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jhop

**J.HOP
TIMES**

John Hopkins Middle School
St. Petersburg, Florida

pcsb.org/jhoptimes



See



me



**Stereotyping
hurts
everyone.**



**Can we
change the
way we see
each other?
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NEWSROOM 3 STAFF: From left, kneeling: Graciela Ladera, Kaylee Pedigo; Front row: Kayla Anderson, Angelina Saenka, Chloe Meyers, Hadassah Eborda, Halle Link, Lindsey Gavornik; Back row: Donovan Glover, Christian King, Cur'Necia Martin, Krysta Brayton, Ajla Kuc, Jaiden Jones, Ioana Gaganelova.

J.Hop Times staff

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NEWSROOM 3 | PERIODS 1 & 4

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Graciela Ladera, Kaylee Pedigo, Angelina Saenka, Chloe Meyers, Lindsey Gavornik; Back row: Donovan Glover, Christian King, Cur'Necia Martin, Jaiden Jones, Ioana Gaganelova.

NEWSROOM 2 | PERIOD 8

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NEWSROOM 1 | PERIOD 3

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The aim of the *J.Hop Times* is to fairly and honestly report the news, and to provide a forum for students, faculty and staff.

Here's how you can be heard

Write a column, letter or draw a cartoon (keep it clean, no profanity or name calling.) Spell and fact-check your work. We reserve the right to correct any factual or grammatical mistakes. Sign your work and bring it to our newsroom in Building 5-113.

Note: There is no guarantee your work will be published.

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For more news, go to pcsb.org/jhoptimes

IB should be a choice – not a requirement

Some of us may still be in shock from having to have foreign language and gym classes, but what else will this whole IB thing change?

Officially, JHMS is becoming certified as an IB MYP school, a three-year process. MYP is the Middle Years Programme, a worldwide education program “intended to prepare students ages 11-16 for the two-year IB Diploma Programme” offered in high school, according to their website.

Mr. Brown assures us that the program will give the school an “international feel,” but we already have a diverse student body, so we're aware of many different cultures. Of course IB will give us a boost in academics, but could all of these extra requirements actually be taking a toll on our enrollment numbers?

Students might be interested in the magnet programs we have to offer, but don't want to be a part of the IB program because of the extra academic pressure. This summer

when I looked at my new schedule, I had all “IB MYP” classes and I just thought, “When did I sign up for this?”

Signing up for the IB Programme should be like any other magnet program at JHMS. It should be more competitive to attract students who actually will take it seriously. Automatically enrolling every student just makes kids resentful. They feel blindsided.

At St. Petersburg High School, the IB Programme is highly competitive, and that works for the students who want a challenge. The rest of the school has traditional and honors classes. J.Hop might win in the long run by having traditional, IB and magnet classes. My concern is that if all students are a part of the MYP Programme, its rigor will suffer, and kids will get too frustrated and not want to come to J.Hop, which affects enrollment.

JHMS has a lot to offer already, and making the IB programme a magnet rather than all-inclusive would attract students looking for competitive academics and boost the overall grade of the school.

And maybe then, students will believe JHMS is a great place to be.



AJLA KUC

J.Hop Times
Editor-in-Chief

Your letters

Fights are getting out of hand

I wouldn't say J.Hop Middle School is a great place to be because there are several fights that happen at this school. For example, there were two fights at Peace Day, and I think that's disrespectful because it was supposed to be a day of nonviolence.

Elijah Quintanilla, sixth grade

Skipping must be stopped

I believe that there should be a better watch on the students who are skipping classes. These students disrupt classes, are missing their schoolwork, and sometimes are mean to students in the halls. This causes a huge problem to our school. I think

that the cameras should be monitored more and the kids who are skipping should get the punishments they deserve. If we get the students back in class, they would learn more and maybe do better on the standardized tests, (which would bring the school grade up.) This would make John Hopkins an even greater place to be!

Marissa Baney, seventh grade

Electives need more recognition

The *J.Hop Times* is good, though I do think that they need more articles about what the elective classes are doing. This is because all the classes are doing different and exciting things. Talking about the electives could give more excitement to the newspaper.

Jada Calhoun, sixth grade

Trumped

BY KAYLA ANDERSON
J.Hop Times Assistant Editor

It's one for the books now.

The long-awaited 2016 U.S. presidential Election Day came, and with it followed anxiety, tears and stress. Many are dumbfounded that billionaire and reality TV star Donald Trump is our newly elected leader.

But he is. And what, exactly, will President Trump really bring to the table?

Well, for starters, Trump has plans to build a wall along the Mexican border to stop immigrants from entering the U.S. And he plans to force Mexican President Enrique Pena Nieto to pay for it.

“They're bringing drugs, they're bringing crime, they're rapists,” he has often stated about our neighbors to the south, failing to understand that Mexican immigration has actually slowed and reversed in recent years. There is no “threat.” Many find these types of remarks by Trump to be racist and bigoted.

Continuing to explain his immigration policy, Trump would also seek to ban Muslims from entering the U.S. That is a dangerously xenophobic attitude. America is a country of immigrants.

What can we expect on climate change? Well, Trump thinks climate change and global warming are “not some of the biggest problems we have.” He wants to cancel the U.S. commitment to the Paris climate change deal, an agreement involving about 200 countries.

But climate change is a worldwide problem that needs to be dealt with by all nations. The U.S. should be leading the way to solutions. Trump believes otherwise.

How does Trump see the role of the U.S. in world affairs? For starters, Trump would tear up and abandon the nuclear deal with Iran. The long-negotiated deal, however, is a safeguard for the world.

And he wants to reduce the amount of money from the U.S. that goes into supporting our allies in NATO, a group of member nations that help to protect each other against threats from other countries. He believes that those countries must spend more on their own safety.

Many are uneasy about Trump's relationship with Russia and its leader Vladimir Putin. Some believe that Trump may allow Putin to meddle too much in U.S. affairs. That would be very dangerous.

And finally, Trump's standpoint on the economy brings some challenges.

He has proposed a 45 percent import tax on goods shipped from China to the U.S. He believes that would force businesses to keep their manufacturing in the U.S. Trump also has plans to renegotiate foreign trade deals, making them more favorable to the United States. That sounds good, but it could dangerously backfire and cause the U.S. strained relations with other nations, which is a bad position in a global economy.

The fact that Donald Trump won the election is incredibly surprising and disappointing. Americans will most certainly have to deal with a president that is outspoken, brash and often reactive and unpredictable.

The best we can do is hope for the best and prepare for lots of bumps in the next four years.

See me

She has glasses so she must be a nerd.

He's really short so he can't be good at sports.

She looks Asian so she must love noodles.

That teacher can't possibly know how I feel because he's old.

BY AJLA KUC AND KAYLA ANDERSON
JHT Editor-in-Chief and Assistant Editor

We've all done it. Judged someone based on how he or she looks, dresses, or what ethnicity or race they appear to be. And maybe you've experienced being left out or judged simply based on what you wear, your race, your age or even your religion.

Sadly, this is an everyday occurrence. And the community here at JHMS is no exception. People judge you and it hurts. Telling people, "Oh, it's just a joke," doesn't make comments and assumptions any less painful.

It just divides our community and creates bad feelings.

"When people see me they automatically think: black male equals thug. They judge me by the color of my skin, the car I drive, and plain old how I look," said U.S. History teacher Mr. Lester.

Believing that a person might prefer a certain food, or wear particular fashions, or even like a type of music based solely on what race, religious, or ethnic group they belong to is called stereotyping.

And that's dangerous.

Stereotyping can lead to racism, discrimination, prejudice and bullying because the person who is judging another "gets the satisfaction of putting down others," according to a Hartford University study on stereotyping. The study also found that 1 in 7 students grades K-12 have fallen victim to bullying.

"Bully reports are often masked by what the district considers a more serious offense like fighting, so the bullying incidents are underreported," said JHMS data prep clerk Ms. Yeazell.

So mean comments, rude attitudes and teasing go underreported. And the wounds are deep.

Eighth-grader Mya Gordon-Bodden has felt the effects of being judged unfairly by other students for the past two years.

"Some people thought I was looking for attention from boys because I hung around

boys. But it was because girls are more into drama.

"It was said constantly, so I was offended by it. But at the end of the day, I knew what I was really doing."

Sometimes stereotyping comes along when family members don't resemble each other the way society thinks they should. They don't fit the mold.

"People think I'm adopted because my mom and I look so different," said eighth-grader Morgan Davis. "I just want people to see me for who I am."

It's not only the students at J.Hop who feel the pressure of being judged.

History teacher Ms. McRobert notes, "People judge me by my (older) age. You can't get by nowadays without being judged by your race, religion or characteristics."

So how can JHMS change its own culture and make everyone feel accepted? Some steps may include doing more group activities in classes so kids could interact during class time. Having more school-wide activities like the IB festival or field days give students the chance to get to know each other in a more casual and fun atmosphere.

Mixing it up at lunchtime once in a while, such as sitting with people other than your usual friends, can help break down the barriers that keep us from taking the first step towards being more open and accepting, according to Teaching Tolerance magazine.

But the real first step is to start with yourself. Before you have formed a first impression or thought about another's ethnicity, race, or religion, maybe think about who they are. They are just another student at JHMS, and may have interests to share with you.

So the next time you hesitate to sit with someone or even say "hi," pause for a minute and give them another chance. Get to know them.

Because everyone has his or her own story to tell.

Halle Link and Hadassah Eborda contributed to this story.

One size *doesn't fit all*



HADASSAH EBORDA
J.Hop Times
Staff Writer

No, I don't speak Chinese. But that's what many people assume when they see me. I am Asian, that's true. I may have been born in the Philippines, but I'm just as American as the next person.

No, my room is not filled with Hello Kitty objects, and I'm not a pro at using chopsticks. I do speak another language, but English is still my first language.

My parents may be strict, but they don't expect me to get perfect grades all the time. When my peers assume that I make all A's all the time, I feel pressured to meet their expectations. Sometimes I wish they would understand that I don't know all the answers. I'm just me.

I take pride in my heritage, but I wish people would see the girl who loves to cook, watch movies and read.

Instead of asking me "the Asian girl" for answers to a problem, I wish they would ask how my day is going.

And just see me.

The best of *intentions*



JAIDEN JONES
J.Hop Times
Staff Writer

Sometimes the best of intentions can really get you thinking.

This all started when my journalism teacher told me about a writing program that was meant for people like me.

You know, black young men.

I didn't understand why it was just meant for African-Americans, or anyone of any particular race for that matter. Couldn't it just be for young men interested in writing?

I understand that for some people, groups like this are necessary, but being singled out based on gender or race doesn't feel comfortable to anyone. It's not right to just assume that someone needs more help or attention when you don't know anything about their background or the situation that they're in, especially when you judge it based on how they look.

People make these "support" groups for people like me as if we need special attention or more opportunities because of the color of our skin. Why are we judged by the color of our skin? Why don't people get to know our personality or our accomplishments? It shouldn't matter what your color, race or ethnicity is.

We just need to need to take a second look and not judge a book by its cover.

No matter how different that cover may appear to be.

school news



Catching up with Mr. Brown

A quarterly “state of the school” conversation with the principal

With the first quarter in the books, Mr. Brown looks back on how the year began, and what needs to be improved as the year continues.

Could you describe how the school year's gone so far?

Academics-wise, we are in a good place. From the visitor walk-ins we learned that we have some areas to work on, but we know it can't be perfect. Twenty-seven to 31 percent of our students have either honor roll or principals list (for the first quarter).

What about enrollment? Our numbers have been steadily declining, not only in the school but in the magnet programs. Why is that?

For percentages, we have not changed. Our numbers have decreased but so has overall enrollment in most south county schools.

Now that we're officially trying for our IB status, what do we have to change this year to continue?

We need to work on unit planners, get the “international feel,” and use our learner profile attributes. At the end of the year we are turning in our application. In February, the IB consultant will come to visit JHMS.

How have you changed as a principal compared from your first year to now?

I'm more knowledgeable than I was in my first year. You can't really prepare for your first year as a principal. You have to manage the budget and the personnel, and be the person held responsible if anything goes wrong.

If you could ask Santa for one gift for JHMS, what would it be?

I would ask for great instruction and the highest level of care and concern for students, which would raise the school grade, too.

Who are your picks for the Superbowl?

I like New England and Tom Brady, I'm a Bucs fan but I know they won't make it to the Superbowl.

Ajla Kuc and Kayla Anderson, JHT Editor-in-Chief, Assistant Editor



HADASSAH EBORDA | JHT

IB learner profile winners earned an ice cream social and a chance to talk with Principal Brown, far right, and IB Coordinator Ms. Garner, left.

A SWEET TREAT

BY HADASSAH EBORDA AND HALLE LINK
JHT Staff Writer, Web Editor

What goes around, comes around. You hear this saying but don't think much about it.

At J.Hop, however, students who follow the IB profiles now see firsthand what that saying means. Students doing well in class and demonstrating an IB learner profile such as risktaker or inquirer can be nominated by their teacher to be recognized.

If you are one of the lucky winners, you get to enjoy an ice-cream social with JHMS Prin-

icipal Mr. Brown.

And that's pretty sweet.

“It's basically a positive reinforcement,” said IB Coordinator Ms. Garner. “Word comes out, then other kids will want to behave.”

Many of the winners are excited to be chosen. Seventh-grader Dameakia White said, “I feel good because I was acknowledged for doing the right thing.”

Maybe now others will think about behaving and doing the right thing in class by following the IB Learner Profile of the month.

Because you never know who's noticing.

A perfect match

BY AJLA KUC AND KAYLA ANDERSON
JHT Editor-in-Chief, Assistant Editor

For the past few years, J.Hop has had a reputation for having librarians that don't last long, but now we think we've found our match.

Librarian Ms. Golden is planning on staying at J.Hop until retirement. For her, this job is a “long term commitment.” Before arriving at John Hopkins, she worked at Azalea middle school for five years. Last year she took a one-year break due to medical issues at home.

J.Hop was Ms. Golden's first choice because she “really likes this age group, really likes downtown, and also likes the arts magnet program.” When J.Hop popped up on her job list, she knew it was where she wanted to be.

The first week of school wasn't the smoothest due to schedule changes, so Ms. Golden is “still getting a handle on assistants. I want to have orientations of the library for every assistant.”

In Ms. Golden's free time she enjoys visiting rivers, getting outside, cooking, doing art and playing her instruments, namely the flute and guitar.



HADASSAH EBORDA | JHT

Media Specialist Ms. Golden helps sixth-grader Christopher Ross during library orientation while Danya Charles, left, looks on.

The stage is set

BY LINDSEY GAVORNIK AND IOANA GAGANELOVA
JHT Staff Writers

If you've been bitten by the performance bug and don't know what to do about it, a new arts enrichment program at J.Hop may be just what the doctor ordered.

ACT (The Arts Conservatory for Teens) will take place every Monday, Wednesday and Friday morning from 8 to 9 a.m. at J.Hop. This dynamic program is designed to use the arts to support students building character. Participants receive instruction in theater, music, dance, visual arts, photography and more.

The program is free to the first 100 students. You do not have to be magnet students to participate. Any J.Hop student may participate in the program, which runs for the school year.

IT'S PRESIDENT TRUMP

DESPITE POLLS SHOWING DEMOCRAT HILLARY CLINTON WITH A WINNING EDGE, TRUMP WINS THE DAY.

BY KRISTA BRAYTON AND CHLOE MEYERS
JHT Staff Writers

Shock and dismay. That's how many may describe the finish of the 2016 U.S. Presidential race.

And the Nov. 8 election night returns left many voters across the United States asking themselves how it could happen.

By the morning of Nov. 9, the nation had elected Republican Donald J. Trump, 70, as the 45th president of the United States.

Though Hillary Clinton had 59,462,301 popular votes and Trump just 59,272,991, Clinton's 228 electoral votes were not enough to beat Trump, who has 279 of the 270 electoral votes needed to win.

Victories in the battleground states of

Florida, Michigan, Ohio and Pennsylvania helped secure Trump's win. Florida went to Democrat Barack Obama in 2012, but this year the state went Republican.

Despite Clinton's wins in Virginia, California, Nevada and her home state of New York, it just wasn't enough.

Most polls predicted the race would be close, but gave the edge to Clinton. According to the *New York Times*, Clinton had an 85 percent chance of winning, and Donald Trump just 15 percent.

And had she won, Clinton would have become the first woman U.S. president.

The reactions from JHMS students and staff were mixed.

"I didn't want Trump. I was mad," said seventh-grader Damekia White.

But math teacher Ms. Bresler thinks Trump might do some good, like bringing "more jobs to America, increasing production on U.S. soil."

Republicans won control of both the U.S. Senate and the U.S. House of Representatives, giving President-elect Trump the support he will need in Congress.

His agenda for America? Trump hopes to cut tax rates for corporations, build a wall along the Mexican border, cancel the Paris climate deal, defeat ISIS by bombing the sources that support the terrorist association, and ban assault rifles.

"Working together, we will begin the urgent task of rebuilding our nation and renewing the American dream," Trump said.



Associated Press

Donald Trump wins despite losing the popular vote.

Charlie Crist defeats Jolly

BY KAYLEE PEDIGO
JHT Staff Writer

Former Florida governor Charlie Crist has won a Pinellas congressional seat held by Republicans for more than 60 years.

Though Crist, 60, was once a Republican, he ran for the seat as a Democrat. He beat incumbent Republican David Jolly by a slim margin. Crist claimed 52 percent of the vote, with Jolly earning 48 percent.



Charlie Crist wins 13th Congressional district seat.

According to the *Tampa Bay Times*, the congressional race was often an ugly one, but Crist explained that none of what he said about Jolly was personal. He had claimed that Jolly was "buddies" with Trump, putting out false pictures of the two together.

"Jolly was my opponent, but he was never my

enemy," Crist said.

The opponents ended the race on an upbeat note.

"Tonight is a turn in politics. We may not have won the campaign, but I'll look at the camera like we did and say, 'Washington look out,'" Jolly said.

Crist supports guns, gay marriage and solar energy. He also wants to lower taxes for seniors and the middle class, as well as raising the minimum wage to \$10.10 an hour. He supports the Affordable Care Act (Obamacare) as well as providing health care for those who need help getting it.

Crist wants to see more support for schools and the environment, and wants to expand businesses to create new jobs. He claims his victory will help bring stability to Congress, which is now controlled by Republicans.

His long career in Florida politics, something Jolly didn't have, helped Crist greatly in his victory.

Medical marijuana wins, solar defeated

BY CHRISTIAN KING
JHT Staff Writer

Two hot-button amendments put Florida voters to the test on Election Tuesday.

First up was Amendment 1. Backed by utility companies, including Duke Energy, it would have limited rooftop solar expansion for consumers. The amendment was misleading and would have actually raised fees for those using solar energy.

The backers of the amendment-utility companies and investors-poured millions into its campaign.

Though the amendment was promoted as being solar power-friendly, a grass roots organization known as Floridians for Solar Choice exposed the true intentions of the proposal.

The amendment failed to reach its target of 60 percent, which would have put the pro-

posal into law.

Amendment 2 was a proposal to legalize the use of medical marijuana. The drug would be allowed to citizens with diseases such as cancer, HIV/AIDS and epilepsy.

The amendment passed in a landslide, with more than 70 percent of votes being in favor of it.

The Florida Department of Health still has to implement certain regulations before the

Thoughts? Reactions to the 2016 presidential election were very emotional at JHMS. Here are a few comments by students and staff:



Amelia Beatty: "I would vote for Clinton. She's a better role model. I cried for like two hours when Clinton lost. I was freaking out!"



Ethan Bouey: "I would vote for Hillary because I don't like Trump because of the things he does and says. I was surprised that Trump won."



Gavin Van Dyke: "I don't like Hillary. I think Trump is going to take away Obamacare."



Richard Smart: "I didn't like the election result. Trump said he would make America great again. Let's see."



Ms. McRobert: "Not many changes from Trump being president, to tell you the truth, because we have separation of powers and checks and balances. I don't think our taxes will go down."



Jayme Konja: "Trump is trying to make America great again. She (Clinton) is a liar. People will get more money now and illegal immigrants are out."



Jaycee Morrison: "I thought the world was going to end when Trump was elected. I think a lot of people will move out of the country."



Ms. Yauch: "I voted for Clinton. I'm surprised and shocked, but I can accept the results. I think there will be less progressive social change."

By Hadassah Eborde and Ajla Kuc. Photos by Jaiden Jones.

DANCE DISTINCTION

BY HADASSAH EBORDA, CHLOE MEYERS AND HALLE LINK

JHT Staff Writers, Web Editor

The prestigious American Ballet Theatre (ABT) education program has recognized JHMS dance teacher Ms. Fiordimondo with a Distinguished Teacher Award for her dance education program at J.Hop.

The distinction certifies Fiordimondo to teach all levels of dance, from beginners through professional, and to be endorsed by ABT.

In order to become certified, Fiordimondo sent a group of her JHMS dancers to a critique panel of judges from the ABT education program. The J.Hop dancers passed all three levels, which in turn certified Fiordimondo as an ABT dance teacher.

“To be linked with such a prestigious program is incredible,” Fiordimondo said. Attending an ABT affiliate program can help open doors for students who want to pursue a dance career.

“Kids now want to come to J.Hop’s dance focus because they want to work with an ABT affiliate program,” Fiordimondo added.



ASHANTI JACKSON | JHT

Dance teacher Ms. Fiordimondo, left, corrects dance student Keyla Franklin during class.



JHT (2015)

ABS students complete assignments under the watchful eye of teacher Mr. Shumilak

Changes come to ABS

BY LINDSEY GAVORNIK, IOANA GAGANELOVA, DONOVAN GLOVER AND ADRIANA LANDES

JHT Staff Writers

ABS, or alternative bell schedule, has gotten a facelift of sorts for the new school year. And the changes are significant.

For starters, the hours have changed. Students now begin the day in ABS when all J.Hop students begin school, at 9:30 a.m.

And here’s another one: ABS ends at 3:15 p.m., not 12:30 p.m., as it has in the past. A longer day means more work to accomplish.

There’s more. Because the district has put restrictions on out-of-school suspensions, more kids will have to be assigned to ABS instead of spending time at home.

“ABS is for student value,” explained ABS teacher Mr. Shumilak. “If suspended for five days, you have missed 20 class periods, but if you have ABS, you can make up the assignments you have missed for those days.” That’s a big benefit for your grades.

By limiting the number of days of out-of-school suspensions and instead assigning ABS, the district hopes to give students a chance to continue learning while fulfilling their consequence.

That’s a good look we can all live with.

Numbers on the decline

BY CUR’NECIA MARTIN AND ADRIANA LANDES

JHT Staff Writers

They’ve dropped again. Just as you thought J.Hop’s numbers couldn’t get any lower, they have.

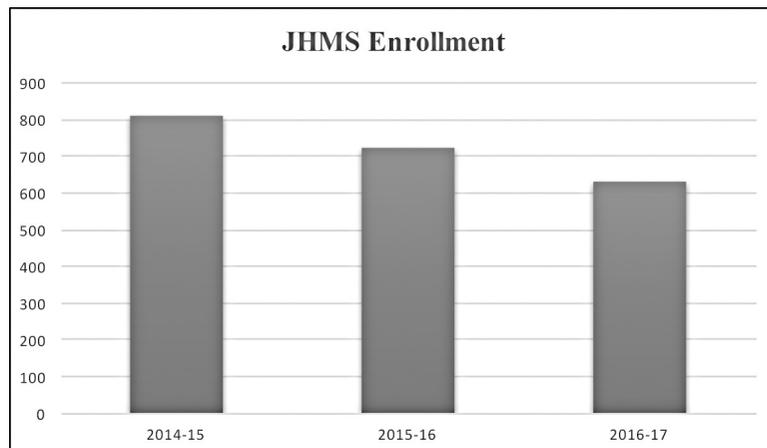
Our school seems to be shrinking. Eight years ago, JHMS had nearly 1,500 students. Not anymore.

In 2014, there were 810 students at JHMS. In 2015, the number dropped to 725. This year our enrollment stands at about 650.

And magnet numbers have plummeted as well, from 495 in 2008 to 233 for the 2016-17 school year.

There are several factors for the attendance decline.

“It’s because most of them (families) are moving out of county and



state,” said Ms. Yeazell, the school’s registrar.

Pinellas district enrollment is

down across the board, dropping below 101,000 for this school year, according to a *Tampa Bay Times*

article. That continues an on-going trend in the county.

But there’s more.

JHMS magnet coordinator Mr. Mills pointed to Thurgood Marshall’s attendance. “We are losing about 300 of our zone students to Thurgood Marshall.”

School choice and a return to neighborhood schools have had an impact as well. More students are choosing to stay at their zone school instead of enrolling in a magnet program, which may require a long bus ride.

JHMS principal Mr. Brown points out that a drop in enrollment causes the school to lose teaching units. We have dropped two teaching units since this school year began.

So what’s the remedy?

Changes to attract more students are underway. We are now John Hopkins Middle School Center for International Studies in the Arts and Multimedia Journalism. Every student at JHMS is officially an IB student.

The district is helping by providing us with a team for marketing and recruiting. Mills explained that branding is important, but being present and available is something that should be required.

“There isn’t anything specific JHMS can do to increase our enrollment. We will continue going to feeder schools, attend PTA meetings, and have more magnet fairs,” he added.

Suspensions on the downturn

A new district initiative is keeping kids in class and learning.

BY KRISTA BRAYTON
AND CHLOE MEYERS
J.Hop Times Staff Writers

Everything in moderation, right? Even when it comes to suspensions, according to a new school district policy.

For the 2016-17 school year, Pinel-

las County Schools have decided to put a limitation on out-of-school suspensions. District schools are responding to recent allegations that students of color are disproportionately suspended for infractions that white students often receive lesser consequences for. Out

of the district's elementary enrollment, black students make up 20 percent and are given 60 percent of suspensions, according to a recent story in the *Tampa Bay Times*.

Students who find themselves on the wrong side of a referral may now go to ABC, ABS, Saturday school and detention instead of out-of-school suspension. And JHMS staff members agree that putting students in places other

than out-of-school suspension is a better idea.

"Placing kids in ABS and ABC is better because the goal is for every student to get their work done and graduate middle school," campus monitor Mr. Williams said.

So spending time in ABS allows students to continue with their classwork and not fall behind, which often causes the additional problem of falling grades.

But the initiative of keeping students in class and learning doesn't let serious infractions off the hook. According to magnet coordinator Mr. Mills, "The code of conduct has offenses where suspensions are needed, but the goal of the administrators is to keep students in class."

"I look at all the evidence of the incident, and interview witnesses. It doesn't matter who the student is," Mills said.



JAIDEN JONES | JHT

Siblings Schrissee and Novian Smarwt both took state awards for videos they produced at Perkins Elementary.

DYNAMIC DUO

BY CUR'NECIA MARTIN
JHT Staff Writer

The Smarwt siblings are a double threat in the world of video production.

Seventh-grader Schrissee Smarwt and her brother Novian Smarwt, sixth grade, both produced movies for the video focus at Perkins Elementary. Their videos were sent off to the state competition.

The results announced on Oct. 25 took them both by surprise. Schrissee placed third and Novian came second in the state.

That's right. In the state.

"It was fun and unexpected," Schrissee said. Her video was about

the official Perkins Elementary song. She explained its background and how it related to the school's history.

Novian's movie was about two big lamps that had a little baby lamp. "I got the idea from a lamp my teacher had that looked like a baby," he said. And to make the movie interesting he said he wanted to make "two lamps have a lamp that looks like a baby lamp."

To create their movies, both Schrissee and Novian used lights, a green screen, a computer, and a camera.

And both of them used lots of imagination.



KRYSTA BRAYTON | JHT

Clearwater Jazz members perform selections of jazz through the years for JHMS magnet students. Members, from left, include Karen Benjay, Frank Williams, Bill Ucere, and George Allgaier.

Giving peace a chance

BY KAYLEE PEDIGO
AND GRACIELA LADERA
JHT Staff Writers

There are plenty of ordinary brick walls in the JHMS courtyard. But for a short time each autumn, one of them becomes an extraordinary wall. A wall dedicated to messages of peace.

On Sept. 21 at exactly noon, the world pauses for a moment of silence to celebrate the United Nations International Day of Peace to help bring an end to war and violence in the world. And here at J.Hop, students bring drawings and notes to the Peace Wall to illustrate their dedication to ending violence in our communities.

JHMS' Peace Day organizer Mrs. Garner explains that when students write messages and create art, it's a reflection on why peace is important. "We're unified," she said.



KRYSTA BRAYTON | JHT

Seventh-grader Madison Hession places a message on the Peace Wall.

Coming together for this common goal-building a more peaceful community-gives everyone at

JHMS a chance to feel connected, not just on the International Day of Peace but every day of the year.

Jazz members put on a show

BY KAYLA ANDERSON
JHT Assistant Editor

The Clearwater Jazz Education Outreach Program came to perform for Magnet students at JHMS.

And they didn't disappoint.

Under the direction of Frank Williams, the former band director at Boca Ciega High in Gulfport, The Clearwater Jazz Holiday brought music and jazz history to magnet students. Holiday members include bassist Bill Ucere, pianist and singer Karen Benjay, Dwayne White on trumpet, and George Allgaier on saxophone.

The band played jazz selections from various historical periods, and Williams explained bits of jazz history in between songs. That's just the teacher in him. "I first started (teaching) by taking a 60-day job at Boca Ciega High School and ended up staying for 41 years."

Williams retired five years ago and was sitting at home trying to occupy his time when he got a call from Clearwater Jazz offering him a spot in their music outreach program. Williams didn't hesitate to accept, and he's been taking the program to schools ever since.

"I never want to stop," he said.



ALEXANDRA NEELY | JHT

St. Petersburg Mayor Rick Kriseman visits the JHMS office after a mentor meeting with a student.

Mayor becomes mentor

BY ALEXANDRA NEELY AND JAYCEE MORRISON
JHT Staff Writers

St. Petersburg mayor Rick Kriseman has found a way to support one lucky JHMS student.

Kriseman is acting as a mentor to seventh-grader Jordan Engulf through the Take Stock in Children program. The program offers a \$14,000 per year college scholarship to those who complete the program.

The mayor plans to meet with Jordan on Mondays throughout the school year to encourage the J.Hop student to keep up his grades and meet goals.

JHMS community liaison Ms. Ameta Bowers said the mayor's office contacted her to connect Kriseman with a student in need of a mentor for the scholarship program. Bowers thought of Jordan.

"He (the mayor) comes every Monday," said Bowers. "He's devoted to furthering education."

And how does Jordan feel about having the mayor as a mentor?

"I feel really good," he said. Jordan hopes that getting the scholarship will help him achieve his dream of becoming a paleontologist.

When the mayor visits, the two discuss goals and what's going on in life. "The mayor's a good man. He's really helped me," Jordan said.

"I'm really inspired by him," he added.

BY CHRISTIAN KING
JHT Staff Writer

The Zika virus is one of the most deadly viruses, and it's here in Florida.

Yet many people don't acknowledge that. Zika can be transferred numerous ways, such as the bite of an infected Aedes species mosquito, sexual contact with, or blood transfusion from infected persons.

Zika causes two main illnesses: Guillain-Barré syndrome and microcephaly. Microcephaly causes a birth defect in which the offspring's head is smaller than expected and deformed, which causes many developmental issues.

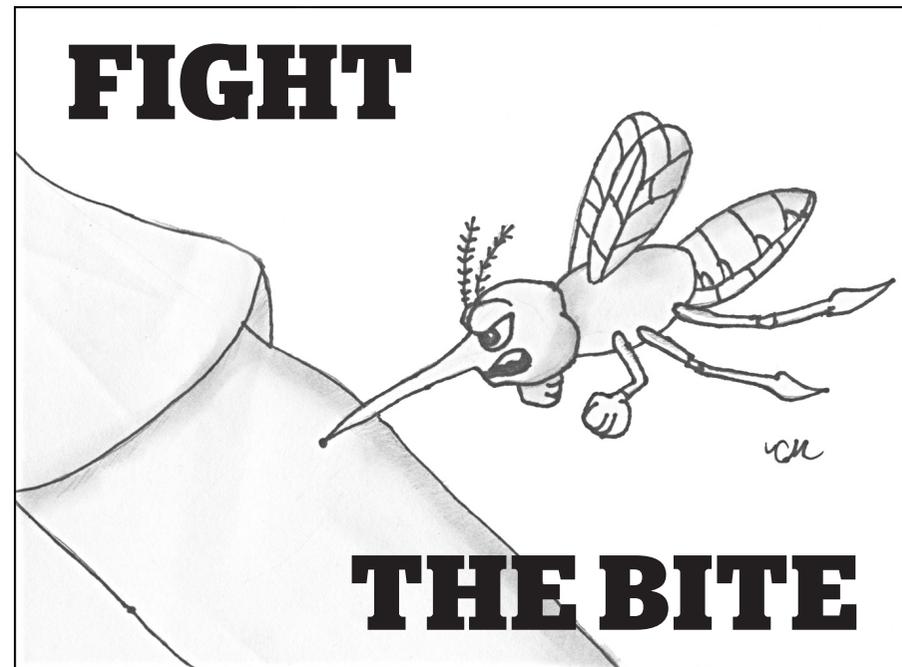
Dr. Wendy K. Chung, director of clinical genetics at Columbia University Medical School, speaks about children with microcephaly, telling the *New York Times* that "They need support their entire lives."

Guillain-Barré syndrome is when a person's immune system attacks their peripheral nerves, causing muscle weakness and, sometimes, paralysis. Guillain-Barré syndrome is very rare, but it can still cause temporary yet severe paralysis to people infected.

"Guillain-Barré can be a nightmare for those who have it," Dr. Wellington Galvão told the *New York Times*.

Zika was first discovered in monkeys in Uganda in 1947, then in humans in 1952. The first outbreak was on the Island of Yap and other Pacific islands in 2007. In 2013, a massive Zika outbreak took place in French Polynesia. This outbreak infected 20,000 people.

In 2015, the first case of Zika was confirmed in Brazil. The virus began its spread throughout Central and South America. Later on, in 2016, the CDC issued a travel warning for pregnant women visiting Zika infected areas. The World Health Organization also declared



CHLOE MEYERS | JHT

an international health emergency due to suspected birth defects caused by Zika.

Now, the virus has been discovered in Florida. Multiple frightening local outbreaks have occurred in Miami.

There has also been one confirmed case of the virus being transmitted locally in Pinellas County. But the Florida Department of Health has deemed this an isolated case. "Upon testing 70 close contacts and individuals from the community, we have found no additional positive cases," according to a health department spokesman.

But even after the good news coming from the Pinellas and Hillsborough area, research from the Public Library of Science has calculated the likelihood of an outbreak in major U.S. cities. On a scale of

1 to 10, Tampa is rated a 9.1, Orlando is a 9.4, and Miami is a 10. No other cities in the U.S. are ranked above a 9.

In the meantime, Florida residents would be smart to take these health precautions listed by the *Tampa Bay Times*:

As the Centers for Disease Control advises, "The best way to prevent Zika is to prevent mosquito bites."

- Get rid of standing water on your property.

- You should also use insect repellent and wear long-sleeved clothing and long pants.

- Pregnant women and women who are breastfeeding should use insect repellent with DEET and Picaridin.

Krysta Brayton contributed to this story.

Meet Mr. Mills

BY AJLA KUC
JHT Editor-in-Chief

John Hopkins was a school in search of a seventh-grade AP and magnet coordinator. Enter the talented Mr. Mills.

Prior to arriving at John Hopkins, Mills was the band director at Seminole Middle School for three years, which was his first job in the county.

Then he decided to take a step up to AP. When looking at job postings, J.Hop had been his first choice, mostly because of the arts magnet program. A natural fit for a musician.

Since arriving at J.Hop, Mills has dropped his AP responsibilities so he can focus fully on plans for the

magnet program.

Mills' plan for J.Hop is simple. He wants to "build relationships with students and faculty and make this program the best." Mills has come on strong, which proves that he's a great candidate for the job.

His tips for keeping up with middle school kids? "Taking one moment by one moment, don't overreact, observe, and stay cool, calm, and collected."

Mills is planning to stay at J.Hop for "as long as you'll have me," so we are looking to a bright future with him.

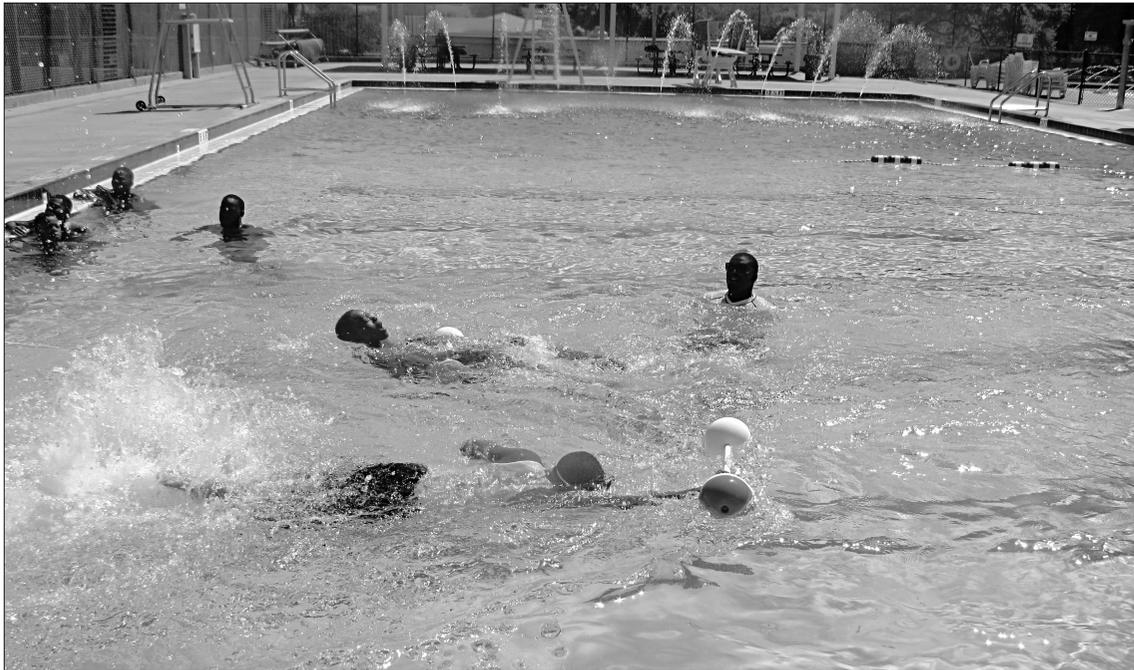
In his free time, Mills plays trumpet, piano, voice, and all band instruments. And he even performs in concerts in the Tampa Bay area.



CHLOE MEYERS | JHT

Mr. Mills is the new magnet coordinator and seventh grade AP at JHMS.

Taking the plunge



LINDSEY GAVORNIK | JHT

JHMS students make a splash during PE swim lessons at Campbell park pool.

**BY LINDSEY GAVORNIK
AND DONOVAN GLOVER**
JHT Staff Writers

Even though the 2016-17 school year began on a hot, sticky August morning, some students at JHMS have found a cool way to spend at least one period of the day.

Swimming.

You read that right. John Hopkins offers swimming for PE.

It all started several years ago when two local students drowned over the summer. Those sad events got Coach Starling thinking. “It’s sad to lose children in our community that way. Every

child should know how to swim,” Starling said.

He took the idea to have swimming classes during PE to Principal Barry Brown, who then approached the city. Now Campbell Park keeps the pool open for the first nine weeks of the school year so students can take advantage of swimming lessons. The city gives students a discounted price of \$14. A grant pays for students who can’t pay the fee.

Certified lifeguards teach everything from basic strokes to more advanced swim challenges. The JHMS block schedule is perfect for the extra time needed to

get to Campbell Park and back to campus, and allows enough time to get in a full lesson in the pool, too.

Swimming laps, practicing strokes, diving, and using equipment like the dumbbell, noodles, boards and free swimming are covered during class. But it’s not all work. In free time, students can play Marco Polo and use the diving boards or the slides.

Swimming for PE not only improves your swimming; it also gives you a fun break from actual schoolwork in the first weeks back.

It’s a little bit of summer fun that lingers on.



KRYSTA BRAYTON | JHT

2016-17 Student Council officers are, from left, secretary Hadassah Eborda, treasurer Maya Patanow, vice president De’jai Williams, and president Sarah Baydoun.

We the people

Student government takes shape at JHMS.

BY KAYLEE PEDIGO AND GRACIELA LADERA
JHT Staff Writers

The wait is finally over. JHMS has its first student council in several years.

Students voted on Sept. 8 and 9, and the results were announced the following Thursday.

The new student council officers are: President Sara Baydoun, Vice-President De’jai Williams, Secretary Hadassah Eborda, and Treasurer Maya Patanow.

The newly-elected president, seventh-grader Sara Baydoun, wants to bring changes to JHMS. “We want to convince Mr. Brown to have no dress code days every Friday, a fundraiser for a vending machine,

and to donate socks to the homeless in the winter,” she said.

The council has its first activity underway, a canned food drive to help those in need in the local community.

Ms. Croce and Ms. Davis are heading up the council as advisors. Davis says she would like to see the student council change the way students interact with each other, change the bonds they have, and the culture of the school.

Davis decided to support the student council because, “I was in student government eighth through tenth grade. I know what a student council can do for the school. I wanted that for J.Hop.”



ANGELINA SAENKA | JHT

Pastiche musician Scott McConnell taps out a beat for sixth-grader Gavin Van Dyke during the ensemble’s performance at JHMS.

ISLAND SOUNDS

BY ANGELINA SAENKA AND MARIE BAPTISTE
JHT Staff Writers

The Pastiche Steel Ensemble brought the sounds of the islands to JHMS in October. The band played multiple medleys of songs on the steel pans and on tambu bamboo sticks, both traditional instruments from the country of Trinidad and Tobago.

The ensemble is led by steelpan musician and Trinidad-born Mia Gormandy. She was inspired to play steel pan by the sounds they make. Originally her parents bought her brother a steel pan, but he wasn’t interested so “I started to play instead,” Gormandy said. She is currently a PhD candidate in musicology at Florida State University.

Pastiche is composed of seven full-time members that live everywhere from Illinois, to Canada, to Japan. They keep the group together by being a virtual band, which means they rehearse and collaborate primarily online. They’ve also formed the Virtual Steel Band, a way to connect with each other and other artists internationally.

The ensemble engaged with students by letting a few have the opportunity to play on the PVC pipes, which were substitutes for the traditional tambu bamboos.

Eighth-grader Ana Correa, who played one of the PVC sticks, enjoyed the show very much.

“I like how the musicians interacted with us,” she said.

Web Editor Halle Link contributed to this story

Magnet students create a **magical** evening.



HADASSAH EBORDA | JHT

Chorus student Darryl Mitchell performs as chorus adjunct Mr. Titara accompanies him on piano.



HADASSAH EBORDA | JHT

Dance focus students prepare backstage before the festival.



ANGELINA SAENKA | JHT

Focus art student Rayna Reissman puts on makeup.



CHLOE MEYERS | JHT

Dance focus students perform *Creepy Dolls* for the Fringe Festival audience.



HADASSAH EBORDA | JHT

Art focus student Emi Santos paints hearts on Sarah Thornley's face.



ANGELINA SAENKA | JHT

Guitar focus students, from left, Lily Truong, Adam Fuller and Macy Payne play for the crowd.



CHLOE MEYERS | JHT

Drama focus students Ashton Williams, left, and Madison Chartier perform a scene.



CHLOE MEYERS | JHT

Magnet coordinator Mr. Mills, right rear, joins the JHMS jazz band for a few numbers during the festival.

The Fringe Festival

BY AJLA KUC, KAYLA ANDERSON, HADASSAH EBORDA AND CHLOE MEYERS
JHT Editors, Staff Writer

The evening began with twinkling lights, warm pizza, T-shirt sales and the buzz of excitement in the auditorium courtyard.

J.Hop's sixth annual Fringe Festival was a night filled with music, song, dance and art, and it was one of the most successful, yet.

The Oct. 14 fundraising event began with the dance piece *Creepy Dolls* led by Shamaya Williams and Maya Patanow, and it was a fitting piece for the Halloween season. All dance focus levels were included. The strange marionettes brought a fright to the audience.

Arts focus students were excited to perform for the community. "I don't feel nervous anymore. I'm just ready to dance on the stage," said dance focus student Indea Devore.

Next up were the chorus students performing musical pieces such as *The Lotus Flower* and *All Through the Night*.

J.Hop's many music focuses performed in the auditorium and the art courtyard. Orchestra students played pieces like *Sahara Crossing* and *Toccatina*, while the jazz band, steel band and world drumming students showed their talents with various lively pieces.

Drama concluded the night with three performances from different drama focus classes.

"It went well, from where I was sitting it went really great," said drama teacher Ms. Hosey.

Marie Baptiste contributed to this story

Accomplishing My Dream | A regular series

ANGELINA SAENKA | JHT

Violinist Mikayla Schmidt's dream is to become a concert master in an orchestra, along with pursuing a career as a heart surgeon.

heart strings

BY IOANA GAGANELOVA, DONTERIO MAHAMERY, AND DONOVAN GLOVER
JHT Staff Writers

You might say eighth-grader Mikayla Schmidt has a heart for music. So much so, in fact, her future plans include becoming both a heart surgeon and a concert master violinist.

"I want to be a heart surgeon but keep doing orchestra because I've already put a lot of time into it," she said.

Makayla comes from a family of musicians. Both her mom and her sister have experience playing in band, and her cousin studies the viola. So it was natural for Mikayla to pick up the violin in third grade. And just like that, she was hooked.

Her teachers in elementary school inspired her to keep practicing. "I liked it, and my teacher played it, so I wanted to be like her."

How much practice she does

depends on how much homework she has, but Mikayla wants to audition for the music program at Gibbs, so she plans to increase her practice time this year. And she knows she must often sacrifice personal plans to attend concerts and competitions.

JHMS orchestra teacher Ms. Chambers has helped Mikayla develop her love of the violin. "Ms. Chambers inspires me. She is a great person and a great teacher. I've grown a lot since I've been in this program."

As for Mikayla's plans for a career as a heart surgeon? Well, she found that inspiration once again in her family. Finding ways to treat heart disease may one day allow her to help family members with heart disease, she said. And watching the television show *Grey's Anatomy* has given her insight as well.

"I plan to go to an Ivy League college in order to pursue all my dreams," Mikayla said.

Book Review

'The Kill Order' by James Dashner

This tale by James Dashner begins in New York when the solar flares hit.

The solar flares from the sun cause a rise in temperatures and much other chaos, including murder and a deadly virus. Survivors Mark and Trina manage to get through the scorching heat.

But then something worse happens. The virus spreads all over the eastern United States. Trina and Mark show their bravery by saving DeeDee, a little girl abandoned by her virus-afflicted brother.

DeeDee, who is somehow immune to the virus, is taken care of by Mark and Trina, who provide her with food, water and safety.

I enjoyed this book because it has brave teenagers who sacrifice their lives for other people. If you enjoy stories about teenage heroes, you'll love *The Kill Order*.



KEYLA FRANKLIN
J.Hop Times
Book Critic

Movie Review

'Suicide Squad'

Caution : Spoiler Alert

As someone who waited with high expectations for this movie of villains, I was disappointed in *Suicide Squad*. It had the silly jokes and psychotic characters we all love, but it was lacking something crucial, a story.

Yes, it had a story, but that story revolved around three characters, Harley Quinn, Deadshot, and most importantly, the Joker. I don't mind having a story that mostly involves a few of the characters, but the entire movie was based around them.

This movie also decided to make the



KAYLEE PEDIGO
J.Hop Times
Movie Critic

Joker and Harley love birds instead of the psychopathic killers. I could have left alone the fact that they didn't put in the abusive side of their relationship, but they made the Joker a lovey dovey "I'll save you, my love" kind of character.

But that is not who he is. He is supposed to be a man who went insane and would ditch Harley in a heartbeat if Batman caught her. The movie hints at him being that character in the beginning, when the Joker drives the car into the lake. Then it changes.

After Harley screams, "No, no, no, I can't swim!" he leaves her in the car for Batman to take. He doesn't save her, and he doesn't come back to fight Batman to get her back. He just leaves her. This is the Joker we all expected, but they threw this character away. Changed him into a

kindhearted man even.

Putting all that aside, the movie isn't all that bad. The story was just revolved around those three a bit too much. The other part of the story that was not as bad is when they showed the way that a couple of the members of the group wanted to live.

Deadshot wanted to live with his daughter, Harley wanted to have a life and family with the Joker, and Diablo wanted to live with his wife and children again. There were good scenes as much as there were bad scenes. But overall, it was an average movie that spent too much time on jokes and the relationship between Harley and the Joker.

I would rate this movie 8 out of 10. It wasn't the worst movie, but it wasn't the best, either.

Money isn't everything

But teachers wouldn't mind a little more compensation for the work they do.

BY LINDSEY GAVORNIK, IOANA GAGANELOVA, DONOVAN GLOVER AND ADRIANA LANDES
JHT Staff Writers

So. You've graduated from college and get your first "real" job. The pay isn't great, but it's more than you've ever made before.

Until you start to calculate what your job is costing you. That's right, costing you.

That's the reality most teachers face when they begin to add up the time, energy and supplies they provide every day to their students.

The average salary for a first year teacher in Pinellas County is

\$40,495. For Hillsborough County, it's \$40,454. And in Manatee County, teachers start out at a mere \$38,000 per year. And after five year's experience? Just \$40,901.

Compare that to an average registered nurse's salary of \$69,810, or a computer support specialist earning \$51,470, according to the Bureau of Labor Statistics.

So why, then, do teachers continue to return to their classrooms despite low pay?

Science teacher Ms. Yauch says becoming a teacher has always been her dream career. And she acknowledges she is underpaid. "I work 60 hours a week and get paid

for 40."

She spends a lot of her own money on supplies for the students and her classroom, and even her parents chip in.

Ms. Yauch says the reason that she stays a teacher is not because of the pay but because of the fun of teaching. She loves the students and says, "They are very funny. The kids are the best part."

She thinks that the government should raise teacher salaries, and she said "they should make college programs harder and challenging, but then still make the teacher salary higher and better."

Like Yauch, social studies teacher

Mr. Lester also feels the pinch of low pay. "I put in more hours than what I get paid for. I spend a lot on supplies for my classroom?"

But he, too, stays for the students. And to give back to the teachers that pushed him and motivated him. "And I just love teaching," Lester added.

A low salary that doesn't keep up with living costs is a factor that causes teachers to leave the classroom. JHMS French teacher Ms. Griet says that many teachers leave because they simply need to make more money. And she suggests that the government should set much higher salaries based on advanced

degrees, instead of the nominal increase they currently give teachers.

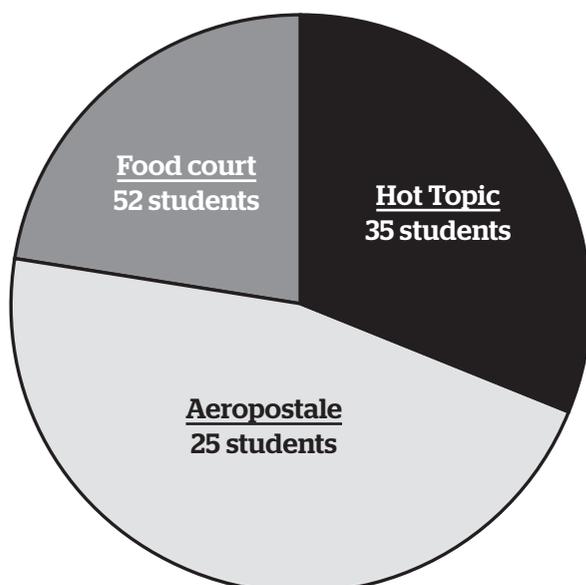
She, too, spends extra money to help her students have what they need and to make learning more enjoyable.

Teaching runs in Griet's family. Both her grandmother and her aunt were educators. She could earn much more by using her language skills in other professions. But she stays with her students instead.

Griet summed up the dilemma of low pay as many teachers do. "I don't stay because of the pay. I stay for the fun of teaching. I love my kids."

Survey: Mall hangouts

We interviewed 112 students at J. Hop to find out which place in the mall they most often go to. Here are the results.



Halle Link, JHT Web Editor

Quiet as a mouse

BY HADASSAH EBORDA AND CHLOE MEYERS
JHT Staff Writers

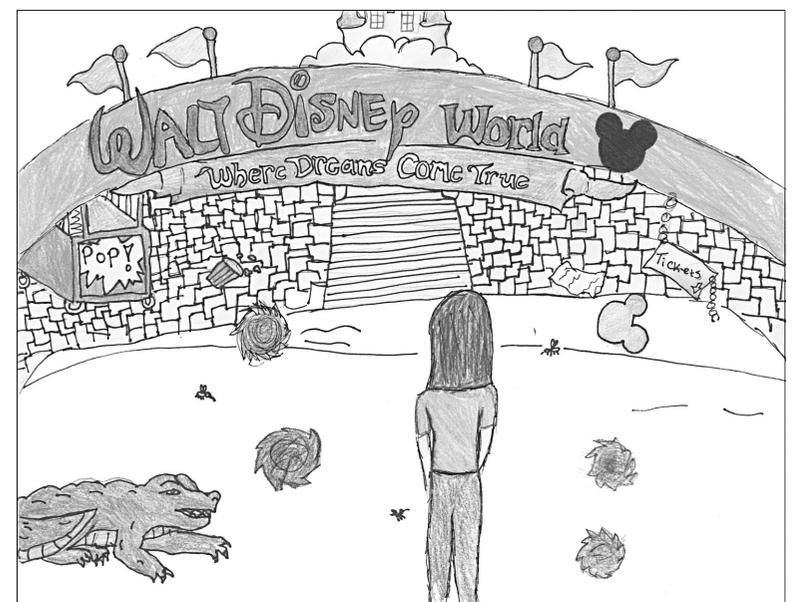
If you've ever visited Florida theme parks such as Disney, Universal Studios or Busch Gardens, then you've probably stood in hot, sweaty lines and waited a long time to go on rides with the rest of the crowds.

Wait. Maybe not this year. According to the *Tampa Bay Times*, Walt Disney World confirmed to analysts last week that its theme park attendance had declined this summer. Similar attendance woes also plague SeaWorld, Busch Gardens and Universal Studios.

"We have a Florida problem, not a SeaWorld Orlando problem," SeaWorld Entertainment CEO Joel Manby said recently.

Bad news in Florida may be the culprit. The outbreak of the Zika virus, the shootings of Christina Grimmie and at the Pulse nightclub in Orlando, and the deadly alligator attack at Disney World may have caused many tourists to avoid Florida as their vacation spot this summer. Add in the Brexit vote in England, and suddenly the state is a bit less crowded.

This trend can greatly impact Floridians. The state's economy depends on tourism. Theme parks bring in millions of dollars annually. And many Floridians depend on



CHLOE MEYERS | JHT

theme parks for their employment.

But the theme parks seem to have a plan. They are luring tourists back through summer deals such as reduced prices and free admission for first customers. SeaWorld has a tribute program called Waves of Honor that offers free admission to active members of the armed forces. Many parks are offering deals on Florida resident packages and eliminating blackout periods.

Experts are looking forward to the

fall tourist season, especially Halloween. The popular Howl-O-Scream event at Busch Gardens Tampa expects 200,000 to 300,000 visitors during the event that began Sept. 23.

"It's the single largest event in the industry," Dennis Spiegel, the president of International Theme Park Services, said of Halloween. "The operators know what it means to the bottom line, and they are going to try to pick it up there to make up for anything lost in summer."

Bienvenidas, profesoras

BY AJLA KUC AND KAYLA ANDERSON
JHT Editor-in-Chief, Assistant Editor

JHMS has welcomed two new Spanish teachers. Meet Senorita Jasinski and Senora Torres. Both have lived in other countries and both have taught before.

Senora Torres was born in Puerto Rico and came here 15 years ago. She previously taught at an elementary school for 11 years. She wanted to be an occupational therapist but felt a connection with kids.

"I felt like I could make a difference with the students," she said.

Senorita Jasinski was born in

Wisconsin and taught Spanish at a high school. She started teaching English in Costa Rica and came back to the U.S. to continue teaching. She prefers teaching middle school and JHMS caught her eye because of the IB program.

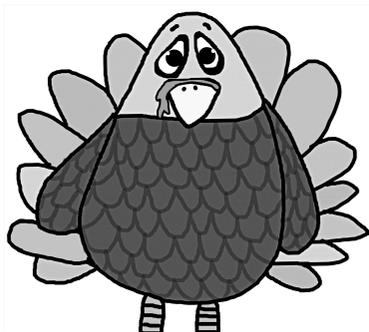
"I love sharing a language and my experiences with my students," Jasinski said.

With the IB program in place at JHMS, many more kids are required to take a foreign language so two Spanish teachers are really needed. The new profesoras are fitting in well at J.Hop, and we hope to have them for many years to come.



CHLOE MEYERS | JHT

Ms. Jasinski, left, and Ms. Torres are two Spanish teachers new to JHMS this year.



dreamstime.com

Harvest heaven: Top 10 Thanksgiving foods

10. Turkey

Some people say turkey is delicious. These people are wrong.

We eat turkey at Thanksgiving not because it is the tastiest bird or the easiest to cook, but because the bird's large size allows us to feed many hungry people all at the same time. Most American households only roast one turkey per year. If it weren't for tradition, it would be hard to find a household that wouldn't mind skipping the messy process of preparing and roasting a turkey.

9. Cornbread

Simply the best of the breads, cornbread strikes a delicious balance between sweet and savory that can complement just about anything. The greatest trick the devil ever pulled was convincing the world that rolls are an okay substitute. Don't be fooled. Go with the cornbread.

8. Green bean casserole

The Campbell Soup Company created the green bean casserole in the mid-1950s. It is a comfort food in the truest sense that accomplishes the improbable: It makes icky green beans tasty.

7. Mac and cheese

Goopy, cheesy, and the best comfort food on earth. There are never leftovers. The end.

6. Mashed potatoes

You can load them with garlic. Or infuse them with rosemary. If you'd like, you can fashion mashed potatoes into a bed for your turkey, or sculpt them into a bowl and fill it with gravy. Yum.

5. Ham

Less cumbersome and time consuming than turkey, ham is simply delicious. Rub it with brown sugar or bathe it in cola — preferably both.

4. Sweet potatoes with marshmallows

Sweet potatoes are a near-perfect health food. They are packed with Vitamin A, B6 and fiber. The fluffy bed of marshmallows layered on top probably offsets the health benefits, but we like the idea anyway.

3. Gravy

The gravy boat is the most sought-after dish on the Thanksgiving table. Think of it this way: Would you rather have a carving of turkey breast without gravy, or no turkey at all? The answer should be clear.

2. Stuffing

Turkey merely provides a cavity for stuffing. Stuffing is so good, in fact, that we will fully eat it out of the rear end of a dead animal.

1. Pie

Pecan. Pumpkin. Apple. Sweet potato. All are excellent choices. Need to excuse yourself and change into sweatpants? Sure thing. Because pie.

Source: theweek.com

Ajla Kuc, JHT Editor-in-Chief

The five-second rule

Just how *safe* is that Oreo to eat?

BY LINDSEY GAVORNIK
JHT Staff Writer

You've been dreaming of it all day. A crunchy Oreo. An ice-cold glass of milk. The perfect combo. When suddenly, splat. Your Oreo hits the kitchen floor.

Should you dust it off and continue? Sure, the five-second rule to the rescue. No problem.

Wait. Not so fast. Is the rule really true? Is there a contamination-free time span that saves a recently dropped cookie, or Cheeto, or grape? Or is all hope lost?

Well, yes and no.

Researcher Dr. Donald Schaffner from Rutgers University tested out four surface types, foods, and four contact times, to produce a total of 2,560 measurements. To put it another way, he spent two years researching whether eating food off the floor was a bad idea.

In short, it is. Schaffner, professor and extension specialist in food science, found that moisture, type of surface and contact time all figure in. And in some instances, it only takes one second for contami-

nation to begin. Foods and surfaces that are moist, like a wet floor or a piece of watermelon, contaminate quickly. Dry foods and surfaces stay safer a few seconds longer.

"Bacteria don't have legs. They move with the moisture, and the wetter the food, the higher the transfer. Also, longer contact times usually result in the transfer of more bacteria from each surface to food," explains Schaffner.

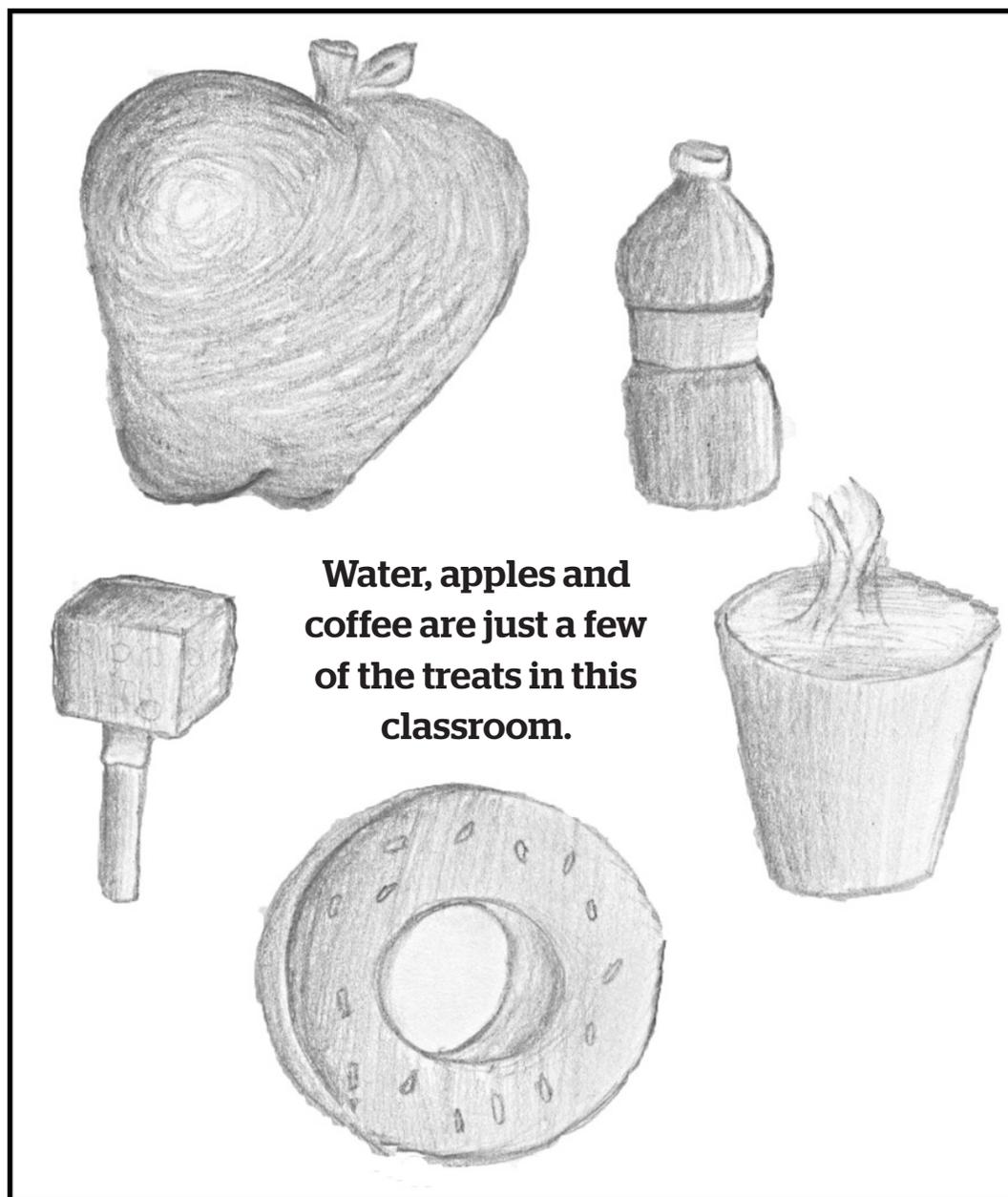
Each year in the UK and US, about a million people suffer a food-related illness. About 20,000

of those require hospital treatment, and up to 500 may die as a result of using the five-second rule.

Where does that leave the Oreo on the kitchen floor?

In simple terms, "No matter if it's at home on the carpet, the kitchen floor, or in the street, my advice is if you drop it, chuck it," says microbiologist Dr. Ronald Cutler.

So the next time your Oreo finds its way to the kitchen floor instead of your glass of milk, maybe you'd better toss it and reach for a fresh one. Just to be sure.



Water, apples and coffee are just a few of the treats in this classroom.

When snacks celebrate success

BY SAMANTHA NEELY
JHT Staff Writer

You've just endured three quarters of a long, grueling school day, and all you are craving is bottled water. So you ask a teacher for one. But not just any teacher.

And no, this is not a commercial for Zephyrhills water.

Students walk into room 6-124 empty-handed, but can walk out with an assortment of different foods. This is because of Mr. Dickter, a generous social studies teacher who offers students treats.

Kids in Dickter's class can get apples if they score the highest on a test. Or if they are well behaved, then he might reward them. "It motivates kids," according to Dickter. So if students want an apple, then it might encourage them to perform better on a test.

When he does give students something, it is usually apples or water. Dickter said this is because apples are healthier than candy.

Nevertheless, "at the end of the marking period, I gave everyone a lollipop," he said. In addition to that, Dickter also offers kids iced coffee occasionally.

So whether it's water, or apples, or the end-of-the-quarter lollipop, learning in 6-124 comes down to snacks for success.

A HEAVY BURDEN

Weighty backpacks can be more than just a headache.

BY LINDSEY GAVORNIK, DONOVAN GLOVER, ADRIANA LANDES AND IOANA GAGANELOVA
JHT Staff Writers

You lug it around. Stuff it with everything you need to get through the day. It's your lifeline, your command center. It's your backpack.

And it's heavy. Really heavy.

That can lead to health problems.

According to the U.S. Consumer Product Safety Commission, there are 14,000 students every year being treated for backpack-related injuries. Another 5,000 kids visit emergency rooms with backpack-related complaints, such as headaches, or sore necks, hips, and backs.

Some end up falling down stairs or tripping because the weight of the backpack has altered their balance.

Eight-grader Makayla Schmidt said, "Because of my heavy backpack, I have a lot of strain on my back and shoulders going to class."

"If kids grunt when putting on or taking off the backpack, have red marks on their shoulders from the straps, or if they complain that their shoulders, arms, or fingers are 'falling asleep,' those backpacks might just be too heavy," Dr. Rob Danoff, an osteopathic family physician, said.

But we all know that carrying everything from sticky notes, to textbooks, to folders, paper, and



CHLOE MEYERS | JHT

art supplies is what your average J.Hopper needs to make it through the day. Storing some of those items in a locker isn't an option, because although JHMS has 1,353 empty lockers, students are not allowed to

use them. The last school year students were issued lockers at JHMS was 2012-13.

JHMS Principal Mr. Brown said that lockers aren't available because the extra minutes needed for kids to

use a locker would cause too much adjustment to the school day.

"We don't need lockers for students to solve the backpack problem," he added. Brown suggests kids just need to carry less stuff.

So what's a J.Hopper to do?

Carrying two different backpacks, one for A days and one for B days, might solve the heavy backpack problem. But even that idea has its drawbacks. Many students get confused about exactly what they will need on any given day. Forgetting an assignment or a form that's due may lead to a lower grade in a class.

And students would then have to buy double supplies to keep in each bag, which can get costly.

But there are a few tips for lightening the backpack load and saving your back, neck, and shoulders from overstrain.

For one thing, use both straps. Carrying your backpack on just one shoulder doesn't distribute the weight evenly. And make sure you buy a backpack with wide straps. When you tighten those straps, the backpack should rest in the middle of the back, no lower, according to KidsHealth.

Reduce the weight of your backpack to no more than 10 percent of your body weight, according to the American Academy of Pediatrics. That means if you weigh 90 pounds, your backpack should be no more than nine pounds.

So if lockers at JHMS can't lighten your load, at least clean out your backpack, fit it correctly, and only carry what you need that day.

Then keep on truckin'.

The right fit

Choosing the best backpack involves more than fashion.

BY LONDON HALL AND EDDIE ROWE
JHT Staff Writers

Is your backpack a pain in your, well, back?

JHMS health teacher Mr. Moraniec has some tips on how to ease your pain.

"Backpacks can hurt you in many ways," said Moraniec.

First, if your backpack is too heavy, you should try organizing it, Moraniec said.

Check and see if there is something in your backpack you don't need. If you don't have your backpack organized, you may be carrying unnecessary weight, which can affect your shoulders and spine.

An unorganized backpack "may even affect your education," he said.

"Carrying a heavy backpack may hurt your back, which could lead to aching and losing energy," and that means you won't be able to learn as well.

Moranec said that necessary things for your backpack include a binder, tabs, notebooks and pencils. And make sure they are organized and not just all over the place.

As for fitting a backpack, make sure it is not too big or too small. Try it on to see if it fits properly against your back and doesn't hang too long. It shouldn't be any longer than your lower back. If it hits around your hips, it's too long.

It may hard to do, but go for fit not fashion.

Here are some more tips for finding the right backpack from parents.com:

- Look for one with wide, padded shoulder straps.
- In addition to the padding in straps, make sure the back panel has some padding as well.
- Make sure the backpack has enough room for your stuff.
- Make sure the backpack has lots of pockets to organize and store small items.

What's really in there?

Story and photos by Jaiden Jones, JHT

Makayla Schmidt,
eighth-grader

BACKPACK WEIGHT:
16 lbs.

What do you really have in your backpack?

2 binders, 7 composition books, one 5 subject notebooks, 1 folder, and writing supplies.

How do you usually carry your backpack?

I usually carry it on my shoulder since it's easier, but I always carry it on one shoulder so it makes me lean.

What else do you carry around?

A violin and a lunch bag.



Caelen Lavalley,
eighth-grader

BACKPACK WEIGHT:
11.4 lbs.

What do you really have in your backpack?

Folders, 2 agendas, 13 pencils, sticky notes, markers, 2 glue sticks, dividers, 3 spiral notebooks, highlighters.

How do you usually carry your backpack?

"On my shoulder. I take it off during lunch."

What else do you carry around?

Lunch bag.



Eric Wilson,
eighth-grader

BACKPACK WEIGHT:
10.6 lbs.

What do you really have in your backpack?

9 to 10 books, 2 binders, 4 to 5 folders, pencil pouch, and tape.

How do you usually carry your backpack?

"I carry it on both my shoulders."

What else do you carry around?

Instrument and lunch bag.





ANGELINA SAENKA | JHT

Kai Moore returns a volley for the Lady Trojans in a game against Tyrone.



ANGELINA SAENKA | JHT

Coach Forte talks strategy with the Trojan's boys' volleyball team during a home game.

VOLLEYBALL ROUNDUP

BY BRODY BARLEY AND ABBEY GUSSY
JHT Staff Writers

The volleyball season at J.Hop had its twists and turns this year. The boys finished their season 6-4. The girls, however, finished 2-8.

The boys have struggled over the previous few years, but now have a winning record. Strong players for the boys included "Caleb Grant because he was a good striker and Thomas Rutig because he has improved over the season," Coach Forte said.

"We improved throughout the season, and will continue next year," team captain Griff Tenore said.

The boys' team "should have won all the games. The competition was even," Forte felt.

She hopes that next year the team will "learn more about the game, and push to be more competitive."

The Lady Trojans struggled this season after being district champions the previous three seasons. But, as any team who rebuilds after so many key players and the head coach have moved on, the girls' team worked on training many new players and gaining strength as the season continued.

"We gave it our all, but we feel like we could have done better," said team captain Kai Moore.

Stand-out players for the Lady Trojans included eighth-grader Kai Moore, and seventh-graders Jayme Konja and Eleida Pena.

First-year coach Ms. Harrelson stressed the importance of fundamentals as the key to improving next year. "We need to change how we practice, and have better practices," she said.

Lindsey Gavornik contributed to this story.



HADASSAH EBORDA | JHT

Griffin Tenore digs a ball in a game against Pinellas Park.

ROOKIE SEASON

Coach Harrelson leads the Lady Trojan's volleyball team.

BY ABBEY GUSSY AND BRODY BARLEY
JHT Staff Writers

ESE teacher Ms. Harrelson grew up playing two of her favorite sports, track and volleyball. Her love for the sports didn't end there.

Ms. Harrelson has been coaching track at John Hopkins. This year, she added volleyball to her duffel bag. She replaced Mr. Glessner, who moved to Delaware after the end of last year to be closer to family.

To Harrelson, being a coach is "many different things."

It's "exciting, sometimes stressful and exhausting," she said.

Indeed this year's volleyball season has been all of those things. The season ended with a 2-8 record for the Lady Trojans.

But that doesn't change Harrelson's opinion about coaching volleyball at J.Hop. She says she'll work to improve practices for the Lady Trojans and be more competitive next season.

"It's great. (This) is a great program," she said.



HADASSAH EBORDA | JHT

First-year coach Ms. Harrelson strategizes with the Lady Trojans during a volleyball game.

10 Christmas facts

The Germans made the first artificial Christmas trees out of dyed goose feathers.

All the gifts in the Twelve Days of Christmas would equal 364 gifts.

Christmas trees have been sold in the United States since 1850.

Christmas trees usually grow for about 15 years before they are sold.

In Spain, they celebrate Misa del Gallo or "Mass of the Rooster" on Christmas Eve.

In Poland at Christmas, spiders or spider webs are common tree decorations. Spiders are seen as signs of goodness and prosperity at Christmas.

Rudolph should probably be depicted without antlers as male reindeer shed theirs in winter.

Santa's other eight reindeer and sleigh date back to 1823. Rudolph was only added in 1939.

The Christmas gift wrap used in the U.K. every year would cover the island of Guernsey.

Alabama was the first state in the U.S. to officially recognize Christmas in 1836.

Source: express.co.uk

Cur'Necia Martin,
JHT staff writer



Thanksgiving Word Search



c	l	u	f	k	n	a	h	t	l	f	e	a	s	t
j	e	i	t	q	z	k	t	z	w	o	p	q	e	w
z	m	u	u	f	g	p	i	l	g	r	i	m	s	n
k	j	c	r	y	g	c	t	w	v	l	f	y	i	c
s	r	g	k	i	m	d	o	n	d	t	d	k	e	r
t	h	i	e	z	b	l	o	d	s	i	p	l	u	k
u	n	p	y	e	c	v	f	e	l	m	e	g	v	g
f	o	t	i	h	e	f	v	z	u	b	f	r	m	i
f	p	p	y	m	v	r	x	p	r	y	z	e	f	q
i	y	r	b	u	a	e	z	a	z	l	q	n	t	j
n	m	e	q	h	w	r	t	h	i	i	b	n	u	t
g	r	q	q	u	y	e	o	d	k	m	a	i	y	j
v	w	z	s	u	d	h	r	d	d	a	f	d	g	l
i	f	l	z	d	b	l	b	p	i	f	s	h	t	z
z	e	k	b	e	e	j	m	h	v	q	n	w	c	p

celebrate	dinner	family	feast	harvest
november	pie	pilgrims	pumpkin	stuffing
thankful	turkey			



The Owls Advice Column

Peer pressure. How can I avoid it? How can I overcome it?

If you have a group of friends, they might want to make you do something that you overall don't want to do, or can have serious consequences.

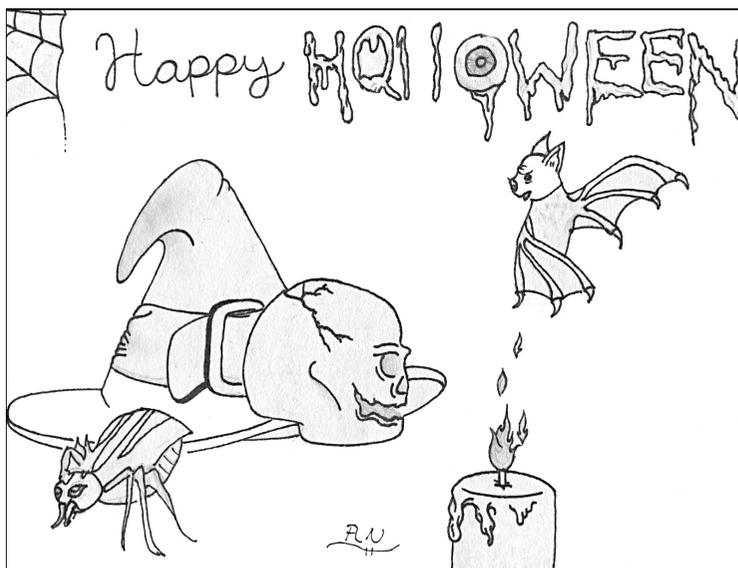
You might feel like you have to do what they are telling you to do to fit in, but in reality, you don't. All you have to do is stay strong-minded. Instead of giving in to their demands, decline them.

You don't have to do something that you know is wrong. You should be yourself, and not let others bring you down a dark path.

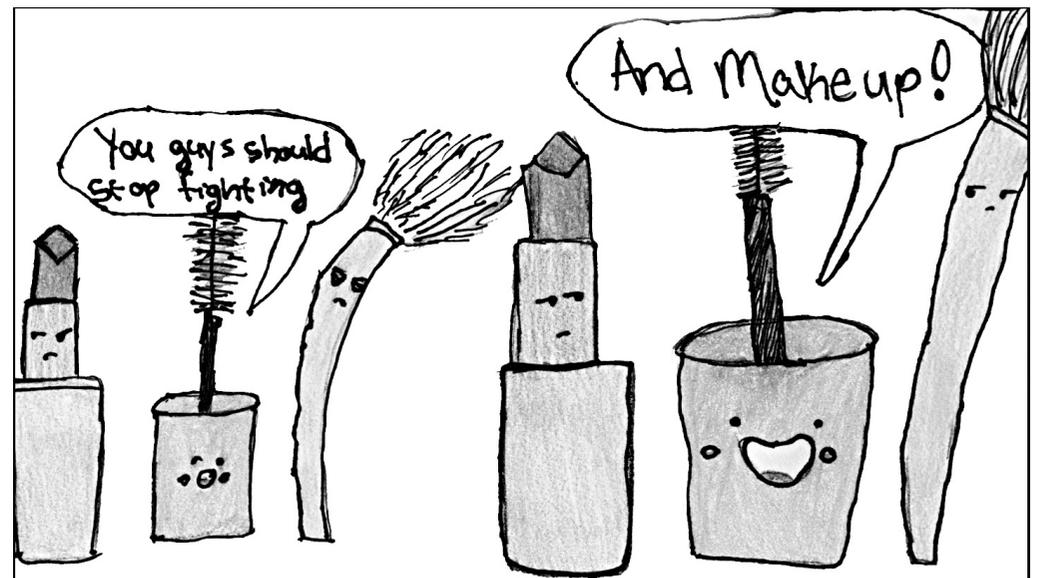
If the people are still pressuring you, you should stop being around them. They are not your true friends if they are getting you into trouble or trying to make you do something you don't want to do.

Stay strong-minded, stay out of trouble, and be yourself.

Until next time, we're The Owls.



ALEXANDRA NEELEY | JHT



HADASSAH EBORDA, HALLE LINK AND JAIDEN JONES | JHT

Around J.Hop



HADASSAH EBORDA | JHT
Seventh-graders, from left, Eleida Pena, Ella Ruff, Alyssa Wilkinson and Rahmaya Porter celebrate Manic Monday during Spirit Week in October.



KRYSTA BRAYTON | JHT
Chorus teacher Mr. Butts leads his Advanced Chorus class as they rehearse a piece.



KRYSTA BRAYTON | JHT
Seventh-grader Cyann Toro places her message on the Peace Wall on the International Day of Peace.



JAIDEN JONES | JHT
Advanced Drama students Malcom Ross, left, and Morgan Davis rehearse *Bunk Mates for Night of Scenes*.



HADASSAH EBORDA | JHT
Marissa Baney, right, and Riley Dillon play their cellos during orchestra class.



ANGELINA SAENKA | JHT
Sixth-grade AP Dr. Chiles shows her spirit.



HADASSAH EBORDA | JHT
Ms. Trapani gives frosting to Kiara Cox, left, and Meena Snyder for a science lab.