



THE VAPING EPIDEMIC

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OUR MISSION

The Seminole is a student-run publication designed to intrigue, inform, and entertain the student body of Seminole High School. All stories are reviewed for accuracy and deemed the responsibility of the staff. The editorials published are the opinions of the writers and not necessarily the opinion of the staff or the administration of the school.

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GETTING TO

By: Anusha Sikand
Reporter

MS. WILLIAMS

Seminole High School's 2018-2019 Teacher of the Year, **Ms. Leah Gentry**, has passed down the crown to **Ms. Yolanda Williams**, this year's 2019-2020 Teacher of the Year.

Ms. Williams has been a dedicated teacher for English II and Honors English Courses at Seminole High School for 9 years. Her involvement surpasses just English II as she has previously taught Drivers Education, English I, and other Reading Courses. She teaches classes to improve the quality of student education. Through her

many years of teaching, she has proved to be not only beloved by all her students, but her colleagues as well for her outgoing and light-hearted personality.

"I was honored that my coworkers recognized my diligent work ethic. I was also grateful that my infectious, upbeat personality was appreciated by my SHS family," said Williams when she found out her fellow colleges and students had nominated her for Teacher of the Year.

At a young age, Ms. Williams knew she was passionate about teaching. She worked as a Teacher's Assistant at the YMCA to gain more experience in teaching and was later promoted to the Site Director for YMCA's after school and summer camp programs. She upheld her position as she worked towards her teaching certification and has been a teacher ever since. Her path towards becoming a teacher paid off as she was nominated as the teacher of the year.

"Being a teacher is continuously rewarding. I love the process of learning; therefore, I teach. I continue to grow in my profession and the proof is in the pudding when I see my students reach their goals inside and outside of our classroom," says Williams.

Ms. Williams has caught the attention of many and continues to be recognized as an iconic teacher in the running for District Teacher of the Year. Her achievements as a teacher has made Seminole proud, especially **Principal Dr. Rodriguez**, who believes in the importance of appreciating teachers for their hard work.

"Ms. Williams changes lives. Year after year, her students demonstrate some of the top learning gains in the school. Each and every day, she models enthusiasm. She holds her students accountable and her students love her for it," says Dr. Rodriguez.

Seminole is proud to have Ms. Williams as the deserving recipient of Teacher of the Year 2019-2020 and is excited as she continues to inspire many through her accepting and friendly personality loved by all.



"NOLE" YOU

By: Jessica Ty
Photography Manager

COACH MERLINO

An inspiration to many, **Coach Merlino's** "Hail Seminole" and "Rollercoaster" days are coming to an end. He has been teaching athletics at Seminole High School for 35 years and over 45 years in his career, building new connections and memories from each new graduating class. From soccer to volleyball, to currently coaching the girl's varsity bowling team, he has experienced it all. Wherever he is, Merlino has left a lasting impact on Seminole students, teaching them the importance of generosity and kindness through sportsmanship. Though he will no longer be an employee at SHS, his legacy will live on forever.

"I don't think there are too many people that can say they woke up 45 years in a row in the morning and enjoyed going to work. I'm not the richest person in the world, but I have enjoyed myself tremendously and that means more to me than anything money will ever buy," explained Merlino

In awe with the athletic program at Seminole, Merlino attends as many sport events as possible, with the 2008 Football State Championships and 2019 Baseball State championships being one for the books. The Dazzlers, the Pride of the Tribe, the fans, and most importantly, the famous 'Merlino Rollercoaster,' all unite Seminole into one family for the games. With all the hustle and bustle on campus, Merlino will definitely miss the athletic events the most. For the past couple of years, he has attended every single Senior Night of every sport. From coaching various sports to cheering on the sidelines, the games will always hold a special place in Merlino's heart.

"Coach Merlino is the literal embodiment of what it means to be a Nole. His dedication to the school and his school spirit is admirable. He lives and breathes Seminole, and he is a big inspiration to everyone at the school," said senior Varsity Soccer Player **Jacob Longway**.

He knows the importance of creating personal relationships with every student in hopes of making a greater impact on each student's life, regardless of what may be going on outside of the court, field, or pitch.

Covering the walls of Merlino's office are thank-you letters from students or pictures with athletes. One of the letters came from his tennis students who was asked everyday, out on the courts, what time it was. Not knowing the time, the student responded saying "Uh Coach I don't have a watch but I'm hoping Santa will bring me a Pokemon watch for Christmas."

That weekend, Merlino happily went to Walmart and bought him a Pokemon watch, and man he went nuts. He said Coach 'I'm going to work the whole weekend and write you a thank you letter'

From experiencing the 2008 football state-championship to attending all the Senior Night sporting events, Merlino's presence at these athletic games encapsulates what it means to be a true Nole. After 10 years of not missing a single day of school, Merlino's ultimate retirement goal is to buy a new comfy couch for him to relax and reminisce on the memories he has made at SHS.





THE SILENT KILLER

Panic spreads through the nation as studies show a skyrocketing rate of teen vaping and an outbreak of e-cigarette related lung injuries.

By: Serra Sowers, Laila Rahbari, Samantha Flaute

According to a study by the National Institute on Drug Abuse, the United States, 25% of teens use vape or e-cigarette devices. Electronic Cigarettes or “vapes” are handheld battery-powered vaporizers that produce an inhalable aerosol. These tiny but deadly machines operate by inserting a “pod” of flavored aerosol liquid or “e-juice” into a battery-operated device typically equipped with an electronic on/off button switch. Companies such as 100, Jam Monster, Beard Vape, and Milkman E-Liquids, to name a few, market flavors ranging from cotton candy to sweet strawberry, arguably appealing to a teenage market.

Although inhaling flavored “juice” may not seem so bad, issues arise when the ingredients of e-juices are analyzed. The average pod of e-juice contains water, food grade flavoring, a choice of nicotine levels or zero nicotine, and propylene glycol (PG) or vegetable glycerin (VG) used as sweeteners. In other words, an e-cigarette serves to provide a sweet flavoring with inhalable nicotine, which is highly addictive to its users. Thus, society’s new generation of teens is facing a plague of flavored nicotine, and it comes in the form of a vape.

What makes these E-Cigarettes so dangerous is their detrimental health effects. Recent studies by the Centers for Disease Control and Prevention (CDC) advised people to avoid e-cigarettes while federal and state officials investigate an ongoing nationwide outbreak of severe lung injuries associated with the use of e-cigarette, or vaping, products. The inhalation of nicotine and smoke containing it into the lungs is responsible for deadly and long lasting health issues such as COPD, popcorn lungs, collapsed lungs, and lung cancer. Although these smoking products have

only been on the American market since 2007, the semi “long term” effects are beginning to show. The amount of reported lung collapses due to the use of E-Cigarettes has increased dramatically in teens, causing chaos all over social media. In 2019 alone, there have been over 2000 cases of vaping related injuries in the US according to the CDC. The first death as a result of vaping was a 17 year old male in New York this fall. The National Youth study found that the rates of youth who say they vaped with nicotine in the past month has more than doubled in two years. Because of the advertising and illegal obtainment of vapes, most of the oppressors are young males, with a median age of 24 among patients according to the CDC.

Some vaping products include chemical THC, commonly found in marijuana, which may be causing the most problems in these cases. The sources of the “pods” inside the vapes are often unknown, in terms of where they were bought and where they were made, especially in the black market or underage sales, making them even more dangerous. The CDC and other independent health agencies warn all that use or think of using these devices of their potentially deadly outcomes.

When talking to Principal Dr. Rodriguez, he warns all SHS students:

“A wise person would never say, “I think I would like cancer.” No one ever volunteers for cancer. By inhaling the chemicals associated with vapes, people are more or less saying they are alright with potentially life threatening ailments. That doesn’t seem like something an intelligent person would do.”

ENVIRONMENTAL

OUR OCEANS

One place global warming has impacted most is the world's oceans; in turn, the global food chain and living space. As temperatures continue to rise world wide, so do ocean levels. Rising waters take away from land and displace people from their homes. The overall rise in heat on earth has caused major recessions in glaciers, glacial melt, and warmer temperatures in the oceans. By comparing images of the North Pole from every ten years for the past several decades, the size of Greenland, for example, has shrunk significantly due to ice cap melt. Hotter sun and higher temperatures are causing the ocean to warm (by several degrees).

In the tropics, the warm waters are stirring, causing more frequent and stronger storms. Hurricanes typically brew in the Atlantic and Gulf from August to October, but over the past four years, Maria, Irma, Harvey, Michael, and Dorian have caused greater mass disaster in the Bahamas, Puerto Rico, Florida, and the Gulf states than other storms historically. The destruction from these storms creates millions of dollars of damage and thousands of deaths as people are unable to escape the brute of the powerful waves and wind.

With excessive heat also comes a greater risk to marine life. Some species are extremely sensitive to changes in temperature and increases in overall heat will change the biodiversity of these ecosystems over time. Marine animals and fish migration patterns are also shifting as the seasons change and temperatures become historically warmer in the summer and colder in the winter. Ocean food webs will also shift as species react to environmental changes. Phytoplankton, microplankton that feed off of light energy like plants, are the base of the food web in the ocean and thrive in cooler waters. As heat rises, these populations dwindle and all species suffer, including human food supplies and economies, especially in the coastal towns.

Heat is not the only factor that is affecting the oceans and marine life, though. The human impact in terms of plastics has caused major pollution in aquatic environments. Straws, plastic bags, water bottles, and bottle caps are just a few plastic products that are mismanaged and end up in the oceans by wind or mismanagement of recycling and landfills. When they are broken down by the environment, they become

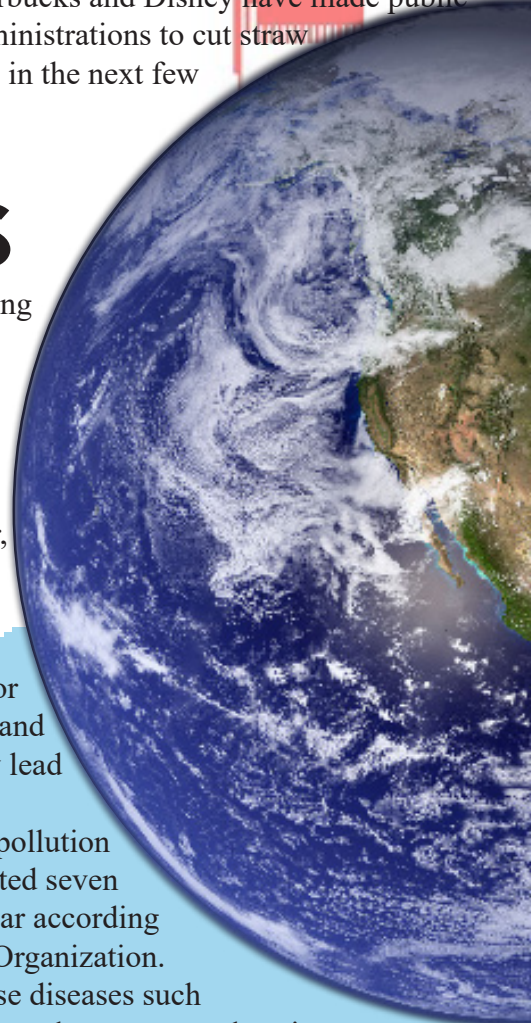
microplastics and get into the food chain as animals eat them and biomagnification increases. Additionally, these items are often mistaken for food by turtles, sea birds, fish, and larger marine mammals, harming, suffocating, and even killing these animals.

One sustainable product that has taken social media by storm over the past few months has been the replacement of the plastic straws with better alternatives such as metal or biodegradable paper straws. To save the oceans, "VSCO" girls have taken the world by force as they promote the use of glass and metal straws in addition to plastic-free living. Restaurant chains and large corporations like Starbucks and Disney have made public promises in their administrations to cut straw use and plastic waste in the next few years.

OUR CITIES

Only occupying two percent of the world's landmass, cities are the Earth's centers of trade, culture, and innovation. However, cities are responsible for 70% of CO₂ emissions causing problems such as poor health, air pollution, and floods which directly lead to death.

Globally, air pollution has caused an estimated seven million deaths per year according to the World Health Organization. Polluted air may cause diseases such as "stroke, heart disease, lung cancer, chronic obstructive pulmonary diseases and respiratory infections, including pneumonia." In the United States alone, citizens of Los Angeles and New York are already living with the effects of CO₂ emissions with a substantial increase in asthma cases. Countries such as India and China, are suffering the most from issues directly related to air



EXPOSÉ

By: Serra Sowers, Samantha Flaute, Laila Rahbari
Management Staff

pollution. India by itself had over 140 million deaths in 2017 due to poor health caused by air pollution, while China had a reported 1.6 million deaths directly caused by air pollution.

Within our home state, Miami and Tampa both rank in the top five flood-prone U.S. cities caused by climate change due to increased CO₂. With our cities at risk, climate experts claim “Many inland areas in the U.S. are flooding more often. Heavy rainfall caused by climate change as well as human alteration of the land are the main drivers of this trend.” Furthermore, an overwhelming \$2.9 billion per year is paid by the National Flood Insurance Program (NFIP), putting a large damper on the economy and thus deteriorating the quality of life for many citizens.

Without action, our cities will crumble in the next century due to climate change, and millions more of innocent people will die. Centuries of humanity will be lost due to the irresponsibility of humans to maintain a healthy Earth. However, we can help by partaking in various acts to reverse the ever-persiting climate change. For example, a task as easy as using reusable energy rather than fossil fuels, and producing less plastic can make an ample change in the health of Earth’s environment.

GLOBAL WARMING

As a result of harmful human practices, we are experiencing an increase in temperatures globally. Rising temperatures result in many irreversible environmental problems such as melting ice caps, extinction of species, and devastating fires. What is even scarier is the amount of time it takes for one of these problems to form. In

fact, according to Stanford University climate scientists, increase in global temperatures is projected to occur at a rate 10 times faster than any change in history. This dramatic increase in temperature will be accompanied by devastating effects on our environment.

Some progressive countries, mostly in Europe, take the climate crisis very seriously and strongly enforce healthy practices such as recycling, taking legislative measures, and heightening restrictions to combat the deadly effects that climate change poses to our environment. However, not all countries have joined this sustainability bandwagon. Countries reliant on heavy manufacturing for their economy add to the problem by releasing large amounts of damaging chemicals into our atmosphere and water streams, heightening the effects of climate change. However, with passionate individuals and active policy initiatives, hope for these countries and the world to change damaging practices and put an end to the climate crisis is not lost.

The push to limit heat-trapping emissions by encouraging the use of cleaner energy technologies, such as solar and wind power is becoming very popular. In addition, the production and implication of more renewable and sustainable resources and products to avoid the consequences of global warming is also drastically increasing.

Social media is a big contributor to the climate change initiative. Through social media, people are learning about dangerous pollutants such as plastic, and the effects they have on both the health of living organisms and our planet. As one of the biggest sources of amplification to youth, social media is teaching people around the world on how to better manage their waste and how to push for new laws and changes that they want to see in their communities.

HOW YOU CAN HELP

As a global citizen, you can do your part by shopping locally and choosing green alternatives. Resourcing from local markets reduces the emissions wasted on travel and the plastic or packaging used. Eco-friendly food, clothes, furniture, and cars are just one to live a cleaner lifestyle. For more ideas on sustainable living, check out the Global Footprint Network.

Uncovering Noles

By: Samantha Flaute and
Shea Brandau



During Mrs. Craven's many years of work experience, she has had a wide range of jobs. Her first jobs are what you might expect a teenager to have—a candy stripe volunteer for the hospital her dad worked in and a cashier at Burger King where she remembers coming "home every night smelling like french fries." Mrs. Craven says her most interesting job was a Manager of Investor Relations for a Fortune 100 Company, where she frequently traveled and worked 60 hours a week. Her previous jobs taught her valuable skills such as time and project management, communication, commitment, professionalism, and to "just be nice to people." If she could have any job she wanted, she would be a corporate lawyer. Her advice for high schoolers looking for work is to "Get a grip! Find something you like doing, listen to people more experienced than you, keep your cell phone away, and stay attentive."

Upon meeting Dr. Springfield, many would not know that she got her start at teaching as a statistics tutor at Seminole State College with the Veteran Affairs department. Through her experience as a tutor, Dr. Springfield learned to multitask, fulfill responsibilities, and serve others. Growing up in a household of educators surrounded by an environment embracing education, joining the teaching traditions was nearly inevitable. When asked for her dream career,

Dr. Springfield was quick to respond with teaching, as she has always "loved what she does", but other than that she would have liked to be a wedding planner with the intention of helping dreams come true. Dr. Springfield's advice for working students is to "learn how to present yourself well and to advocate for yourself because jobs are not just going to be handed to you, you have to earn them and continue to earn it even on a bad day."



Mrs. Meahl, an IB English teacher at Seminole, has been working ever since the age of 14. Her first job was at a Chick-Fil-A, where she worked for four years as a high schooler, followed by a job at the AMC Theaters in Gainesville where she met her husband. Her most notable job was as a part of the entertainment department at Disney World. This entitled her to perform in the parades, twirl batons, rifles, and even fire. From her variety of experiences, Mrs. Meahl developed the ability to multitask and has learned how to be patient. In addition, from her four years as a Chick-Fil-A employee, she has developed a "hatred of chicken sandwiches." When asked why Mrs. Meahl began teaching she sarcastically responded with, "the huge paycheck and all the fame and recognition. No seriously, I like books and I like teenagers. It's a good fit." Despite her love for teaching Mrs. Meahl's dream job would be a lactation consultant, working with new mothers and babies. Her advice for working students is to "manage your time well and do not procrastinate."

FLAGS AND FOOTBALL

By: Yashaswini Meduri

If you have been to a home football game lately, you may have noticed the graceful and visually pleasing routines of the reestablished Seminole High School Color Guard. The team has been captivating the stadium by increasing the height and lyrical movement of our halftime shows.

Though this team seems new to many, the formation of Seminole's first Color Guard dates back to more than two decades ago.

In 1998, the Expressions Color Guard was created by current Dazzler coach Maureen Maguire. They won the national championship in Texas in 1999 and were also the only flag team that year that was asked to perform at the opening of the awards ceremony at SeaWorld San Antonio and they continued to mesmerize their audiences until 2010.

Ten years later, Mrs. Brynne Estremo has revived the once popular sport at Seminole High. Since she moved a lot when she was younger, joining the Color Guard at the new schools that she went to gave her a sense of comfort and belonging from 7th to 12th grade.

Photo by
Gwyneth Katker

"It was my home away from home," explained Estremo. "It has always been a dream of mine to start a program that could give support and a 'family' to kids who otherwise might not have them."

With 36 members and a countless number of flags, rifles, and sabres, the possibilities for the Color Guard are endless. A lot of time, effort, and immense dedication are crucial as they work with the marching band to deliver exceptionally coordinated performances week after week.

The girls spend three to four hours a day practicing their routines that consist of flag, swing flag, and rifle. Long flag and swing flag consist of dancing gracefully with either a short or long pole with a silk attached. Wooden rifles are used to enhance visual elements when spinning and tossing them during their performances. Though practice seems grueling to many, the outcome and the bonds that are created make it all worthwhile.

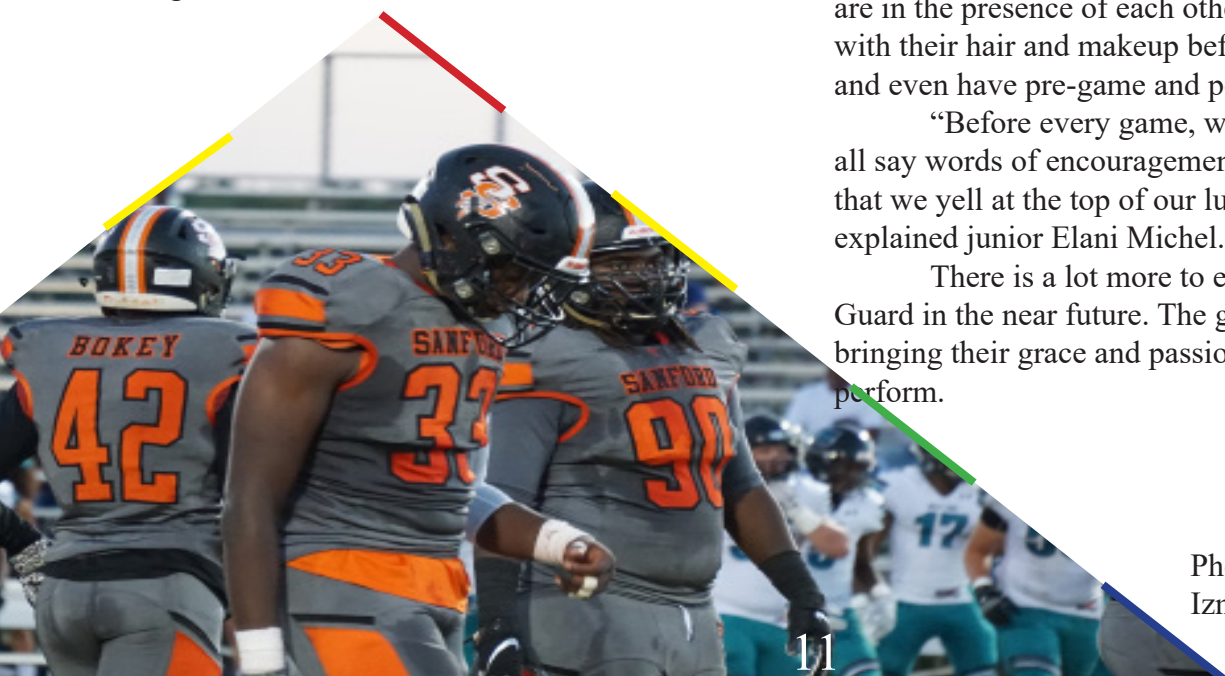
"I love getting to spend time with my team. It is also so much fun to be able to perform alongside such a great band," said freshman Cadence Gipson.

The girls feel a sense of sisterhood when they are in the presence of each other. They help each other with their hair and makeup before their performances and even have pre-game and post-game rituals.

"Before every game, we lock arms and we all say words of encouragement and we have a chant that we yell at the top of our lungs after every game," explained junior Elani Michel.

There is a lot more to expect from the Color Guard in the near future. The girls hope to continue bringing their grace and passion wherever they perform.

Photo by
Izma Shakil



GO, FIGHT, WIN SEMINOLE!

By: Samantha Flaute and Julio Roman

Ranked 18th in the state of Florida, the Seminole High School varsity football team has made tremendous strides and captivated their audience with impressive wins this 2019 football season. This year, like many others, the varsity football team advanced to regionals only to be beaten by Apopka High School. Securing a spot at regionals was a big achievement, and it took an extensive amount of conditioning, determination, and hard work, from both coaches and athletes.

The Noles faced some top of top teams in the district such as Apopka, Lake Mary, and Dr. Phillips. The players also defeated teams like West Port and Lake Brantley winning by landslides. The SHS football team ended their season with an impressive record of 49 touchdowns, 21 sacks, and 8 interceptions, according to MaxPreps, a high school sports reporting site.

To the football team, conditioning has become a regular part of their ordinary lives. Players worked hard daily on improving their skills for the game. Training for these players mostly consisted of sprints and various weight activities. Many of these exercises are highly intensive and are used to help enhance the performance of the players and increase their overall strength and speed.

“I believe the players are prepared for their games. Their training is very intensive and makes sure they are prepared for their games. All of the coaches work together to make sure the players are prepared for anything that might come to them,” said Mike Kintz, athletic director at Seminole.

Along with the intensive workouts, the coaches play a major part in the motivation of the players. On the sidelines, the coaches support the team, choose plays, decide starting players, analyze the strategies of the opponents, and make any other decisions that are

beneficial for the team.

Ending the year as one of the top teams in the state of Florida, the Seminole High School football team made some tremendous accomplishments this year. From the endless hard work of the players to the extensive support and motivation from the coaches we can expect to continue to see amazing results from the SHS football team.



Photo By: Izma Shakil

Dr. Phillips	35-13
Lake Mary	28-20
Deland	24-13
Mainland	22-20
West Port	47-0
Lake Brantley	42-20
Flagler Palm Coast	28-15
Spruce Creek	35-15
University	37-21
Mandarin	59-32
Timber Creek	17-10
Apopka	0-20

ADVICE COLUMN

If you are feeling lost, search no more! Welcome to our Advice Column! You asked, we answered. If you have further questions, reach out to:
seminolenewsies@gmail.com

Advice by Jennifer Schmid

How do I stay motivated for school?

You can make reminders in places you frequently pass by, like your mirrors or doors, for academic goals. For example, to remind yourself that you want to achieve good grades write a reminder on a bright colored sticky note and put it on your fridge. Give yourself little incentives and celebrate all accomplishments, no matter how small. Make daily or weekly reasonable goals and read them every day. Write positive messages to yourself such as a letter or short note stating: I am beautiful, I am smart, I will be happy. By telling yourself positive messages repetitively, goals you would like to accomplish will eventually happen.

This guy I like also likes me back but isn't ready to be in a relationship. Should we move on or wait until he's ready for a relationship?

I think you both will come together and be on the same page if you are meant to have a relationship. Take time to understand your feelings and he/she will understand theirs too. I think for now you should move on, but if it is meant to be it will be, just have patience and faith.

How do I balance homework with self-care to prevent burnout?

One option is to set aside a little bit of time each day to relax and rest. Sometimes, you need to take a break! Practice self-care by giving yourself 20 minutes a day to do something you enjoy that is nonacademic and stress-free. Taking a nap can often set you behind and make you more tired or stressed, so opt for something active or artistic instead. Unplugging from devices and music can increase your happiness and self awareness, so try that! It is also a good idea to go outside and experience nature. Journaling and writing can be a nice way to let go of your thoughts and breathe. Take breaks during homework and put your mental health before school work when necessary.

ARTISTS OF THE ISSUE

By: Samantha Flaute



Sonal Mohan, an IB junior, with a passion for all things art, is one of our Artists of the Issue. Influenced by her grandma, Mohan has been pursuing art as a hobby for as long as she can remember. Art serves an important purpose for Mohan and her family as it has been passed down generation by generation. However, her family shares more than just a love of art. In India Mohan's grandma worked as an artist as a way to support her family.

"In India while my grandfather was sick and unable to work, my grandma had to earn the income for the family. She went door to door selling handicrafts and other art she made. It was her creativity that fed her family," said Mohan

Mohan honors her grandma sacrifices and her family through her love of art and continues to carry on the tradition of art in her family. Mohan created this portrait with the intent to strengthen her skills in sketching and to push her artistic boundaries. Mohan hopes to continue pursuing her love of art and keep the valued tradition of art alive within her family.



Along with Mohan, we are also proud to introduce Ernesto Herr, a Seminole High School senior, as an Artist of the Issue. Herr has been creating artwork since his freshman year and enjoys painting and sketching in his free time. The mask, which was intended to be a Dia de Muertos mask, was inspired by the spirit of the Nole Nation at Seminole High School. When it comes to creating art Herr advises that "patience is key; never put off tomorrow what you can do today." As an artist, Herr's biggest influence is Keith Haring, an American artist known for his colourful works and iconic motifs such as the radiant baby and the barking dog. Herr appreciates the simplicity and meaningfulness of Keith Haring artwork as it inspires him in many of his artistic projects.

ATHLETES OF THE ISSUE

By: Omar Syed

Seminole High School senior Charlie McDaniel has had baseball in his life since the age of three. With his father playing baseball in his youth, the sport had a heavy impact on McDaniel. As a young child, he would spend countless hours practicing in the front yard with his father and brother, which would pay off in last season's championship run. Throughout his life, McDaniel is always up for a challenge and aims to strengthen his skills on and off the field. It has been a childhood dream for McDaniel to play baseball in college, which he will fulfill, at Presbyterian College, where he committed this fall. He plans to pursue baseball professionally after college, but if he is not able to compete professionally, he would like to receive his master's in Business Administration.



Senior Andy Mackler was quite an athlete during his childhood, participating in numerous sports: baseball, basketball, soccer, cross country, and track and field. However, when he was willing to play tennis five hours a day given the chance, Mackler knew he had found his passion. Mackler was first introduced to tennis at age four, when his parents took him and his brother to a hotel tennis court. Since then, tennis has shaped his life and he has been playing for the past 13 years. He always looks forward to difficult matches as an opportunity to prove himself, and winning motivates him to push harder every day. Mackler

has no plans to pursue tennis at a professional level, but has committed to Denison University for college tennis. He will be studying exercise science, using his experience from the Health Academy Program to work in sports science careers in the future.

Senior Emily Jarrell was introduced to athletics at a young age. Despite her thyroid condition, which prevented her from participating in outdoor physical activities, she would find another way to thrive in something she had a desire for basketball. Jarrell was introduced to the basketball through her grandfather at his apartment complex. This would eventually lead to Jarrell meeting her best friend, Anthony Pacy, on a YMCA team. Throughout her life, basketball has tested Jarrell both mentally and physically, but her heart, drive, and desire to go further prevailed. Despite several broken bones in her feet, a herniated disc, and a torn PCL, Jarrell would come back with a much improved statline after her full recovery, as she averaged more points, assists, rebounds, steals, and blocks, in comparison to her season before injury. With support of Jarrell's family, teammates, and coaches, she will fulfill her childhood dream of playing college basketball, as she was committed to Utah State University, and will be majoring in civil engineering.



VINTAGE AND VINYL

By: Ritika Sikand
Reporter



The rave over thrift stores has kindled into the resurgence of vintage fashion. From distressed band tees to bell bottom jeans, this year's fashion trends hints at styles from the past century. It is no surprise that fashion resurfaces in many forms, but the rise of vintage style has significantly changed people's perception of current, 'on-trend' vogue. What was once considered used clothing is now a rare-thrift find.



Fashion has always been a style of individual, free self-expression. When people think about vintage fashion, stereotypical mom jeans, threadbare leather jackets, and chipped vinyl records often come to mind. This staggering increase in "revisited fashion" may be due to the individuality it holds. Vintage style allows people to express themselves creatively by shielding from the adherence to modern-fashion norms.



"It is unique because most pieces are unlike any other," said sophomore **Katie Swanson**.



The rise of vintage fashion has caused an overall decrease in modern retailing brands. Mainstream, youth-oriented companies such as H&M, Forever 21, and Hollister have become increasingly less popular because of their decision to mass produce their goods. Fast-fashion, a term given to retailing brands that specialize in seasonal, on-trend clothing, are typically mass-produced overseas, leading to cheaper prices for consumers. Mainstream brands in the textile industry are notorious for emitting large amounts of greenhouse gases into the atmosphere, using large quantities of water and toxic dyes, and having an enormous carbon footprint. In fact, Forever 21 recently filed for bankruptcy due to consumer activism boycotting unsustainable

fast-fashion; a similar instance occurred with the female clothing brand, Nasty Gal, last year.

Moreover, fast-fashion brands have been criticized for unethical working conditions, environmental concerns, and the ethicalities of mass production. It is no surprise that western companies outsource to the developing world. Retailing brands often set up factory production in countries like Bangladesh, Indonesia, and parts of China. Due to the lack of child labor laws and a set minimum wage, workers are often taken advantage of, staying late hours and receiving very little pay and compensation.

"Since fast-fashion has taken over the clothing industry, purchasing second hand items can be very beneficial to the environment as well as the economy," said senior **Dina Al-Hasan**, an avid vintage shopper.

Recent studies by The Guardian and The New York Times have also shown a significant upsurge in consumer purchases for second-hand clothing. Online retailers such as Poshmark, De-Pop, The Real Real, and Thread Up exemplify this growing second-hand market. Many also note the convenience of online shopping as well.

"I think online thrifting has become [increasingly] popular throughout the years because people appreciate the minimalist yet eccentric style" of the past, said Al-Hasan.

Each piece of clothing has its own history and individuality, an appealing trait to younger generations. For instance, a vintage mahogany dresser or distressed Metallica tee both showcase the dated element of style. These old and refurbished pieces seem so "on-trend" because they were worn by people from previous generations with styles that are now back in fashion. Many vintage shoppers also point



Photo by Gwyneth Katker

out that pieces seem so “on-trend” because they were worn by people from previous generations with styles that are now back in fashion. Many vintage shoppers also point out that the distressed, ripped, or chipped styles that come with vintage pieces look natural, whereas the purposefully ripped jeans often seen at popular mainstream retailers lack authenticity.

“I love wearing my dad’s old denim Levi’s jacket from the 80’s. The jacket has faded original NASA patches stitched on it that give a sense of uniqueness. Since he wore this for many years, it already has the worn-in look that defines the style of vintage fashion,” said one student.

Often we see hints of vintage in high-fashion, luxury brands such as Louis Vuitton and Gucci when pieces like flare jeans, shoulder purses, and corduroy fabrics are resurfaced back into their brand. These trends are often sparked by A-list celebrities and fashion

moguls. Public figures such as the Kardashian-Jenners, Rihanna, and the Hadid sisters have played a pivotal role in the vintage resurgence. Often, teens observe an idol wearing a piece and desire to create a similar look.

Certain aspects of vintage style relate to society in the 70s, 80s, and 90s. For instance, during the period of counter culture, bell-bottom jeans, flower crowns, and small colored sunglasses were prevalent. These distinctive pieces defined fashion in past decades, and continue to resurface and effect fashion patterns today.

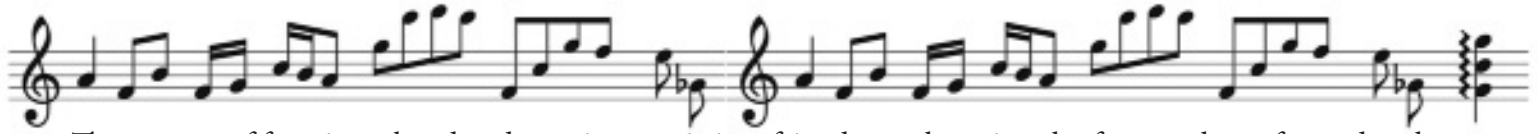
“I like certain aspects of vintage fashion that are coming back [such as the revival] of light pastels. I feel like they give you the feeling of purity and the social movements that occurred during certain time periods,” said Swanson.

Vintage fashion adds an unfamiliar element of nostalgia, shaping fashion for millennials, generation Z, and many others to come.

Senior Dinah Al-Hasan poses in one of her favorite outfits



FEELING THE BEAT



The process of forming a band and creating music is not an easy one, it is a path full of obstacles. However, Checked Out, a local band in Sanford, has learned to overcome these obstacles that hinder their success. Checked Out consists of six members who attend various schools, three of whom are from Seminole High School. The three students are Colby Brookshire, a senior who is the band's founder and lead guitarist, senior Jenna Soricelli, the band's lead singer, and sophomore Maddux Miller, the band's second guitarist.

Checked Out was not the band's original name. The band, originally formed by Brookshire himself, was formerly known as The ARCS Project. Formed in early 2018, the ARCS Project consisted of only four members. However, the young group of musicians was unable to reach the same level of fame that they had hoped for. In fact, the group never created a proper foothold in the community because as quickly as The ARCS Project was formed, the band fell apart at the seams.

"Our lead singer left for unknown reasons before we could actually get our feet on the ground which made it hard to continue. It was definitely a low point for the band," said Brookshire.

It was with this loss that The ARCS Project decided to rebrand and become the band now known as Checked Out, picking up new members including Miller and Soricelli, who was eventually given the position of the lead singer due to her boundless talent. The group decided to rebrand after being given the opportunity to perform with one of Brookshire's

friends, a solo artist who frequently performed at the West End Trading Company. His friend was in need of a backing band to aid in their performance so naturally Checked Out volunteered.

"We performed with her and she subsequently joined the band for another show. We also pulled on a secondary singer, Jenna Soricelli, who is now the lead singer of the band," said Brookshire.

As the band attracted more attention, they gained more traction in the local music field. The group of students has played multiple shows with the latest being on October 5th, 2019. "We had a show where there were over 150 people! I know it does not seem like a lot, but as a newly formed band it is a really good turnout," said Miller.

Though fame and attention are a pleasant perk, to the band members it means nothing. To them, the real gift of playing as a band is having a platform to share their music and play with their peers all while growing at the same time.

"I decided to join because I wanted to be able to make music with my friends and being a member of Checked Out gives me the freedom to do that," said Soricelli.

Even though they are a newly formed band, Checked Out has dramatically impacted not only the community but the band members themselves. Whether you are a music connoisseur or a casual listener, check out Checked Out at their next show at the West End Trading Company in Downtown Sanford.



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