Recycling in Sarasota County schools hindered due to contamination

by Joanna Malhas

With Pine View being honored with the Green Ribbon Award for its eco-friendliness in 2015 and having several environmental clubs, students and staff alike are developing serious concerns about recycling within Sarasota County Public Schools. Despite the evident presence of bright blue recycling bins, the notable majority of recyclables collected in classrooms and cafeterias are ending up in one place: the dump.

In previous years, the school district’s recycling programs had been efficient and successful using relatively the same recycling procedures carried out in every school through single-stream recycling. Custodians would labor for hours every morning to collect each of the bags from the recycling bins and place them in barrels. These barrels would then be picked up by the local recycling vendors. From there, these vendors would sell recycling products to other markets for re-manufacturing.

The recycling vendor, or hauler, for the entire school district is Waste Connection.

Yet, a big market in this industry has recently ceased to exist; up until the past few years, the main market for recycled plastics, paper and cardboard has been China. Currently, China is no longer accepting the majority of the United States’ recycled products. According to China’s new regulations, Technical Education courses.

Two rigorous courses include AP classes, Dual Enrollment (DE), Introduction to Engineering, Principles of Engineering, Engineering Design and Development, years three and four of Digital Media, Statistics, Bio-Technology and Organic Chemistry.

The graduation requirements for high school would now consist of four English credits, four math credits, three science credits, three social studies credits, three world language credits, one Health Opportunities through Physical Education credit and eight electives.

Students would be additionally required to sit for AP and DE exams, as well as the certification exams for Career Technical Education courses.

Regarding the 17 on-campus core class requirement, students would still be permitted to take any online class but must meet the number of required core courses to be earned a Pine View diploma.

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Exploring the shift of Pine View’s recycling regulations

Continued from page 1 by Joanna Malvas
Art/Editor: Alex
Match/Editor: Abigail

...The community becoming more concerned, several individuals are coming forward... Science teacher David Yotsuda and parent Dr. Debra DSilvia have taken strides to bring back recycling to Pine View Community... Then, along with parent volunteers and environmental club students took the initiative to recycle during the Pine View Fair March 2. They created signs and displayed them on recycling bins to encourage people to put their recyclables into the designated bins. Yotsuda and DSilvia conversed with green clubs, teachers and parents. Age 11 at Riverview High School to share their information and long collaborative relationships.

“...The environmental teacher from Riverview, as well as from Sarasota High are doing the same thing trying to develop some kind of plan starting next year, try to get students and parents and custodians involved in order to make it a real effort and try to get the recycling back, because that’s really important,” Yotsuda said.

We would love to grow our recycling program back to what it is used to be, but we are going to need to partner with people at the schools, whether it be parents or students, to help us make that happen,” Du...
Tessa Bohn dedications herself to Naval Academy

by Sarah Catalano  
Sarasota Tribune Staff

While many newly graduated high school students can expect a traditional introduction to college, twelfth-grader Tessa Bohn is choosing a different way to start — boot camp. On June 27, she will begin six weeks of rigorous training at the United States Naval Academy in Annapolis, Maryland, as part of the application process to the Naval Academy. Bohn had to fill out an application and interview and obtain a congressional nomination, which she received from Representative Tom Gray. The morning she was accepted, she was called to Principal Dr. Stephen Covert’s office for a surprise phone call. She received from Representative Tom Gray a congressional nomination, which she said she had been working on since she started high school. Bohn committed to the Naval Academy for volleyball in early July. Bohn visited the school in March of 2021, and she said she knew this was an institution she could excel at.

Since she started high school, she has been playing volleyball since she was 11 years old, and made a formidable teammate on the Venice High School girls varsity volleyball team for three years. Her team won the state championship her junior year; a moment she marks as one of her biggest achievements in the sport. She will continue playing at the Navy at the varsity level, Division I.

With the continuation of their skill building in that area, we would offer it so those kids could be enriched in their curriculum according to their needs as gifted students,” Assistant Principal of Curriculum Tricia Allen said.

“[Calculus III and Differential Equations] became available for DE credit, we asked students who were interested, and their interest drove the decision,” Tricia Allen, Assistant Principal of Curriculum, said.

“We decided if we couldn’t offer it, then "I'm going to get through it." Bohn kept a steady outlook. "It's going to be very tough, but I think I'm going to get through it." Bohn said. "It was a crazy morning because I was not expecting it. It was just a lot of hard work into applying to this school — it was a relief to know that what I've been doing since I was 15 has paid off."

Bohn spent countless hours training, by participating in CrossFit, starting a strength and lifting program, and enrolling in a diet. Additionally, she joined the water polo team at Venice this year in order to gain strength in the water.

As a service selection, Bohn chose to become a pilot, following in her uncle’s footsteps. "[I'm] preparing myself mentally and physically for what I'm going to go through — they basically torture you, physically, mentally, and just drain you for six weeks (in boot camp)," Bohn said. "It's scary going from being a normal high school student to straight military life in a big change in my life."

Alongside personal effort, Bohn said she has been helped in her journey by several people, including College Resources Director Lance Bergman and her CrossFit Coach, Gavin Tullos, who served in the army for 21 years. With four years of rigorous training and five years of service in her future, Bohn described her path to become a pilot as "torture, physically, mentally. It'll be a huge change in my life."

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Patty Jo Rice

by Nathalie Benic

Spark Night of 1969, Pine View has experienced two campaigns—thousands of students but only one Dr. Patty Jo Rice. Having taught students across as Pine View for the past 23 years, Rice has decided to retire, leaving behind her lasting enthusiasm for education and legacy.

When she has lived in Saratoga 1961, growing up in in Guan, where she n-th grade was of High Junior High School. She started teaching in Saratoga in 1980, through the County Drop Preven program. Since joining the Pine View community, she has taught 14 different...
Online classes come with a cost to students

by Leo Gordon
Assoc. News Editor

In an effort to be eligible for more advanced classes, Pine View students are taking more classes online than ever before.

With the recently-implemented options for students to take biology in eighth grade, which requires students to take geometry before freshman year, and the option for students to take AP Language and Composition as sophomores, requiring students to take English II Honors online after freshman year, Pine View students are going above and beyond to take as many advanced classes as possible, even if it means taking them online.

A committee of Pine View parents and faculty recently proposed a plan to be implemented for the class of 2024 which would require students to take at least 17 core classes on Pine View’s campus during high school. The plan does not require students to take specific core classes on campus, but some courses, like geometry, are encouraged to be taken at Pine View.

If the program were implemented, for example, a student would be allowed to take Algebra I online but would still need to meet the requirement of four math courses to be taken on campus by graduation.

According to Principal Dr. Stephen Covert, the proposed guidelines are more than just a set of expectations — taking a large number of one’s classes online, Covert believes, does not abide by the standards of a true Pine View education.

"One of the biggest draws to Pine View is the fact that students are instructed by gifted-trained teachers," Covert said. "There's nothing gifted about the mode of delivery [of online classes]."

Pine View, Covert explains, exists to provide an environment unique to the campus — one full of intellectually curious peers. As Covert believes, if students do not wish to utilize this unique environment, and would rather take classes online to get ahead, they are not taking advantage of what makes Pine View such a special school.

"I took Algebra I online the summer before eighth grade, so I didn't have a great foundation in math," eleventh-grader Jackie Setz said. "It took me a while to catch up, and I wish I would have been taught by someone in person because it really makes a difference in terms of how well you know the subject later on."

Additionally, due to a large number of students enrolling in online world language classes, Pine View’s on-campus world language enrollment is steadily decreasing. In the future, if decreased on-campus enrollment continues, teacher jobs may be at stake.

Generally, foreign language-teachers, along with Covert, strongly believe that the negative factors of taking foreign language classes online outweigh the positive ones.

"Florida Virtual School is targeting the average Florida student. Pine View students are not average.,” Spanish teacher Diana Siwicka said. "[With online courses], students don’t have the opportunity to experience the programs and resources we offer to students. Language is a living thing, and you can’t learn it without speaking to someone; students need an immersive experience to learn [foreign languages]."
Mental health and the importance of proper diagnosis

Self-diagnosis decreases the perceived significance of true illness

by Olivia Hanson
Humor Editor

As society starts to encourage discussion regarding mental illnesses, it may seem like one positive shift, more of those struggling are willing to come forward. However, with these changes come setbacks.

When teaching about bipolar disorder, depression, anxiety and OCD — mental illnesses that affect 18.5% of Americans per year, according to the National Alliance on Mental Health (NAMH) — self-diagnosis becomes more common. Unfortunately, this struggle faced by people suffering with clinically-diagnosed conditions can be even more sullen or depressed or hopeless, according to outsideonline.com.

I don’t think [self-diagnosis] is necessarily done with intent, [students] probably look at some criteria and go ‘well I’ve got that.’ We all have areas of challenge at times, it’s just a matter of degree,” school psychologist Tim Gissel said. “We all have conditions that we truly have this diagnosis as far as it’s impact on our lives, if we’re able to get through the day, then do we fulfill our responsibilities, and they can be a result of OCD or depression, or anxiety or something else.”

However, these feelings are rarely understood or recognized as mental issues.

The symptoms of mental illness can be difficult to understand, but they are real. They can affect anyone, at any age, from any background. Understanding these symptoms can help to reduce the stigma surrounding mental health.

Depression

In the United States alone, nearly 40 percent of adults suffer from depression. This number may seem low, but for the number of times “depression” comes up in conversation, especially among students in a competitive environment, it is a frightening statistic. The difference between being clinically diagnosed and feeling depressed is significant. According to a TED talk by Helen M. Farrel, Major Depressive Disorder is a constant lack of motivation, accompanied by a loss of interest, despair and helplessness. OCD

Obsessive Compulsive Disorder is assigned the stereotype of being a personal preference that can be organized and cleaned. However, according to Natascha M. Santos, OCD merits in tensive thoughts that can be a result of those affected by carrying out day-to-day activities.

Anxiety

Anxiety is a normal, healthy response to stress. However, when anxiety becomes overwhelming, it can interfere with daily activities and limit one’s ability to function. Anxiety can cause physical symptoms, such as sweating, rapid heartbeat, and trembling.

Bipolar Disorder

Bipolar disorder is characterized by recurring periods of depression and mania. Mania is a condition that can make individuals feel agitated or irritable, feel great, have an inflated sense of self-esteem, and make impulsive decisions.

OCD

Obsessive Compulsive Disorder is a neurodevelopment disorder that affects 2-3% of the general population. Individuals with OCD may experience intrusive thoughts or repetitive behaviors that are difficult to control.

Symptoms

- Recurring suicidal thoughts
- Anxiousness
- Appetite loss or gain
- Feeling depressed
- Trouble concentrating
- Irritability
- Trouble sleeping
- Feelings of worthlessness

Bipolar Disorder

Symptoms

- Trouble sleeping
- Feelings of worthlessness
- Feelings of irritability
- Feelings of agitation

Anxiety

Symptoms

- Restlessness
- Muscle tension
- Agitation
- Difficulty controlling feelings
- Sleep problems

If you are experiencing any symptoms and think you may be suffering a mental illness, talk to a medical professional or text a volunteer in the national crisis helpline by texting HOME to 741741.
Lafos has taken home the Maestro award, which is given to the best soloist performer, and she also received the Concerto Prize, to be played with her orchestra. Additionally, Lafos has won a number of competitions and has performed in all state competitions and is currently working on obtaining a Frost School of Music scholarship for his major orchestra options.

“Seven years of taking music, the only thing I am interested in, is music and especially symphony music,” Lafos said. “I am not interested in other things, and instead I’m working on my orchestra. I still love music, and right now I am really working on symphony music.”

Lafos began playing the cello at the age of five, and she has played with the Sarasota Youth Orchestra and other ensembles. Her passion for music led her to decide to pursue a career in symphony music. She has performed in various competitions and has received several awards.

“I think music is the only thing I am interested in,” Lafos said. “Music is something that I think is the most important thing in my life, and I think that the only thing I am interested in is music.”

Lafos is currently working on obtaining scholarships to further her education in music. She is looking forward to the future and hopes to continue pursuing her passion for symphony music.
Self Care for Finals Season

Masks, AP exams, and finals — May is one of the roughest months of the year and it often feels as though you might never escape the incessant stress of the season. However, after pulling all-nighters, cramming entire classes into six-hour study sessions, and consuming an almost lethal amount of caffeine, it is important to remember to take care of yourself. The Torch has tested various ways to detox and relax while enduring the stress of finals season.

Torch Tries: Homemade Facemasks

by Zoe Merritt

As budget-conscious staffers in search of some home made skin care solutions found out, not much. Intrigued by the concept of everyday foods being used to clear acne and solve other skin conditions found out, not much. Intrigued by the concept of everyday foods being used to clear acne and solve other skin conditions, Torch tried three homemade face masks with ingredients, you can find face masks in a wide range of price and quality.

Cleansing Mask

Possibly the most cleansing of the masks tested out, juicing a whole lemon and mixing in ¼ cup of olive oil turned out to be a surprisingly easy way to exfoliate. I enjoyed it thoroughly, my skin feels so soft now, I feel like all the weight of the disgustingness has come off my face,” ninth-grader Clyde Morgan said.

Conclusion

It is important to note here as a safety precaution that you should never go out into direct sunlight or outside while wearing this mask as it could cause histories or even chemical burns. One should research their face mask ingredients when making a purchase at the store to make your face mask most effective, it is important to pay attention to the current condition of your skin and what natural ingredients will cater to certain acne related issues. If you’ve found your skin to be dry, for example, keep an eye out for hydrating masks rich in vitamins and emollients masks (a type of moisturizer for dry and itchy skin). Some natural ingredients include cucumbers, Shea butter and bananas.

With skin that is either too oily or blighted by acne, there’s two options masks containing pumpkin enzymes and salicylic acid works to kill the bacteria that feed acne and detoxifying clay masks (often found in tubes as opposed to flat packages) draw the oils out of your skin, leaving your pores cleaner. For sensitive skin, the key word to look for is soothing, colloidal oatmeal is particularly effective against irritation and redness.

Skin care should not be left to the self-care gurus that are so popular on Instagram these days. You can forgive the hair wash and cucumber slices included in every movie movie memeage montage for simple, yet effective skin care that fits your budget and preferences.

Refreshing Mask

The first face mask combined ¼ cup plain yogurt, one banana and two tablespoons of honey into a moisturizer that would leave the face feeling softer.

"It was cool on your face, felt relaxing and refreshing,” ninth-grader Lucy Gaskill said.

Revitalizing Mask

Playing off of honey’s role as a natural acne remedy, our next face mask combined honey and crushed green tea leaves, both of which can be poured out straight from the bottle and bag, respectively. Honey contains hydrogen peroxide and catechins (a compound with antioxidant activity) are found in green tea, meaning the ingredients of this face mask are antimicrobial and anti-inflammatory.

"Loved it. Best experience of my life. I’m sticky but my skin is well,” ninth-grader Isabella Cantillo said.

Drums, Torch tried three homemade face masks with ingredients, you can find face masks in a wide range of price and quality.

The method's creator, Ryder Carroll, was designed with a host of learning disabilities. As a result, overcome, he developed these unique strategies of dealing with his issues in productivity and focus, culminating in the Bullet Journal, BuJo for short.

The method is constructed from "rapid logging," or organization through bullet lists. Basically, tasks are represented as data, events by open circles, miscellaneous notes by dashes. These symbols can then be mixed and matched in any order, depending upon daily needs. To expand upon these basic components, "nesting" adds further detail to umbrella topics. For example, notes under an event add important elaboration to points under a task creates steps. Signifiers, too, can be used to denote context, which could indicate importance, through exclamation points, or specificity, through numerals. These strategies can be applied to daily, monthly or even yearly timeframes. Creating an index is also useful to sustain the BuJo lifelong.

The Alastair Method

L ooking forward can often feel daunting, with its uncertainty and often inherent anxiety. Fear not, however, as this method is designed to aid in grappling with future events. First, divide the page lengthwise into a column that comprises a 3/4 page on the left, and a column that comprises a 3/4 page to the right. Within the smaller columns, divide the space into days, months, school quarters, whatever timetable you need. Then, print symbols signifying future events: popular ones are x’s and dots. To dismiss an event adds important elaboration to umbrella topics.

The Bjorg Method

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For the 2018-2019 school year, a quintet of Pine View Pythons have been recruited to various colleges. All attending prestigious universities, these students plan on taking their athletics to the next level with NCAA sports. Their time and effort devoted to developing their skills will be put to the test as they venture into new ground (and waters) across the country.

**Jacobs Jarczynski**

By Gaven Petersen

Managing Editor

After seven years of rowing for the Sarasota Crew, two-thiller-grode Jakob Jarczynski celebrates how swimming has not only molded his past but continues to shape his future. He was recruited to the Massachusetts Institute of Technology’s (MIT’s) freshwater class. “MIT has been my dream school since, like, seventh grade,” Jarczynski said. “I’ve always carried huge support from the S.T.E.M. fields.

After moving to the mainland when he was only 12, Jarczynski, naturally athletic, was on the hunt for a sport to jump into. After a neighbor recommended him the “Sarasota famous” sport of rowing, Jarczynski decided to give it a shot, and, surprisingly, instantly fell in love. He said he was originally attracted to the sport but didn’t begin thinking of it as potentially becoming his passion until around 7:00 pm, which never interfered with his rigorous academic course load. Although the balancing act of rowing and studying could easily be overwhelming for most, Jarczynski only expressed gratitude towards his support.

“Racing has helped me become a better person. I go to school and Crew every day, and I’ve relearned organizational skills. I’ve become really good at setting priorities,” Jarczynski said.

Jarczynski is an AP Scholar with distinction and is on the USRowing Scholastic Honor Roll. In addition to his scholastic achievements, he’s a two-time state champion, a ten-time state champion, and a national championship competitor.

Jarczynski plans to pursue a course of study related to economics. After years of tiresome practices, he is now continuing his passion into his higher education at MIT.

“Being as dedicated as I am to either engineering or economics, after years of tireless practices, I would really say that my biggest achievement is having been recruited to the Pythons,” Jarczynski said. "I think a strong shad e of trust and commitment are two very important aspects that I think contributed to my decision to commit to MIT.

”My favorite thing about swimming is probably how fulfilling the sport is. Putting in the work and knowing that there is a great feeling to see all of that pay off at a big meet,” Nutter said.

The college recruitment process consisted of constantly filling out questionnaires and corresponding with coaches from different schools via emails and phone calls. Through this process, Nutter was able to learn more about various teams and colleges and update her on her current achievements in swimming. After completing multiple official visits, Nutter took official recruitment tours into the school, in which the Pythons’ coaches made calls for the entire trip, to decide where she wanted to spend the next couple of years of her life.

"Once I visited Vanderbilt I knew that it was definitely the school for me. I really loved the city of Nashville and the girls on the team. Vanderbilt has an awesome school culture which combines SIC athletics with Ivy League academics,” Nutter said.

In pursuing both a strong academic and athletic lifestyle, Nutter plans to major in Human Organizational Development while working hard on the university’s swim team to final at Senior Olympic Trials and Conference Swimming Championships. According to Nutter, she decided to continue this sport into college in order to be part of a team atmosphere.

"I’m so excited to swim at Vanderbilt for every single reason. I love the city, the school culture, the pool." Nutter said. "I think the fact that they have already become such good friends of mine and to travel for all the away meets."
Ben Hartvigsen

Sports Editor

At the young age of eight, twelfth-grader Ben Hartvigsen first embarked on his running career by simply signing up on runs with his father, a marathoner. However, at this point in his life, he never imagined the sport would take him all the way to Harvard University.

“But even more important than winning races have been the lessons about teamwork, dedication and leadership he has gained along the way. These are qualities that will benefit and impact him long beyond his running days,” his father, Jake Hartvigsen, said.

Hartvigsen started racing local 5K’s in fourth grade, and later joined the Pine View Middle School Track team in seventh and eighth grade. Hartvigsen currently runs cross country and track for Sarasota High School, where he has been practicing since freshman year.

On the Sarasota team, he has won consecutive Florida High School Athletic Association cross country state titles his junior and senior year. Additionally, he has been named the 2017 Florida Dairy Farmers 4A Runner-of-the-Year, 2018 Florida Dairy Farmers My Cross Country Coach, 2017-2018 (FHSF) Boys cross country “Player of the Year,” and is a 2018-2019 All-Big East Boys Runner of the Year.”

Hartvigsen understands the struggle between balancing a Division 1 sport and his Harvard engineering course load. According to Hartvigsen, he knows there will be a lot on his plate, but believes the time management skills he learned at Pine View will help him tremendously and translate well.

“Ben is truly the definition of perseverance and hard work. He has proven that hard work can take you to places that some only dream of. That work ethic doesn’t stop in athletics but continues in the classroom,” Cross Country Coach John Stevenson said. “Athletes can open doors, but his academics allowed him to pursue his dream to attend a top national college like Harvard. Harvard is a great fit for his passion for the sport and his academics, but also their strong tradition of distance running.”

According to Hartvigsen, he is most excited in taking the next step of his life. “Harvard gives me a chance to take my athletic career to the next level, while opening so many opportunities academically,” he said.

After emailing coaches and filling out online recruitment forms, he decided to take official visits last fall to Harvard University, Yale University and Syracuse University. According to Hartvigsen, Harvard stood out to him because of the way he so easily clicked with both the team and the coach, and how the students on campus seemed so passionate to be there.

“I wasn’t necessarily going to find a school, but more stressed about whether or not everything would work out with Harvard,” Hartvigsen said. “Harvard has definitely been my top choice for a while now, so it was a dream come true when I got the call from the coach guaranteeing a spot on the team.”

Looking into the future, Hartvigsen understands the pressure he faces between balancing a Division 1 sport and his Harvard engineering course load. According to Hartvigsen, he knows there will be a lot on his plate, but believes the time management skills he learned at Pine View will help him tremendously and translate well.

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by Manuel Rea

Ass. Managing Editor

In a year packed with senior class achievements in athletics, twelfth-grader Harrison Schofield carries the torch of excellence high as he ventures into a racing career beyond the waters of Sarasota, following the likes of former Pine View students, Schofield will bring his ever-developing skills to Harvard University.”

“Rowing runs deep not only in the Sarasota area and its shining oarsmen, but is accompanied in Pine View families,” Schofield said. “I took on the sport in seventh grade, joining Sarasota Crew, following in the footsteps of my older brother; class of 2016, alumnus John Schofield. As his introduction to rowing, and he and his brother would drive home every night after practice and talk about their day. According to Schofield, his brother continues to inspire him and is a big role model.

Schofield cites his intramural, head coach Beau George, and Assistant Coaches Calvin Crouse and Andy Bennett, as invaluable to his rowing experience. He particularly remembers one 3-mile practice run past the Wal-Mart near Sarasota Crew, when varsity and novice members were paired. “As I was the big captain that year, Maddux Castle, encouraged me saying that I will be a state champion someday. I always thought about that and now that I am a University’s Lightweight crew team,” Schofield said.

Schofield currently is Sarasota Crew team captain, Schofield stands as a leader for the whole rowing team, supporting younger rowers just like past varsity members.

“Beyond Harvard, Schofield hopes to reach the National Senior Team or Olympic strides.”

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Harrison Schofield

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Eric Lich & Sallapudi

Orthodontists

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Board Certified Orthodontist

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Beautiful Smiles for a Lifetime

Friday, May 3, 2019
Torch Tries: Jazzercise

by Grace Johnson

Match Layout Artist

When one hears the term “Jazzercise” they may imagine a picture of several middle-aged women dressed in fifties-esque leg warmers and neon leotards doing jazz squares and leg lifts. While this may be an amusing visualization, it is far from the reality of present-day Jazzercise.

Jazzercise is a dance-based fitness program that combines cardio exercise, strength training, pilates, hip hop, yoga and kickboxing. It has several locations across Sarasota County, including one at 5300 Colonial Oaks Blvd, Sarasota, Florida, where Torch staff members participated in a class.

During an average Jazzercise class, participants start off with one or two slower-paced and easily choreographed warm-up dances. The difficulty level quickly rises through the incorporation of many coordinated motions, faster-paced music and, eventually, weights. As the class comes to an end, the music slows down and the choreography involves stretching to place an emphasis on kick-boxing; Extreme Fusion, where we take the strength-training part and intersperse it between the aerobic activities.

Other formats include Strength60 and Strength45, classes that help sculpt muscles in 60 and 45 minute increments. Strike, a class which places an emphasis on kick-boxing; Express, a 30 minute class that focuses on strength training and cardio; Personal Touch, which is also known as Pure Muscle and focuses on developing muscle; and Core, a class which works on improving core strength.

The choreography is much more than just fun little dance routines. “We, as instructors, don’t make up our own routines. They are professionally choreographed, and there’s physiology involved,” Horvath said, describing the complicated process of how the exercise routines are distributed to each instructor.

The physiological research shows that one can burn anywhere from 600-800 calories per hour-long class, depending on personal metabolism and effort put in to each workout. The close-knit Jazzercise community is unlike most other exercise programs, as well. While everyone is there to get in shape physically, they all care about each other’s mental health just as much as everyone’s physical health. “You make life-long friends in these classes. You meet people here, and you just have that bond. And I think that’s something you don’t get in a traditional box gym. We have a bond outside of the classroom as well. If you’re going through something, we’re here for you. We love it when people share stuff with us because then we can help them,” Horvath said, divulging on the unique relationship Jazzercise creates for its participants.

2019 marks 50 years since Jazzercise was founded. More than 32,000 Jazzercise classes are taught each week in 32 countries world-wide. It has won a vast array of titles, including being the 7th fastest growing international franchise, according to Entrepreneur Magazine.

Part of the reason Jazzercise has continued to grow for the past 50 years is because it has changed over time. They haven’t only adjusted their style and branding, but even their music, which includes an extensive variety of contemporary music.

“We are no longer your grandmother’s Jazzercise. We have definitely evolved, and if we hadn’t we would be non-existent right now,” Horvath said. “But, it has continued to grow and makes around 100 million dollars a year. And, we are really proud that we’re going into its 50th year of existence. It’s just awesome and we just have a great time with it.”

The Colonial Oaks location holds approximately 55 minute-long Jazzercise classes every Monday, Tuesday, Wednesday and Thursday at 5:45 p.m. and every Saturday at 8:30 a.m.

[an infographic]

You meet people here, and you just have that bond. And I think that’s something you don’t get in a traditional box gym.

Tenth-grader Odelia Tiatyma and ninth-grader Grace Johnson practice a routine on their own at Timbalier’s “Can’t Stop The Feeling” after learning the choreography. They were taught a variety of routines to fast paced music throughout the Jazzercise class. PHOTO BY CHRIS PETERSEN

get your Summer Fit on

WEEK ONE

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CHECK IT!

Do as many repetitions of the following exercises as you can. How far have you come?

- Push-ups
- Squats
- Time a plank
- Time yourself jumping-rose

Repeat! Remember to be consistent in your workout schedule and pay attention to your body. Time and effort can go a long way!
FAFSA targets Air Pod users

by Melissa Santoyo
Editor-in-Chief

The predominant need in Maslow’s hierarchy of needs, and for me personally is food. My primary source of food is Publix, it always has been Publix, I was born and raised in a Publix... As a Floridian I feel its my duty to re-collect them all!

The 2018-2019 school year has been defined by many pop culture movements, including Tik-Tok and Shane Dawson & co.

Inarguably though, the most influential of these is Air Pods. I’ve got the tiny, bone-noise blocking devices on the daily! They’ve revolutionized the way we experience social-environments of a new age. Now it’s not just tax-break income, but by the one of this one product.

Air Pods, however, have incurred some unforeseen consequences in tandem with their growing popularity. Many disadvantaged high school seniors are facing what has been denounced as an unprecedented target by the Free Application for Federal Student Aid (FAFSA) for their ownership of Air Pods. Yes, that’s right — colleges seem to be taking into account your Air Pods ownership of Air Pods. Yes, that’s right — colleges seem to be taking into account your Air Pods ownership of Air Pods.

One of the most affected students is Libby Moser, Grade 12.

"The form asks you to list 'assets.' How do I do that?" she said.

"I honestly didn’t have any assets. Nothing’s off to study, they spend up to an entire decade accruing debt, and for what? The government is focusing on giving out aid based on something as trivial as Air Pods, rather than trying to solve the market is solvable, easy, for wealthy ODA pur.

"It’s ridiculous! I opened up my tax returns in hand. I was ready to answer questions about our residence in Manhattan and my dad’s shady dealings in Cabo — but a part of me is just dying. It has me reconsider choosing to go out of state despite the fact that I have been accepted to several out-of-state institutions. I might just end up dropping out of college all together and failing. It just feels wrong. But I guess that’s all part of life, it’s about finding new experiences, new places, new people and it’s going to be something as trivial as Air Pods, rather than trying to solve what the government is focusing on giving out aid based on something as trivial as Air Pods, rather than trying to solve the growing national crisis.

UNIVERSITY OF ALABAMA has called into question the ethics of America’s collegiate education system as a whole. Now class 2019 is focusing on giving out aid based on something as trivial as Air Pods, rather than trying to solve the growing national crisis.

Expected Family Contribution.

I narguably though, the most influential of these is Air Pods. Inarguably though, the most influential of these is Air Pods.

As an unprecedented target by FAFSA, Apple, despite the brouhaha, has only reported an uptick in sales, inadvertently corralled themselves together for a coalition of parents and students against FASFA. Apple, despite the brouhaha, has only reported an uptick in sales, inadvertently corralled themselves together for a coalition of parents and students against FASFA.

With opposition to this statement did little to placate the parents...

"The form asks you to list 'assets.' How do I do that?" she said.

"It’s preposterous. You send your kids off to study, they spend up to an entire decade accruing debt, and for what? The government is focusing on giving out aid based on something as trivial as Air Pods, rather than trying to solve what the government is focusing on giving out aid based on something as trivial as Air Pods, rather than trying to solve the growing national crisis.

"But I guess that’s all part of life, it’s about finding new experiences, new places, new people and it’s going to be something as trivial as Air Pods, rather than trying to solve what the government is focusing on giving out aid based on something as trivial as Air Pods, rather than trying to solve the growing national crisis.

I wish Publix was more widespread because they are just such a friendly people, like when you go there it feels like you’re going home, but a distant home you’ve never lived in. So when I’m in New Zealand or Alaska or Europe or anywhere I’ll ever be that isn’t Florida, Georgia or select parts of Alabama, I’m going to feel like something’s missing. Going down to the Woolworths or some store that isn’t Publix, it just doesn’t feel like home. Same goes for Trader Joe’s, it just feels wrong. But I guess that’s all part of life, it’s about finding new experiences, new places, new people and it’s going to be the same for grocery stores. I guess I’ve come to terms with it, but it’s a very bittersweet realization that this is my last Publix."
Assistant Principal critiques cobalt dresses

Channelling her inner Tim Gunn, Assistant Principal Tara Spielman takes cobalt fashion into her own hands. By Ella Hechlik

Web Editor

Assistant Principal Tara Spielman judges Cobalt dresses to inflict her personal, expert fashion sense on Pine View students. “I’m grateful for Mrs. Spielman’s advice. I should’ve known blue is unflattering,” twelfth-grader Vee Nekk said.

GRAPHIC BY OLIVIA HANSEN

Taking your manners to Instagram

Instagram etiquette is a pillar of society’s morale and well-being, but is something that is disregarded more than often. It is something that is completely reflective of a person’s behavior, style and sense of self.

There are certain aspects of the app that require your complete attention to ensure a quality user experience. Something that is very controversial on Instagram is the use of Instagram stories. The once modest Snapchat knock-off has now become an outlet for Instagrammers to shamelessly self-promote their “recent.” Society has allowed this to be a norm, therefore proving it’s inefficiency, as it is now a part of the ritual that is posting an Instagram photo. At first, the daunting fear that viewing the “like count” and not liking the recent will submit you to judgement of the user is officially overlooked, since no one cares anymore. A time where Instagram etiquette reaches its peak importance is when you travel. The best way you abide by the etiquette is to post while you are on the vacation. Get it out of your system. Because in a few months you will come out of your system. Because in a few months you will come out of your system. Because in a few months you will come out of your system. Because in a few months you will come out of your system. Because in a few months you will come out of your system.
School is important, and the system that funds it is even more important. However, in the wake of the 2019 fiscal year, proposed funding for special and gifted education has been cut. As the Trump administration pressurizes schools, this hits especially close to home.

The fiscal year budget for 2019 has been bit- ing special education particularly hard. With the possibility of a cut from special and gifted education, it is crucial to look into the View students, this hits especially close to home.

Special needs and gifted education encompass a range of practices that address individual needs. From ADHD to dyslexia, students have specialized learning paths that accommodate students. Intellectual giftedness is another facet of education, however it still requires learning plans for necessary rigor and stim- ulation. For Pine View students, this lack of care is palpable with a $12 million cut in funding for re- search on gifted education. Currently, there is a lack of research into gifted programs and even fewer guidelines at the national level to keep schools accounted for. Despite this, the Trump administration has cut funding for this critical yet unexplored facet of education.

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Asst. Photo Editors
Ben Gordon, Clyde Morgan
Photo Editor
Grace Johnson
Focus Editor
Geoffrey Nelson
Print Adisc
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The Torch covers topics, issues, events and opinions of relevance to students, grades seven through twelve. The Torch is published six times a year by Pine View School and maintains membership in the Florida Scholastic Press As- sociation. 


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Support our school and the students at Pine View by becoming a member of the Torch. To place an advertisement in the Torch, please contact Dr. Stephen Covert, Pine View School Advisor.

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Looking into ourselves: Unpacking narcissism

by Naina Chauhan
Asst. Match Editor

GRAPHIC BY BRIANNA NELSON

Not to sound too soppy, but I love Opinion. I love the meaning behind it — making every story last minute. I love the long editing sessions that suck all up my class time. I wholeheartedly love Opinion.

I think that we need to face the same fate as Narcissus. I would have to say that as far as a camera goes, it is merely a sort of alter ego — one that we can become reliant on for validation.

Once the photo is posted, the flattery follows. Some people even delete photos that do not receive "enough" likes. This seemingly shallow preoccupation with our generation's lack of confidence perpetuates a student's dislike for themselves. We need to prove to ourselves that there are others to build ourselves up with.

Patience: One thing you learn when editing other people's opinions is that you have to be patient. This is definately one of the most important skills you learn as an Opinion editor. Some people are calling for someone to come along and spend the hours on the back porch talking through articles, it's almost like one who will be working with middle school kids. I'm very thankful I've learned to be patient, I'd like to thank Opinion for teaching me the importance of patience with others, with ourselves and with myself.

Be Loud: If you've ever been to a Northeastern game, I scream a lot. Shocking, I was forewarned by a veteran Opinion realy teaches you to get out of your shell. You have to interact with others,cgi, you have to, you have to, and yet continue to make friends. This is why you will one hear what you have to say, and what you have to say is important. You have to be brave about yourself. Even if I don't get heard, I hope everyone is aware that I have a story to tell, and that's why I open my opinions to yours.

See All Sides: As an editor, when you write articles, the pieces being run, but Opinion has let me become more

Next year's Opinion Editor Ben Gordon. Ben likes building with current events, face masks, aggressive comments to his brother, and deadly sarcasm.

Finding a balance with deadline leniency

Life as a student is tough. Students often contend with trying home lives that disrupt the academic life, bringing up the question of deadline leniency.

Students who are the primary source of income in a household will need every possible minute to work-time consuming jobs that leave little room to devote to schoolwork. Despite their struggles, these deserve flexibility from teachers; however, every teacher or administrator has a different idea of what justifies the extra consideration. Because of the inability to definitively pinpoint what constitutes a "hard" life, deadlines and expectations toward students should be stipulated as an adjustable time frame that expands to a complete deadline. One thing you learn when editing other people's opinions is that you have to be patient. This is definitively one of the most important skills you learn as an Opinion editor. Some people are calling for someone to come along and spend the hours on the back porch talking through articles, it's almost like one who will be working with middle school kids. I'm very thankful I've learned to be patient, I'd like to thank Opinion for teaching me the importance of patience with others, with ourselves and with myself.

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At first I didn't even process it or think that it would be me. I never thought of it as something that could happen to me. I was so young and didn’t have any idea that this could even happen. I was completely unaware of what was going on, and it’s just now starting to sink in.

I realize now that I have been living in a bubble, but I didn’t realize it until now. I was in denial for so long, and I think that’s why it’s so hard to process.

I was taken to the emergency room and given a biopsy. I was diagnosed with Langerhans Cell Histiocytosis (LCH), a rare disease caused by the proliferation of abnormal cells derived from bone marrow. I had never even heard of this disease before.

I had been feeling really tired for a long time, and I thought it was just a normal part of being a teenager. I didn’t think it was anything serious, but now I realize that it was a sign of something more.

I was referred to a doctor and received a computed tomography scan, which revealed a large bump on my head and swollen lymph nodes. I was admitted to the hospital and given a biopsy.

I had surgery to remove the tumor, and I have been on medical treatment ever since. I have struggled a lot with my weight, my hair has fallen out, and I still have to deal with the physical effects of the disease. I have been really struggling with it, and I have been fine if I didn’t have to deal with it. I would have been fine if I didn’t have to deal with the physical effects. It has been tough to see my friends and family and deal with it.

Throughout the year, I have been feeling really tired and not able to do as much as I used to. I have been really struggling with my energy levels, and I have had to make some tough decisions about what I can and can’t do.

I have been living in a bubble, and it’s hard to process. I have been living in denial for so long, and it’s just starting to sink in.

I thought it would be me, and I never thought it would be anyone else. I have been living in a bubble, and it’s hard to process.

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