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Issue two











B 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

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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Saving lives by putting a foot forward

Key Club and Interact are partnering up to join an event that raises awareness from those suffering with thoughts of suicide

MORGAN FLISS EDITOR IN CHIEF

On October 27, Key Club and Interact members plan to meet up at Sim's Park, located in downtown New Port Richey, to participate in an event called 'Out of the Darkness" in hopes of raising \$40,000 for people suffering from thoughts of suicide. As of October 10, the county as a whole has collected almost \$18,000 towards this cause. Club members, faculty, and staff organized a group and called Team Teddy, and have raised \$575 towards a personal \$1,000 goal.

Salma Balile ('21), new to the

school and key club this year, looks forward to serving as a volunteer at this Pasco County

"I [look forward to participating] in this event because it benefits the community as a whole and creates awareness for a [serious] cause by making it a bigger topic," Balile said.

Ms. Rachel Herny (FAC), one of the advisers of Key Club, encourages students to come together and help support people who suffer with thoughts of harming themselves. According to the American Foundation for Suicide Prevention, suicide is the 10th

leading cause of death in the United States, leading to around 44 965

Wear Beads While

Walking to Support

deaths annually "I believe

there are many people in this world who suffer in silence And because of this, I think there is a need for people of all ages to know that they are

not alone. I cannot imagine what it feels like nor can I imagine

what the loss of a loved one to suicide feels like. I can help,

though; we all can. We can raise our voices together and spread the word that no matter how distressed, alone, sad, frightened, you may feel, you are loved, and someone cares." Herny said.

Those participating in this walk will complete two figure eights around the park, while wearing different colored beads and T-shirts for each team.

Students can show up to Sim's Park at 9:30 a.m. and register at

the tent for Team Teddy, or sign up at https://afsp.donordrive. com/ before noon of October 26.

"Students should definitely participate, especially in today's day and age because suicide rates are up, so it's a very important cause to make people value their life more," Dustin Rendell ('20) said.

Donations for this event will be accepted until December 31 and must be paid on the Out of the Darkness Walk website.

"Each year about 45,000 Americans die by suicide. By spreading awareness and working together, perhaps we can one day make this number zero," Herny said.

Heads up! Winterguard is coming up

As summer turns into fall and fall turns into winter, the winterguard is preparing for another exciting competition season

EMMA ROGERS BUSINESS MANAGER

As Joshua Cooney (19') gets ready for a new winter season of colorguard, he works on new skills to improve what he can by the time the season starts. Auditions taking place Monday through Tuesday on November 5 and 13 helps teach you what it means to put on a show with dance, flag, sabre and rifle. Winterguard is the sport of the arts; deriving from colorguard which showcases the visual aspects of the marching band's music on the field.

During the school year, there are two different seasons of colorguard. Winterguard goes on during the second semester of the school year. So, if someone wanted to join, but missed the deadline for marching season, there is another opportunity to

"If someone has a lot of freetime or is looking to get involved in something fun or different, then winterguard is something you should try. It keeps you busy and keeps you active while having a good time," Daelynn Benitez ('21) said.

For this year to be as successful

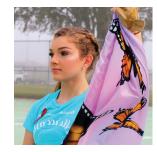
as last year's team, who placed third in their bracket at championships, the winterguard staff and teammates continue looking for key aspects from anyone who would like to join. According to Tony Perez (FAC), students do not need to have dance experience.

When winterguard starts, there are two weekly practices that take place in either the gym or band room. The practises help prepare the teams for their eight competitions they will be competing in during the duration of their indoor season.

"The best part about winter

season is really being able to connect with your team instead of being spaced out on a field. You are more close together and you interact with each other more often." Dakkotah Van Norman ('20) said.

For those who would like to participate in winterguard, auditions are November 5 and 12 from 4 to 7 pm in the band room. Come dressed in all black with a positive attitude about the experience you will have butterflies for. See Mr. Joel Quina (FAC) if you have any other questions about this year's winterquard season.



Colorguard member Daelynn Benitez ('21) prepares for a competition by fixing her form and listening to her coaches. Photo by Emma Rogers.

Raising the American Flag with pride

Marching ROTC students express their pride in our country by continuing their journey with other cadets standing in uniform

EMMA DIEHL STAFF REPORTER

During their class, students stand at attention in their uniform, in specific formation with other members of their platoon. Flag bearers hold both the American and Navy flags high in the air, cadets saluting their senior officers

These cadets must be in accordance with the strict code this military training program enforces. While this training may seem brutal to some, a plethora of young cadets believe that it is necessary and important.

"When it comes down to team

units and getting into formation, it's [the training] definitely helped us because, just with a

simple call, you're able to get into a formation and march in as a group," Samantha Cragle ('22) said.

Reserves Officers' Training Corps (ROTC) is said to unify students more than just standing in formation. Cragle and others have

mentioned how the teachers want their students to excel both physically and mentally.

The teachers are great, everyone in our program is so nice, and

all they

want to

see you

Cragle

said

succeed."

Cragle

was not

the only

one who

believed

that

do is

It's helped me come out of my shell and make friends. Everyone is so supportive of each other.

riaht ('19)

this program is designed for student success. There was an abundance of ROTC cadets that also agreed with this statement. The cadets have all said that team building is a rather large part of this program.

"Everyone helps each other. I've seen a few cadets who are in competitions with each other, take time from their practice to help the other person. We all just want to be the best we can be. and we want others to get there too." Alexis Wright ('21) said.

While unity is a part of the ROTC program, there is also the physical fitness aspect. Cadets have an average of one physical practice per week, where they must complete specific tasks and exercises in order to meet their weekly goals.

"I think it's the right level of motivation, and they recently lowered the standards (number of pushups, times to run, etc.] to make it a little easier for those who struggle with the physical aspect of training," Wright said.

As students stand holding both the American and Navy flags in their formation, pride is exemplified through the ROTC program preparing students who want to pursue this dream, to live it and continue it.

Without dance, what is the point(e)?

Dancers share all the components involved in dance, including physical benefits and artistic impressions for team members

OSTINA MYRTIL STAFF REPORTER

Enter the red commons on Monday, Wednesday or Thursday afternoon and you'll find the dance team coached by Ms. Megan Hatfield (FAC) practicing for upcoming performances. Sydney Lehman ('20), Isabella Newton ('21), and Mallory Bachmann ('21) are three out of the ten dancers on the team for this fall's season.

According to Merriam-Webster, the definition of an athlete is a person who is trained or skilled in exercises, sports. or games requiring physical strength, agility, or stamina.

"I think dance is a combination

of a sport and an art form. I wouldn't say it completely qualifies only as a sport, I think it also an art, but you definitely have to be a athlete to be a dancer. It's a lot of muscles and strength, but is also musical," Lehman said.

According to the Better Health Channel, dance has many benefits such as improved condition of your heart and lungs, increased muscular strength, improved muscle tone, weight management, agility and flexibility, improved balance and spatial awareness, greater self-confidence as well as selfesteem, and better social skills.

"It has helped me mainly with flexibility because dance requires a lot and just having less stage fright because we dance in front of many people at school events," Bachmann said.

There are plenty of comparisons between the lifestyles of athletes and dancers. Based on the physical demands placed on the body, diet, and self-discipline, dancers and athletes handle it both the same. Both are at the risk of injury, and the conditioning, and care for their body are similar.

"Dance is a sport because we have as much practice as anyone else and you have to work hard as much as anyone else and they all have to do certain routines as we do," Newton said.

All in all, dance is a healthy yet

The dance team performed their country-themed dance at the Rodeo Games during homecoming week. Photo by Ostina Myrtil

interactive way to get involved in school. All of the dance team members agree that it brings great memories and experiences.

"I've been dancing for a long time so one of my best memories is getting to perform with one

of the greatest tap dancers of all time. He was a legendary tap dancer and I got to be mentored by him and perform with him which was just an amazing experience," Lehman said.

All things pumpkin... bestides eary





Pumpkin Paintings

Look up a image you would like to paint on your pumpkin. Once you found the image that you like, use a marker to trace the image onto the pumpkin (it is best to trace in a marker because it can easily be painted over so that it is no longer visible. Then, you can begin to paint and decorate the pumpkin however you chose!



Pumpkin Slime

- Place all of the pumpkin guts into a large bowl.
- 2. Squeeze 4 ounces (1/2 cup) of glue, into the bowl.
- 3. Pour ½ a cup of water in to bowl and stir
- 3. Add food coloring, to your desire
- 4. Mix 1 teaspoon of Borax into 1/2 cup of water, and slowly add the solution to the glue mixture.
- 5. Stir in the Borax solution until the slime starts to

Place pumpkin seeds in a Ziplock bag and pour paint or food coloring of your choice into the bag. Then, shake the bag making sure all of seeds are covered in color. Pour the seeds out onto wax paper and let them dry completely. When the seeds are done drying, glue them on the paper to create your image

Pumpkin Vase

1. Use a knife to cut the top of the pumpkin off. Use a spoon or your hands to remove all of the insides from out of the pumpkin. Completely clean the pumpkin so it is smooth in the inside. Once clean place flowers into pumpkin, add water, and admire the fall decoration.

One for all and all for the community

Saturdays to get

"[Volunteering

her community

service hours.

Students talk about where they volunteer to get their community service hours and how it makes them feel to help out others

HAYLEY FLISS NEWS EDITOR

Scholarships such as Bright Futures, requires a certain amount of community service hours which can be fulfilled throughout local volunteering. However, certain opportunities are not fit for every student which is why there are clubs and staff around the school willing to help students with getting their community service hours.

In addition, the school provides two clubs well known as Key Club and Interact which are designed to give students opportunities around the

community to earn their hours faster, or just simply to earn additional hours.

"[Students] can join service clubs and help out with certain organizations. When they get these hours,

they can [further] use them to apply for scholarships," Nickolas Detty ('19) said.

When earning community service hours, students can most

I like to going to Feeding America where you get to box food [which] is a lot of fun.

Emilie Pursel ('20)

certainly find an opportunity in which they enjoy. For example, Emilie Pursel ('20) volunteers at her local church on second

at my church] is basically every month, and I like to going to Feeding America where you

get to box food [which] is a lot of fun. I [also] like volunteering with interact because it lets me [get my hours during activities] like after volleyball games, and dressing up for Starkey Park activities," Pursel said.

Every Sunday Detty willingly volunteers at the Medical Center of Trinity located off of State Route 54.

"I volunteer at the Medical Center of Trinity from four to eight where I am involved with discharging patients and helping the front desk," Detty said.

From working at hospitals to working at your local church,

there are many ways to earn hours for school scholarships and benefiting the community. For more information on where and how to earn community service hours, ask your teachers and staff around the ranch.

Students can contact Ms. Michele **Chamberlin** in room 617, for volunteer opportunities or visit the **school website** for logs and paperwork

From the heart to the table (FAC) and Ms. Rebecca Fillmore (FAC) share their favorite fall recipes.



Banana Pudding

- **Ingredients:** •Nilla wafers
- sliced bananas
- •1/4 cups of flour
- •3/4 cups of sugar
- •3 egg yolks •1 tablespoon of vanilla flavoring
 - •3 cups of milk

Layer Nilla wafers and sliced bananas in the bottom and sides of a trifle bowl.

To make pudding, cook remaining ingredients over low/medium heat until thickened, stirring constantly.

Pour pudding over layered bananas and wafers, should cover completely.

Beat egg whites on high for meringue. Add 1 teaspoon sugar and 1/2 teaspoon vanilla flavoring to meringue.

Pour over pudding, covering completely. Brown under broiler.



Southern Soup

- •2 tablespoons of olive oil
- •2 cups of chopped onions
- •2 tablespoons of garlic
- •2 cans of chicken broth
- •3 pounds of potatoes •1 pound of spinach
- •1 tablespoon of salt
- •1/4 tablespoon of pepper

The whole family

watches football,

[however], tradition

close, so it is really

important

•4 oz of kielbasa sausage

In a large saucepan over medium heat, cook onion and garlic in olive oil for 3 minutes.

Stir in potatoes and cook, stirring constantly, 3 minutes more. Pour in chicken broth, bring to a boil, and let boil gently for 20 minutes, until potatoes are mushy.

Meanwhile, in a large skillet over medium-low heat, cook sausage until it has released most of its fat, 10 minutes. Drain.

Stir the sausage, salt and pepper into the soup and return to medium heat. Cover and simmer 5 minutes. Just before serving, stir spinach into soup and simmer, 5 minutes, until tender. Serve at once.

Thanksgiving, a day for family

Whether it is food or family, students have many Thanksgiving traditions that bring them together over this thankful day

HAILEY KROLL STAFF REPORTER

Thanksgiving: it's not just a day to wear stretchy pants due to overindulging on turkey. It's also a time to spend being thankful for all the good things in life, including family. And the importance of family is often expressed through family traditions.

These traditions include watching the Macy's Thanksgiving Day parade, which over 50 million people watch

each year. It is held in New York City and is very famous for the huge floats and balloons that parade their way down the city

"We usually wake up at our own pace and watch the parade in the morning before everyone starts coming over and cooking food. My dad originally started having us watch it just because it was different and fun. I like watching it because it's festive and has the giant balloons, like the Snoopy," Lauren Holcomb ('19) said.

However, the parade is only

one of many Thanksgiving traditions. Family vacations

are another common tradition. Families go on vacations this time of year for a way to get out of the house and celebrate what they're thankful for

"I go every year to North Carolina for

Thanksgiving break. It's not just

my family, my grandparents go, and it's just a way to get out of

the house and see new things. We hang out and do cool things wherever we stay. helps keep my family It's cold, unlike here, so it's nice and it usually always snows, so we go up to the

highest mountain

and go sledding,"

Alexa Lampasso

Nicholas Fairbank ('21)

('22) said. Another Thanksgiving tradition is watching football, as rivals go head-to-head on Thanksgiving day. Football games create a time for families to take a break, sit down to watch together, and bond.

"The whole family watches football, and we always have it on in the background. Tradition helps keep my family close so it's really important," Nicholas Fairbank ('21) said.

Thanksgiving can have different meanings for different families, but even though they have different traditions, they all aim to bring them together.

Which neighborhood provides the best treats this holiday? The Hoofbeat Twitter posted a poll asking students which Trinity neighborhood they felt

was the best for trick or treating? Out of 83 votes, here were the results

Champion's Club

Foxwood



Nature's Hideaway

66 I trick or treat in Foxwood because it lets me have fun with a bunch of my friends who live in the area. The neighborhood also has pretty decent sized candy bars!

Wrenna Wallis ('20)



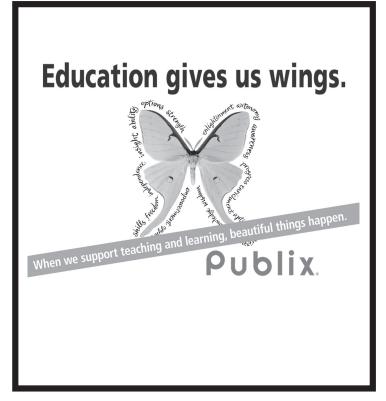
"In Champion's Club, all of the neighbors go out of their way to have the best decorations. It is like a fun competition, plus many of the neighbors are good at hosting haunted houses in their own homes. Kids in the neighborhood like to race to houses and compete to see who has the most candy," Savannah Scianna ('22) said.











Bow down to the **Marching Mustangs**

The Marching Mustangs make an appearance of their 2018 show during the home game against Clearwater September 21st

BUSINESS MANAGER

In a far away land, there lives an evil queen and her "not so" loyal subjects in the plot of the Marching Mustangs 2018 show "The Crown". This year's show continues to take the field at halftime, featuring songs like Royal by Lorde and Bohemian Rhapsody by Queen.

The story line [of the show] is that the rest of the band is so sick of being mistreated and ruled by me that they rebel and try to kill me. [At the end] I am then replaced with a good gueen." Allyson Klein ('19) said

Brackets of marching band competitions are measured by the size and number of students participating

in the show on the field. The Marching Mustangs, with over 200 students participating, are placed in 5A. For the band to have a show theme, staff members work together to choose one that fits best.

"We were looking to do something that was more

theatrical, and because the TV

show 'The

Crown' was so popular we just thought it was a cool jumping off point," Mr. Joel Quina (FAC) said

During the eight minute halftime show, the band has a very big responsibility to convey the story line through their movements and music. With each bar of music, the band works to input the emotions they would like their audience to feel about each situation they are put into by the evil queen.

"My favorite part

of the show is half way through the percussion feature. For five bars, the snares would be the only ones playing on the field. Our center snare begins with two measures of solo before I ioin in with her



The band gets to their assigned "dots" on the field to create the shape of a crown. As they stand still, the colorguard spins to capture a moment of brief sadness that they are treated the way they are by the evil queen. Photo provided by Joel Kiem

difficult, but there's a huge pay off when the part is done right. After everyone on snares gets added in, it builds the conflict of the story. It is also the only time I am able to hear the audience cheer," Chloe Snow ('19) said.

The Marching Mustangs' first competition at Wiregrass High School, placed first overall. They

are just getting started with the show, with two three-hour practices a week and individual section practices, the band is practicing to get the show as perfect as it can be. Catch their next show at the home game versus Land O' Lakes High School during halftime on October 26.

The part I

enter in is

pressure on always being in character; [however], I love it so much. I love interacting with everyone and the idea of being different from everyone else."



No need for a job, I already own one

Aidan Metz shares the details of his successful and growing business to excite every customer that walks through his door

AVERY PHILION LIFESTYLES EDITOR

January 4th of 2016, Aidan Metz started his car detailing business that has supported him ever since. At such a young age, Metz has successfully grown his business.

"I started my company January with Christmas and birthday money saved up (about \$400) from that I bought a pressure washer, microfiber towels, car soap and a few other necessary items," Metz ('19) said.

With such high standards, there was some real work cut out for him. But with his drive and passion to reach his goals, his

business has been thriving ever

"I wanted to start my business because I wanted to learn how to run a business in the first place. So far it

has taught me more discipline, how to manage money, and socializing

skills. My inspirations were to be able to work for myself and be pay for all my bills," Metz said.

Metz plans to continue his education at the University of South Florida and graduate

with his Masters of Business Administration and Accounting degree, and continue to make another small company to keeping growing.

"My advice for anyone wanting to start a business would be to start with a business plan, then ask yourself these AUTO DETAILING questions, how

are you going to make money? What's your product margin? How are you going to advertise? Why are you starting this company and is it solving a problem or benefiting people's life's," Metz said.

Metz has set prices for all his work also. \$50.00 for wash and full interior detail, \$25.00 hand wax, \$35.00 clay bar, and \$40.00 carpet extraction.

Over 80% of customers re-hire Metz again because they were satisfied with his work. Metz does his best to meet the expectations of his customers to get positive feedback.

"My feedback from customers is always positive they enjoy their car looking brand new," Metz

Metz' goals and aspirations are high for himself but with his self discipline and self motivation, Trinity Auto Detailing won't be the last business created by Aidan Metz.





Aidan Metz working hard, yet enjoying his job as an auto detailer. Photos by Avery Philion

nonther my mand

According research scientists the quiz below is an accurate personality quiz that gives results similar to the Myers-Briggs Type Indicator. To answer the questions, rate yourself on a scale from 1-5 that you fele, describes you the most. Once you have completed all 22 questions, add your results using the formulas below, and combine the four letters to get your specific personality type. However visit https://openpsychometrics.org/tests/OE JTS/development/OEJTS1.2.pdf to get another copy of the unmodified test to share with others!

- 1. makes lists 1 2 3 4 5 relies on memory
- 2. skeptical 1 2 3 4 5 wants to believe
- bored by time alone 1 2 3 4 5 needs time alone 4. accepts things 1 2 3 4 5 unsatisfied with things
- 5. keeps a clean room 1 2 3 4 5 puts stuff where ever
- 6. not mechanical 1 2 3 4 5 has a mechanical mind
- 7 energetic actions 1 2 3 4 5 mellow tone
- & prefer multiple choice tests 1 2 3 4 5 prefers essays
- 9. chaotic 1 2 3 4 5 organized 10. easily hurt 1 2 3 4 5 thick-skinned
- 11. works best in groups 1 2 3 4 5 works best alone
- 12. focused on the present 1 2 3 4 5 focused on future
- 14. wants people's respect 1 2 3 4 5 wants their love 13. plans far ahead 1 2 3 4 5 plans last minute
- **15.** gets tired by parties 12345 gets excited by parties
- **16.** fits in 1 2 3 4 5 stands out

- 17 keeps options open 1 2 3 4 5 commits
- 19. talks more 12345 listens more
- 20. tells what happened 1 2 3 4 5 tells what it means
- 2% gets work done right away 1 2 3 4 5 procrastinates
- 23. stays at home 1 2 3 4 5 goes out on the town 22. follows the heart 1 2 3 4 5 follows the head
- **25.** improvises 1 2 3 4 5 prepares



 $\begin{array}{l} \text{ (O.1) - (O.1) + (O.15) - (O.23) + (O.23) + (O.27) - (O.31)} \\ \text{ If IE is more than } \textbf{24}, \text{ you are } \textbf{extraverted (E)}, \text{ otherwise you are } \textbf{introverted (I)} \\ \end{array}$

FT= 30 - (Q2) + (Q6) + (Q10) - (Q14) - (Q18) + (Q22) - (Q26) - (Q30) If FT is more than **24**, you are *thinking* (T), otherwise you are *feeling* (F)

JP = 18 + (Q1) + (Q5) - (Q9) + (Q13) - (Q17) + (Q21) - (Q25) + (Q29)If JP is more than **24**, you are **perceiving (P)**, otherwise you are **judging (J)**.

- $\it 88.$ good at fixing things 1 2 3 4 5 good at fixing people

- 24. wants the big picture 1 2 3 4 5 wants the details
- **26.** morality is on justice $1\ 2\ 3\ 4\ 5$ morality is on compassion **27.** talks quietly $1\ 2\ 3\ 4\ 5$ yells when talking
- 28. theoretical 1 2 3 4 5 empirical
- 29. works hard 1 2 3 4 5 plays hard
 30. uncomfortable with emotions 1 2 3 4 5 values emotions
 31. likes to publicly speak 1 2 3 4 5 avoids public speaking
 32. likes to know "what?" 1 2 3 4 5 likes to know "why?"



SN = 12 + (Q4) + (Q8) + (Q12) + (Q16) + (Q20) - (Q24) - (Q28) + (Q32)If SN is more than **24**, you are **intuitive (N)**, otherwise you are **sensing (5)**

What *animal* represents your personality?

Lion personality types are very goal oriented, good at making decisions, and like to take the leadership role in situations. However lion personality types, can be very aggressive and competitive

Lattes

then you are described as

Frappuccinos

described as then you are

both worlds living the best of adventurous and

comforting going, and classic, easy If you preter...



people. They enjoy being popular and influencing others, however they tend to t Otter pers love to be top much and be too easy going. nality types are very social and ound and interac ey tend to talk with other

Iced Coffee

then you have

Cappuccinos

then you are

Golden Retriever People in this personal ity category tend

usually have only a few close friends. Their weaknesses include being indecisive and to be helpful, calm, and reassuring. They unable to express their emotions well.



everything r

expecting themselves to be perfect

standards. They desire to solve

Mochas





then you are

a cool, content described as bubbly with a

hint of passion

personality and happy

then you are

Смргемом



The coffee quiz was a survey taken from behance net. The animal quiz came from Five Minute Personality Tests

counts for

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7

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ESFP

accounts for

9-13% of the Jnited States

2-5% of the United States accounts for

Teamwork makes the dream work

The girls golf team is off to a successful season and it stems for the tight bonds that have been made between the players

GRACIE GLOVER STAFF REPORTER

The girls and their coach, Mr. Troy Dillman (FAC), practice for hours on end to improve and work on all of their skills, from swinging to putting. The girls compete against each other to see who has the best swing. Participating on the golf team exposes players to challenging circumstances and meeting new people. The girls create strong bonds with each other and improve balance, tempo, and tension awareness.

"My favorite part of being on the team is trying something new and being involved in the school. I like being with my friends on the team and just learning how to get better at the sport. You learn new skills and form new bonds, improving your abilities," Ashley Hoskins ("22) said. Golf is based on each players' ability to understand their body's specific and unique strengths and weaknesses. The girls help each other improve and work on weaknesses.

Members support one another by cheering and keeping each other motivated despite harsh circumstances like a heat and a match that seems to drag on for hours.

"[Being on the team] is really fun. I've convinced all of my friends to do it, so when we go to practice we are all together. It is a really great experience because sometimes it's really exhausting, but we are always there to keep each other up and keep each other motivated," Emmersyn Chefero ('20) said.

The team members goodnaturedly compete within the team. At the end of matches, they compare scores and see who did the best. Despite the competition, players remain together a team.

"Being on the team can be very time-consuming and can get very stressful. But as a team, we all get along. We are all kind of new to the sport, so we find our way together. I really like my teammates. They make being a part of the team really fun," Haley Spinger ("20) said.

Golf involves exposure to the sun for long periods of time, which leads to a nice golden-brown color on member's skin. Other than a new tan, another plus is the muscle built from the constant steps taken at the matches.

"Golf keeps you in shape because, you don't realize, but you are doing a lot of walking, so your legs become more toned. You get really tan. [But ultimately], It is really awesome to all be together and support each other as a team. It is a really



Olivia Gray ('19) swings her club high into the air as she chucks the ball down the vast, green field, during one of her tournaments. Photo by Ryan Gray

good time to be out with your friends and enjoying a sport you can all play together," Chefero said. Dillman and the girls have had a successful season so far and look forward to continuing

Upcoming sports around the ranch

Winter and spring sport tryouts are coming faster than you think, so look below for information on some upcoming sports

Wrestling



Who: Mr. Jake Crouch (FAC) and current team or club members, can provide you with any information

When: Season begins November 12. Wrestling club meets every Wednesday from 3 to 4:30 p.m.

Where: Mr. Crouch's office in 800s (Green Guidance). Wrestling Club meets in the Wrestling Room.

How: Girls and boys can both participate. FHSAA packet must be turned in before season and can be picked up in, Coach Crouch's office, the front office, or school website. Athletes must also complete three training videos.

Softball



Who: Mr. Scott Bisbe (FAC) Can be contacted at 727-422-6471

When: There is an informational meeting that will be takin place during all lunches on December 14. Tryouts are January 22, 3 to 6 p.m. and 23 from 3:30-5:30 p.m.

Where: Baseball field for practice and tryouts, Coach Bisbe's office for information.

How: FHSAA forms due before/at tryout. If you make team, fees will be due. \$70 for this being your first sport, \$40 for the second, and free for the third.

<u>Tennis</u>



Who: Ginger Lynn (Girls) and Peggy Hinmon (Boys).

When: Tryouts (Girls) - Early January. However the conditioning for girls begin in November. Matches (Girls) - from 3 to 7:30 p.m. Tuesdays and Thursdays from February to April. Boys need to contact Ms. Peggy Himmon for more information on tryouts.

Where: Tennis courts, behind the purple building. Coach Lynn can be reached in room 306.

HOW: Complete FHSAA forms and proper equipment all tryout days. For boys, see Coach Hinmon.

Track and Field



Who: Coach Alan Parmenter

When: The week of Monday, November 25 is when conditioning starts however, meets begin in mid-January.

Where: Mr. Parmenter can be reached in room 522, or on the track during practice hours

How: Bring completed FHSAA form and have completed a physical checkup and bring sports fee if needed. Contact Parmenter for more specific information

Basketball



Who: Jason Vetter (Head Basketball Coach) and William Ruffin (Girls Basketball).

When: Tryouts (Boys) - November 5. Tryouts (Girls) - October 29 to 31 from 6:30 to 8:30 p.m.

Where: Mr. Vetter's room (304) and the gym for tryout.

How: Complete and turn in FHSAA forms to the coaches. Copies can be picked up in Mr. Vetter's room or printed out online. For girls, see Coach Ruffin.

<u>Baseball</u>



Who: Mr. Howard Chittum (FAC) is the head coach of baseball and can be visited for more information

When: Tryouts - January 28, 2019. An informational meeting is taking place on Wednesday, January 9 at 3 p.m.

Where: Mr. Chittum's classroom 532

How: Turn in FHSAA forms and proof of a physical exam by the tryout date. Visit room 532 for more information.

The girls are 'setting' up for success

Both JV and varsity volleyball players use their strong bonds and ability to adapt to situations to lead them to victory

STAFF REPORTER

"Got it!" Lauren Sammartano ('21) yells just before bumping up the ball for Vanessa Kriston ('21) to attack over the net. Volleyball uses communication and trust among players in order to complete the three hits required before getting it over to the other side.

On school sports teams, coaches move around players however they see fit, and that disrupts the flow of the team. However, teammates must adapt to it and be able to work together regardless.

The varsity team has been

pulling up players on JV that the coach wanted, so they got to play on varsity. It's okay because it betters them, but it weakened us a little bit. But we have adjusted so now we're still strong," Kriston said.

Since the team's roster constantly changes, playing on the volleyball team requires the ability to accommodate these changes.

"I love playing volleyball and just like having the experience with the younger girls on the same team is definitely different, because I'm in club volleyball and you play with people your age. But for high school, there's three freshman on the team,

then a bunch of underclassmen. So for us to adjust, that's pretty

impressive because it's hard to just put six people who's never played together before." Megan McCain ('22) said.

The players see making bonds with their teammates

as a strong component of their

"Being on the team means coming together as a family,

much. I look at all I look at all of them as my of them as sisters and we're all really my sisters and we're close. It means being able to all really work together on the court close. It and being able to be one means being able to work together Sammartano (<mark>'21</mark>) on the

pretty

being able to

court and

be one component," Lauren Sammartano ('21) said.

The family-like aspect of the teams bring a different type of friendship that is not found from just sitting in classrooms, but only found on the court.

"I love having so many teammates around me. Most of my friends come from volleyball, so I definitely you get kind of like a family sense when you play. And that's definitely probably the best part," Kennedy DeLuca ('20) said

The players persistence, accommodation, and hard work lead JV ending the season with 20 wins out of 23 games and varsity making it to states as district runner ups.



Kendall McLain ('21)

Number #6

My favorite thing about playing volleyball is how competitive and fun it is to win, and to be a part of a team [that has brought me] friendships. For the most part we trust each other, and when we need to get something done, we will. We don't get mad at each other because we're all so close. We know if someone makes a mistake, we'll fix it and get the next win.

Bella Baldaya (†22

Number #1

component.

I am pretty excited about making it onto the JV volleyball team as a freshman, and being able to be on a team and meet new people is pretty cool since I have been playing for [about] four years.



There is no better time than tee time

The boys' golf team reminisces about their favorite moments from last season and looks forward to what is to come

RUHAN ALAM STAFF REPORTER

This year's boys' golf team is aiming to reach new heights this season, with new additions to the team as well as new styles of play, brought in by golf coach, Mr. Luis Gamboa (FAC). One of the team leaders on this year's squad, Nick Gabrelcik ('20) understands how important it is to stick together and listen to the coach's advice and critiques.

"My coach pushes me everyday to do better at matches and at events, by giving me specific drills to do, which gets my game in shape, as well as my teammates, which really helps us succeed," Gabrelcik said.

When playing under a supportive coach, it doesn't come as surprising when

members of the team are ecstatic about the upcoming season. Players continue to mention aspects of the season and other things that they're looking forward too. Eric Paules ('20) is looking forward to the sense of competition and adrenaline rush that comes with playing against other talented athletes.

"I'm looking forward to competing with other people, and getting better at the sport. I've just always enjoyed playing the sport in general," Paules

Other athletes, however have a very different mind set and view golf differently then their other teammates. Connor Bacca ('20) relates the sport to baseball, which he used to play, before joining the high school golf

"I started playing golf because

it is very similar to baseball, you know you're hitting a ball, and it just came natural to and I had a lot fun with it and I [started] to enjoy it the more and more I played, so I made it my main sport," Bacca said.

Bacca elaborates on the conference at the end of the season, which has him and his team mates excited, mentioning how important it would be for him and his team mates to keep a strong connection in order to get to the conference, which takes place later in the season.

"A lot of the guys who got me into golf are my best friends. I've been hanging out with them for years and it's really just a good experience for all of us," Bacca

Members of the team look to not only improve as team, but really improve as individuals.

Lucas Viera (20') is looking to improve his handicap, which is a numerical measure of a golfer's potential ability. Viera currently stands at a 16, and he continutes to work to see how he can reduce that number.

This year's boys' golf team knows they're a force to be reckoned with and continue to work with each other and the coach to achieve their ultimate goal of success in their future matches, and big tournaments.



Swinging the club high into the air, Connor Bacca ('20) drives the ball at Crescent Oaks Golf Club. The boys' golf team worked together to bring home a victory. Photo by Avery Philion



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JV football players left **seeing** stars

JV football players left with multiple injuries after their game with Hudson

EMMA DIEHL STAFF REPORTER

As the lights shone down on the field on the night of September 27th, the crowd of parents and students heard the clashing of helmets as JV student athletes played football on the field below. While it may not seem major to those in the stands, Stephen White ('21), the player down on the field who was injured in the head to head collision sustained a brain injury that has ended sporting careers: a concussion.

Concussions affect players on and off the field for the rest of their lives, or in several cases this school year, their chances of playing for the season. While there were multiple concussions, there have been several other injuries as well, which include a broken wrist, broken hand, dislocated kneecap, and hip pointer.

"Two of our permanent losses are our safety and our outside linebacker. Our right tackle may be back by the end of the season, but it's not looking great so far. The other three are

only temporary, and should be coming back soon. They were all concussions," Dylan Bromberg ('22) said.

There are multiple players other than Bromberg on the team who are still sore about what happened that night, and who said the opposing players who caused the injuries should be held accountable for what happened.

"I think the player who injured our running back should have been ejected from the game because he lifted our running back, and that's not allowed in football," Conner Bowden ('22) said.

There were several that blamed the referee for not seeing the injury causing plays, and that said they would feel better about what went down that night had he been paying attention.

"I don't know why he didn't call it, it was clearly an illegal play, but I can't confirm whether or not he did see it. It's true that a lot of people were clustered around Paul [Surkov ('22)], the tailback, when he was lifted up, but I still can't see how the referee didn't see it," Bromberg said.

Surkov broke his arm and will not be able to play for the rest of this season. This is yet another common injury in the sport, and one that players said could have been avoided if the referee had taken the time to call the illegal plays that took place.

Despite player injuries, the team's main focus is to remain unified and continue to grow stronger.

"The chemistry on the team has increased tremendously, and we are learning to be tougher at each practice. Our coaches push us to get the best out of us," Bromberg said.

Even with numbers on the team dropping because of injuries, the team never lost hope.

"I think we will be fine. We have a lot of talent on this team, and many kids can step up and replace the ones that are hurt," Bowden said.

Though this football season brought trials, the team won all but one game this season, which they lost to rival River Ridge. Even with the injured players, they competed to win, finishing out their season strong.





The JV offense manges to seek out a 22-18 win against Hudson, despite all the injuries that players sustained throughout the game. Photo by Emma Diehl

Hustle and **heart** set them apart

Hannah Walbrun ('22) and Savannah Scianna ('22) stand out as the only girls on the Mustang club hockey team

RICHARD DALEY

Left winger Hannah Walbrun ('22) and right winger Savannah Scianna ('22) push themselves to play well and overcome difficulties as the only two girls on the hockey team. Although the team is mainly composed of boys, they still treat the girls like their teammates.

"Sometimes Hannah and I get put down, but there are a lot of guys who choose to put the girls up and act like good teammates. The guys are really nice and they're really supportive. They usually make us feel more confident in our skating and they're always trying to set limits for us to reach. The guys will also give us constructive criticism in areas that we need help. It makes us want to do more work and it makes us want to strive to be better hockey players because when we get constructive criticism we are able to know what we should work on and what we have to do to get better. So we really appreciate

all their support and positivity," Scianna said. Playing on a team dominated by boys shows both of the girls

that they possess potential.
"It lets you know that you're good enough to play with them and it boosts your self-esteem. I feel like I can keep up with a lot of the boys, and that just makes me feel stronger as a person," Walbrun said

Even though the girls possess potential they remain at a disadvantage. In order to carry their weight they put a tremendous amount of effort into their performance on and off the ice.

"We practice on Wednesdays at 6:45 p.m. at Center Ice in Wesley Chapel. I also went to a hockey camp in Wisconsin and been on another team called the Tampa Bay Junior Girls Lightning Team. I have also done off ice training to work out and

ice or to improve my stamina. Those experiences gave me a lot of conditioning and it made me prepared because it boosted my stamina on the ice and it also improved my strength. JV is a checking league, so you're going to need the muscle strength for that,"

get back on the

cianna said

Regardless of their differences, the team is held together through a common goal.

"This is a team that is going to work hard for their school. I definitely feel like that is something that means a lot to me because the school is a very big deal and if we're representing something then we're obviously going to work harder for it," Scianna said.

In the face of obstacles Walbrun and Scianna maintain initiative to improve the way they play. The girls and boys also collaborate in order to work better as a team.

I feel like I can keep up with a lot of the boys, and that just makes me feel stronger as a person,

> Hannah Walbrun ('22)

Halloween is here, time to get in gear These are a few quick and easy costumes that can be made last minute so you can go and enjoy your Halloween in costume

1. Grape Costume:

Wear a simple black or purple tfit and blow up reasonably

2. Instagram Costume:



3. Candy Corn Costume:

corn on you is an optional edition to finish the costume. Shop for these at Salvation Army, Goodwill, Walmart, or Spirit Halloween

4. Emoji Lostume:

This costume includes a yellow shirt and yellow pants with the desired emoji face pasted on it. Wear any emoji you fee!! Also, may include accessories like a

"Stargazing" the "Perfect" concerts

Students look forward to the numerous different costumes by various artists that are coming to Tampa in November

RIIHAN ALAM STAFF REPORTER

Through the month of November, Tampa will be having many high profile names visit to showcase their talents, however there are three that stand out; 21 Pilots will be playing at Amalie Arena on November 3rd, Ed Sheeran will be at Raymond James stadium on November 7th and Travis Scott will also be performing at Amalie Arena on November 12th. The students of Mitchell high school attending these events anticipate the high

numbers of people that also be attending the concerts. Jorden Van Ooyen ('20), is attending the Travis Scott concert and had been aware for some time now how crowded the concert will be but he still expects to have an amazing time.

"I'm excited about seeing this man perform, he's been known to have really hyped up concerts," Van Ooyen said.

Other Students attending the Travis Scott concert also have reasons to be excited: Jordan Nutter ('19), has been looking forward to the concert for some time and will be attending the concert with his friends as a birthday gift. Nutter has been to many concerts in the past, going to events such as Wild Splash, and seeing a variety of prominent artists, such as Drake and Kanye West. When asked about what he expects from the concert, Nutter responded

"I think the concert will be similar to the Drake and Kanye one, but I still think Travis Scott will sound the same weather it's in person or on my phone," Nutter said.

Other students attending the

concert look forward to things other than music during the even they will be attending. Laynie Mazur ('21) will be going to the 21 Pilots concert at Amalie Arena and is excited about the activities that will be taking place during the event.

"I think they'll sound a little different in person because it won't be just them singing, a lot of thing will be going on around the sage as well as on it," Mazur

Jillian Misemer ('21) has been a lifelong fan of Ed Sheeran and attending the concert with her

mom, having purchased the tickets almost a year in advance.

"My mom told me I could get the tickets if they were in the price range and they were, so I bought them right there on the spot and I've been looking forward to going for over about a year now," Misemer said.

J.W. Mitchell high school students attending these concerts are both looking forward to the music, but also the experience as well as the memories they will make will be cherished for a long time.

5-Star Horror movies for Halloween

Halloween is coming fast and multiple movies, like Bad Time at the El Royale, are coming soon to theaters near you



1. Bad Times at the El Royale

"I want to see this movie because of Chris Hemsworth. He's really good at creating tension in a movie," Olivia Gray ('19) said.

Release Date:

October 12, 2018

2. Halloween

"I like seeing all kinds of horror genre movies, especially the Halloween movies because it's such an iconic horror movie series with an iconic horror villain like Michael Myers," John Henges ('19) said.

Release Date:

October 19, 2018

3. The Girl in the Spider's Web

"It's different from most common Halloween movies because it's actually about cyber security and spies which is really interesting," Kamalie Thomas ('21) said.

Release Date:

November 9, 2018

4. Suspiria

"It catches my attention that this movie is about a dance company with a dark twist or a turn about it, which seems very interesting," Tanner Dishman ('21) said.

Release Date:

October 26, 2018

Kaepernick ad adds to controversy

Nike made an ad decision sparking unsettling responses from many people; the decision to have Colin Kaepernick on an ad

"Believe in something. Even if it means sacrificing everything." Those are the few simple words featured on a new ad released by Nike that displays the face of Colin Kaepernick as a background. For those who live under a rock, Colin Kaepernick is famous as a San Francisco 49ers quarterback up until the year 2016, when he became the center of a political and ideological maelstrom. He was bombarded by kneeling when the national anthem played at the start of NFL football games, even though he did so in protest of racial injustice he felt to be an issue in the United States. This harmless expression of Kaepernick's First Amendment

right to freedom of speech under the U.S. Constitution created quite the divide in fans and friends alike, some supporting the movement and some being downright angered by it. This previous turmoil however, has led to Kaepernick becoming a very charged social and political figure. Therefore, when Nike decided to feature him in their simple and seemingly inspirational ad, the entire world had something to say about it.

The Hoofbeat's very ideology, being a self-funded and student-run newspaper, stems from the idea of free speech and expression, including no censorship of the press, so here we are standing in support of the

Nike ad featuring Kaepernick on multiple grounds. It's our belief that Nike, as a multi-billion dollar conglomerate corporation, has actually made a very calculated and beneficial move that paid off in the form of revenue.

By searching this topic on social media you'll find millions of people have plenty to say on this controversial topic, though the opinions are much more divided and aggressive when hidden behind a username. Millions of people, including prominent figures such as Serena Williams, a star tennis player, and LeBron James, a one-in-a-million basketball champ who came up from humble beginnings, stand with Kaepernick in the fight

against racial inequality and the struggle for their rights. There are two sides to a story, and in this tale, the other side who does not support Kaepernick or the Nike ad stands in anger and disapproval as they viewed it as incredibly disrespectful to the nation and the U.S. Military. Some of these protesters went so far as to cut up and burn their already-purchased Nike gear to express their dissatisfaction, though this petulant act fails to make a point seeing as they already paid for their merchandise.

No matter which side you stand on, you cannot deny the numbers. Apex Marketing Group, a company specializing in marketing and media exposure, calculated, that in less than 24 hours, Nike managed to procure more than \$43 million worth of media exposure, much of that being positive in nature. Analysts also took into consideration that Nike has millions of consumers outside of the U.S. that will continue to buy and will not be concerned about the Kaepernick turmoil.

So whether you stand for the message or against it, our decision will not be swayed. Nike made a risky decision with their advertisement choices, but in the end they stood up for the right cause, and even aggravated protesters burning their shoes will not stop them.

Mhat's your favorite part of Halloween?



orite part is hanging th friends. This year, ing a group Marvel me. With maybe an

Ciara **Cabrera ('19)、**



My favorite Halloween memory is a time back in elementary school when I walked up to a house to get candy and someone dressed up as a mummy scared me.

Hodgson ('21)



I've gone to Halloween parties in the past. I went to my friend's party, his mom usually throws one

Nabil **Koney-Laryea ('20)**



I usually go and hang out with my friends. We'll get a pizza and watch scary movies together or go to haunted houses. I enjoy being scared because it is exhilarating.

Silvia **Cannarella ('19) 、**



I go trick-or-treating because I get to be with my friends. We have a social-gathering and hang out at my house sitting around talking.

Alexeyev ('22)

1492, Columbus sailed the ocean blue

Christopher Columbus Day is controversial in the sense that the man who founded America also participated in genocide

JONAH FREEMAN STAFF REPORTER

Millions of people think of Columbus Day as a celebration of the discovery of the New World but are not aware of the violent crimes Christopher Columbus committed against the people of Haiti and the Bahamas. On the other hand, Columbus should not be remembered exclusively for pain and suffering he brought to the natives of the West Indies. Columbus also strengthened the economies of several European countries. Columbus' actions have sparked controversy hundreds of years

later bringing up the question, is it celebrating Columbus Day okay? Like any other morally confusing topic, everyone has their own opinion.

"It would be celebrating a time that many people died, were enslaved, and tortured," Cameron Gilio ('21) said.

Not long after Columbus arrived in Haiti he started a colony and attacked the natives. He killed thousands of them, sending his men into their cities and taking all of the gold and valuable items he could find. The natives that Columbus spared went overseas to Europe as slaves.

While Columbus did do horrible things in his life, some

people believe the good outweighs the bad, and that the ends justify the means.

"If Christopher Columbus never came to Haiti, then Europe would have never

explored North America and the United States would have never

been founded," Ben Horvath ('21) said.

It would be celebrating a time that many people died, were enslaved, and tortured.

Gilio ('21)

important benefits Christopher Columbus gifted to Europe is a great economy in multiple countries, especially Spain and Portugal.

The most

to the gold and tobacco he found during his journey. The gold and only source of tobacco made his allied countries more wealthy and powerful. In the end, the crops transferred increased the overall trade in Europe.

Even though Christopher
Columbus never set foot in
North America, he did kill,
torture, and enslave thousands of
mostly Haitian natives. Also, he
greatly improved the economy
of multiple European countries
and brought new foreign crops
to his home. In the end, no one
will agree whether or not the
good outweighs the bad, and
Columbus day will go on to be
a morally controversial time of

Halloween Horror Nights

AVERY PHILION STAFE REPORTER

With Halloween right around the corner, it's that time of the year where all the haunted houses come back out for the daring souls to explore the spookier side of this holliday. With all the different places it's hard to decide which spook session to go to. The debt abive all else is to go to Halloween Horror Nights or Howl-O-Scream.

Tara Pirozzi ('19) believes Halloween Horror Nights seems to be one of the top competitors.

"Halloween is scarier than most other haunted house places. It's dark and fun to ride the rides and worth the money. You definitely pay for the experience," Pirozzi said.

Being over in Orlando, it is a farther drive but it usually has very positive feedback. With the whole park completely decked out in halloween decorations, it brings this spooky season to life. Even the trees are decorated in lit up jacko-lanterns.

"Halloween Horror Nights was even better this year then it was last year. There was a lot more attention to detail and overall a better experience," Brody Sweigart ('20) said.

There are ten different haunted houses based on various horror movies, shows and events. Stranger Things, Happy Death Day, and The First Purge are just a couple examples of the inspirations for the haunted house. With such great detail and intensity, these houses really try to convey the guests into thinking they're part

of it. "They do a great job a disorienting the senses. When you're walking through the houses you don't know where the next scare may come from. The coolest part was

the haunted houses with the strobe lights and special effects that make you feel a part of the horror film," Brady Bodden ('19) said.

With such a large area (such as Universal), Halloween Horror Nights is one of the bigger Halloween activities and definitely has a lot of work put into it. From the employees working in between the houses scaring people as they walk by, to the people playing

As Halloween approaches, people search for fun ways to get into the fall spirit. One of the several activities enjoyed by the community is visiting one of Florida's popular haunted houses, such as Busch Gardens' Howl-O-Scream.

Howl-O-Scream, known as Tampa Bay's number one haunted attraction, is often compared to Halloween Horror Nights movie characters inside the haunted houses, Halloween Horror Nights creates a whole other spooky world.

STAFF REPORTER

creative in their houses," Goldstein said.

This year, Howl-O-Scream contains six haunted houses, including two completely new ones. People appreciate that all of the houses' themes are based off unique ideas, rather than movies or franchises that already exist, since they are less likely to know what to expect. Along with six original haunted houses, Howl-O-Scream includes six scares zones, a Halloween themed show, and actors that ride select attractions with the guests. These additions are what most believe makes Howl-O-Scream stand out from the traditional haunted

"It's a good place to hang out with friends and get scared together," Madeline Moncada ('20) said

This year's Howl-O-Scream event began
September 21, but it runs
through October 28th.
Tickets are available on the
Busch Gardens website
for anyone who wants to
experience Tampa Bay's
most frightening haunted
house attractions.

at
Universal
Studios,
Orlando.
However, when
choosing which
frightening attraction
to attend, people
consider Howl-OScream the better
option.

Howl-O-Scream, located at Busch Gardens in Tampa Bay, is an approximately 45 minute drive from Trinity. Mia Pastore ('22) agrees that this commute is reasonable, and the relatively short distance is one of the key features for people

choosing to buy a ticket to this haunted attraction. "It's closer so you don't have to drive all the way to

Orlando," Pastore said. In addition to an easier drive, Jack Goldstein ('21) argues that when it comes to haunted houses, Howl-O-Scream creates better themes compared to its competition.

"Since Howl-O-Scream makes their own original ideas, they're a lot more

Howl-O-Scream





















