Microsoft Word - students.docx

Dear [Name],

I hope this email finds you well. I wanted to reach out to you regarding the upcoming panel discussion on mental health.

As you may know, mental health is a crucial issue that affects individuals of all ages and backgrounds. In light of the recent events, it is more important than ever to have open and honest conversations about mental health.

The purpose of the panel discussion is to provide a platform for individuals to share their experiences and insights on mental health. We believe that by sharing these stories, we can help raise awareness and reduce the stigma associated with mental health issues.

We would like to invite you to participate in this panel discussion. Your involvement would be greatly appreciated.

Please let me know if you are interested in participating. If so, we can arrange for a time that works for you.

Thank you for your time and consideration.

Sincerely,
[Your Name]
CME News
Friday, November 22, 2019

PIECE VIEWS DEVELOPMENT POLICY
continued from page 1
by Ella Hechlik and Brianna Nelson
Editor-in-Chief and Spark Editor-in-Chief

Starting Jan. 22, Jasmine Alkins, Kasia Thompson, health educator consultants for the district, will present at the
Department of Health, will be coming to Pine View to teach seventh-graders the curriculum "Life, Your Health, Your Future, Your 
Future's #Aways". This program was adapted across the district and was approved on a federal level before deciding to be approved by school districts. The curriculum was designed to be 10 hours long, however, that varies from school to school.

"We truly leave it to the school to determine how long do they want to take to do it...sometimes we will have 10 subjects, other times we will do the whole thing," Alkins said.

Every student participating in sexual health education throughout the district was designed by a parent, before the school. Each school health education slip was never handed out despite the curriculum being optional. Instead, the emphasis was placed on the embedded curriculum within eighth-grade life.

High school students are also supposed to receive district-managed human growth and development education through Physical Education (HOPE) course. In most schools in the district, HOPE is taught in a physical classroom with guest speakers. Pine View, however, lacks the course on campus, so students are funneled into two options: FYU courses or HOPE waivers.

According to Slaton, there may be differences between the online and classroom settings of HOPE.

"The full curriculum is probably a little bit different from covering human growth and development in person," Slaton said.

In the face of prospective changes, human growth and development education at Pine View is expanding to fully meet district standards.

by Alyson Mizinn
News Editor

The United Way of Suncoast is hosting its 21st annual Venice Pride Festival, which will take place Oct. 19, in the form of a presentation highlighting the artwork of Frida Kahlo and Diego Rivera, curated by art teacher Paul Dean. Keith and Gabby Gintol, as well as those part of the Pine View's art club to hold an Arts Night to encourage young students felt involved in the arts on campus.

"Our mission is to spread creativity throughout all of the grades, the opportunities to utilize their talents, and being able to bring that out in people," Gintol said.

Gintol said focus on how to have Arts Night held in their area, as she wants to encourage students to explore their own artistic skills.

"I feel like, for people who are interested, I've hosted with other elementary students where they're able to definitely promote arts [with younger students], because you have so many more creativity because they're more open in their hearts...For younger students, they're way more interested in making and making mistakes, so we want to keep promoting that as a valuable part of learning," Gintol said.

Overall, Gintol expressed how important it is to the elementary school students as well as families.

"If you have any of your kids or parents, they can be supportive of arts and can be very specific alongside them...It's just fun to work together as a family, and experience something together," Gintol said.

Pine View GSA club attends annual Venice Pride Festival

Pine View GSA club attends annual Venice Pride Festival

2News

Friday, November 22, 2019

By Joanna Malvas

Asst. News Editor

"Baila Miller is known for her feet that is dancing," Assistant News Editor, Bethany Friedman, said. "I met her at [the] restaurant I worked at. She would come in and she said, ‘Oh, I would love to do something with the kids there.' She was very open about it, we were interested, and it clicked." Gintol said.

"I remember the first time we met, Kahlo and Rivera were chosen as subjects for the presentation because they are, in a way, to draw more students to the event,

The presentation focused on Kahlo and Rivera’s individual-"dreamer" to "innovator," "ac

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Pine View GSA club attends annual Venice Pride Festival
Critics raise concerns over SRO training

By Ben Gordon

Opinion Editor

Is it OK for a school cop to come into your house, search your room, and take away what you own? To many students, that’s the idea of a school resource officer (SRO). After the shooting at Marjory Stoneman Douglas High School, the Florida Legislature passed the Florida School Safety Act. The act mandates that every public school in Florida must keep a school resource officer (SRO) on campus at all times. The Florida School Safety Act, however, is not without controversy. Critics raise concerns over SRO training and the impact they have on school safety.

SROs receive 40 hours of crisis intervention training, six hours of youth mental health awareness training, and a two-hour Baker Act course. With their training, SROs are empowered to intervene in situations where there is an imminent threat of violent behavior. This includes when students are suicidal or acting in a dangerous manner, and it requires them to be able to make decisions quickly and act appropriately.

SROs play a crucial role in school safety, but their training has come under scrutiny. Critics argue that SROs are not adequately prepared to handle the complex emotional and behavioral challenges that students face. They also question whether SROs are the best solution for keeping students safe.

It is important to ensure that SROs are properly trained and prepared to handle the challenges they face. However, it is equally important to consider alternative solutions that can help create a safer and more supportive school environment. We need to work together to create a future where every student feels safe and valued.
Online tool aids teachers in Sarasota County

By Malathi Ramachandran

Sarasota County is home to a wealth of cultural and educational experiences. Connecting teachers and parents to these opportunities is one accolade and efficient way has been the mission of EdExploreSRQ.com. EdExplore[SRQ.com was launched in 2011 through partnerships with the Patterson Foundation, the Community Foundation of Sarasota and the Education Foundation of Sarasota. The website provides a practical search tool where teachers can find programs to meet their students' needs, by subject, by level or as a specific type of off-campus. Pinterest teacher and EdExplore founder Todd Bowden said during a meeting at the Sarasota County Sustainability Room Oct. 21.

Bowden's statement has since been refuted by both cafeteria staff, which claim to have taken initiative regarding sustainability, and Principal Dr. Stephen Covert.

"If we want to do something systematic, we need to have a plan," Bowden said. "We don't have a plan here that we're using. It's (sustainability education) being done in our environment, but it's not in a concentrated way."

But S@PV is no longer active. This opens the door for other people, or even our students, to have any way of making that claim for themselves.

"We still have many projects going on..." Covert said. "I would hate to think, not having seen things in our student body, that it's not something important to us... all we need to do is come together and say, 'This is something important to us.'"

The district's sustainability initiative on campus, involved students and teachers like Guan and Yootsuo, a positive step in the right direction. However, Bowden is right that EdExploreSRQ.com is built by someone in the IT department, though it's not as big as it used to be, primarily because Mr. Patterson retired, one of the two parents who helped — their children graduated so they really don't have ties to the school anymore," Yootsuo said.

Pine View science teacher Beverly Templetton is one such activist, who played a prominent role in starting the discussion of sustainability on campus through her participation as a club sponsor and contributor to the Green Ribbon initiative among other instructional methods. Templetton's recent retirement is one of the many factors that has weakened Pine View's sustainability outreach.

"It's also the last year because of environmental issues, they must become aware and stay on top. Find issues and protocols that you can just pour our heart into to make a difference — the facility support is there, students just need to get the bull running. It's so important for young people to be active, to be local, to really step up and make their voices heard because this is your future," Templetton said.

Issues on how to overcome sustainability concerns such as the recycling dilemma are county-wide; however, Pine View has been noted by some county officials as a particular offender in turning a lack of recycling.

"Pine View is very bad about everything coming out of the cafeteria... The cafeteria contamination is horrible, it goes straight to the garbage," Templetton said.

The district and the community have to come together and say, This is something important to us... all we need to do is come together and say, 'This is something important to us.'"

The popularity of EdExplore, the fact that EdExplore is built by someone in the IT department, though it's not as big as it used to be, primarily because Mr. Patterson retired, one of the two parents who helped — their children graduated so they really don't have ties to the school anymore," Yootsuo said.

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Deep reinforcement learning to develop friendly AI in a man.

Corporation researching and as a full-time member of the University of California, Berkeley, year PhD AI student at the University, and another in a conscious manner.

lines, or be utilized in a malicious manner. It is necessary to ensure the safety of people, despite the elements of societally powerful people and groups.

Achiam uses various simulated physics environments where a simulated robot attempts to accomplish a task in a simulated world.

As creating and ensuring the safety of AI is a long and arduous process, the worry is real.

Achiam uses technologies in target games. These games help improve computers by making them repeatedly play to the highest possible score so the computer can learn what works and what doesn’t. Computers are various simulated physics environments, where a simulated robot attempts to accomplish a task in a simulated world.

significantly. Making certain critical decisions and being aware of what humans focus on to other users to consider the impact of their actions.

Achiam believes that in today’s political climate, it is vital for people to take a step back and reflect on their actions. As technology will push the envelope and extend the limits of what is possible, we must consider how these advancements will impact society and the environment.

In any debate lurking in the depths of an Instagram comment thread, one is likely to find misinformation, an opposing viewpoint — even fringe. While it may seem as though this is a blessing or a curse, even if it only truly holds power when technology development will impact your life and your concerns. And while people, especially those who are less astute, may make an effort to engage with those who are less informed, it is important to be aware of the potential for misinformation.

Focus Editor

Competition bias plays a pivotal role in today’s divisive political climate. The idea of being an affiliate for self-deception is natural to us, unintentionally trapping us in a self-fulfilling prophecy.

the computer will be aware of these same biases, even if they are less apparent. These are not introduced with caution.

As Achiam says, in the depths of an Instagram comment thread, it is easy to fall into a cycle of extinction. The idea of being an affiliate for self-deception is natural to us, unintentionally trapping us in a self-fulfilling prophecy.

Believing is seeing

Conformation bias changes our perceptions

The other box, hosted in a different perspective, we can see new perspectives.

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Vung Tau Market

by Lucy Collins
Web Section Editor

Creating a cultural heart for both locals and visitors, Vung Tau Oriental market offers a wide range of products that are unique to Asian culture. Items such as clothing, beverages and cooking ingredients dot the perimeter of the store, creating a vivid display of traditional Asian commodities.

The ethnic grocery store is tucked into a small strip mall near downtown Sarasota, a neon sign illuminating its presence. Inside rows of shelves line the perimeter of the store, each one dedicated to a certain kind of product, such as traditional Asian noodles, and an assortment of accompanying spices and sauces. The tremendous variety of products offers a more immersive experience for customers. In the back of the store, fish kept in refrigerators and fresh vegetables like Thai eggplant and chili give an assortment of options for a taste of Asia, along with exotic candies, coconut flavored cookies, and popular ethnic drinks.

Food is not the market’s only specialty. Customers can find figurines and toys scattered across the store with an abundance of bowls, spoons, and mugs, serving the shelves, skillfully decorated with a soft, floral design along with collections of attractive prices.

Additionaly, customers can find clothing in the back corner of the store, such as dresses, shirts, jackets and hats representative of traditional Asian cultures.

In addition to their classic market products, Vung Tau offers special dishes that can be ordered for pick up, hot and ready to devour. They offer traditional ethnic food from Thailand, China, Malaysia, Korea, Japan, India, and Vietnam and allow just some sampling prior to placing an order.

The cooks take requests, as well, for any craving one might have.

Vung Tau’s employees pride themselves in their universality in terms of their scattered origins and varied ethnic backgrounds. Manager Amanda Lam’s parents arrived in the United States from Hong Kong.

“Vung Tau is a slice of Hong Kong,” said Lam.

My favorite part about working here is the food, it reminds me of Hong Kong," Lam said.

The store was both local connoisseurs of cultural dishes and new visitors, providing a wide variety of Asian staples under one roof. With an abundance of tasty traditional treats, intriguing clothing and accessories, Vung Tau Oriental Market truly does it all, and effectively combines a slice of Asia.

“Vung Tau Oriental Market is located at 1333 Bl 5th

Rating:
5/5 Oranges

Scandinavian Gifts

by Lara Rini
Matz Layout Artist

Voted best gourmet food store in Sarasota by the Herald Tribune’s Readers’ Choice in 2019, Scandinavian Gifts is the perfect place to get in touch with Scandinavian’s rich culture. The store was also a finalist in the gift shops category, a ranking justified by their cheery merchandise and welcoming staff.

Manager Sarah Gill’s colorful facade definitely stands out next to the simple designs of its neighboring stores. The window displays are packed full of every thing from ceramic mugs and bowls to potholders; yet, these displays offer only a glimpse of the many novelties inside.

Upon entering, the first thing one might notice is the sheer volume of merchandise. Scandinavian Gifts does not waste any space, leaving every wall and surface completely covered. While this might sound overwhelming, the effect creates a warm environment, almost like someone’s home.

The market carries merchandise from 10 countries of Nordic countries, including Sweden, Finland, Norway, Denmark, and Greenland. Their products include home decor, clothing, kitch necessities, food, books and much more.

Scandinavian Gifts also has a de voted local following. One such custom er is Therese Bonasera, who moved to the United States from Sweden in 1998 and visits Scandinavian Gifts around holidays or whenever she wants a taste of home. “It reminds me of going home, and Sweden, and my family there, so I think that’s what I like about it. They’re always very nice and helpful. If you ask about something that they don’t have, they even buy it up for you to buy it for you,” she said.

While the products displayed at the market are all of high quality, there are some clear standout goods when it comes to sales. One of the more pop ular products in the kitchen, an O-shaped Danish pastry that comes in one of flavored versions, is the Streusel Swedish dish, which is a mix between a pastry roll and a sponge and is repeatedly sold out.

The employees in the market were not short of advice, and they are always willing to answer any questions or point a first-time visitor in the right direction.

‘I particularly enjoy the merchandise. — It’s colorful, cheerful, happy,” Scandinavian Gifts owner Pam Stepick said.

Stegpky opened Scandinavian Gifts 30 years ago. The family owned a Scandinavian market in western New York while she was growing up, so it is no surprise that Stepicky decided to open a gift shop of her own. While she was born and raised in the United States, Stepicky has Norwegian heritage, so the business truly runs in the family.

Scandinavian Gifts is located at 2166 Gulf of Gate Dr, Sarasota, FL 34231 and is open from 10 am to 5 pm, Monday to Saturday.

Piccolo Italian Market & Deli

by Elizabeth Hopkins
Asst. Editor-in-Chief

While its humble, unassuming storefront may be deceiving, Piccolo Italian Market & Deli is more than what meets the eye, displaying an exceptional variety of Old World, Italian favorites that make this spot a hidden gem.

Situated in an often crowded plaza, Piccolo is located in the Clover Can, a cafe popular with students. Piccolo, however, is surprisingly well hidden under the other businesses found in the area.

An expansive deli counter immediately catches the eye, chock full of authentic Italian meats, cheeses and sides all under a florescent glare. Adjacent, however, is where the real action is — shelves of imported goodies line the walls.

Piccolo offers bread as well. For instance, the coffee selection is particularly extensive — Espresso! Dark roasts — Piccolo has got you covered for all your fancy Italian coffee needs.

Piccolo also offers a remarkable array of pastas. In fact, at the far corner, a whole refrigerator is full of nothing but fresh pasta. Dry varieties are even more plentiful, with shelves upon shelves dedicated to spaghetti, pappardelle, penne and much, much more.

Along with its abundance of exclusive packaged foods, Piccolo’s stand out product is quality is also on display, earning the market a loyal, local following.

What’s more, Piccolo boasts its own small kitchen, serving up classic Italian recipes with homemade flair. Many patrons dine in, feasting on tasty comfort foods such as their variety of subs. The Italian, with the perfect ratio of marinara and meat to muss and other toppings, is a truly a delicate price, however for sandwiches and other products can be quite more.

Piccolo also offers hot options, like the Chicken Parm and Chicken Marsala, all served over pasta with a side of bread. Their famous Meatball Sub, dripping with hot marinata and melted provolone, is also a favorite, served on Mondays.

Among Gulf of Gate’s diverse array of eateries, Piccolo stands out. Whether you’re hounding to add casual lunch or to whip up your own gourmet meal, Piccolo is the, albeit slightly under-whrps, destination for all things Italian in Sarasota. Just one visit will make you a regular in no time.

Piccolo Italian Market & Deli can be found at 6518 Gateway Ave, Sarasota, FL 34231.
Student takes his talents from the Broadway stage to the Congress floor

by Lily Quartermaine
Asst. Entertainment Editor

In the summer of 2018, at just 14 years old, tenth-grader Andrei Nesterenko had the opportunity to perform on the most coveted stage in the country: Broadway. Nesterenko was part of the Broadway Artist's Alliance, a summer program where he got the chance to act alongside his peers in a Broadway musical, that year's being "Hello, Dolly." The program consisted of a rigorous, one-day audition process in which he was taught by Broadway actors on skills like cold reading and improvisation. Once he made it through the audition, he participated in just one week of training in preparation for the remarkable night. In the end, he performed in a one-night show of "Hello, Dolly" in the Shubert Theatre. Nesterenko credits his involvement in this program as his peak. "It was easily one of the best experiences of my life," he said. During this experience, Nesterenko was able to meet one of his biggest inspirations, famous actor Victor Garber. To his delight, Nesterenko ended up playing Garber's "Hello Dolly" character, Mr. Horace Vandergelder, live on stage. "[Garber] played one of my favorite characters on TV ever, in DC's "Legends of Tomorrow,"" Nesterenko said. Nesterenko has always loved acting. He was especially interested in film acting until the age of 12, when he transitioned into stage theater due to his move from New York to Florida. He was then selected to audition for the Broadway Artist's Alliance after a recommendation from a previous acting teacher. One of Nesterenko's close friends, Charles Wald, has acted alongside Nesterenko during Pine View's drama club practices, and is eager to support Nesterenko's talents. "His technique is very natural, he picks up on things well and he is a good listener. He can emulate the actions of the people who are guiding him to improve his acting technique very well," Wald said. However, Nesterenko has recently sought a transition as to how he participates in the world of theater. Along with being in the drama club, Nesterenko is currently in his second year of Speech and Debate and is beginning to focus on it more heavily. As he settles into his transition from acting to Speech and Debate, Nesterenko finds that his background in theater carries over. "It gave me a chance to speak with others on complex issues," Nesterenko said, in reference to why he began participating in the club. Since joining, he has been to two local tournaments and has been given the opportunity to speak his mind on a wide range of topics. Nesterenko especially enjoys the after-events involved with the club and the interactions he gets to make with his audience. Speech and Debate is one of Pine View's largest clubs and has a diverse selection of activities and attracts a myriad of students. The events involved in the club, especially the interpretation-based ones, require a lot of the same skills and strategies that theater has to offer. A large group of these students, like Nesterenko, use their coinciding interests in theater and speech and debate to their advantage. Nesterenko's acting repertoire is prominently reflected in his grandiose and theatrical personality. "He's a trustworthy gentleman who always puts others before himself," tenth-grader Greyden Whitfield said. Currently, Nesterenko is deciding on where to take his next step in the acting world, but he remains positive nonetheless.

Entered a caption on www.pvtorch.com under the "caption writing contest" tab to win!

WRITE ON SARASOTA

Enter The Torch's new caption-writing contest

Kristen Johnson, LMHC
Licensed Therapist
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Insight Wellness & Counseling
Enter The Torch's new caption-writing contest

GRAPHIC BY MADI HOLMES
GRAPHICS AND PHOTO BY ANNA LABINER

THE TORCH'S LOCAL FIND

It's time to ditch that shabby, too-backpack-buried ballpoint and upgrade to a more sophisticated school supply set that will match your busy and work-filled school week. Write-On Sarasota is the perfect local pit stop that will cater to everyone's inner note taker. From fresh, leather-bound journals, to upscale sharp pens that will make anyone's handwriting look Visco-worthy — Write-On has something for everyone. Their inventory, including quailt, high-quality greeting cards, upscale calligraphy tools, niche desk nick-nacks, and more, also serve as the perfect local gift for generations of family members this holiday season.
A Day in the Life of SNN
Executive Producer Kathy Leon

by Alyson Mizzan
Asst. News Editor

Get your coffee. The office is silent, save for the police scanner’s constant babbles, its static breaking through the clicking of computer keyboards. News videos flash with news of various 911 calls and hesitant between officers.

The night outside buzzes with the sound of icicles making open spaces, various tabs, flash with the newest reports from both across the world to those centralized back home in the Sarasota Herald-Tribune.

A cup of coffee rarely finds itself abandoned by an individual who cannot help but wish for another cup as she gazed at the digital clock that boasts its proud message of 3:23 a.m.

As night waits with bat- ted breath, Sarasota Herald-Tribune, she gazes at the digital clock, but wish for another cup as she gazed at the digital clock that boasts its proud message of 3:23 a.m. When producing a show, Leon best to include as much diverse news into the broadcast as possible; with commercials and time allotted to weather forecast casting taking out a large portion of the show.

Broadcasts

The stories having viewed those requirements are then condensed to 30 sec- onds, so as to best fall within the flow of the broadcast. Packages, or stories consisting of content which simply cannot be reduced and have considerable amounts of ac- companying video footage, can last up to a minute and a half; however, the number of packages in any given broad- cast must be outweighed by smaller stories for viewer appeal.

When you think about the way we’re going in the past several years, we’ve seen how Twitter has af- fected what we do. We try to tweet everything now — we’re constantly reading our local news, but also print news. Ly, it has to affect, in some way, what we do think that when you have Leon’s presence in the newsroom has awarded her with the ability to work with the ex- pression of the story... It’s the element along with the video element that I think that’s very success- ful.

Leon, her stan- dard message to start her new airwaves on anchor Don Brennan. This three-hour-long broad- cast lasts from 6:30 a.m. to 9:00 a.m.; although as much information is included in the original script, major up- dates or breaking news that occur while the show is live, Leon must make adjustments based on commercial tim- ing and the span of the show. Blocks are divided into sub- categories pertaining to var- ious areas of news.

Blocks and broadcast

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Leon, her stan- dard message to start her new airwaves on anchor Don Brennan. This three-hour-long broad- cast lasts from 6:30 a.m. to 9:00 a.m.; although as much information is included in the original script, major up- dates or breaking news that occur while the show is live, Leon must make adjustments based on commercial tim- ing and the span of the show. Blocks are divided into sub- categories pertaining to var- ious areas of news.

Blocks and broadcast

A cup of coffee rarely finds itself abandoned by an individual who cannot help but wish for another cup as she gazed at the digital clock that boasts its proud message of 3:23 a.m. When producing a show, Leon best to include as much diverse news into the broadcast as possible; with commercials and time allotted to weather forecast casting taking out a large portion of the show.

Broadcasts

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Q: What skills does a journalist need?
A: Inquisitiveness and a good work ethic, not really skills but excellent characteristics. You can’t be afraid to ask “dumb questions.” It’s your job to be clear on stories and concepts. You need to be able to take very complex concepts and explain them like you’d be explaining them to your grandmother or your child or a group of schoolkids. It sounds easy but that is the toughest part of the job, and to do it concisely.

Q: What would you say is the Herald Tribune’s role in the community?
A: To be the primary source of news in both print and digital formats and to serve as a marketplace of ideas and a convener of public opinion. To “comfort the afflicted and afflict the comfortable” as the old journalism axiom goes. To be a watchdog over government and other prominent institutions for the public, the Fourth Estate duty enshrined in the Constitution.

Q: What do you think is the biggest struggle that journalists are facing right now?
A: Working in an industry that is still adjusting to a world where the traditional ways that media companies, particularly newspapers, paid for good journalism are shifting under our feet. It’s going to take a whole set of different approaches to continue making it work from now into the future.

Q: Why should people read the paper every day?
A: Lord help the United States if newspapers ever disappear. There is no one to fill that vacuum, not the national outlets and certainly not the search engines and social media giants who only present news that they take mostly from newspaper without any compensation. One thing that holds people back who otherwise might harm the public is their fear of the spotlight of journalism.

Q: What made you decide to become a journalist?
A: I wasn’t someone who knew at birth I was destined for journalism, but I always enjoyed writing and meeting new people and, above all, continuing to learn and grow. Journalism was appealing, because you do all those things on a daily basis. Southwest Florida is such an amazing place to practice the trade because we have such an incredible population here.

Q: What do you think is the public’s opinion of local news?
A: I think, unfortunately, that some people lump us in with news outlets that come at the news from a point of view. We do not, nor do we focus much on national issues or politics, except in terms of how it affects the communities we cover. We have a newsroom that reflects all manner of political and social views, but we don’t bring that bias to our coverage. Journalism to me is like the scientific method. You can assume a hypothesis, but the reporting is what determines what a story says, not what you think the story is.

Q: How do you ensure your work is accurate and factual?
A: We always question our reporter’s work: Who was your source? Do you trust them? Can they prove what they’re saying? Would they be willing to testify in court to its veracity? There is a host of ways to check facts today with technology, but nothing beats documents and first-person accounts. All we have is our credibility, so it is critical that what we present is accurate, unlike much of the material you see disseminated on the web. They usually come with a point of view or an interpretation of “facts.” People — readers — should always consider the source when interpreting “news.” There’s no such thing as “fake news” to a real journalist. News equals facts. If it’s not factual, it’s not news.
Should competitive eating be considered a sport?

By Zoe Merritt

Features Editor

Each year, Independence Day sees crowds of over 40,000 people crammed onto the waterfront of Santa Monica Pier to cheer on the world’s most famous hot dog eating contest. As a child, Kendall Dooley was introduced to water skiing at a young age, and has been participating in competitive eating for several years. According to Dooley, competitive eating is an activity that she enjoys because of the competition involved. She believes that eating as many pies as possible is a form of exercise, much like water skiing.

In 2017, the Ski-A-Rees won the national title. In 2018, they placed third, and in 2019, they received second place at regionals. At the national championships, the team is expected to perform their best in order to compete for the title. According to Dooley, water skiing and competitive eating are both activities that require a high level of concentration and a desire to succeed. She explains that both activities involve following rules and working to achieve a specific goal.

However, there are also arguments against competitive eating being considered a sport. Critics argue that the focus on quantity rather than quality means that the activity is not a legitimate sport. They point out that the food consumed during competitive eating contests is often high in calories and fat, and may not provide the same health benefits as other forms of exercise. Additionally, some argue that the activity is not a true sport because it is not based on physical skill or ability.

Despite these challenges, Dooley believes that competitive eating has its place in the world of sports. She acknowledges that the activity may not be for everyone, but she enjoys the challenge and excitement of competing against others. She also believes that competitive eating can be a way to raise awareness about the importance of health and nutrition.

In summary, while competitive eating may not be for everyone, it can be a fun and challenging activity that requires skill and dedication. Whether or not it should be considered a sport is a matter of opinion, but for Dooley and other competitive eaters, the activity is a way to push their limits and enjoy the experience of eating to the fullest.
A python's experience through four days of intermittent fasting

by Ella Hechlik

Ideas and opinions about health, dieting and food consumption take up a large part of the media that we see every day. But almost all diets have relatively similar ideas — low carb, low fat or low sugar. However, in recent years the focus has shifted more toward a “diet” called intermittent fasting or IF. IF is different, as it is not necessarily about what you are eating, but more of a focus on when you are eating.

The science behind IF is simple and straightforward. The food we eat enters the body and is broken down into sugar, which your cells use right away for energy, and then store the excess sugar in fat cells. Insulin is a hormone secreted by the pancreas that allows the flow of sugar into the fat cells. Therefore, if our insulin levels are lowered, then the cells can release the stored sugar and the body will start to burn off the fat instead of storing it. IF is all about keeping your insulin levels low enough for long enough, so that your body begins to burn off the fat cells. IF is similar to traditional diets in that it is based on a caloric deficit (consuming less calories while still functioning at current weight). However, IF is not just for weight loss. In fact, there is a lot of research to suggest that IF can lead to some amazing results. According to Harvard Medical School, after 24 hours of fasting, your body goes into a state known as “autophagy” which is a metabolic way that helps clear out cell debris. Also, many individuals who do try IF agree that their focus level increased and their overall appetite decreased.

According to a study done by the US National Institute of Health, fasting has been shown to improve biomarkers of disease, reduce oxidative stress and preserve learning and memory functioning. However, most of the research has been done on animals and human research is at the early stages. I started by picking which IF approach would work best for me as an individual. Knowing the 16:8 fast is most popular and deemed for “beginners”, I decided that would be my best option. This approach includes eating for a six-hour window, and then fasting for 18. It also recommends skipping breakfast so that a majority of your hours of fasting happen while you sleep.

Day One:
I started off by skipping breakfast, which often occurs when I am in a rush. So, I did not feel very hungry. Although, after a few hours of being at school, I started to get hungry around lunch time which is pretty normal. My six hour window opened at 1:00, so I ate all my meals which included oatmeal and fruit for breakfast, veggies and hummus for lunch, pretzels for a snack and chicken with vegetables for dinner before 7:00.p.m. Although at first I was distracted by my hunger, I realized it came in waves rather than a constant feeling. Although at first I was distracted by my hunger, I realized it came in waves rather than a constant feeling. After 24 hours of fasting, my body and I were running on caffeine than before, because I was supplementing my breakfast with coffee. I did not really have to limit what I ate, only when I ate which is a big difference from traditional diet plans. If you plan to do this, the key is to pick an IF plan that works for you. They can all be individualized, so that you can still be productive while making healthy changes. Overall, IF was a positive experience for me and I will continue to use different forms of it in my everyday life. If you are eating too late at night. You should always consult your physician before changing your diet.

Day Two:
I woke up on day two hungry. My body was so used to eating at certain times that my brain was telling me to eat, even if I didn't need to. I ate lunch, a small snack and a big dinner: Day two was definitely the hardest as I was still trying to break a habit. However, I noticed I was more focused, and felt less tired than normal.

Day Three:
On day three I felt great. I woke up and did not even think about breakfast. My day flew by and before I even realized, it was time to eat lunch and then dinner. I did not feel the need to eat a snack that day. By this time I was used to it, and overall my mood had improved.

Day Four:
I found my groove on day four. I was not thinking about food at all, and my mood and focus improved significantly for the entire day. A - t h o u g h four days is a short amount of time, I learned a lot from the experience. I realized that a lot of the time I thought I was hungry, I was actually just stuck on a schedule in my own brain and that I didn't actually need to eat right then and there. After the first day hump, I felt my focus improve significantly, especially at school. It kept me on track to make sure I was eating dinner before 7:000.p.m. which was nice as I did not have to worry about eating too late at night.

The only downside I recognized was that I became a lot more dependent on caffeine than before, because I was supplementing my breakfast with coffee. Day One:
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The Torch

Friday, November 22

Pine View Teachers share their fifty homemade knick-knacks on Etsy

By Naina Chauhan

Personalized Candles

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Roma’s Zen Candles

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Pokémon? Who's that include a teacher-based Pokémon. As part of a Humor solution before striking back. opponents. The only way to counter the attack is to distract Wilson with an open bottle of amount of chromosomes). This attack is incredibly powerful, and is often fatal for Wilson's the power of mitosis to divide her cells in half and create a separate being (with the same When challenged, Wilson often deploys a duplicating technique in which she harnesses broken under her watch, Wilson launches an even more powerful counter-attack, fueled by nism against potential threats, like English and history majors. After encountering such an Micropipette Strike Attack (MSA) Angela Wilson

GRAPHIC BY ANNA LABINER

Who’s that Pokémon? As part of a Humor tradition, each issue will include a teacher-based Pokémon. Try to collect them all!

by Elizabeth Hopkins Asst. Editor-in-Chief

Dan’s Fan City: A Review Blowing away all the competition, Dan’s Fan City is the destination for all your cooling needs that's not how it works, and the fans are just sold, and they can't talk, and don't work there. He was looking at me really funny, and I assumed this was a clear expression of guilt. Was he afraid of being held accountable for horrific wrongdoing? I was concerned that Dan might be keeping the fans on the premises against their will, forcing them into silence, to live in fear. I even considered contacting the authorities. Although I had my doubts, ultimately I de- cided to trust Dan and take him at his word. Of course, this revelation would be very surprising to anyone. Anyhow, come on down to Dan’s Fan City, where pleasure is in store. But whatever you do, do not try to talk to the fans. This may upset Dan.
Why do the hares have to beat the tortoise?

Students who work under limited pressure and time are given plenty of opportunity to succeed. But, other students are left behind.

Is faster really better? SATs, AP exams, times tables, the path we take through school is a race to the clock. When it comes to expectations, especially within high school, the idea of intelligence seems to be this pressing notion that students must be bright and smart, better and superior. Why does this preconception exist? For decades, the education system has become the primary route to success?

Since the beginning of the education system, there has been a push for students to work hard and work fast. The idea of intelligence not only includes the quality of one’s output and depth of thought but how fast one can produce these critical ideas. After taking a closer look, it’s evident that the pressure of time does more harm than good.

Individual learning styles come in all forms. There are the students who work as a motivation technique, and the students who prefer to take things slowly and completely analyze the nature of the problem. The problem is that our education system is only made for those who perform well under pressure — the ones who can see a question, write the first thing that comes to mind, and be satisfied with an imperfect response. This is the type of student who adheres to standardized tests are tailored to, and this notion of constant testing has no ceiling, slipping into a societal norm, leaving the slower thinker completely in the dust.

According to a Minnesota Council of Teachers of Mathematics article “Faster is Not Necessarily Smarter,” some students respond well to competitive timed situations, others’ have quite a different reaction.

Intelligence in high school is based on grades, test scores, grades are based on the number of tests and tests have a time limit. If a student knows the information but runs out of time, the student will receive a lower grade than what they deserve.

Imagine two students, both elevated to the top of the board game Life, the path diverges into two options — the debt-inducing college path or the debt-free trade school path. Both options are tailored to, with a trade school degree pay $28,000 per year versus a college degree pay $30,000 per year. Both options require a student to go to school for a minimum of two years. Both options have a debt load of $30,000 to $35,000. Both options can also be a perfect place to start.

A college degree can carry a lot of weight in the job market, but does it work for everyone? The answer is no. Some students may feel they are a perfect fit for college whereas others may feel it is not the right path for them. The students in the 95th percentile for standardized tests are straight-A student; the other falls in the 25th percentile, the slow reader constantly leaves the slower thinkers behind.

In order to foster a more accessible and equal environment for all, students should be allowed to either go to high school or college. The idea of curriculum should be tailored to, and this notion of constant testing has no ceiling, slipping into a societal norm, leaving the slower thinker completely in the dust.

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Imagine two students, both elevated to the top of the board game Life, the path diverges into two options — the debt-inducing college path or the debt-free trade school path. Both options are tailored to, with a trade school degree pay $28,000 per year versus a college degree pay $30,000 per year. Both options require a student to go to school for a minimum of two years. Both options have a debt load of $30,000 to $35,000. Both options can also be a perfect place to start.

A college degree can carry a lot of weight in the job market, but does it work for everyone? The answer is no. Some students may feel they are a perfect fit for college whereas others may feel it is not the right path for them. The students in the 95th percentile for standardized tests are straight-A student; the other falls in the 25th percentile, the slow reader constantly leaves the slower thinkers behind.

In order to foster a more accessible and equal environment for all, students should be allowed to either go to high school or college. The idea of curriculum should be tailored to, and this notion of constant testing has no ceiling, slipping into a societal norm, leaving the slower thinker completely in the dust.
The act of reading is something that many students, regardless of level or ability, experience as a chore. It's a task that is often met with a lack of enthusiasm, and a disinterest in the material. However, the act of reading can be a transformative experience, one that can open up a world of possibilities and opportunities for growth and understanding. Many students, however, find the experience of reading to be a chore, one that they feel compelled to endure rather than enjoy.

Some students may find reading to be a challenge because they struggle with the language or the content. Others may find it difficult because they are not interested in the subject matter. Still, others may simply not have the time or the patience to devote to reading. Whatever the reason, it is important to remember that reading is a valuable skill and one that can have a significant impact on a student's future success.

It is important to find ways to make reading more enjoyable and meaningful for students. This might involve finding books that are age-appropriate and engaging, or it might involve using reading as a tool to support other areas of learning. Whatever the approach, it is clear that reading is a crucial part of a student's education and one that should be encouraged and supported.
Embracing the oddities of music

er Casey Consbrook's eclectic repertory includes a wide array of sounds. Her parents gave her an electric keyboard. Small, pink and designed for the clumsy fingers, it has abstract, outside-of-the-box notes that draw her into the instrument. She still finds herself going to music sessions with her friends and family.

and designed for the clumsy fingers, it has abstract, outside-of-the-box notes that draw her into the instrument. She still finds herself going to music sessions with her friends and family.

Tenth-grader Hasfah Mahmud poses with her otamatone. Her parents suggested the pilgrimage because of her interest in all that made noise, and one that is gathering around the shoulder, down and one that is gathering around the shoulder. In the eyes of Allah. Equality of all Muslims under societal class, symbolizing the equality of all Muslims under the prophet of Islam. The pilgrimage are meant to be completed Umrah, men clad in “ihram” clothing: two quits and a pair of trousers, to complete Umrah, she walked between the hills of Masjid Al-Haram, and Is’mail, their son, from Medina to Mecca.

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She said, “Every otamatone is different,” she said. “Every otamatone is different, which also gives you a lot of freedom. I can bring them to school before anything else, because I know free time actually equals facing your problems. I can bring them to school before anything else, because I know free time actually equals facing your problems.

And the thing is, it worked for me. I didn’t have to deal with a lot of things. Obviously, this is unhealthy and it eventually catches up with you both physically and mentally. For me, it caught up this year. I still find myself trying to find activities to fill free time, because I know free time actually equals facing your problems. I still find myself trying to find activities to fill free time, because I know free time actually equals facing your problems.

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