

SPARK

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Cover Photo provided by Isabel Georgieva

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Staffers Eighth-grade Journalism Class
Seventh-grade Journalism Class

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The Fight Against Social Media

By Christopher Kovacs

Social media is very popular among middle school students. Many commonly use apps like Discord, TikTok, and YouTube. Sometimes this can affect a student's mental health, habits, and grades negatively.

For this reason, a bill was passed by the Florida Legislature which would have restricted social media for children under the age of 16. The bill would have banned anyone under the age of 16 from having a social media account.

Governor Ron Desantis eventually vetoed the bill on March 1, but it's still worth taking a closer look at what almost became law.

The bill defined social media in an interesting manner: "[Social media] does not include an online service, website or application where the predominant or exclusive function is: a. Electronic Mail b. Direct messaging consisting of text, photos, or videos that are sent between devices by electronic means where messages are shared between the sender and recipient only, visible to the sender or recipient, and are not posted publicly." The only social media the bill would ban sites like Discord, Twitter, YouTube, and TikTok, all of which allow posts to be seen by and/or replied to by anyone. This allows for things like texting to remain a communication method for teens.

This means that communication for teens would not have been restricted by this bill, which many people had worried about.

The bill also said that interactive gaming, where users would still be allowed to post videos, photos or messages publicly would not be banned, along with several online shopping programs that allow a user to "upload a post and comment on reviews". This clarified that programs with similar functions to social media will not be banned.

An account would only have been deleted if there was reasonable knowledge that the account was owned by someone under the age of 16. A parent could have contacted the website to delete their child's account and it must be done in under 10 business days. The information of the account holder would not have been retained by the site after termination, but the bill did not clarify whether that applied to all methods of termination of the account. This bill was a popular topic here at Pine View. Seventh-grade technology student Ryan Lahey braced for the potential changes.

"There is one thing that [the bill] will change [since] a lot of people have YouTube channels and those would get deleted," he said.

Lahey has a YouTube channel with around 120 subscribers, and if the bill had gone through, this would presumably have been deleted. The problem is that once he would get 1000 subscribers, he would be able to make money with YouTube, which would be very helpful to him, but the bill would have deleted all his progress towards this goal. Some would argue that the money would be useless at this age, but he plans to put it toward college funds, which are very important.

It wasn't just students who had concerns about the bill. Allen Regar, a guidance counselor here at Pine View, also had some concerns. While wanting to reserve judgement on the bill, he did question how effective it would be.

"The community should make consumers more knowledgeable. The reason I say that is that the law might not accomplish its goal. Teens are very smart and will probably find a way around it." Regar said.

House Speaker Paul Renner was passionate about this bill, so a similar bill may be suggested in the future.

***Please note that this bill is still progressing in the time since this was printed, so keep updated further via local news sources.**



GRAPHIC BY CHRISTOPHER KOVACS

Building Community...

Peer Mentoring Club

By Diya
Panthulu

Stressed out? Confused about academic topics? Then Peer Mentoring Club is the place for you! Tenth grader Lanie Fineman recently reintroduced the Peer Mentoring Club, a club aimed to educate middle school students and help them with anything academic.

“I wanted to help connect our middle and high school students with one another to create a stronger sense of community,” Fineman said “It’s a beneficial way for middle schoolers to build relationships with older students and gain overall confidence.”

With great intention, fabulous mentoring, and great leadership, this club is very beneficial to middle school students

“Right now we’re still growing...but we’re working on expanding...All middle school students who are interested are welcome to join!” Fineman said, “the main goal of the club [is] to really create relationships between high school students and middle school students, as well as making a positive impact on campus.”

Even though the club just started five months ago, the club is already getting students involved. The club’s current project is the Pop Positivity Wall.

Fineman said. “The Positivity Wall is going to be on the second or third floor of Building 17, and...We’re going to have various positive messages designed on the wall created by the students in the club. It’ll be inspiring positivity on campus that students can see when they’re walking through the hallways.”

Meetings are typically on the third Wednesday of each month in English teacher Wendy Hazlett’s room (204).

“It’s perfect for students who may want help navigating schoolwork, learn tips to manage their time, decide the best clubs or sports, or just want to talk to a high school student and learn what’s ahead at Pine View.” Fineman said.



Peer-mentoring club members pose with lollipops while at club. Peer-mentoring club, that was re-started this year by Lanie Fineman passed out lollipops with positive messages before midterms. Currently, they are working on creating a positivity wall. PHOTO PROVIDED BY LANIE FINEMAN



Students in Peer-Mentoring Club posing for a photo in 2021. The club dissolved a few years ago, and this is its first year back since then. PHOTO PROVIDED BY AVA LENERZ

School Start Times Are Changing

By Rebeka Filko

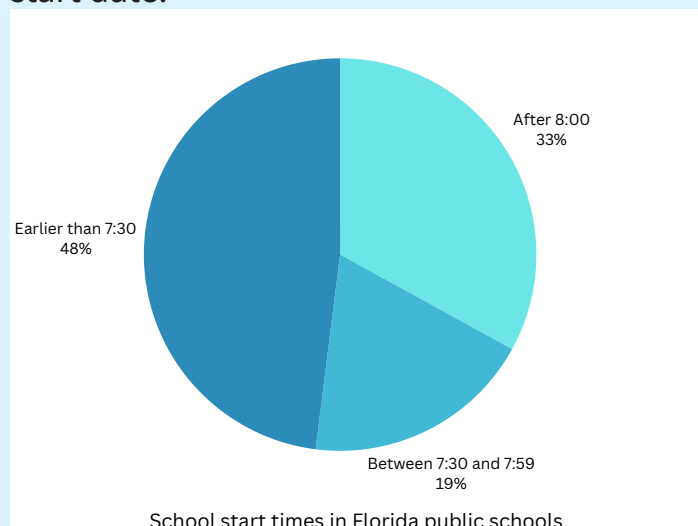
Middle schools are not allowed to start the "educational day" sooner than 8 a.m., according to a new law signed by Governor Ron DeSantis. Whereas high schools are not allowed to start the school day before 8:30 a.m.

School districts will have three years to create plans since the start times must be adopted by the 2026–2027 school year.

The bill specifies that the school board of each district must notify the community, including parents, students, teachers, administrators, and athletic coaches, about the advantages of later school starts and the negative effects of sleep deprivation on middle and high school students' health and safety.

Each district school board needs to talk about methods that are practical for the local schools to carry out the later start hours with these groups.

Additionally, the new rule states that August 10 is the earliest day on which schools may begin which is already Sarasota County's start date.



Volunteer Interviewed

Dian Thompspon

How long has Dian been volunteering?

Since her kids were in 6th grade - they're sophomores now!

Dian's favorite item

Lucky Dip; it's always a bargain!

What is the weirdest item you have ever been asked for?

A shower Speaker; and the school store delivered!

Why should you volunteer at the school store?

- It's fun!
- You get to meet new peers
- It helps you be involved in our community



Student Life

The Adventure of Horseback Riding

By Alakh Bhatt

Abby Williams, a seventh grader, is stirring up excitement with her passion for horseback riding. She began her journey at age seven with Kani Schram, a fellow student who graduated in 2022. Riding together for four years, Williams now finds herself enjoying the equestrian life at True Blue Farms for the last six months.

Williams takes safety seriously, thanks to Schram's lessons. She learned how to fall off safely and stay in control, even when a horse caused a minor arm injury. But that didn't stop her—Williams still finds the thrill of riding delightful. "I was bucked off by a horse once and mildly hurt my arm, but compared to some of the other injuries I could have gotten, I was very lucky", Williams said.



Abby Williams riding her horse, Bently, at True Blue Farms. She started riding when she was seven.
PHOTO PROVIDED BY ALAKH BHATT



Williams poses with Bently in his horse stall at True Blue Farms. Williams helps groom and care for Bently.

Williams' love for horses goes way back, even before she started lessons. While she's the only rider in her family, Williams cherishes the time spent with friends and her horse buddies. Isabell Werth, a renowned rider with many medals, is Williams' inspiration. Williams dreams of following in her footsteps and becoming a champ one day.

At True Blue Farms, Williams' go-to horse is Bently. They ride together once a week, and sometimes, a friend from the barn joins in on the fun.

She said, "My favorite part of horse back riding is just being around the horses and having fun with them and my friends."

Competitions haven't come Williams' way just yet, but she's considering giving it a shot. While she doesn't have any awards under her belt, Williams finds joy in the simple pleasures and challenges that come with riding.

Williams said, "Some challenges I faced when learning how to horseback ride was getting to know the horses I was riding... You have to know how your horse moves and how they react to certain things."

Fear isn't a big hurdle for Williams. She trusts her horses and knows how to handle any situation, thanks to Schram's guidance. At Pine View, Williams, the seventh-grade equestrian, is leaving her mark with each hoofbeat.



FENCING JOURNEY: CALDER DAILEY

Amidst the rhythmic clashing of steel and the tapping of feet on the ground at SRQ fencing, Pine View sixth grader Luke Vu has found a place where he can not only improve his fencing skills, but also meet friends and coaches.

Like many other students, Luke started his fencing journey at the encouragement of his parents. He soon found out, however, that fencing was the sport for him. While it may look relatively simple in practice, fencing requires a level of skill and discipline that is unlike any other sport.

“There are multiple types of fencing - there’s Epee, Saber, and Foil,” explained Luke. He chose Saber because it “looked cooler than the others,” however all are great options. In Saber, movements are split up into attacking and blocking. “Whoever is moving forward at that time is on the attack,” he explained. Then the opponent can either choose to block and then attack or jump back and then attack.



6th Grader Luke Vu (left) faces his opponent a fencing competition. Though he hasn't won any, they are his favorite part of fencing.



At SRQ fencing center, 6th grader Luke Vu practices for his next tournament with his partner. His coach (right) watches them to help them improve.



Posing for a photo with his friends at SRQ fencing center, 6th grader Luke Vu (second from left), holds his blade of choice, the Saber. Luke has been doing fencing for about a year now.

Practices are a crucial part of fencing that help students apply and build their skills. At SRQ Fencing Center, practices are on Monday, Wednesday, and Friday every week. Luke explained that at practices, “There’s warmups where you can do lunges, pushups, jogging, etc. and then you might start fencing other people” These practices are crucial to build the necessary skills for competitions.

Tournaments also play a key part in fencing. Right now, Luke is only competing in local competitions, but there are also state, country, and even worldwide competitions. Because of this, there is no lack of competitions near Sarasota. “There’s practically tournaments everywhere,” said Luke. This abundance of tournaments means that students get to pick when and where they want to compete. Some fencers compete every few weeks, while others take months in between to rest and prepare for the next one.

Luke’s entry into the world of fencing is still in its early stages, and because he only recently started entering in competitions, he hasn’t yet claimed a victory. Despite this, tournaments are his favorite part about fencing, and he will continue to train hard to build his skills and hopefully win a tournament.



Sci-Tech

Navigation Systems — From Then to Now

By Daniel Michael

Navigation is a science that has been evolving over the centuries with new innovations changing how people travel. From using natural electromagnetic forces to man-made satellites, people have been, and will continue to improve the science of location.

About a thousand years ago, people started using an innovation by the Chinese to find their way. It was called the compass. Using the magnetism of the Earth, the compass showed you the direction you were facing and was a massive aid to people traveling overseas.

Fast forward to the late twentieth century, and Garmin, an American-Swiss company, was just founded with a goal to create a navigation system that could readily be used to help mariners navigate the seas. In 1991, they released the GPS 100, which was targeted toward aerial and marine navigation. It later became extremely popular.

The Cure for Cholesterol

By Anna Zhang

In America, two out of five adults have high cholesterol levels. Having high cholesterol problems can lead to health issues such as heart disease and strokes. Cardiovascular diseases include diseased vessels, structural problems, and blood clots.

High cholesterol causes fatty deposits to build up in one's blood vessels. After these deposits grow, it is difficult for the blood to flow. High cholesterol can be inherited but it is sometimes caused by unhealthy life choices. A healthy diet and regular exercise can help in reducing cholesterol.

Creating plaques that block blood vessels, inclisiran turns off the gene PCSK9, which boosts the liver's ability to remove harmful cholesterol from the blood. A vaccine was progressed by scientists at the University of New Mexico School of Medicine. Called Inclisiran, it reduces LPL cholesterol in the blood.



Before the compass, people use celestial bodies, such as Jupiter (shown in photo), to navigate the world. PHOTO BY DANIEL MICHAEL

However, Garmin was not used for long trips. Caroline Gannon, a sixth grade World History teacher, described what it was like to go on long trips. For a fee, AAA Insurance could plan a long-distance trip. Many techniques considered “old-fashioned” today were still used just 20 years ago, such as asking for directions and paper maps.

Now, there are several more modern programs to help you find your way. One of the most notable is Waze, which was released in 2009. It has several improvements from the first GPS, with a speedometer and a warning system, which allows users to report police, accidents, and hazards on the road.

Regardless, after several centuries of innovations, it is now much easier to travel, whether it's to Publix or to the other side of the planet 10,000 miles away.

Unlike Statins, Inclisiran is taken as an injection under the skin. The injection is taken twice a year after being given the first three months. Not being available to all, Inclisiran is only offered to patients that have had earlier cardiovascular problems and in whom Statins have not proven beneficial.

NHS England says Inclisiran, whose brand name is Leqvio, could prevent 55,000 heart attacks and strokes by 2031.

Glossary

Lipoprotein- A conjugated protein that is a complex of protein and lipid

Statins- Any of a group of drugs (such as lovastatin and simvastatin) that inhibit the synthesis of cholesterol and promote the production of LDL (low-density lipoprotein)-binding receptors in the liver resulting in a usually marked decrease in the level of LDL and a modest increase in the level of HDL (high density lipoprotein) circulating in blood plasma

Springtime at Pine View

By Nathan Zhan

Springtime is always filled with the sounds of birds chirping, baby animals, and pollen. However, why and how behind the sights, sounds, and smells of spring may be a mystery to some, so we reached out to our very own David Yotsuda who teaches 6th and 8th grade science and sponsors Pine View's Nature club. With his qualifications and experience, he knows springtime quite well. Here are some common springtime questions that Yotsuda was kind enough to answer:



Why is spring always associated with more offspring?

Yotsuda: "Animals reproduce more often in spring because of the warmer temperature and the increased availability of food."

Why is spring considered a season of allergies?

Yotsuda: "Some trees, like pine trees, are beginning to pollinate with male cones. Oak trees will drop their leaves soon, then they are going to flower, and then they will release their pollen."



How does springtime affect alligators?

Yotsuda: "They're cold-blooded, so they must have warmth for energy. In the wintertime, they're not as active, whereas in the spring they are. This is usually when they have mating season because of the availability of food."

Alligators are one of the animals most associated with Florida, but gators are more than just Florida's state reptile. They also keep Florida's ponds free of invasive plants and keep other animal populations in check by preying on them.

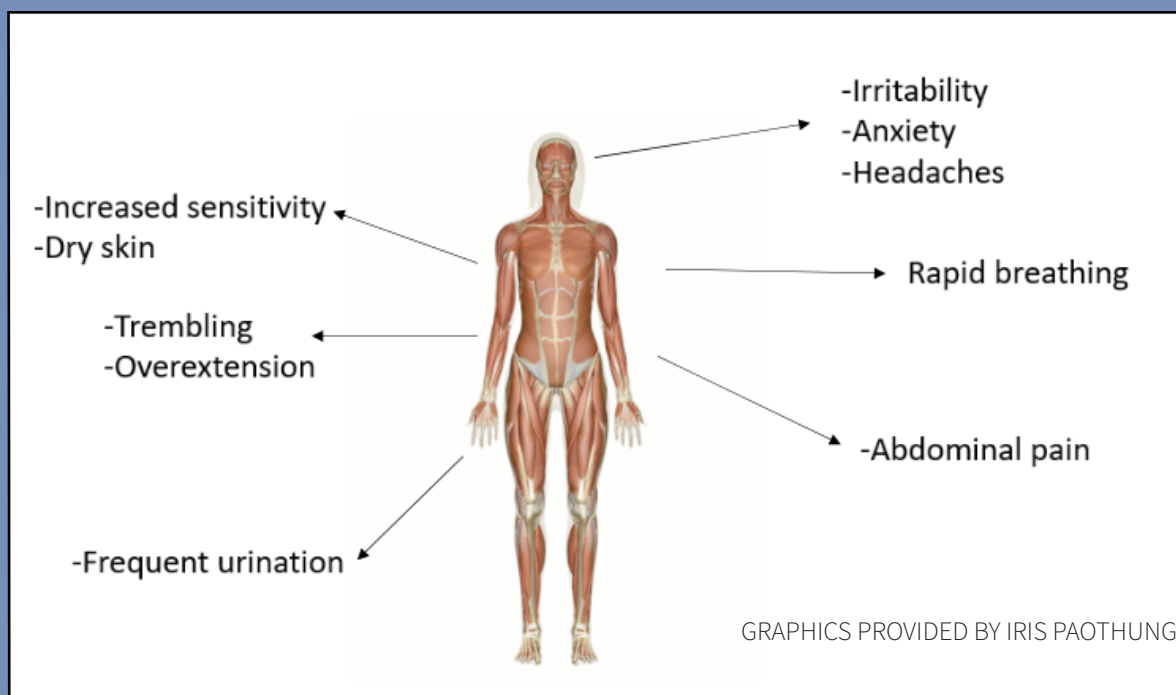
The Negative Effects of Caffeine

By Iris Paothung

Effects:

Caffeine can affect your health in many negative ways. According to healthline.com, it can result in high blood pressure and cause headaches and dizziness. Stated by “Medical News Today”, caffeine can also cause insomnia; which can lead to high levels of anxiety, ADHD, diarrhea, an upset stomach, and overreactive bladders.

Nurse Misty Wells-Wimbish, a nurse at Pine View, adds that caffeine to be a negative effect because it “creates irritability for children” and sleeping problems for them as well.



Prevention:

To prevent kids from having these negative effects and avoid caffeine, Wells-Wimbish said, “I think it’s important to give them a good alternative, healthier drinks like apple juices, cranberry juices, water, to give them other alternatives besides caffeine”. She also said that physical activities like cardiovascular exercise will help keep the body healthy.



COURT *kings*

By Adrian de Chevron & Varshini Ganesh

The Pine View boys basketball team has had some good teams over the last several years, but they hadn't won the county championship since 2010. That all changed the evening of Thursday, January 25, when the boys went to the Riverview High School gym and avenged their only loss of the season by defeating the Venice Chargers 38 - 29 to claim the county trophy!

After that first loss (45 - 43), the players and coach, social studies teacher Scott Wolfinger, stayed calm and stayed focused on winning.

"Mr. Wolfinger really helped us by being there during practices and helping us train to our limit," eighth-grader Will Wooden said.

The team bounced back and started piling up wins. As they continued to work hard and see success, they started to believe that they had a chance at winning the championship.

"I started to think we had a chance at winning when

we beat Booker," eighth-grader John Mahrous said.

During the regular season, the Pythons outscored their opponents by an average of 22 points, in large part due to excellent defense. A key part of that defense was eighth-grader Oliver Mankovich, who led the team in steals, helping Pine View to give up the fewest points per game in team history.

Mankovich didn't let up in the championship—his suffocating defense helped the Pythons jump out to a big lead in the second quarter.

Wolfinger mentioned that another eighth-grader, Stephen Morrison, played a key role in the victory. Morrison led the team in points (17) and rebounds (11).

However, in the end, it took a team effort to get to hoist the trophy overhead,

and Wooden summed the teams attitude up this way: "No one believed in us, so we went out and shocked the world."



MILES *and* MEMORIES

By Karson Pham

Shoes stomping against the asphalt and heartbeats rising; this is a sign that the track season has begun.

Eighth-grader Luke Calleja specializes in shotput and discus. Calleja's older siblings Joe and Rose Calleja have represented Pine View School's track team in the past and are the reason why Calleja joined.

Balancing academics and athletics, Calleja dedicates time after school to practicing shotput. He said he feels well-prepared for meets. "I am not that nervous, I have been practicing a lot, critiquing my form, and trying to increase my throwing power for both shotput and discus to try and maximize my throwing distance," Calleja said.

Seventh-grader Daniel Lewis is also a part of the

Pine View track team and runs the 400m and 800m. Lewis's dad ran in his free time but stopped; along with his sister who ran for the Pine View track team but didn't stick to it. Lewis usually never runs for fun, which has led him to compete competitively for the track team.

Waking up early isn't the most appealing thing but Lewis finds motivation from his friends since he gets to hang out with them while having friendly competition along with it. Like Calleja, Lewis also feels confident going into meets.

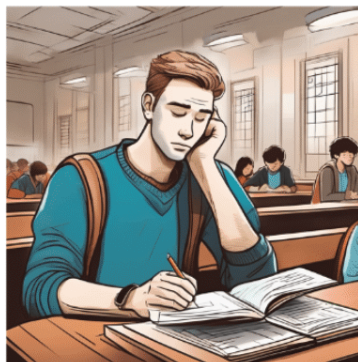
"I know how fast I am and how fast I can be. Track meets are ways to show your real speed, so a crowd of friends cheering you on makes the early practices worth it." Lewis said.

By Nour Kurczek

The school day turned upside down

Mrs. Methodical, a punctual teacher, ensures smooth school operations. However, seventh-grade student Jacob arrives late and faces a classroom full of expectant gazes. Mrs. Methodical announces an upcoming excursion to explore the school's abandoned theater, causing Jacob anxiety and anticipation. He realizes he is unprepared for the tests scheduled for that day due to his academic struggles.

During the exploration, Jacob encounters an old mirror in the room, which engulfs him in a disorienting blur. When his vision clears, he realizes he is now inhabiting the body of Mrs. Methodical. This encounter highlights the challenges faced by students, especially those who struggle to balance academic responsibilities with their daily lives.



graphic by Rebeka Filko
made in Pixlr

Jacob's POV:

Lost in a whirlwind of confusion, I found myself swapping bodies with my teacher, plunging into a surreal experience. Despite the initial shock, I managed the class with determination, striving to maintain normalcy. Throughout the day, I struggled with teaching tasks, fearing I'd forget homework or lose control. Seeking help, I checked the teacher's files, finding some relief in their organization.

Facing a crucial meeting unprepared, anxiety rose, and I became preoccupied with personal worries. Suddenly, a flash of light ended the strange experience, returning me to my own body. Grateful for normalcy, I reflected on the day, learning from the teacher's organization and vowing to apply it in my life.

Mrs. Methodical's POV:

Just a regular day at school turned upside down when I, Mrs. Methodical, found myself in Jacob's body. We switched after discovering a strange mirror in the attic. Coping with Jacob's messy ways was a real challenge. Despite my urge to tidy up, I had to act carefree like him. His friends even pushed me to break rules, but I stuck to emphasizing responsibility.

As the day went on, I felt more and more out of place in Jacob's body. Suddenly, a flash of light brought me back to my own body. Reflecting on the experience, I realized how much I learned about understanding others. This swap made me a better teacher, ready to relate to my students' struggles.



graphic by Rebeka Filko
made in Pixlr

Climbing Mount Everest... with a Züca



BY JAXON HEID

One fateful day, I wanted to accomplish something more. The task – climbing Mount Everest. If I can climb 2 flights of stairs at school, then Mount Everest is clearly the next step.

I needed to train for the occasion. I would recommend 3x10 rolling backpack one-arm rows. I also needed to raise money for the climb. So, I set up a lemonade stand in my backyard and made a record-breaking \$300,000 in a matter of two weeks.

The Everest climb was a long and difficult journey. The rolling backpack wasn't navigating the terrain well, but then my training kicked in.



Box Office?

By Jaxson Heid



Rated PG

“The Garfield Movie” is a stand-alone, animated movie directed by Mark Dindal that is set to release May 24, 2024. “The Garfield Movie” portrays Garfield, with all his lasagna loving and Monday-hating characteristics, in 3D animation and voiced by Chris Pratt. The plot of “The Garfield Movie” has him meet a street cat named Vic. Vic takes Garfield and his best dog friend Odie on an action-packed heist. This movie may be an improvement of Peter Hewitt’s “Garfield: The Movie”, which received bad reviews for portraying Garfield’s comic book persona poorly.”

“IF”, or “Imaginary Friends,” is a stand-alone, animated movie that is set to be released May 17, 2024. Ryan Reynolds stars as a main character, along with Cailey Fleming. The premise of “IF” is that a girl named Bea, played by Fleming, gained the ability to see imaginary friends and other people’s imaginary friends. She becomes friends with an unnamed man that lives upstairs from her apartment, that she finds shares his ability. Bea then goes on a fantasy adventure to rejoin lost IFs with their original “owners.”



Rated PG



Rated PG-13

“Kingdom of the Planet of the Apes” is the long-awaited 10th entry to the “Planet of the Apes” movie series that will be released May 10, 2024. Starting in 1968 with the original “Planet of the Apes,” the “Planet of the Apes” series has expanded for more than half a century. The original Planet of the Apes movies were created from 1968 to 1973 and can still be streamed today from Apple TV or Prime Video. After the original 5 movies, a reboot of the first “Planet of the Apes” movie was made in 2001. Now, we have the modern Planet of the Apes series debuting in 2011 that we know and love today. The main protagonist of the Rise, Dawn, and War of the Planet of the Apes, Caesar, will not be returning in this fourth installment. The movie is set after Caesar’s reign as the ape king in the first 3 movies.

National Days in March

By Andrew Fera-Taga

Hopefully you had a chance to enjoy some of these foods this year! If not, mark your calendars now for next year!



“Pi is extremely useful in math!”
-Sameera Velagapudi

“Pecans are delish...”
-Diya Panthulu



Pictures Provided by Unsplash

Gaming Equipment

By Albert Fung



Most people love to play video games. But how important is it to find the right gaming equipment? Some may not think so, but eighth-grader Ethan O'Donnell says otherwise.

“I think the most important part of finding gaming equipment is research,” he said.

O'Donnell would recommend prioritizing several types of equipment depending on what types of games you play. A mouse should be the first priority of a person who plays accuracy or target games. A good option would be the Glorious Model I, priced at around \$60.00. A keyboard would also be an important addition for a person who would play rhythm games. It should be built just the way you like, and that sometimes involves buying parts from various brands.



Another important part of gaming is audio. Whether you prefer headphones or speakers, there are plenty of options for both. For example, priced at around \$80.00, the Logitech G435 is a good option. As for speakers, priced at around \$150.00, the Razer Nommo is a set of two Bluetooth speakers that gives spatial audio. If you like to stream, a microphone is a must have. An option would be the Razer Sieren Mini, which costs about \$50.00.



Pictures Provided by Amazon

Solo VS TSQUAD

by
Faith Downie
& Albert Fung



Kofi Addae (7)

Do you prefer to work individually or in groups?

"It's just better... I can also just work with friends."



Elena Kerrick (8)

"I prefer to work individually... mainly because of past experience I haven't been able to rely on my group mates... I find individual work better because I can focus on one thing at a time instead of worrying about everyone else's work."

Pros AND CONS

Individual

PROS

- Allows you to work at your own pace, build time management skills
- Easier focus
- Independent responsibility, thinking, and creativity

CONS

- May take more time for tasks to be completed
- Can be more stressful
- Not as many chances for communication skills

COLLABORATIVE

PROS

- Often more efficient
- More solutions, different perspectives
- If the group needs a leader, it's a chance to build leadership skills

CONS

- May be easier to get distracted
- 'Groupthink' - making decisions as a group that can discourage individual creativity
- Some members might not do their fair share of work

International Women's Day

By Nairiyat Takenova

WOMEN IN HISTORY

By Mason Mach

- Arguably the world's first novel, "The Tale of Genji," was written by Japanese noblewoman Murasaki Shikibu around A.D. 1021.
- Women invented the: windshield wiper, industrial lathe, non-reflective glass, the dishwasher, an ice cream maker still in use today, and a new petroleum refining method, just to name a few.
- Since 1995, every president has declared March Woman's History Month, usually with a proclamation on its importance.
- You have heard of Rosa Parks, but 15-year-old Claudette Colvin, did the same thing on the same bus system nine months earlier.
- Marie Curie is the only woman to ever have received two Nobel Prizes, in physics and chemistry.

In March, we celebrate multiple days; National Dentist's Day and even National Chocolate Caramel Day. Taking place in Russia, through strikes in WW1, and highlighting female achievements, International Women's Day has a diverse history to unpack!

In the present day, we strive to recognize the crusade for equality and accomplishments made by every strong female. The trailblazers, inventors, authors, and many more inspirational figures still give many the hope and confidence they use to accomplish their dreams.

Clara Zetkin, a German socialist and feminist, played a significant role in initiating International Women's Day. During the International Conference of Working Women in Copenhagen, Denmark, in 1910, Zetkin proposed the idea of International Women's Day on February 28.



It's important to note that International Women's Day did exist before February 28, just on a different date. That date was February 23, the day that Russian women began a strike for "Bread and Peace" after the death of 2 million Russian soldiers in WW1. This was the date February 23 in the Russian calendar, but not the commonly used Gregorian calendar, and in that calendar, the date the strike commenced was on March 8. The date was changed to March 8 in 1975 after the United Nations first recognized International Women's Day.

Zetkin's influence helped solidify this day as a symbol of women's solidarity and empowerment worldwide.

At Pine View, social studies teacher Carol Lavallee dedicates a day of her curriculum to educating about this important event. Lavallee points out another significant event in March, National Medal of Honor Day on March 25, recognizing Dr. Mary Edwards Walker, a woman who received the Medal of Honor for her service during the Civil War.

Lavallee emphasizes the importance of recognizing women's contributions globally, challenging historical perceptions of women's inferiority. She

underscores that every woman has the potential for greatness, debunking stereotypes about women's capabilities compared to men. As Lavallee aptly states, "Not every woman is equipped to be on the front lines, but neither is every man."



Eileen Cabrera

By Yatharth Kakkad

PHOTO BY YATHARTH KAKKAD



Photo of Mrs. Cabrera

To the left corridor of the front office, two rooms down, and past the door with her name inscribed upon it, is the office of Eileen Cabrera. As a teacher on Special Assignment (high school administration), Cabrera is immersed in education and leadership.

Naturally accompanying such success is a source of inspiration, and when asked about some of the female role models in her life, Cabrera said, "I would say my mom and my aunt were my greatest female role models... From my mom, I learned the importance of being able to be

flexible and there for your family, and from my aunt, I saw her go into a very corporate career that involved a lot of leadership."

Cabrera elaborates how she was fortunate enough to not face any gender discrimination during her school or work. She attributes this to the field of education "being a community that embraces everyone, but especially women."

To some of the females at our school, Cabrera said that she hopes her leadership can teach that it is important to have firm boundaries, but at the same time, make those who you work with

understand that you care for them.

"My number one piece of advice would be that you can do anything," Cabrera said, "...so find out what gives you a feeling of fulfillment and inspires you. Do the best you can and always have a dream of what you want to do next."

By Felix Ratner

Lana Marcotte

PHOTO BY FELIX RATNER

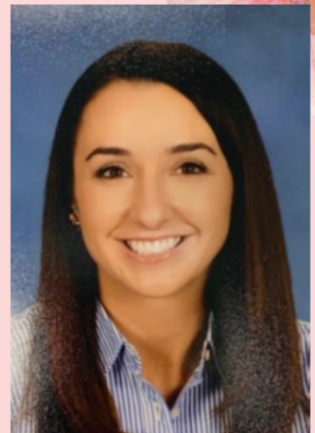


Photo of Mrs. Marcotte

Women have helped drive change for thousands of years, and this continues on our Pine View campus. There are many female role models and leaders at Pine View, and one of the most prominent is our Assistant Principal for Curriculum, Lana Marcotte.

To her, the way she achieved success in her career and life began through her mother. "[Her mother] devoted much of her life serving others...and instilled confidence and self-worth in me." Marcotte said. Her mother was a nurse, and helped show Marcotte some ways to be a good, dependable, and excellent role model for others.

Marcotte wants to hopefully model to young women how to be

successful and persevere through the struggles of adolescence and adulthood. She wants to help the girls and young women at Pine View to excel and thrive and hopes that she can achieve this.

She hopes she can serve as someone who can steadfastly support girls and young women in achieving their dreams, and as advice said to "Never let others determine your worth and be kind to yourself as we are often our own worst critics. Always advocate for yourself and trust your intuition."

Hali Flahavan

By Isabel Georgieva

PHOTO BY ISABEL GEORGIEVA



Photo of Mrs. Flahavan

There's a lot you may not know about Pine View's teachers. For example, did you know that Science Teacher Hali Flahavan was originally a business major? On the surface, we may see our teachers as conductors who guide the symphony of confusion in our heads into a more manageable sequence, or captains who steer us towards a night of hitting the books in search of knowledge, or maybe we just see them as "the people who teach."

While the latter definition may be the most prevalent, there's so much more to learn about when it comes to getting to know those who are dedicated to inspiring students.

Shannon Hickey is a senior at Pine View. She is currently Pine View's only female Class President.

When asked about why she applied for president, she said, "I saw a lot of lack of spirit in our grade, and I'm normally a very enthusiastic person. So, I really wanted to see some change in that aspect and make the people in my class feel more united."

Hickey had another reason for applying for president: funding graduation. With inflation causing prices to continue rising, graduation this year wouldn't be possible without the help of Hickey and many others.

An advantage of being Senior Class President is getting one of the best parking spots, which impacts Hickey every day. However, a downside of applying for this position is the workload. She

While the latter definition may be the most prevalent, there's so much more to learn about when it comes to getting to know those who are dedicated to inspiring students.

Female teachers may have experienced oppression and discrimination for pursuing what they feel drawn to. So, in honor of International Women's Day, Spark chose to jump into Flahavan's journey of what it's like to be a female in a male-predominated subject: science.

"[When] it comes to science, I feel like I don't only teach it, I know the science and appreciate the science that's going on in the world. So, I feel fairly confident in my



PHOTO BY VARSHINI GANESH

Photo of Shannon Hickey

not only has to deal with homework and studying, but also with the responsibilities of being president.

Last year's Senior Class President was a boy, and when Hickey was questioned about her current experiences of being a female president, she responded, "I think there is a little difference, because the last president was a boy. And I feel like people have less respect for me as a girl, but I don't let that stop me!"

Hickey said that Pine View does a pretty good job with giving boys and girls equal opportunities "but there is a societal pressure on girls to perform at school that

ability as a science teacher," Flahavan said.

As someone who went back to school to earn her master's degree and achieved teacher of the year, Flahavan finds that she wants to educate students how to learn rather than just what to learn.

Flahavan also adds that her focus on STEM and encouragement towards girls seeking fields in science and math make her hope that she is a role model for young females, adding that she hopes to be a role model for girls because of "...[Her] focus on STEM and encouraging girls to succeed in science and math and not feel like it's a male dominated field. And then with the STEM fair, helping girls do research."

What goes beyond "the people who teach?" The women who have uplifted generations everywhere have been underestimated as just that. On March 8th, we take a moment to recognize all the strong females.

Shannon Hickey

By Varshini Ganesh

most boys probably do not think about. It is as if respect is given to boys but earned by girls."

Hickey said people tend to expect more enthusiasm from Hickey because of her gender. She finds that people listen less to girls, which has retrospectively given her the skills to manage a crowd and make decisions for the collective whole.



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