

# HB

*the* hoofbeat

*Sept.*  
2018

J.W. Mitchell High School  
2323 Little Road  
New Port Richey, FL 34655

Issue 1 Volume 17



***Seniors join  
together to show  
their spirit at the  
first pep rally of the  
year. (page 10)***

Photo by Tina Myrtil



# HB

## Table of Contents

# Issue one



(pg. 10)

### News (page 3)

- Information about the new daily RANCH schedule
- Red tide's overall affect on the environment
- Details about the MADD award for our principal

### Lifestyles (pages 4-5)

- Student expectations that they have for the year
- The inspiration behind the paintings that are seen for senior parking spots in the purple parking lot
- Homecoming tips and tricks for the week
- A little about the middle school transition and advice for the incoming freshman this school year
- The effect of overcrowding on the school

### Lifestyles Feature (page 7)

- Thespians ban together to become a club
- Clubs around the school for students to join

### Centerspread (pages 8-9)

- The stress that school brings among students

### Sports (pages 10-11)

- The preparation that the cross country team must complete to be prepared for the season
- About the swimming and diving team this year
- Feature story on Meadow, a cross country runner
- How football has brought the team closer
- A look forward at new the varsity cheer team
- Ways to manage sports and academics

### Sports Feature (page 13)

- Sports rituals and superstitions players and athletes do before every game and competition

### Entertainment (page 14)

- Summary of the dress up days and activities for the entire homecoming week, starting 9/24
- The way pep rallies are different in high school
- Upcoming movies and reviews that are coming into theaters near you

### Opinions (page 15)

- Staff editorial concerning the dangers of the trending challenges featured on social media
- Student opinions on the parking spot issues
- Opinions that students have on the third period lunch that was added to the schedule this year

### Back Page (page 16)

- The benefits of Key Club and Interact



(pg. 10)



(pg. 14)



(pg. 14)



(pg. 3)

## 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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# RANCH: Not just a salad dressing

The newest RANCH schedule deducts fifteen minutes from lunch to address important information regarding school events

EVERY PHILION  
LIFESTYLES EDITOR

As another school year comes along, everything is relatively the same, besides the newest addition of the schedule. RANCH has been implemented daily as an outlet for students to be able to talk to a reliable teacher about what is going on in school, the different programs and help the school offers.

"The purpose of RANCH is to have a person on campus that students can look to if their is an issue. I know that you have six teachers but this is one more person who isn't grading you and

only providing information and papers like report cards," said Ms. Jessica Schultz (FAC).

There's also been some controversy from the students and how they think it will affect them for the rest of the year.

"I think RANCH is a waste of time because most of the time we don't do anything. It isn't effective in any way; I get they are trying to make a good impact on us, but why can't we be learning about things we actually need to know about like taxes and student loans," Hallie Young ('19) said.

Mitchell is not the only high school that has to include

RANCH for fifteen minutes before sending students to lunch. The lunch cut has been

decided by district and all high schools have to abide by these requirements. This has resulted in negative feedback from the community.

"I understand why the school decided to make RANCH. I'm not thrilled that our lunch periods are shorter but I think it's nice that they're making an effort

to connect with us. Although they give us information, it's kind of repetitive because we have

news at the end of the day," Naudia Ageladelis ('20) said.

Overall, the top reason RANCH has been implemented is to try and benefit

the student body, and provide information that might not have gotten across any other way.

"You guys have to take

responsibility for what we put out there, you all have to be accountable, you're going out in the world very soon. Most of you, sadly, don't have the ability to go out and do things on your own. RANCH is here to teach you skills so you don't have to rely on mom and dad to come handle your business after you failed to listen," Schultz said.

Whether you like RANCH or not it is mandatory for all schools in the district to cut down the time of lunch periods, and RANCH was the best choice to fill up that time in between without messing up actual class times.

Put your phones down and pay attention. Most of the news on there is important, so if you want to hear important topics then pay attention

Naudia Ageladelis ('20)

# The ocean zone is now a danger zone

The southeastern coast of Florida's marine life is gradually declining from the worst bloom of red tide in over a decade

VALERIE FARRAR  
STAFF REPORTER

One of many activities enjoyed by the community and tourists is visiting Florida's beaches, up until recent weeks. Florida's west coast beaches are being tainted more and more every day by washed up, decomposed marine life, caused by none other than this year's bloom of red tide.

Red tide is a seasonal bloom of algae, which releases powerful toxins that kill thousands of fish, hundreds of turtles, and even manatees and dolphins. For

humans, these harmful toxins may cause coughing, sneezing, and watery eyes, making the ocean

dangerous for humans to be in or even near.

"It's affecting me because it's destroying the places I like to go," Stephanie DeVlieger ('19) said, who lives on the water. "It prevents us from being able

to go in the ocean because it's really gross, and looks and feels really nasty. You're not really supposed to get in it."

Red tide is not only making the ocean fatal for marine life and unsafe for humans, but also changing the way many people feel about the state of our environment.

"It makes me really sad because it's killing all the animals in the water," Justin Thompson ('20) said.

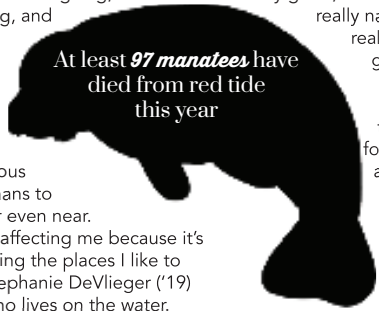
This year's red tide bloom is the longest bloom in southwest Florida since 2006. Red tide is naturally occurring, but has intensified in recent years mostly due to increasing pollution in the ocean and possibly climate change. However, there are a few things individuals could be doing that may help reduce the harmful environmental effects of red tide.

"Because the waters are getting warmer and there's a

lot more pollution, [we should] recycle and try to pollute less," Sophia Morgan ('21) said.

Scientists at Mote Marine Laboratory in Sarasota are currently testing an "Ozone Treatment System," which breaks down toxic water, injects it with ozone, and pumps out clean water. This technology, combined with people reducing their individual pollution, creates hope for calming the red tide and creating a cleaner ocean in the near future.

At least 97 manatees have died from red tide this year



# Schultz is MADD for students' safety

Community organization recognizes Ms. Jessica Schultz for her determination to prevent students driving under the influence

HAILEY KROLL  
STAFF REPORTER

Mothers Against Drunk Driving (MADD) is a nonprofit organization in the United States and Canada that works to prevent teen drinking. Every year, MADD in the state of Florida recognizes those in the community that do positive things to prevent teen drinking and driving with a hero award.

In the past summer of 2018, Ms. Jessica Schultz's (FAC) effort to keep her students safe from drinking led to a community member noticing her actions and nominating her for the award.

Other faculty and staff agree that she deserved the award for all her hard work.

"She's taking all the necessary steps, and putting all the necessary steps in place to make people, parents, children, and the community involved in our school, in choices, in behavior, in everything," Dawn Fliss (FAC) said.

During the 2016-2017 school year, Schultz found that there was a surplus amount of suspensions given at homecoming, prom, winter formal, and even football games due to the intoxication of students. After that year, she decided enough is enough and

took action.

"It was the worst year ever, and I just was like 'we're not doing this'. So I partnered with MADD and I partnered with the sheriff's department. I think it's important to have [students] know what could happen. I want to make sure that everyone knows the expectation, and knows that a school event is not the place for any of that. But if you do it, you're going to have consequences at school," Schultz said.

Her efforts were seen as effective in the 2017-2018 school year, as only five suspensions were received at all the dances

combined, while 15 to 50 were handed out the previous year at prom alone. Whether students choose to listen or not, she wants to continue informing students of the consequences.

"I've been an administrator for a long time, and I've been to too many student funerals. I don't want to go to a funeral because a kid made a poor choice that I could have said something about. I don't want anybody to get hurt. And if that's if that's seen as a horrible thing, I'm still going to do it," Schultz said.

Schultz continues to involve the students in day-to-day presentations and lessons



Schultz stands proud with her hero award at the MADD ceremony. Photo provided by Ms. J Schultz.

through the new RANCH schedule and dance meetings.



# Freshmen make it work

Ninth graders face challenges when transitioning from middle to high school

OSTINA MYRTIL  
STAFFER

High school may be a nightmare for some students or a very mind-blowing adventure for others. Incoming freshmen approach high school in different ways. Youstina Massoud ('22), Kendall McCain ('22), and Sofia Velten ('22) made the transition from Seven Springs Middle School this fall. According to the Student Engagement Project, a smooth transition requires managing your time, great study habits and working hard. With a higher diversity of teachers, fellow students, and a increase of academic challenges Velten, McCain, and Massoud attempt to adjust to the new environment.

"I think the difference between middle and high school, is high school is more lenient. But you're expected to know what to do, and know when you have tests. They don't really tell you what to write down. You write it yourself and do everything on your own. Basically you're more independent," Velten said.

Middle and high school are similar because both share multiple classes and academic tracks. But in middle school, students have similar courses, so they're not in classes with a variety of age ranges. However, once freshmen transition they're given the chance to choose their classes for their personal liking, which causes previous friendship bonds to break.

"You make a lot of new friends

because you don't have lunch or classes with any of your old friends, because you got to choose your own classes based on what you like," McCain said.

According to National Middle School Association, freshmen are concerned that high school teachers will be more strict, and give them more and much harder work then they received in middle school. Even freshmen who received good grades in their previous year can fail, as a result to not being properly challenged and poor academic preparation. Teachers tend to be more concerned with their subject rather than the students leaving them confused.

"They are different because in middle school the teachers baby



Ms. Heather Daniel teaches her AP HUG class. Photo by Emma Rogers.

you and make sure you understand what is being taught and then some teachers in high school just go over it and if you don't understand it you have to go over it yourself at home," McCain said.

The high school is larger and more spread out than the middle school. With over 2,000 students, freshmen get smothered in hallways. Also, the campus being so spacious leads to them being late to class or barely making it.

"I would look out from the middle

school and think it's a small campus but in all reality it's not. In middle school your classes were really close to each other and here there's a lot of different buildings, so I have to walk around with a lot more to carry," Massoud said.

By associating with good people, participating in extracurricular activities, sport games, pep rallies, activities, and most importantly, time management, students make an easier transition and long lasting friendships.

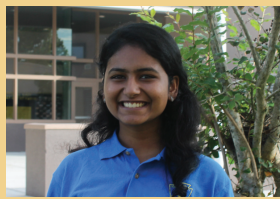
## Man on the Street

### Goals and expectations for the school year



"I'd love to try to get into the military band because being in the military is a huge opportunity and their band is very good. It would be a great opportunity to do what I love.

Nick  
Pulice ('22)



"I'm involved in a lot of clubs, and I'm taking like seven APs this year, so I hope that will impress colleges.

Shruti  
Patel ('20)



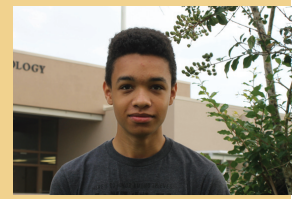
"For the next school year I plan on getting really involved and trying to balance my extracurricular work with my academic.

Emma  
Glover ('19)



"I'd like to learn how to play piano and join a badminton team. I was talking to my friends about making a club for badminton.

Lilly  
Daly ('22)



"I'll get better grades, on regular assignments. It's not that hard because you have notes with you, but when you finally get to the test there's a lot of resources that aren't available to you anymore.

Darrel  
Clarke ('21)

# Jam packed campus means solutions

Overcrowding is a school-wide issue that students solve with creative ways to move around from class to class

RYLEE KAISER  
STAFFER

As Ally Cook ('21) struggles to push through the congested hallways from green to red, she tries to make it to class on time. Although it still feels overcrowded, school enrollment has gone down since last year.

In 2017, the school had 2,212 students, and this year there are 2,090 students enrolled. The rezoning helped with the overcrowding but it remains to be seen if long term changes will happen.

"[The rezoning] helps ease some of it, but I think with the seniors being grandfathered in, it will get better as we get further into it, but it did help

somewhat," Ms. Carolyn DiVincenzo (FAC) said.

The cafeteria has limited seating this year, due to the high number of students. Normally students had their own spots and didn't have to worry about other students taking them, but that's not the case this year.

"In the lunch room this year it's really crowded and there are so many kids trying to find a spot, and most kids don't get to find a spot unless you get there early,"

Alannah Davila ('21) said.

In the hallways, students shove through everyone and even run to class from across the school to avoid being late to their next class.

"I'd say [it takes] the full five minutes depending where my class is, but if it's from green to red

I'm usually late from all the people overcrowding," Cook said.

Taking the back way behind red and the gym is a good alternative

"In the lunch room this year it's really crowded and there are so many kids trying to find a spot

Alannah  
Davila ('21')



As students rush from class to class, they find as many ways as they can to beat the rush of bodies. Photo by Rylee Kaiser

route If you have class across the school. Other tips for getting to class on time include walking on the office side instead of the gym, avoiding

conversations with friends, and using the gym lobby bathroom at lunch. Plan ahead to avoid tardies even in the overcrowded campus.



# Homecoming TIPS AND ADVICE

"I go to places where I know I'm not going to spend a lot of money because I don't see the point spending \$500 on a dress if I'm only going to wear it once. I tend to go to places where I know it won't be a lot of money."

**Emerson Cheffero ('20)**

"Stay with friends and don't go with a date because going with a date is less fun than going with friends, who you are comfortable with."

**Karston Mohr ('21)**

"In my experience, going with a date is always better than going with a group. The group always wants to do different things. When you ask someone, it always makes it something sweet and simple that is personal between you and your date."

**Danny Vorbroker ('20)**

"Homecoming is a really fun experience because the whole week is filled with fun events and things to do. Participating in the activities and themed days is probably the best part, in my opinion."

**Jack Goldstein ('21)**

"Stay safe. Don't drink and drive. Don't do drugs. Don't go to any after parties that you don't want to be associated with."

**Adrianno Ritz ('19)**

"I like that everyone gets super hyped for homecoming week and how everyone comes together to participate. It definitely gives people something to look forward to."

**Allyson Klein ('19)**

## Hey! Look at that spot!

Seniors use their creativity to paint spots that represent them as students

HAYLEY FLISS

NEWS EDITOR

Starting the 2018-2019 school year, the variety of senior parking spots memorizes students. Seniors' creativity is expressed in colors and designs and inspirations behind some of the most creative spots were revealed.

For example, Nicholas Ortiz ('19) shares his love for shoes and explains how he found a certain inspiration behind his throwback oldies, shoe boxes. His parking spot consisted of superfluous amounts of Nike shoe boxes from back in the day.

"I saw a picture online of the same [idea], but it was more of a collage [between] Jordans, Chucks, Adidas, Nike, Puma, etc. I actually thought it

was going to turn out worse because I'm terrible at painting, but it turned out well," Ortiz said.

Not only are senior parking spots inspired by websites like Pinterest and Google, but by others in the past who brought memories from a specific situation.

"I made sure my parking spot represented me, and I [partnered that] with my corny jokes. My parking spot says, 'Why do we drive on parkways, but park on driveways?' There was no picture, it was just a corny joke I heard in the past," Sebastian Vaughn ('19) said.

However, behind every inspiration comes with the love of or for something. Madison Williams ('19)

shares the idea behind her parking spot and how it represents herself as an individual.

"My parking spot [includes] a sunflower with the moon as the centerpiece. [Since] sunflowers are my favorite flowers, and I [enjoy] space, so when I saw a picture, I decided to recreate it," Williams said.

From simple black and white, to the other spectrums of the rainbows, each color represent only part of seniors as they find their source of inspiration to finish their high school year. The tradition started with the Class of 2017 and continues to offer seniors another perk for their final year.



Students add their own personal touches on their parking spots for the year. Photos by Hayley Fliss.





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# It is not an act, *the Thespians* are back

After the breaking news of their advisor leaving, the Thespians work as a group to rebuild and hold on to their title

RICHARD DALEY  
SPORTS EDITOR

Thespians troupe 6272 continues to prosper and inspire students interested in theater despite major setbacks. Over summer the former theater director Mr. David O'Hara transferred to River Ridge, causing the theater department to take a turn for the worst.

"When Mr. O'Hara left a lot of talented people followed him to River Ridge. That along with theater class being disbanded left Thespians with a huge funding deficit, so there is no way that we could have a full production. There are some remnants that we could use to further our little ventures into theater, but it's going to be a

little rough. There was a fork in the road but there's only one way we can go from here and that's up," Bradley Smith ('19) said.

Members of the troupe work diligently to recruit newcomers and spread the word that Thespians still exists. Mr. Kenneth Gureck (FAC) stepped up and took control of the troupe following the departure of Mr. O'Hara.

"A lot of people didn't know that we existed anymore because they figured once theater class went that Thespians would go too. I plan on trying to invite many people into the Thespians troupe and integrate them in any way possible. We have a lot of new blood so [we need to] promote Thespians throughout the entire school and refill our

ranks as officers," Guillermo Madriz ('19) said.

Although the troupe faces struggles, it still offers students new experiences and ways to express themselves through theater.

"It's a little stressful. I feel like we don't have a lot of support and we are very downsized. With that being said there's always new talent to be found and sometimes the underdogs will rise up. We still love what we do and we're going to try and share that love with all of these kids. I think it's really important for kids who have a love for theater to have a creative outlet, because when you don't have something in your life that you love it gets boring. I hope they find their home and they stick with it,"



Guillermo Madriz ('19) and Mr. Kenneth Guerrick (FAC) address new and returning members of the Thespians troupe. Photo by Richard Daley.

Angel Schumacher ('19) said.

Even though troupe 6272 experiences troubles they confront them and find solutions in order to allow students to interact with theater. The fact

that Thespians survived despite their director leaving shows their resilience and determination to thrive. Troupe 6272 meets every Wednesday in room 807 at 3:00 PM.

## Clubs around the Ranch

Be more involved this school year by joining a new club



**ART CLUB**  
Fulton  
Room 333



**GSA**  
Konrad  
Room 505



**SADD**  
Stahl,  
Cpl Greene  
Room 115



**THESPIAN TROUPE**  
Gureck  
Room 807



**DANCE TEAM**  
Hatfield  
Red Commons



**HOSA**  
Bruegger  
Room 717



**SCIENCE NHS**  
Hughett  
Room 737



**TRAVEL CLUB**  
Illig  
Room 809



**ECOLOGY CLUB**  
Koslin  
Room 323



**INTERACT**  
Martanovic  
Room 704



**LITERATURE CLUB**  
Vanno  
Room 330



**MITCHELL MECHANICS**  
Boulding  
Portable 14



**ENGLISH NHS**  
Valk-Kerr  
Room 519



**KEY CLUB**  
Bakomihalls,  
Herny, Leavey  
Media



**SPANISH NHS**  
Pitcher  
Room 327



**YOUNG DEMOCRATS**  
Daniel  
Room 811



**FBLA**  
Glaves, Lamb  
Media



**MATH NHS**  
DeLeon, Kaelin  
Room 742



**SOCIAL STUDIES NHS**  
Dillman, Hampton  
Room 705



**RANCH HANDS**  
Comito, Durand  
Room 307



**FCA**  
Dixon, Hinmon  
Gym



**THE MELTING POT**  
Daniel  
Room 811



**STUDENT COUNCIL**  
Besack  
Room 721



**YOUNG REPUBLICANS**  
Hampton  
Room 705



**FRENCH CLUB**  
Konrad  
Room 505



**FILM & GAME CREATION CLUB**  
Taylor  
Room 740



**TEEN COURT**  
Stratman  
West Pasco  
Judicial Center



**ODYSSEY OF THE MIND**  
Crabtree  
Media



**WRESTLING CLUB**  
Crouch  
Wrestling Room



**STUDENTS CHANGING THE WORLD**  
Hall  
Room 723



**NHS Crabtree Media**



# Stressed Out

MADELINE SMITH  
STAFF REPORTER

Wake up, go to school, do homework and repeat; the basic life of a high school student. Seems pretty simple right? Well not exactly. In reality, teen students currently face challenges people don't often realize. But, after a few conversations here and there, prominent issues school kids deal with nowadays kept popping up.

When it comes to the freshman, starting out on the bottom is tough. These wide-eyed youths enter a whole new world when they start high school and begin their 9th grade year. They quickly take on AP classes loaded with overwhelming coursework, lots of homework, and hours of sleep lost to studying. Dylan Baumgartner ('22), is a

new freshman here at Mitchell, and he already focuses on plenty.

"High school is a lot different than middle school; we have a lot more homework and higher level classes, and those are definitely some of the issues kids face. I'm a freshman, and I'm also in band, so staying up late to do homework is a tough life," Baumgartner said. But, it's not just the freshman that have issues to deal with. The

Social media truly puts you in the spotlight every day, for those that use it, and so they get a lot more pressure to be good, do well, outshine somebody else, so I think there is a ton of peer pressure, where we didn't necessarily have that as much.

Tracy Illig (FAC)

upperclassmen tend to have problems of their too, even if they don't deal with the stresses of being thrown into a new school like freshman do. Summer Baran ('21), who tackled her first year and moved on to even more challenging classes, now knows her own perspective on the issues she and other kids deal with at school.

"Homework and being on time and getting stuff done by due dates are struggles that I face. Tougher AP classes like AP World, and getting all my homework done on time with sports and after school activities and clubs can be tough as well," Baran said.

Moving farther up the ladder reveals that juniors and seniors alike deal with school-related stresses in abundance as well. These students constantly rest and study, all in preparation to venture off to college, join the workforce, or even take a gap year. There are many choices on the paths of the upperclassmen, which might be a contributing factor to the stress that these students undergo.

"It used to be mostly peer pressure, or societal expectations, but I think more and more is coming from school nowadays. It used to be about bullying or struggling to fit in but I think

college is becoming more competitive, it's becoming more expensive, and colleges are looking more at who you are holistically and not just what your grades are, and that puts a lot of pressure on kids to be the best they can be every single day, all the time," said Nico Fernandez ('20), an aspiring junior with many academic ambitions.

After listening to different kids explain their stories, a teacher's point of view on these issues helps piece it all together. That's where Tracy Illig (FAC), a long-standing teacher of biology, comes into play. As a class sponsor, Mrs. Illig has insight into the hardships of many kids at this school. Past, present, and even future students come to her for advice when they need to vent.

"I think they have a lot of pressure. And we say that all kids have pressure and maybe we did when we were younger, but not the kind of stress that kids have nowadays. Social media truly puts you in the spotlight every day, for those that use it, and so they get a lot more pressure to be good, do well, outshine somebody else, so I think there is a ton of peer pressure, where we didn't necessarily have that as much," Illig said.

Students today face lots of pressure, especially to perform exceptionally in school, and struggle under the immense amount of work and competition striving for excellence brings. A survey by NYU even recorded that of 128 juniors surveyed, nearly half (49%) felt incredible amounts of stress throughout the day, and another 31% of students felt at least somewhat stressed. That is a population with 80% of the student body feeling the pressure. To put it plainly, these kids are stressed, and they just keep stressing.

## Sources

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- Experience from the Princeton Review
- patch.com/florida/southtampa/most-stressed-states-where-does-florida-rank
- kids.frontiersin.org

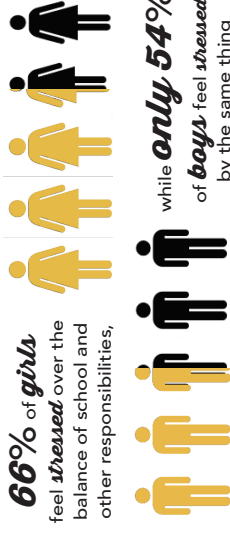
A survey conducted by Niche, shows whether students are stressed, somewhat stressed, or not at all stressed when it comes to managing all coursework, homework, and other responsibilities during the school year



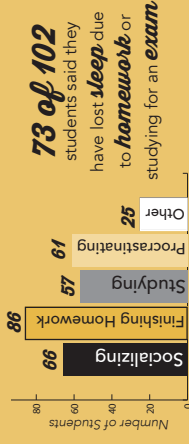
20% of high school students have considered dropping out because of the high levels of stress

The pile of homework and having to make sure its done properly is a [main] contributor to my stress. To help deal with this, I just try my best and if it isn't 100% correct I try not to beat myself up over it because it is only high school.

Darius Farr ('20)



## Reasons for Giving up Sleep



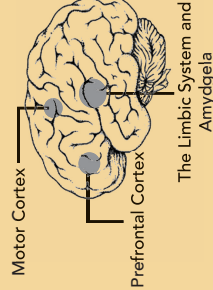
73 of 102 students said they have lost sleep due to homework or studying for an exam

Florida ranks 16th in terms of highest stress levels in high school students

Simple Ways to Cope with stress

- Always remember to eat a healthy, well balanced meal, which will help you feel better overall.
- Whenever you feel stressed, talk about your feelings to an individual you trust and practice relaxation techniques.
- Engage in physical activity that you enjoy, to get your mind off of the stressful situation.

The main parts of the brain that contribute to us to feeling stress and emotions are the hypothalamic-pituitary-adrenal axis, which actually goes throughout the body, the amygdala, the prefrontal cortex, the motor cortex and the limbic system.



90% of people feel that good grades are super important and that they stress about it

I am in AP Calculus and the pressure I face is completing my homework and getting to school each day. The most difficult part of being a student is just simply making it through school and dealing with everything that comes with high school since I am planning on going through to college.

Titus Janshon ('22)



# Preparing to cross over all obstacles

Members of the cross country team rigorously prepare to improve their performance and stun opponents at upcoming meets

RUHAN ALAM  
STAFF REPORTER

This year's cross country team hopes to replicate last season's success through the hard work and preparation they did throughout the summer break. Before the end of the school year, the cross country coach, Mr. Alan Parmenter (FAC), set a goal for his athletes to run 500 miles in order get ready for their future meets. Certain athletes failed to accomplish that goal due to their own reasons, but a select few succeeded. Sofia Guizar ('20), met her goal before the season came.

"I ran 500 miles and I trained over the whole summer and made sure I got my mileage in," Guizar said.

Other athletes completed more

than just running to prepare for the season, Davis Burnette ('21) biked 200 miles as well as running 350 miles. Running is important to Burnette because it helps him stay in shape and stay connected with friends.

"He [the coach] expects us to do really well and expects us to stick together and try hard all the time even when it's raining and pouring," Burnette said.

Last year the team finished in second place at districts and ninth place at regionals and they believe that if they work harder this year they can do even better. Jake Unger ('20) credits the team's success to Coach Parmenter.

"He expects us to put in the work, that's like the most important thing that he wants, even if you're not the best he still wants you to give your best

in order to help the team and to help yourself," Unger said.

Coach Parmenter dedicates his time to making sure his team are at their physical peak before the start of the season, giving them opportunities over summer to train in their free time.

"Coach held practices every day in the morning, We would go out and run three to ten miles each day which really helped," Unger said.

During training sessions, Parmenter would help the athletes by simulating certain scenarios they might come across at a meet to prepare them.

"Sometimes we would go out to the track and run miles or repeats, other days we would just run for 30 minutes and 30 minutes back and then get an eight mile day in," Unger said.



Davis Burnette ('21) and other members of the cross country team prepare for the Jim Ryun invitational meet in Lakeland. Photo by Ruhan Alam

Through long hours on the track and in the gym, this year's cross country team knows they're prepared for the challenges that await them in the future. Catch

them at the Florida Runners invitational on September 29th at Holloway park.

## Playing the game, getting the grade

Athletes must find balance between the responsibilities of their sports and managing good grades in their academics

OSTINA MYRTIL  
STAFF REPORTER

Student athlete frustration about incomplete homework often pops up on social media as the night creeps closer, saying "Sunday homework got me like..." with a boomerang of all the unfinished work. However, it's not only Sunday that student athletes feel this stress. Between practices and games being about three to four hours long, chores, and maybe even a paying job, these challenges often causes student athletes to make sacrifices. Varsity football player Ethan Hunt ('19), swimmer and diver Tiffany Cain ('21), and varsity football player Garnell Wilds ('21) are all

student athletes participating in sports this fall.

In all sports coaches have requirements such as great attendance, above average behavior, maintaining a certain GPA (generally a 2.0), and more, for their athletes. Having requirements such as those are beneficial, however, these requirements apply more pressure on student athletes during the season.

"You can meet new people and everyone's different so your exposed to a lot of more different people, but you have to have great time management which I feel is important," Cain said.

On the flip side, when you talk

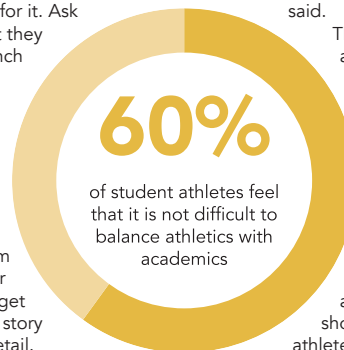
to a student athlete about their sport you can see the love they have for it. Ask them what they had for lunch yesterday they will respond with a shrug of the shoulders, but if you asked them about their sport you get story after story in great detail.

"My father taught me how to play. I've been playing since I was four. My personal

goal for this sport is to make it all the way to the pros," Wilds said.

The athlete's abilities determines what scholarships are offered, allowing them the option of continuing to play, in college, if they chose. In addition, research shows that student athletes get better

jobs with better pay. Being a student athlete sets up concepts that will help students in the long



run.

"I think it has given me a great work ethic to work with in college and later on in life it helped me develop a sense of toughness and it has help me to cope with you know being pushed down and get right back up and keep going," Hunt said.

Although being a student athlete is demanding and overwhelming at times, there are many positive benefits. The hard work athletes put into their performance on the field and in the classroom opens an array of opportunities that help students in their future.

## New year, new cheer

A larger sideline team provides opportunities for more girls to cheer

AVERY PHILION  
LIFESTYLES EDITOR

Our cheerleaders have always been known to have a high range of school spirit and big energy. Past years the cheer team has usually had around 20 members. This year the team has a total of 32 people varying from all classes.

"It's way different then last year because last year we only had 20 girls, so it was a lot easier to be on the same page as everyone

else. Having 32 is a lot harder for all eight flyers as they all have different skill levels. But the good thing about having such a large team is it makes events so much more fun like spirit week," Karina Frey ('20) said.

Although it takes more work and dedication to make a team that big work efficiently, the team makes it work and is happy that there is such a large bond between them.

"There's so many more things we can do within our cheers

and routines, and it is different because there's a lot more people to bond and be friends with," Kierstynn Stefinak ('21) said.

It would be harder for a smaller sized team to be able to do as many creative stunts or routines therefore giving another plus as to why 12 extra sets of arms and legs is a positive addition.

"Our group is really big this year due to the great amount of talent we have in our tumbling and stunting abilities. We have



The cheer leaders stand-by as the football team prepares to take the field. Photo by Alexia Carmack

a lot of stunt groups. There's a lot of extra work that goes into practice because of how large we are. The team has been a great way to meet new people and connect with other grades. But since there are so many people it gives us the opportunity to

create cool, visual stunts," Lindsey Hoskins ('19) said.

The cheer team is hoping for a successful year with all 32 of them. With hard work and cooperation the team may be breaking new grounds.



# Swimming and diving into diversity

The bonds and support between the swim and dive team help them to improve their performance in competitions

JONAH FREEMAN  
STAFF REPORTER

With daily practice for hours at a time the swim and dive team became a tight-knit group of friends, making it different than other sports.

"It's just a really great group of people, the swim team is really close, we all hang out, we all do things together, after all the meets we like to go out to Steak n' Shake or do something else. You can probably catch a lot of us together on the weekends." Colin Dempsey said.

Whether they are practicing

at the YMCA, cheering their teammates on at a meet, or hanging out afterwards at Steak n' Shake, they are always having a good time. With fun and games set aside, the swim team shows hard work and dedication as a group of friends brought together for many different reasons. Ted Farrar ('19) and Sarah Helgeson ('19) earned spots as captains after years of hard work and dedication.

"There were no other sports I was really good at, and I figured that practice in the cold water was better than practice in ninety degree Florida, heat, and humidity," Farrar said.



Cate Miller ('22) prepares to dive. Photo by Hayley Fliss

Sarah gained a lot of her experience as a kid practicing at the YMCA and admiring the team's hard work, so she eagerly

joined the team on when she got the chance in her freshman year.

"I've been swimming since I was seven, doing club team at the YMCA, so when I went into High School I really wanted to join

the team because I always saw them practicing and I thought it was so cool, so I joined the High School team and I've been

doing it for four years and I really enjoy it," Helgeson said.

The team spends a lot of time practicing before their meets, and each member approaches preparation in a different way.

"There isn't a set thing the team does to prepare for a meet, it's all an individual thing, you prepare in your own way to make you ready," said Samuel Zondlo ('20).

The swim team puts their best effort towards their performance in the water and shows a dedication to team-building and success as swimmers and divers. For more information, contact the head-coach Kelly Erickson.

# Band of brothers on the football field

Four friends on the varsity football team, start their final year on the team together, and their bond gives them an advantage

RICHARD DALEY  
SPORTS EDITOR

With football season on the rise four varsity players step onto the field for their final season after starting every game together since the first game of their sophomore year. Over the past three years Nicholas Ferrini ('19), Dominic Marino ('19), Stuart Sherrell ('19) and Kym-Mani King ('19) interacted quite frequently with each other both on and off the field.

"I'm pretty excited because I'm also going to play college football but it's also kind of sad because these are my friends and my brothers. I've been playing with them for three years so that

kind of sucks. The past three seasons we've become really close. We all hang out together every day, they're some of my best friends. Our chemistry is amazing and our defense is pretty much what holds our team together," King said.

The four have spent so much time together on the field that they possess a defensive advantage.

"It's our third season all starting together on varsity and we have a lot of experience on defense. Since we have played together for so long we know how each of us tends to play so most of the time we have each other's back. We always know each other's responsibilities so we don't get

caught off track and mostly all our defense is pretty tight," Sherrell said.

Consecutively starting for three years pushes the players to excel on the field.

"It shows us that our coach is confident in our abilities on the field. I realized that I was capable of more things than I thought I could do and that made me strive to do my best," Ferrini said.

In their first preseason game, the football team lost to Zephyrhills, a team that they

"Our chemistry is amazing and our defense is pretty much what holds our team together."

Kym-Mani King ('19)

expected to easily defeat. After the loss students felt uncertain about the capability of this year's team.

"Now everyone thinks we're not the same team

they've seen the last three years and that we're gonna go back to 7-3 Mitchell like we always were.

They think our offense isn't good and our offensive line is young. Everyone thinks our defense is good but they just think we're an average team now and that we're not gonna make the playoffs and that we're not gonna be that 10-0 Mitchell team we were last year. The goal this year is thirteen games. This is our team and I'm not gonna be satisfied until we get there," Marino said.

The bond these four players share highlights how football continues to create friendships and provide students with responsibility. The next home game is September 21 at 7:30 vs Clearwater.

# Running to the top of the leaderboard

Meadow Millet ('21) continues to exceed expectations in cross country through will and determination

BAILEY ILLIG  
ENTERTAINMENT EDITOR

The Cross Country team currently consists of girls and boys of a variety of grades. Each person performs the same workout no matter how fast or slow they are while running. The workouts consist of long distance workouts; fifty minute runs; and short to middle distance runs; four hundred meter runs, eight times. The difficulty of workouts varies depending on the day, except each and every practice prepares runners for their 5K meets on Saturdays.

Depending on how fast a runner performs in the race,

they either possess a chance of getting a personal record (PR) or getting placed on the Top 10 List of Mitchell History. Meadow Millet ('21) earned her place as ninth last school year by running a twenty minute and thirty-nine second 5K, making Mitchell history as a freshman.

"It's nice to beat the goals that I made earlier in the season. I am hoping to break low eighteens [for a 5K] and currently I am at nineteen minutes and sixteen seconds, so hopefully I get within the eighteen-minute mark," Millet said.

The practices help runners perceive how they might finish at the meets. The harder the

workout, the stronger the athlete gets. There are athletes that do the workouts to the best of their ability, but there are others that go beyond what is expected in practice, really preparing themselves for the upcoming races and meets.

"Every practice I am making sure that I try my absolute best. I do more than I am supposed to. So on the weekends I'll do about five hundred push-ups whenever I have the chance, anything like that," Millet said.

Most sports are done to get into shape or to exercise. Millet performs and does her best while still having fun doing a sport she enjoys.

"I didn't start running until after seventh grade, that's when I got really serious because I liked how it made me feel while I was running and when I was done," Millet said.

Millet is the first girl in J.W. Mitchell history to gain a position on the Top 10 List her freshman year. Now a sophomore, she continues to work harder than ever to improve even more than previous years. Throughout the Cross Country season this school year, Millet bumped herself up to fourth out of ten with a time of nineteen minutes and eighteen seconds at the Lakeland Cross Country meet.



Meadow Millet ('21) keeps pace as she runs in a cross country meet. Photo by Bailey Illig



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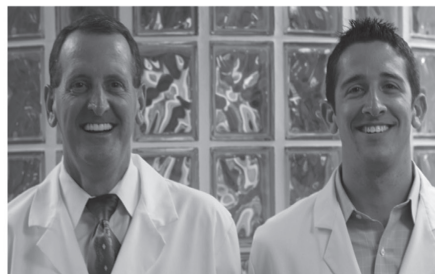
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*Rock, Paper, Scissors Tuesday of Homecoming week!*

# The *Rituals* that lead to success

Athletes on four fall sports teams share their team's pre-game superstitions and rituals, that lead them to victory

RICHARD DALEY  
SPORTS EDITOR

## *Julia Walkup*

SWIM

"We always do Mustang Time and I feel it's a good way to bring everyone together. It hypes everyone up. [Mustang Time] is just a tradition, and when I got here [as a freshman] we were doing it, so we just kept it going. Mustang Time is very rowdy, really loud, my voice always hurts after, but we all just bond during [this 30 second ritual]," Walkup said.



## *Logan Stephens*

CROSS COUNTRY

"Occasionally we will get into a huddle. On our first race, I got everyone into a huddle and we just kept it simple. We don't want to scare any of the first-timers, but we just said to go out there, race smart, and have fun. The thing with running is that it isn't the most enjoyable sport, but going out there sad and upset can disrupt your athletic ability," Stephens said.

## *Jaden Chambers*

FOOTBALL



"For our ritual before the game, we listen to music to get us game-ready and mentally prepared. We always have a prayer before the game starts. It helps us be hopeful in certain situations, knowing that God's on our side," Chambers said. With Stelios Aivatoglou and Zachary Steadham

## *Sydney Moore*

CHEER

"Before football games, myself and the other three captains like to go in the locker room to grab the breakaway banner and hit the metal plate that the football players hit before each game. They do it for good luck and a few years ago we did it too and we won a really big game, so from then on we always feel like we have to hit it too for good luck," Moore said.





# Climb aboard, get ready to explore

Here's a peak at the Homecoming dress up days and activities, along with what the schedule will look like during the week

HAYLEY FLISS  
NEWS EDITOR



## Homecoming Schedule

|          |                          |
|----------|--------------------------|
| Period 1 | 8:30 a.m. to 9:05 a.m.   |
| Period 2 | 9:10 a.m. to 9:45 a.m.   |
| Period 3 | 9:50 a.m. to 10:30 a.m.  |
| Period 4 | 10:35 a.m. to 11:15 a.m. |
| Period 5 | 11:20 a.m. to 12:00 p.m. |
| Period 6 | 12:05 p.m. to 12:40 p.m. |
| Period 7 | 12:45 p.m. to 1:20 p.m.  |
| Activity | 1:25 p.m. to 2:45 p.m.   |

# Students cheering for their peers

Pep rallies get students from freshmen to seniors active in the school and teach them how to show their school spirit

EMMA DEIHL  
STAFFER

Students roar with school spirit, the gymnasium electric with excitement about the new school year. Pep rallies remain one of the most exciting events of the school year, allowing people to get involved.

Throughout the years, students of all grade levels have been actively participating in pep rallies, even freshmen. Pep rallies are a chance to get included in school spirit, and allow new comers to participate in the same

activities as other grade levels.

"It's a fun activity that they can get away from the school day and still be on campus and participating in school. I think that they are fun and engaging enough that there's really no criticism," Drew Middleton ('22) said.

Pep rallies aren't just a chance to get new students involved, even seniors enjoy the activities.

"My favorite part was probably the games, because they were fun to watch. Students get to play games with each other and they make new friends while

doing it," Dustin Burchfield ('19) said.

However, there have been some with negative opinions on pep rallies. Whatever the reason, a plethora of students do not like assemblies.

"I think they should include more academic involvement, what the students do because that's what school's for, and if they did maybe students would want to involve themselves more in academics," Sharon Warrior ('21) said.

According to other students, academic involvement has not

been the only area that's lacking in pep rallies.

"While we recognize our players, we need to have more respect for other teams," Audrey Baldrige ('20) said.

Miss the first pep rally? Don't worry, because the next one is right around the corner. Even with differing opinions on pep rallies, the homecoming pep



Ms. Jessica Schultz (FAC) plays Hungry Hippos with Mr. Mark Feldman (FAC) in the River Ridge pep rally. Photo by Ostina Myrtill

rally has activities that students are likely to love. For students who want to show their support, September 28th is the day to do it.

# Coming soon to theaters near you

Studios release new and upcoming movies in a variety of theaters during the months of September and October

GRACIE GLOVER  
STAFFER

## A Star is Born

"I love Lady Gaga and she is an icon. We love her. The fact that it is about aspiring artists who are trying to make it big. Music plays a really big part in my life, so I relate. Because I'm in band. I am really interested in that kind of stuff," Nick Detty ('19) said.



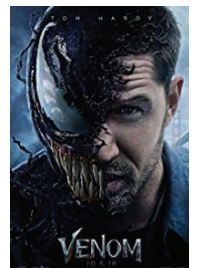
## Little Women



"I want to watch Little Women because I watched the 1994 version with my mom and my mom and I want to go to the anniversary film. The first one is really special to us. Lucas Grabeel is in it, who is from High School Musical and I love. I really like the sisterhood that is in the movie. I can really relate [the characters'] relationship to my relationship with my siblings," Alexis Majorana ('19) said.

## Venom

"It looked action-packed. The trailer was full of interesting scenes and people. The bow and arrow was really cool and the main character really caught my attention because he was really attractive. I think anyone who likes fantasy or action would like this movie. The character, Robin Hood, has a likeable ego that puts a nice spin on the children's book," Jelayna Vasquez ('21) said.



## Assassination Nation



"It was recommended by a friend and had a good plot. The actors were nice. I thought Bella Thorne was a shock she'd be in the movie. I didn't think she'd be an actor," Lilly Daley ('22) said.

# Dear JWMHS, please don't be stupid

**Social media challenges are occurring more and more frequently, from the "In My Feelings" challenge to the fire challenge**

Social media is quickly becoming more and more prominent in our everyday lives. Over the summer, trending challenges featured all over social media apps such as Twitter and Instagram, promoted kids to do unsafe things for views and followers. As a Hoofbeat staff, we feel that these challenges that social media promotes are unsafe and unnecessary for kids to complete and participate in, for any reason.

One of the most recent and popular challenges that has taken over social media accounts is the fire challenge. The fire challenge entails putting a

flammable liquid on your skin, then setting the liquid on fire, all while being recorded so the participants can put it on their social media account later. However, this challenge has led to the hospitalization of a 12-year old girl who is experiencing massive burns over 49% of her body. Nurses and doctors at a hospital in Michigan, have her in intensive care, attached to ventilators and facing many months of future treatment, all because she participated in an unsafe challenge, pressured on by social media. This tragic example shows that trending challenges are not worth the

hype that social media makes them out to be. This girl put her life in jeopardy over being famous and impressing people on all kinds of social media. Before considering about taking part in these challenges, are you willing to risk your life, in order to gain more followers and be trending on social media? Setting yourself on fire is completely unnecessary, not to mention outrageously unsafe.

Another challenge trending all over different social media apps is the "In my feelings" challenge. This dance craze involves getting out of a moving car and performing a dance

that synchronizes with Drake's hit song, In My Feelings. Just as it sounds, this challenge can be dangerous and yield deadly consequences. Many people who have taken on this dance craze exited cars on major roads and highways, just to gain more popularity, without realizing the terrible consequences that it could entail. This risky challenge could cause someone to get hit by a car or even run over by the driver. Some daredevils have even taken it to the next level, by doing this dance, while they were the driver of the car. Not only could this cause harm to humans if something goes wrong, it can

cause serious property damage. This hazardous challenge is foolish and people should think before risking their life just to become what they think is popular.

Based on a Twitter poll given out on the Hoofbeat Twitter, 68% of students answered that they have completed a challenge over the summer. The challenges come with many risks that were stated. So even though a lot of people have followed the leader, is it really necessary to complete these challenges, knowing the involved risks, just because a celebrity did it?

## What's with all these parking issues?

**Specific parking spots have been assigned to a variety of students, however students still don't park in the correct places**

EMMA ROGERS  
BUSINESS MANAGER

As more and more students earn the right to drive, more parking spots should be added to the student parking lot. Buying the parking spot was the first step, but there are a few steps that get added to the mix, for example, someone parking in your spot or simply mixed up numbers on a spot that they were assigned. Parts of a standard school day in the student parking lot go in waves. The morning traffic might be problematic, but the worst is the afternoon when students are trying to leave on time.

Certain students who wanted

to drive on the first day of school could not, because they did not have their parking tags for the day. They decided it was best to not drive until they got their parking pass. When those students arrived with their parking pass in hand, they noticed people were taking spots that were not theirs.

"I had someone park in my spot the first day of school, but they moved when I talked to them," Matthew Greco ('19) said.

Although some students were victims of having their parking spots taken, there were many misunderstandings. Some students parked in a different parking spot when theirs was

taken at first. This created a chain reaction, causing more spots to be taken from others. Additionally, spots being taken resulted from students misreading their parking tags.

"At orientation, I read the number off and after I found my spot. The first day of school somebody was parked in it, so I went to the office to deal with it. The second day of school and again someone was parked in my spot. I went to the office again, they made an intercom announcement and I waited. The second day is over and it's the next day and they were still parked in my spot. I went to the office again and they said

I could talk to a sheriff or make a request online. I went to the sheriff and he asked me about my parking spot number. I got called down to the office later that day and they told me that the parking spot I was originally trying to park in, was not mine. I was in tears after that because that was very embarrassing," Taylor Brown ('20) said.

As the school year progresses, all these issues should continue to clear up. There will always be



The school parking lot is full of sophomores, juniors, and seniors who are in their first years of driving a car.

traffic before and after school because of the overcrowding of the school, but administration is going around the parking lot checking parking tags. If anyone is found in a spot that is not theirs, referrals are going to be issued out.

## The debate between lunch or brunch

**The 2017-18 school year had a 55 minute lunch, since then, the amount of time to eat has decreased to a 35 minute lunch**

MORGAN FLISS  
EDITOR IN CHIEF

With the start of a new school year comes the implement of new policies and systems around the campus. One of these new policies is the move of sixth period lunch to third period lunch, or brunch, as referred to by many. Out of all the new policies put in place for the 2018-19 school year, this one faces the most backlash, and is one that no one seems to prefer. Logan Stephens ('20) voices his opinion on the negative aspects of having a brunch period so early in the school day.

"Third period lunch is a little

early for my liking because normally kids will have breakfast around 7:30 in the morning before they come to school. By the time third period lunch comes, we are not hungry and we don't have the stomach to eat," Stephens said.

Not only do kids feel like they aren't hungry enough to eat but it makes their day go by so much slower because they don't really have a

break or study hall in the middle of the day.

"I would prefer fourth or fifth period lunch [if I had the choice]

because it is more towards the end of the day and I wouldn't be as hungry and it doesn't make the day feel as long," Trey Anciaux ('21) said.

Kayleigh Ross ('20), who has first period off campus, goes

all day without a lunch. She eats breakfast before she comes to school and has to report to lunch

only an hour later.

"I hate third period lunch because I have first period off campus so I am literally at school for 50 minutes and then they make me go to lunch. It makes my day feel super long because I only sit through one class then I get a break and then I have to sit through the rest of my classes with no periods to take a break in between," Ross said.

Although Stephens would prefer a different lunch period, he learned to enjoy all of his classes and make the best of the rest of the day.

"I am fortunate to have classes that I really like after lunch so it makes the classes go by

faster. Yet if there are any other students that don't have classes that they admire or like then it's hard on them because the lunch is so early in the day and they have many more classes to go through," Stephens said.

A lot of the students interviewed want third period lunch to be replaced with sixth period lunch. Although it is very late in the day, they are at least hungry and ready to eat instead of starving for the entire day and not being able to eat until they get home. Moving forward into following year, students plan to seek and promote a solution to keep sixth period and ditch the idea of having brunch.

**"I am fortunate to have classes that I really like after lunch so it makes the classes go by faster."**  
**Logan Stephens ('20)**



# Interact with *others*

Learn about the history of the club and what it means to join

EMMA ROGERS  
BUSINESS MANAGER

Interact is a community service organization that works with the Rotary International in order to reach out into the community and work on projects to make their area a better place. Rotary's goal for the club is to serve the school and community to build relationships with both. Being a part of this particular club can give students an opportunity to meet and make connections with others that they would not normally meet.

Interact may be a community service club, but there is a little difference between itself and Key Club. Interact accepts around 60 students per year through essay applications as well as offering an ice cream social every year to spread information about the club.

"The hour requirement is less for Interact. There are also fewer people in the club, so it's more organized," Treasurer of Interact, Isabella Cortier ('20) said.

By joining Interact, students benefit from this club in different ways. The community service hours for the Bright Futures scholarship might be the first reason to join, but adviser Ms. Stephanie Martanovic (FAC) shares other reasons why one should join.

"Students would want to join this club in order to help themselves be more active community members, to make connections with people outside of school that

they know they might be able to work on projects within the future and to feel really good about themselves, to work with people that they might not normally work within the classroom, so I think it gives them many opportunities for growth as a better citizen in their community," Ms. Martanovic said.

Although more people sign up for Key Club, people still switch over to Interact. News about Key Club spreads like wildfire across the school because more students are involved with it. Interact offers more hours to be filled for one's personal benefit.

"I signed up for Interact because I was previously in Key Club. I never really liked it because there were so many people. I felt like I never had opportunities to do anything because every time I went everything was all signed up for, so I decided to join Interact. I felt that because it was a smaller club I would have more of an opportunity to get my hours and help out the community," Valentina Moreno ('19) said.

Being a part of the community holds not just the way of life, but a way to control what happens in your hometown. Joining Interact provides students the chance to gain a healthy growing conscience, but everyone involved with the future's community.



## Be the key to *success*

Kiwanis, partner to Key club, benefits the community

GRACE GLOVER  
STAFF REPORTER

In 2006, Kiwanis, a nation-wide service club, partnered with Pasco County Schools to establish a student organization on campus called Key Club. This club offers support to the community and its students. Ms. Rachel Herry (FAC) and Ms. Kasey Bakomihalis (FAC) sponsor all of the meetings, events and donation collections.

Herry starts her third year sponsoring, while Bakomihalis starts her second year. This year, Ms. Jennifer Leavey (FAC) joins as a third sponsor.

Key Club benefits its members in many ways including multiple opportunities for scholarships and putting students into new environments through community service, which leads to gaining knowledge and experiencing new things.

"By the time you graduate, you'll have all the hours you need for Bright Futures. We offer multiple opportunities throughout the year and even throughout the summer. Giving back to the community is a big plus, too, learning to work with others and helping those in need. We reach out to the communities and see if there are organizations or schools in need. Then, our volunteers will volunteer at their

functions and events. We'll do different collections," Herry said.

Communication is a key concept for officers and students. Mikayla Michael ('21), a second-year member, feels supported and involved because of how she is treated during events or meetings.

"There are so many people in the club that there is always someone you can talk to about volunteer opportunities or about life in general. [The officers] are very nice and supportive and helpful. If you have a problem they will always try to help solve it," Michael said.

The Key Club Pledge contains a promise of maintaining a safe and healthy community. Members uphold this promise by improving the community through events

provided by the club.

"I think it's a really good organization. It gets students exposed to a lot of different environments they've never seen. Working with lower income schools, getting to do beach cleanups: I think it makes students just a little bit more aware of the world we are living in and what we can do to make it better. And that's what the Key Club Pledge is really about," Bakomihalis said.

If students are looking for an organization with different kinds of activities, and help those in need in Pasco County, then Key Club is the place to be. Members meet every other Friday in the media.

