
COBRA CHRONICLES

Fort Pierce Central High School: Pride Makes a difference

Cobra Sports

John McCallum

Since the last issue of Cobra Chronicles the boys' basketball team has played 3 more games. They went 2 – 1 in those last 3 games. They won against Treasure Coast High school and

Somerset. They had a record number of wins. Our boys' soccer team made it to the playoffs this year. They went 4 – 9 – 3 this season. They did make it to the playoffs, but they lost 6 – 0 to Centennial in the first round. The standout sport this year was wrestling. The wrestling team won districts very easily trouncing opponents and cruising to victory. Hopefully, they take that win into next year and win districts again.



the baseball team can go far this year and maybe even win districts.

FPC Baseball Varsity Game

Cobra Life

Generation Z: Helping Tech Reach New Heights

Bridline Aurelien

Generation Z. The Generation that is best known for their astonishing technology skills. But, how can gen z use their incredible technology skills for the good of the world? Building connections can help globally around the world. While building connections, everyone can spread around what the worlds need to survive. Spreading information about world news, crises, etc. will benefit internationally. Generation Z knows a large portion about technology. They can use it to their advantages by help the world out.

How does technology help in any way? Technology helps because just by a click of a button, something can go viral! Using this advantage, Gen Z can make anything go viral on the internet. They are constantly impacting the workspace with their skills. Generation Z practically grew up on technology, which gives them a lead for knowledge. For an example, Generation Z can spread world breaking news by making music, making a funny comedic video, painting out a picture and posting it online. How Gen Z would build connections is by liking, sharing, showing to friends and family, etc.

Many of the other generations had their way of spreading important news. Gen Z's way is simply through technology where everyone can see everything, and can help the world with crises, dangers, etc. It is time to influence the world positively. And their way is to use hardware and software data to do so. Gen Z has the power to make an impact because of their amazing knowledge of technology



FPC Varsity Basketball Team

Baseball is the biggest sport in the springtime. They have won their first two games against Forest Hill and Jupiter Christian. This is an incredibly positive start to the season. Hopefully,



Cobra LIFE

Virtual Learning vs. Traditional School

Kaden Sparkman

Throughout the third quarter, many things have happened that affect learning for high schoolers. For this edition, I interviewed Dominic Raabe from online school, a freshman, and Nicholas Testa from traditional school, a sophomore. I asked them what they thought about each type of learning.



What Nicholas Testa, from 10th grade likes about traditional learning is that it improves his skills. He believes that in-person learning is better than online because of this. In-person learning does not stress him out. The only downside to in-person learning is the possible risk exposure to Covid-19. The 2020-2021 school year is very different to Nicholas than it was years in the past. This year, everyone wears masks. Also, students like Nicholas miss out on field trips and experiences they would get in a normal school year. As of March 2021, Nicholas would stay in-person. What Dominic Raabe from 9th grade likes about online learning is that everyone can see what is happening while there are some seats in classrooms where you can't see the teacher or the front of the classroom. He believes that even though online may seem different from traditional, they are the same. He also believes the workload online is also about the same as it would be in traditional learning. Dominic thinks that online school is easier, but some downsides to it are that the chats can be abused by students and that there are network issues. As of March 2021, Dominic would stay online for his safety.

Even though Dominic Raabe and Nicholas Testa have different views, they both believe that they have made the correct choices for themselves and their families. The question to be online or traditional learning will be a debate until this pandemic comes to an end.



Life After High School

Learning a New Language Opens New Worlds

Yasminah Alami Hassani

Learning a new language can be very hard and complex but can also be exciting and good for your brain. Do you know some of the advantages that you could have by knowing/learning a foreign language? Some of these advantages are communicating better with people from other countries, boosting brain power, improving memory, getting better opportunities in jobs and more. If you love traveling to different countries after high school, knowing the native language can be a huge advantage. You can speak to people comfortably, and have a better time.

Communication is key when you go somewhere you are not familiar with. It is also proven that it boosts your brain power and improves memory. A recent study by Dr. Thomas Bak shows that “young adults proficient in two languages perform better on attention tests, had better concentration than those who spoke only one language.” Not to mention, knowing a foreign language gives you a better chance of getting hired! Employers tend to pick employees that can communicate in more than one language because their customers



do. Not only will it be good for you, but it will also give the company a good reputation of having diverse staff members. Knowing a different language opens your mind. Languages are windows to different cultures, and it helps us connect with people from around the world. After learning one language, it is so

much easier to learn another. You notice that some languages have similarities. It also builds up self-confidence. Once you speak to someone in a different language, it gives you a spark of joy knowing that all that hard work paid off. You always have the opportunity to learn a new language. Make time for yourself to sit down and focus on that language you want to learn. Don't procrastinate. It will pay



off in the future and you will thank yourself for it.

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Teacher Spotlight

Heather Blackmon-Gordon: Art Teacher

Shennel Josephs



Born in South Carolina, Ms. Blackmon knew that her true passion was Art at a young age. Ms. Blackmon grew up with a passion for drawing, painting, riding her bike, and volunteering. Though many may say that these are hobbies, Ms. Blackmon said that doing these things is her passion. She makes it a priority to participate in these activities because they are very important to her. She expresses in her own words, “they renew me, and keep me sane”. Ms. Blackmon graduated from Miami-Dade College with an Associate of Science degree, Florida International University with a Bachelor of Science degree in Art Education, and The University of Florida with a Master’s in Art in Art Education. From a young girl, she knew that she was going to share her love of art with others and impact them in a tremendous way.

After 17 years of teaching, one thing Ms. Blackmon loves the most about teaching is her students. Every day, she looks forward to seeing her students succeed, seeing them overcome a creative block, a personal hardship, perfecting their craft, and to ultimately be amazing. She equates success with being able to build a connection with students through teaching the different forms of art. Ms. Blackmon specializes in photography, drawing, painting, and digital art, but her most favored is painting.

While many teachers can agree, this past year has been very rough for everyone due to COVID19, she hopes that once we move past this huge transition of carrying out new protocols, that there will be a great opportunity to move forward and become better citizens of the public education community.

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Life After High School

What is a Business Major?

Joane Eristhene

Have you ever thought about owning your own business or working for a million-dollar company? If the answer is yes, then you're reading the right article. I'll be describing what exactly a business major involves. A business major is for students seeking a broad-based education in many areas of business, with the option to specialize. There are different levels within business majors and business degrees.



There are several majors that fit into the category of business. For example, Accounting, Marketing, Sales, Finance, International business, Human resources, Health services administration, Management information systems, Business administration and management, Master of Business Administration, those are just to name a few. The most popular major in business is accounting. Accounting is reporting the financial activities of a business.



Some students major in business without choosing a specific field, which can sometimes be challenging to one's career when finding a job because of the absence of a specialty. Just like a student chooses a major in business they also must decide which kind of business degree to

pursue. Business degrees are offered from certificate programs to the doctoral level through any level of post-secondary education. In less than two years, an individual will normally complete a certificate program and these programs are generally open to anyone. Usually, individuals pursuing an Associate's or bachelor's degree may complete their programs between two and four and must have a high school diploma or GED. Students must earn a Bachelor's degree in order to earn a Master of Business Administration, and then a Doctorate in Business Administration degree.

State College Vs. Universities

Alyssa Sanchez

When so many of us think of seeking higher education, the idea seems to be a state university. But why is that when state colleges, such as our own IRSC, are such a viable option? Well, for years society has perpetuated myths that discredit community state colleges such as the chance of not turning out as successful as they might've with a degree from a university. This is, of course, utterly false. With the likes of Walt Disney and Calvin Klein having gone to their local state colleges and being some of the most notably successful names, state colleges can obviously be a wise choice.

State college can be an optimal choice for many. Especially for those who need a more flexible schedule as many college students have jobs and need to pay tuition. Taking a class here and there instead of being enrolled completely can be very beneficial. State colleges are a great deal cheaper than universities as well, with countless students saving thousands annually. Not to mention the mental health benefits, making it easier for students fresh out of high school to transition for a year or two until they join a university away from home. This all isn't to degrade universities either, but to explain that as graduation starts to creep up on many, there are many options to consider.



OP-EDS

Beware of Bias in the News

CARMEN RODRIGUEZ

In today's era we rely on the information provided by the media on a daily basis. Though much of this information is distorted from the truth for political benefit. Many news outlets like CNN or FOX



NEWS, can be biased. CNN is skewed left, just as FOX NEWS is skewed right. Conventional journalism practices a fair and unbiased emphasis on news reporting, driven by honesty, validation, and accuracy. However, in the news material that individuals consume daily, these

certain expectations are not met. Media bias can lead to altering perceptions or viewpoints and manipulation of one's opinion.

Journalism's objective is to assist the viewer in making independent decisions based on factual data alone, and afterwards allow audiences to interpret them on their own. By breaking its oath and tampering with information, it is now hard for people to trust the media. A couple of ways to deal with biased news is to research the issues presented. Get both sides of the situation, find out what REALLY happened. Access a variety of

news outlets, don't depend on one sole source. Make sure your news is 100% accurate. Always be aware of news bias.



Covid-19 is Causing Businesses to move Online

Ariel Perry

Since the pandemic a lot of businesses has been shutting down locally and there are a lot more businesses opening online. The government has been making people social distance to try and keep people from getting sick. Local businesses like Kmart, Payless, Toys



“R” Us, clothing stores and many more have all been going out of business. Some companies cannot afford to pay employees’ wages with the pandemic going on. The outbreak has prompted more people to open small businesses from home and shop online to

help with these matters. I have also opened my own small business since this pandemic has started. All my products are homemade and essentials. Many businesses have been doing homemade products as well.

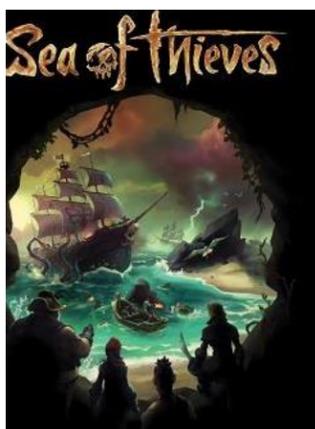
Some of the businesses that are still open locally are not getting as much customers they used to. Many people had to file for unemployment. Some people took that money and started opening up their own business online, offering essential products, beauty products, healthcare products, clothing from home. The money people made from their sales online helped them pay their bills and provide for their families while all doing it from home staying safe. I think most of our shopping will be online for now on. I’ve learned that no matter what you get hit with in life, we always find a way to get back up. Businesses are now more popular online. Stores online are doing amazing.

Entertainment

Game Review: Sea of Thieves

Dylan Doherty 8.5/10

Have you ever wanted to plunder the open seas? Be a part of an ongoing story, and enjoy the life of a pirate? Then you would want to check out Sea of Thieves. Sea of Thieves is an online pirate fantasy sandbox that allows you to play with friends and have cross play (except for Play Station because the game is only for the Xbox and



PC). Sea of Thieves lets you enjoy the life of being a pirate by letting you do voyages to help make your way to one of the highest titles in the game or let you embark on the ongoing story that is happening as you play. The main mode of transportation is by ship, but you can pick what ship you use for each new session of the game. There are three types of ships you can pick from: the sloop, made for two people and is the most maneuverable ship in the game but has a lack of fire power and is slow, the brigantine, made for three people and is the more balanced ship with an average amount of fire power; finally, the last ship is the Galleon, the biggest and most durable ship in the game; it has the most fire power and is the fastest ship if the wind is with you, but it does have the down side of being hard to control without at least three people and is slow at turning.

and is slow at turning.

After you pick your ship you will be out on your quest for the title of pirate legend. In order to achieve this, you must get a rank fifty in three factions of your choosing. The factions are: The gold hoarders, The order of souls, The merchant alliance, The hunter’s call, The sea dogs, and the newest faction, the reaper’s bones. After getting rank fifty in three of these factions, you get the title pirate legend, but you also get access to a faction only for pirate legends: Athena’s fortune.

The next thing to do in Sea of Thieves is the story which is known as tall tales. The first part of the tall tales is your journey to a hidden island known as the shores of gold that is on the border of the world called the shroud. The main part of this story is to find and reassemble the shroud breaker, a totem that allows you to travel beyond the shroud to the shores of gold. The second part of the story is still happening and it’s about you accidentally releasing an ancient pirate captain’s soul known as Captain Flameheart who wants to take over the seas and is getting help from a masked stranger who I became obsessed with Flameheart when she found and studied the cursed ruins of his ship. Your job in the story is to stop his plans. The story of the second part continues every other update. The story can be played at any time and in any session.

I would say that Sea of Thieves is a good game, but it does have a few problems that keep it from being a 10/10. The first thing is after a little bit, the game starts to get repetitive until new content or story is released. Second is that in each update there are a few bugs that can affect your session by lagging you off your ship and sometimes something completely random will happen like your ship flipping upside down and flying away (this happens - it happened to me, and I see it happen) which can ruin your progress - but it does rarely happen. Even though there are a few bugs, Sea of Thieves is a fun game to play. So, gather up a crew and set sail for treasure and global.

Food

A Healthy Strategy for Eating Well

Machaela Hooks

When we eat good, we feel good. This is how we know food is fuel. How we take care of our bodies is eating right. The goal is to have three beneficial meals for your body a day, along with a healthy snack or two. There’s a way to eat for the better throughout the day without cutting everything you love. There are so many kinds of food that we don’t even know we may like, because we get blinded by famous fast-food places and the foods that are broadcast on television.

Let’s talk about the first most important meal, which is breakfast. Breakfast is the most important meal of the day because it gets you started. Your breakfast it should consist of whole grains, low-fat dairy, lean protein and fruits and vegetables. These provide the right number of proteins, fiber, carbohydrates and the smallest bit of fat. When you eat a healthy breakfast, some benefits are you’ll meet daily nutrient requirements, eat more vitamins and minerals, and it will give you energy and a positive outlook.



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Next is lunch. Since lunch is in the middle of your day, when you eat too much you get drowsy. That's why you're supposed to have a proportionate light lunch. A healthy lunch consists of lean proteins, a little fat, and vegetables. Some healthy meals to eat for lunch are salads with a good source of protein, yogurt with fruits and vegetables, a source of protein and vegetables.

Don't forget though that you can still throw in thing you like to eat, but still get the nutrients you need.

Lastly, we have dinner. Dinner should contain about 500-550 calories. Also, it should contain three food groups. In your dinner you should Shave fiber and protein and healthy fat. The things we should avoid at dinner are simple sugars and saturated fats. Overall, the goal is to keep it light like lunch; your biggest meal should be your breakfast so throughout the day you don't need to eat extra.



Guatemalan Cuisine

Ingrid Barrios-Gutierrez

My parents are from Mexico but me and my sisters were born here and my big sister's favorite dish from Guatemala is **Elote loco** which means crazy corn in English. It is not known as a dish, but it can be like a snack as well. Elote loco is mayonnaise, cheese, ketchup, and mustard. It is very messy but very good and tasty.



Here are a few other delicious dishes:

Chiles rellenos

The famous chiles rellenos are any kind of big bell peppers with meat and many kinds of different vegetables, these bell peppers come fried in white egg batter before eating.



Caldo de pollo

Caldo de pollo is a famous dish. It is like a special type of soup to many cultures, it is made with pieces of chicken mixed in water and different types of small things like carrots, potato, corn, broccoli and much more. This soup is served hot, and it keeps you warm on a cold day.



Pollo con leche de coco

Pollo con leche de coco is made in many Guatemala kitchens. It is created with coconut milk mixed in with chicken, spicy bell peppers and is served with a little bit of white rice and yummy brown beans



Health

Anxiety: What is it and what can we do about it?

Jazel Valentin

What is anxiety? It is our body's natural response to situations or events that can cause us to feel nervous. For example, speaking in front of people, talking to your crush, or performing. However, anxiety has another definition: Intense, excessive, and persistent worry and fear about everyday situations. According to the Mayo Clinic Organization, "These feelings of anxiety and panic



interfere with daily activities, are difficult to control, are out of proportion to the actual danger and can last a long time." People with anxiety may avoid anything that triggers their anxiety, and symptoms may start from

childhood to adulthood. Symptoms may include feeling anxious or tense, having an increased heart rate, or having trouble concentrating and sleeping. Having anxiety can be difficult, especially when it is interfering with your daily activities. If you feel that you need help with your anxiety, the best approach is to reach out to an adult you trust such as your parents or your guidance counselor. You can get help from a professional. While there may not be a cure for anxiety, there are definitely ways you can cope with it. Remember that you have people who are there to help you and support you.

Coping with Anxiety

Aromatherapy therapy- The National Association for Holistic Aromatherapy (NAHA), defines aromatherapy as a kind of therapy that provides relaxation, increase of positive energy, and reduces the effects of stress and anxiety to restore lost balance to the mind, body, and soul. Aroma therapy uses natural plant extracts, such as essential oils, hydrosols, and carrier oils. You can go to Target, Walmart, or even aromatherapy supply stores.



Five senses activity (5-4-3-2-1)- This is an activity that can be useful for grounding yourself quickly and it takes only one minute. Do the following: First, look around and name five things you see. Second, name four things you can touch. Third, name three things you can hear from where you are. Then, name two things you can smell. Finally, name one thing you can taste. If you feel the same way after doing this exercise, do it again until the strong feelings pass.



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Mindfulness meditation- This is an excellent way to shift your focus to the present and ease your anxiety and stress. According to Mayo Clinic, “Meditation, which is the practice of focused concentration, bringing yourself back to the moment over and over again, actually addresses stress. Meditation can also reduce the areas of anxiety, chronic pain, depression, heart disease, and high blood pressure.” You can start meditating by looking up “Meditation music,” lay on your back or sit down with your legs crossed and your back straight, close your eyes, and listen to the music. Take deep breathes and picture yourself in an environment that makes you feel calm and safe. Do this for as long as you feel is necessary.



Hobbies- When you are focusing on a hobby, it allows you to distract yourself from your anxiety. If you do not have any hobbies or have a hobby that you do not want to do, try out new hobbies. Writing, art, music, reading, photography, gardening, cooking, etc. There are so many hobbies for you to

discover. Learn something new or make something new. Allow yourself to explore new things.

Exercise- You have probably heard these many times, but it has been scientifically proven that exercising helps you ease your anxiety. Engaging in exercise diverts you from the very thing you are anxious about. Moving your body decreases muscle tension, lowering the body’s contribution to feeling anxious. Getting your heart rate up changes brain chemistry, increasing the availability of important anti-anxiety neurochemicals, including serotonin, gamma aminobutyric acid (GABA), brain-derived neurotrophic factor (BDNF), and endocannabinoids. If you ever feel anxious again, go for a walk, or try a new workout.



Upcoming School Events

Gianfranco Montesinos

STAFF VS. STUDENTS VOLLEYBALL GAME

MARCH 29TH, 2020

Watch our staff play an intense game against our students.

Buy your tickets now on Ticket Spicket or at the door of the event. Tickets will be 5\$ and we have a limited number, please cease the chance.

In the gymnasium at 5:30-7:30

Try outs will be held on March 9th in the gymnasium, must assist try outs to be considered for the students team

There is a form in our Instagram bio that needs to be filled up prior March 8th at 1:41pm.



MARCH SPIRIT FRIDAYS

3/5/2021- Crazy Hair Day

3/12/2021- Tropical Day

3/15/2021-3/19/2021- Spring
Break

3/26/2021- Purple and Gold

FOR ALL SPIRIT WEEKDAYS STUDENTS MUST FOLLOW THESE RULES:
Props, exposed undergarments, and revealing clothing are prohibited.
NO sleeveless shirts / dresses. ALL dresses and bottoms must be knee length. ALL logos and designs must be school appropriate. Fort Pierce Central High School reserves the right and authority to decide what is deemed appropriate. If clothing does not meet guidelines or disrupts educational process, administration can / will enforce consequences.



CULTURAL TRADITIONS & CUSTOMS

Life In Cuba

Carmen Rodriguez

Growing up in a Cuban household, you constantly are told how privileged you are to live in The United States. How privileged to have food on the table, clothes, or even soap to wash yourself with. Cuba, a beautiful island with enriched culture, has the kind of misery that cannot be understood in just a glance, we need to start in the mid-1900s to see how it evolved into what it is today.

Fulgencio Batista was an elected President of Cuba from 1940 to 1944 and its military dictator from 1952 to 1959, before being overthrown during the Cuban Revolution. Batista was known as a brutal dictator. In the 1950s, many groups competed for public support to bring about political reform. Fidel Castro then sparked the Cuban revolution, which reigned for 49 years. Fidel Castro was not any better than Batista. There was no freedom of speech or the press. Many Cubans are still living suffering from such conditions.



Yet Cubans still find happiness. Their culture is remarkable and is most typified through their music. They enjoy dancing and playing music ranging from jazz to tropical. Much of the rich musical heritage of Cuba originates from its black community. The fusion of Spanish and African music is Afro-Cuban. Songs and dances native to Cuba are rumba, son, salsa, guajira, mambo, cha-cha-cha, and conga. In addition to music and dance. Cubans also love baseball; it is their favorite sport. In wrestling, track and field and Olympic events, Cubans have also distinguished themselves as world-class athletes.

For this article, I decided to interview my father, Jose Rodriguez, who was born and raised in Cuba. He left in 1997, after winning a lottery ticket for a Green card in the United States. He came to the United States with nothing, but then was given the opportunity to work at Miami International Airport.

With the help of his wife, they a built a life here.

Q: How long were you in Cuba before you came to the US, and why did you choose to flee Cuba?

A: I was in Cuba for 40 years. I chose to flee because there was a lack of freedom, opportunities, and the country itself kept deteriorating. There was no democracy or freedom of speech; it was unbearable.

Q: What do you think about Fidel Castro?

A: Fidel Castro was a bright politician that utilized his intelligence and his charisma to bring Cuba to Communism and Totalitarianism. In power, his dictatorship left Cuba without freedom and increased the most profound misery.

Q: What was life in Cuba like?

A: I was a Principal at a school, chief of the computer department in a city, and I have a delightful story compared to most people. However, the salary was equivalent to six dollars a month. I was born in a small city, where everybody knew everybody. I had a happy childhood because I grew up in a neighborhood where all the kids played together on the street all the time. We were happy even though we were extremely poor. While I was in school, the system forced us to work on agriculture, cutting down trees, etc. I studied at University majoring in Physics. The schools were fine at time, but then they started to worsen. The government watches you 24/7 to see what you do, what you say, if you say something about the government, or if you do something they do not like. The economic situation was terrible. The working class would live as peasants while politicians were living in luxury. I have seen people getting kicked out of their own homes that they worked hard for, to hand off to a politician. They do what they want.

Q: Was the government abusing their power? What were they doing, that was so terrible?

A: The government most definitely abuses their power. They do not allow freedom of speech, freedom of press, they do not allow people to have businesses, and they treat foreigners better than their own people.

People are thrown into jail due to their own political beliefs that oppose the government's. They accuse you of "Enemy Propaganda" and will hold you in there for however long they please.

Q: How are the living conditions in Cuba?

A: The living conditions are terrible. There is no food, no water, the electricity goes out quite a lot, there are no hygiene products, and poor housing.

Cuba is a beautiful country, regardless of the government. I hope that one day there will be peace and liberty.



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Cobra TEAM

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Thank you for reading this Issue of Cobra Chronicles!!!