

The Match

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AMONG US

Pine View

Edition



Can You Find the Imposter?

GRAPHICS BY GRACE JOHNSON

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THE MATCH

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FRONT PAGE: Among us, a space-themed, mafia spin-off video game has soared in popularity. This issue of The Match brings this global sensation to Pine View in Features.

GRAPHICS BY GRACE JOHNSON

RIGHT: Elementary students load bikes onto a trailer for the Foster Angels program in December. This program provided over children in the foster care system gifts during the holiday season.

PHOTO BY ETHAN KIM



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Substitute Alyson King shares her motherly love with both children and dogs.

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TOP: Third-grader Dylan Alan poses in front of a Christmas tree after a holiday skating show. Alan is currently at level five in his skating capabilities.

PHOTO PROVIDED BY OLGA ALAN

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Transforming Traditions

by Naina Chauhan

This has been a school year full of change. From smaller adjustments like cafeteria seating charts and zones on the playground to larger modifications like remote learning, the Pine View campus has adapted to the new circumstances. Among these changes are Pine View traditions and annual celebrations that are to be revamped or canceled.

Some events such as the Veterans Day Celebration, which usually involves a parade across campus, a gym full of students, and a break-

fast feast, were held remotely.

Administrative assistant Gena Bufkin organizes much of the elementary school calendar, and while she feels for the students who are experiencing these traditions differently, she applauds Pine View's approach.

"Pine View is just doing such a great job in keeping everybody safe," Bufkin said.

One of the recent annual events that has changed was the Bizarre Bazaar. Normally, third-graders create a different product to sell in their classrooms. Students from across campus could

visit and buy them. This year there were some notable changes. The entire event was held outside and remote students were not allowed on campus to participate.

Third-grader Jamie Hinck thought it was unfortunate that remote students can't attend events such as the Bizarre Bazaar.

"Since they were at home they didn't really get to see us and get to know us... they also didn't get to buy the cool stuff that we sold, but maybe next year things will be easier again," Hinck said.

There is still uncertain-



ty as to which events can be held this year. While the Valentine's Day Post Office is a longstanding tradition, it is unlikely that the event will be organized as of now.

While the future is still uncertain, students, teachers, and administration will continue to work together and make the best out of the situation.

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Media Center turns new page

by Mahitha Ramachandran

In the middle of Pine View's campus lies a large gray circular building with windows that are often adorned with seasonal paper cutout decorations: pumpkins in October, turkeys in November, snowflakes in December and January, and so on. Looking around these decorations and through the windows, the things inside the building come into view: books—lots of them.

Along with the thousands of books within Pine View's

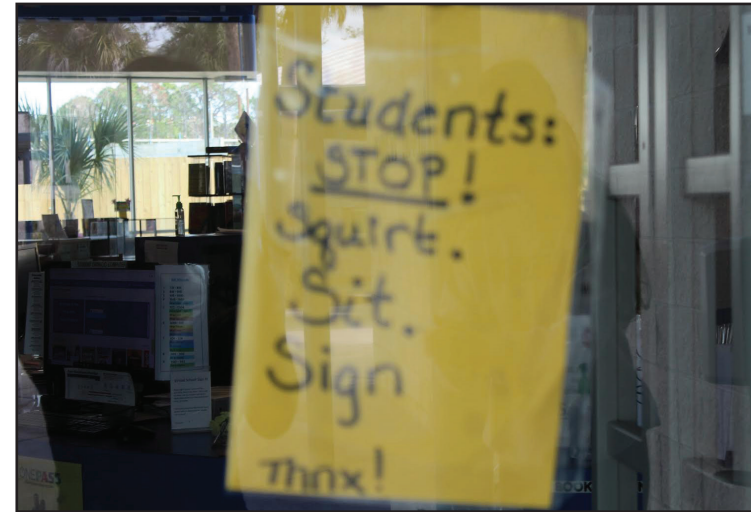
Media Center are students who are working, reading, and studying, evidence that the library is a core part of the Pine View campus. However, just like most other facilities, the Media Center has had to make some adjustments with the COVID-19 pandemic.

The library's most obvious purpose is providing a wide selection of books, both fiction and non-

fiction, for students to check out and read. Fortunately, this is still happening, though a new procedure has been implemented. Pine View's new Media Specialist, Cynthia Pflug, explained that when books are returned, they are required to be quarantined for 72 hours before being reshelfed, which allows time for any contaminants that may be on or inside the books to die.

Typically, students are able to come into the library and sit around a table with friends and classmates or sit next to each other at the computers. Although in-person students are still able to go to the media center, social distancing has restricted these seating arrangements. Now, only two people are allowed to sit at each table and the computers have been limited to every other spot. In addition, students must sign in when they sit down at a table for contact tracing purposes.

Despite these changes, the library is open to students and elementary classes. In fact, third-grade teacher Stephanie Leitzen has been taking her students to the Media Center every other Tuesday morning. They spend about half an hour there, and the time is dedicated to allow-



A sign hangs in front of the Media Center to remind incoming students of the social distancing policies. In the age of remote and in-person students, the Media Center is still accessible to both groups. PHOTO BY PEYTON HARRIS

ing students to check out, return, and renew books.

“Being a reader leads to success throughout life,” Leitzen said. “My goal is to instill a love for reading in the students, so when we are in the library, I am there to help them and encourage them to try new books and expand their horizons.”

Leitzen tells her virtual students to read independently while the in-person students go to the library. In order for online students to be able to read, Pflug has been working to make sure that both in-person and remote elementary students have all the tools they need to access books.

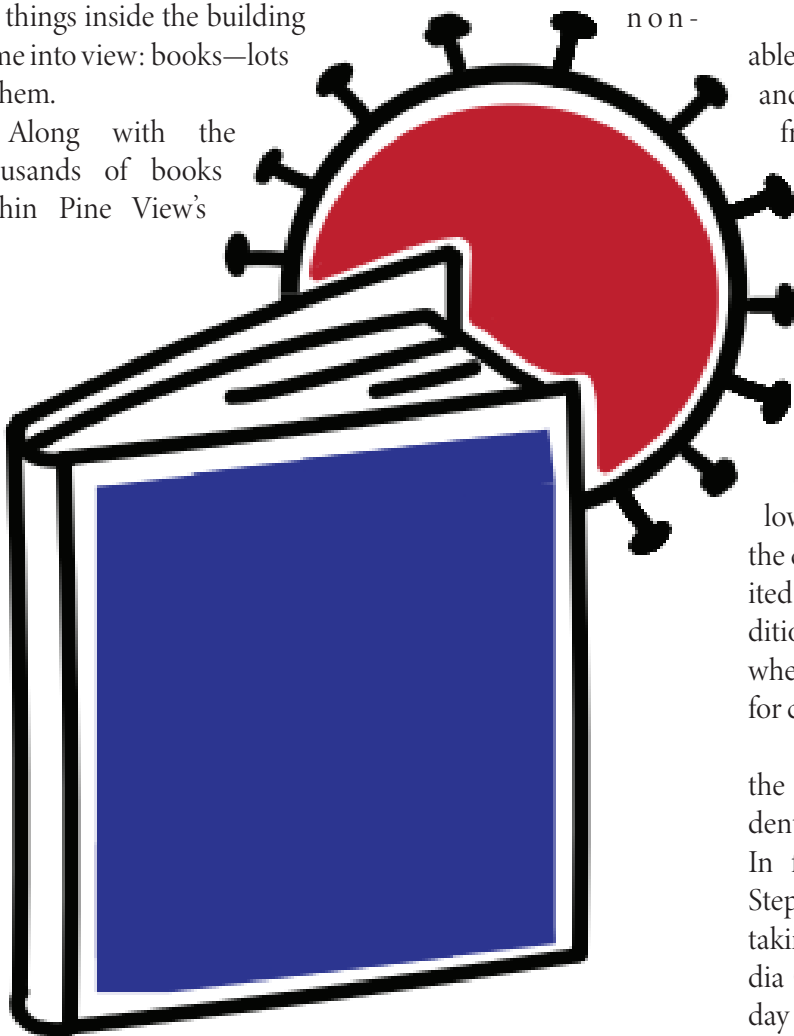
“I am trying to encourage use of the online catalog as much as possible, especially for the remote learners,” Pflug said.

She has even changed the library homepage to include more resources on how to access the online catalogs for Pine View as well as the local public libraries.

“I want to make sure we can get books into the kids' hands,” she said. “We also have e-books here and there is a huge collection through the county libraries.”

Even with all the adjustments of this year, the Media Center remains an important place for Pine View students.

“Whatever you are interested in, we have a book about it,” Pflug said. “I want students to be excited about the next read or find a new author they like. I want them to develop favorites, I want them to know what it feels like to be disappointed when the book ends! There's so much to read and learn, and we have it all here.”



GRAPHIC BY MAHITHA RAMACHANDRAN

Mental repercussions of remote learning resolved

by Felicity Chang

This academic year, students have had to cope with a multitude of social, emotional and psychological challenges due to online learning amid a pandemic. Pine View has been making efforts to address these issues – one of them being the School-Wide Support Team (SWST).

It consists of faculty members, including but not limited to guidance counselors, assistant principals, school psychologists, social workers and mental health practitioners. The SWST meets every week to identify students who may be having difficulties and provide aid to them. In addition, there are resources provided by the school that are continually available.

According to elementary guidance counselor Kate McManus, the lack of social interaction has taken a toll on student mental health.

“I’ve had a child say, over Zoom, ‘I’m so angry with my

parents because they didn’t have more than one child. I have no one to play with.’ And I was like, ‘Oh gosh, that’s a tough one ...’ There’s definitely a struggle there.”

Konstantin Menshikov, a contracted mental health practitioner, also noticed this occurrence.

“Students who aren’t on campus won’t be able to experience those trivial social interactions that we would usually consider mundane, but add up to a lot,” he said.

“The social environment is different at home, in front of a screen.”

Nonetheless, parents and faculty sought opportunities to incorporate social interaction into online students’ lives. Through scheduled appointments as a guidance counselor, McManus said she

noticed that some families have made a point of getting together in small groups on weekends, which maintains some sense of small group safety. In terms of resources at school, McManus holds “morning mindfulness” sessions over Zoom for all el-

students have become both socially and emotionally withdrawn as a result of online learning.

“I encourage parents to continue to seek out opportunities to connect to classmates and peers,” he said.

“Some parents choose to do more things outside. It’s important to get some fresh air – going out walking, going to the beach, hiking, riding bikes.”

Social interaction aside, some students

may be struggling with psychological aspects of online learning. For one, McManus said that intrinsic motivation – the ability to focus on a task without obvious external rewards – is important to everyday productivity.

“Ironically, the students who love being on the computer are the ones that have the greatest difficulty with completing work. You know, they have the distraction of multitasking on their computer,” she said. “It’s really hard to be focused on a screen the whole day for any child ... It varies, as with children. You know, gifted kids, some are intrinsically motivated,

and others are questioning, ‘What’s the point of this?’”

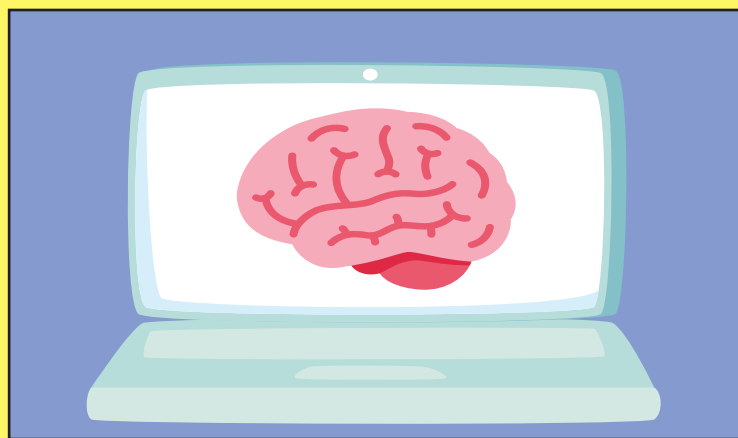
Intrinsic motivation is on a spectrum, according to Gissal, and some students do not see a connection with what they’re doing in school to the next step.

“Elementary school to middle school to high school to college and university and the work world – it all leads to the next level,” he said. “You want to be, well, successful and happy ... I would talk about the fact that doing well leads towards more success in upper grade levels.”

When asked about advice he would give to students and parents when it comes to staying focused during online learning, Menshikov mentioned utilizing a blue light filter that reduces eye strain and minimizing distractions around workspaces.

“You have to be prepared and in a place that’s conducive. Make sure it’s the same place every time,” he said. “Healthy habits make your brain more receptive, and once you get used to it, it’s a lot easier.”

Students whose mental health have been affected by online learning have many resources to lean on, including appointments with their guidance counselor and tips from mental health advisors on campus.



GRAPHIC BY PEYTON HARRIS

ementary schoolers every Wednesday, where students do a series of yoga moves and set their positive intentions.

“I try to make them feel comfortable, and ask, ‘How do you feel today?’” she said. “It’s a way to connect with our remote learners.”

In addition, McManus said that more and more elementary schoolers are coming back to school, in part due to socio-emotional needs – socio-emotional development encompasses the ability to express oneself, manage emotions, and create relationships.

According to school psychologist Tim Gissal, some



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January and February Events and Teacher Birthdays

Jan. 20
Inauguration Day

Jan. 22
End of Quarter 2

Jan. 25
Professional Day,
No School

Feb. 15
President's Day,
No School

Feb. 21
Mr. Ross' Birthday



Third-grader Hunter Newman builds a ramp for his STEM fair project. Normally the event is held in person, but it was held virtually this year.

PHOTO PROVIDED BY FREDA WILLIAMS



Glancing over the barrier that has been erected in the middle of campus since before the school year began, construction of the new building has progressed immensely. The building should be open for in-person classes by second semester of the 2021-2022 school year.

PHOTO BY CALISTA REAM

IN BRIEF

Mayor's fundraiser flourishes

by Olivia Hansen

As staff and students began to adjust to recent learning and lifestyle changes as a result of COVID-19, annual fundraisers at Pine View changed to meet precautions. Mayor's Feed the Hungry, a program designed to collect and distribute food during the holiday season had to adjust to meet COVID-19 guidelines.

Led by third grade teacher Sara Kolsky and the elementary student council, this program at Pine View took place from Nov. 12 to Nov. 19. In contrast to last year, during which volunteers donated food, Kolsky and her class accepted monetary donations.

Usually, students go from classroom to classroom to collect donations. However, to

prevent unnecessary contact, donations were limited to the front office donation boxes.

"My student council members still did the best they could supporting this event. Also, students and staff helped with raising money across grades 2-12 to help reach our goal," Kolsky said.

Raising over \$2,500, were rewarded at Elementary Assistant Principal Roy Sprinkle's expense.

"The whole school did participate and in a very short period of time raised the goal amount, which ended up with me being the victim of the incentive," Sprinkle said.

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on
pvtorch.com



Biden and Harris are inaugurated

by Ben Gordon

Beginning his term as leader of the free world, Joe Biden was sworn in as President of the United States January 20 in front of a mostly-virtual audience. Let's take a chance to get to know our new President and Vice President!

Biden is married to Jill Biden, the First Lady of the United States. They raised Beau, Hunter and Ashley Biden together. The Bidens' dogs, Major and Champ, are German Shepherds. Major will be the first rescue dog to

live in the White House.

Coming from Jamaican and Indian descent, Harris' parents immigrated to the United States in the 1960s. Her Father is a professor at Stanford University and her mother was a cancer researcher. She is married to Second Gentleman Doug Emhoff, and is the stepmother of Cole and Ella Emhoff.

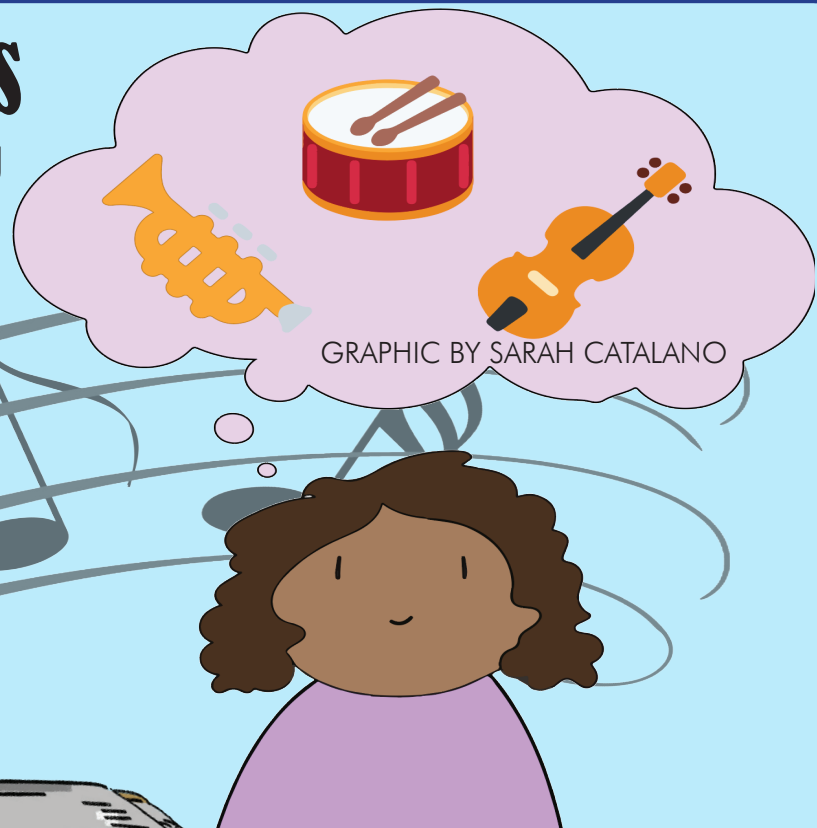
Congratulations and best of luck to President Biden and Vice President Harris on their new roles serving the American people.

Match Reviews: Instruments

Match seeks out the best and most interesting instruments for students like you to check out!

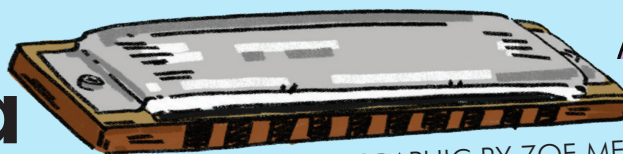


GRAPHIC BY TIFFANY YU



GRAPHIC BY SARAH CATALANO

The Harmonica



GRAPHIC BY ZOE MERRITT

by Lily Quartermaine

Music is a fantastic way to add spice and interest to your life. Learning unconventional or foreign instruments is a good way to understand more about the culture of others in a respectful manner.

My instrument suggestion is the harmonica! It is a really cool instrument that is easily accessible. There are many different sizes of the instrument based on reed and hole number, which also affects the price, and they are all available on Amazon. This makes it easy to choose which size works best for you based on your budget, skill

level and prior music knowledge.

For beginners, the 10-hole Diatonic Harmonica tuned to the key of C is recommended. Diatonic harmonicas are the most popular type, and what you most frequently hear in music. These are the best to start with since they are simple and stick mainly to the same key, making tuning and playing less complex. Also, the key of C is incredibly common, so most songs can be played or modified to work on this harmonica.

A great beginner brand of harmonica is the Mugig Diatonic harmonica, which

you can find on Amazon for \$12.99, or in larger packs with prices around \$30. This is an inexpensive but quality option. However, once you move up in the harmonica world, you can move onto harmonicas of higher quality and size; some of the best harmonicas sell for around \$600!

The harmonica is super easy to pick up because you don't need to have a very in-depth understanding of music, simply knowing a basic letter scale is all you need to play a wide variety of songs. The first songs I learned were pretty basic, like "Twinkle Twinkle Little Star." How-

ever, as you progress you can begin to learn more complicated and challenging material.

After you've mastered the basics, there are many ways to make the harmonica more exciting. Some artists play another instrument along with their harmonica, create their own songs, or use complicated handwork to add effects to the sound.

Some of the best tutorials can be found on the Youtube channel "Mitch Grainer". The channel provides detailed lessons with millions of views and a very helpful teacher. The videos are easy to understand, so you will

find yourself being a harmonica master in no time!

The harmonica carries with it an illustrious culture. Invented in 19th century Europe, it was similar to some East Asian instruments common at the time. The globally known musician Billy Joel is well known for his inclusion of harmonica in his songs. Additionally, the harmonica is assuredly most well known for its use in African-American blues music, which is a beautiful genre that deserves appreciation!

So, give the harmonica a shot, if not for its unique sound, then for its charming and diverse culture.

The Kalimba

by **Brianna Nelson**

I, like most people, have a collection of knick knacks around my house. Collected shells, porcelain dolls, and Russian seal whistles make up the mishmash of desk decorators that give my space personality. One item, however, that I never had paid much attention to was the small kalimba that would rest on my living room table.

Kalimba, thumb piano, Mbira — it has many different names, but you probably have seen one before. It's a handheld wooden box with thick metal tines which make melodic and soothing sounds

when pushed upon. It can have between 5 and 21 different metal pieces, though the standard is 17 and what most sheet music is written for.

The number of metal tines really just adjusts the range of chords you can play, but the instrument is so easy to play that your choice of Kalimba really depends on the amount of money you are willing to spend and the availability of different types and brands.

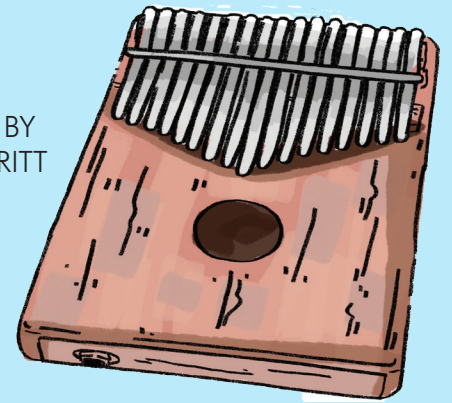
If you just want something small, 5 tines can absolutely work, but more can give you room to experiment. Usually a 17 tine Kalimba will cost between \$25-40 and can be

bought on Amazon or at any local music store.

One of the coolest parts of the kalimba is the ability to explore the easily made tunes. It is fundamentally melodic and doesn't require complicated finger placement like a guitar or violin would. No matter what, it's pretty difficult to mess up.

If you want to learn how to play specific songs, sheet music is easily available online. Though, sheet music will only be helpful if you know how to read it, the kalimba is an awesome space to learn to read sheet music for the first time. If you have experi-

GRAPHIC BY
ZOE MERRITT



ence with other instruments or even a bit of time on your hands to learn basic music theory on Youtube, it can be quick to pick up.

The kalimba community is also incredibly tight knit, as the instrument is not very common, and they have together compiled and translated tons of pieces. From Stardew Valley Music to BTS,

a quick scroll through the Kalimba Sheet Music Google Drive can help you find a cool new piece to practice and impress your friends and family with.

Easy to learn with endless exploration and a fun side activity, it's the perfect instrument to experiment with and open doors to the beautiful world of music..

The Ukulele

by **Zoe Merritt**

The Ukulele: a classic beginner's instrument, and for good reason! It's light and can be used to play any song. Whether you're brick and mortar or homebound, it is my suggestion that you give this instrument a try.

Like all instruments, getting the hang of it takes lots of time and practice, but one of the best things about the ukulele is that there is a world of songs that are simple to play without compromising sounding cool.

There's absolutely no need to limit yourself to Vance Joy's "Riptide". In all the

online commotion, the origin of the ukulele has gotten a little lost. The ukulele is a Hawaiian instrument, and if you do choose to give it a try, take some time to look up a traditional song or two!

What I love about Hawaiian ukulele songs, especially the beginner ones, is the focus on just strumming and having a good time. It's easy to transition from one chord to the other and have fun learning to play with songs like "Crazy G" that help you get the hang of the instrument. Also, they're just beautiful songs.

Learning with a parent can also be a really special way

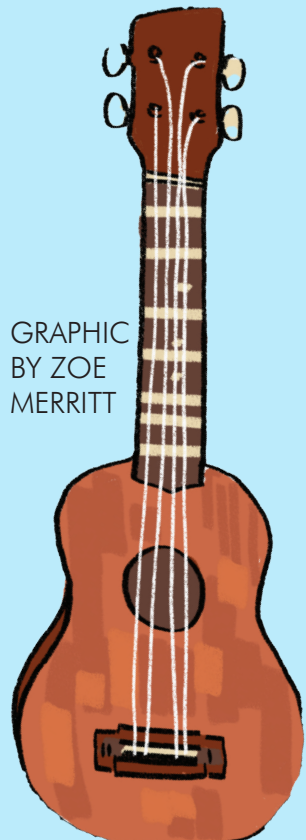
to learn, and in a time when being cooped up can make things tense, a shared activity can be a great way to let go of stress and spend quality time together.

If your parent doesn't know how to play, then you're on a new journey together, and if they do, even better! My dad taught me how to play the ukulele when I was young and I still carry those memories with me. Even with a sibling or friends, learning something new with a person in your life can make the activity special.

It is also an incredibly accessible instrument; you can

find them pretty much anywhere online or at your local Guitar Center, and there is a wide range for you to choose from. Ukuleles come in all sorts of shapes, colors, and prices — anywhere from \$30 to over \$100 — so you can take time to find what fits.

As for actually learning, one can barely navigate YouTube without bumping into a tutorial. What I found to be the best resource, however, was websites such as UkuTabs that can give you the chords to almost any popular song, with helpful charts. So pick a uke, pull up some tabs, grab a buddy, and get playing!



GRAPHIC
BY ZOE
MERRITT

Student 'shows' her skills

by **Gabriele Navickis**

Fourth-grader Isabel Lopez has been doing theater since she was five, starting out at Tatum Ridge Elementary. Lopez moved to Pine View at seven— or second grade— doing both Pine View Drama and Florida Studio Theater simultaneously last year, and this year doing only Florida Studio Theater.

"I decided to just join one of the school theater performances, and I liked it, so I've just been doing it since," Lopez said.

She makes the most out of her roles, practicing different voices and personality tweaks for each of her characters.

Since starting her journey in theater, Lopez has been in many plays. In 2017,

she played a Moku in "Paradesia;" in 2018, she played a crazy cat lady in "Storyland Idol," both with Drama Kids Productions. She also starred in the Pine View Players' renditions of "The Jungle Book" and "Aladdin" in 2019, and "A Midsummer Night's Dream" this year.

"It's really fun to just be yourself as you are, and I find that really, really fun... and when I'm at theater, that's just me and I can be myself because that's really what theater is and that's what it's meant for," Lopez said.

"She really loves theater and she's talked about how she wants to be a professional actor, so we'll have to see where it goes," her mom and Pine View teacher, Pamela Novak said. "I feel like she has

the commitment and drive, and it really excites her and I think that she continues to do it because it's something she clearly enjoys."

Lopez's involvement in the arts does not stop at theater. She also has played the piano for four years.

Isabel's mother couldn't be more pleased to have a daughter who's not afraid to come out of her shell and express herself through theater.

"I think it's great, and all of my kids are different, so it's nice to have one who's so uninhibited and who enjoys performing... and I want all of my kids to do things that bring them happiness, that clearly are coming from who they are, and I think for Isabel, it is very much of who she is," Novak said.



Fourth-grader Isabel Lopez acts as 'Crazy Cat Lady' in Storyland Idol, a spoof of American Idol in 2018.

PHOTOS PROVIDED BY PAMELA NOVAK



Lopez acts with her fellow 'Drama Kids' in a 2020 performance of Aladdin! Lopez is very involved with the arts beyond theater, also playing piano.

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DIY Movie Journals

by Madi Holmes

Looking back on a year filled with unexpected free-time, it's safe to assume that extra time may have been filled with bingeing your favorite movies. Reminiscing over the past year and looking forward to the new, here is a simple way to reflect on your favorite watches and never run out of new streams.

On the next family movie night, you can begin your journaling adventure! A movie journal is a great way to track your favorite films and create a customized piece of your life.

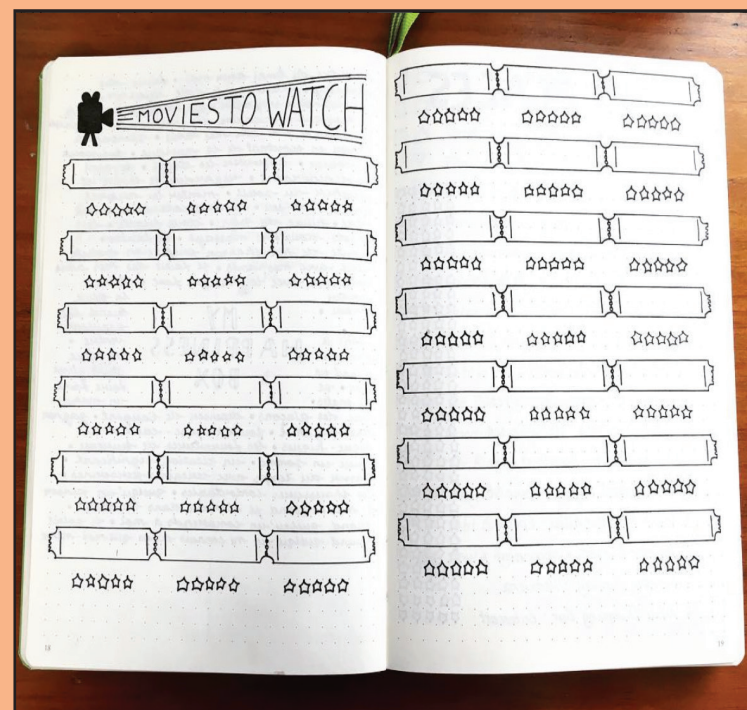
Grab your handy bullet journal, or any extra notebook, and jot down first impressions and an overall ranking of each new movie you watch. You can also comment on some of your old favorites.

Write the title of the movie in a larger font and take smaller, detailed notes below the new heading. Take any markers, highlighters, or colored pencils you have to decorate the journal pages and keep track of new details. Be sure to write the date in order to create a memento for the new year.

Once you have a list of movie rankings, you can better predict the types of movies you like and want to watch next. Research movies similar to some of your favorites and take note of ones you haven't seen.

Title the next page "Movies to Watch" and write down 10 movies to watch in the new year. Decorate the page with ticket stubs, popcorn kernels and film cameras to unleash your creativity!

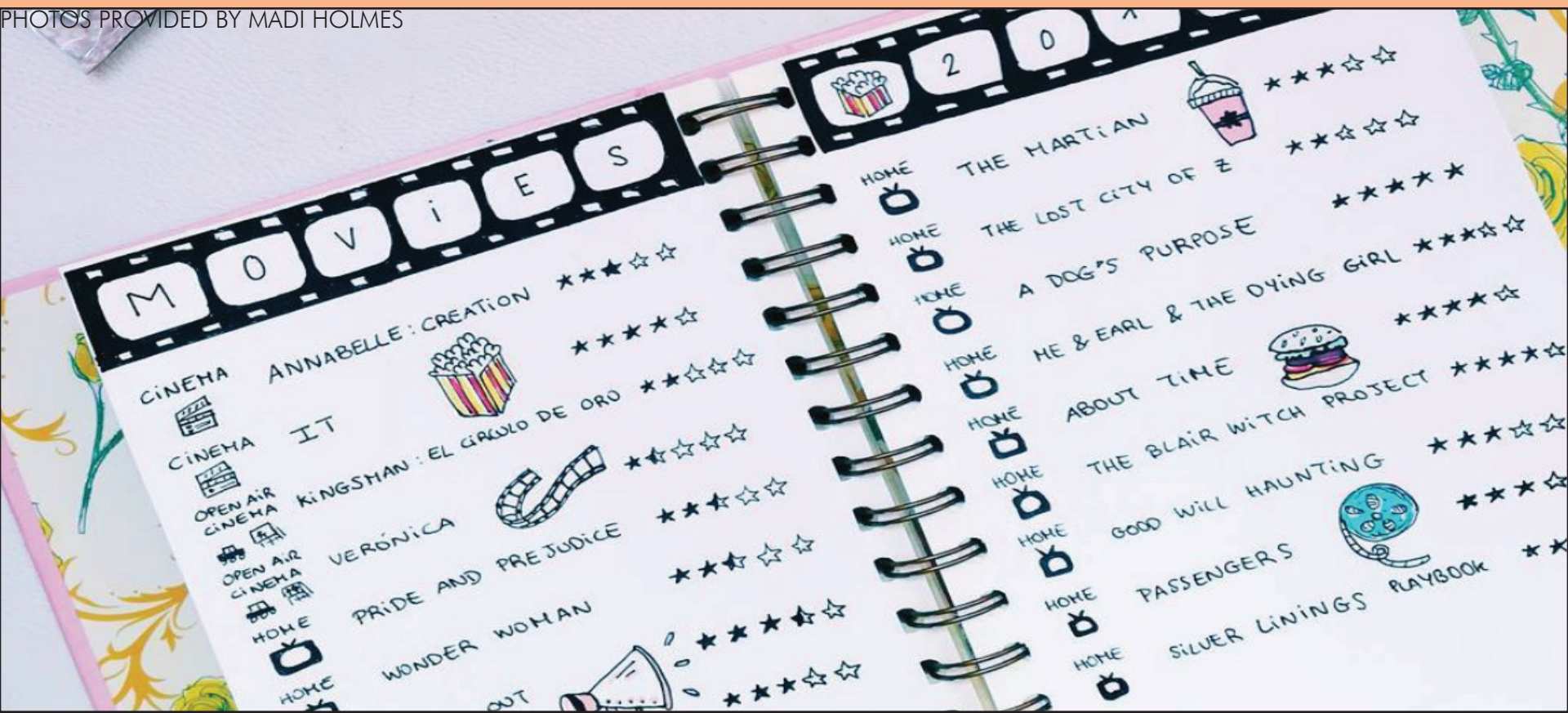
Remember this is just a guide. It's up to you to personalize your DIY movie journal!



Journals make it easy to not only keep track of movies you've already seen, but also to plan what movies to watch in the future!

PHOTOS PROVIDED BY MADI HOLMES

PHOTOS PROVIDED BY MADI HOLMES



AMONG US Pine View Edition

by Grace Johnson

Can you catch the imposter among the Pine View students?



You and your classmates must successfully complete a school day in order to earn recess. However, there is one Pine View student imposter trying to sabotage the mission. Keep your eyes out for any funny business while you go about today's tasks: a pop quiz, show and tell, and iReady in the computer lab. You are the blue character.

Classmate

There is 1 Imposter among us



GRAPHICS BY GRACE JOHNSON

POP QUIZ FAILURE REPORTED

The teacher is not happy. Orange failed her pop quiz. According to Orange, though, Pink deliberately told her the wrong answers. Pink says that he just repeated what Red told him. Seems sus...

MISSING TOY REPORTED

Orange is crying because she says her toy that she brought for show and tell is missing. You, Blue, saw Pink near Orange's backpack earlier, but Pink maintains that Red was near the backpack first.

SMASHED COMPUTER REPORTED

Pink is nowhere to be found. Meanwhile, Orange is standing right by the smashed computer claiming that Pink framed her. The teacher cancels plans for iReady — it's time to expel the imposter!

EMERGENCY MEETING

The teacher called the emergency meeting to decide who to expel among her students after the crazy events undoubtedly caused by the imposter today. Who do you think is the imposter? Get your guess ready and turn to page 20 to find out who did it and how!

Becoming a Musician

by Leo Gordon

When I started playing the viola in elementary school, I felt overwhelmed, having had zero prior musical experience. In the ten years since my first rehearsal, music has become one of the most important tools in my journey through life.

Because it is by no means too late to begin learning an instrument, I hope to inspire students to take the next step towards pursuing their own musical journey.

Start by selecting an instrument, scheduling lessons and getting ready to put in

some serious effort.

The first step is choosing an instrument. Many students begin on the violin, viola, cello, piano, or their voice, as those build a strong foundation for young musicians. The most important thing is that you, the student, feel a connection to your instrument of choice.

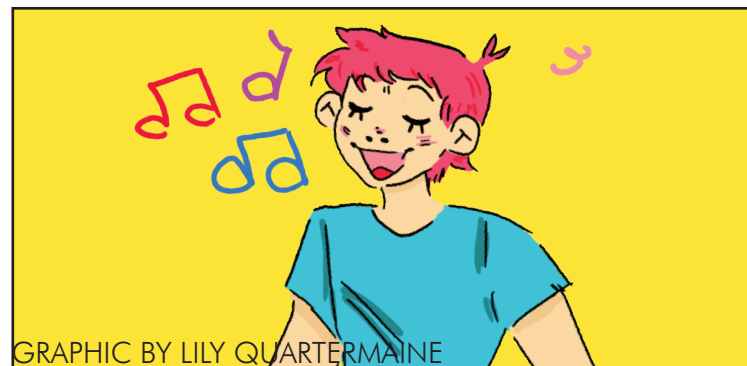
Local programs like the Sarasota Youth Orchestra may serve as a starting point for your musical studies. You can also enroll in lessons with a local musician, or even order an instructional practice book that teaches you how to get

started by yourself.

It may not always be appealing, but practicing is the most important step in improving. For beginners, creating a practice schedule is an efficient way to become acquainted with your instrument; practice schedules will also improve time management skills.

As you learn more about your instrument, and as your technique grows, so too will the satisfaction and enjoyment that comes from a practice session. In time, practice will be fun, not frustrating.

If you ever feel over-



GRAPHIC BY LILY QUARTERMAINE

whelmed while practicing, take a break. Remember that the main purpose of playing an instrument is to enjoy the experience of growing musically and personally.

In an activity that requires years of practicing, auditions and hard work, playing music with other musicians is one of the most rewarding aspects of the musical experience.

Try practicing or performing in a duet, trio, or quartet. For an even more transformative experience, try a large ensemble or an orchestra.

The most poignant piece of advice for any musician is to have fun. However you go about the process of becoming one, remember that to be a musician, you have to love what you do.

Book Review: The 'One and Only Ivan'

by Kai Sprunger

Even as a young student, you can change the world like Ivan does in the book "The One and Only Ivan," written by Katherine Applegate.

In this charming yet meaningful book, a gorilla named Ivan was taken from his home. Ivan has spent 9,855 days— or 27 years— in captivity at the Big Top Mall and lives with other animals, like Stella and Bob.

Stella is a wise elephant who has been in captivity for most of her life, while Bob is a lovable stray dog who snuck into the mall. Along with many kind animals, Ivan also met Julia, a kind human

and art enthusiast, who is the daughter of a worker at the Big Top Mall.

Everything at the mall changes when Ruby, a baby elephant, comes. Ivan makes a promise to save Ruby from a life in captivity. Paintbrush in hand and paper supplied by Julia, Ivan paints

meaningful murals, bringing in protesters who protest until all the Big Top Mall animals move to a zoo where they belong.

The writing style of "The One and Only Ivan" is much

like how someone would write in a blog: simple, but that's the beauty of it.

the book, I felt as if Ivan was a close friend who was sharing all of this with me.



GRAPHIC BY KAI SPRUNGER

Every sentence is short and sweet but holds a lot of meaning. This makes the reader feel as if they know Ivan on a personal level. By the time I reached the end of

"The One and Only Ivan" carries endless meaning. The title not only expresses how Ivan is unique and different but also shows the lonely aspect of his life in captivity.

Throughout most of the book, Ivan thinks that he is one of the only gorillas left because of how isolated and alone he is. The book has a deep message about animal rights and stopping animal cruelty. Ivan and

the other animals at the Big Top Mall face horrors that animals face in reality.

Another lesson that the book teaches is that anyone can change the world—even in the smallest ways; just as Ivan picks up a paintbrush to paint his way out of a bad situation, the reader learns they can use their own talents to change their world.

"The One and Only Ivan" is recommended for ages 8 and up and teaches a colorful message. People who, like Ivan, enjoy "colorful tales with black beginnings, stormy middles, and cloudless blue-sky endings" will adore this book.

Glide, Spin, Jump!

by Isabella Kulawik

Stepping on to the ice, third-grader Dylan Alan prepares to perform his trick. He begins the waltz jump, skating on one leg and then turning in the opposite direction. As he continues to practice, he achieves his goals for figure skating and advances to higher levels. A hard worker, Alan has had a natural interest in skating.

He first started skating after he saw one of his lifelong friends skate, but he gained further interest from watching figure skaters on TV.

To learn and perfect tricks, Alan works with his coach, Merissa Horkoff, at Ellenton Ice and Sports Complex.

On the first preliminary level of skating, Alan learned how to move on the ice. He practiced moves like gliding, stopping, and other basic maneuvers to achieve the level he is at today.

Skaters graduate from preliminary skating after passing a test that surveys their abilities and then move onto the basic levels and finally freestyle. Currently, Alan is on basic level five out of eight and

is also a part of the synchronized skating team.

“If you put a very small amount of effort into it, it could take you a year to graduate from that level, but if you put a whole lot of effort into it, it could just take you a month,” Alan said.

Alan always perseveres and tries again when he makes a mistake. He said that he inspires himself to learn and practice new skills; falling does not discourage him.

“It requires a lot of concentration and I’m listening to what the coach is saying and



Third-grader Dylan Alan skates alongside a coach at Ellenton Ice and Sports Complex. Alan was inspired to begin skating by a lifelong friend. PHOTO PROVIDED BY OLGA ALAN

there is actually a lot going on...It’s a lot of things you have to think about,” Alan’s mother, Olga Alan said.

For now, is continuing to

figure skate until he can get into the advanced levels. He wants to learn new tricks to add to his repertoire and have fun.

‘Kicking’ down the competition

by Sebastian Genel-hu-Bazan

Zooming across the field, fifth-grader Mallory Gordon signals her fellow teammate to pass the ball to her. With the pass successful and the goal in sight, she lines up the kick. The ball is sent flying through the air, just barely out of the enemy goalie’s grasp as it cleanly sails into the net. A point is added to their team’s score as the clock runs down to zero, and victory is theirs!

Gordon has played soccer since the age of 6, and now plays soccer in the North Port Youth soccer league during both the Spring and Fall recreational seasons. For now, her games are all in North

Port. However, according to Jay Gordon, her father and coach, she is ready to play for the competitive league, which will allow her to play all over the state.

“I play soccer because I love the game and love the competition,” Mallory Gordon said.

Gordon has played as a forward for most of her soccer career, meaning she plays nearest to the opposing team’s goal, allowing her to get more goals than the rest of her team due to her advanced position. Starting off with right forward at the start of her soccer journey, Gordon now plays all forward roles.

“Given her excellent pass-

ing skills I expect her to transition to a mid-fielder in the coming seasons,” Jay Gordon said.

She also gets many benefits from soccer in the other areas of her life, such as improved fitness, endurance, and team skills. Thanks to soccer, Gordon has been getting social satisfaction to counteract the social depravity we face now with the pandemic.

“I love that soccer gives us another shared experience, since I get to be her coach,” Jay Gordon said. “Mallory is faster, stronger, and has far more endurance compared to before she started playing, and has proved herself to be a great soccer player.”



After receiving a trophy, fifth-grader Mallory Gordon stands with her father and coach, Jay Gordon. Mallory Gordon currently plays in the North Port Youth soccer league. PHOTO PROVIDED BY JAY GORDON

The Screen Time Debate

More

by Alyson Mizanin

There is a whole world that exists at the touch of our fingertips; be it through a phone, tablet, or computer — a handful of keystrokes is all that separates us from a wealth of information at any given moment. From the perspective of a sophomore, my early experience with technology is what shaped me to be the person I am today. So as long as one does not abuse their electronics privileges, there is no reason why elementary schoolers should not have access to technology.

The web is a hub for information in all departments. We live in a digitalized world, meaning that most of everything you could possibly want to know is only a few clicks away. As a student, nothing is more beneficial.

The power of the internet is not limited to education. With the rise of online gaming, social media platforms, and instant messenger applications, finding friends online is something special. Being able to bond with someone over a shared interest opens the door to developing better communication skills. Of course, staying safe about who you speak with online is extremely import-

ant. Not divulging personal information — your name, phone number, or address, among other things — is key.

Being online offers another unique opportunity: discovering new ideas. As an elementary schooler, you most likely have yet to travel the world and learn about other people's perspectives on life. Turn on a YouTube video or click on a website, however, and you can find the unique cultures of people around the world.

If not for my internet exploration, my personal philosophies and ideas about life would be very different. Through the internet, I was able to hear different ideas, leading to the cultivation of my own set of beliefs. Having the opportunity to hear other people's perspectives in a respectful manner is the internet at its best.

Just as with anything else, moderation with internet use is imperative. If you are ever uncomfortable, uncertain, or generally confused about something online, know that you should always reach out to a trusted adult.

The internet is already part of our lives. Embracing it while emphasizing the need for control is the best path to success for each and every one of us.

Less

by Sarah Hassan

It was my tenth birthday when I received my first phone, the iPhone 4S, which was the latest phone model in 2014. However, it wasn't until three years later that I actually needed my phone for school.

The only function that I needed it for was to call or text my parents, which I rarely did in elementary school. Looking back, having a smartphone during elementary and the beginning of middle school was not necessary; its only function was to play games and cause major distractions.

Over the years, I have seen less social interaction amongst people because of the increased usage of smartphones. Whenever I'm on the bus, I see more people playing on their phones than interacting with each other face-to-face.

A study cited by Psychology Today said that the majority of people, when confronted with two different social experiences, did not feel as socially connected while having an online interaction together.

Additionally, as technology is rapidly advancing, less students spend time reading. Some of the foundation of imagination comes from books, as they let kids create their own image of a specific character or setting. Watching a character or setting in a TV show or movie is not the same.

Although there are online books, reading or watching something on a phone or tablet screen can cause eye strain and headaches, according to verywellhealth.com.

Further, kids have less self-restraint with phone usage; there's always the want for more. This causes distractions from school because their main priority is to use technology to entertain themselves.

Treehugger.com mentions, "A 2015 research paper by the Centre for Economic Performance at the London School of Economics found

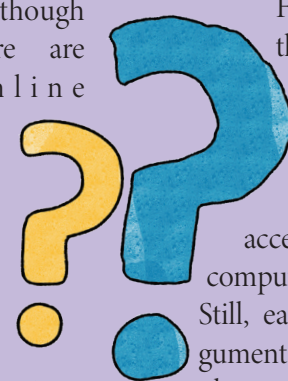
that student test scores improve by 6.4 percent when cell phones are banned at schools..." Focusing on the basics of education in elementary will help in the long run. Ergo, focusing on smartphones or computers impedes kids from using their full potential and excelling in school.

For clarification: this argument focuses on smartphones because they are generally more accessible than computers or tablets. Still, each of these arguments against smartphones can apply to any form of technology.

Regardless of the dangers increased screen time carries, smartphones can be expensive and many kids in elementary school have not yet learned responsibility. To propose an alternative, in order to communicate with family, kids can have a flip phone as their first phone.

Flip phones are a good first phone because they give kids a sense of responsibility and are cheaper and more durable. While you're young, enjoy the physicality that life without a smartphone offers. It's better for your health, your grades, and your wallet!

GRAPHIC BY ZOE MERRITT



Minimum age: essential or unnecessary?

by Sarah Catalano

YouTube's terms of service specify that one must be 13 or older to use "the platform and the products, services and features." With the exception of YouTube Kids, which can be used by all ages with a parent's permission, children 13 and under are barred from most exchange sites for digital, crowd-sourced content.

TikTok, Instagram, Snapchat, and Twitter all have age restrictions in compliance with the U.S. Children's Online Privacy Protection Act (COPPA), designed to protect children under 13 from the collection of personal information.

Yet, lying about age to gain access to online resources seems to be a common experience (ironically, a source of even more content — spawning memes with captions like "when I'm creating an account and set my date of birth as 1875 just to be safe").

Is a minimum age even useful if it's so easy to avoid? The Apple iOS self-imposed "screen time limits" indicate that it is. Their usefulness is based on the idea that being reminded that something is not allowed will cause feelings of guilt, leading to less participation in the activity. Of course, this depends on how much you care. For some, knowing that something is for-

Most human brains haven't fully developed rational thinking until 25 years of age.

1-2

major gains in social and cognitive skills

15-17

increased independence from parents

25

increase in function of pre-frontal cortex



Many social media platforms — including Facebook, Twitter, Instagram, and YouTube — have a 13 and up limit in compliance with COPPA.

Instagram added an age requirement for new members in 2019, but does not enforce age requirements in pre-existing accounts.



bidden makes it all the more appealing.

But if you assume age limits do have an effect, there are some obvious arguments in their favor. The University of Rochester Medical Center published an online encyclopedia with an entry on the teen brain, explaining how rational thinking isn't fully developed until the age of 25.

"Adults think with the prefrontal cortex, the brain's rational part. This is the part of the brain that responds to situations with good judgment

and an awareness of long-term consequences," the entry explains. "Teens process information with the amygdala. This is the emotional part."

So kids, having less decision-making skills, may not be as adept at regulating their own screen time or whether the content they choose to absorb is healthy. Following this logic, maybe the Internet should come with a "for 13 and up" sticker — a sort of gateway that bars people from entering unless they've developed the judgement to act on what's

good for them.

But in reality, the issue is much more complex than that. Some 12-year-olds might be totally ready to tackle the complicated online world, while others might stumble into inappropriate content without recognizing it, or post something they'll later regret. Even older teens and young adults sometimes recognize the signs of online danger more easily than their peers.

By setting explicit bounds on Internet-ready age, social media and digital content

platforms pass a responsibility on to their users: ensuring that people under the minimum age are protected. Beyond that, age requirements don't serve much purpose — and that's okay.

As long as kids and the adults they trust are communicating openly and staying mindful of what content they choose to ingest, it doesn't matter what age you are. The universe inside your computer is yours to explore.

GRAPHIC BY SARAH CATALANO

What is the significance of physical versus mental endurance in sports?

by Tiffany Yu

When it comes to sports and physical activity, people tend to focus on the physical aspect and overlook the mental rigor they require. To play a sport, you need apt mental endurance and stamina; if you want to excel in a sport, these traits need to be exceptional.

However, this isn't to say you don't need the physical component as well. You must be fit and healthy; otherwise, you might find it difficult to keep up with the physical activity. The mental and physical demands of sports pose a seemingly simple question: which is more important?

With a wide variety of activities classified as sports — ranging from golf to football to cheerleading — it's hard to say whether the mental or physical aspect defines every sport.

Two activities that land on opposite sides of the spectrum are two sports I personally have participated in, rowing and sailing. Although the

sports seem deceptively similar in concept — both boating sports with the objective of crossing the finish line first — they each have very unique properties.

Rowing, arguably, is focused more on strength, with numerous tasks usually involving physical exertion and pushing your

body to the limit. Sailing, on the other hand, is focused more

on technique and mental mapping, usually testing your ability to think quickly and execute procedures in order to maintain speed. Using these sports as a comparison, we can evaluate which aspect is more important.

When you are doing a physically challenging sport, it is a test of strength and endurance; but what is endurance really? Endurance, although it can be seen as how long you can maintain physical activity, is actually dependent on your mentality!

It is especially important in workouts if you want to improve — you must decide how heavy your weights are or the speed at which you are going. It gets increasingly more difficult to push through, and this correlates directly to how much pain you can endure.

Pain is all connected directly to the brain. Sure, people feel pain physically, but only because their brain processes that pain. According to The Huffington Post, "...there is no such distinction as psychological vs physical pain. It is all pain due to one organ."

Strength increase on your ability to deal with this pain, and endurance is that ability to deal with pain. Thus, a strong mind is just as important as a strong body in physical sports.

What about more mentally challenging sports? Excluding sports such as fishing or perhaps eSports, there are no sports that are purely mental

or physical. However, between more mentally or more physically challenging sports, most sports fit the former category more so than the latter.

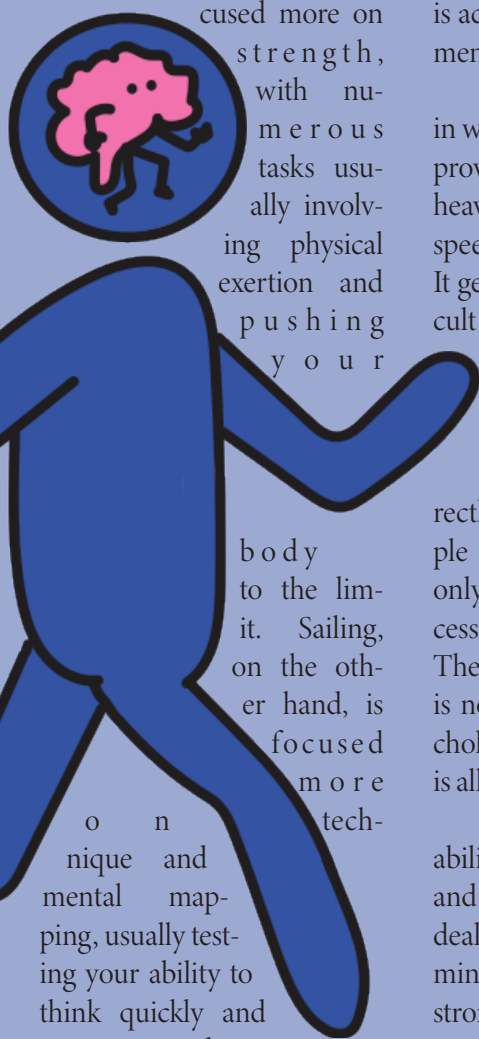
Bringing back the example of sailing, at practices, sailors are not required to workout. Instead, they are expected to do physical training on their own time, to their own discretion. This goes to show that although physical fitness is important to the sport, the mental aspect takes up the most

amount of time and work.

While more physically demanding sports require equal parts of mental and physical stamina and strength in every aspect, mentally demanding sports can put physical training second without detriment to the athlete.

Thus, not only is the mental aspect of sports more important across the board, it is also the key to an athlete being the best they can be.

GRAPHIC BY MAHITHA RAMACHANDRAN



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Following in the family wake

by Lucy Collins

In a family surrounded by swimmers, fourth-grader Timerie Corn continues to find solace in the cool waters of a pool after a long day. She follows her two older brothers and leads a younger sister in the sport. Corn began swimming at the age of two, and has continued for seven years.

After wandering around the SKY Family YMCA Hurricanes' pool at the age of five while her two brothers practiced, Corn received an invitation for a private lesson with the coach and joined the team.

She spent about two years there before transferring to the Sarasota Sharks, where she began to compete in meets. Just before her eighth birthday, she moved to Sarasota Tsunami swim team along with her brothers. The family remains there today.

A dedicated athlete, Corn attends practices each week Tuesday through Friday in the afternoons as well as each Saturday morning. Practice does not begin until 5:00 in the afternoons, allowing her plenty of time to prepare. Each team at Tsunami has a level, from Red at the entry level to National at the highly competitive level.

"I started out on the silver

team," Corn said, "but after a couple of minutes I was lapping everyone so they moved me up. My goal was to move up to Junior 2, so I started working extra hard in practice to achieve that goal."

The Junior 2 team typically consists of ages 10 to 13, classified as highly competitive. Moving teams requires the swimmer to complete a

"In practice since you're doing so much you can never really go your fastest, and I like to be able to just dive in the water and go really fast."

**Timerie Corn,
Fourth-grader**

certain distance in a specific time. After performing well in a meet, as well as meeting the time requirement, Corn moved to Junior 2 after quarantine.

Meets for Corn typically take place about once each month, where competitors receive a ribbon for their place in the heat and a medal for overall time. These take place at pools in the area, like the Tsunami's pool at Arlington Park or the Shark's pool at

Potter Park. Corn participates in three events per meet based on what the coach thinks is best. About half of her ribbons and medals are associated with the breaststroke.

"In practice, since you're doing so much, you can never really go your fastest, and I like to be able to just dive in the water and go really fast," Corn said.

In breaststroke, she hopes to achieve a Florida Age Group Swimming (FLAGS) cut. A FLAGS cut is the time for a specific distance a swimmer must achieve to qualify for the state championship.

When COVID-19 hit earlier this year, the pools closed. To stay active, Corn and her family participated in runs and walks around their area, as well as other workouts.

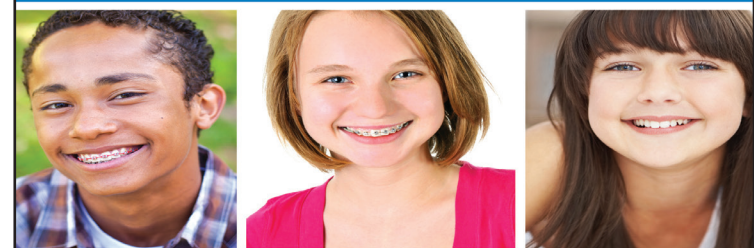
"My husband and I set up the training circuit outside in the driveway," Lisa Corn, Timerie's mother, said. "We would do a dry-land workout. The team had a coach do dry-land workouts over zoom. At one point the team offered open-water swims and after two months the pool opened back up."

Tsunami practices have resumed for the fall, and meets are being held as well, with a strict mask policy and social-distancing.



Fourth-grader Timerie Corn swims the butterfly stroke. Corn swims competitively for the SKY Family YMCA Hurricanes. PHOTO PROVIDED BY LISA CORN

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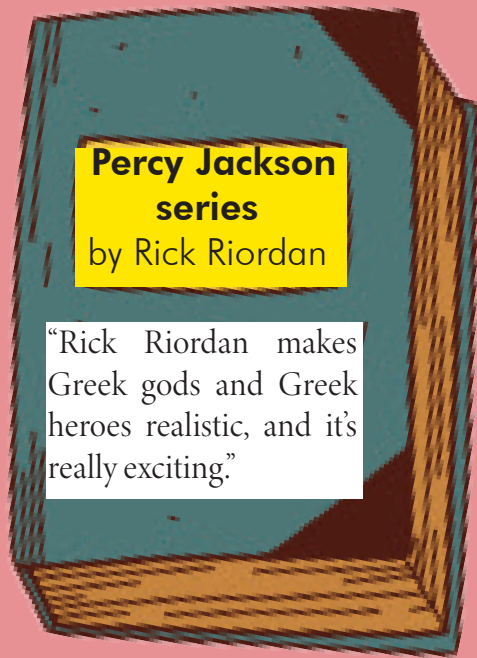
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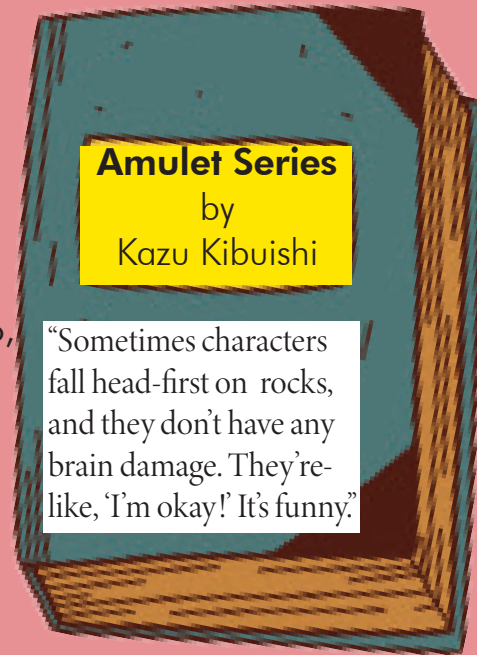




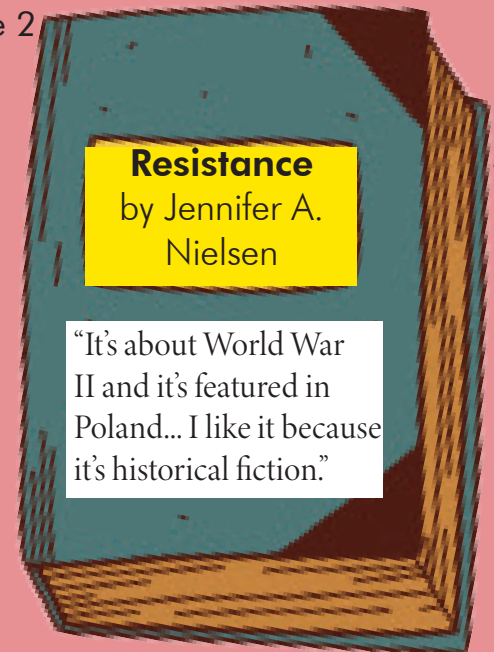
Student Storybook Suggestions



Rose Ottaviano,
Grade 5



Philopateer
Gad,
Grade 2



Mila Poteralski,
Grade 5



IMPOSTER DISCOVERED

GRAPHICS
BY GRACE
JOHNSON

After investigation, the teacher determined that **Orange was the imposter**. First, she purposely failed the pop quiz and blamed it on Pink. Next, Orange never brought a toy for show and tell and fake cried to ward off suspicion. Lastly, Orange saw Pink go to the bathroom and smashed the computer thinking that the blame would easily go to Pink if he was away from the crime scene.

Luckily, Pink came back from the bathroom during the emergency meeting and told the rest of the class what happened. Recess is achieved! Did you catch on to Orange before Pink told the class how he was framed?

Why is Latin a dead language? [student question submission]

Question submitted by second-grader Benjamin Brooks



by Lora Rini

Nearly two thousand years ago, the Roman Empire was the most powerful empire in the world. The Romans controlled the majority of what is now Europe, as well as much of the surrounding land. Many of their discoveries and innovations have had an immense impact on the world today. Among other things, the Romans invented air conditioning, surgical tools, concrete, and bound books. Contrastingly, one of Rome's most significant cultural aspects has fallen into disuse: its official language, Latin.

Latin was actually one of two official languages of the Roman Empire, the other being Greek. There were also other languages spoken in some of the different regions. However, Latin is the most commonly known because

it was the original language of the Romans, and it was used in the legislature and the military. Latin was a very important language in the world during the time of the Roman Empire.

Today, Latin is widely considered to be a dead language. According to Seeker, a dead language is a language that does not have any living native speakers. Dead languages are often confused with extinct languages. The difference is that extinct languages are no longer spoken by anyone in the world, while dead languages are still spoken in some contexts. This means that there are still people who can speak and understand Latin; they are just not native speakers. In fact, Latin classes are offered at some high schools, and students can major in Latin at many colleges.

Even though Latin is not completely extinct, the number of Latin speakers has decreased tremendously since the Roman Empire was at its peak. According to Ancient Language, there are two main reasons why Latin stopped being spoken as a native language.




The first is that the inhab-


itants of Rome moved into the countryside after Rome fell, which was a very different environment from the cities and towns that the Romans had lived in previously. Living in the countryside, the different groups of native Latin speakers began to fall out of contact with each other. They still spoke Latin among themselves, but over time, different dialects of Latin began to emerge within these villages.

The second reason is that fewer people were using written Latin. Schools were less common, and literacy rates dropped. Reading books in an older form of a language helps standardize it. With less and less people reading books in Latin, there was nothing to stop the development of distinct regional dialects, some of which later developed into their own languages.

Latin itself may not be spoken anymore, but it left a pretty impactful legacy behind. The Romance languages – Spanish, Italian, French, Portuguese, and Romanian – are all direct descendants of Latin. Considering this, it can be argued that Latin did not really die out, it is just an older form of several different languages.

Did you know?

Latin words are still used to name new species of plants and animals.   

Quotes in Latin can be found on the walls of college and university buildings. 

The field of Law uses many Latin terms. 

Today, there are over

900 MILLION

native speakers of Romance languages in the world.

A 'Sprinkle' of Competition

by Anna Labiner

In a recent effort to boost morale, new Elementary Assistant Principal and notorious heir to the massive Sprinkle Empire, Roy Sprinkle, has issued an announcement inviting students to participate in a Willy-Wonka-esque series of trials and challenges for a chance to inherit the Sprinkle fortune.

In order to select the lucky few participants in "The Sprinkle Games,"

Sprinkle has filled random report cards with copious amounts of sprinkles, to be opened by the future competitors this month.

Although the location of the Sprinkle Factory (the site of The Sprinkle Games) is still a mystery, there have been rumors among staff and students that the massive factory lies behind the gate that was put up this year under the guise of blocking off construction. This rumor

has yet to be confirmed, but there have been sightings of small, oompa-loompa-like figures entering the construction site through a back entrance.

"I know what I saw," fifth-grader Will Ewokaa said in reference to a possible loompa-sighting, "but I will admit that I am unclear as to whether it was a pack of second-graders or a pack of Sprinkle employees."

In his recent announce-



Elementary Assistant Principal Roy Sprinkle stands proudly in the Sprinkle Factory grounds. His inheritance speaks for itself. GRAPHIC BY PEYTON HARRIS

ment, Sprinkle detailed some of the specifics of the challenges that will be presented to the student contestants, noting feats of strength: both academic and physical.

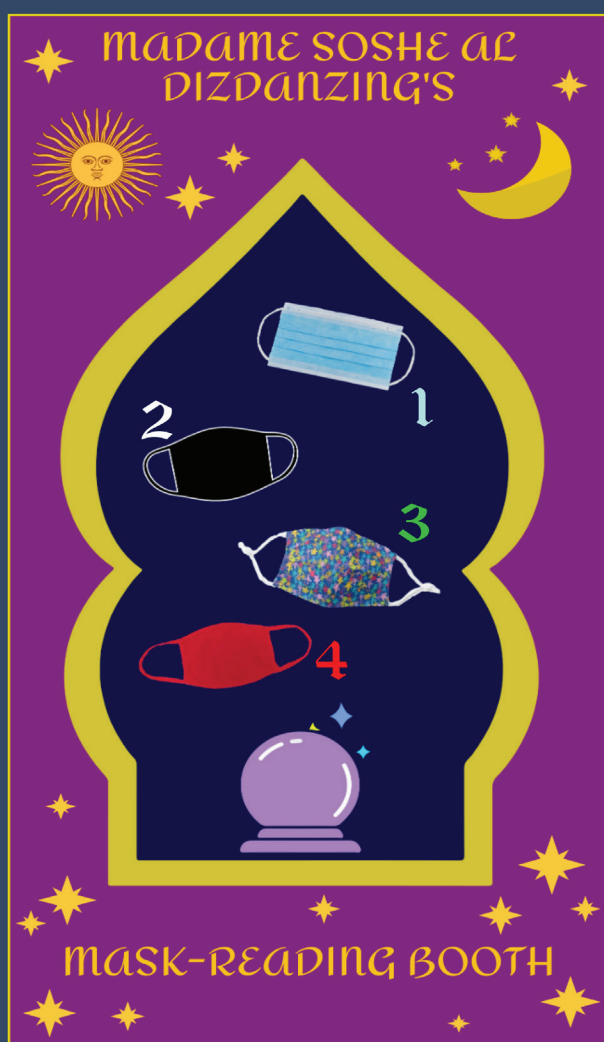
facts regarding Dr. Covert's life and legacy, important Pine View alumni and a speed round where the contestant must do one-on-one playground trivia with Mr. Lenny.

Another rumored event is a hide-and-go-seek contest in which aids will hide in the most secretive areas of Pine View's campus and wait to be found by the possible new heir to the Sprinkle Empire.

Though the details surrounding the contest have been quite ambiguous so far, Sprinkle assured staff and students that more details will be revealed in the coming weeks, and mentioned that the winner of The Sprinkle Games will not only acquire the Sprinkle Industries, but will also receive a lifetime supply of the product, and will be allowed to dethrone Dr. Covert and rule over Pine View as the Sprinkle King or Queen.

"I know what I saw, but I will admit that I am unclear as to whether it was a pack of second-graders or a pack of Sprinkle employees."
Will Ewokaa, Fifth-grader

He specifically mentioned an event where competitors must vie against the entire Pine View Academic Olympics team in a trivia contest, which includes topics such as highly detailed



Welcome, traveler! Come, sit for a while, and I will tell you your fortune.

May I offer you a palm reading? No? Well, perhaps a more modern adaptation will suffice...

1

Hmm, most practical. You have an honest soul. See this crease here? This is your success line. It goes straight to your ears! You have much good to look forward to in your future, young one.

2

Such style! You have a sharp wit, traveler. Look where the fabric folds at your nose—this is your vision line. Remember the people and things you see on your journey; they will teach you much of this universe.

3

Ah, I see you have a colorful spirit. You don't let day-to-day worries bog you down. These folds are your friendship lines—see how rich and supple they are? Rely on your friends in these times, for they rely on you.

4

My goodness! Not a single crease! This is most rare. Your future is murky...I can't tell you much. But this is good! It means you get to decide. Where do you want to go, traveler?

GRAPHIC BY SARAH CATALANO

Freaky Friday: Teacher Edition

by Kai Sprunger

After a long day of school, Sally Smith wanted nothing but to crash onto her bed, face first. She opened the car door in the pick-up line and her mom turned towards her and asked the most dreaded question a third-grader could ever receive.

“How was your day?” Sally’s mom Marissa Smith smiled, oblivious to the horrors her daughter had faced that day.

Sally’s eyes widened; she had rehearsed the answer for hours.

“Mom, you will never believe what I’m about to tell you,” she said, thinking back to earlier that morning...

It began on a seemingly ordinary Wednesday when suddenly Sally’s phone

chimed in Mrs. Turner’s class while she was using it during a lesson.

The class fell quiet and Mrs. Turner walked over to Sally. Sally looked down, ashamed and embarrassed. As she handed her phone to Mrs. Turner, Sally was no longer Sally; she was now in the body of Mrs. Turner and Mrs. Turner was in the body of Sally.

Sally had an instantaneous craving for coffee. She leapt over to the teacher’s desk and chugged Mrs. Turner’s pitcher of coffee down. Mrs. Turner, who was now in the body of a third-grader, was mortified.

That much caffeine could’ve made her grandfather leap out of his rocking chair. Who knew what that

could do to a third-grader?

Sally grinned — she was now a teacher! She could do whatever she liked; she could achieve world domination!

“Mrs. Turner, what is 144 divided by 12?” Bobby asked, clueless as to what happened to Mrs. Turner and Sally.

Sally did what all those who didn’t know math would do. She put her foot on the desk and pulled off her shoe and sock.

She began to count. Five fingers, two thumbs, and five toes. The answer was 12.

She turned towards her class, ready to reply. Every single student had plugged their noses and was gagging at the horrendous smell.

Sally’s face turned tomato red and she ran out of the class without her shoe, hoping for



Stoodent Notteacher counts on her fingers and toes while in Mrs. Turner’s body. The class is mortified by their teacher’s sudden and strange change in behavior.

GRAPHIC BY KAI SPRUNGER

the day to be over. But once the bell rang, Sally found herself in her own body. She was glad to be a third-grader and found that she admired Mrs. Turner for being such a great teacher.

“Thank you! I’ll talk to

you later!” Sally’s mom said before pocketing her phone and turning towards Sally.

“Sorry— that was my friend, can you repeat what you said?” Her mother asked.

Sally stared at her mother, stunned.

Which season are you?

- | | | | |
|-----------------|----------------|--------------------|-----------------|
| 1. Which color? | 2. Which food? | 3. Which pastime ? | 4. Which candy? |
| A) green | A) salad | A) planting | A) peeps |
| B) yellow | B) sandwich | B) surfing | B) nerds |
| C) orange | C) pie | C) pumpkin picking | C) candy corn |
| D) blue | D) roast | D) ice skating | D) candy canes |

Mostly A - Spring - You enjoy fresh starts, quite calm and down to earth

Mostly B - Summer - You are upbeat, fun and a social butterfly

Mostly C - Autumn - You are chilled out, a bit mysterious and really cool

Mostly D - Winter - You are generous, kind and a family person

Substitute fosters loving home

by Joanna Malvas

Pine View substitute middle school counselor, Alyson King, pursued the life of a foster parent, providing over 40 foster children with a temporary, yet caring home for years.

King initiated this journey when she moved to the Florida Keys to teach, and learned that one of her students, Jennifer White, along with that student's two sisters, Samantha Johnson and Tiffany King, were in need of a foster home. Garnering compassion for these young girls, King and her husband chose to foster the three kids, so they took a class to become licensed foster parents.

Eventually, the Kings legally adopted the youngest sister, Tiffany, as she was only one year old when entering into the Kings' household. Contrastingly, King had a more complex relationship with Johnson. Assimilating into the foster care program at the age of eight, Johnson couldn't comprehend what was going on with King as her foster mother.

"It was very hard growing up in different homes... Everyone is so different the way their rules are, the way their houses are set up, the way they spend quality time together, and just their temperament," Johnson said.

Johnson moved from

varying living situations within foster care, but despite this, Johnson and King maintained a strong bond throughout the years. Johnson expresses how King's impact and influence



Pine View Substitute Guidance Counselor, Alyson King poses with her family. King has fostered over 40 children and also fosters dogs. PHOTOS PROVIDED BY ALYSON KING

on her life have resonated with her, even now as a 32-year-old mother.

"Everything that I am, as far as being a mom, is from Alyson. She was a hundred percent for me, even in my hard times, just like my good times. ...I owe all of it to her. I owe all of the mother that I am to her," Johnson said.

Of course, King and her husband's compassion found within Johnson is also seen in the couple's younger, biological children, Julia and Alexia King. In this light, King described one incident when the family was about to go on vacation. When another in-

fant foster child spontaneously needed a temporary home, King's children, who were just young kids at the time, didn't hesitate to choose caring for this infant over a vacation.

Evidently, both Alexia and Julia look up to their mother's legacy. They both wish to follow in King's footsteps and become foster parents in the future.

"You understand a lot of different perspectives," Alexia said. "So it helps you build connections with the people coming into your home... It's really nice to have that bond and to expand your family and to be able to open to people like that."

King and her family have decided to stop fostering children for the time being. This didn't end their fostering journey, however, as they now foster rescued dogs from the organization, Nates Honor Animal Rescue. Additionally, King is involved as a guardian in the Guardian Ad Litem program, providing legal and emotional support to kids in need.

"If you foster a child for one night, foster an infant for one night, that was one night that the child was loved, cared for, and fed and had some sense of security... you have potentially given that child a gift that they will remember 20 years later," Alyson King said.

[a column] The Gratitude Game



Match Editor-in-Chief, Grace Johnson

When I was entering elementary school, I don't remember knowing much about current events. However, I do remember that when money would come up in conversation between my parents, I could sense their stress. I didn't know it then, but the economy across the country — as well as in my home — was not in a great place.

The stress my parents felt passed on to me and my siblings, too. As kids, we didn't understand much beyond that with the topic of money came this scary, overwhelming feeling that we didn't know how to get rid of.

You might feel similarly when talking about money or politics or COVID-19. Feeling that stress is natural, but also vastly unnecessary. So, while my siblings and I didn't know how to get rid of our stress in elementary school, I'll let you in on the trick I have found since then that never fails to lighten my mood: gratitude.

A professor of psycholo-

gy from Harvard University was the first to tell me that "anxiety can't exist in the same place as gratitude." Not only do countless studies from the likes of Psychology Today, Harvard Medical School, UC Berkeley and many other credible sources prove it, but after implementing gratitude into my own life, it became a game-changer.

Using gratitude to fight stress is actually simple. First, you recognize what you are feeling. When I'm stressed, I breathe heavily, my heartbeat rises, and my stomach knots. Recognizing stress, take a deep, slow breath; remind yourself that, whatever the stressor is, it isn't a big deal; you will get through it.

Next comes the gratitude part. Search your brain for anything you are grateful for: friends, family, weekends, good books — it can really be anything. I like to start with broad things and then get increasingly specific as I keep listing. Replace the thoughts of worry with thoughts of thankfulness. Treat it like a challenge — how many things can you list?

And that's it. Really. If you don't believe me — try it for yourself. Your brain seriously can't be stressed while you are playing what I like to call 'the gratitude game.' Use that knowledge to your advantage!