varsity team. For a few people, the outside practice pays off and they are able to achieve their goal. But, this calls for a few changes in the athletes lives, as they must learn to balance a new school-sport schedule.

Hailey Dolen ('22) is the only person on varsity cheer this year that moved her way up from JV last year. The team is

an extensive commitment, with practices every Tuesday and Wednesday after school and games on Fridays.

"JV is about learning and experience, while varsity takes this a level above and is focused on your skills. So far, varsity has been a really great experience. At UCA camp, during the summer, I really got to bond with the rest of the girls," Dolen said.

For Addison Cooper ('22), the

varsity cross country team means a new dynamic, compared to his previous year on JV. However, Cooper and the rest of the team, have trained over the summer in order to guarantee their success.

"Being on the team has encouraged me to get better at running, since we all help and support each

other. But it is a lot harder since practices are longer and we are the team that goes to meets," Cooper said.

Considering the competitiveness of the new varsity volleyball team, the deserving girls who make the switch from JV to varsity feel accomplished and proud. For Olivea Voigt ('21), the tougher workload that the varsity team entails is worth it.

"Moving up from JV to varsity has been really uplifting for my confidence, especially bonding with both the varsity and JV girls

at team dinners before games. Varsity is different though. It requires more focus and conditioning," Voigt said.

See the varsity cheer team's skills at any football game on Friday nights at 7:30 or the volleyball girls Tuesdays and Thursdays at 7:00 p.m. in the gym. For anyone who enjoys waking up early, the varsity cross country team welcomes support at their meets at 7:30 a.m. at different locations.

"JV is about learning experience, while varsity focuses on your skills."  
Hailey Dolen ('22)

# Bright lights and fun Friday nights

The varsity football team works to maintain their winning streak and improve from last season as they try to go undefeated

Emma Diehl  
sports editor

With the start of the 2019 school year comes the start of the 2019 football season, and the team is hard at work preparing for the packed season ahead. The varsity football team is scheduled to have 10 games and feel as though they must be ready to win every one of them.

An important part of the team is unity; Team members in a plethora of sports must work together to win games, and football is no exception.

"We consider this team a family. We are all brothers, and we will always look out for one another, no matter what," said right offensive tackle Evan Brennan ('21).

Dylan Bromberg ('22) agrees



Photo by Richard Daley  
Members of the varsity football team rush onto the field in anticipation of their match up against Land O' Lakes. Our varsity team ended up winning the game on September 7 with the score 48-7.

and disagrees with Brennan, as he feels the team should constantly be challenged while playing against one another.

"The team is really strong overall, but there are always small adjustments that we need

to make. The chemistry is good, and football practice is a good test for the team because it gets really competitive, and people will step up," Bromberg said.

The team being district champions the past four years

makes the players have high expectations for themselves.

"I feel like we will do better than many think. We might even have a chance to win the district championship for the fifth year in a row. I believe the team is looking good this year, and we don't need to improve on anything in particular," said Adrian Divic ('22).

With the biggest game of the season falling on Friday, August 30th, the players have been hard at work preparing for what some call the hardest game of the season. Though in 17 years, River Ridge High School has only won four games of the bunch.

"We prepared for the River Ridge game by just staying focused and not listening to all of the trash talk. By, analyzing and then breaking down how they

play, and just preparing to beat them," Brennan said.

Whether the games are home or away, school spirit is considered by students to be an important factor in football games. This is why the Stang Gang plays a key role in Friday night festivities.

"I feel that it helps players recover from a bad play or a mistake. We do nothing but support each and every player that is out on that field. We love to see when the players are great right after a school spirit chant," said Logan Stephens ('20).

With a long season ahead, the football team is prepared to train and win every game on their way to the district championship. As of September 11th, the team's record remains at 3-0.

# Learning to balance your passions

Cheerleaders learn to balance their time and commitment when participating in school cheerleading and All Star competitions

Isa Desiante  
staff reporter

White lights shine down on the cheerleaders as they screamed and shouted for the football team, encouraging them to score a touchdown against Anclote, on August 23rd. Although these cheerleaders jumped up and down as the team lead us to a victorious defeat, All Star cheerleaders competed in important competitions. High school gives students an opportunity to cheer for fun, whereas All Star challenges them to higher level competition.

At age eight, Juliana

Donaldson ('21) became an All Star cheerleader and currently cheers for Brandon Senior Pink. Donaldson practices multiple times a week, sometimes on the same day, for high school and All Star cheer, which motivates her to achieve her goal of winning Summit, a worldwide competition. In May 2017, her level three team took first place in national competition and inspired her to win it the next time.

"Everything we do in All Star, really challenges and pushes ourselves to the limit. I love stunting because at my level, I can kind of make up random

stunts without any rules, which makes it challenging and fun," Donaldson said.

Learning her way around a varsity cheer team and continuing her All Star career, Natalie Reynolds ('23) understands the concept of time management. In August, Reynolds moved on to her eighth year of All Star cheerleading and her first year on a high school squad. Between the back to back practices and arriving home around 11 p.m., her homework gets started late.

"It is definitely hard to balance both school, high school and All Star cheer, and an AP class.

The homework is not easy and taking time to stay up until 12 or 1 in the morning, after coming home from a five hour workout between both practices, is not really my favorite thing to do," Reynolds said.

Shayla Brennan ('23) takes private tumbling lessons and performs difficult stunts during practices to perfect her skills. Brennan works towards higher levels on the Stingray All Star team and achieved her goal of becoming a varsity cheerleader. Her motivation over the past two years paid off when she moved to more difficult levels on her All Star team.

"My most memorable accomplishment is winning Cheersport, a national competition, with both of my teams for All Star. For high school, I learned how to accomplish new stunting techniques and hit them with my group," said Brennan.

In the next two months, the cheerleaders transition from game day to competition season. The All Star teams require these cheerleaders to practice two to three times a week to perfect their techniques and achieve future goals of winning national competitions.

# Run all out to the end

Members of the Cross Country team prepare to run long-distances regularly

Luke Cartiglia  
staff reporter

Woosh! There goes Jarod Poe ('20) as he crosses the line finishing his 7th mile of the day. As he turns the corner onto his eighth he wipes the sweat from his face. Poe used his time constructively before the Zak Lukas invitational on September 6th. He tries to prepare like this before every meet and every race he runs in.

"It's weird when people ask me how you run ten miles, well

I have to run five miles before I can run ten. You know I have to run one mile before I can run two. You know you start off small and then in a few weeks maybe you get used to that and then just keep increasing it until you feel comfortable enough to run long distances," Poe said.

Looking to improve from his performance last season, Johannes Van Ooyen ('20) ran 60 miles and peaked out at 65 miles towards the end.

"Last season did not go as we wanted it to and then after

track, we did go to state and we want to get back there for Cross Country so we all decided to put in as much work as we could," Van Ooyen said.

The team made it in the top 10 for states in Track but not in Cross Country. Possessing the will power to run long distances helps athletes prepare for any challenge in their sport that they may face.

"We started training over the summer and we just slowly increased the distance that we ran every week," Genavieve



Photo by Bailey Illig  
Johannes Van Ooyen ('20) sprints to the finish line of the five kilometer race and finishes in 12th place with a time of 17:01.89.

Newton ('23) said.

The Cross Country team works together so that each member of the team is able to reach their full potential. Whether it is completing a ten mile run or repeating 1000 meter sprints; these types of workouts help each athlete accomplish their

unique goals. From lowering their five kilometer time or running all the way to the state competition. Come and support these dedicated athletes at their next meet on September 28 at Holloway Park, Lakeland, Florida in the Florida Runner Invitational.



# Spiking her way into her future career

**Marysa Connors ('20) steps forward to lead the varsity volleyball team to a successful season while planning for her future**



Ashley Hoskins  
staff reporter

After playing varsity volleyball for two years, Marysa Connors ('20) plans on continuing her efforts as she prepares to make the leap to college. For half of her life, volleyball helped Connors grow as an individual.

"I really love the sport and it pretty much saved me. I was a shy girl in middle school, I didn't really have a lot of friends and I was overweight. I got more social, got all of my friends, and you get a bond with people," Connors said.

The sport sparks new bonds and creates everlasting friendships. With friends and family by her side, she forms a good atmosphere on and off the court.

"Being on the team is like a second family. If you're having a bad day, you go to practice and change it around by being with your teammates and playing the sport you love rather than just going home and having your

family like normal, but it's like a second family that no one else would understand," Connors said.

Playing a sport comes with facing challenges every day. During her sophomore year, Connors tore her ACL. She had to change positions completely, have surgery, and recover in three and a half months.

"From that point on I decided I'm playing in college one hundred and ten percent. I just worked really hard and I ended up committing my junior year, so it only took me a year and a half to get that scholarship in a new position," Connors said.

Since the season started on Aug. 16, the team achieved a record of 6-5. Connors plays the libero position, leading the team's defense towards her ongoing season.

"If there's ever a problem because we're a young team, this year for Mitchell you just have to stay loud and happy. I'm the leader of the defense. As a libero, you have to always be upbeat, and if you have a bad

attitude, it rubs off on the entire team and if you have a good attitude," Connors said.

Connors plans on attending Saint Leo University in 2020 and fulfilling her dreams as a star athlete. Having a younger sibling influences her to step and become a leader.

"I chose Saint Leo because my younger sister, Ava, who's a freshman this year on varsity with

me and she obviously wants to play in college too, and I want to be able to go to her games and help coach her. I'm really close with her, so I want to see her grow up," Connors said.

Connors ensures to work hard and prepare to take the next step in her life by leading her team to future success and forming endless memories.



Photo by Ashley Hoskins

Marysa Connors ('20) and her teammates huddle up to work together while behind in a match against East Lake. The team narrowly lost by a score of 3-2.

# Turning an underdog into a champion

**Tayshawn Sullivan ('23) is the only freshman player on the varsity football team and works to be a valuable part of the team**

Richard Daley  
sports editor

On a varsity team with an insatiable hunger for success, Tayshawn Sullivan ('23) stands out as the team's youngest player. Sullivan maintains a good relationship with his teammates even though he is first year varsity.

"My older brother used to play for Mitchell, so I've known the coaches for a very long time. I've also played with my other teammates on little league teams, so I feel like I've pretty much known my team for a lot of my life. And some of the players I know better than others and they're like leaders to me and I look up to them," Sullivan said.

While Sullivan enjoys his status as the only freshman on the team, playing at the varsity level seemed difficult to him at first. Tayshawn's teammates, mainly Gary Shepard ('21) and Evan Brennan ('21), helped him grow as a defensive lineman by presenting him with tough competition during drills and scrimmaging.

"All they varsity players have

helped me come together more with the team. I feel very grateful for their support because it was a huge transition from middle school football to varsity. They have taught me how to handle it and become the best player I can be," Sullivan said.

Even though Sullivan is a freshman, he already thinks about what the future holds for him. Making the leap to college is not unusual to Sullivan as his brother, Devontay Taylor, received a Division I football scholarship to Florida International University.

"I most definitely want to pursue playing college football and even going to the pros. Florida State has always been my favorite childhood team and they have a good coach so it would be amazing to play for them. They're also close to home so I wouldn't be too far away from my family," Sullivan said.

Sullivan focuses on defeating the teams on their schedule and looks to help his team unlock their full potential by making a positive impact on the team.

"Given the defense was strong prior to me joining the team, I



Photo by Richard Daley

Tayshawn Sullivan ('23) interacts with fans on the sidelines during the game against Land O'Lakes.

believe my ability to have speed off the ball and versatility helps the team. I also bring discipline, respect, and commitment to



Photo by Richard Daley

teammates and coaches. This season is going to be really exciting. We play new teams and some harder teams, so it should

be fun. We have gotten better as a team and hopefully we'll bring home the district championship," Sullivan said.

“All the varsity players have helped me come together more with the team.”  
Tayshawn Sullivan ('23)

# The party does not stop with "TikTok"

Social media app "Musical.ly" regains popularity after merge with other app "TikTok", along with use of new marketing style

Riley Curie  
staff reporter

In November 2017, "Musical.ly" users woke to a difference in their phones. The app changed its logo and name to become the new karaoke app, "TikTok". Users can create videos on the app lip-syncing and dancing to different songs. Dance videos trend on the app, with different sounds and challenges. Viral moves match up to certain songs and people do their own take on them.

Catherine Miller ('22) was one of the "Musical.ly" users who got the automatic update on her phone. She also noticed the app, popping up on most other

platforms through ads.

"I noticed it when I turned on my phone one day and 'Musical.ly' decided to become 'TikTok'. Certain aspects of their marketing really got my attention. They marketed on every social media platform there was. Some of the dances all use the same dance moves, and most of them go viral because no one else would have thought of it. They aren't hard to do and people put their own spin on them," Miller said.

On the app, creators can have upwards of a million followers. Emma Warren ('22), for example, has approximately 2.1 million followers on the app. Her 878 videos have a total of 59.5

million likes. Not only does she create content, she watches the videos too.

"You get to create your own content and be whoever you are. Big influencers got onto the app and are idolized by other people. People make funny videos and it's fun to watch. It is addictive when you are bored," Warren said.

People relate "TikTok" to the looping video app Vine, which was shut down on Jan. 17, 2017. On both apps, users post unique content to be shared with others. Cole Nerad ('20), also one of the creators with a large following, posts videos with his friends to entertain others and themselves.

"It's almost like another 'Vine'.

It's funny and people find videos they like. I was making funny videos with me and my friends and it took off from there. I enjoy posting videos and when they go big you get a lot of Instagram followers," Nerad said.

Since becoming "TikTok", the app has 500 million active users worldwide. With that number growing each day, the new app



Cate Miller ('22) shows off her "TikTok" profile. Since before becoming "TikTok", Miller used the app to make videos. "I never deleted it when it was 'Musical.ly'. I started seeing a bunch of other people using it and I decided it would be fun," Miller said.

provides a place for students to connect with a wide range of people and have fun.

# It's hard to say goodbye to "Friends"

Netflix customers left melancholy after the announcement of the removal of multiple popular television shows and movies

Avery Weber  
staff reporter

According to a Twitter poll on Sept. 10, 2019, Netflix remains the most popular streaming service among students. However, in July, Netflix announced the removal of its highest grossing shows and movies, including "Friends" and "The Office". At the same time, Hulu, along with new streaming services premiering in the near future, such as Disney+ and HBO Max, grow in popularity.

"Honestly, I feel like Netflix will lose customers to Hulu. It

offers multiple TV shows and movies that Netflix does not. For example, Netflix removed 'Pretty Little Liars' and that show was and still is a big hit," Sofia Salazar ('20) said.

According to The Wall Street Journal, "The Office" and "Friends" were the two most watched shows on Netflix in 2018. Despite the fact that the two programs ended multiple years ago, they continually attract new audiences. The announcement that both "The Office" and "Friends" will be leaving Netflix in the upcoming year left fans dismayed.

"I am upset [about Netflix

removing shows] because I love the most popular shows and movies.

So, I am not going to have much to watch on Netflix anymore. I am definitely going to miss 'The Office' because it is my favorite show," Megan Maxton ('21) said.

Additionally, every Disney,

Pixar, Marvel, Star Wars, and National Geographic show and

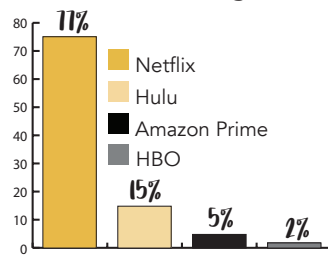
movie will be leaving Netflix to join Disney+. The transition will happen at the end of this year when the site premieres on Nov. 12. Disney+ will also be home to multiple brand new shows that will only be available on the streaming site.

"I think that Netflix is just making some dumb marketing

mistakes at the moment; every so often they get rid of good shows. If Netflix keeps removing popular shows it will start a snowball effect and eventually become bankrupt," Cobe Smart ('21) said.

With all of these changes, customers must choose the best streaming service to meet their individual wants and needs. Due to the fact that these movies and shows have not yet left Netflix, users still have time to re-watch all of their favorites before they are gone. Catch "Friends" on Netflix until early 2020 and "The Office" until January 2021.

## Preferred streaming service



# Upcoming phase four Marvel movies

After the original "Marvel" series came to an end, fans anticipate what will happen with the series and the new characters



## "Black Widow" - May 1, 2020

"Black Widow is my favorite superhero in the Marvel universe. I feel like we don't know much of her background in the MCU, so I think that would be really cool to learn about," Dakkotch Van Norman ('20) said.

## "The Eternals" - Nov. 6 2020

"I think 'The Eternals' will be an interesting addition to the MCU because 'The Eternals' can manipulate matter at a molecular level, meaning they can pretty much do whatever they want," Matthew Benjamin ('21) said.

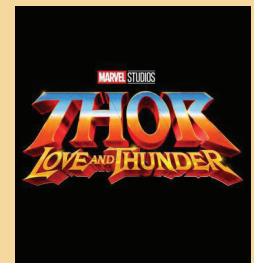


## "Doctor Strange and the Multiverse of Madness" - May 7 2021

"I'm looking forward to the new Doctor Strange movie because the idea of a multiverse opens up a whole world of possibilities for the future of the MCU," Tyler Smith ('22) said.

## "Thor: Love and Thunder" - Nov. 5 2021

"I'm most looking forward to the next Thor movie. The third [Thor Ragnarok] is now my favorite Marvel movie, so I'm really excited to see what they do with the fourth one," Ellie Ciske ('22) said.





# Just saying something will save lives

School shootings must be prevented and programs such as See Something, Say Something exist to prevent another Parkland

With the Parkland shooting in February 2018, school safety elicits concern now more than ever for schools across Florida. However, if students and staff continue to ignore the warning signs from unstable students, there could be a repeat of what happened at Marjory Stoneman Douglas High School right here in our community.

In the case of the Parkland shooter, he often indicated he was mentally unstable. According to Andrew Pullock's "Why Meadow Died: the People and Policies that Created the Parkland Shooter and Endanger America's Students," the student

displayed precursory behavior; he threatened to shoot up the school, brought knives and bullets to school, wrote racial slurs on his backpack, and carved swastikas into school property.

Despite the warning signs, school administration hardly acted, performing occasional pat-downs, giving him small suspensions, and banning him from bringing a backpack to school. These minor actions did not stop him from killing 17 people, all students and teachers at Marjory Stoneman Douglas.

After the crisis, districts across Florida put new policies in place to protect students, including

Pasco County. The school board partnered with the Pasco County Sheriff's Office to create a plan to protect students in active shooter situations. They created the Active Threat Plan (ATP), which teaches students the ABCs of surviving an active shooter.

The A stands for Alert/Avoid, which means students alert a staff member immediately, and get as far away from the threat as possible. The B means to barricade. If students cannot evacuate the building immediately, they barricade all doors in the room, using any items they have readily available. Lastly, C stands for Counter,

the absolute last step a student takes against a shooter. If the threat makes it into a classroom, students shield themselves using objects in the room and distract the shooter with projectiles so they have the chance to keep the shooter from hurting anyone.

Though the ABC plan is useful when threats do occur, preventative measures are still the most crucial piece. Reporting students who are threatening others is the best method. On the school website, there is a link titled "See something, Say something," which allows students to report anyone engaging in suspicious

behavior. This alerts the school's administration and the School Resource Officer (SRO) Corporal Greene, and stops these threats before they become a reality.

Thanks to tips from friends and family, police prevented at least four mass shootings since school started in August across the country.

Because of mass shootings, schools nationwide are becoming more cautious with the safety of their students. With the ABCs of active shooting and the "See something, Say something" link, officials are more aware of threats on campus, and can stop them from hurting anyone else.

## Faces in the Crowd

What's your favorite childhood storybook and why?



Photos by Hailey Koell

"The Lorax" because it's kind of like today. Everything is being destroyed. The world is changing to the point where it's going to be irreversible and destroy mankind, and they learned that in 'The Lorax'.

Ethan Rogers ('23)

"Puff the Magic Dragon" because it tells a good story about being nice to people.

Avery Lewis ('22)

"Green Eggs and Ham" was my favorite because in preschool we had a 'Green Eggs and Ham' party and read the book.

Karsten Mohr ('21)

My favorite was 'If You Give a Mouse a Cookie' because it tells how one thing can lead to another.

Vanessa Kriston ('21)

My favorite is the Disney book 'The Kingdom Keepers'. It's about this group of kids who go around the park at night and save the kingdom from being cursed. I love Disney and enjoyed the story.

John Martinez ('20)

## AP vs. DE: What's the difference?

The benefits and challenges of taking college-level courses in high school and how students feel they compare to one another

Laynie Mazur  
staff reporter

The opportunity to take Advanced Placement (AP) or Dual Enrollment (DE) classes allows for the experience of a college level class while still in high school. Students like Sebastian Gruwell ('20) and Ethan Sarakun ('21) chose to take AP and DE courses at the end of last school year, and now, they see the effects of these choices.

"I wanted to earn college credits and I knew the five point scale for AP classes would

increase my GPA. That's a big plus," Gruwell said.

Gruwell's completion of four out of eight in total AP courses at the end of his senior year makes his GPA more competitive as compared to the less difficult courses available. It also gives him college credits for his future at the University of Central Florida. Other students disagree with AP and its perks.

"DE offered me something that AP could not. You get double the amount of credits than you would in AP, and there's no big exam at the end

determining your credits," Sarakun said.

Taking on his second DE class of his high school career, DE Composition 1 and 2, Sarakun hopes these more advanced classes will further his future. One AP and DE teacher, Ms. Jennifer Kaelin (FAC), understands the benefits of taking both.

"Students take advantage of DE for two reasons; it's free and there is no test that must be passed to earn college credit. But, AP courses definitely help students prepare for college. It provides the opportunity for

students to become better at managing their time and learning how to prioritize. In DE, the expectation is there," Kaelin, teacher of AP Computer Science and DE College Algebra, said.

Both options, AP and DE, serve their purpose as rigorous courses for students to take during high school, in order to mimic college level classes. AP provides the experience of a college exam along with heavy material, while DE gives this same intensity with smaller tests throughout. Truly, it is a trade off between the two and the choice is based on the

student's own abilities.

"I think it is really beneficial for people to take AP and DE classes in high school. They're a great way for people to challenge themselves," Sarakun said.

12%  
of students  
prefer DE to AP  
classes.

# Waste-Free Living: Is It Actually Waste-Free?

Students discuss whether switching to a waste-free lifestyle will be able to reverse the damage that has been done to Earth

Richard Daley  
sports editor

The health of the environment continues to concern people of all ages, adopting waste-free alternatives looks to address issues such as climate change and mass pollution by reducing the harmful materials that negatively affect the Earth daily. Plastic is one material that proves especially detrimental to the environment mainly because it is used once and disposed of improperly.

By switching to safe alternatives, the amount of damaging materials that humans use reduces significantly. These alternatives, such as reusable cups and bottles, are also readily available and on occasion better to use than damaging materials like plastic water bottles.

"My family is all equipped with YETI cups. So now when we go hiking, camping or just on a day to day basis, you don't need to use plastic. You can use those fancy water fountains that you have in the hallway and refill those, and you're good to go," Mr. Dennis Koslin (FAC), sponsor of the Ecology Club, said.

Another harmful industry that affects the environment is the clothing industry. People purchase new clothes regularly and with increasing consumer demand clothes are being mass-produced at the cost of environmental safety. According to the United Nations Alliance for Sustainable Fashion, the industry accounts for 8-10% of the world's greenhouse gas emissions, 20% of industrial waste water pollution and

loses \$500 billion every year due to clothing disavow and lack of recycling. One method to reduce clothing waste is to reuse clothing.

"I think thrifting is a great way to reclaim different items, such as clothing and decorations. The saying one man's trash

is another man's treasure really is true. It helps to reduce the amount of trash thrown away. It's giving unwanted items to those who couldn't otherwise afford it and to another person who can make use of it," Alexis Wright ('21) said.

Opponents of waste-free living counter that while environmental safety remains a salient issue, going to extreme measures will not fix the environment. However, they overlook the fact that people can make small changes to reduce the harm done to the planet instead of adopting a new lifestyle overnight.

"Ultimately, the price of going eco-friendly is worth it in the long run. Some will disagree because some [people] physically don't have the money. If we don't make the change now, then generations to come will have to ultimately pay the price," Alana Beebe ('20) said.

The people of this planet must decide if they want to continue to destroy the natural balance. Adopting waste-free alternatives and working to reduce the footprint left on the environment can allow the planet to heal and give future generations a chance at having a prosperous life.

Emma Rogers  
business manager

As students become more dependent on the internet, they make changes to their lifestyles, whether they choose to or not. One trend, waste-free living, has been showcased by Kim Calera, an entrepreneur and avid eco-friendly/organic product ambassador, as a "miracle" to the deterioration climate change causes on the Earth. However, no matter how much one changes their lifestyle, the melting ice caps or forests ablaze will not spontaneously stop over the course of a day or even a year; this is a problem that has to be constantly stopped over generations. Waste-free living is considered by its community as reducing ones impact on the environment by creating little to no waste. By switching to this way of living, people would have to become accustomed to walking long distances instead of using gas emission, growing their own food and resources rather than the convenience of getting food items at a grocery store and giving up their free time to maintain this lifestyle.

In order to get from one place to another, people depend on vehicle transportation that requires gas

emissions. Waste-free living demands one to abandon this method of transportation for alternatives like walking and bicycling. Even with these alternatives, the weather does not always permit people to leave the house.

"While going waste-free on gas and oil could help the environment, millions of jobs would be lost if gas companies alone were to simply disappear. All of the money that went

towards paying those workers, or on gas and oil as a product, would cycle into the economy causing an irreversible amount of inflation. This recycled money would inevitably cause a higher cost of the already absurd pricing on replacements for gas and oil," Daniel Vorbroker ('20) said.

Foods like carrots, basil, and potatoes grow with time, and certain vegetables and fruits need particular conditions to obtain the nutrients needed to grow properly. Grocery stores obtain and sell all the produce one could ever need as well as meal preps for those nights when it is too late to make a whole ordeal out of a meal, saving consumers time.

"I would not want to give up the convenience of going to a grocery store just to grow my own food. Though it's a way to have fresh food, there is a variety of options at the grocery store, which are also fresh, without spending too much time growing it yourself. There are also multiple things you cannot grow at home that you need and want in your everyday life," Brenna Peterson ('21) said.

If everyone was to convert their lifestyle to become waste-free, plastic would still be an



overall factor that would be detrimental to the Earth. Plastic was not meant to be broken down, instead plastic was invented to last forever. Jobs would be lost due to the use of big oil and farming companies no longer being needed, thus causing the economy to suffer in the end. Waste-free living may seem like a good idea until all the details become apparent in the fact that this lifestyle is not going to save the Earth.