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Remembering Eighth-Grader Lilly Glaubach

ALL PHOTOS PROVIDED BY SARAH ALEXANDER

by Isabella Kulawik

News Editor

Contributing Reporter: Alyson Mizanin

Editor-in-Chief

Among family and friends, eighth-grader Lilly Glaubach was a shining light who made those around her smile whenever she walked into the room. Her personality, complemented by her signature ripped jeans and oversized sweaters, created an environment where everyone felt special. Whether it was at a YMCA summer camp, in the kitchen with her father, at the mall with friends, in the family room waltzing with her Golden Retriever, or within the confines of her sketchbook, she impacted people and animals everywhere she went.

Lilly passed away peacefully in her sleep at Johns Hopkins All Children's Hospital Aug. 28 due to injuries she sustained in a hit-and-run accident.

"She smiled. She had a great smile that lit up her whole face and lit up the whole room. Everybody was happy when she was around," Lilly's dad, Howard Glaubach, said.

ard Glaubach, said.

Together, Lilly, Howard, and Lilly's brother Peter would cook and travel in long car rides to the northeast. Howard recounted how Lilly's love for animals would shine through in some rather humorous displays.

"I remember she had caught five of them [lizards] and taken them into her room and let them free, because she



Lilly always had a special connection with animals. Her mother, Sarah Alexander, explained that Lilly had considered being a veterinarian when she was younger.

closed her door so they couldn't get out of the room. And so naturally, you just wanted a lizard farm in her room," Howard said as he smiled. "That's how long she's loved animals, playing with animals."

As Lilly got older, her love for animals only grew.

"She would sit in her bedroom on the floor because if the cats were huddled on her bed, she didn't want to disturb them," Sarah Alexander, Lilly's mom, said.

When she wasn't spending time with her four-legged friends, Lilly also spent a great deal of time honing her art skills. Around Lilly's room, various multimedia artworks lie in sketchbooks; some of her favorites are displayed on a bulletin board. Down the hall, her stepbrother Marshall has drawings full of Pokemon characters she drew for him attached to his door.

"She just took time to draw all his favorite characters and put them on little sticky notes in the back of his door. She was a really good big sister," Sarah said.

Always working on a proj-

ect, art was Lilly's favorite class in school, and she longed to have a career in art.

"She absolutely loved art. She drew everything. My favorite things that I have left are the pictures that she drew of me," Howard said.

Haley Brown, Lilly's art teacher at Pine View, watched over

the years as Lilly blossomed into a young artist.

"She was a lovely little artist. Definitely was. She would start a lot of projects and get really close to finishing them but always kind of changed her mind at the end," Brown said. "She was a hard worker. Just a little spot of sunshine."



Lilly and her younger brothers Peter and Marshall pose together for a picture. She was a great big sister to her siblings.

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Violins of Hope program educates through melodies



As Matthew Graybil (left) and Niv Ashkenazi (right) perform, their music gives voice to those who were silenced during the Holocaust. The Violins of Hope album was named by Chicago Tribune as one of the 10 best classical recordings of 2020. PHOTO BY FELICITY CHANG

by Jiayi Zhu and Robyn Schoenberg

Asst. Match Editor-in-Chief and Multimedia Editor

Contributing Reporters: Felicity Chang and Lily Quartermaine

Director of Digital Media and Asst. Editor-in-Chief

During World War II, the Nazis confiscated instruments from Jews across Europe. Now, the global Violins of Hope program changes the narrative for these historical instruments from World War II. Rather than bearing the scars of hate, violins, violas, and cellos are reconstructed to reclaim a message of resilience and to give voice to the stories of Jewish people in the Holocaust.

This message was shared with Pine View Nov. 17, when musician Niv Ashkenazi and pianist Matthew Graybil played in the auditorium.

The Violins of Hope program began with violin-maker Amnon Weinstein, who dedicates invaluable time and expertise to locating and restoring violins once owned by Jewish musicians during the Holocaust. Dedicated to his own lost heritage of 400 relatives in the Holocaust, Weinstein meticulously restores the violins to be revived in acclaimed performances around the world.

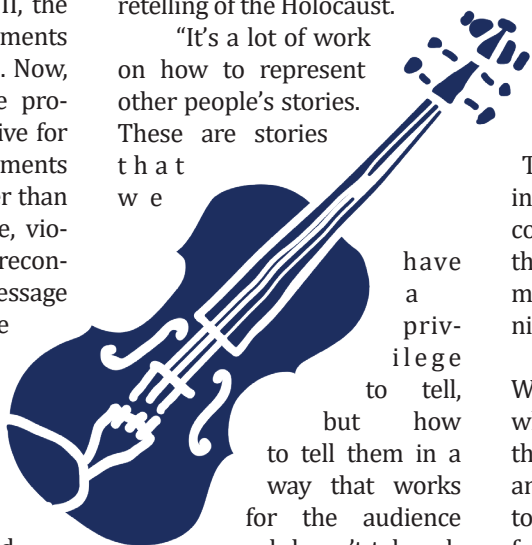
Author and photographer Daniel Levin was the first to capture Weinstein's workshop in Tel Aviv and his processes for restoration, later dedicating his book "Violins and Hope" to Weinstein's work.

"It's a creative epiphany that Amnon came up with to be able to restore these violins that shouldn't be touched... He changes them to have creativity come from it, so that we... can hear the voices, in a way, of those who passed," Levin said.

Weinstein has already restored 86 violins to be played and heard all around the world, including places like Jerusalem,

London, and Paris. Ashkenazi is the only person to have one of the Violins of Hope on long-term loan from Weinstein. Through the restored violin, Ashkenazi breathes life into silenced stories through music, which can contrast from a typical verbal retelling of the Holocaust.

"It's a lot of work on how to represent other people's stories. These are stories t h a t w e



have a privilege to tell, but how to tell them in a way that works for the audience and doesn't take advantage of the stories,"

Ashkenazi said. "It's not about creating the biggest emotional impact where I feel like normally... We want to connect with our audience and make them feel things as big as possible when it comes to Holocaust-related work. There's a lot of times that we're mitigating it and softening it and making sure that it fits the audience and that the shock

value doesn't take away from the stories and the people."

Ashkenazi was introduced to Graybil, both as Perlman Music Program alumni and in partnership with the Jewish Federation, to tour schools and play around the Suncoast area.

The two created a Violins of Hope album, much of the selected repertoire influenced by composers affected by the Holocaust. There's importance to allowing the voice of the instrument come through; the emotions that come with playing such meaningful music are communicated in their performances.

"We're in a sense actors. We're affected by our emotions, what we're going through, and that's part of the performance and, therefore, part of the history of the instrument, too. So feeling that sort of intangible thing... adds something that informs how [the musician] feels and it can affect the performance, I think, in a profound way," Graybil said.

It's through these performances that stories are able to be told and people are remembered. With every violin, viola, and cello, there's a story. It's with Violins of Hope that these stories are able to be heard.



Giving background to Violins of Hope, Daniel Levin speaks to Pine View students Nov. 17. As an author and photographer, Levin is deeply involved with the program and its message. PHOTO BY FELICITY CHANG

Pine View Jazz Band performs at Siesta Stroll

An annual tradition, musicians from the Pine View Jazz Band perform in front of the Siesta Key Village Cafe Nov. 28, playing a variety of holiday music. Alumni and current students alike enjoyed the festivities. PHOTOS BY ISABELLA KULAWIK



Twelfth-grader Thomas Bartlett (left), tenth-grader Matthew Castillo (middle), and twelfth-grader Julian Chauhan (right) play their saxophones.



Twelfth-grader Cole Laudenslager plays the flute.



Twelfth-grader Thomas Bartlett refers to his sheets as twelfth-grader Kenzie Tran speaks to the audience.



Tenth-grader Matthew Castillo plays the saxophone.

Boys & Girls Clubs travel Europe

by **Lindsay Luberecki**
Opinion Editor

For many, going to Europe is a vacation; but for eight students, this trip meant so much more.

This Thanksgiving break, tenth-grader Ava Michalopoulos and twelfth-graders Patrick Enright, Gigi Gregory, and Daria Tiubin traveled across the Atlantic Ocean to visit London, Budapest, and Paris, alongside four other Sarasota County high-schoolers. Suriya Khong, Vice President of Teen Initiatives, and Geoffrey Gilot, Senior Teen Activities Coordinator, accompanied the students.

The eight students are part of the Cultural Immersion Program at The Boys & Girls Clubs of Sarasota and DeSoto Counties (BGCSDC), a group whose purpose is to “have [members] experience a different culture and really provide them with that sense of global understanding,” Khong said.

To make the trip possible, the volunteers hosted many BGCSDC events like movie nights, kids’ nights out, and a haunted house.

They also had a generous benefactor; Personalized Estate Liquidation Benefiting Youth (PEL) donated 30,000 dollars to the trip after the group volunteered with their antique store for two months.

On the last day of their volunteering, PEL presented them with a check; “we had no idea what they were going to give us,” Michalopoulos said.

Upon arriving to Budapest after a day of sightseeing

in London, the students began a full four days of volunteering with the Boys and Girls Clubs of Hungary (BGCH).

The group made unforgettable connections with the Hungarian students at their sister club. Whether it was through icebreakers, singing and dancing, traditional foods, Thanksgiving activities, or presentations, “we showed them parts of our culture, they showed us parts of theirs,” Michalopoulos said.

Each student who traveled brought back many cherished memories from their time with the Hungarian students, including Tiubin.

“Join the Boys & Girls Clubs... It will open so many doors for you, and you’ll thank yourself,”
Patrick Enright,
twelfth-grader

“One of my favorite moments was when I found out this one kid... spoke Russian, and we started talking in Russian for the rest of the day,” Tiubin said. “She was attached to me at the hip.”

The students also described how eye-opening the experience of traveling overseas and interacting with the kids was.

“Going to another country and seeing what [the club]

was like for these kids on the other side of the world helps to mold your understanding of the world around you,” Gregory said.

In addition to volunteering with the students at the BGCH, the Cultural Immersion Program volunteered with two other organizations: Bike Mafia and a Ukrainian refugee center. With Bike Mafia, the high schoolers made 166 sandwiches to be taken on bikes to homeless people in Budapest.

They also went to the refugee camp, where they organized and transformed children’s playrooms and sleeping areas.

“I cried after it,” Tiubin said. “I saw a Ukrainian family, and me coming from a Russian background, it was eye-opening to see... what conditions these people were living in, what they were subjected to.”

Alongside volunteering, the BGCSDC volunteers also had the opportunity for some sightseeing in London and Paris.

Whether it was Paris’ catacombs, the sparkling Eiffel Tower, Big Ben, or Buckingham Palace, the volunteers were able to further their global perspectives.

Michalopoulos summed up the trip as “unforgettable... There’s not one word to describe it.”

Khong described seeing the club members from an outside perspective, saying that for her, “the most enlightening parts of the trip would come when I would see... the spark in their eyes when they were able



BGCSDC volunteers and Hungarian students and club members hold up colorful gratitude chains. These were just one of the crafts and activities the members did during their Thanksgiving celebrations. PHOTO PROVIDED BY SURIYA KHONG



The volunteers pose in front of the Eiffel Tower in Paris on the last day of their trip. In addition to traveling to Budapest to work with their sister club, the students had the opportunity to sightsee in Paris and London as well. PHOTO PROVIDED BY SURIYA KHONG

to connect with those club kids from around the world.”

All four volunteers leave with a closing message — join the BGCSDC.

“I’m so thankful that I was chosen for this,” Enright said.

“Join the Boys and Girls Clubs before you’re a senior... It will open up so many doors for you, and you’ll thank yourself.”

See www.theclubsdc.org for more information on getting involved.

Updates from High School Class Presidents



Jacob Koshy

Class of 2023

- Class initiative: Senior and second grade hangouts
- Upcoming fundraisers: Polar Party



Nemmo Ciccone

Class of 2024

- Class initiative: Juniors sharing advice with elementary and middle schoolers
- Upcoming fundraisers: Mat ball, art night



Ignacio Hurtado

Class of 2025

- Class initiative: Faculty appreciation wall, come third quarter
- Upcoming fundraisers: Movie night



Joe Calleja

Class of 2026

- Class initiative: To be decided by January
- Upcoming fundraisers: Restaurant night, car wash

Interview with a Climate Activist



Twelfth-graders Iris Dahlborg, Lily Maglio, Hana Han, and Daria Tiubin protest outside Marina Jack Park after school with the Sarasota Students for Climate (SS4C) group. Cars often honk in support as they head toward downtown Sarasota. PHOTO BY LINDSAY LUBERECKI

by Aashima Goswami
Sci & Tech Editor

Imagine: it's a sweltering day at Marina Jack. The temperature is at a record high, ironic considering what you're there fighting for. Voices strong, energy up, you're not ready to back down from this fight. This is what Sarasota Students for Climate (SS4C) is doing every month for our world. While these events have raised awareness for the cause, many students don't realize that they can contribute on a local level as well. SS4C is an organization dedicated to create change in the climate activism realm, and providing a space for students to do so. The Torch sat down with the leader of SS4C, Anja Schwarzbauer from Sarasota High School, and asked her questions on the recent happenings in the climate activism world, as well as general questions about SS4C.

Torch: What is the goal for SS4C?

Schwarzbauer: Our telos is really to raise climate awareness, but also to create a community for students specifically in the Sarasota area to create change in the climate activism realm. Climate change is super intersectional and one thing — something we pride ourselves on — is the fact that we have so many different sectors through which we navigate our activism. We have strikes, we have an art competition this spring, we plan to establish ourselves as a 501c4 [an organization that isn't organized for profit and must be operated exclusively to promote social welfare] this year. These are all ways we are trying to get the word out about climate change, which is so imperative right now, especially since mid-term elections have just passed and the political climate is very high and tense.

[Getting the word out] is a great way to take away the stigma that climate is an entirely politically charged agenda. The goal for SS4C was to bring

together youth, and that makes us so idiosyncratic because there's nowhere else in the area or state that's organized for and led by youth for the good of the climate.

T: The U.S. Environmental Protection Agency (EPA) announced it would nearly double the funding awarded for clean school buses this year following increased demand, with school districts from all 50 states applying for the 2022 Clean School Bus Rebates. The EPA is awarding \$965 billion to the Clean Bus Initiative, and they look forward to awarding another \$1 billion through future rounds of funding in 2023. How do you feel about this change? What impact do you predict it will make on our community?

S: I think it's a great change. Our former Articles Director actually followed this story through its very beginning, back in fall of 2020. I think this is just the beginning of electric buses, renewable energy, and sustainability in schools.

Actually, I've been working with a friend of mine to put solar power on Sarasota High School. We've been meeting with the superintendent and some of the school board representatives to talk about what that would look like, how we can fit that into the school budget and raise money for it, and not only have it as a source of energy for the school, but a learning opportunity for students.

T: What are some changes that can be made on county-wide and even individual bases?

S: A great way to start is to follow SS4C on Instagram. We also have a newsletter... and that is how you can find out what is going on in our community. Our current Articles Director does a fantastic job at describing issues that impact us locally. Not only that, we have climate strikes, online, every week. We're very open to having new students get in-

involved. We're always open to adding new students to the climate strike rotation. We have a student-specific newsletter as well.

T: There has been a recent change in the forms of protest, especially for climate activism... People are gluing their hands onto notable paintings, pouring oil over paintings, and even going as far as to throw cake at the "Mona Lisa." How do you feel about that?

S: Actually, one of the first images I saw of these types of protests was the soup that was thrown at one of Van Gogh's paintings and, honestly, it broke my heart. Part of SS4C is devoted to the arts, and showing climate activism through artistic expression. I don't think that that's what SS4C represents, or what SS4C is trying to put out into the world. Climate activism is art; climate activism should not destroy art.

T: For those that are reading The Torch, what are some alternatives to these forms of protest?

S: SS4C actually has consistent monthly strikes, which are shared on our Instagram page. We meet often in-person and have these strikes; they're open to anyone who wants to come. These strikes are one way to make a change. Like I also said, meeting with policy makers, and when those petitions come out, even though it can sound like a small thing, when lots of people make a commitment to [the petition], it can really make a difference. There are multiple ways to promote climate activism that don't have to do with destroying property, or the artwork of other people or the artwork of history that represents so much of what the world is and the beauty of community and the beauty of the planet is.

SS4C is always open to new members. To get involved, visit their website: <https://linktr.ee/SarasotaStudents4Climate>.

Lunch and Learn program launched

by Emmy Li
Webmaster

Through the glass windows of the brightly-lit College and Career Center, Career Advisor Megan Remo sits in her office, guiding a group of eighth-graders into a world of self-exploration and planning for the future.

Recently, Remo has started a Lunch and Learn program where middle and high school students can meet with her, both one-on-one and in groups, to start thinking not only about what they want to do in high school, but also past that, to college and future careers.

"I wanted to be able to work with students without interrupting teachers in the classroom," Remo said. "I want to have a dedicated time for students to stop and think about their futures, and how I can help them or introduce ideas or resumes, or how to go about looking for an internship, or why it's important to network and have tailored topics."

During these lunchtime meetings, Remo provides many resources, such as SchoolLinks, a college and career readiness program for students interested in focusing their skills and seeing how those abilities relate to future careers and opportunities. She hopes that even middle schoolers can get a head start on thinking about

things that they could do to highlight their skills and personalities in college resumes.

For high schoolers, Remo hopes the Lunch and Learn program can fine-tune aspects of students' applications and paths through high school.

"It's kind of doing some extra guidance on what colleges and careers might be

thinking, and highlighting opportunities to volunteer and network and do mock interviews," Remo said.

Social studies teacher Liz Ballard has

taken her eighth-grade US History classes to this new program.

"It'll get them starting to think more big picture. I'm watching eighth-graders mature right in front of my eyes," Ballard said. "I really think that the college resource room is such an invaluable resource for students to be able to do that."

This program is another big step forward for Pine View's College and Career staff, and both Remo and Ballard hope that students can take advantage of the myriad of resources that are available now that weren't previously before.

"I tell [the students] that we never had any of these things," Ballard said. "Had I had a program like this when I was in eighth grade, maybe I would've been better prepared or I would've had a goal set."

I want to have a dedicated time for students to stop and think about their futures, and how I can help them,"

Megan Remo,
Career Advisor



Career advisor Megan Remo works at her desk in the College Resource Room. Remo helps students with what they plan to do after graduating high school. PHOTO BY SANYA PATEL

Effects of potential cancer vaccine being in development

by Ava Lenerz
Match Layout Artist

Ninth-grader Lauren Densmore remembers the day her mom was diagnosed with stage 2 triple-positive breast cancer.

"I was in fourth grade. I was in the car waiting outside for my piano lesson and my dad called my mom... and he told me what she was saying as it was happening, so I didn't really have time to process it, and we all started crying," Densmore said.

This is an experience many cancer patients suffer through. But what if a cure is just around the corner?

The Pfizer-BioNTech COVID-19 vaccines worked by injecting artificially made messenger RNA (mRNA) into humans that coded for a specific protein, creating an antibody response to fight the sickness. In the process, researchers also found that

mRNA created a strong T cell response, an important cell used to attack tumor cells.

Dr. Norbert Pardi, Ph.D., told Penn Medicine, "Therapeutic cancer vaccines would be given to cancer patients with the hope that those vaccine-induced cytotoxic T cells would clear tumor cells."

Little is known about mRNA technology, so the effects of this vaccine in the cancer community are relatively unknown. Scientists are similarly uncertain as to whether the side effects

associated with chemotherapy will also occur with the mRNA vaccine.

One major problem with modern cancer treatments is cost and accessibility. Although a price range hasn't been set for an mRNA vaccine, if the mRNA cancer vaccine lowers the cost of

cancer treatments, it would be a game changer for millions of people.

Densmore said increased affordability with a potential mRNA vaccine-made treatment would be incredibly helpful, as "[treatment] was really expensive for us... and I know we are really fortunate to have been able to afford her treatment and everything, but I know a lot of people aren't."

Although there have been promising results over the years, no trials have made it past phase II. Scientists, however, aren't giving up, especially after witnessing the success of the COVID-19 vaccine.

Pardi told Penn Medicine, "Multiple cancer and infectious disease mRNA vaccine clinical trials are underway and the next couple of years will be really exciting and tell us more about the range of applicability of mRNA vaccines."

GRAPHICS BY AASHIMA GOSWAMI



Multiple cancer and infectious disease mRNA vaccines clinical trials are underway,"

Dr. Norbert Pardi, PhD



Respiratory Syncytial Virus (RSV) Fast Facts

What are the symptoms of RSV?

RSV symptoms are similar to those of a mild cold: runny nose, decreased appetite, coughing, sneezing, fever, and wheezing.

How is RSV spread?

It's spread via sneezing, coughing, sharing utensils, sharing cups, and touching your face with unwashed hands.

Can RSV lead to any other illnesses?

Yes; RSV can lead to bronchiolitis (which is the inflammation of small airways in the lungs) and pneumonia.

How do I avoid getting RSV?

Limit contact with infected people, wash hands often, cover coughs and sneezes, and clean frequently touched surfaces.

GRAPHIC BY JADA DAVIDSON

The Treble with Music

A Scientific Explanation of Harmonies, Perfect Pitch, and Earworms

by Isabella Kulawik
News Editor

We all experience music in different ways — maybe you blast Taylor Swift songs in the shell lot every morning, or maybe it's an insurance commercial that circulates through the corners of your brain, slowly taking over. Whether it's the bridge of "All Too Well" or "We are farmers dum da da da dum dum dum" that resonates with you, many of us have experienced the irksome ear worm or the irritability of dissonance.

Harmonies

When listening to a beginner's orchestra, the incorrectness of a chord is tangible as a group of eight-year-old violinist's attempt Beethoven's "Ode to Joy." Audience members experience the unpleasant dissonance of what's supposed to be a C major chord and long for the relief of consonant

notes.

Scientists believe that this discomfort may be a result of the auditory nerve. When a collection of notes is played, the frequencies of the individual tones combine and produce a soundwave. This wave is then registered in the brain by the auditory nerve. When the chord is consonant, the notes are received in an orderly fashion, allowing for individual fibers of the nerve to transmit a specific frequency.

In contrast, dissonant

chords deliver frequencies which are closer together and can goad the same fiber of a nerve, creating a clash. This creates a sound known as beating, which can account for the dislike of dissonance.

Perfect Pitch

Perfect pitch is the rare talent where people are able to identify a pitch of a note with no previous context. This ability is said to develop at a young age when a child's brain is deciding what information to keep or discard. To have

perfect pitch, one must give a note meaning during this time of childhood development. Unfortunately, this also means that this isn't an ability that can be obtained later in life.

Earworms

The classic "Rick-roll," "Never Gonna Give You Up" is a song that will remain playing in your head for the rest of the day, whether you want it

or not. Earworms have long plagued society, as a chorus or verse resounds in the mind repeatedly.

Oftentimes, these songs are pleasant to hear often, like the Rick Astley hit. But, in different circumstances, the songs can be vexing and associated with stressful memories. The reason behind this is attributed to the Zeigarnik Effect, the concept that the brain works to remember tasks in progress and then forgets the information once finished.

In this case, that catchy pest control commercial is

the unfinished task which the brain remembers. A method of discarding the song is to work on a task of moderate difficulty, enough to distract the brain from the song but not too difficult as to cause the brain to zone out and lose focus.

With that being said, music is an incredible enigma that is littered with questions scientists are still searching for the answer to today. There's so much to learn on why people enjoy music and how different types of music styles impact us. So, the next time you hear that pop song in the back of your mind, remember: music is never going to give you up.

GRAPHICS BY AASHIMA GOSWAMI



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Tenth-grader dances to the stars

by Allie Chung
Sports Editor

At its root, dancing is an art, meant to be interpreted by both the dancer and the viewer. Artists become dancers for many reasons: the excitement of receiving an award, or the sense of accomplishment in seeing trophies in a glass display. For tenth-grader Stefani Sweitzer, dancing is everything.

Starting off as a convenient after-school activity, dancing soon blossomed into a way for Sweitzer to make an impact on the lives of the youth in her community and studio.

“We just started these dance families, and I got assigned a bunch of these eight- and five-year-olds to look after over competitions,” Sweitzer said. “I’m like the role model for all the younger kids... It inspires me

to keep dancing and be a really good role model for them in the studio.”

myself anyways,” she said.

Sweitzer feels that these little moments are important, but her real motivation to continue dancing rests in the hands of her teammates. She wants to continue dancing in hopes that the young-

dancer on the team, Sweitzer has made great improvements over the course of her dancing career. Coach Erin Crobons has had the opportunity to watch her grow over the years.

“When I first started teaching her, she was in elementary school. From then to now, [there’s been] big improvement. Her technique has improved. Her work ethic has improved. Overall she’s become a lot more well-

Crobons has also noticed the way that Sweitzer is always a great teammate and looks out for the younger kids on the team.

“They definitely look up to Stefani. They go to her for advice, and they really admire her,” Crobons said. “I think a lot of them hope to be like Stefani or dance like her one day.”

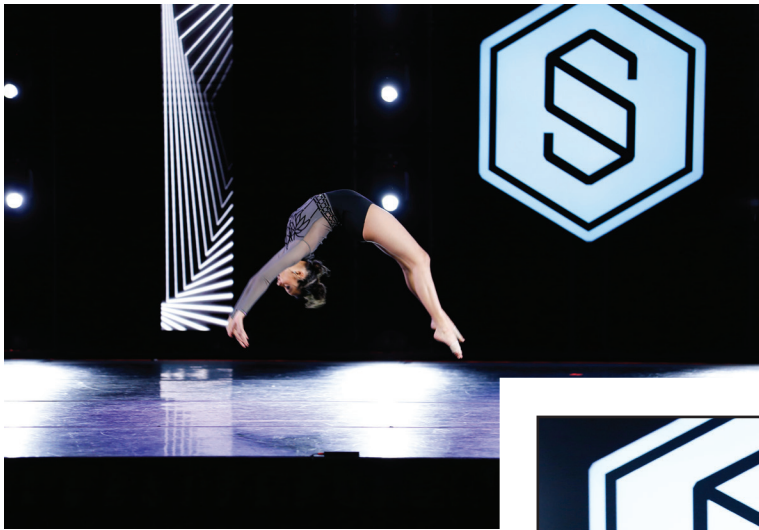
Not only does Sweitzer dance competitively, but she was also involved with a charity event, Dancing for Diabetes- Touched By Type 1, which supports diabetic research.

The organization, a woman-founded nonprofit based in Orlando, devotes itself to spreading awareness on the effects of Type 1 Diabetes.

Sweitzer participated with her friends and alongside a handful of other Floridian dance troupes in Orlando Nov. 5, with all ticket money going toward raising funds for diabetes research.

Sweitzer said it became one of her favorite memories throughout her dancing career.

PHOTO COURTESY OF STEFANI SWEITZER



As a sophomore, Sweitzer has been in the dance community for 11 years, and over her lengthy career, one memory in particular stands out to her.

“There was a moment two years ago, when I did my solo and I came off stage. I knew I performed really well and was just really happy. I hugged all my teammates, and they were all proud of me. I didn’t place, I didn’t score well but I was proud of

er generations at her studio might be inspired to follow her footsteps.

As a more experienced

rounded of a dancer,” Crobons said.

In addition to becoming a more advanced dancer,

Doom Scrolling: Problems with the Allure of Social Media

by Janice Chi
Humor Editor

It’s 5:00 p.m. on a school night like any other. You tell yourself that you’ll get off your phone and start homework in ten minutes. After what feels like a brief period of time, you get out of bed and check the time — it’s nearing 6:30 p.m. All you did was watch a few 10-60 second videos; how could this much time pass?

According to Wallaroo Media, the average TikTok user spends over ninety minutes scrolling on the app. To put that into perspective, ninety minutes is the equivalent of watching at least 360 15-second videos. This is an example of the phenomenon called the social media black hole — also known as doom-scrolling — in action.

Ever since TikTok gained popularity, other social media platforms have been inspired to post their own short videos, such as Instagram Reels and YouTube Shorts. With the introduction of these features, many people have fallen victim to the social media black hole.

What is the social media black hole?

The social media black hole is when social media prohibits you from doing simple tasks by luring you into brows-

ing deeper and deeper into content on social media platforms.

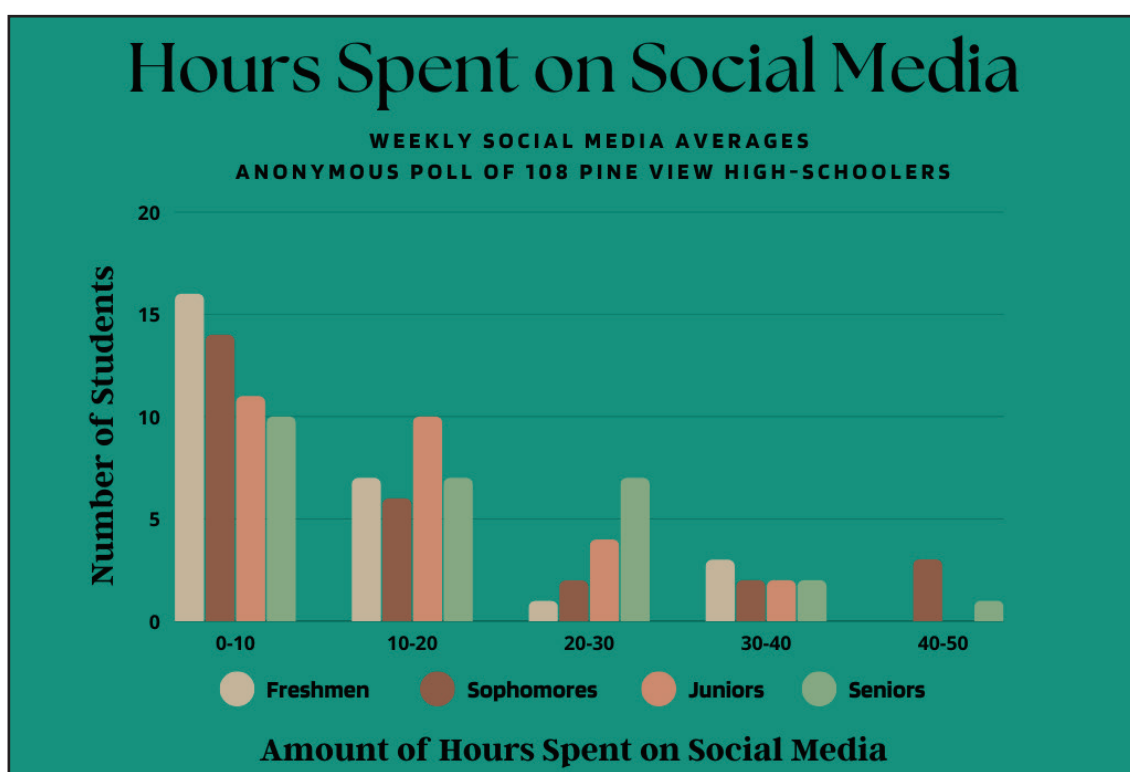
It’s so easy to get latched onto it, especially if all it takes is a swipe of your thumb. These apps have algorithms built to present topics you’re interested in, such as sports, fashion, and cooking — anything to grab your attention and make you spend more of your time.

What are some effects?

If you look at the larger picture, using social networks halts you from achieving your tasks or goals, as if someone is grabbing you by the ankle. It affects you and drains you mentally without your knowledge.

Besides losing sleep and procrastinating, scrolling on apps such as TikTok can decrease your attention span. In fact, many people have started migrating from YouTube with 10-30 minute videos to TikTok with 10-300 second clips, and hunger for constant new information is the reason. As consumers come across longer clips, they tend to lose patience, causing them to keep scrolling.

Along with a lower attention span, you’re more at risk for disorders such as anxiety and depression from face-to-face interaction. Relying on online interactions and prioritizing social media won’t do you



good for long.

Fear of missing out (FOMO) has become more common as well. Sure, you can be happy seeing highlights of your friends having the time of their lives, but with your absence it can easily cause stress.

Even when you’re not on your phone, the social media black hole finds a way to pull you back in. Your habits of being on social media 24/7 can tempt you to pick up your phone and keep exploring more content, keeping you from what you

should be focusing on instead.

What are some solutions?

On many phones, there’s a feature that lets you enable screen time with a code to enter. Simply ask your parents to enter a code for it and set limits on apps. It may be harsh, but you could also delete the apps entirely or log out for the period of time you need to focus.

Set goals for yourself on how much time spent on your phone versus time spent on oth-

er activities.

Lastly, only go on these social platforms when you actually have nothing to do, such as standing in a line or when you’re stuck in a car ride.

It’s important to keep in mind that you’re letting time fly by when you’re stuck doom-scrolling. Try to lessen your screen time for a week and see if you feel fresher with more sleep and less stress. You’ll end up thanking yourself in the long run.

GRAPHIC BY JANICE CHI

The Fall of Marvel

A Former Fangirl's Perspective

by Lily Quartermaine
Asst. Editor-in-Chief

April 26, 2019: You're sitting in your cushioned seat at the theater, popcorn to your left, fountain drink to your right. There are hushed whispers all around you as the trailers roll. People who don't even care about this franchise are excited. You're about to watch what would soon turn out to be the highest grossing film of all time, "Avengers: Endgame," and it would be the last Marvel movie you cared about.

"Ant-Man" was the first Marvel movie I saw in theaters. I was in fifth grade, and from that moment on, I was hooked. From then on until "Avengers: Endgame," I saw every single Marvel film on opening night. That's 11 premieres, 12 if you count "Venom," which is a Sony film. I had posters, figurines, t-shirts, soundtracks on CD (and vinyl). If you could think of a collectible, I had it. I was absolutely obsessed, which means I'm incredibly qualified to talk about why Marvel has become a complete failure.

Obviously, as you mature, you lose childhood interests. Going into my teenage years, I wasn't as concerned with Iron Man's mortality as I was with pre-calculus homework. But growing up wasn't the only reason I stopped caring about Marvel; in fact, there are three reasons.

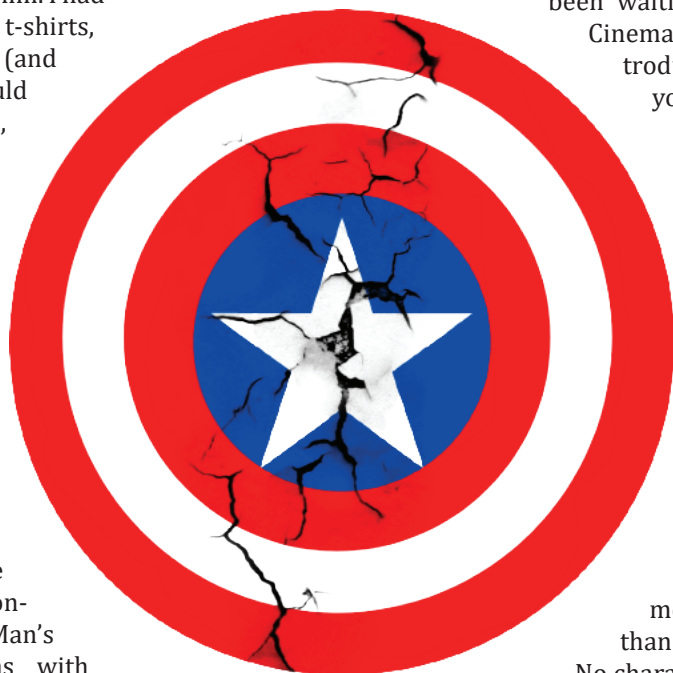
Reason 1: Nostalgia/Character Bait

When you watch a movie, you watch it for the plot. You buy tickets because you're excited to see your favorite characters on screen. You shouldn't buy tickets because of some barely confirmed, rumored theory, although that's exactly what happened with "Spider-Man: No Way Home." The first two Spider-Man films were some of Marvel's best. The coming-of-age aspect provided a relatable storyline for teen audiences: "Spider-Man is just like me!"

However, "Spider-Man: No Way Home" provided the first example of what I deem to be "Nostalgia Bait." The movie was highly anticipated because viewers were expecting to see cameos from the first two Spider-Men along-

side Tom Holland: Tobey Maguire and Andrew Garfield. They did show up, along with their respective villain counterparts. This introduced Multiverse to Marvel, which I'll get into later.

I will admit, it was pretty awesome. The triple Spider-Man team up was one of the last good things to happen to Marvel. However, people seemed to forget entirely about the messy, rushed, and counterintuitive plot that destroyed every ounce of progress that Holland's Spider-Man had made in the trilogy just because Maguire's shining face appeared on screen for all of 30 minutes. It seemed as though this movie was the end of making new memories for Marvel, and the beginning of capitalizing off old ones.



Reason 2: Disney Plus

Disney+ launched Nov. 12, 2019. The first Marvel Disney+ show was "WandaVision," which launched Jan. 15, 2021, and started an incredibly slippery slope of lazy writing. "WandaVision" received incredibly mixed reviews, with the general being that it was an average show. Most people were mainly excited for the direction her character would take in the next movie she would be featured in, which annoyed me. Movies and shows should build anticipation, yes, but that shouldn't be their sole purpose. You should enjoy watching the content of the show rather than it serving as background knowledge for the next big titular film.

After "WandaVision" came "Loki." "Loki" was a completely different tone than any other Marvel project. This also falls into Nostalgia Baiting. Loki is a character that

has been killed three times, with his third death, also assumed to be his final, occurring in "Avengers: Endgame." However, Loki is too attractive and beloved by middle-aged women to be killed, so Marvel wrote a terrible show about him butchering his character in which he falls in love with a female, alternate universe version of himself (yes, that's the plot) to satisfy viewers.

That's not to say all Disney Plus Marvel shows are bad. I really enjoyed "Falcon and The Winter Soldier," and consider this show to be heavily underrated due to the poor audience reception from "Loki" and "WandaVision."

Reason 3: The Multiverse

The Multiverse is a beloved concept. People have been waiting for the Marvel Cinematic Universe to introduce it for years. If you don't know, The Multiverse is an infinite collection of storylines and universes. Essentially, it involves a lot of confusing reality jumping and time travel.

The introduction of the Multiverse has now made the MCU more convoluted than it has ever been.

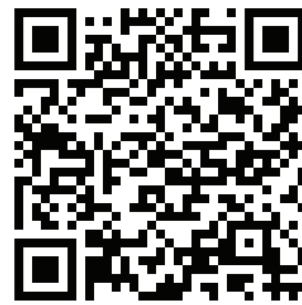
No character's death is concrete anymore. What used to be seen as emotional and hard-hitting plotlines can now be fixed in seconds by a shrug of Doctor Strange's overpowered magic. The laws of reality are broken, which allows for infinite combinations of teamups, and infinite combinations of plotlines. The first big introduction of the Multiverse was "Doctor Strange in The Multiverse of Madness," a movie that received terrible reception.

In the end, I'd love to say that I'm still a huge fan of Marvel after all these years, but I can't. I'll never be able to forget the countless joyful memories Marvel has given me, and for that I will be forever grateful, but I can't continue to watch as my childhood heroes get overtaken by sloppy writing and poor storylines.

Hopefully, in the next few years, Marvel will take yet another drastic direction change, one that sets them back on track. However, until then, they've lost me.

GRAPHIC BY LILY QUARTERMAINE

Visit PVTorch.com



Read about how the Torch staff made Gingerbread Houses together by scanning this QR code.

Spice up your holiday playlist!

Some festive songs you wouldn't hear on the radio



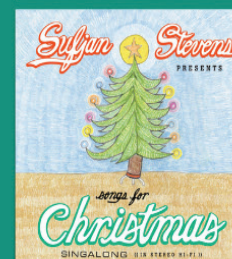
"Feast of Lights" by They Might Be Giants

This fun, indie-folk Hanukkah song contains a fun beat and a strong, unique vocal performance.



"Christmas All Over Again" by Tom Petty and the Heartbreakers

This rock Christmas track is nostalgic of the '90s and will appeal to the whole family.



"Hey Guys! It's Christmas Time!" by Sufjan Stevens

This indie Christmas tune contains a strong guitar-line that contrasts Stevens' light, angelic vocals.



"I Believe In Santa Claus" by Dr. Dog

This psychedelic-rock song contains an infectious chorus, easily becoming a Christmas classic.



"Big Bag" by Tyler, The Creator

The least traditional holiday melody on this list, this hip-hop song fits perfectly into any playlist!



"Is This Christmas?" by The Wombats

This punk-rock Christmas song sports a strong guitar-line that'll bring a kick to your playlist.

GRAPHIC BY TIFFANY YU

PINE VIEW RECIPE BOOK: PRESENTED BY THE TORCH

Nestled in a cranny in the copy room of the library, an unsuspecting file folder sits in the shadow of the cabinets above it. A small pink book sits inside — the Pine View recipe book. Flipping through the laminated peach pages, a shiny, hidden treasure trove of deliciousness can be found. Each page details a yummy recipe from Pine View's history, personalized by former faculty. As soon as one of our staff members stumbled upon this book, we knew it couldn't stay unnoticed. Without further ado, these are The Torch's highlights from the Pine View recipe book, slightly altered for contemporary kitchens.

BY FELICITY CHANG & LILY QUARTERMAINE

PINE VIEW COOKBOOK
FAVORITES

APPETIZER: STUFFED CHERRY TOMATOES

INGREDIENTS:

- 1 package (3 oz.) of cream cheese
- 3 tbsp. sour cream
- 3 tsp. anchovy paste
- 1/2 tsp. onion (or garlic) salt
- 1 tbsp. capers
- 24 cherry tomatoes
- a few sprinkles of paprika

INSTRUCTIONS:

- set cream cheese out to soften
- blend cream cheese, sour cream, & anchovy paste until smooth
- add onion/garlic salt & capers
- wash cherry tomatoes and core
- stuff with cream cheese mixture
- sprinkle with paprika & refrigerate

- SIDNEY WHELAN



ENTRÉE: RATATOUILLE PROVENÇALE

INGREDIENTS:

- 2 med. green peppers (1 lb.)
- 3 med. zucchini (1 lb.)
- 1/2 lb. med. mushrooms
- 1 med. eggplant (1 lb.)
- 3/4 cup salad/olive oil
- 1 cup thinly sliced onion
- 2 cloves crushed garlic
- 4 med. tomatoes (1.5 lbs), peeled and cut into wedges
- 2 tsp. salt
- 1/4 tsp pepper
- 1/4 cup chopped parsley

INSTRUCTIONS:

- wash peppers & cut into halves, remove seeds, cut into 1/4-inch slices
- wash zucchini, cut on diagonal into 1/4-inch slices
- wash mushrooms & slice lengthwise through stems, 1/4-inch thick
- wash eggplant, do not peel, cut lengthwise into quarters, then crosswise into 1/4-inch slices
- pour 1/4 cup hot oil in large skillet, saute green pepper, mushrooms, onion, and garlic for about 5 minutes (until onion is transparent), return sauteed vegetables to medium bowl
- add 2 tbsp. oil to skillet — in hot oil, saute zucchini, turning frequently, until tender, about 10 minutes, return to the same bowl
- add remaining oil to skillet, in hot oil, saute eggplant until tender
- return vegetables to same skillet, layer half of tomato wedges on top
- sprinkle with salt, pepper, and 1 tbsp. parsley, stir gently
- layer remaining tomato on top, sprinkle with 1/2 tsp. parsley
- simmer mixture over low heat, covered (10 minutes), remove cover (5 minutes), basting occasionally until liquid has evaporated
- turn into large, shallow serving dish, serve hot or cold

- PENNY BAILEY



APPETIZER: GAZPACHO (CHILLED SOUP)

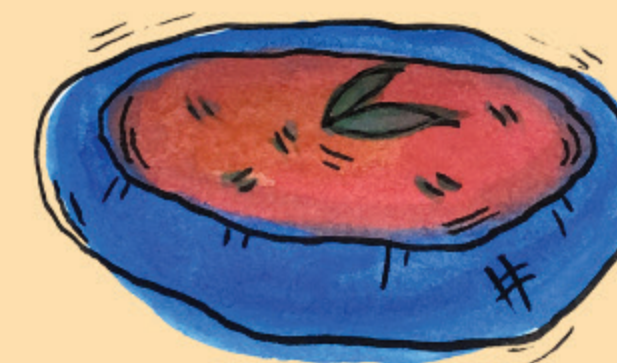
INGREDIENTS:

- 6 large tomatoes (or 10 medium tomatoes)
- 4 slices of white bread (without crust)
- 1/4 cup olive oil
- 1-2 tbsp. vinegar
- 2 cloves garlic
- 1 hot pepper
- salt & pepper to taste
- parsley as garnish

INSTRUCTIONS:

- peel tomatoes in boiling water & cut crust off bread
- place all ingredients in blender, strain to remove seeds
- refrigerate & serve with parsley

- SIDNEY WHELAN



Fun Food Fact:
Gazpacho, also known as Andalusian gazpacho, is a chilled soup commonly served in Spain and Portugal during hot summers.

DESSERT: PUMPKIN TEA BREAD - ANONYMOUS

INGREDIENTS:

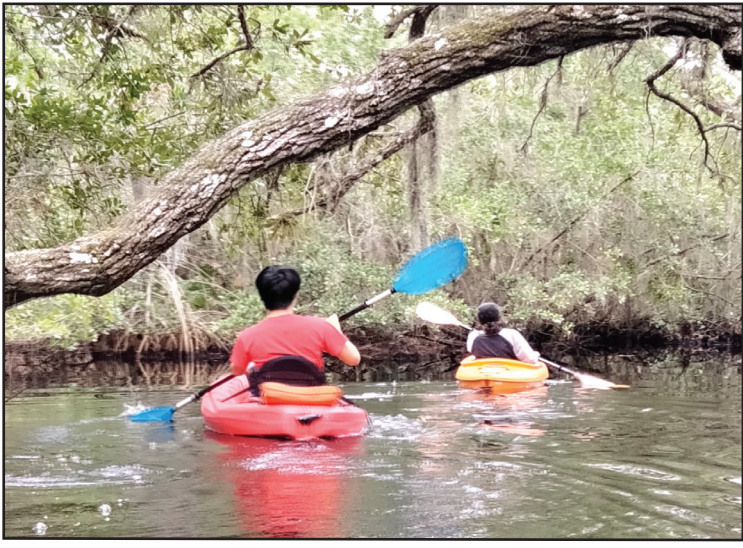
- 3 and 1/3 cups sifted all-purpose flour
- 2 tsp. baking soda
- 1/2 tsp. baking powder
- 1 tsp. salt
- 1 tsp. ground cinnamon
- 1 tsp. pumpkin-pie spice
- 1 can (1 lb.) pumpkin
- 2/3 cup water
- 2/3 cup softened unsalted butter
- 2 and 2/3 cups sugar
- 2 eggs

INSTRUCTIONS:

- preheat oven to 350°F (180°C), grease loaf pans, dust lightly with flour
- sift flour, baking soda, baking powder, salt, cinnamon, and pumpkin-pie spice onto wax paper, set aside
- combine pumpkin & water in small bowl, set aside
- combine butter, sugar, and eggs in a large mixing bowl, beat with electric mixer on high speed (3 minutes)
- stir in flour mixture alternately with pumpkin mixture, beating with electric mixer until smooth
- pour batter into prepared pans
- bake in oven for 45 minutes
- cool in pans on wire rack (5 minutes)
- turn loaves out onto rack to cool completely, slice to serve



Torch Tries: Camping and Kayaking



After the night of camping, tenth-graders Terry Shen and Jiayi Zhu kayak through South Creek at Oscar Scherer State Park. For some, this kayaking adventure was a first, while others had previous experience. PHOTO BY AVA LENERZ



Tenth-grader Jiayi Zhu, ninth-grader Robyn Schoenberg, eleventh-grader Sanya Patel, twelfth-grader Alyson Mizanin, ninth-grader Ava Lenerz, and tenth-grader Terry Shen (left to right) pose on a tree the morning after camping. All hope to see Torch camping become an annual tradition. PHOTO COURTESY OF MR. CHRIS LENERZ

by Ava Lenerz
Match Layout Artist

Blood, fire, and raccoons?! Some members of the Torch Staff voluntarily tried camping over Thanksgiving break at Oscar Scherer State Park, an event that wasn't affiliated with or sponsored by Pine View. It was a night filled with adventure as six teens tried to survive in nature.

Hour One: At 4 p.m. Editor-in-Chief Alyson Mizanin, Managing Editor Sanya Patel, and I, a Match Layout Artist, arrived at the campsite. My dad, Mr. Chris Lenerz, Asst. Match Editor-in-Chief Jiayi Zhu, and Multimedia Editor Robyn Schoenberg were already at the site, setting up the tent.

Soon after, fellow Asst. Match Editor-in-Chief Terry Shen arrived. Mr. Lenerz put him to work right away, making him put the cover on the tent.

We began to blow up the air mattresses we would be sleeping on. We carefully unrolled them, and to our horror, we discovered one covered in a layer of mold!

Mr. Lenerz looked through the tent window in denial and said, "Are you sure that's mold? It looks like dirt."

When we explained it was obviously mold, he sadly came to take the mattress out of the

tent.

Hour Two: We started a fire and then went to the playground. Unfortunately, Mr. Lenerz wanted us to come and help make dinner.

We began to cook our meals, in which Patel became a veggie burger connoisseur and expert douse-er.

Hours Three through Six: We finished our dinners and sat around the campfire, telling stories that'll forever be embed-



PHOTO COURTESY OF MR. CHRIS LENERZ

ded in our minds. We decided what happens at camping stays at camping, so, unfortunately, I won't be able to share them.

Hour Seven: Once we were in bed, Shen said, "My sleeping bag smells like crayons," which was one of the highlights of the trip. Shen also had to adjust to using the "slow leak" mattress due to it having a large hole covered with tape.

When we were all half asleep, we heard rustling sounds outside. The noise came closer until we figured out it was Mr. Lenerz scaring us.

Mizanin remembers she "thought something was

wrong" but was relieved when we found out it was just Mr. Lenerz.

Afterward, Mr. Lenerz, believing himself to be hilarious, walked to his own campsite.

Morning: We woke up at around 6:30 a.m. and drank hot chocolate, tea, and coffee. Another fire was started and we enjoyed eating a breakfast of eggs and bacon made by Mr. Lenerz and Patel.

One thing remained the same throughout the trip: Patel's jokes always stumped Mr. Lenerz as he unsuccessfully searched for a comeback.

To finish our camping trip, we then

packed up our belongings and went kayaking. On our way to the kayak launch, we had to squeeze five people into Patel's car, during which we all became a lot "closer."

We kayaked for about an hour and enjoyed the nature and jokes along the way. Schoenberg won the award for most trees kayaked into.

Conclusion: Overall, the Torch Staff had a lot of fun. We recommend everyone try the camping experience for themselves someday.



Thinking outside the ring

by Sanya Patel
Managing Editor

A bruised, exhausted young man walks triumphantly down a stairwell as the music of a champion plays in the background. It's Rocky Balboa! No, wait — it's twelfth-grader Alex Fernandez, who, as a boxer and wrestler, is a champion in his own right.

After first trying every possible extracurricular sport, ranging from baseball to soccer and swimming, Fernandez still couldn't find the right fit.

"My mom pushed me — she always pushed me to try new sports. That's why I did so many as a kid," Fernandez said.

He was ending basketball when he found boxing. After some research — which, for Fernandez, was watching every boxing movie ever made — he decided to give it a shot.

"I binge-watched all the Rocky movies in one night," he said. "It was awesome."

Fernandez started out at home, with his own boxing gloves and a punching bag to

get the basics down. But when he started, it was unlike any sport he'd ever done.

"It was a full body, as well as mental, preparation," Fernandez said

After getting involved in boxing, Fernandez had a complete schedule change:

waking up early in the morning for training and then training again after school. Because boxing is such a demanding sport, Fernandez notes he needs to keep his mind as clear as possible. He keeps a clean diet to help his body perform to the best of its ability.

Like most physically straining activities, when the alarm buzzes for morning training — or in Fernandez's case, when his opponent strikes him down — he needs to find inner motivation. When asked about his motivation, Fernandez said it comes down to discipline.

"After my first sparring

match, I lost badly," he said. "They say there is no losing in a sparring match, but if there was losing, that was it."

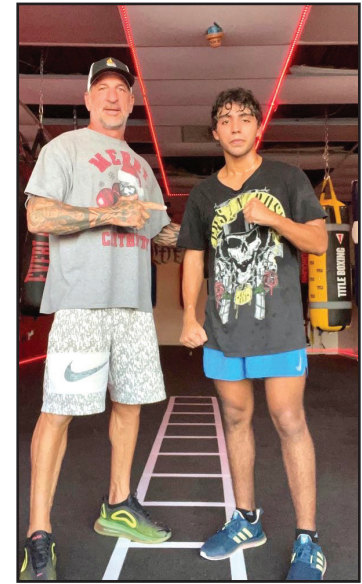
Fernandez even considered quitting boxing altogether when he first began the sport. But with discipline, he persisted and began to fall in love with it.

Fernandez has been training with Chad Surdich, owner of Gulf Gate Boxing, for the past four months.

"He's trying to do his best all the time, always pushing himself and learning and trying to get better at what he's doing," Surdich said. "He's great because he tries to get better each time. Always a big plus for me to see somebody so interested."

Boxing can be seen as an aggressive sport, meaning not many colleges give out any scholarships for it. Even still, Fernandez intends to continue boxing as a hobby. Because of the parallels between the two sports, Fernandez joined the

He's great because he tries to get better each time,"
Chad Surdich,
Gulf Gate Boxing owner



Gulf Gate Boxing owner Chad Surdich and twelfth-grader Alex Fernandez pose for a photo. Fernandez has been training with Surdich for four months now. PHOTO COURTESY OF CHAD SURDICH



Twelfth-grader Alex Fernandez and his opponent stand in the ring in the middle of a match. Fernandez plans on continuing boxing in college. PHOTO COURTESY OF ALEX FERNANDEZ

wrestling team at Riverview High School this year.

"I thought I was in shape because of boxing, but you aren't in shape until you're in wrestling shape," he said

Fernandez plans on continuing his physical journey and boxing in the future.

A Conversation with Niklas Pinto

Delving into the inside scoop of a student football player's life

by Terry Shen
Asst. Match Editor-in-Chief

Ask any of eleventh-grader Niklas Pinto's teammates what Pinto's favorite NFL team is, and you'll get an immediate answer: the Patriots. Pinto wears a necklace with the number 12 on it, a representation of football quarterback Tom Brady's number, as well as Pinto's own jersey number.

Having played football for over a decade, Pinto puts much of his time and effort into improving himself and his team. As quarterback, Pinto knows that his teammates depend him to keep the offense running.

Pinto's story began when he moved to Florida. He began playing flag football before standard football, starting off as a receiver.

"In second grade, I'm playing on a team and our quarterback gets hurt. And I just so happened to have a relatively decent arm," Pinto said.

Because of that experience, he has been specializing in the role of quarterback ever since.

"It's the most unique position in football," Pinto said. "The quarterback and the center are the only people that touch the ball every single play."

Because of the importance of his role, Pinto understands the necessity of putting in the training and preparation hours.

"I practice a bare minimum five days a week. In a season, it's at least six, normally seven. I'll sometimes get a Saturday off occasionally," he said.

Pinto estimates the time he spends on football per day to be five to seven hours. When Pinto isn't on the field, he can be found with football on his mind by "working on new concepts, going over film, and just other activities," he said.

Pinto's freshman and sophomore years were spent at Sarasota High School's football team. However, Pinto decided to transfer to North Port High School's football



ALL PHOTOS COURTESY OF NIKLAS PINTO

team prior to the start of his junior year.

"The atmosphere at North Port is just the greatest atmosphere I could ask for. It's a super tight-knit team. Everyone's close. The fanbase is absolutely incredible," Pinto said. "I throw my first touchdown pass for North Port and you just hear the entire student section just explode."

mean, he's corrected so much of my technique. He's completely improved every little attribute of my game," Pinto said.

With so much time spent on football, Pinto has many accomplishments that he's proud of. He notes that "one of the biggest things I was proud of was the impact I made last season on my seven-on-seven team."

Seven-on-seven is a football game with seven players instead of the traditional 11, and it has different rules from a standard game. After traveling to many different cities, Pinto's team ended up in Los Angeles during spring break of Pinto's sophomore year.

"It was just domination. I think we won all our games by 21 points," Pinto said.

With a serious commitment to playing a team sport at a high level, one might wonder how Pinto balances schoolwork with football.

"I kind of embraced the work that comes with it," Pinto said.

On top of all his athletic commitments, Pinto is also very dedicated to his academics, which is reflected in the fact he took AP Calculus BC as a sophomore.

"I'm going with academics and athletics. I kind of have the two headed dragon," he said.

Pinto also has advice for others who aspire to pursue a sport: "Just go do it. There's no reason you can't. Just keep working hard. If it's meant to be, it's meant to be."

Just go do it. There's no reason you can't. Just keep working hard. If it's meant to be, it's meant to be,"

Niklas Pinto, eleventh-grader

Hunter Brewer, a nose guard at North Port's football team, described Pinto as "a great teammate and a friend to have. His personality is awesome; he's always positive and never negative."

Brewer recalls his first impression of Pinto: "This guy's really good."

Pinto started working with his coach Adrian McPherson last December. McPherson is a former professional football player and was drafted by the New Orleans Saints in 2005.

"He's been absolutely a game changer for me. I



Eleventh-grader Niklas Pinto talks to his offensive line on the sidelines during a game. Pinto switched from the Sarasota football team to the North Port one before his junior year.



Pinto, who has been playing quarterback since second grade, looks on during practice as a teammate participates in drills. Pinto cites Tom Brady as his football inspiration.



Pinto looks for an open receiver at practice. Even when not playing football, Pinto spends a majority of his time going over film and thinking about new concepts, in addition to his rigorous academics.

A Day in the Life of a Hallmark Movie Character

by Jiayi Zhu
Asst. Match Editor-in-Chief

9:00 a.m.

I clock in for my first day working at the bakery. I just moved back to my hometown, looking for a fresh start after life in the big city. After I was first eliminated from the Great British Bake Off, I promised I would never let myself get hurt like that again. I know it had nothing to do with my baking skills, and everything to do with my lack of British accent. Ever since then, it's almost like I've lost the meaning of Christmas.

10:00 a.m.

My mom visited me at the bakery. She told me that the town needs a baker for the annual Christmas festival. She's also the mayor (we couldn't afford to hire another actor), so it's on me to uphold the small town's shining, nonexistent reputation. She also told me that I need to find a man, but that's the last thing I need! Nevertheless, I start preparing for the festival.

11:00 a.m.

Customers at the bakery are screaming at me because I'm too busy preparing.

The town's annual Christmas festival is the next best thing from the Great British Bake Off, and I refuse to sacrifice any time not working on it. There's this especially angry man right at the counter, so I give him my homemade plum pudding to hush him up. And people say I don't have Christmas spirit...

12:00 p.m.

Update: apparently, the plum pudding was deathly undercooked, and now I'm at the hospital with this random stranger. Because I guess I'm responsible. I feel so guilty! The town will go into shambles if I'm not baking for the festival, and I'll lose my second most important claim to fame. I have so many more important things to do right now, and he's just being dramatic.

1:00 p.m.

Still at the hospital. Can this guy just wake up already? Maybe if I just give him a single dry kiss?... You know, like in "Sleeping Beauty?" Disney movies aren't really my scene. It's my only option at this point.

2:00 p.m.

It worked. His name is John Walker. He works in finance, has a dog, and is like

no one I've ever met before. I wasn't really expecting this to amount to anything, but Camila Cabello started singing "I'll Be Home For Quismois" in the hospital and snowflakes started falling from the ceiling. It was perfect. Best of all, he doesn't even remember that I'm the one who gave him the plum pudding!

4:00 p.m.

Sorry for the lack of updates! I haven't had the time; Johnny and I have been a little busy in the past two hours planning our wedding. I've moved into his studio apartment and continued working on my baked treats. I also legally changed his dog's last name to match mine. Hope that's okay with him.

5:00 p.m.

I unlock the door to the bakery. It's my pride and joy, if you ignore all the tasteless one-star reviews on Google Maps. All my dreams have come true, and I have learned the true meaning of Christmas. It's the most wonderful time of the year.

Not only that, I successfully finished baking treats for all the town to eat and enjoy. I'm so in love, it almost feels like we are the only people still alive.

GRAPHIC BY JIAYI ZHU

Hallmark Movie Starter Pack



Big-city baker returns to small hometown for holidays

Characters realizing they're in love with 20 minutes left in the movie



Average-looking man as the main love interest

Camila Cabello singing "I'll Be Home For Quismois" in the hospital



MEME OF THE MONTH

Only in Ohio - Pine View Edition

This meme originated in 2016 from a meme called Ohio vs. The World. It came back in 2022, when TikTok users started uploading videos of unique occurrences, stating that they happened "Only in Ohio" while playing the song "Swag Like Ohio" as background music. These memes have since garnered millions of views.



Only in Pine View (Spinoff)

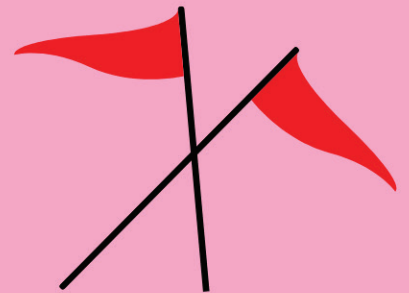


Only in Pine View will you find a journalism student chasing you down for some photos.



Only in Pine View will you find a person dragging an alligator off campus.

PINE VIEW TEACHERS'
RED FLAGS



Christopher Pauling

- Owns 100000000 discs
- Iowa native
- C3 story...

John Schweig

- Plays the xylophone mid-lesson
- Dimly lit classroom

Elizabeth Loyer

- Only wears all black
- Prioritizes D&D games over school events

Mark Mattia

- A walking red flag
- Golfer
- Jets fan

Blake Wiley

- His classroom speaks for itself
- The soccer ball.

Megan O'Mahony

- 2014 Tumblr vibes
- Refuses to use left side notebook pages

GRAPHIC BY LORA RINI

Language Confusion

by Terry Shen
Asst. Match Editor-in-Chief

In order to promote the learning of languages for students, Pine View World Language teachers recently embarked on their own language learning journeys. The idea was that by seeing the differences in languages taught at Pine View, teachers would be able to better communicate with and understand each other, as well as improve their own classes. Unfortunately, this plan failed miserably.

The first lesson was Spanish. The French and Chinese teachers all gathered to learn the language spoken by over 20 countries. After learning the basic "hola" and "adios," they moved onto more advanced vocabulary. Some professors were confused when it came to the food unit. The new learners simply couldn't understand why the Spanish teachers would say "I am milk" when they said their favorite drink was "Soy milk." They also couldn't understand the Spanish teachers' comments on why the most patient fruit was "es pera" ("It is a pear" [Spanish pun for wait]).

Next up was Mandarin Chinese. To start, they learned customary greetings and common expressions.

After the teachers finished their seven sheets of character practice, they enjoyed Jay Chou's newest music and participated in a Gimkit that reviewed everything they had learned so far.

The French department won the Gimkit, and when complimented by the Spanish department said "哪里哪里" ("Not really," [also translated as "where? where?"]), using one of their newly learned phrases.

The Spanish department said "这里·这里·和这里" ("Here, here, and here"), much to the dismay of the Chinese teachers. It seemed like the Chinese teachers needed to do some more teaching.

Last but not least was French.

"France is more than the Eiffel Tower, French Fries, and baguettes," the French teachers said. "We have good music, movies, and fashion. That's why Canada speaks the same language as us."

Slowly, the teachers began grasping the concept of conjugations of the French language.

"This isn't that bad," the Chinese teachers said.

"Yes, French is very simple and useful. That was just present tense, let's move onto past tense," the French teachers said.

The learners quickly got headaches.

At the end of the learning period, the teachers gathered together and discussed and compared their experiences, hoping to settle for certain which was the best language.

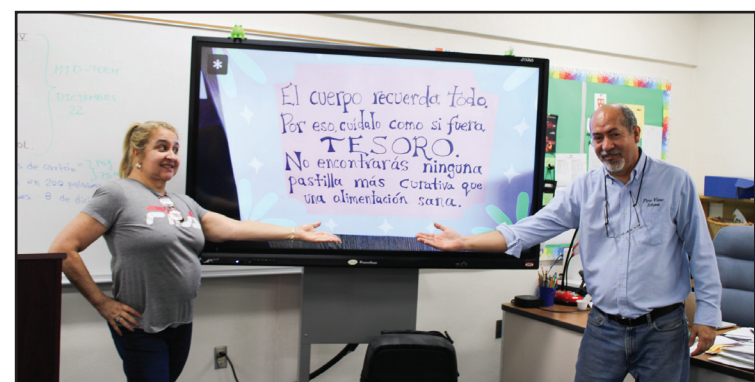
Each language department started to encourage the other language teachers to learn "the superior language" (which, invariably, always ended up being the language that they themselves taught).

"Chinese is the best because it's the most spoken language in the world!" the Chinese teachers said.

"It's too much work, having to remember the characters and the pronunciations," the French teachers said. "French is clearly the best because it connects you with the profound culture. That's why it's called the 'language of love.'"

The Spanish teachers said, "Why don't you guys just surrender? Just think about it — Spanish is obviously the most useful language in America!"

Looking into the future, it appears as though for the time being, Pine View will unfortunately not be hosting another inter-lingual event anytime soon.



Spanish teachers Lourdes Perez and William Mancera make their case for Spanish being the best language. PHOTO BY TERRY SHEN



Chinese teachers Ying Guo and Kitty Wang high-five and fist-bump for their victory. PHOTO BY TERRY SHEN



French teachers Maggie Higgins and Dean Ball spread French's message of love in the language competition. PHOTO BY TERRY SHEN

The Importance of Staying Informed

by Liam Dingman
Visual Design Editor

Whether through parents, teachers, or the media, it's been ingrained in our minds that staying informed is one of the responsibilities of a citizen. But between school, homework, sleep, and even jobs, it's understandable why teenagers wouldn't want to spend their extremely limited free time watching the news. However, in just four years, almost all current high schoolers will have the opportunity to vote, making keeping up with the news one of the most important things you can do.

Although free time may be limited, it isn't as hard as some believe to stay informed, and you don't even need to set much time aside in your day to do so. Keeping up can be as simple as playing National Public Radio (NPR) on the radio while driving to school or choosing to listen to news instead of music, even if it's only for 20 minutes.

Staying informed can also be as simple as following and

checking in on a couple of accounts on social media. At the time of writing this, my Instagram feed consists of talk about the legendary week 10 Vikings vs. Bills NFL game and off-season baseball news, along with headlines from the Washington Post about national and global events. In less than a minute of scrolling, I learned important information just because I follow the Washington Post.

However, while following an account on Instagram is a great first step, diversifying your sources is also important. Some well-known news sources report primarily on a nationwide scale, without much discussion about international or local content, which are both just as important. NPR member stations are an easy way to incorporate local news into your routine, while the BBC Global News Podcast provides 30-60 minutes of international news each day.

And although knowledge is its own reward, the benefits of keeping up with accurate news

may be greater than you think. According to the findings of an article published in the International Journal of Environmental Research and Public Health about health information during the COVID-19 pandemic, "higher satisfaction with the health information received was associated with a lower psychological impact of the outbreak and lower levels of stress, anxiety, and depression." The research article goes on to say that accurate health information with evidence is important as it combats the harm of rumors and "adverse psychological reactions."

Furthermore, leading up to elections, the news informs voters of what's at stake. This is especially important for young voters, since, according to the Unit-

ed States Census, only 51.4% of

to vote in the 2020 presidential election, the lowest of any age group. Compare this to 76% of the 65-74 age group voting, and it's apparent how underrepresented young people are in elections.

With issues like climate change heavily affecting younger people, it's important to make your voice heard, and important issues to you will likely be discussed in the news, allowing you to make a more informed choice about candidates.

In today's age, keeping up with the news is as important as ever, and with all the ways to stay up to date that technology has provided us with, there's no excuse to stay in the dark about global and national events.

How do I incorporate news into my routine?



Turn on radio stations like NPR on the drive to or from school

Listen to news while doing activities like homework or chores



Follow news-related accounts on social media platforms

[staff editorial]

Going 212 creates steam, but also pressure

Imagine your average school day as a student.

Leaving a day of endless lectures, only to find an exhausting number of after-school activities and a bottomless load of work. Losing hours of sleep and clumps of hair studying until three in the morning for that sweet academic validation that high grades give. Drowning in a sea of assignments, standardized test scores, college essays, and extracurriculars, trying to be the model student that peers, family members, teachers, and colleges ask for.

This is the cycle many students at not only Pine View but also schools around the country have fallen into — this mentality that we'll never be enough unless we embrace overachieving, even if it tears us apart.

Overachieving is defined as achieving more than expected or standard, which is not a poor thing in itself.

In fact, Pine View encourages this, as one of its main philosophies is built on the foundation of pushing oneself to achieve greatness. This philosophy compares students to water, dictating that with a single extra degree or extra bit of effort, water can boil at 212 degrees and turn into steam, powering mighty steam engines that change the world. This philosophy doesn't

revolve solely around grades, but instead means to motivate growth in multiple facets of students' lives: friendship, volunteering, or exploring a new subject area.

The intent of this philosophy was to encourage students to succeed and excel. However, this along with

dents losing themselves in the process. In reality, the cycle of toxic overachieving is detrimental, and it's imperative that it's acknowledged and action is taken.

The education system is no stranger to mental illness — our student body is united in a tense environment that, bit by bit, picks away at our mental health. This constant pressure builds up, leading to mental illness — in 2016 alone, according to the National Alliance on Mental Illness (NAMI), 16.5% or one in six youth (6-17 years) in the United States experienced issues with their mental health. Although all youth are at risk for mental illness, students with an "excessive pressure to excel" were identified to be among the students most at risk in a 2018 report on Adolescent Wellness done by the Robert Wood Johnson Foundation.

Overachieving students are significantly at risk for developing mental health illnesses as they're pushed to their limits to meet or exceed the impossible standard of the "model student." This "model student" has a 4.0 GPA, impactful extracurriculars, and a standardized testing score in the 99th percentile, ultimate-

ly allowing them admission to the top colleges and at the end of the tunnel, a high-end career.

Trying to meet these expectations through overachieving can throw students into a negative mindset where they base their self-worth on a series of numbers. They fall into a cycle where they constantly strive to be perfect and fear failure, often leading to depression and anxiety. According to the Suicide Prevention Resource Center on the Consequences of Student Mental Health Issues, poor mental health completely alters students' lives, not only impacting them in school but also reducing their quality of life. From the CDC on Mental Health, mental health worsens physical health by raising the risk of conditions such as heart disease, diabetes, and stroke.

Students are not only the heart of the education system but are the future of the world, so it's crucial that we tackle this toxic mentality of overachieving. But how do we accomplish this task?

In order to realize this, several changes must be made: increased discussion of the topic of toxic overachieving in mental health programs, increase in guidance counselors, lowered expectations of students, and shared encouragement and support for students.

It's imperative that the entirety of the education system, not just Pine View, focuses on this issue, as toxic overachieving puts the mental health of students at stake.

We've made strides in this beneficial direction over the years in the development of mental health modules, though further implementation of programs that encourage students to pursue healthy achievement while also supporting students in classrooms would only help more. This system must act on its role of protecting students, as without this support, toxic overachieving will bear a heavy cost on all students.

This issue must be addressed; it's necessary that not only the education system but also the students take action.

To students, quit pushing yourself to your very limit while pursuing what others want for you — instead, pursue what you want for yourself. Use this time you have to connect with your family and friends before entering adulthood because you'll never get these years back. Care for your mental health and develop healthy coping mechanisms that allow you to achieve highly in a healthy manner.

Unfortunately, it's hard to break out of this cycle of toxic overachieving — it traps us until we're pushed to our limits and become burnt out. Society doesn't help; pressure to achieve absolute perfection is only increasing.

But, consider this: even if water doesn't reach 212 degrees and boil, it still has the power to erode rock and move the greatest of mountains. You don't need to constantly overachieve until you break yourself in order to reach success.

GRAPHIC BY KAI SPRUNGER



Let the kids breathe

by Alyson Mizanin
Editor-in-Chief

In a world where information abounds with a few clicks or keystrokes, never before have there existed more opportunities to engage in formerly inaccessible social and political conversations. Log onto any social media platform of your choosing, and a never-ending stream of informative videos and graphics can be curated to appear alongside posts from friends and family.

This social media evolution has widespread impacts across all age groups. In his book "The Organized Mind: Thinking Straight in the Age of Information Overload," McGill University psychology professor Daniel Levitin found that in 2011, the average American interacted with five times the amount of information as their 1986 counterpart did, with an abundance of this newfound information heralding from our increasingly digitized society.

Twelve years later, our online presences have grown immensely, and our risk of information overload — the phenomenon the Pew Research Center describes as an anxiety surrounding the growth of information accessibility — has

tagged along with it.

Young people are directly contributing to this development of information dissemination. San Francisco's KQED Education and the PBS News-hour Student Reporting Labs collaborated in a 2021 research study to find that 45% of young people post or share different forms of online content relating to social, political, and environmental issues on social media.



Activism pages like @genzforchange on TikTok and @impact on Instagram reflect this growth; each have accrued millions of followers on their respective platforms.

Growing up as this progression takes the internet by storm, it's easy to feel as though one's social media experience must revolve around the pursuit of constant up-

dates and new, provocative headlines. Forming opinions on groundbreaking issues and tumultuous developments goes hand in hand with this mentality; we may fall into the trap of thinking that if we're not actively staying updated and informed, how else are we to get involved in the world we're about to enter upon high school graduation?

The reality is, we deserve a breather. Our world of non-stop updates has afforded us countless opportunities to understand more about our communities and, in turn, ourselves, but when unchecked, it can eat away at our free time and burden us with a desire to mobilize and enact change — even when we're powerless to do so.

Allowing ourselves to take a step back is essential. This isn't an excuse to avoid educating ourselves or to ignore difficult issues; instead, it's an opportunity to not lose ourselves in the whirlwind of constant streams of information.

As high schoolers, we can't expect ourselves to have fully formed, nuanced opinions on every single issue. Sometimes, it's okay to just not know yet.

GRAPHIC BY ALYSON MIZANIN

From Lindsay, with Love *Remember who you represent*

I want to talk about something that's a very relevant point in our district at this time. It's something that I've been struggling with, something that has brought me a lot of discomfort over the past few weeks.

I don't want to be used as a pawn in a game, and I don't think anyone else wants to be either. The quality of our lives shouldn't dangle by a string and be held at stake because the people in power place their political fancies over our futures.

Our school board recently voted 4-1 to negotiate the resignation of our superintendent, Dr. Brennan Asplen. This is our county's second scandal when it comes to a superintendent in just three years and lurches us, the students, into a tumultuous era of education.

This is just one example of the modern tug-of-war in politics between integrity and scheme, between true passion for filling a role and using the shell of that position to advance your own motives. I find myself reflecting on the existence of this same tug-of-war after the midterm elections.

How can we, as US citizens and future voters, be sure that our best interests are represented? Looking at the bigger picture, it's not just quality of education teetering over a precipice, but quality of life as a whole. Reproductive rights and marriage rights are just two of the things that we fear losing throughout this divulgence of true motives in politics.

It's unclear exactly how the change in the school board will play out, as well as the fu-



Lindsay Luberecki
Opinion Editor

ture of our state government, our US Congress, our Oval Office, but I find myself questioning: are we entering a time of puppet figureheads and their masters? A time of danger? Who are politicians really thinking about when they ascend to their positions — us or themselves?

On a different note, I want to express my sympathy with Dr. Asplen and the way that he was treated. I may not agree with him politically on every note, but it's undeniable that throughout COVID-19 and a major hurricane, he has held the school district together. He's been faced with unimaginable difficulties during his relatively short time in the position. It's also important to remember that students have struggled through these same issues, which is why I'm feeling so concerned about what's to come.

However, I urge my fellow students to not become discouraged. We can't change the place where we live or the people that run it. Instead, we can take control of our own education and lives, learn what we want to learn, and pursue what we want to pursue. Don't let anyone stop you from doing that.

[student voices] Should there be an increase in minimum wage and if so, why?



Jordan Heller, tenth-grader
Works at Meliora

"I definitely think it should because all the students that are working also have to deal with school on top of work... Dealing with both school and work can be a lot, so I just think that students deserve more money than they're getting paid."



Cem Turkomer, twelfth-grader
Works at Starbucks

"I think as a short answer, yes... I would say that a reasonable increase would be fair from what it is now... At the end of the day if we're increasing it so high, it's not giving anybody any more money, but I think if we give people a livable wage it's the only right thing to do. I don't think [people should be] forced to work two jobs or rely on other people or the government to live."

"Honestly, I don't think it should be raised because when the minimum wage is raised, the companies raise their prices which causes general inflation... If the minimum wage were to go up, the amount that employees would gain would be counteracted by the prices rising, so it really doesn't matter."



Courtney Nelson, eleventh-grader
Works at Publix

PHOTOS AND INTERVIEWS BY CAMILLE WRIGHT

the Torch

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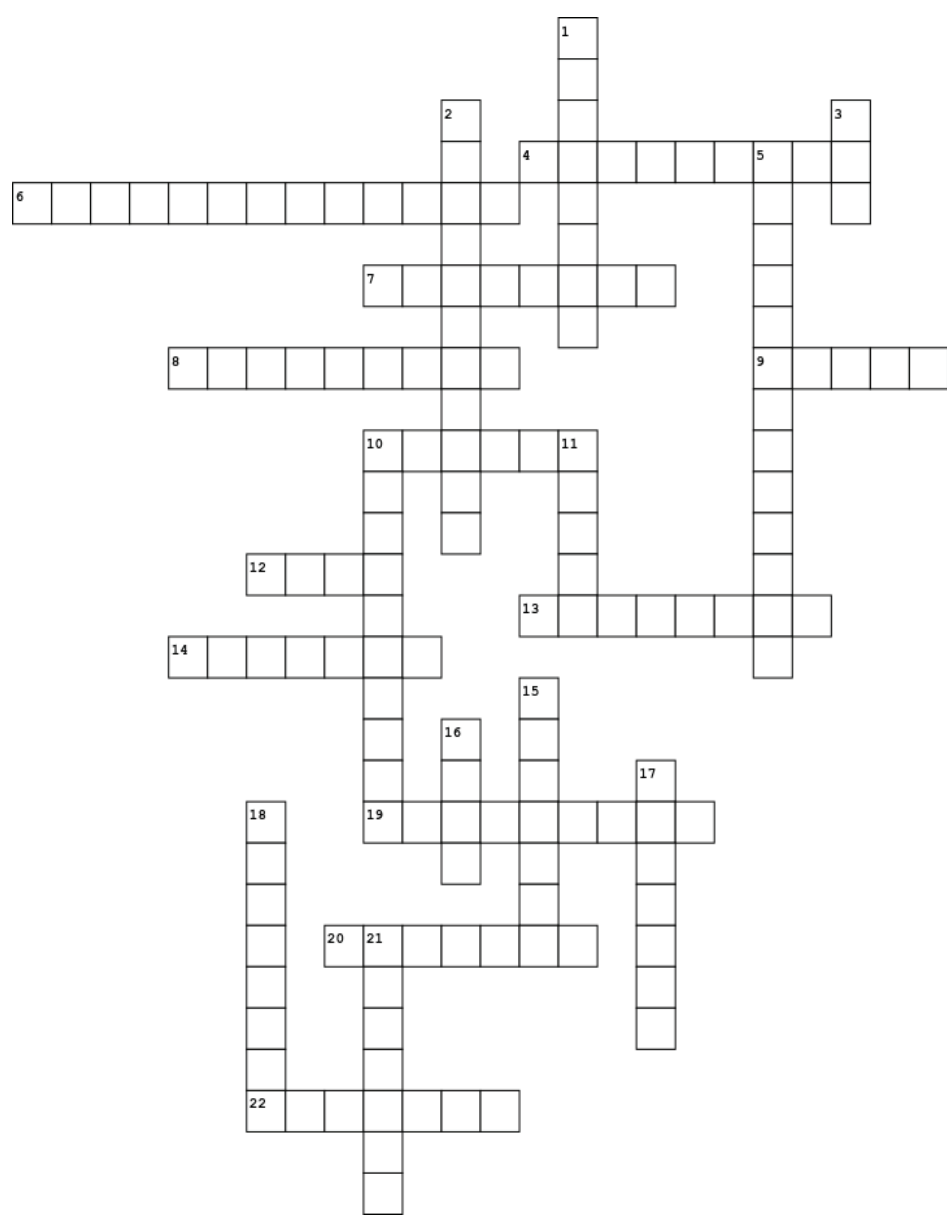
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CROSSWORD

Hints correspond to information shared in the stories throughout this issue, including through QR codes. The first person to bring their completed version to Room 117 in Building 17 will win a \$5 gift card. Good luck!



across

down

- 4. Surname of only person to have a Violin of Hope on long-term loan
- 6. Action where one continues viewing social media content without end
- 7. Type of match Alex Fernandez said he "lost badly" in
- 8. Effect where brain forgets tasks once finished
- 9. Type of power SS4C wants to implement at Sarasota High School
- 10. NFL team that drafted Niklas Pinto's coach in 2005
- 12. Origin of "Only in Pine View"
- 13. Nathan DeSouza said, "This is a Torch Tries, not a Torch _____" when making his Gingerbread house
- 14. Type of game Class of 2024 intends to host as fundraiser
- 19. What the "S" in RSV stands for
- 20. Most spoken language in world
- 22. City where Stefani Sweitzer danced for charity event

- 1. Camila Cabello sings "I'll Be Home For _____"
- 2. Disney+ show with mixed reviews
- 3. One in _____ youth experience issues with mental health
- 5. One of two major problems with modern cancer treatments
- 10. Online resource Megan Remo provides during Lunch and Learn program
- 11. One of three substances fire alarms detect
- 15. What Terry Shen said his sleeping bag smelled like
- 16. Color of the Pine View recipe book
- 17. First name of tenth-grader at Siesta Stroll
- 18. Chilled soup appetizer
- 21. Country Boys & Girls Clubs of Sarasota & DeSoto Counties volunteered for four days within

Fireside Chats with Alyson

Cherishing the little things

After years of feeling as though it was some faraway, unattainable point, my final semester at Pine View is right around the corner. My seven-year journey at this school has brought many highs, a handful of lows, and an abundance of "middle" points, and I've learned that it's within those latter times that the best — albeit smallest — things happen. And it all started with an hour-late bus.

Donning crooked glasses and twiddling a wrinkled map of campus in hand, my introduction to Pine View was my first day of sixth grade. I walked off the bus and into Nelly Greig's Spanish class with only five minutes left of third period.

By the time Greig dismissed our class, I was reconsidering my choice to even leave the bus that morning. Almost in tears, I stopped a passing student and asked for directions to my next class: Kathy Shepler's Portable 1. The student said she was a senior and that she remembered being in my shoes. She led me to Shepler's room and bid me goodbye.

I can't recall ever seeing that girl again. I've looked in the 2017 yearbook, but I can't discern her from those in her graduating class. That moment, however, is one that welcomed me to Pine View — the ups, downs, and everything in between.



by Alyson Mizanin
Editor-in-Chief

Seven years later, there exist elements of 11-year-old me in the person I've become, and I owe so much of that

Seven years later, there exists elements of 11-year-old me in the person I've become, and I owe so much of that evolution to Pine View.

evolution to Pine View. It's the little things — like the smile that girl gave me as she walked away — that stand out the most from over this time.

I've come to discover that the Pine View experience is shared smiles between class periods, quick

waves in the halls, and wide-eyed moments of recognition when running into and officially meeting someone you'd otherwise only seen around campus. Cherish those moments; days, weeks, years later, you'll be grateful you did.

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