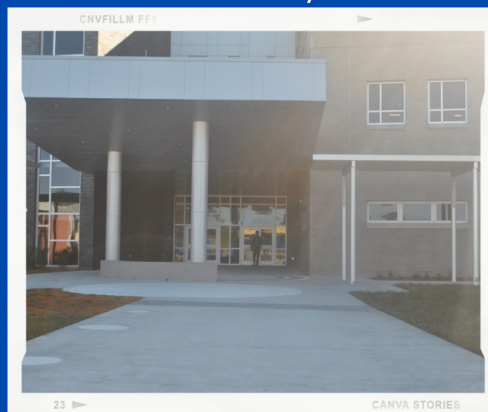
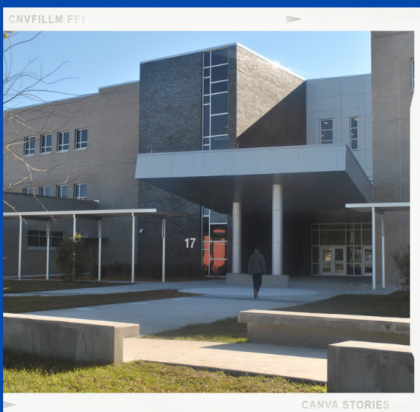




# SPARK

A p a r k

Vol. 5 Issue 2 | Friday, February 11, 2022



# The Spark Table of Contents

## News

---

- [p. 3] Remembering the Parkland Tragedy
- [p. 4-5] Global Warming
- [p. 6-7] Black History Month

## Student Life

---

- [p. 8] Tips and Tricks for Homework
- [p. 9] Effects of the Internet on Generations to Come

## Sci-Tech

---

- [p. 10-11] The Science Behind Learning Languages
- [p. 12] Cultivated Meat

## Humor

---

- [p. 13] Wikipedia ruins life
- [p.14] Love Letter to Shrek
- [p.15] Stumpf Snake Conspiracy

## Health and Fitness

---

- [p. 16] Instagram’s Effects on Teens
- [p. 17] Yoga and Mindfulness/Sports Around the World

## Entertainment

---

- [p. 18] Heart Craft
- [p. 19] Valentine’s Day Recipes

## Opinion

---

- [p. 20] Kahoot vs. Gimkit
- [p. 21] Meat Diet vs. Vegetarian Diet
- [p. 22] Should we invest money in space travel?
- [p. 23] Should community service be mandated?

## Features

---

- [p. 24] American Heart Month
- [p. 25-27] Valentine’s Day Activities

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# Remembering the Parkland Tragedy

By: Giorgi Hilgenberg

On February 14, 2018, former student Nikolas Cruz came into Majority Stoneman Douglas High School in Parkland, Florida, armed with an assault rifle and opened fire killing 17 people. This was a tragic and horrific moment for everyone at the school, many of them not much older than middle schoolers. Several of the survivors went on to become activists fighting to stop gun violence.

One survivor was Emma Gonzalez, she participated in the March for Our Lives movement after the shooting. Gonzalez has struggled with PTSD, anxiety, and other mental health disorders since the shooting.

The shooter, Nikolas Cruz, was sentenced on October 20 to a minimum of 26 years in jail. Due to a pending trial on February 21, he may be sentenced to death.

A month after the shooting, the Florida legislature passed the Majority Stoneman Douglas High School Public Safety Act. The safety act is a Florida law tightening gun control, school security, and school safety. This was so there was a lower chance for another

one of these shootings to happen.

An article in the Tampa Bay Times explains that there have been bills about gun control introduced to Florida since the Parkland shooting.

One of these bills “creates risk protection orders allowing police to seize guns from persons who are deemed threats to themselves or others...”

specially trained SRO. It was previously thought that there should be one SRO per 1000 students.

Monday marks three years since the Parkland shooting, and its effects still resonate today. The issue of gun violence, however, is still not solved. In November, a shooting in Michigan occurred killing four people, but in this one, the shooter

was only fifteen. As for the Parkland shooting, many Floridians say we must never forget that tragic incident that killed so many.

Journalism teacher Chris Lenerz serves on the board of directors for FSPA with

Sarah Lerner, the yearbook adviser at Marjory Stoneman Douglas. He said he’s spoken with her a couple times about the shooting.

“Two years ago we were planning the state convention, and someone suggested balloons as center pieces—she said ‘No way!’ because she said if a balloon popped it would freak her kids out. We don’t even realize the life-long impact of the PTSD on the survivors,” Lenerz said.



Tamalpais High School holds a vigil to remember the Parkland tragedy. CREDIT TO FABOLA.

We interviewed School Resource Officer (SRO) Gene Williams to see what he had to add to this, and he said, “Now every school is required to have an officer, and high schools have two.” And, when there is dangerous activity by the school, he will call a lockdown.

National Association of School Resource Officers (NASRO) recommends that every school have at least one carefully selected,

# GLOBAL

## IMPENDING DOOM?

By: Ava Lenerz

It is the year 2100, the apocalypse is coming. The state of Florida is almost completely submerged; 8 million people were displaced when it flooded. Soon the rest of Florida will be engulfed into the murky, brown sea that is flooding the planet.

To many this may sound like a dystopian future movie starring Dwayne “The Rock” Johnson or the prequel to Pixar’s WALL•E, unfortunately, this is the future being predicted for the year 2100, according to The Guardian.

Many believe that this is an issue for the distant future and not a concern for the present. However, it is evident that climate change is already impacting millions. Sea Level Rise.org explains how the water level in Florida has already started to rise, and its pace is only increasing.

The main cause of global warming and climate change is burning fossil fuel. NASA explains how greenhouse gases are emitted when fossil fuel is burned, the gases get trapped in the atmosphere, and raise the temperature. Greenhouse gases include carbon dioxide (CO<sub>2</sub>), methane, and nitrous oxides.

4

Fossil fuels being burned are caused by

factories, transportation, and deforestation. Vehicles burn fossil fuels as they run; according to National Geographic, 29% of all greenhouse gas emissions in the U.S. are from transportation.

Likewise, factories burn fossil fuels like coal and oil, frequently. According to

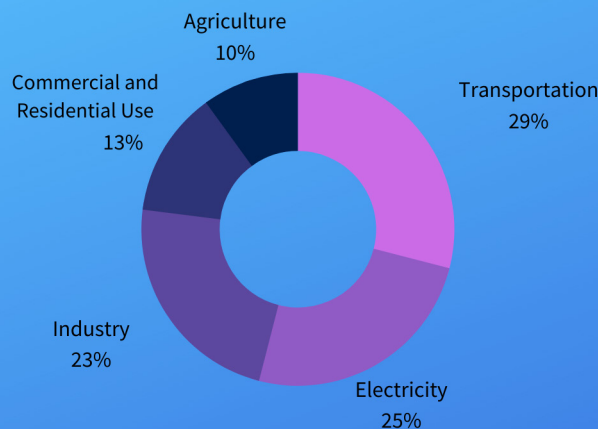
not. For example, in 2019 BP (an oil industry company) advertised that they used clean energy, when, actually, 96% of BP’s expenditure was still on oil and gas. Furthermore, an article from The Guardian explains how leading oil and gas companies in the 80s were aware of the harmful

The most recent meeting was in Glasgow, Scotland; where leaders discussed how they can further reduce carbon emissions. At the next climate conference, which will be held in 2022, they will hopefully have more ideas on how to solve this global dilemma.

Moreover, there are things everyone can do to help reduce carbon emissions, such as riding a bike or using public transportation instead of using separate cars. These actions decrease the amount of greenhouse gases emitted. Additionally, the United States Environmental Protection Agency states that advanced technologies can create more fuel-efficient vehicles, causing less fossil fuel to be burned. Not only are there ways to cut back on using fossil fuels, but it is also possible to cut them out in all. If renewable energy sources, such as wind and solar, become more common, then fossil fuels (nonrenewable energy sources) could be used less.

Global warming is increasing at a rapid rate. Something should be done soon; or else, that Armageddon movie will become everyone’s reality.

**Total U.S. Greenhouse Gas Emissions by Economic Sector in 2019 According to EPA.gov**



GRAPHIC BY: AVA LENERZ

Client Earth.org, coal is, “the single largest source of global temperature rise,” and “Oil releases a huge amount of carbon when burned - approximately a third of the world’s total carbon emissions.”

Many companies may claim to be using clean energy, but, in reality, are

effects fossil fuels had on the environment but persisted to lie about it.

Although global warming is getting worse, scientists are working to find solutions. World leaders meet at global climate summits and discuss various, viable solutions to the climate crisis.

# WARMING

## DEFORESTATION

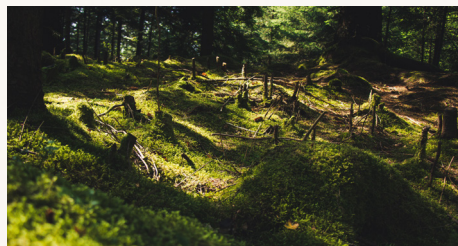
By: Timothy Nesanelis

In 2011, the beloved childhood movie “Rio” was released. It focused on a Spix’s Macaw finding his way across Brazil. However, in 2018, the last Spix’s Macaw disappeared from the wild in Brazil, officially labelled extinct in the wild by the International Union of Conservation of Nature. Deforestation had destroyed the trees and forests these birds lived in. In fact, as claimed by ourworldindata.org, since the year 1900, 20% of forests on Earth have been destroyed.

Deforestation is the mass destruction of forests, trees, and jungles by illegal and legal logging businesses, plantation farmers, and community builders. As these trees are destroyed, the extra CO<sub>2</sub> kept in the trees — unable to be converted to oxygen in time — is released, increasing the amount of greenhouse gas in the air,

heating up the atmosphere.

Not only does this heat contribute to the rise in sea levels, wildfires, and extreme weather events such as hurricanes and tornadoes, a large majority of the impact deforestation and global warming has had on our planet is with the diversity



in plants and animals across the world.

According to the World Animal Foundation, approximately 50,000 species of plants and animals go extinct every year, and many of the most prominent animals

including the Mountain Gorilla and Monarch Butterfly are becoming endangered due to habitat loss.

From October 31 to November 12, the 2021 United Nations Climate Change Conference (COP26), held in Glasgow, shed light on these issues with a newly proposed Global Deforestation Pledge. The countries that did agree to the pledge vowed to end deforestation in their country. The United States was a part of this pledge, vowing to end deforestation by the year 2050.

Despite many people skeptical of the validity of this pledge after the failed New York Declaration, President Joe Biden is confident that the pledge’s goal can be met, stating that, “All we need to do is summon the will and do what we know is right.”

## global warming effects

By: Victoria Mochkovsky

Graphic By: Ava Lenerz



### Higher Death Rates

- According to the National Climate Assessment, climate change will affect human health by increasing ground-level ozone. Reduced lung function, increased hospital admissions and emergency department visits for asthma, and an increase in premature mortality have all been linked to it.



### Dirtier Air

- Camilo Mora, PhD, found evidence that heat can activate at least twenty-seven different physiological mechanisms, all of which can result in organ failure and death. Which she wrote in her book "Twenty-seven ways a heat wave can kill you: deadly heat in the era of climate change".



### More Acidic Oceans

- Coral’s ability to recover from coral bleaching is hampered because of ocean acidification, which is caused by the rise of CO<sub>2</sub> in the atmosphere. According to the Intergovernmental Panel on Climate Change, if global temperatures rise 2°C or more above pre-industrial levels, 99% of the world’s warm-water coral reefs could die.

# Black History MONTH

Every February, we embark on a month rich in history that explores the depths of African American culture and contributions. During this month, Americans are reminded of one of the many cultures that contribute to making this country what it is. But have you ever wondered how Black History Month was created?

Black History Month actually began as a week known as “Negro History Week” designated eventually as a 30-day period beginning in February. The transition of a week to a month had already begun in many colleges and universities in the 1960s and 1970s, but the change was official thanks to the recognition of former president, Gerald Ford in 1976.

Ford said we should, “seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history.”

As of 2022, Black History Month remains consistently celebrated in a sizable portion of the United States, with a rich history to explore, stretching from the late 1800s to the 21st century. By doing this, we acknowledge yet another large shareholder in

6

American success and history, expanding the knowledge and awareness of diversity. This brings

us closer to a society that better welcomes and appreciates people from all different origins.

Currently, some teachers educate students about many African Americans who positively shaped American history while others simply celebrate African American cultures. This year’s Black History Month theme will be “Black Health and Wellness,” discussing the historically underserved quality

of healthcare for African Americans in the United States.

Black History month prepares students to operate effectively in a diverse society, improving their ability in civic engagement and even creativity. The celebration of this month allows students to better appreciate diversity and have a deeper understanding of how it shaped our country for the better.

## THE Origins OF BLACK HISTORY MONTH

BY: YASIN COX



GRAPHIC BY AVA LENERZ

# HISTORICAL FIGURES

By: Nathan Gaertner



## Carter G. Woodson (1875-1950)

Woodson is often thought of as the Father of Black History. Born in 1875, instead of going to school, Woodson would often help manage his family farm. Despite this, his love for education encouraged Woodson to seek knowledge on his own, and once he was 20, he graduated from high school, earning his diploma in under two years. Woodson's passion for learning brought him to study history at the University of Chicago, and later Harvard. He observed that Black History was being completely ignored in his field and sought to change that. Woodson founded what is now known as the Association for the Study of African American Life and History, which served to educate the public about the real contributions of African Americans. He also lobbied institutions to participate for a week in the education of Black History, which was later expanded to Black History Month.

PHOTO PROVIDED BY Hulton Archive

## Shirley Chisholm (1924-2005)

“Unbought and Unbossed” was Shirley Chisholm's famous slogan as the first black congresswoman and the first black person to run for president. As a Columbia University graduate, she was encouraged to pursue a career in politics, but she was discouraged because she was facing a “double handicap”, being both African American and a woman. Constantly being reminded of the discrimination she faced and trying to change it, she ran for the New York legislature in 1964 and won, and later became a Congresswoman in 1968. She kept aiming higher, eventually announcing that she would run for national office in 1972. Many corporations refused to allow her debates on television, but she was allowed one speech after many legal disputes. Despite all these tribulations, she entered 12 primaries and garnered around 10% of the total votes. Chisholm's influence is still felt today, paving the way for many minorities to go into politics.



## Maya Angelou (1928-2014)

PHOTO PROVIDED BY Canva.com

Maya Angelou was a woman of many skills, but her most notable contributions to history were her activism and writing. Born in St. Louis, Missouri, Angelou had a difficult childhood, facing racism and abuse at an early age. As a result of all the terrible things she experienced during her childhood, she became mute for around 5 years. Later, she moved to San Francisco amid World War II. She went on to obtain a scholarship to study acting and dance at the California Labor School. Her career in acting and singing took off, landing major roles in multiple plays, and releasing “Miss Calypso”, her first album. Her most famous work was her autobiography “I Know Why the Caged Bird Sings”, which recounts her childhood experiences. This book was on The New York Times paperback bestseller list for two years, breaking records, and solidifying her legacy of being a truly influential polymath.



PHOTO PROVIDED BY ZSRRLIBRARY

# tips and tricks for managing homework

By: Megan Glenn

Tick tock, tick tock... It is reaching midnight and the endless list of homework assignments is not getting any shorter.

"I spend about four to five hours every night to do homework and studying for tests." Seventh-grader Amelia Zagata says.

According to a poll taken of Pine View middle schoolers, 18% of students at Pine View are in extracurricular activities that take up over eight hours each week. These are important for students to show creativity, get exercise, or even help the community, so it's important that these activities are not discarded because of schoolwork.

In order to stay on top of things, it is crucial to the success of these students

to know how to manage time productively.

## Plan

Before diving into homework, it helps to have a plan of what work should be done by setting goals and making a to-do list. Using a planner helps to organize a plan onto paper in order to prevent forgetting anything. Do not abandon the plan but be flexible in case something comes up.

## Prioritize

While planning, prioritize what is most important and what must be done versus what can be done. It is best to check how assignments or tests are weighted as well as the current grade in that class, as well as when they are due. Prioritizing can also be picking how much time studying for the difficulty

of the class. If one has more trouble in science than math, then spend more time studying science.

## Divide

Studying for long periods can be mentally draining for a student. This can be fixed by pacing the work or breaking it into smaller increments. Instead of doing a two-hour assignment in one day, do ten to fifteen minutes every day for two weeks. Taking occasional breaks makes the work more enjoyable and produces a better end product.

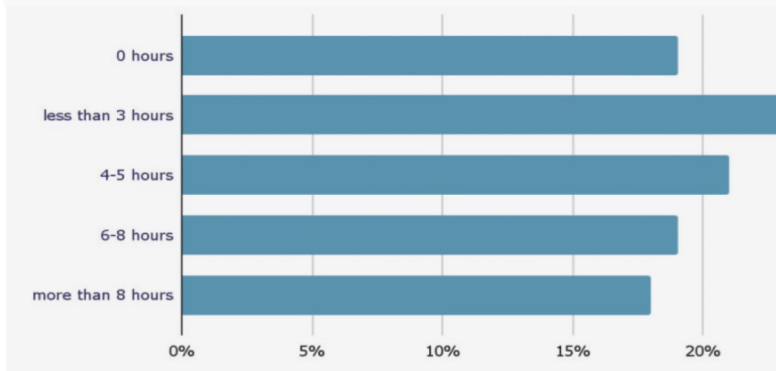
## Focus

Limiting distractions can make studying more productive. Study partners can be beneficial but can also make the session unproductive. If you know that with certain friends you're more likely to fool around, choose someone else.



Whether it be football, math club, or piano lessons, extracurricular provide skills that may not be given within the seven periods of school, the sight of homework can be daunting, but with the correct steps and the right motivation, your schedule will become balanced and healthy.

Hours Students Spend on Extracurricular Activities Per Week







# The Effects of the Internet: PAST, PRESENT, & FUTURE

By: Gabrielle Mussey

Fumbling with her phone, she enters in her password so she can look up the meaning of a word. The definition appears within seconds as she reopens her book and tries to concentrate on the next page. BUZZ!

She picks up her phone and sees a new update: New Post from her favorite influencer. She clicks on the link, scrolls to the page, quickly glances at the post, and out of habit double taps the picture. BUZZ! Then the next. BUZZ! And the next. BUZZ! She is enraptured by a world of messages, updates, and calls with no space to focus or function. BUZZ! The book she was trying to read remains untouched, collecting dust as she loses touch of the world outside of her cellphone.

This is a growing conflict younger generations face daily as technology begins to overrule their lives. However, issues with technology are invalidated by older generations, as many shift the blame on the child/parent rather than the increase in technological presence even as more and more toddlers are fiddling with dirty, smudged iPads and exposed to the most addictive flashy games, while older kids find themselves battling the distractions themselves.

World language teacher Dean Ball says that with the implementation of more technology, he will spend hours falling down the Youtube rabbit hole rather than reading a book about a certain subject matter.

Although he interprets this as a positive thing for himself as it allows him quicker accessibility to his growing interests, it may also be viewed as a distraction, especially for high-school students. At the school he worked at previously, Ball noticed that a few of his students (Gen X) were regularly on their phones, hindering their ability to soak up knowledge and causing him to feel as though his lessons were not engaging enough. Even though this was not the case, the students still refused to focus on the lessons after multiple corrections

because they were held prisoner to their mobile devices; deprived of the ability to put their phones away.

"I find it very rude when students text in class. And I do not think the kids realize it makes the teachers feel that way... It was a constant four or five kids a day, 'put your phone away, put your phone away, put your phone away.'"

These students may not have been trying to upset their teacher, but due to early exposure to technologies they are not able to manage their obsession with their cellphones and have an urge to pick them up every few seconds.

Ashley McLeod, an English teacher, agrees that younger generations are more distracted due to advanced technologies, however she sees a positive aspect to these technologies due to accessibility reasons.

"Nowadays there are less excuses because there is emailing and Blackboard. [When I was younger] if you did not write down the homework, you had to ask a friend."

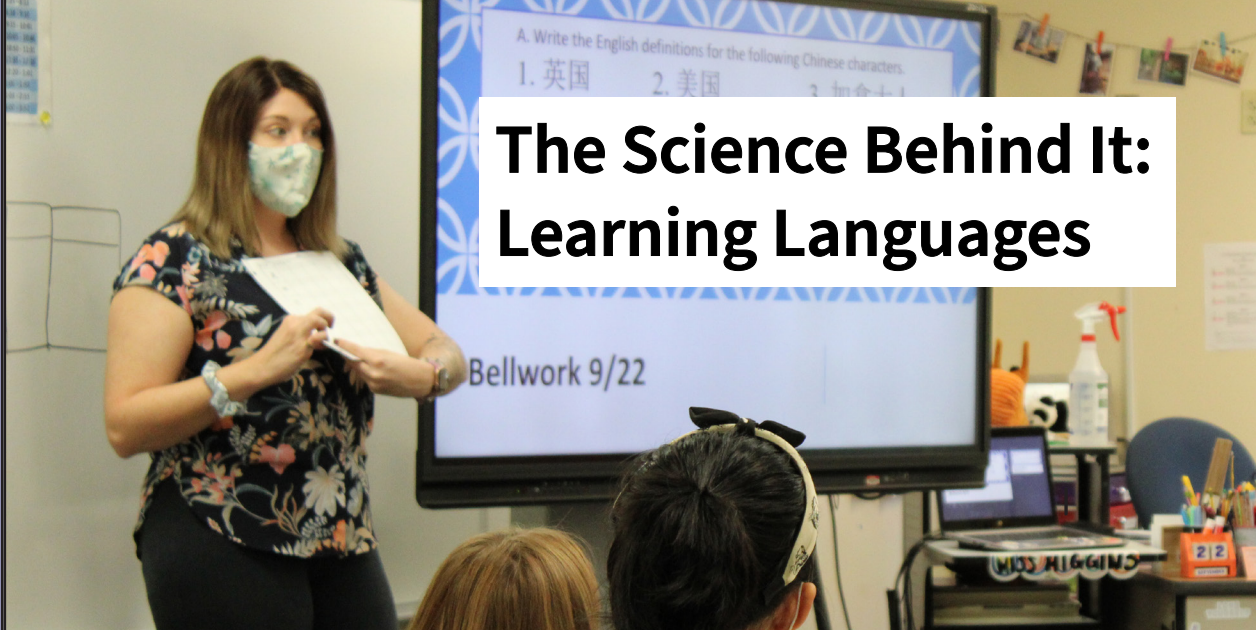
There are upsides and downsides to an increase in access to advanced technology. Younger generations are held more responsible for what they are supposed to be doing, yet at the same time having to log into Blackboard to see the homework for the night can spiral into a year of procrastination and missing assignments for many as students face many more interferences and a lower attention span in today's world.

According to Ball, "I value so much our focus and how much we learned considering today's less focus... I would never trade it; I would never want to go back, but I just think that people need to know how to manage technology."

Thus, next time, before blaming someone for their lack of focus, instead concentrate on the effects the advances of technology have had on all generations, young and old.

**"Put your phone away,  
put your phone away,  
put your phone away."**

-Dean Ball



## The Science Behind It: Learning Languages

By Albert Jiang and Julia Wang  
 “Woah eye knee. Woah eye knee.  
 Woah eye knee.”

From an outside perspective this may sound like a cult ritual; however, this is the struggle of learning a second language after growing out of childhood.

Adults and teenagers normally learn another language by choice, unlike children who must learn to communicate in a foreign language to communicate with their families. Because of this it makes it harder for an adult or a teen to learn another language, as they are not as motivated or encouraged to use the language they’re learning in everyday life. Even with this factor adults can also become just as fluent as some native speakers.

Our brains are wired to learn at any age, so even if you are a teenager or an adult, you can always learn a new language.

In an interview with Margaret Higgins, a Chinese and French teacher for

sixth graders, she talked about how she first started learning languages. She said that she first started out with Spanish and then started to learn Chinese along with Spanish.

“Languages just always made sense to me, studying vocab, putting the sentences together, it just always made sense to me. Also, I thought it was fun.” Higgins said.

She also said that one of the easiest ways she learned a language was watching soap operas.

“I would sit and watch them and pick up certain phrases like ‘oh my god’ or ‘I love you’, and some of the stand-

alone sentences. Then I would start to pick up how they use verbs or I’m noticing this pattern...”

Higgins explained how she tries to make the students manipulate the languages and use them practically instead of just straight up memorizing everything. She also said that in her teaching methods, she tries to “avoid things she never liked, such as lectures.”

Scientists have made many dis-

I would sit and watch [soap operas] and pick up certain phrases like ‘oh my god’ or ‘I love you’, and some of the stand alone sentences.

**Margaret Higgins,  
Language teacher**

coveries about how learning a language can help the brain, and Higgins explained that “learning another language makes kids more resilient, and, if anything else, it makes them more understanding of other cultures and I think that’s something everyone should have.”

Learning a language takes a lot of effort, blood, sweat, and tears. Yet, however much work it can take, certain strategies can help ease the process of learning a foreign language. Putting

that work in to studying a novel tongue may be worth it in the long run because speaking fluently in a unique language is not the only skill you can learn.

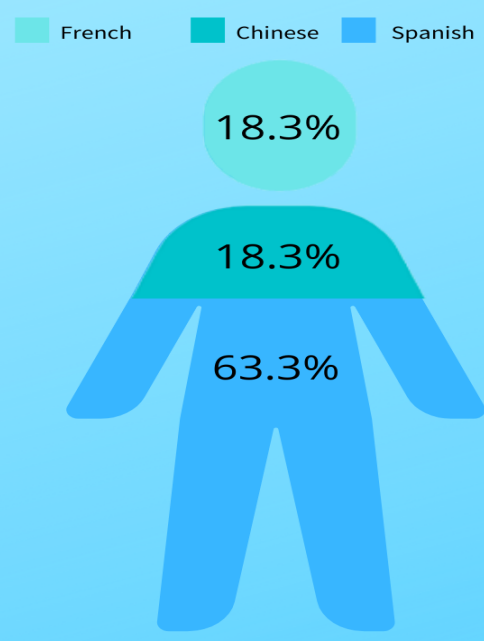
One can become more empathetic of other cultures, more determined, more creative, and have an expanded knowledge of other countries. Thus, even though your language course that you take in school may be stressful, ultimately you reap well-deserved rewards for your efforts.

# Tips on How to Learn Languages

- Go to a foreign country and immerse yourself in the culture.
- Watch TV shows in a different language in a genre that interests you.
- Talk to a native speaker of that language.
- PRACTICE, PRACTICE, PRACTICE!
- Try to read books in the language you are trying to learn.
- Learn in a class at school.

## WHAT LANGUAGE ARE YOU LEARNING IN SCHOOL?

Results of a poll of taken of 60 students grades 6-8.

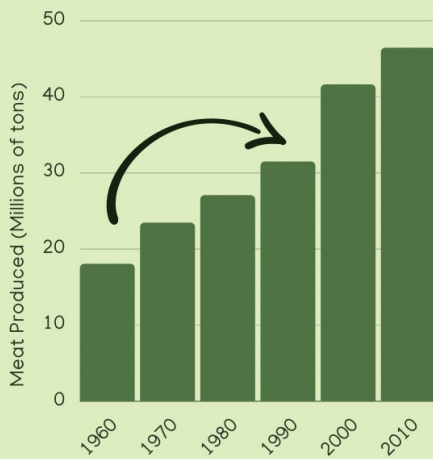


GRAPHICS BY AVA LENERZ

# Cultivated Meat

A cleaner, safer, and more humane way.

By Calista Ream



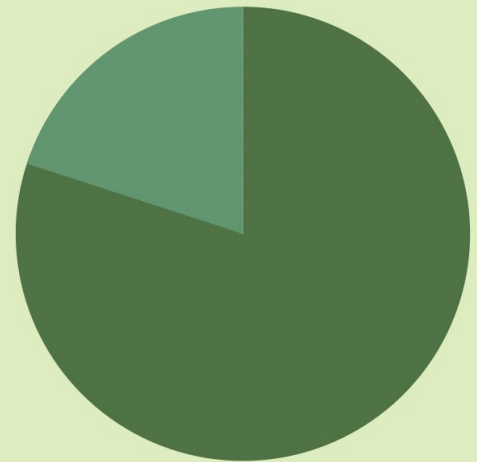
## Humane

There would no longer be a need to cram animals into small cages and to continue to kill 200 million a day.



## Cleaner

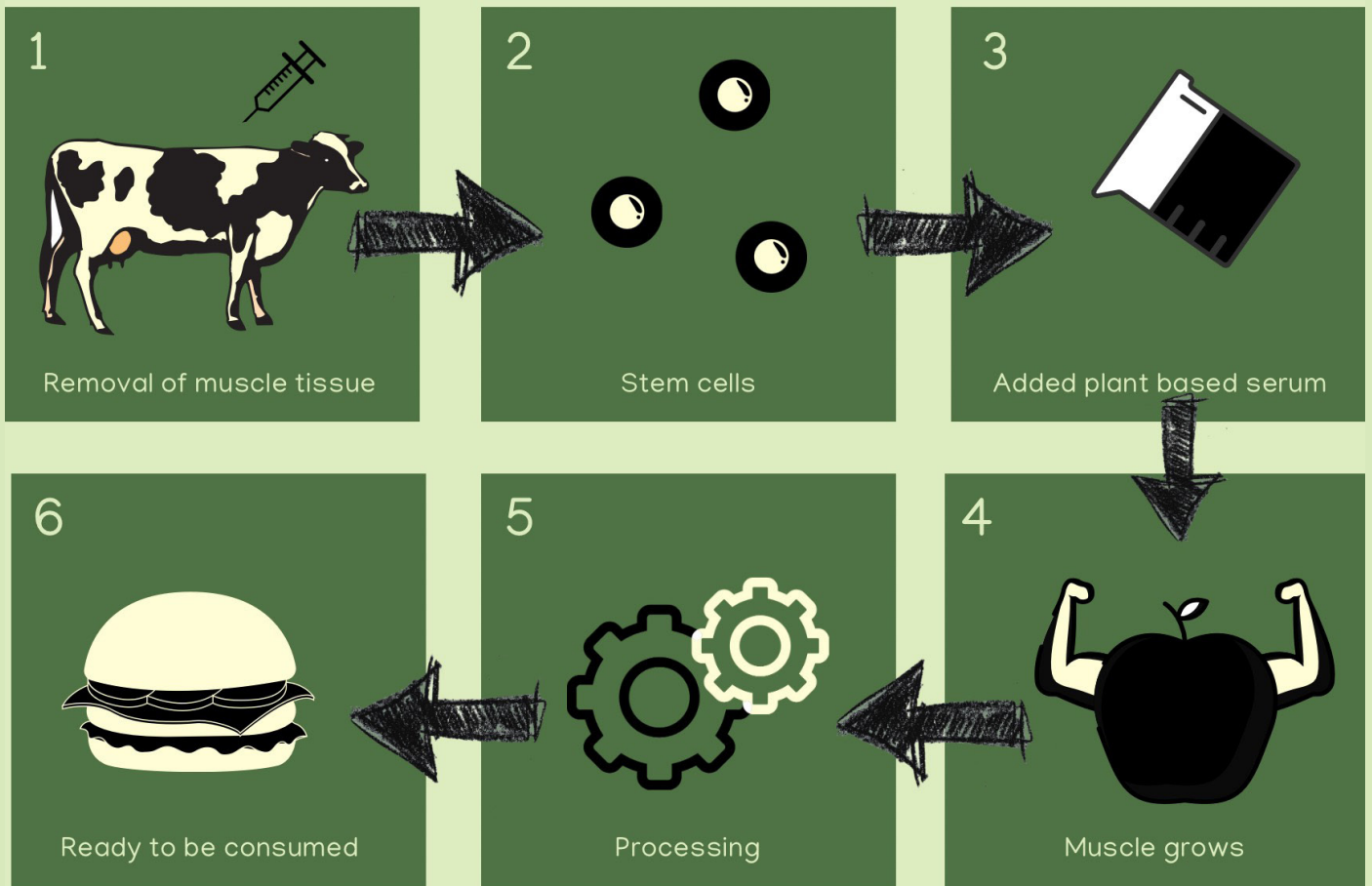
Animal agriculture is responsible for 14.5% of carbon emissions.



## Safer

80% of beef has bacteria, and 20% of those have C. perfringens, which is a cause of food poisoning.

## The Process



# Love You Shrek



Dearest Shrek,

It's almost been a month. A month since you left Universal only to be missed by all. I wanted to let you know, no matter what, that hey now, you're an all-star. You had a good eighteen years. Eighteen years with Donkey, Pinocchio, and the Magic Mirror. Eighteen years bringing tears of joy to people when they watch you converse with Donkey.

You've closed off the world before, in 2017, but something tells me this time is final. Still, I can hope. Hope is the only thing I'm grabbing onto, and you're slipping through my fingers.

I'm ogre-whelmed to say the least. Your last day was January 10th. I remember it vividly. You and Donkey packed up your bags to head back to the swamp. Except it was somewhere near the swamp. At least it had to be, since no one was there the last time I checked.

And as I stand here alone, I ask myself, "Where are you and what am I doing in your swamp?"

-----Anna Kim

# HUMOR



# 13

# Stumpf Snake Conspiracy

By: Mikayla Foss



You're sitting in the Pine View cafeteria, enjoying lunch with your friends at a table by the window. With their Styrofoam lunch trays in hand, two more of your friends walk up, just having gotten their food from the lunch line. They both sit down; one engages in another conversation around the table and the other turns to you.

"You'll never guess what I heard earlier," he said, stabbing his fork into a very strange looking piece of Mac & Cheese. "I was going to pick up my science binder from the office and was listening to these eighth-graders talk and, well..."

"Picture this: It's late at night, the sky above the Pine View campus is only lit by a few glittering stars. In the cafeteria the paper mâché python begins to swing dangerously on its string. In the still silence of the empty room there's a loud SNAP, and the blue and yellow python falls from the ceiling. Instead of smashing into the floor and breaking, it transforms into a real python midair.

"The table shakes as it lands, now a thirty-foot-long python lays uncoiling itself on the table.



With a loud HISS it slides off the table and through the cafeteria, making its way towards the door.

After it reaches the door, figures dressed in black open the door for the giant creature. It slithers out into the quad, the cloaked figures following in its wake.

"Reaching the center, the snake coils back up, waiting. Stepping into the dim moonlight is another figure dressed in black. He holds out his hand, placing it between the snake's eyes. There's a shuffling of feet behind the snake

and the figure steps to the side, looking to see what all the fuss is about.

"Standing in a sea of black cloaks is a single person wearing a security shirt. The snake turns around staring at the aide. The snake turns its head to the figure standing next to it, awaiting direction.

"The figure throws off his cloak to reveal a collared shirt and khaki pants. Now standing next to the enormous snake is simply seventh grade physical science teacher, Ed Stumpf. He pats the side of the snake, 'RTS.'"

Your friend stabs another noodle of cafeteria Mac & Cheese dramatically. "And that is why the aides keep getting replaced."



# Wikipedia Ruins Kid's Life. (Gone Wrong)

By: Sam Wang  
October 12, 2021

Dear diary,

The report card is back, I have a 100% in every single one of my classes. Just like always, I am not surprised. I have the perrfect life. My dad buys everyt-thing I want, and does whatever I want.

November 25, 2021,

Dear diary,

Ugh! My stupid English teacher gave me another project, like what is the point, I am going to get 100% anyway, it's just a waste of time. It's also due in a week, I can't even save it to the last second and copy my friends' and change it last second, because they are all so dumb, and can't finish it in a year. So stupid! Guess I'll just use Wikipedia and get it finished quickly, it has everything there, nothing would ever go wrong.

December 1, 2021,

Dear diary,

Phew, I finished my project finally. It was so easy! I hope I get good grades on it. I will go to ask my mom for a reward now, because I know I will get a 100%. Byeeeeeee.

December 8, 2021,

Dear diary,

My teacher and my mom have been looking at me weirdly recently. They have been asking me a lot of questions about my project, and obviously, I can answer all of them, because I used Wikipedia, that site has everything on it! Even if they figured out that I was using Wikipedia, what could possibly go wrong, it has all the right answers on it, and no one would lie to me right?

December 22, 2021,

Dear diary,

I messed up badly. The teacher found out that I used Wikipedia on my project, and now I have 0's in all of my classes. HOW IS THAT EVEN POSSIBLE? My mom is going to yell at me as soon as I get home and ground me for the rest of eternity. I don't know how to explain it to her. I am so scared to go home. I am going to be kicked out of the school, as well, and I might even go to a differ-ent school. This is so stupid! Ugh!

M/J	JOURN 3	1006020-8101	M LENERZ	Course Grade: 00000000 F
Unit 4 Project	1.00	10	10	0.00 MISSING
Sales: \$25 or 3 refusal forms	1.00	5	5	100.00 A
Spark interviews-issue 1	1.00	10	10	100.00 A
Blackboard check-in	1.00	5	5	100.00 A
Signed Course Expectations	1.00	10	9	90.00 A

January 12, 2022



By: Sofia Giannattasio and Liam Dingman

Stomachache? Tired? Hungry? Breathing? Not breathing? “It’s because of that darn phone!”

I’m certain we’ve all heard this phrase time and time again, by parents, relatives, or just gen X and boomers in general, without any reasoning behind it. While most of the medical issues our parents blame on phones are myths, Facebook studies show that social media could cause mental ones for some of the 22 million teens that log on every day.

With a series of questionnaires, surveys, and diary studies in 2019 and 2020, Facebook collected thousands of pages of information from a variety of Instagram users. The whistleblower Frances Haugen leaked these presentations, revealing what Facebook refused to say. They’ve always claimed that social media has a positive influence on young minds, yet their own research disputes this.

“Teens blame Instagram for increases in the rate of anxiety and depression,” one slide said. “This reaction was unprompted and consistent among all groups.”

Another revealed that social media makes 1 in 3 teens feel worse about themselves. Middle school counselor Mary Cantillo said that she has seen social media expose teens to bullying and rumor spreading.

“It creates unrealistic views of people’s lives, because when people post on social media,

they’re only posting their best,” she said.

Facebook’s research reveals that the need to show a perfect front can cause body image issues, eating disorders, and depression. It creates a “negative social comparison” and is especially harmful to teenage girls.

“I think it’s because teens are in a stage of their life where they’re developing more independence, they’re coming into their own, they’re developing... who they want to be, who they’re becoming,” Cantillo said.

However, there are some positive outcomes social media gives us. It provides access to support groups,

long distance communication, and social networks that have changed the way the world works.

## Reel vs Real

The main thing to remember is to always use it in moderation.

“Moderation is very important, and the research does show over a certain hour of usage per day is where it becomes unhealthy,” Cantillo said.

According to the Journal of Social and Clinical Psychology, social media is unhealthy when spending over 30 minutes a day, and the Journal of the American Medical Association says the worst effects are seen when spending over three hours a day.

A piece of advice from Cantillo: “I don’t think social media is going away, I just think it’s like everything else, you should be educated and informed about the risks associated with its use.”





# Yoga and Mindfulness

By: Daisy Doyle

Yoga is an Umbrella term for a collection of physical, mental, and spiritual practices. It's goal is to calm and manage the mind. There are over 1,000 different yoga postures to choose from, as well as many different yoga styles such as Hatha, Lyengar, and Bikram. Hatha yoga is the most popular type of yoga. The Cobra pose and the Happy Baby pose are two Hatha yoga poses you can try at home.

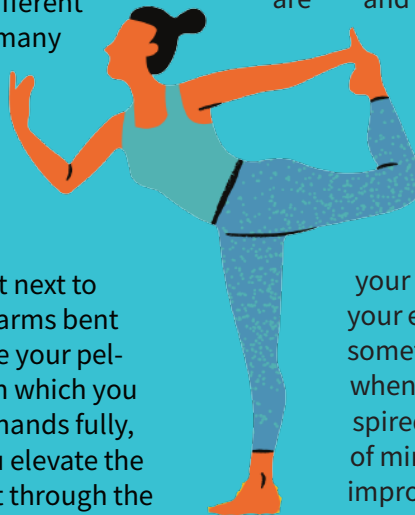
For the Cobra pose, lay flat on your stomach and push your hands flat next to your armpits. Push yourself up with your arms bent but not straight. Before you lift up, be sure your pelvis is anchored to the floor. Low Cobras, in which you lift your chest without pressing into your hands fully, will strengthen your back muscles. As you elevate the sternum, root into your feet, lengthen out through the crown of your head, and expand through the collar bones.

Lay your back on the floor and bend your knees into your stomach for the Happy Baby pose. Grab your toes and hold them in place. Make sure your shins are parallel to the ground and your sacrum is flat on the mat. The Happy Baby pose is a lovely way to end a yoga

session and a great demonstration of how essential it is to balance ease and effort.

Mindfulness is the state of being aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. Apple Watches and some phones come with a mindfulness app where you can "Breathe" or "Reflect." For Breathe, you can pick a certain amount of minutes, and you take 7 breathes per minute. It helps calm your mind. For Reflect, it will tell you to close your eyes and think about something. It will say something like, "Think about a recent moment when you felt a sense of purpose and how it inspired you." If you breathe or reflect for a couple of minutes each day, you can reduce stress and improve your focus and efficiency.

Try these yoga poses or do a bit of mindfulness at home. You could do a bit of yoga every morning, every night, or both. If you do a couple of yoga poses every day, it can increase your flexibility, build strength, and reduce back or leg pains. If you do a couple of mindful minutes every day, you can calm yourself and improve your focus.



## Sports

## Around the World

GRAPHIC BY AVERY JOHANNING

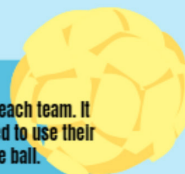


**Camogie**- An Irish women's sport similar to hurling. The players use wooden sticks to get a ball in to soccer and football-style goals to score points.



**Chess Boxing**- A sport played around the world and is exactly what it sounds like. In these games chess and boxing are combined by 6 rounds of chess and 5 rounds of boxing, with a minute in between each. Players win by either checkmate or knockout.

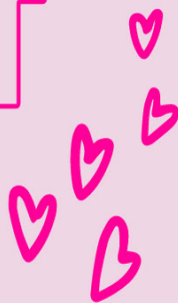
**Sepak Takraw**- A game played in Asia with 2-4 players on each team. It resembles volleyball, although the players are only allowed to use their feet, knees, shoulders, chest, and head to touch the ball.



**Netball**- Primarily womens' sport played with 7 players per team, similar to basketball. There is no backboard, no dribbling, no running with the ball, and the ball must be passed within three seconds. This ensures that the game is played by the whole team, because you cannot hog the ball.

# HEART CRAFT

By Adam Elshimy



Step 1: Open the wrapper so the non-colorful side is facing you.



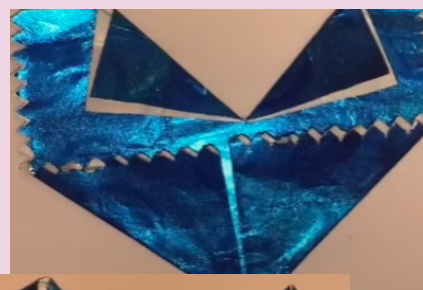
Step 2: Fold the wrapper in half so the colorful side is now facing you.



Step 3: As if you're folding a paper airplane, fold two of the corners in like so.



Step 4: Now, you cut the wrapper in half and fold the inner corners in, so it can begin to form a heart shape.



Step 5: Now, so the heart looks less pointy, fold the upper right and left corners in.



Step 6: Now turn the wrapper over, and you're done!



# Valentines Recipes

By Lucy Justus and Allie Chung

## EASY VALENTINES DAY CAKE

STEP 1- Preheat oven to 350 degrees (with parent permission)

STEP 2- Grease an 8x8-inch square pan and an 8-inch round pan.

STEP 3- Beat 2 cups white sugar and 1 cup butter together in a bowl with an electric mixer until smooth.

STEP 4- Mix 4 beaten eggs, 1 tb vanilla extract, and 1 tsp almond extract into mixture. Stir 2 tsp baking powder and 1 tsp baking soda, then add 1 cup flour, then 2/3 cup of milk. Continue alternating between flour and milk until done 3 times.

STEP 5- Pour batter into the 2 prepared pans.

STEP 6- Bake for 30-40 minutes and then cool for 2 hours.

STEP 7- Beat 4 cups confectioners' sugar, 1 cup butter, and 2 tsp vanilla extract together in a bowl with an electric mixer until icing is smooth. Mix in red food dye.

STEP 8- Cut circle cake in half and arrange the pieces into a heart shape.

STEP 9- Decorate the cake however you like!



## CAMPFIRE STRAWBERRIES

STEP 1- Melt marshmallows for 30 seconds in the microwave.

STEP 2- Wash some strawberries and stick skewers into them

STEP 3- Dip the strawberries into the melted marshmallows

STEP 4- Turn on the stove and roast the marshmallows

STEP 5- Enjoy!



## VALENTINES DAYS COOKIES

STEP 1- Mix 1 1/2 c. almond flour, 1 1/2 c. all-purpose flour, 1/4 tsp. cinnamon, 1/4 tsp. cloves, and 1/4 tsp. salt.

STEP 2- Whisk together 1 large egg and 2 tsp. of vanilla.

STEP 3- Beat 1/2 c. butter and 1/2 c. sugar. Add eggs and vanilla from step 2 and beat until combined. Add dry ingredients from step 1 and beat until just combined

STEP 4- Divide dough in half and roll out both pieces extremely thin. Place rolled out dough in the freezer for 30 minutes

STEP 5- Preheat oven to 375, cut out cookies to desired shape and bake for 7-9 minutes.

# Kahoot vs. Gimkit

By: Kai Deng and Daisy Doyle

Gimkit and Kahoot are both educational websites that many teachers use in class. While both programs provide students with the opportunity to learn and to have fun, most Pine View students agree that Gimkit is better than Kahoot for several reasons.

Gimkit has 12 different game modes, including Draw that, The floor Is lava, Super Rich mode, Infinity mode, Humans vs Zombies, Hidden mode, Drained mode, Boss Battle, and Trust No One. While Kahoot only has two modes, Player vs Player and Team vs Team.

In addition, Gimkit implements money, upgrades, and powerups. So not only do you have to get as many questions correct as possible, you also have to purchase upgrades, powerups, and sabotage other players.

Kahoot only focuses on speed and accuracy and nothing else.

Seventh Grader Shivam Patel also said, “Gimkit is better because Kahoot only has answers and points. Gimkit has [several] game modes and powerups, which gives it a unique dynamic to the game.”

He believes that Gimkit offers more options, which makes it less repetitive, supporting the fact that Gimkit is superior to Kahoot.

Additionally, multiple students can edit on the same Gimkit game using a feature called KitCollab, which allows students to create a Gimkit game together as a team, while Kahoot only allows for only

one person to create edit a game.

However, Gimkit does have some downsides to it. The main downside to Gimkit is its pricing structure. You only get to create five games with the free plan, which, for a teacher, is

only a fraction of how

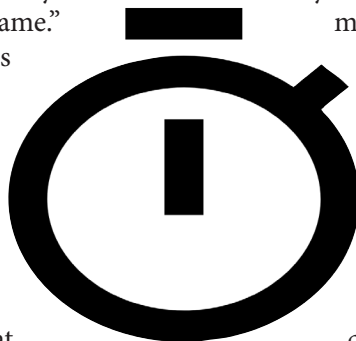
many games he or she will need to create for their lessons.

It also has a finite number of modifications that can be made to it, which makes the free plan not suitable for teachers who plan to use Gimkit a lot. The pay plans are \$59.88 per year or the \$7.99 monthly plan.

A robust free version is an essential piece of many tech tools, and Gimkit’s

free version is lacking, not enough to hook a teacher and help him/her realize he/she needs the full paid version. Plus, \$59.88 per year or \$7.99 per month is not something every teacher is willing to pay for their lessons, so they turn to Kahoot, which has a free version that includes all the necessities of an enjoyable game. In addition, Kahoot has more synchronized games, all the students have the same amount of time to answer the same questions. While Gimkit does not allow everyone to receive the same questions, in fact, it does not have a time limit-allowing for students to work at their own pace.

While Gimkit is not perfect in every aspect, it is still superior to Kahoot because it is more enjoyable, educational, and it provides more options and game modes for students.



That feeling of biting into a juicy hamburger is just what you need after exercising all day. You do not want to be eating a bland salad after being exhausted from a tiring day. That just won't be as tasty and healthy as eating meat.

Studies show that being vegetarian has some health risks. Not eating meat can make you have low Vitamin D, low calcium levels (which can lead to brittle bones), and low levels of zinc.

Mayoclinic.org says, "Zinc, a nutrient found throughout your body, helps your immune system and metabolism function. Zinc is also important to wound healing and your sense of taste and smell."

Being vegetarian could also put you at risk for Anemia.

Cosmopolitan.com says, "Low iron levels can lead to a condition called anemia,

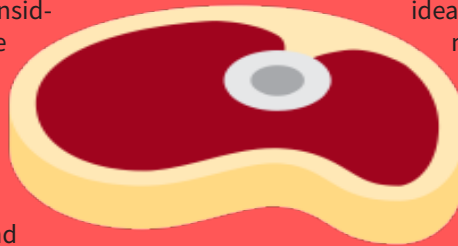
which makes you fatigued, increases your heartbeat, and leaves you more winded from climbing the stairs."

Meat is healthy for you if you choose to eat the right amount of it. This protein-packed food has a lot of beneficial health aspects.

It has considerable amounts of vitamins, iron, selenium, zinc, and bioavailable nutrition.

Eating meat will improve your muscle strength and maintenance, bone strength, brain improvement, and heart health. Having a meat-based diet can help control your blood sugar levels and your weight.

A study in betterhealth.vic.gov.au where the study states, "Meat and poultry are great sources of protein. They also provide lots of other nutrients your body needs, like iodine, iron, zinc, vitamins (especially B12), and essential fatty acids. So, it's a good



idea to eat meat and poultry every week as part of your balanced diet."

KidsHealth.org explains, "Fatty acids are the building blocks of the fat in our bodies and in the food we eat. Fatty acids have many important functions in the body, including energy storage." You could also try eating organic meat

which is healthier for you than processed meat.

Meat-eaters eat more protein than vegetarians, so they are stronger and have a better immune system. Protein improves the overall health of a person and helps repair and build body tissue. It also builds antibodies that prevent infection and strengthens the immune system.

Livestrong.com explains, the downfalls of a vegetarian diet, "However, these diets are often low in protein, saturated fatty acids, zinc, iron and calcium."

Meat is not only good for you, but it also tastes good! So many exquisite meals and recipes have meat in them. A lot of people like meat, so it is everywhere in restaurants. Usually, the main meals at restaurants are meat-based. Meat is the way to go!

## Meat Diet

By: Ingrid Cushman



# VS

## Plant-Based Diet

By: Ana Easter



Imagine you are eating a burger, with every bite, your chances of getting heart diseases are raised, along with your chances of getting type 2 diabetes, and many types of cancer. With every bite, your personal greenhouse gas emissions are raised, along with your carbon footprint. A vegetarian diet is when somebody chooses not to eat any type of meat, and this diet can have many benefits not only for the environment, but also for your health.

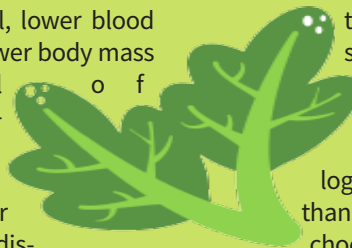
A vegetarian diet can include high amounts of vegetables and whole grains, which can decrease the risks of many types of diseases, including many forms of cancer, heart disease, gallstones, kidney stones, osteoporosis and diabetes. According to a study by Harvard Health, "Compared with meat eaters, vegetarians tend to consume less saturated fat and

cholesterol and more vitamins C and E, dietary fiber, folic acid, potassium, magnesium, and phytochemicals (plant chemicals), such as carotenoids and flavonoids." As a result of this, it is likely for vegetarians to have, "Lower total and LDL (bad) cholesterol, lower blood pressure, and lower body mass index (BMI), all of which are associated with longevity and a reduced risk for many chronic diseases."

People may argue that meat is an essential way of getting protein to your body; however, there are plant-based substitutes that can have just as much, or even more protein than meat. These substitutes can include tofu, seitan, lentils, and beans. There are also certain companies that make

plant-based meats that can look, taste, and feel like real meats, but are healthier, and can also be high in protein levels.

Being vegetarian can also be greatly beneficial for the environment. A vegetarian tends to have significantly lower carbon, water, and ecological footprints than someone who chooses to eat meat.



For example, being vegetarian can also reduce pollution levels. This is because a large part of pollution in rivers, oceans and streams is because of livestock pollution which consists mainly of animal waste. This type of pollution can runoff into waterways, harm ecosystems, destroy top-

soil and contaminate the air.

Another example is deforestation, the production of meat for human consumption requires a large amount of feed, which can lead to deforestation because millions of acres have been plowed for large crop fields that are dedicated to feeding livestock.

According to cleanwateraction.org, "Converting natural habitats to agricultural fields releases carbon pollution, contributing to climate change. These crop fields are treated with toxic chemicals and doused in fertilizers, usually in higher quantities than the plants can use, leaving all the excess to runoff into surrounding waterways." All these not only have harmful effects on the environment, but also the people and animals living here.

# SHOULD WE PUT A PACE ON SPACE

Earth is a big place. It houses about up to 8.7 million species. Even though it's such an enormous place, it still has the risk of being in danger of asteroids or large Coronal mass ejections. Coronal mass ejections are mass ejections of plasma from the surface of the sun. This can happen when the magnetic field of the sun changes. Therefore, we should spend money on space travel. In doing so, we can boost innovation and plus, it will let humans expand to other places.

Some people have argued that the money spent for space exploration is just a waste. While this is true for some programs like the space shuttle program, this is not the case for other things. Take for example the satellites that are used so that we can be able to use cellphones. The satellites for cellphones don't just show that space exploration isn't a waste, it also shows that innovation and invention are far more

By: Michael Hu and Zachary Johnson

## ~SHOULD WE INVEST MONEY IN SPACE TRAVEL?

"Yes, [as] a backup plan in case humans can't take care of the Earth and in the future if humans want to expand, they will need money on space travel."



William Warren, Grade Eight



Allen Lin, Grade Eight

"No. First, it's better to spend money on wordly issues. Second, there's no reason because we haven't explored all the earth yet."

Graphic By: Sivan Levy

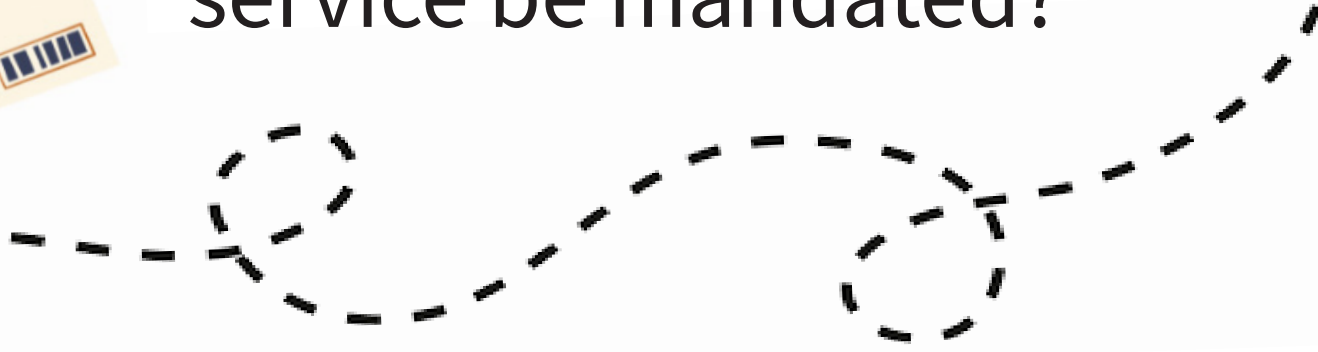


important than just the cost of something. This is what Pine view astronomy and earth, and space science teacher Dylan Bell believes. He said that "Investing in space has always been beneficial in the long run."

Space travel also has the potential to impact earthly problems. An example is from planetary.org. They had stated that "studying how we might grow food in orbit or on Mars yields insights into growing food in extreme, generating knowledge that can help mitigate the impacts of climate change." This can help us come up with ideas to maybe have a backup plan if preventing climate change isn't really working.

While the cost of space travel has always been high because it takes so much fuel to shoot something into space, the benefits of them can have an astronomical impact on us in learning about our home planet and improving our lifestyle via innovation.

# Should community service be mandated?



By: Sivan Levy

Dear Reader,

In high schools across the country, seniors looking forward to graduation in a few months can be heard saying something like, “Can I get community service hours for that? I need hours.”

That’s because many high schools across the country require a certain number of community service hours by their students as a requirement for graduation. But should community service ever be required? If students do community service because they have to in order to get something in return, is it really community service?

As many people have different opinions, some believe that requiring community service defeats the purpose. Community service, after all, should be done purely for the benefit of others. When it’s required to graduate or to earn a scholarship, it may be performed not for the person in need, but for

the person performing the service. And while it’s truly the best case scenario that everybody chooses to serve their community with only the purest of hearts, mandating community service still has more benefits than not.

The late writer David Rakoff once said, “Altruism is innate, but it’s not instinctual. Everybody is wired for a switch, but it has to be flipped.”

For many individuals, flipping that switch is as simple as imposing a community service requirement. This requirement exposes people not otherwise inclined to get out and give back to their community positive changes they can make and the great feelings of contributing to a better society.

We never know how much we’re missing out unless we try something. Adventurous eaters try everything, and they can pick and choose what

they like and what they don’t. But the more picky ones will hesitate over something new. And they may think that they’re not missing out because it could be bad. But sometimes all one needs is a push to try something and realize how much they’re missing.

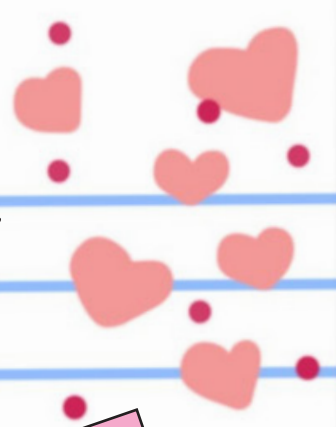
And this can be connected almost perfectly to the topic at hand. Community service mandates provides push that makes picky eaters eat adventurously, and that makes students have the opportunity to feel the joy of giving back.

All that is needed is a spark, which can turn into a flame, which can ignite something special that one never knew existed.



*We're just meant to be...*

*Love*



## *American Heart Month*

By: Clare Custer

**17.9 million.** According to the Center for Disease Control and Prevention, 17.9 million people a year die from heart disease, yet what are we doing to stop this? Well, in January 1964 the first Surgeon General's Report on Smoking and Health was published. This was the first instance where a federal government report had connected smoking with negative health impacts, such as heart disease. With such strides in American Health Research, and the many unhealthy habits Americans were creating, things needed to change. Thus, American Heart Month was established by Lyndon B. Johnson in February 1964. In his proclamation creating American Heart Month he urged, "The people of the United States to give heed to the nationwide problem of the heart and blood-vessel diseases, and to support the programs required to bring about its solution."

Heart disease was a very complicated issue that standard medicinal practices never fully understood. Making these issues heard amongst American people urged movement and action into creating healthier lifestyles and gaining knowledge on what may cause these fatal heart conditions.

Now, in the present day, February is honored as a time to learn and create a healthier lifestyle. However, how does this impact our small communities, and what can we do to make a change? Pine View Nurse Beth Banko explained what she feels American Heart Month achieves.

"It helps people think about things they don't normally think about in their health, and I think it's a good reminder to the general public to check things like cholesterol and overall heart health," she said.

Heart disease can impact anyone, but checking things like blood pressure and cholesterol levels can make a large impact. Knowing what to look out for with heart health can be a literal life-saver and are things that are fairly easy to access.

During the COVID-19 pandemic, the deaths caused by heart disease have risen dramatically. This is due to people delaying care after experiencing symptoms and signs of disease. This month serves as reminder to try and bring action for people to look after their health and not neglect these things. This month's purpose is not only to bring about action through going to doctors and creating reminders for the public about health, but also about learning and striving to create stronger and long-lasting habits that will benefit your heart health and overall well-being.

So this Valentine's Day, ask the adults you love if they're taking care of their hearts. For more information, see the [cdc.gov](https://www.cdc.gov).



# Valentine's Day Word Search

By: Anna Kim

H E B U T T E R F L I E S C  
E F S A P Y E T E A R R S R  
I I R F I D C S R Y D N Y U  
U Y P R N N G K F I T E R S  
R L L S K A S R E R E V C H  
E T A F R C I L C Y L H D S  
T K S O A E D I K K S U U O  
E S S S V C W N R A T A T L  
V W K D R P A O H H F P C W  
O E T R E D R E L R I R R U  
L E K I S S S P E F G L S C  
S T W S L H N A B E I D K S  
P T A D R T F E I H R T S U  
H E A R T D I P U C N S D W

Cupid

Candy

Flowers

Crush

Kiss

Red

Butterflies

Heart

Love

Sweet

Pink

Gifts

C.C

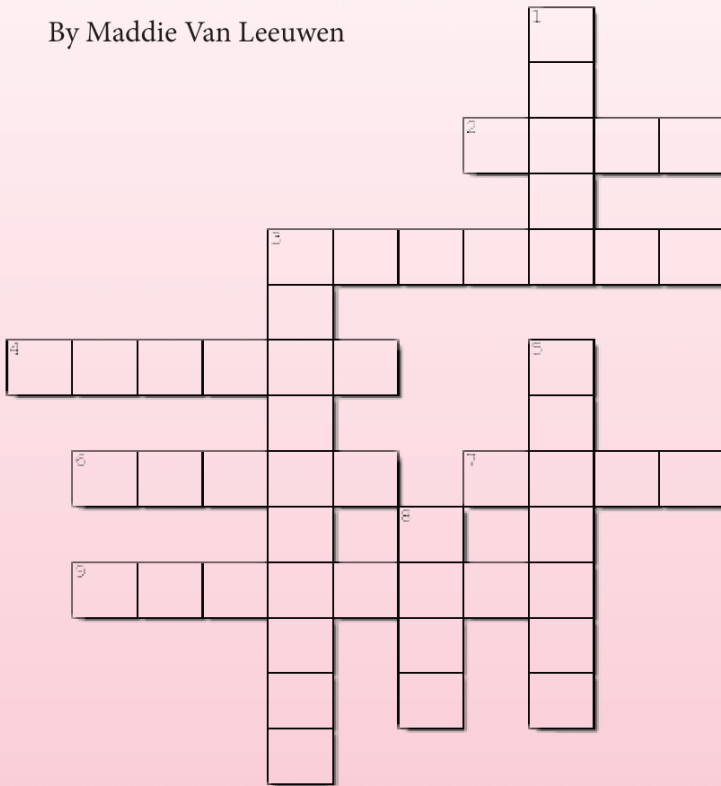
G.D

25

# Valentine's Day Activities

## Criss-Crossed Valentine's Crossword

By Maddie Van Leeuwen



### Across

2. Justin Beiber song
3. rhymes with 'kitten'
4. smooches
6. presents
7. slang for 'hugs and kisses'
9. real attraction

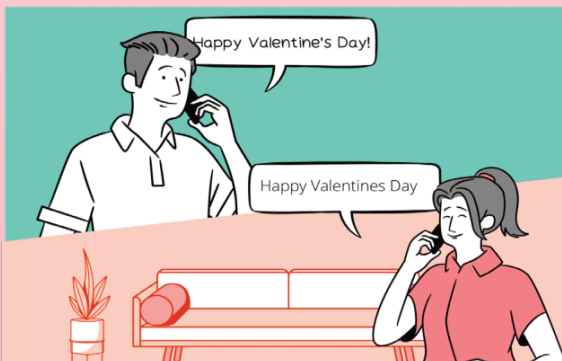
### Down

1. organ that pumps blood
3. traditional Valentine's candy
5. blooms in the spring
8. what Valentine's Day is all about

## #Breaking up or Bre-e-a-aking up?

By Adeline Von Wowern and Kaya Bury

\*\* Slowly loosing connection\*\*



# How to Flirt 101

By Bryn Nadan

It's nearing Valentine's Day! You know what that means... The cheesy pick-up lines are back for the month! Take a look at some of the top 12 pick-up lines Spark magazine found that you could use this year to win over that special someone.

1. I'm no photographer, but I can picture us together.
2. I'd never play hide and seek with you because someone like you is impossible to find.
3. Even if the Earth had no gravity, I would still fall for you.
4. Do you like raisins? How about a date?
5. Do you know what's on the valentine's day menu? Me-n-u.
6. Valentine's day without you is like a broken pencil, pointless.
7. Do you have cats? because I would love you to take meowt this valentine's day.
8. Do you know CPR? Because you took my breath away.
9. Is there an airport nearby, or is that my heart being taken away?
10. Excuse me, you just dropped something- my jaw.
11. It's a good thing I brought my library card because I'm checking you out.
12. If I were to rate you from a 1-10, you'd be rated a 9 because I'm the 1 you're missing.

Here are some of Pine View's favorites. We have asked students at Pine View their favorite pick-up lines.



"What do you need a pet bird for when I'm here to make your heart flutter."- Katherine Leaver (7)



"You may fall from the sky, you may fall from a tree, but the best way to fall... is in love with ame."- Daisy Doyle (7)



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Joanning Family  
Silicon Valley, Tampa Realty LL  
Wow Homes by Linda, Realtor,

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Barbara Johanning

## FAMILY:

Audrey Edelman  
The Bury Family  
The Cox family The Gaertner Family  
Deborah Walker Goetz  
The Doyle Family  
The Elshimy Family  
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