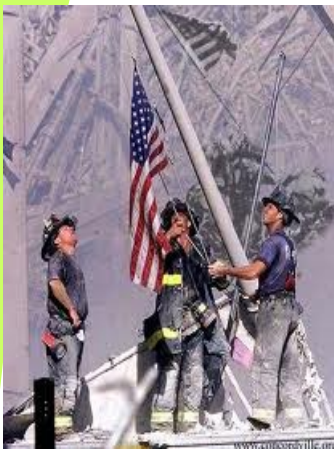


Pride Staff:

- Patrick Ryan
- Steven O'Toole
- Steven Nelson
- Micaela Maeder
- Alexis Bourcier
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Dolphin Pride

Volume 1, Issue 1

Newsletter Date: 9/15/11

Monroe County School District

Ten Years After 9/11 By: Micaela Maeder

I woke up this morning with heaviness in my heart. The image of the first plane crashing into the North Tower of the World Trade Center; and, then the second plane turning into the South Tower, is forever seared into my six year old mind. Those attacks were followed an attack on the Pentagon; and, the heroic actions of the passengers of United Flight 93 while over Shanksville, PA.

There are some people out there that believe the Twin towers were the only buildings that went down on September 11, 2001; but, the World Trade Center complex was comprised of seven buildings. They all went down that day; and, I know this because my Dad worked only two blocks from the World Trade Center.

He left for work at 5am every morning; drove from Philadelphia to Mount Laurel, NJ. He would get board a Greyhound express bus that would drop him off each day at Liberty Plaza on Vesey Street. Each day, my Father would go to the shopping mall underground at the World Trade Center for coffee; and, many times, a new shirt because he would spill coffee on himself on the bumpy ride up the New Jersey Turnpike. My Dad had clients and friends that he lost that day at Merrill Lynch, Federal Home Loan Bank of NY, Cantor Fitzgerald and others with offices in the Towers. His last day of work in NYC was Monday, September 10, 2001,

Our family planned our move from Philadelphia to Key West on Tuesday, September 11, 2001. The movers had arrived at our house; and, they asked if we had heard about an airplane hitting one of the World Trade Center towers. Just as they pulled one of the televisions off the truck and plugged it in, the second plane turning into the second tower. I had no clue, being only six, what was happening when my mother started screaming. She ran over a few houses to my Nan and Pop's house and I ran right behind her. Everyone was visibly upset and crying with a look of fear in their eyes.

Later that night, as we left Philadelphia, there were barely any cars on the ride down I-95. As we drove through Washington, D.C., my mom pointed out the Washington Monument. Everything was eerily quite, empty and sad. It was the end of a somber day for America; but, it was also, clearly, a watershed moment in history.

Ten years later, September 11, 2011, there are memorial events planned throughout the Nation, including New York City, Washington, D.C., Shanksville, PA and even the Florida Keys.

In Shanksville, a memorial was held in the field where brave Americans rushed the cock pit and crash landed Flight 93 probably sparing the White House from the same fate that was inflicted on the Pentagon.

In Washington, a memorial service will be held at the Pentagon to honor and remember the 125 lives that were lost there on September 11, 2001.

The largest, and perhaps the most poignant, of all the memorial observances was the unveiling of the Reflecting Absence Memorial at Ground Zero. Many people gathered to remember. Children did rubbings of family member's name on the fountain memorial. Husbands, wives, brothers, sisters, mothers, fathers, daughters and sons read the 2,819 names. Conspicuous by their absence were those first responders - police and firemen who gave of themselves selflessly on September 11, 2001. They were not invited.

Mayor Bloomberg's spokesman Andrew Brent said "While we are focused on accommodating the victims family members, given the space constraints, we're working to find ways to recognize and honor first responders and other groups at different places and times." I think they need to work harder.

The various renditions of Amazing Grace were beautiful. Even though we as Americans bled and cried, Amazing Grace made me feel peaceful. It reassured me that we as Americans can overcome and prevail in any crisis.

Louis Leal: A Cut Above the Rest



Patrick: What is your degree in? Where did you attend college?

Leal: My degree is in Sports Medicine with emphasis in Athletic Training. I attended the University of Tampa.

Patrick: Where else have you been a trainer?

Leal: From February 2002 to March of 2003 I was the trainer for the Tampa Bay Buccaneers. March of 2003 to April 2003 I was the Administrative Athletic Trainer for the NFL Europe. Ever since then I have been here at Marathon High School.

Patrick: What was the typical day like working in the NFL?

Leal: I have worked with many players. Some like Warren Sapp, Joe Jurevicius, Lomas Brown, Mike Alstott, Keyshawn Johnson, Brad Johnson and John Lynch.

Patrick: What is the most common injury you deal with?

Leal: Sprained Ankles.

Patrick: Explain some of your equipment?

Leal: I have a lot of equipment and some are very complicated but mainly I use a CPR mask to prevent someone from throwing up in my mouth, a blood pressure kit so I can check someone's blood pressure, and everyday I use tape, pre-wrap to tap the players to prevent further injuries, and a First –Aid kit.

Patrick: What is the deal with ice/heat? When do you use which?

Leal: Ice/ Heat use together in a combo. Heat first then ice. Heat causes the blood vessels to open . The ice causes blood vessels to contract. Rotate back and forth and it will cause the swelling to go down.

Why Do We Celebrate Halloween? By Alexis Bourcier



Halloween, celebrated each year on October 31, is a mix of ancient Celtic practices, Catholic and Roman religious rituals and European folk traditions that blended together over time to create the holiday we know today. The line between fall and winter, plenty and scarcity and life and death, Halloween is a time of celebration and superstition. This holiday has long been thought of as a day

when the dead can return to the earth. Halloween began to lose its religious stature, becoming a more community-based children's holiday. The American Halloween tradition of "trick-or-treating" probably dates back to the early All Souls' Day parades in England. During the festivities, poor citizens would beg for food and families would give them pastries called "soul cakes" in return for

their promise to pray for the family's dead relatives. Although the superstitions and beliefs surrounding Halloween may have increased over the years, as the days grow shorter and the nights get colder, people can still look forward to parades, costumes and sweet treats to prepare kids for the winter season.

Water It Does the Body Good By: Patrick Ryan



“Water, Water everywhere but not a drop to drink”. Water is the most important factor in getting through your day and everyday of your life. Your body made up of almost 70% water. The average human will only last five days without it. We need to drink water to survive but also it is a big factor in weight loss, and being heart healthy. It also gives you energy, and it helps prevent cancer. There are many more reasons that water is

really important for the human body but those are some key factors. You should drink water through out the day. Athletes should drink at least a gallon a day to keep healthy and maintain proper fluid levels.

If you don't drink water there are many side effects. Cramping is a very common side effect. It's because there are no fluids running through the body. Especially at this time of the year it is very hot and water loss in your body

is greatly increased. Also not drinking enough water can cause headaches and aching pains all over the body. The human body can not function without water as most people know. Without water it would be hard for us to sweat and that is how the human body cools itself down. If you can't sweat while you are participating in an activity it can lead to heat stroke and/or dehydration.

Got Water? Drink it!

Evelina Lezcano: From Panama with Love

by Alexis Bourcier

Evelina moved to the Florida Keys from Panama. They moved to America so her kids could have a better future. She has worked for the school district as a custodian for sixteen years.

Evelina really enjoyed working in the school with her children. She could always keep an eye on them and contact with the with the teachers.

Her greatest memories include her children's' graduations and when she was Custodian of the Year. Evelina

loves working along the side the students and she gets along with mostly all of them.

Evelina loves living in Marathon because it is very safe and for the most part quiet. She was disappointed when she lost her job but she is thankful she got re-hired. The new company is treating them okay so far.

Evelina can always be seen dancing around the school when she works. She is always upbeat and happy!



Club of the Month: Health Careers Club

By: Steven Nelson

The Health Careers Club
By Steven Nelson

The Health Careers Club is all about introducing students to various health fields. According to our club sponsor, and school nurse, Ms. Denny, along with Cassidy Van Voorst, and Steven Nelson we will help to "expand the opportunities and options for young adults hoping to go into the health field." Also Cassidy states that "the most popular health fields today, are nursing, anesthesiology, and physical therapy." These fields are in high demand almost everywhere these days. Students should join the health careers club, because it offers amazing opportunities, such as medical school field trips to such places as University of Miami and

Florida International University, job shadowing at Fisherman's Hospital or other medical departments throughout the keys, and local internships. Before going to these Universities and health departments, Health Careers Club members are required to buy scrubs to represent Marathon High School. The Club also offers the opportunity to become CPR certified, which is required for every health field there is.

The Health Careers Club meets monthly in Ms. Denny's room at a time suitable for club members. Also students will come out of the club grasping a wider knowledge of the possibilities and opportunities in various health fields they might be interested in. Even if students

aren't interested in any health fields at first, it can be a great eye opening experience. Also if you're just looking for community service hours the club is involved in helping the local health supporters, such as volunteering at health fairs and exploring the local medical centers, or going to health seminars as Cassidy and I did earlier this year. The first meeting was scheduled September 7th after school in the clinic, and Marine Dye, the MRC (Medical Reserve Corp) coordinator, spoke there, and will be speaking at future meetings. For more information please contact Ms. Denny, Cassidy Van Voorst, or Steven Nelson. For information on the Medical Reserve Core, visit www.floridamrc.com/.



Culinary Corner By: Steven O'Toole (con't p.4)

Steven: How long have you lived in the keys?

Chef: I've been in the Keys on and off since 1998 full time since 2008

S: What did you do before working at culinary?

C: I worked as a personal chef and most recently I managed a restaurant.

S: Why did you become a chef?

C: I've always loved to cook even when I was little. In high school I minored in culinary.

S: Do you prefer working in

culinary to working in a restaurant?

C: Yes less stress and it's more rewarding to be able work with students.

S: What does culinary teach you?

C: It's an all-around full hospitality course.

S: Does the class take any field trips?

C: Were taking some field trips to Miami to cook with the American culinary federation and a field trip to Sysco to see

how they store food and a field trip to Orlando to watch the pro-start competitions.

S: If you take this course for four years would you be able to get hired as a chef?

C: No, but you would be qualified to be a manager at a restaurant.

S: Can teacher/students eat at the bistro?

C: Yes ,we are going to have 2 dinners a month.

S: What's your favorite national food?

(Culinary, p.4)





(9/11) Maeder

Mayor Bloomberg’s spokesman Andrew Brent said “While we are focused on accommodating the victims family members, given the space constraints, we’re working to find ways to recognize and honor first responders and other groups at different places and times.” I think they need to work harder.

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cans can overcome and prevail in any crisis

In the Keys, there was a week of service sponsored by BEST Neighborhood Grant from Volunteer Florida. In Marathon, Be the Change planted self watering container gardens donated to honor disabled veterans and others who have served their country and communities. Also, the American Legion hosted a 9/11 tree planting memorial at 5:30 pm, Wednesday, September 14th.

I still feel the pain of that day. I didn’t under-

stand at that moment that my life, our country and our world would forever be changed. God bless those who perished and those men and women who risked their lives that day. God Bless America.

“Even if the forces of darkness appear to prevail, those who believe in God know that evil and death do not have the final say” John Paul II .

September 12, 2001



(Culinary): O’Toole

C: It changes a lot but right now its Thai food.

S: What special skills do you need to be a chef?

C: Hard work and determination.

S: What kind of degree do you need to be a chef?

C: For most chefs its experience.

S: What’s your favorite local restaurant?

C: I would have to say Takara, I’ve been to Japan and their sushi was just as good

as authentic Japanese sushi.

S: How many buffets/dinners are there going to be this year.

C: There are 18 planned.

S: Are they all from different countries?

C: yes, but the buffets are from regions of the U.S.A.

S: What’s the most exotic food you’ve ever had?

C: Ostrich.

S: Which buffet/meal are you most looking forward to?

C: The 100th anniversary of the Titanic on April 14th it’s an eleven course meal.



Don’t mess with chef! Good with a knife and a gun.

The 9/11 Memorial in New York City



- September and October Events
- Friday, Sept. 23rd. 4:30—5:30 and 6-7. Culinary Dinner, Greek Cuisine
- Saturday, Sept. 24th. Varsity Football @ Archbishop Curley
- Tuesday, Sept. 27th School Board Meeting at Coral Shores High School.
- Friday Sept. 30th Varsity Football Home against Ransom
- Monday Oct. 3rd Volleyball at Home against Palmer Trinity
- Tuesday Oct. 4th Cross Country at home against Westwood and Coral Shores
- Wednesday Oct. 5th Volleyball at home against GMA

From the Editor's Desk

- Our October Issue will also be presented in paper copies as well as digital form. If anyone is interested in advertising in the Dolphin Pride please contact Mike Lettau at mike.lettau@keysschools.com. We are offering bundle packages that will include advertising in the Marathon Yearbook as well.
- Students as well as staff are more than welcome to submit editorials to our paper. Please submit to Mike Lettau's e-mail or give a copy to one of our staff members.