

# dolphin

## PRIDE

Marathon High School  
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DOLPHIN PRIDE STAFF  
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## LifeSmarts



Pictured above are Commissioner of Agriculture Charles Bronson, Coach Kathy Loggie, Stephen Joseph, Cassie Dickson, Courtney Rudacille, Michael Koppel, and Molly Dillingham

## MHS Students are Life Smart

By: Cassie Dickson

On February 18th, five Marathon High School students, along with their coach and assistant coach, all piled into a van and headed to Tampa for the annual LifeSmarts competition. LifeSmarts is a game that tests students' knowledge of subjects such as health, environment, and consumer rights. Last year, the MHS students took first place, and they didn't disappoint us this time either. After an exciting competition between fifteen teams on February 19th, they placed second in the state.

The team, coached by Kathy Loggie, had three veteran players this year: seniors Courtney Rudacille, Molly Dillingham, and myself, Cassie Dickson. Joining the team for the first time was junior Michael Koppel, and senior Stephen Joseph. Teri Dickson completed the group as the assistant coach. Mrs. Loggie has been coaching LifeSmarts teams for eight years. She says, "I am so very proud of how well the students represented Marathon High School."



Fourteen MHS students received scholarships totaling \$10,000 from the local Zonta Club. The money will be used for music lesson, art camp, swim camp, chef school, and laptop computers. In return, students will perform volunteer work in the community.



Lee Smith (American Legion Post Commander), Grace Parks (President, Veterans Council of Monroe County), and Ken Duffy (Commander, Disabled American Veterans) present a new flag to Bill Sympson for the new school building.

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# PRIDE OF MARATHON HIGH

## Musical Creatures

By: Marion Armbruster

When you hear the sweet, graceful melody of a flute floating through the air at Marathon High School, you may be listening to one of two flute players in the school band. Shannon Aument is one of those players. While she plays the flute beautifully, she does not see this as a career; she anticipates playing only as a hobby after graduation. Shannon has played the flute since seventh grade. Her favorite class is, obviously, band. She says the best part of band is that the teacher, Mr. Rob Raymond, gives the students a lot of freedom to choose how they want to learn.

"I like that it is a lot of fun. It makes me feel

special that I can play an instrument," Shannon comments. She also says she doesn't like that her grade depends on everybody else's behavior.



Shannon with her flute

In her spare time, Shannon not only practices her flute, but also goes to the bird center and works until seven o'clock every single weekday directly after school. Shannon loves all types of animals, especially birds and snakes. After she graduates in 2009, she wants to go to college and

study to become a veterinarian. But before she goes to college, Shannon just wants to lay back and take a rest for a year by working as a veterinary assistant or at a zoo to get a feeling for working with animals. At home, Shannon lives with a variety of pets including a dog, a cat, and a bird, so she has plenty of first-hand experience.

Marathon High School is truly lucky to have Shannon as one of its students. We're sure to hear more about her accomplishments before she leaves here.

## Have You Met Our President?

By Steven Perry

Everyone knows our school has a leader, which is usually a principal, but did you know our student body has a leader as well? Natalie Johnson is Marathon High School's Student Government Association (S.G.A.) President. Natalie moved down to Marathon in her freshmen year. Right away she started to show her leadership abilities. She became a class officer and has always been involved. Natalie ran unopposed at the end of her junior year to become S.G.A. President. She also plays a big factor in what goes on within our school.

When I asked her

about her responsibilities as president she answered, "well as president I am a member of the SAC board, I have to go to monthly meetings and report on the student body and the various activities that are going on within the school." She also has the duties of saying the pledge and the announcements in the morning. Natalie enjoys being a role model within the school and the community. She added, "the only thing I don't like is making public speeches, but it's starting to get easier after doing it for three years."

Outside her S.G.A. duties Natalie is a mem-

ber of the varsity volleyball and softball teams. She is also a part of Nike, Interact, Relay for Life, and the National Honor Society. After Natalie graduates she wants to attend the University of Central Florida and major in Business Administration. Natalie has been active in Marathon High School for the past four years and being S.G.A. President has been one of her greatest accomplishments. In fact, all of the things she has done have helped her become the leader she is today.

## Perfect Attendance

By: J.P. McCabe

For about five years now, Mrs. Allen, our attendance clerk, has played a big part in welcoming all students to Marathon High School. Mrs. Allen is in charge of checking kids in and making sure they get to class in the morning with passes. In addition, Mrs. Allen also takes phone calls from parents and relays messages to the kids. She is also fluent in Spanish and English and is able to talk with almost everyone.

Everyone here at Marathon High School is concerned with the construction and Mrs. Allen is no exception. When asked what she likes and dislikes about this school, she mentioned that at the moment she does not enjoy having all this construction because it makes things hectic for everyone. Also, the precautions we have to take to keep the kids safe with all this machinery are a burden.

But one of the good things about the new construction is the new office building and Mrs. Allen has mixed opinions. She said it is nice, new, and big, but she doesn't like the fact that it is so far away, and the kids have such a far walk to get to it. Also the fact of getting used to such a big building is hard but once everyone is settled in, it should be very nice.

Mostly, Mrs. Allen enjoys being around the students and loves to be a positive influence on the young adults. With a little positive encouragement, she has seen some kids go from down-right bad to A-B honor students.

Dr. Pertner, the school principal, says, "Mrs. Allen is so valuable because she knows everyone in the school and the community. She also has a heart of gold and is willing to help everyone."



Mrs. Allen: MHS attendance clerk, translator, and Senior class sponsor

# WEIGHT ROOM

By: Josh Frank

The long awaited opening of Marathon's new weight room has finally arrived. Every day, students are putting the new equipment to the test. The big question now is: "How does the new gym compare to the old one?" With much more equipment, students have a larger variety of workouts and they don't have to wait as long to use a machine. But some are worried that the extra equipment might make the weight room too crowded, and therefore, may result in more accidents.

Junior J.P. McCabe says, "I like the new gym in respect to the new equipment... but I was more comfortable in the old one." There are many students who might agree with this. When you get used to a weight room, switching can throw off your workout schedule. Adapting to the new environment and learning how to use the new equipment takes time. Some students are also complaining that the weights on the machine aren't heavy

enough. The machines use a new pulley system with two chords instead of one, which causes the weights to be easier to lift. Another common complaint is that there are no mirrors. While that may not be top priority, mirrors are important to many during their workout.

"Where are the water fountains?" is an everyday question in the new weight room. To get a drink you must walk all the way to the front of the building through the gymnasium. This problem is being worked on and, supposedly, there will be a water fountain in the building shortly.

When asked his opinion about the new gym, Andrew Araque, a weight room regular, says "I really like it a lot." No one can argue that there isn't enough equipment in the gym. With four weight benches that can be used as squat racks, no one should be without a machine. There is also a cable pull machine which can be used to do a full list of workouts. There is literally no

important muscle that can't be worked out with this machine. Right behind that are the cardio machines. We have a stair climber, an elliptical machine, and a treadmill. Due to lack of space, there are two more machines that are still boxed up in storage. The quality of the equipment is among the best money can buy. You don't have to worry about machines breaking or sticking in this gym.

It is obvious there are some mixed feelings about our new workout facility. However, it is also clear that no one is letting the space go to waste. Everyday after school, the room is full of students of all kinds. Some who are trying to stay in shape and others who are trying to get in shape. The majority of the students are football players trying to get an early start on next season. There are also many workout routines taped to the wall for students who aren't sure how to get started. For the beginners, there is a "Beginners Workout."

It takes you through the basic workouts to get you used to the equipment. For those who are a little more experienced, there is an "Advanced Workout." This workout lets you move on to free weights and puts you through a more enduring workout. If that still isn't enough, Coach Martin has put up a workout to help sports players gain weight fast. With more advanced workouts and longer reps and sets your body will be put to the test.

So, if you are trying to get big or just keep your physique, the weight room is open most days from 2:35pm to about 4:00pm. For now make sure you bring your own water bottle and it might also help to bring a friend to workout with.



## Black History Month

By: Sandra Day

Black History Month is just an ordinary month to some people, but it is full of important dates and historical facts. Americans have recognized Black History Month since 1926. It was first called Negro History Week. Even though blacks have been in America as far back as colonial times, black history was not respected until the 20th century. Dr. Carter G. Woodson is credited with the honor of creating Black History Month. He was born to former slaves and worked in coal mines as a youth. At age twenty he enrolled himself in high school and graduated within two years and went on to earn a Ph. D from Harvard. He was

angered when he realized that blacks were ignored throughout his history books, so he decided to act on his ambitions and write Black Americans into them. He also established the Association for the Study of Negro Life and History. In 1926 Woodson chose the second week in February to be Negro History Week because of the birthdays of two great men who helped the population of Black Americans; Fredrick Douglas and Abraham Lincoln.

Marathon High School students are recognizing this month in a variety of ways. Ms. Gonzalez's 10th grade English honors class is reading "Kaffir Boy" by Mark Mathabane.

Reggie Paros, a student in that class, says, "it opens your heart to a whole new way of life. It is a fine example of life in apartheid South Africa." Mrs. Loggie's Dual Enrollment Desktop Publishing class is creating posters commemorating famous African-Americans. Her Law Studies classes are working on creating audio/visual presentations concerning the people and places involved in the historic *Brown vs. Board of Education* case. The students are learning that, "freedom is never given, it is won" (Dr. Carter G Woodson)

### Maya Angelou Greatness through Literature



Maya Angelou is hailed as one of the great voices of contemporary literature and as a remarkable Renaissance woman.

Dr. Angelou has authored twelve best-sellers, including:

- *I Know Why the Caged Bird Sings,*
- *Even the Stars Look Lonesome,* and
- *The Heart of a Woman*

In 1981, Dr. Angelou was appointed to a lifetime position as the first Reynolds Professor of American Studies at Wake Forest University.



Maya Angelou read her poem, "On the Pulse of the Morning," at the inauguration of President Bill Clinton in 1993.

Poster by Michael Koppel

## Things you need to know about FCAT

By: Cierra Newsome

If you are like me and new at MHS you might need to know some things about the FCAT or some good study advice and understand why it is so important. The most important thing about the FCAT is if you don't pass, you won't be able to graduate. This is because it helps your teacher know where you are in a certain subject. If you get a high score, some colleges will take that into account during your application process. The better you do on it and the more you try the better grade you will get.

To study for the test you can get a study buddy. If you have a study buddy it will help you understand more because you will have someone that is on the same level as you.

Another good thing to know is that you shouldn't drink coffee in the morning because the caffeine makes it harder to concentrate. If

you go to bed earlier than usual and get a good night's sleep, you can concentrate and feel better on the next day. You might want to study for about twenty-five minutes before you go to bed. If you study longer than that you might overload your brain and won't remember most of it. Of course you will need to bring two #2 pencils and a scratch piece of paper. During the test, remember that you should try answering every question, even those you're not sure of.

If you follow this you will do a great job. It's nothing to stress about!! The less you stress the better you will do on the FCAT.



## The 'Golden Leg' sees his dream come true

By Reggie Paros

"When I was about 4 years old, my parents got me an inflatable goal post for Christmas, and that pretty much sold me on it," says Ryan Paros of his beginnings as a kicker. While attending Marathon High, Ryan was a well-known student athlete, mainly for his experience on the boys' varsity soccer team. However, as he entered into his junior year, he decided to try something different. What Ryan didn't know was that this new hobby would make him known state-wide and eventually lead him to a college football career.

Ryan was the first full-time place-kicker MHS ever had, and coach Lance Martin was very cautious about this new member of his team. However, after his game-winning kick in overtime of his first game, Martin gained confidence in Ryan, and

eventually led Marathon High to many victories. Later, Ryan was named twice to the Florida Sports Writers Association All-State Football Team, received the Male Sportsmanship of the Year Award while in 11th grade, and was voted Male Athlete of the Year in his senior year.

Although many fans believed Ryan was sure to get a scholarship to a Division I school, an opportunity never came, and Ryan chose to pursue a walk-on position at Florida State University. However, the team wasn't looking for a place-kicker, and Ryan started looking elsewhere for an opportunity.

In the summer of 2006, Ryan received a phone call from the recruiting coordinator at Florida Atlantic University, and they were willing to give

him the chance he dreamed for. Later that year, Ryan began practices with the team at FAU, and eventually was given the chance to start in several games. Ryan's dream had come true.

Although Paros overcame many hurdles along his journey, he never gave up hope. He says that, "the best advice I can give to anyone is not to give up on your dreams. If you want something bad enough, pursue it and don't take no for an answer." Ryan is a perfect example of what can happen when you follow your dreams, and he gives hope and inspiration for players looking to follow their own passions.

## St. Patrick's Day

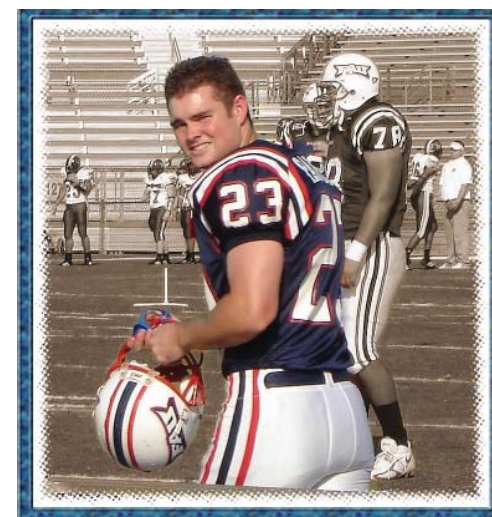
By: Gaby Brossard



On March 17th the death of Saint Patrick is celebrated throughout the world. This is a national holiday in the Republic of Ireland. This holiday is celebrated by wearing green, eating and drinking Irish foods, wearing and painting shamrocks on your face or body, and attending parades. Because green is the color of spring in Ireland and the color of shamrocks, green is associated with St. Patrick's Day.

In the past St. Patrick's Day has been only a religious holiday, however in 1903 it became a public holiday celebrated by all, when Parliament Member James O'Mara introduced the Bank Holiday Act. There are many stories about Saint Patrick, many of them based mostly on legend and myth. One of the most well known legends is about how he tricked all the snakes in Ireland into the sea so they all drowned, and this is the reason that Ireland has no snakes.

Even those without Irish blood can still celebrate St. Patrick's Day, whether you believe in the legends of Saint Patrick or not, and whether you're religious or not. You can still cook up some Irish food, paint a shamrock on your face, and enjoy this legendary holiday.



Former Marathon High School place-kicker Ryan Paros makes it big as he starts his college football career with the Florida Atlantic University Owls.