

Paw Prints

Winter Park High School International Baccalaureate Newspaper

October 2018

Get to Know Mr. Arnold

Written by Valeria Romero

Our new principal, Mr. Arnold, has spent the first nine weeks getting to know the student body, including the IB community. As a former Wildcat, Arnold is returning to Winter Park and is excited to help the school continue to be a leader in Orange County Public Schools.

Mr. Arnold was born in central Florida where he attended Titusville High School in 9th grade and Auburndale High School for 10th-12th grade. It was at this point in his life where he had a “calling to be a teacher” and from that point on Mr. Arnold always knew teaching would be his future. However, before his calling, Mr. Arnold jokingly admitted that when he was younger he wanted to be a professional golfer. After attending Southeastern College in Lakeland, he went on to teach all levels of math at Winter Park High School. During the six years at WPHS, Mr. Arnold earned his master’s degree from Nova Southeastern University and coached cross country, track, basketball, and golf.

While working at Winter Park, Mr. Arnold realized that he would like to become a school administrator in order to “have a larger impact on more students.” After working at Winter Park High School, Mr. Arnold became a Principal at Southwest Middle School for six years and Apopka High School for two years.

Now that he’s back at WPHS, Mr. Arnold has many goals “first and foremost to get reacclimated into the community and to get to know everybody.” This includes not only the students and teachers but everyone in the community, parks and recreation, and Winter Park city management. When asked about his new contribution of the moment of silence, Mr. Arnold stated that “the meaning of the moment of silence depends on the individual”. Students are given this daily time for what ever purpose serves their needs, either for prayer, meditation or just personal reflection. Brooke Roberts said, “This is the only time I have to take a deep breathe and relax in my day.” Mr. Arnold is dedicated to the “tradition of excellence at Winter Park” and plans to focus on ways to help the school improve.

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Stress Management

Written by Kaitlyn Kiely

When asked what stress is and easy ways to keep stress down, you can find a variety of responses. Anything from watching a favorite TV show to doing yoga or meditation seem like obvious answers. What exactly is stress though? Stress is the psychological, physiological, and behavioral response when the demands that are placed upon a being are more than they can handle.

So, there's a test tomorrow, and that pit slowly growing in your stomach must be stress, right? There's a lot more to it than just feeling pressured. Other symptoms that signal that you are being pushed far beyond your limits include difficulty falling asleep, weight loss or gain, panic attacks, difficulty concentrating, social isolation, and more. It seems really bad in general, but some stress can actually be good. It triggers a "fight or flight" response and enhances our physical performance. Too much stress can lead to many long term physical and mental problems, however. Excessive stress can also cause heart disease and many other serious illnesses.

In order to avoid extreme cases, first you must learn from your stress. Why it happens and recognizing when you are stressed are the first steps to overcoming stress. The next step is then managing it. "I tell my mom about what I'm stressed about and she knows how to help," said Justin Whittingham. The following are all ways that you can significantly reduce your stress level.

Set limits. Accept the fact that you cannot do everything and be everything and learn when to say no to things that would create extra stress.

Exercise. Your body has a better immune system and can fight stress better when you are active. It also can improve your sleep quality.

Make time for relaxing. Although school is overwhelming, especially with extracurricular, always make some time out of your day to do something that truly makes you happy.

Avoid people that cause you stress. If someone stresses you out, avoid them. If someone or a group of people is always getting you into things that you shouldn't be in or just simply bring stress into your life, do not be afraid to limit or end the relationship.

Lucia Coutant recommends making lists. "I make lists, lots of lists and then check off items as I go along". She also recommends having a snack. These simple tasks, tricks, and tips can help you lower your stress level for short and long term relief.

10 Jokes to Make Your IB Life Easier

Written by Ella Grace Rodriguez & Aviva Diamond

Q: Why was WW2 so slow?

A: Because they were Stalin.

Q: Why can't a plant be on the dark side of the Force?

A: Because it can't make its food without the light!

Q: Why did the scarecrow win an award?

A: Because he was outstanding in his field.

Q: What shape is usually waiting for you at Starbucks before school?

A: A line

Q: What kind of music did the Pilgrims listen to?

A: Plymouth Rock!

Q: Why did I divide sin by tan?

A: Just cos.

Jokes from
www.jokes4us.com

Why It's Important To Vote

Written by Starlette Peng

According to Mike Miller, a member of the Florida House of Representatives, it is important for the youth of America to be involved in politics because “It’s government by the people and for the people. Those people are you and me. We have the opportunity to use our voice in government, so we should use it!” Just recently, the preliminary voting for party candidates occurred. If you have seen posters at the library or have had strangers knocking on your door wearing brightly colored shirts, this is because of the early voting season. Even if you are not yet 18 years old, which is the age at which you are allowed to cast a vote, it is still vital to understand how this democratic process works and why it is so important. It is not simply just about Republicans versus Democrats, but rather about the freedom each American citizen has to voice their opinion.

Voting can be very confusing. Since there are different elections for the state, national, and local level it can be very difficult to know when and who to vote for. Although this can be a nuisance, it is beneficial for numerous levels of government to have the opportunity to share political responsibilities. “I’m voting because I feel as though it’s my duty as an American citizen and it is incredibly important in the current political climate,” said Tatum Homer-Dibble. By working together as a community, state, or even nation, solutions to problems can be handled by a variety of different representatives fighting for worthy causes.

Voting not only affects the presidential elections, but also more local things such as city commissioners, governors, mayors, representatives and senators for the state congress. The way our government is set up gives people the opportunity to not only affect how America is governed nationally but also how it is governed on the local level. Votes are vital because even the slightest sway in an election can have a drastic impact on our community. Steve Mallen, thinks that “everyone should vote and the fact that most don’t is the source of a lot of problems.” Whether you want to preserve nature or have a passion for issues relating to gun control, it is important to have a voice in the way in which our government system is managed.

Overall, many seniors, such as Bella Ahearn, say that voting is a civic duty in which one can affect change and share opinions and make voices heard. No matter your personal reason for voting, it is an important American right to have. Now, more than ever, is a critical time to make your voice heard. So, if you have not already, register to vote today !

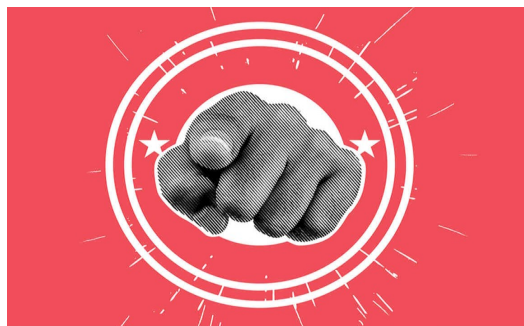


Photo from aclu.org

IB Advice from Seniors to Juniors

Written by Tyler Chong

“Do your EE and your college essays over the summer. Seriously” -
Isabel Barbato

“Learn time management sooner rather than later” -
Jake Rotz

“Put in the time to do your homework thoroughly so you are able to retain your knowledge for next year” -
Jessica Clunan

“Always do something you are passionate about because then it won’t be a struggle to do it” -
Josh Coffee

“Sleep is not worth giving up. Don’t procrastinate and you won’t have to.” -
Jessica Gangle

“My advice is to not get too stressed out. I know that it is easier said than done, but there is more to life than just getting good grades and being tired all the time. Try to have fun, appreciate high school while you are in it, and make time outside of homework to do something you love.” -
Tyler Chong

CAS Opportunity: Autumn Art Festival

Written by Kissimmee Crum

It is that time of year again! Winter Park is having it’s annual Autumn Art Festival. The art festival is our greatest local representation of fine art, Florida’s beauty, and family fun! The event is hosted by the Winter Park Chamber of Commerce and it is proud to organize the festival every second weekend in October each year. This is the only juried fine art festival that exclusively features only Florida artists. It is a community-oriented sidewalk show and they need your help to make it a success!

This year, the festival is in need of volunteers to support the facilitation of the event. Many roles are open and helpers of all ages are welcome. The festival covers two days and there will be a plethora of wonders including visual art, fantastic live entertainment, children’s activities and plenty more. Feel free to bring family members as you and your friends volunteer and gain service hours.

Event Information:

45th Annual Winter Park Autumn Art Festival

Saturday, October 13, and Sunday, October 14, 2018

Central Park in Downtown Winter Park: 251 S. Park Avenue,
Winter Park, FL 32789

The festival is open from 9:00 a.m. – 5:00 p.m. on both days
Admission is FREE!

Shifts are usually in 2-3 hour intervals but you can sign up for multiple shifts! Examples of roles include: entertainment assistants, hospitality tent helpers, set-up/take-down crew, booth sitters, and much more. Slots are filling up fast but there is still space available!

Sign up today by following this link to the Sign-up genius:
<https://www.signupgenius.com/go/5080c48afa622a3fb6-20182>



Join us at the Winter Park Art Festival for service hours!

Crash Course: IB Terminology

Written by Emily Evans

As an International Baccalaureate student, you will run into many confusing abbreviations throughout your high school career. Below are some explanations of the most important IB abbreviations.

CAS (Creative, Active, Service) - To receive your IB diploma, you must report CAS hours: 75 service hours and 75 hours of mixed creative and active hours. Creative hours involve the exploration of ideas that lead to an interpreted or original product, some examples being drawing and piano. Active hours entail physical exertion. Examples of active hours include most sports, such as soccer and football. Service hours require community engagement and assisting with a need. Examples of service activities include volunteering at a food bank or nonprofit. All IB students must submit and reflect upon their CAS hours throughout junior and senior year.

DP (Diploma Program) - The IB Diploma Program is the curriculum that allows students to become candidates for their IB Diplomas through junior and senior year. IB Diploma Program students must take all of their exams, submit CAS hours, submit an EE, and turn in all IAs.

EE (Extended Essay) - The (somewhat dreaded) Extended Essay is a 3,000-4,000 word research paper. Students can choose any academic subject to investigate for this assignment. A “D” must be received on the EE to remain a candidate for the IB Diploma.

IA (Internal Assessment) - Internal Assessments are investigations that require students to explore subjects that may not be covered deeply during their courses. For the sciences, IAs typically take the form of an experiment. In the history courses, a research paper is written on a subject of your choosing. Math Internal Assessments are often statistical analyses.

IOP (Individual Oral Presentation) - The Individual Oral Presentation takes place during the second semester of junior year. The IOP requires students to present a ten to fifteen minute commentary on one of the three novels studied in English. This grade is important, as it is combined with your senior-year commentary to determine your final English grade.

IOP (Interactive Oral Presentation) - The Interactive Oral Presentation takes place during the first semester of junior year. This IOP requires students to respond to a question dealing with the cultural or contextual elements behind the plays that are read in class. Students can work alone or in pairs to deliver an engaging presentation that answers their assigned question.

HL (Higher Level) - Higher Levels are courses that span two years of a student’s IB curriculum.. Everyone must take HL history and HL English, and a third HL is chosen by the individual student. The most common HL courses are psychology, biology, and mathematics.

SL (Standard Level) - Standard Levels are courses that only last one year. Every student must take three Standard Level classes. Students must take a Standard Level foreign language (unless they are pursuing a Higher Level foreign language), and many students take Standard Level mathematics.

TOK (Theory of Knowledge) - Theory of Knowledge is a course that all IB seniors take to reflect on their knowledge. This course asks students to reassess their beliefs and hold intellectual discussions, often as a result of knowledge questions.

How to Get in Trend this Fall

Written by Paulina Castro

The most anticipated season of the year is here. It's time to put away the summer dresses and pool floaties and break out the oversized hoodies. As the leaves begin to turn brown, all the new 2018 Fall pieces are coming out to play. Whether you're rocking a casual daytime look or getting ready for a night out, these trends are key to acing this season's street-wear. In this drastic transition from summer to fall, here are the essentials you need to add to your wardrobe for this exciting new season:

Animal Print

From leopard to faux snakeskin, animal print is the new fall favorite and a go to when it comes to accessorizing. For a casual look you can put on a leopard belt with a white t-shirt and jeans. For a going out look you can pair a little black dress with a snake skin clutch

Plaid

From day to night, plaid is a must for fall. The plaid pattern is best worn on either a skirt, coat, or a flannel. Plaid is the perfect medium between sophisticated and chic. This design can easily transition from a day to night look.

Metallic

Metallic items are great statement pieces to add to your everyday look. They're perfect for going out into town or an edgy addition to a casual outfit. Metallic is a trend in the making. Even if this bold statement look isn't exactly your style, try adding one or two metallic pieces to your closet this Fall season. A sleek pair of metallic booties or even a metallic jacket is a cool, modern way to up your fashion game.

Hoodie

Hoodies are not only the most casual and comfiest things to wear, but they can also be dressed to be chic. Hoodies are perfect for an everyday look and are so easily paired with jeans, a coat, and boots or even sneakers. You can either dress it up or dress it down. Whether you're aiming for a lazy day look or athleisure street style, hoodies are the warmest route to being effortlessly cute.

Booties

Booties are the fall essential for tying your whole outfit together. Comfy and classy, you can add booties to almost any outfit. These fall-favorite shoes go perfectly with any style- whether it's edgy, chic, or classy. Booties are the perfect substitutes if you're not in the mood for a normal boot.

Need a good movie?

Written by Ella Grace Rodriguez and Aviva Diamond

Bohemian Rhapsody

Premiering on November 2, *Bohemian Rhapsody* is a celebration of Queen and its lead singer, Freddie Mercury. This film follows the rise of the band through its iconic songs and revolutionary sound. Queen reaches incredible success, but, unexpectedly, Freddie shuns Queen in pursuit of his solo career. Having suffered without the band, Freddie attempts to reunite with his bandmates just in time for the iconic Live Aid festival. While facing a recent AIDS diagnosis, Freddie leads the band in one of the greatest performances in the history of rock music.

Night School

If you're in need of a good laugh, be sure to check out *Night School* in theaters starting September 28th. The film stars Kevin Hart, who unexpectedly obliterates his place of employment. Since the ill-fated accident, he is now forced to attend night school to get a GED. However, the only problem is that the teacher (played by Tiffany Haddish) doesn't see him as capable of passing the class. Produced by Will Packer and directed by Malcolm D. Lee, this movie is sure to bring lots of smiles to the theater.

Crazy for You

Written by Maia Ruiz

This fall our very own drama department at Winter Park High School will be performing the musical *Crazy for You* by George and Ira Gershwin. Featuring incredible dance numbers performed by the cast and jazzy songs played in the pit, this is a musical you won't want to miss. The story follows Bobby Child, a man pursuing a career in showbiz, who travels from New York to Deadrock, Nevada where he falls in love with Polly Baker. When her father's theater is at risk of closing, Bobby calls some friends and asks the town to put on a show in a last ditch effort to save the theater. The show includes upbeat songs like "Slap That Bass" as well as romantic ones such as "Someone to Watch Over Me".

Members of the *Crazy for You* cast are extremely excited for the show. Jake Rotz, who will be playing Bobby, says, "my favorite thing about it is that everyone is putting in their all to learn things like tap dance-which most kids don't know. We all get to learn together; it's great." The cast has been hard at work putting the production together. Annie Sims Chin, who will play Polly, wants everyone to know "this show will truly be a spectacle and celebration of life, music, and dance," and that, "the show has something for everyone; tap, dance, acting, and jazz music." Make sure you come out to *Crazy for You* October 18th through 20th! You won't want to miss it!

Club Spotlight: Students For Arnold Palmer

Written by Miguel Sarenas

Have you ever felt the compelling desire to help others in your life, especially children who are in need? There is a new club emerging this year, "Students for Arnold Palmer", founded by Paloma Bruscato and Bella Ahearn from the class of 2019. The club is boasting a massive roster with over 100+ members included. Students for Arnold Palmer is a service club in collaboration with the Arnold Palmer Children's Hospital in Orlando. Arnold Palmer Children's Hospital was founded in the 1970s by three men who wanted to achieve their desire of revolutionizing specialty care, and they believed they could achieve that goal by opening a healthcare facility dedicated to women and children in the Southeast. It is a 158-bed pediatric hospital that is a part of Orlando Health and is supported by the Arnold Palmer Medical Center Foundation. The facilities are specifically designed for young children to make them feel like it's their second home, including playrooms throughout the hospital, along with an outdoor play area called Play Works, where patients, siblings, and visitors can have fun and enjoy the outdoors. Throughout the year, members of the club will be collecting art supplies, fundraising, and making goodie bags to donate to the kids in the hospital. The impact of this club will make kids at the hospital feel like that they are truly cared for, and that they have a small community that will support them through their journey to a full recovery.

Students for Arnold Palmer's first event will be an art supply drive. The drive will be running from October 1st- October 9th; make sure to drop off all donations at Mrs. Arnold's room (271). Students for Arnold Palmer is asking for 1 ounce tubs of play doh, plastic cookie cutters, 4- pack crayons, 8- pack markers, colored pencils, coloring and/or activity books, stickers, pipe cleaners, and construction paper.

Senior Survey

Written by Wil Curtis

Recently, senior Quinton Johnson constructed a brief, yet interesting social experiment. Using Google's survey creator, word of mouth, and the participation of almost half of the IB senior class, he was able to gather compelling information on the senior student body in some twenty five pie charts and bar graphs. The results show us some pretty surprising results, like our affinity for iPhones and the 3:2 female-to-male ratio (sorry guys). To get some more insight into the inquiry, I contacted Quinton himself for an interview.

WC: "Why did you start the survey?"

QJ: "Well, you see, that's a very interesting question. I just wanted some cool graphs so I could visualize our IB class, because everything that I know about you [the IB class] is purely anecdotal, so it's interesting to have some statistics to objectively show this information."

WC: "To what extent did the outcome of the survey meet your expectations?"

QJ: "Well, in regards to the iPhone question it did really exceed my expectations. I knew our IB class had a propensity to purchase Apple products, but I didn't realize it was this extreme."

WC: "What result did you think was the most surprising?"

QJ: "Disregarding the apple question, the split in the books we liked from Junior year. I was surprised when *Extremely Loud & Incredibly Close* tied with the *Things They Carried* which was, in my opinion, a far superior book."

WC: "Do you think results would have been different had you included the other IB classes?"

QJ: "Obviously, they haven't read the books from last year. Other than that, I feel like the IB students are in a similar vein and I don't know anything about the other IB class or the one before that, though I feel like they would fall in the same statistical averages."

WC: "What do you think kept the other IB students from filling out the survey?"

QJ: "Laziness. (Or they just didn't hear about it)."

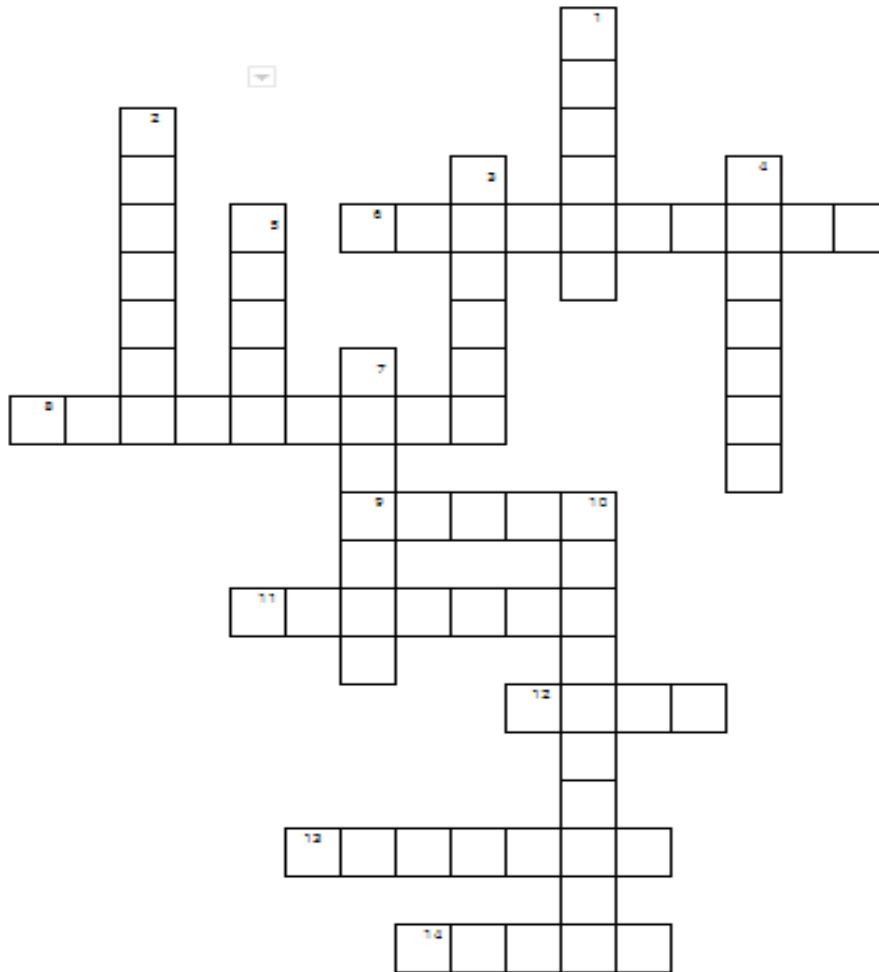
WC: "Do you think the results would be different if the survey was taken by all IB seniors?"

QJ: "I mean, I don't think so. The point of a survey is that you don't get everyone, you just get a statistical average. And we got— what, a third, half of the IB students? That's a pretty good number. Imagine if we were able to get a political census for half of the state of Florida. That would be pretty accurate."

It's fascinating how a few small charts and graphs can say so much about the student body. We are certainly more than lines on a diagram, but looking at us from that perspective opens fun conversation and provides interesting insight.

Senior Survey Results	
How long have you been in IB?	4 years: 93.3%; 3 years: 6.7%
Do you have a driver's license?	Yes: 84.4%, No: 15.6%
Which IB Science class did you take?	Biology: 66.7%, Chemistry: 17.9%, Physics: 15.4%
Were you born in the United States?	Yes: 84.4%, No: 15.6%
Do you use an iPhone or Android?	iPhone: 97.6%

Spooky Crossword *by Martha-Grace McLean*



Down:

1. Kind of bullet you need to kill a werewolf
2. The color of blood
3. Box to hold a dead person
4. These figures often have hair longer than Janie's, large noses, and wear hats
5. This monster is Out of Egypt
7. Deception in the form of clothing
10. What part of the street do Vampires live on?

Across

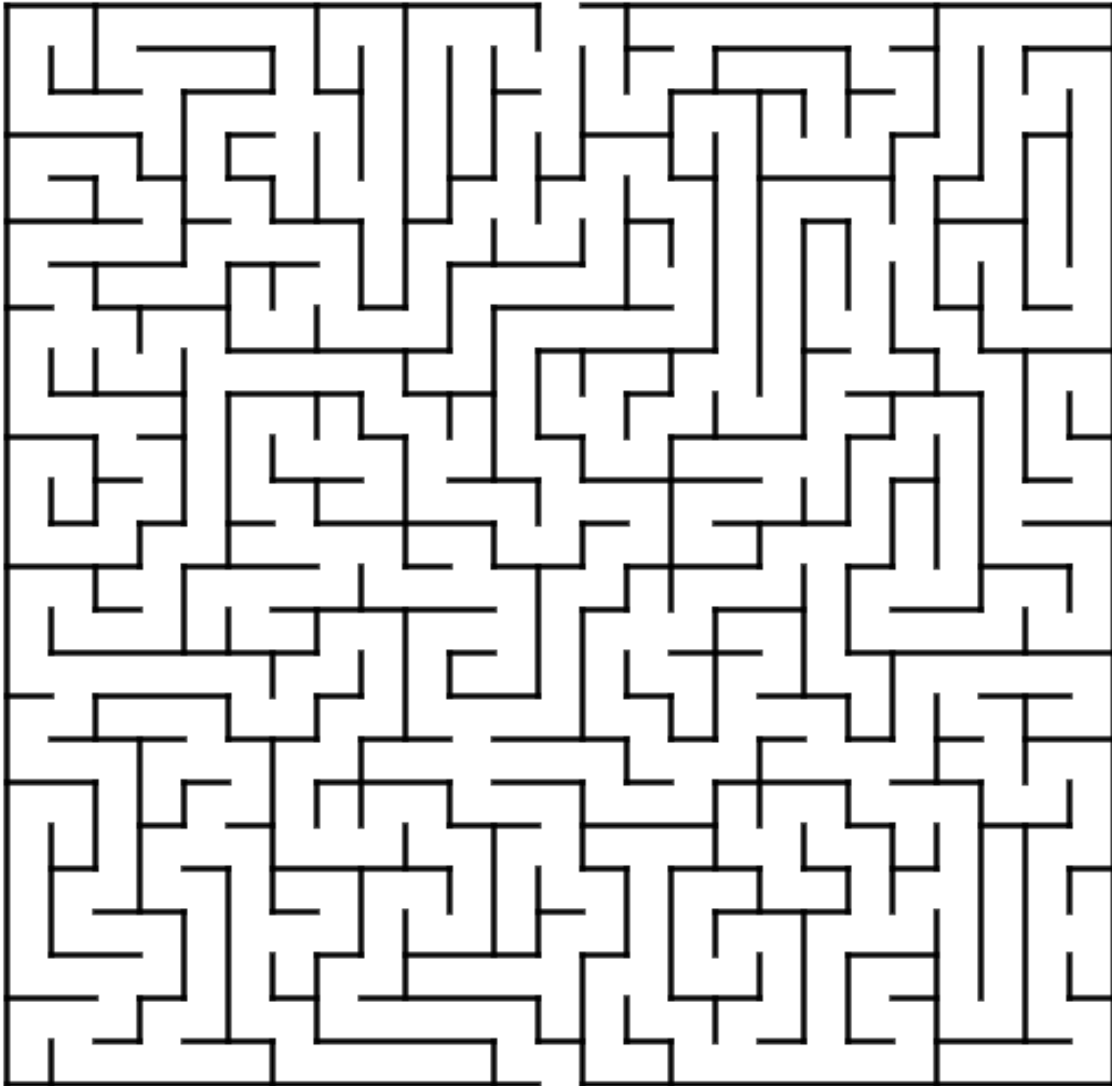
6. What is ghost's favorite fruit?
8. 35 million pounds produced each year in preparation for Halloween
9. Trick or
11. Hates garlic
12. What does a spider make?
13. Month that contains Halloween
14. On Kurzday, Fottler Friday, and Halloween you get...

Answers:

1. Silver 2. Crimson 3. Coffin 4. Witches 5. Mummy 6. Booberies 7. Costume 8. Candy corn 9. Treat 10. The dead end 11. Vampire 12. Webs 13. October 14. Candy

Get Out of the Pumpkin Patch *by Kyle Smith*

START



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