

Columbus Basketball Makes History With Fourth Straight State Title

By Eddie Lopez

Four rings in four years—a feat that has only happened five times in the state of Florida—are now on the hand of Coach Andrew Moran and his nationally ranked Columbus Basketball team.

It's no doubt that Columbus basketball faces some of the best schools not only in Florida, but in the nation and are able to cement their place as the number 1 basketball team in the United States. Facing schools like Monteverde, Prolific Prep, IMG Academy and Notre Dame Prep throughout the early stages of the season, the Explorers learned not only how they stand in the national basketball scene, but their ability to come back from a tough game like their 13 game win streak after their loss to Prolific.

The Boozer brothers finish off their FHSAA career leading this year's

team in several categories. Cameron Boozer finishes leading the team with 22.6 points a game, averaging 12 rebounds per game and 1.3 blocks a game. Cayden Boozer, running point led the team with 7.5 assists per game while racking up 13.9 points a game as well.

Jaxon Richardson took on a larger role in the offense this season and his growth showed as he averaged 14.1 points a game and led the team with a 63 percent field goal percentage. Newcomers like Caleb Gaskins who averaged 14.5 points with 6.2 rebounds per game and Cello Jackson averaged 7.2 points per game with 3.7 assists per game made an immense impact in ball distribution and the overall team chemistry.

Finishing 25-3 through the regional championship, the Explorers headed to the state championship Continue pg. 11





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Gambling for Good: The Castaways Poker and Chess Tournament

By Ale Menendez

On Wednesday, Feb. 27, the Castaways hosted their annual Poker and Chess Tournament after school in the cafeteria in hopes of raising funds for their fight against cancer. For any average explorer, this event seemed exceedingly promising, as it offered a chance for anyone with \$10 to turn it into a "fortune" in just an hour.

The way the tournament operated was essentially through a process of elimination. First, players were expected to "buy in" with \$10 and then begin playing. Once they lost that money (which many of them did), it would be contributed to the larger pot until only one student was left standing and got to take home the prize of Castaways merchandise while the pot would be contributed to the Castaways fund.

This was more than just a game to competitors.

"I asked my mom to lend me 5 bucks for this," says student Zack Smith. "If I lose it, I think she'll kick me out of the house."

And with living conditions on the line, these players played their hearts out. Through raises and folds, checks and calls, the player pool quickly started to dwindle, and the promise of victory seemed just that much closer for the remaining players.

In terms of the chess side, students

battled it out in a game known for logic and mental fortitude. Chess club champions battled it out against Mr. Cantor in hopes to prove their superiority, however, both parties have chosen to withhold the outcome of their games in the spirit of chess being "a gentleman's game."

Although mainly appealing to students, this event also attracted some teachers with a gambling inclination. Mr. Aviles, Mr. Corazon and Mr. Crossman helped operate and participate in these games, teaching some finance and economic lessons outside the classroom and angering students for the afternoon.

Through encouraging the process of absolutely "ethical gambling," both the Castaways and Columbus provided an experience of fun and value to these students, an experience whose profits or losses can teach a great deal. However, in terms of how the "average Columbus student" chooses to gamble his money in this tournament, Mr. Crossman has identified a trend in his last 2 years of playing, and lets just say that it does not abide by Kenny Rogers advice of "knowing when to hold em" and know when to fold em"."

"It's funny because everyone wants to play small until they get down, once they get down, it's go big or go home. Very reflective of how they choose to study for my and other teachers' tests,"



Two students displaying their prizes for the tournament. (Photo Credit: Castaways Against Cancer.)

says Mr. Crossman.

Perhaps it is the absence of country music in students' listening lives that keeps them from success in the field of gambling and test-taking at Columbus.

Despite the insights that gambling may give teachers into students' studying habits, students still manage to have a great time at this event year in and year out.

"I just love playing poker, so it's great to come out here and be able to share it with all of my classmates," says Junior Luke Smith.

Despite many, many students reaping \$10 losses throughout the tournament, some lucky winners were able to walk away with some Castaways merchandise. Overall, there is no other event throughout the year at Columbus quite like the Castaways Poker and Chess Tournament. Although many teachers will attest to the fact that many underground online poker games are being played during classes, in the halls and at lunch, the ability to play Poker against teachers provides a unique opportunity for students to see a different side to their teachers.

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Through this invaluable and exciting experience, both Columbus and the Castaways are allowing for the simultaneous raising of funds to fight cancer, and honest to God fun between students and teachers that furthers the connectedness of the school and brotherhood as a whole.

Plane Crashes: What's Happening?

By Taro Porschke

Plane accidents, especially crashes, are horrifying. So, for relatively frequent flyers such as myself (and especially those who don't have to stick that "relatively" there), the seemingly increasing number of recent catastrophic accidents is worrying. So, is something wrong with aviation in 2025?

Here's the short answer: no. In fact, flying is safer than it's ever been. In 2024, between January 1 and February 19, there were 123 aviation accidents of various severities. In 2025, there's only been 87. And, this downward trend has been reflected for the past couple of decades - flying is becoming safer and safer each year. It's way safer than driving, claiming over a million lives annually. Flying has taken under 80,000 lives total, since 1970. However, the incidence of more severe accidents is oddly up this year. Last year's January to February range included 42 reported casualties, compared to this year's with far more. The collision between an American Airlines jet and U.S. Army Black Hawk helicopter on January 29 killed 67 people alone.

Considering how much airline travel grows every year and how many more people fly annually, it's amazing that numbers aren't higher. The IATA (International Air Transport Association) released statistics concerning 2024 flight demand and revealed a 10.4% increase from 2023. That's a huge increase.

With flights getting cheaper, more people filling up seats on planes and more planes flying, more collisions can be expected. So why does everything look so bad?

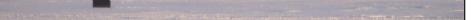


But, in the grand scheme of things, this isn't statistically significant at all.

Well, now that every little accident and misfortune can be recorded by anyone with a phone and posted to social media by anyone with internet access, planes are starting to look incredibly unsafe. Especially with crashes as spectacular as the recent Delta flight which flipped over, airplane accidents are gaining large amounts of traction online.

And, when you get locked into an algorithm that keeps feeding you airplane crash videos because you stay on them for a long time, you'll keep thinking that you're unsafe on your next flight.

It doesn't help to reassure people, though, that Elon Musk, head of DOGE (Department of Government Efficiency) recently fired hundreds of FAA workers which poses a potential



Delta Airlines plane crash on Feb. 17, 2025, in Toronto. (Photo Credit: Katherine KY Cheng/Getty Images/TNS)

risk to airline safety as a whole. And, for airlines, not all media is good media. Crashes often have an outsize impact on sales, at least in the short-term and build some amounts of distrust, especially with the universalization of social media.

Flying is not going anywhere, anytime soon - it's the safest mode of transportation, and definitely the fastest. Regardless, the incredible amount of new flyers yearly (which is only projected to grow) and increasing concerns of safety raised by social media will pose an interesting future for executives at airline companies.

Finding a balance between increasing airline travel cost-effectively and prioritizing safety will be essential, especially as unrest over flying increases, even if the unrest is unwarranted.

For now, though, take your flight. Theoretically, you could die at any moment, from anything, and the risk of dying in an airplane crash is so small that it is comparable to that absurd, theoretical scenario.

At the very least, it might help you feel better if you take out your AirPods and listen to the crew members when they're giving their safety procedures lecture at the beginning of the flight. Or, you could turn on Airplane Mode, to avoid your phone's radio waves from possibly getting in the way of critical aircraft instruments. The Log News

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CCNN Live Makes History with Three-Peat National Championship at STN Convention

By The Log Staff

CCNN Live has once again cemented its legacy as a powerhouse in student journalism, making history as the first school ever to win three consecutive STN National Championships in the News Magazine category. This unprecedented achievement is a reflection of the dedication, talent and perseverance of CCNN's students and advisors, who continue to push the boundaries of excellence in broadcast journalism. Their relentless pursuit of storytelling, technical mastery, and journalistic integrity has solidified our reputation as one of the top student broadcast programs in the nation.

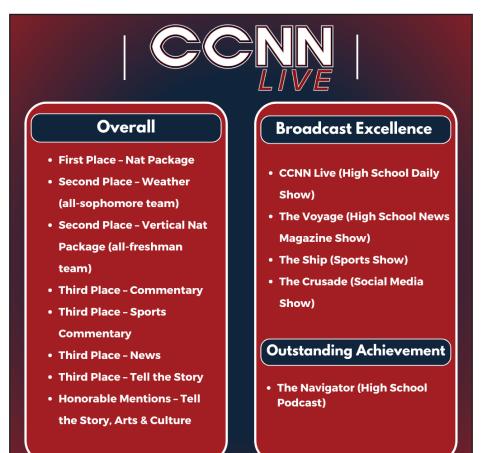
The STN National Convention is one of the most competitive and prestigious events in student journalism, bringing together schools from across the country to compete in fast-paced, high-pressure challenges that test their ability to deliver professional-quality news and storytelling under tight deadlines. Winning the News Magazine category for three years in a row is an achievement that sets CCNN Live apart on the national stage.

In addition to this historic threepeat, CCNN Live students demonstrated their storytelling excellence by securing first place in the Nat Package category, further proving that our students are among the best in the country when it comes to crafting compelling and impactful stories.

This year, CCNN Live's teams showcased their versatility, creativity, and technical expertise across multiple categories, earning top honors in nearly every individual contest they entered. Our students demonstrated an impressive range of skills, from in-depth reporting and analysis to creative storytelling and on-air presentation. Their success in such a broad range of categories highlights the depth of talent within our program and the dedication of our advisors in preparing them for the competition.

Placing in every single contest entered is a remarkable accomplishment that speaks to the unwavering dedication, passion, and skill. From first-year students to experienced seniors, each member of the team played a crucial role in continuing the legacy of excellence that CCNN Live has built over the years.

This success would not be possible without the incredible support of the Columbus community-our teachers, mentors, and families who believe in the power of student journalism. Every late night spent editing, every early morning spent preparing, and every challenge faced along the way has led to this historic achievement.



Combating Parking Scams in Coral Gables: Tackling Counterfeit QR Codes

By Gabriel Hernandez

Parking scams have now become a huge problem in Coral Gables, Florida, affecting its residents, business owners and visitors. From all those tactics scammers have tried, the fake QR Codes take the cake. Scamming fake codes on parking meters and signs direct unsuspecting drivers to a sham website that pilfers personal information and payment details. Residents were outraged, and the city of Coral Gables is now taking measures to battle them. shopping district and people living in those areas started receiving fake tickets. Instructions were attached for paying on phony web portals. As many as five complaints were issued against towing firms that had ostensibly towed these licensed parked cars.

Coral Gables' Parking Enforce-

How to Protect Yourself

To avoid falling victim to parking scams, drivers are advised to double-check the payment instructions through official signage. QR code payments or unfamiliar websites should raise suspicion. Suspicious activity can be reported to local authorities or Coral Gables parking enforcement. Familiarizing yourself with local parking rules and towing regulations may help identify and address illegal practices. Monica Beltran, Director of Parking and Mobility Services, clarified, "We do not use QR codes, however, that doesn't stop them from putting a sticker and we did find a few. If you go into our website, you will find information where it says we do not use QR codes."

campaigns. The city of Coral Gables has covered up more than 7,000 fake QR Codes in the last couple of months.

Beltran added, "We in parking have deployed staff to check all our pay stations and our pay-by-phone signs to ensure that there are no fraudulent QR codes having been placed on them. Additionally, we put out information on our website that warns Parkers to beware of the scam." Our goal is to implement as tight controls as possible that would not only protect the city, but also our residents, our visitors, and anybody that comes to the city." Overall, while scams related to parking in Coral Gables are on the rise, one can always put themselves in control by being informed and watchful to protect themselves and others. A cohesive community can be free of all these devious practices, making lives much safer.

How the Scams Work

Scammers exploit the ease of QR Codes by slapping stickers with phony codes on parking meters and signs. The phony QR codes appear legitimate, leading drivers to websites to pay parking fines. However, the websites are phony and designed to steal personal and banking information.

Recent Cases in Coral Gables

In the past couple of months alone, several such incidents have come to light in Coral Gables. The scammers hit a highly frequented ment Supervisor, Carlos Gutierrez, stated, "The first time something like that happened here was through a resident who noticed it and called the police. Since then, we inspect all the master meters, police stations, and signs."

His team has removed over 12 fraudulent QR codes from parking equipment and continues to monitor the situation closely.

Ryan Ran, a Coral Gables driver, shared his perspective: "I've heard about the QR code scam, and it's scary because QR codes are so ubiquitous now. Your impulse is to pull out your phone and scan it. I think people who don't live here, like family or friends visiting, would be more susceptible, and it would give them a bad experience."

What Officials Are Doing

The problem of fraudulent QR codes in parking areas has prompted local officials and law enforcement to take measures. Staff are deployed to check and remove unauthorized QR codes from parking signs and pay stations. Public awareness is also created through educational

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TikTok: A Ban and Revival

By Jake Reed

Ever since merging with Musical.ly in 2018, TikTok has become a household name worldwide. The social media app is responsible for all the latest trends and the majority of a high schooler's screen time.

ByteDance, a Chinese internet technology company, grew the app to over one billion monthly users. Their development of an algorithm that used machine learning to create a personalized "for you" page for each user can be credited for the widespread popularity but also for the sense of worry.

The United States Supreme Court ruled that a nationwide ban would be enacted on January 19th, 2025, due to national security concerns for data privacy and ByteDance's resistance to divestiture (selling the app).

"There is no doubt that, for more than 170 million Americans, Tik-Tok offers a distinctive and expansive outlet for expression, means of engagement, and source of community," the court said in its decision. "But Congress has determined that divestiture is necessary to address its well-supported national security concerns regarding TikTok's data collection practices and relationship with a foreign adversary. (Rhoden-Paul)"

Politics were already in a heavy shift with the transition from former president Joe Biden to Donald Trump, who advocated for TikTok. Furthermore, with many users longing for the app back, Trump was being called a hero, reviving TikTok that very same day, one day before his inauguration. Ironically, Trump is the one to step in, considering that he proposed the same ban in 2020, but he does provide reasoning for his change of heart.

"You know, I have a warm spot in my heart for TikTok because I won youth by 34 points and there are those that say that TikTok has something to do with it," Trump said in a post-election news conference in December referencing the 2024 election. (Burga)

Sure enough, the app welcomed back all its users with a message thanking Trump for his efforts. The plan is that the United States will own 50% of the company, creating what Trump referred to as a "joint venture" that could assist the United States economically, as well as in terms of national security and data protection.

There are debates about whether

this decision was made too hastily, but in reality, it was preventing a greater evil. The banning of TikTok in India, in June 2020, resulted in the creation of multiple duplicate apps. In August 2020, Instagram Reels was released for the first time exclusively in India. YouTube Shorts was also one of the big names added to the mix due to the Indian government's endorsement of the "Innovation Challenge" to build local versions of the banned apps (Chow).

Though it might seem like a good alternative, the censorship in India just increased, worsening the situation. The US would be in the same predicament beginning with Lemon8 and CapCut, two more media platforms that have been banned due to their association with ByteDance. The introduction of the first widely recognized alternative to TikTok Rednote, another Chinese-owned social platform, allows uncertainties to arise. A quick migration could be unsafe, as we are unsure of a company's motives.

Looking ahead, students are excited to see their favorite social media platform back in action and anticipate any news on whether its stay is permanent.



















18 Columbus DECA Students Qualify for States in Inaugural Year, 3 Advance Further



ing task in a month's time.

The Explorers who powered through qualified for the state competition. The students were Ahmad Lamaa, Nicolas Nolte, and Luke Smith, who worked on the Business Growth Plan.

On the first day during CDC, students arrived at the hotel with nerves high. The Explorers first had some tacos for lunch. Shortly after, the opening session began, where Columbus as a school won an honorable mention in the Membership Campaign. The next day was competition day, where the Explorers had different competition times for their respective category. Columbus overall scored well in competition. The intense day ended with a team meal at Outback. The third day served as a break. The team enjoyed a trip to Kings Dining and Entertainment for bowling and arcade games, thanks to their moderator, Mrs. Balado. Later that evening, they visited Disney Springs for shopping and dinner before preparing for the awards ceremony.

(Internationals) later this year in Orlando, FL.

Alejandro Caram ended up placing 3rd 3rd in Principles of Finance, giving him a bid to for ICDC this year.

"I am very happy I qualified. It's something I worked for very hard, and I am very excited to compete at ICDC this year," he said.

Alejandro Gil ended up in 9th place for Sports and Entertainment Marketing Series, also giving him a shot at ICDC this year

DECA States team poses for a photo post-competition. (Photo Credit: Oscar Pinto)

By Oscar Pinto

In its first year at the school, Christopher Columbus High School's DECA program made an impressive debut by sending 18 students to the State Career Development Conference (CDC) in Orlando, Florida. DECA is an international organization that prepares emerging leaders and entrepreneurs in marketing, fi-

nance, hospitality, and management. To qualify for the competitions,

students had to take an exam in their respective competitions. Columbus had over 18 Explorers who placed in the top five or were bumped up for replacing other competitors.

On the other hand, some individuals who did not qualify through their test had the opportunity to make a 20page business plan, which is a daunt-

Three students emerged on the podium during the awards ceremony and who now have opportunity to represent Columbus during ICDC

"I'm excited to compete at ICDC and glad I placed high enough," Gil said.

Oscar Pinto ended up in 9th place for Principles of Business Management and Administration, giving him a shot to compete at ICDC this year.

As Columbus DECA wraps up a successful first year, the team is already looking forward to expanding its presence in future competitions. The students formed connections with peers from across the state, and the chapter hopes to increase its number of state and international qualifiers next year.

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Building the Future: The A-Building's Transformation



Renderings of the Entrance. (Photo Credit: CCHS)

By Ignacio Chazarreta

The foundations of Christopher Columbus High School started in one place: the A Building. No matter which graduate returns, from any year you can imagine, they will all share memories in the A Building. From holding some of the longest-standing members of the faculty, like Mr. Obrian, to the grandiose entrance, and even the school seal, it has truly become iconic. Looking back into Columbus history, we learn that the A Building was the foundation of this school, and from the image below, we can see it still maintains its original structure—but not for long.

On its inauguration on April 29, 2024, the new plans for the entrance and the new A Building set the stage for something great. Thanks to Maximo Alvarez and the Alvarez family, this 3D model turned an idea into a future reality. The remodel of the front entrance features a new modern, aesthetic look, with the school's name branded at first sight. It also draws in new opportunities for stu-



dents and teachers alike. In the end, from these two projects, we can see five big changes coming to the school

Desmond Family Center for Success

With the new installation, the Desmond Center will not only be larger but also closer to the heart of campus. The center will be directly next to the entrance of the school, with new and improved study spaces designated for Desmond Center students. This will include an outdoor space, two breakout rooms, and even more study spaces. Funded by Marcus Lemonis (class of 1991), this project is destined to succeed.

Pat Call and Irene Culmo Center for College and Career Guidance

With collage annioations get

Entrance

As many students already know, the main school entrance is being fully renovated with a grander, more beautiful entrance for students and teachers alike. With construction taking place around two of the school's prized artifacts, the Seal and the Wall of Mary, various students have been concerned. However, the recent statement from Mr. Pugh says,

"The school seal and the Wall of Mary have been removed and are in a safe place. They will both have a place in and around our new entrance."

Extras

With so many new projects being done at the same time, we can see the highlights in new meeting rooms, study spaces, outdoor areas, and even an increase in new tech for all students. It is important to note that this is just the beginning, as President Kruczek has set his eyes on the future: "These two projects are the first step in the Christopher Columbus High School Master Plan."



Progress of just under one week of work. (Photo Credit: Ignacio Chazarreta)

Construction progress

So far, construction is going well. With many hallways blocked off and loud noises echoing throughout the school, the progress is noticeable to many students. With the predicted completion date set for 2026, it seems that soon we will not only see but use this magnificent new facility. President Kruczek has confirmed that the project will be completed by 2026, but sadly, a large portion of current students will miss its inauguration. As for juniors, it is still unclear if they will have a chance to see or even use this building. However, what we do know for sure is what our school principal Mr. Pugh has said:

The A-Building in the 1970s. (Photo Credit: CCHS)

With college applications getting tougher each year, a new career guidance center to help students apply and find their path is crucial. In collaboration with the Desmond Family Success Center, it will also have various breakout rooms specifically designed for conferences, testing, and meetings with advisors. This center will focus on spaces for college applications and meetings with college representatives.

Main office

With the student population increasing and more activities happening at school, a new office is essential for some of the pillars of the school. The first floor of the A Building will include various new and renovated offices for Mr. Pugh, Mr. Mckean, and various deans.

"It is hard to predict right now its completion. I am hopeful that our Juniors will have an opportunity, but it is still too early to tell," said Mr. Pugh.

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Networking for Success: Matthew Bruno Shares Career Lessons

By Matthew Leon

The Externship Program's seminars are in full swing, with successful people from all types of careers coming to advise Columbus students. On Tuesday, February 25, Matthew Bruno, the Regional President of United Community Bank, spoke to students about his experiences as a student, banker, leader and father. His talk emphasized the importance of making early connections and relationships, even in high school.

Matthew Bruno was a bare-minimum achieving student in high school, who partied and had a lot of friends. He didn't go to Columbus but had many friends from both there and Belen. He graduated in 2001 and attended Junior College at MDC for his first year. He wasn't sure what to choose for a degree and ended up with Finance.

Bruno met his future wife at a party through mutual friends, and she got him to focus on school and find a career for himself. He got into FIU for the following years and decided to work in banking.

After taking undergrad classes at FIU, he was looking for a grad school that would take him for just about anything; however, he continued to fail important tests like the LSAT for law, or other tests to get into top finance schools. This changed when the bank he worked at gave him an amazing opportunity to advance his career.

Bruno went through a credit training program that taught him everything he needed to know about banking. He learned accounting, finance, and everything else required to be a banker for 2 years. He was rehired after the program, but he was left wanting to do more.

He ended up being drawn towards Business Development once he was 24/25 years old. Business Development is the process of identifying business opportunities, building relations, and fixing problems that stop businesses from succeeding. Bruno felt that his calling was to help people, and he was able to show it through his work.

One day, his mom met an important businessman at a wedding and told him about Bruno. The man wanted to meet him and bought tickets to go to a Dolphins game together. There, he and Bruno made a great relationship. One day, when the man's bank slipped up, they called Bruno for help and offered him a job. Despite his young age, connections were everything for him.

Bruno recently worked at the same bank for about 23 years and built great



Matthew Bruno pictured with Columbus students at an Externship Seminar (Photo Credit: Colleen Anderson)

connections there. About 4 months ago, he took a leap of faith and took a job opportunity as the Regional Manager at United Community Bank, where he works today. He also works with many nonprofit organizations to give back to his community, like the Live Like Bella Childhood Cancer Foundation, Centro Mater Foundation, and The Early Learning Coalition of Miami-Dade and Monroe Counties.

A main theme of the Seminar was to always take advantage of any opportunities you're given, especially networking opportunities. Building relationships can lead to job opportunities and support at any career level. The little things go a long way in all lines of work. Something as small as always picking up the phone can lead to better relations with clients and coworkers. Relationships go a long way in all areas of life.

People who progress and want to get better at whatever they do experience success. Even if you're already a professional and have a college education, it's always beneficial to learn more.

The relationships you build as early as high school will be the same ones you do business through in the future. It's detrimental to make connections as soon as possible if you want to be successful.

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A Reflection on The Log - Mr. Linfors

By Robert Linfors

In the fall of our senior year, in 1984, the Log office was where Br. John's office is now. Mr. Mark Rodgers, our moderator, unlocked the door everyday after classes, and we elbowed him out of the way so we could get to work. We rolled up our sleeves, loosened our ties, and poked at the typewriters. The clacking of the keys and the ringing of the return bars filled the air. Easels were propped up in the corners displaying the heavy cardboard story boards on which we laid out the pages, filling all the white areas. "This story is too short - we need about twenty more words" or "This story is too long, chop out a sentence" chirped the editors before gluing down the columns in the spaces like puzzle pieces. Copy with misspellings or commas out of place or forgotten could elicit swearing or tears. But it was always redone. Always fully retyped. "No glue before it was true." We cut black rubbery matting into rectangles the exact size of the photographs we wanted printed in the newsprint. Directions for the print shop we scribbled in light blue colored pencil which magically did not show up in the final copy.

It was an intellectual satisfaction to sit down with a printed newspaper of any kind, and extra special when it was one that we had a part diligence of proper research before publishing, checking, re-checking, and re-checking again to make the sure the nuts and bolts of grammar, usage, spelling, and diction are correct. All of these aspects have shone in their published works throughout this school year. I offer my congratulations and admiration to Mr.

in producing. The feel of the paper, the soft whoosh of the turned page are memories that stay in the soul. I miss the ink smudges on my fingertips when the reading was done. (Newspaper ink never dries - if you can find an old newspaper, run your fingertip over the print and you'll see.)

The Log changed and adapted with the times long ago. Our editor-in-chief when we went digital is now a Columbus parent. It's been a decade since we began publishing our school newspaper online and word counts became nearly obsolete.

Yet, the spirit of print journalism remains strong with our current Log staff: writing about truths, writing with integrity, completing the due Busatto and his editors, writers, and photographers for producing award-winning quality work.

We old souls applaud this print edition of this year's finest work and look forward to reading it with a cup of coffee, steam-rising to join the sound of the turning page.

Bob Linfors Dean of Students

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MAS Program Gives Students Valuable College Insight on Florida-Georgia Trip

By Ale Menendez

With the college application process soon approaching for many Juniors at Columbus, and the desire to learn more about where they will spend four years of their lives, the MAS program embarked on a college tour throughout Georgia and Florida schools, hoping to give these promising students an insight into their futures. Throughout the tour, students were able to ask questions about specific majors, student housing, and overall campus life at each of the schools. This tour was an important, as well as impactful, experience for Sophomores and Juniors alike, as it sparked interest in what kind of schools students would hope to attend, and provided lasting memories for many MAS peers not only through touring colleges, but also through fun activities such as bowling, Top Golf, and even a tour of the Allman Brothers Band's house with Columbus legend Mr. Lynskey.

The tour began in Atlanta Georgia, where after a 2 hour flight, students hopped on a bus to visit the oldest public university in the Unites States, the University of Georgia, founded in 1785. Through an extensive tour, students were able to see everything that the school had to offer, from a top 30 business school to a football stadium that has been home to 4 time national champions. Overall, this campus was incredible, stretching over 760 acres and housing colonial revival architecture that provided a distinct college feel in the small town of Athens. The group then took a trip into the heart of Atlanta to play some competitive (or not so competitive) rounds of Top Golf.

Now in Atlanta, the group had an opportunity to look at two of the best schools the city has to offer: Georgia Tech and Emory. Beginning with Georgia Tech, students had the opportunity to sit in on an information session with a Georgia Tech student and ask questions about the university before going on a tour with Columbus alum and former MAS student, Alejandro Delgado. Walking through a top 5 engineering school, students were immersed in a modern campus with various programs to service students with copious interests. And although known for engineering, Georgia Tech still showcased a "college feel" with opportunities for students to get involved with Greek life, as well as support a Division 1 football team. If there was one downside to Georgia Tech visit, it was found in the form of disdain amongst the students for the school's football team, as they absolutely devastated the University of Miami's season last year, and will likely never be forgiven by Columbus students, no matter how great the university may be.

Moving slightly outside of the heart of Atlanta, the tour moved to Emory, a private liberal arts college located in a more secluded area. Although rain began to fall, Columbus students were still able to get a taste for the school, which was highly research focused and ranked top 25 in undergraduate education. With a beautiful, hilly campus covered with greenery and rivers, Emory would prove to be a great choice for any





Explorers pose in Ben Hill Griffin Stadium in Gainesville, FL. (Photo credit: mas_program_cchs on Instagram)

student who is curious in education, and wants a diverse education in a beautiful place. After visiting Emory, students moved south to the town of Macon to visit the Allman Brothers band house with Columbus Alum and head historian for the Allman Brothers, Mr. John Lynskey. This tour gave students (especially those interested in classic rock) valuable insight into the band. After this, students capped off the night at a bowling alley, buildingbonds with their MAS classmates.

Now still in Macon, the tour moved to the private research university of Mercer University, which was founded in 1837. With a scenic campus, students visited various libraries around the school, and saw amenities such as the recreation center, and even the basketball stadium which is home to the Division 1 Bears basketball team. Mercer holds a specific claim to fame in the basketball arena as they bested Duke (a the city of Gainesville, the University of Florida was next on the list of schools for the MAS tour. With an acceptance rate of only 24% and a top choice for many Columbus Students, UF was of great interest to all. As they got a look at some of the gothic architecture and were able to go inside Ben Hill Griffin Stadium, more commonly referred to as "The Swamp," students learned about some of the campus culture, such as singing "Won't Back Down" by Tom Petty at the end of every third quarter in football games (Petty was



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Mas students pose with alumni during a college tour. (Photo Credit: mas_program_cchs on Instagram) school with 5 Basketball National Championships) in the 2014 Final Four by a score of 78-71.

After a long drive back to our home state of Florida, the MAS students were able to experience three Florida schools that are widely talked about within the state, but had not yet been seen or experienced by many students. Starting off with Florida State University, the students sat in on an information sessionfor FSU's Honors College. Students learned about specialized classes, housing, and overall benefits that the honors college offers. Students then took a walking tour around the 485 acre campus, viewing the famous Westcott Fountain which overlooks fraternity row.

Waking up bright and early in

Mas Counselors pose with Ambassador Mr. Lynskey. (Photo Credit: mas_program_cchs on Instagram)

a Gainesville native).

Students finished up their tour at the University of Central Florida, the second largest college in the United States. This tour was focused on the honors college and allowed for students to explore the extensive campus with tour guides.

Overall, this tour was an impactful experience for MAS Sophmores and Juniors that allowed them a taste of the college experience, and what they wish for it to be like for themselves.

Christopher Columbus High School

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Patrick Baker: A Heart Forever in the Game

By Oscar Pinto

As students scurry past the B building to get to class, they pass a memorial wall commemorating Columbus alumni who have passed away. The list of names is unfortunately long, but under the graduating class of 2025, one name stands— Patrick Baker.

Patrick Baker was an outstanding student whose life and legacy continue to inspire everyone at Columbus. A freshman offensive lineman with immense potential, Patrick's journey was tragically cut short by a heart condition before he could play his first varsity game. His story is one of talent and a spirit that touched everyone around him.

A Rising Star on the Field

Patrick began his football journey at Columbus on the freshman team, quickly standing out due to his size and skill.

His offensive line coach, Jason Hill, recalls Patrick's potential: "I think he could have been a great football player here and probably been a top recruit in the country."

Patrick's dedication and talent earned him a rare promotion to the varsity team after just one season.

Coach Hill fondly remembers Patrick as a "Gentle Giant," noting his exceptional ability to balance strength and kindness:

"He was always a big kid—bigger than most kids his age. His uncle played football here and was a very notable football player, a very good person, and a gentle giant off the field," he said.



Photos provided by Mr. Hill and Patrick's mom, Char

The Heart of the Team

Patrick wasn't just a talented athlete; he was also the heart of the team. His sense of humor and positive energy made a lasting impact on his teammates.

"He was always smiling. You know, we could have been running, we could have been doing conditioning, doing drills and he would just either crack a joke or smile and just kind of lighten the mood for everybody," Hill said.

Despite his playful nature, Patrick was disciplined and hard-working and could balance the two.

"He had a great work ethic. He was a great young man, always positive, always smiling. You know, he had a very big heart, very caring," Hill said.

A Sudden Turn

Patrick's life took an unexpected turn in December 2021. After recovering from COVID-19 and getting the vaccine, he passed a physical with no apparent issues. However, during the Christmas break, his mother, Char, noticed something unusual: "I noticed him come in the house and he was out of breath and stuff, which was unusual for an athlete like him," she said.

One night, Patrick complained of stomach pain and was taken to the hospital. Doctors first said that he had like a little stomach virus, but when they checked his heart, they saw the left side of his heart was failing.

His condition worsened rapidly, leading to a transfer to Joe DiMaggio Children's Hospital for potential heart surgery.

Patrick underwent surgery to put a device on his heart to help pump blood, displaying an unwavering spirit throughout his recovery. Despite the challenges, he maintained an positive attitude.



Patrick poses with his Uncle. (Photo Credit: Charkeis "Char" Clarington)

from school to friends, to teachers, and even girls. And his mother was by his side through it all.

"He would never go to sleep until he heard my voice... And so, I spoke to him that Wednesday and he was like, 'Mommy, come back. My anxiety is through the roof.' He's never mentioned anything about his anxiety, but he was like, 'My anxiety is through the roof. Come back.' I said. 'Grandma's gonna spend Thanksgiving with you, and I'll be there the first thing of Friday morning.'"

Patrick shared one final "I love you" that night with his mother. Then, that Friday morning at about 1 in the morning, his grandmother called and said Patrick went into cardiac arrest. At that time, Patrick Bak"They've done a good job just not forgetting him and always trying to remember him for who he is," Hill said.

JJ Gomez, one of Patrick's teammates and pictured holding a sign for him after the state championship in 2022, expressed his sentiments: "If Pat was here right now I would want to tell him that he wasn't just a friend or teammate, but a brother I never had, and he showed how to be happy and smile even through our toughest moments."

Coach Hill spoke at Patrick's funeral, one that was attended by family, faculty, teammates, and friends alike.

"Speaking at his funeral was probably, if not, the hardest thing I've ever had to do in my life. To speak on behalf of a young man with so much potential life ahead of him was tough. But I was honored as well because again, we were celebrating him as well," he said.

Patrick and Mrs. Baker together after a game. (Photo Credit: Charkeis "Char" Clarington)

His mother remembers, "He had like an upbeat spirit about every-thing."

However, complications arose, and Patrick's condition deteriorated. His mother stayed by his side throughout, emphasizing his resilience and positivity even in his weakest moments.

"I noticed he was super weak and so I told them that he was not going to do any more therapy until he gathered his strength. I told them that I'll assist because I was there 24 hours a day," she said."

Patrick was a momma's boy, being very close to her, and did not have an issue discussing anything with her -

er passed away.

Patrick's passing left a deep void in the Columbus community, but his memory lives on. Hill has always had a soft spot for Patrick and it was not easy to hear about his passing.

Coach Hill and the football team honor his legacy by keeping his spirit alive.

"There's some towels that they had at his funeral. I actually would fold it and keep it in my pocket at every game. So this year in the playoffs when we beat Western, I put my hand in my pocket and I felt the flag or the towel, and I knew he was there with us," Hill said.

His teammates continue to remember Patrick through various tributes, like stickers on helmets and social media posts. Coach Hill's approach to coaching even changed due to Patrick's impact.

"I miss him. I would also say I thank him, for always being there and I know he's still watching over us. And he changed my way of coaching, so I appreciate him and I'll never forget him," he said.

His legacy at Columbus is a heart forever in the game, inspiring all who knew him to cherish life, spread positivity and keep his memory alive.

Christopher Columbus High School

Quarter 3 Review

Mr. Pugh: A Principal with Purpose



Mr. Pugh poses with upperclassmen during an assembly. (Photo Credit: Mr. Pugh)

By Marc Corteguera

According to Webster's Dictionary, leadership is the capacity to guide the actions of a person or group. And Christopher Columbus High School Principal David Pugh has done just that.

Mr. Pugh has dedicated 27 years to the institution, including a decade as principal. In his time here, he has worn many hats, from counselor to coach, and has even taught psychology and religion.

"There's not much I haven't done," Mr. Pugh says, "I try to treat each and every one of you guys the way I treat my own son," he shares, "The day I feel like I'm not making a difference... I'd probably need to retire."

His role as a principal, however, is not only demanding but also extremely necessary. He makes a difference in so many lives here in Columbus on a daily basis. He shows us that being the principal of Columbus is a fulltime job that requires complete devo-

tion on his part.

"Being principal is a 24-hour, seven days a week job," Mr. Pugh explained. "You never know what's gonna happen... you gotta be flexible. In fact, being flexible is very important in this role. and you've got to be ready to communicate all day long with people, providing information, set up appointments on time to meet, and going over plans. For example, something I'm doing this week is interviewing. We have a few positions available now. strength and conditioning coach, a science teacher, a counselor - all for next year, but you have to begin that interview process now. You have got to be five steps ahead."

Students at our school recognize his impact as well. They place their trust in him on a daily basis, and they notice the effort that Mr. Pugh puts in every day towards making the school as best as it can be.

Sophomore Gianmarco Fior shared his thoughts on the principal's dedi-



cation: "Mr. Pugh is everywhere. He knows what's going on in every part of the school, and you can tell he genuinely cares about us. Whether it's afterschool clubs and activities, greeting students, or making sure events run smoothly, he's always involved."

Photos provided by David Pugh Other administrators here in Columbus see eye-to-eye with students, too. Ms. Insua, a former teacher and current dean of faculty, adds her perspective on Mr. Pugh's leadership.

"He's somebody who wears his heart on his sleeve. He's super supportive, he lets you kind of like run your own course and do your own thing," she said.

Ms. Insua followed up more, shar-

ing her experience in her transition into becoming the dean of students, and the support Mr. Pugh showed her in her transition into that position, which formerly belonged to Mrs. Chomat.

"Mr. Pugh has enabled me and told me from the beginning saying, 'look, you're not Mrs. Chomat. You're gonna do this your own way.' And I really appreciated that because it made me feel like I could first have the autonomy to make [my position] my own and also, I could embrace it in my own way."

She continued to emphasize the leadership qualities that define Mr. Pugh's role as principal, highlighting the way he leads by example rather



Mr. Pugh proudly waves the Columbus flag during a pep rally. (Photo Credit: Mr. Pugh)

than from a distance.

"He's not afraid to get his hands dirty, and I think that's what people here appreciate about him, that he's not the principal who sits in an ivory tower and just kind of like looks down upon people and makes decisions."

Rather than remaining behind closed doors, Mr. Pugh actively engages with students, faculty and staff, ensuring that his leadership is not just seen but felt throughout the school. His hands-on approach fosters a culture of trust, dedication, and community which are values that align with Columbus' core principles and shape the school's environment. ty and staff to take ownership of their roles.

He balances this leadership with trust in others, "I'm not a micromanager... I trust people to do their jobs."

And this trust is what allows Columbus to forge forward. Looking ahead, Mr. Pugh is excited about what the future holds, both for Columbus as an institution and for the students who call it home.

"When you see construction you

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Mr. Pugh takes a selfie with Mr. Explorer. (Photo Credit: Mr. Pugh) Looking towards the future, she comments, "I think Mr. Pugh has a tremendous impact on our school community, and yet his impact is gonna continue long after him retiring one day."

Despite a busy schedule, Mr. Pugh remains deeply engaged in multiple aspects of the school.

"Maybe people don't realize how involved I am when things happen in this school," he said.

At the same time, his leadership is defined by trust in those around him. Rather than controlling every detail, he believes in empowering his faculrealize that we are growing as a school... providing better resources and better facilities," he stated.

His vision is to see continued growth and excellence, driven forward by student effort.

"Everything we decide to do here is to benefit students," he said.

And for those students, especially the ones just beginning their Columbus journey, his advice is simple yet essential.

"There's nothing more important than your academic grades, but also getting involved early."

Mr. Pugh embodies the philosophy of leading by example. He walks the walk, proving that true leadership is about commitment and presence, one of Marist pillars at Columbus.

Christopher Columbus High School

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How Mr. Frazier's Lessons Extend Past the Classroom

By Eddie Lopez

If you've ever wandered past the B building, chances are you've heard a booming, "HEY BUB!" (or one of its many variations) echoing through the hallways. That's the unmistakable sound of Mr. Frazier sparking up the hallways. Those who have had him as a teacher get to experience the high energy, high passion character that is: Mr. Frazier.

But what students don't realize is that going on his 33rd year at Columbus, Mr. Frazier is much more than just a Geometry teacher.

Mr. Frazier the Athlete

Starting his high school career, he was a four-sport athlete at South Dade Senior High School. Participating in golf, baseball, basketball and cross country and earning a letter in all sports, he realized the importance of being active and the rarity of his feat. "Nowadays, you can't do that because of the timing," said Frazier.

His baseball talent though, is what ultimately got him a scholarship to play at the University of



up at Columbus?

"My senior year in college I had a job working at a construction company. They had software that you could see the model in 3-D and I would do redline changes...I realized I needed to work with people and I needed to be with people," he said.

He did exactly that, joining his alma mater once again but this time as a substitute teacher. As the school days went on and Frazier started receiving compliments, he realized he might have found his calling.

"I would help the kids and they said that I was better than the real teacher, they were probably just trying to be nice. Later on, the math teachers would actually ask for me to sub the class so then I said, 'ok, this is kind of nice'," Frazier said.

One conversation with his friend Coach Weber came about that would forever change not only his life but also the lives of all of his students.

"My good friend Coach Joe Weber, was working at Columbus as an assistant pitching coach. We had played some baseball together. He said 'hey, we're hiring a math teacher, why don't you come in for an interview?'," he said.

Although he was hesitant at first, Frazier finally gave in and interviewed for the position. His first interview with Brother Kevin served as some irony.

"The one thing he told me 'I'm gonna hire you but I don't want you here', because he thought I was gonna be here for a year or two and find another job and leave," he said

Falling in love with teaching, Frazier turned the opportunity into a three decade journey.

Teaching Style and Catchphrase His teaching style is unique, al-



Mr. Frazier Smiles for a picture. (Photo Credit: Carlos Gutierrez)

effort, he goes out of his way, even when it's inconvenient for him, to make sure you understand the material," said Sophomore Eddie Gutierrez.

Frazier has managed to infiltrate the vocabulary of the whole school with his "bub", but the lore behind his favorite phrase goes back to his high school years.

"The original 'bub' comes from one of my good friends in high school's father because he always said it and then I got it included the 'hey bub' in there and of course, I have different variations of it," said Frazier. "I think I actually started overusing it because I'm not very good with names, I'm more of a facial guy...so it kind of gave me a way out of trying to memorize names."

Educating Past the Bell

Looking past his passionate teaching style, his role as a father

effect on their development from faculty to students.

"Mr. Frazier has a lot of love for everyone he comes around. A couple of years ago, when I moved next to him, he took a special interest in me and I don't know why to be honest with you. I was out of shape and I was not good at golf, but he wanted to help me with my golf game which propelled me to want to get fit. He is always filled with positive energy and always encourages me throughout my whole journey. I don't know if without his push, I would have even developed myself as a person," said Mr. Machado

"Frazier is a jack of all trades, he's got interesting hobbies and he's actually really good and talented at all of them. He's been a mentor to me, mostly in the classroom, learning how to appreciate and understand all types of kids," said Mr. Casals. "Mr. Frazier taught me the value of hard work and perseverance. Before his Honors Geometry class, grades I wanted at Columbus. His tests and quizzes made me realize I fore and after school, to ask questions and prepare for tests," Gutier-Mr. Frazier's influence extends beyond the classroom, shaping stuship and personal connections, he has left a lasting impression on the Columbus community. His passion for education and commitment to his students reflect the core values

I didn't put much effort to get the needed to dedicate extra hours, berez added. dents and colleagues alike. Through his dedication to teaching, mentorof a Marist educator.



Mr. Frazier rocking the Columbus C hat. (Photo Credit: Mr. Frazier)

Central Florida.

"Really when you're 5"9, you quit playing basketball if you're better at baseball. I really started focusing on baseball and I got a scholarship to the University of Central Florida (also known as the University of Charles Frazier)," he said.

Studying operations technology at UCF, he hoped to unite both math and his people skills in a profession, but as life would have it, he quickly found out that his specialty is in something else. So how did he end

most Kramer-esque, but there is a method behind his madness.

"My teaching style is a little bit crazy. It's controlled chaos, but I entertain to draw attention, and then, while I have your attention, we do math. So I make that connection with the students by walking around and getting everybody involved," he said. "One of my goals is for a student not to say, 'Oh crap, I have Frazier now.' Instead, I want them to say, 'Oh good, I have Frazier's class now.' It's almost like a relief, and for a math class, that is a big accomplishment," he said.

Students speak highly of the value of his teaching style.

"One thing I appreciate about Mr. Frazier's teaching style is that he rewards hard work. If you put in the has brought him a new understanding as an educator.

"Being a father did have an effect on me. It empowered me to be more understanding," he said.

Frazier takes the opportunity to share his family life with his students, teaching them the value of being a good father so they can apply it later on in life.

"When I'm teaching a lot of times I'm pulling up pictures of my family to share with the class and that is one of the things that I like to do. I show how much pride I have in being a good father and how important it is to be a good father and there is nothing more rewarding than doing so," he added.

It seems that everyone who encounters him has a story about his



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A Dynasty In Westchester Columbus Basketball goes Four for Four and Continues Push for National Title

By Eddie Lopez

Four rings in four years—a feat that has only happened five times in the state of Florida—are now on the hand of Coach Andrew Moran and his nationally ranked Columbus Basketball team.

Season

It's no doubt that Columbus basketball faces some of the best schools not only in Florida, but in the nation and are able to cement their place as the number 1 basketball team in the United States. Facing schools like Monteverde, Prolific Prep, IMG Academy and Notre Dame Prep throughout the early stages of the season, the Explorers learned not only how they stand in the national basketball scene, but their ability to come back from a tough game like their 13 game win streak after their loss to Prolific.

The Boozer brothers finish off their FHSAA career leading this year's team in several categories. Cameron Boozer finishes leading the team with 22.6 points a game, averaging 12 rebounds per game and 1.3 blocks a game. Cayden Boozer, running point led the team with 7.5 assists per game while racking up 13.9 points a game as well.

Jaxon Richardson took on a larger role in the offense this season and his growth showed as he averaged 14.1 points a game and led the team with a 63 percent field goal percentage. Newcomers like Caleb Gaskins who averaged 14.5 points with 6.2 rebounds per game and Cello Jack-



Jaxon Richardson holds up the trophy following their four-peat state championship performance. (Photo Credit: Jason Fernandez)

son averaged 7.2 points per game with 3.7 assists per game made an immense impact in ball distribution and the overall team chemistry.

Finishing 25-3 through the regional championship, the Explorers headed to the state championship game to defend their title.

State Championship

Making their fourth trip up the RP funding center in Lakeland, the Explorers steamrolled past Seminole and Windermere.

Winning by a combined 64

Blue Bell Cram

points in both the semi-final and final games, the Columbus takeover drew attention from just about every basketball outlet in the U.S.

The Explorers led from start to finish during the state championship game never letting up on the gas. Cameron Boozer left no doubt scoring 20 points, snagging nine rebounds and securing three blocks. Jaxon Richardson added to the scoring with 14 points and grabbed seven rebounds which helped secure the lead.

An emotional moment ensued as the Boozer twins walked off the court for a final time in a FHSAA game and received a standing ovajust in this season, the Boozer brothers became the first pair to ever receive All-American honors in the same year and Coach Moran received the Naismith Boys High School Coach of the Year becoming the first not just in Columbus, but in the entire state of Florida.

It is an exciting time to be an Explorer basketball fan, and to see the Dynasty take place in Westchester. Tune in to ESPNU on April 3 at 8 pm Eastern Time to see Columbus take on their first opponent.





Mr. Frazier Smiles for a picture. (Photo Credit: Jose Carlos Diaz) tion from the fans. What's Next

The season is far from over for Coach Moran and his squad as they make the trip to Indiana to challenge for the national title in the Chipotle Nationals. Losing in the semi-final round last year, the Explorers know the difficulty of the task, but nonetheless with their talented roster and coaching staff the team is confident they can make a push to the final game. Taking a bye in the first round, Columbus waits for the winner between IMG and Wasatch and will continue to meet a lot of familiar faces like IMG and Monteverde on their road to a national championship.

Taking another moment to look at what the group has accomplished

Duke commit Cameron Boozer poses with the state championship trophy. (Photo Credit: Jason Fernandez) The Equ Sports Presented by SEQUOR LAW® Relentless. Global. Pursuit.

Christopher Columbus High School

Quarter 3 Review

Columbus Lacrosse Dominates Early, Eyes Deep Playoff Run



The Columbus lacrosse team takes the field before a game. (Photo Credit: CCHS Lacrosse Tesm)

By Joshua Vasquez and Jake Reed

Columbus Lacrosse is off to a hot start this season. During the preseason, they established a strong presence through a 10-7 win over Gulliver Prep, followed by a 12-6 victory over Ransom Everglades.

Just six games into the season, the Explorers are emerging as a district powerhouse, currently sitting in second place with a 3-1 district record

Overall, the Explorers have a solid record of 4-3, with the only losses being to Aquinas, Bishop Moore, and American Heritage—two of which are currently ranked in the top five in the nation (Maxpreps.com) and have



deeper, undefeated schedules. Even then, their spirits remain high.

"I really appreciate the cheerful and uplifting atmosphere," stated Junior Adam Dunand.

To open the season, Columbus put up 24 goals against Coral Reef. Noteworthy performances include sophomore Jace Gerson with 4 goals, senior Marcelo Hoeddebeche with 3, and freshman Aiden Mendez with 2. Columbus's strong start with 9 goals in the first period allowed for several underclassmen to get involved and continue to dominate. Four additional freshmen recorded their first in-season goals with the varsity team, making a pretty memorable first impression.

control over the game, with the help of senior goalie Jayden Leon tallying 7 saves. They even managed to hold Palmetto at 0 goals for the entire first half.

There were some tough losses, but the team wasn't 100%, and key players like Devin Padron (midfield)



Looking ahead, the Explorers will have to prepare for key matchups that will test their playoff potential. One of the most anticipated games will be against Gulf Coast, a current undefeated team that always brings a competitive edge. Another big test will come against Gulliver Prep, currently ranked No. 2 in Miami.

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One of Columbus's greatest strengths this season has been its offensive firepower. The Explorers have proven they can put up big numbers, affirming that claim with a double-digit win against Ransom Everglades and a shutout against Western. Their scoring depth is also impressive, with a mix of upperclassmen leaders and talented underclassmen contributing early. Not to mention, even their goalie, Jayden Leon, was able to get in on the scoring frenzy, going coast to coast against St. Thomas Aquinas.

However, to compete with the top teams, Columbus will need to stay consistent on defense and limit turnovers against tougher opponents.

A serious challenge that comes with this team is a limited amount of practice time, so they make sure to work hard when they can. Coach Hernandez stressed the importance



Two Columbus lacrosse players celebrate after making a dynamic play. (Photo Credit: cerra_photography0 on instagram)

This talent showcased early on will soon be a key factor in the team's well-earned optimism for the rest of the season.

"The future of this program is bright. We have a very skilled and talented freshman and sophomore class. We aim to compete for a state championship this year and for the years to come," commented Coach Hernandez.

The next game up was a familiar face— Palmetto. Games versus Palmetto are always fan favorites to attend; usually, they can put up a good fight. This time around, Columbus was able to push through that battle, winning the game 11-3. Junior Diego Duque contributed 3 goals and 2 assists, adding to freshman Aiden Mendez's 3 goals. Columbus maintained

A Columbus lacrosse player practices pregame. (Photo Credit: cerra_photography0 on instagram)

were unable to play. Angelo Llach (midfield), Diego Duque (midfield), Jayden Leon (goalie), Marcus Dean (faceoff midfielder), and Andres Salabarria (defenseman) are standout players thus far, but freshmen Aiden Mendez (attackman), Lucas Eljaiek (faceoff midfielder), and sophomore Jace Gerson (attackman) have already proven themselves as well.



A Columbus lacrosse player sharpens his skills in an intense pregame warmup. (Photo Credit: cerra_photography0 on instagram)

of maximizing each session, stating,

"During practice, we focus on getting the most out of each rep. Since we mostly practice in the morning, we are limited with time, so it is essential that we get the most out of our boys," says Coach Hernandez.

Looking at all these impressive games despite a few hiccups brings a positive outlook toward the remainder of the Explorers' season. With a fully healthy and unified roster, Columbus will begin the climb back to the top of the district standings.



Quarter 3 Review

Columbus Rugby Club Brings a New Passion to Westchester

By Brandon Spaulding

Few sports combine strategy, strength and teamwork quite like rugby. With its fast-paced action and hard-hitting plays, the game has captivated athletes since its origins in 19th-century England. At Columbus, the Rugby Club offers students the chance to experience the intensity of the sport firsthand, developing both their skills on the field and their sense of camaraderie off of it.

As club moderator Alejandro Levy explained the origin of the club. "Our students can make whatever clubs they want. If they don't have any space for them, they can create that space. So the Rugby Club is a great example, as a couple of students came up to me last year to ask me 'Hey, we've been involved in rugby for a long time, we think it's a great activity for students, as it can help students and our school out." So they came to me and we talked to Mr. Pugh, making sure we had all the necessary documents. Then just like that, we started the club. We've been having meetings for a little bit and hopefully, we'll get to the point soon where we can start competing, but for now, we got a great group of kids who get to hang out with each other and have a great time, so it's a great thing for the students."

After school, the club plays rugby at Banyan Park. This allows students time to get used to the rules of rugby. Players may score by a try- when a player touches the opposing team's goal with the ball; a conversion- a two-point kick that follows a try; or a penalty kick- a three-point kick awarded when the opposing team commits a penalty. Not only does the club get students to play a relative of football, but it even serves a crucial role for the club's officers. The club president is Ignacio Gutierrez, who believes that Columbus would not be the same without it.

"The main reason behind the Rugby Club was to teach and implement the sport in the school, mainly because we think rugby has team and sportsmanship values like no other sport, and as one of the fastest growing sports in America, we wanted Columbus to be a driving force behind the growth of rugby in Florida," says Ignacio.

Other people have the same per-



Explorers pose after a successful tournament. (Photo Credit: Rugby Club)

spective of this sport as well. Lucas Velazquez, an officer in the club, has a positive outlook of the sport itself.

"What I love about the sport of rugby and the club is the companionship with one another either teammate or rival, always learning to respect one another, and to showcase your abilities to play this amazing sport" Lucas states.

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It is evident how much this club supports the growth of rugby. The club will grow large in many years to come. If you want to get a first-person view of what this sport entails, join the Columbus Rugby Club.

Columbus Water Polo Making Waves



ponents this season.

"This season I am looking forward to leading the team, and I feel like we are going to have a very successful year with the young talent we have," Heyna said.

Field Player: Felipe Lerena Felipe Lerena, a freshman, is al-

ready one of the top players in the nation. He made the top 50 list in the 2010 category for the 2023-2024 season and was selected for the Southeast Zone team. His offensive skills make him a major asset.

"I think the season will go well.

We have a good chance at beating the ex-state champions, and I could lead a few goals on the attack. We have great team chemistry, so the season is going to go well," Lerena said.

The Road Ahead

The Explorers will face tough competition, including reigning state champions Gulliver. Another key matchup will be against Coach Manolo's alma mater, Belen. With a talented roster and strong leadership, Columbus water polo is ready to make a splash this season.

The team at an international tournament in Puerto Rico. (Credit: Columbus Water Polo Instagram)

By Oscar Pinto

Water polo, ranked the hardest sport by Bleacher Report, is about to kick off its season at Columbus. Known for its strong athletic programs, Columbus has won over 19 state championships and produced multiple Division I and professional athletes. Expectations are high for the water polo team as they prepare for the season.

Head coach Jose Antonio Garcia, known as Manolo, joined Columbus from Belen to develop the program into a powerhouse. A former professional player at the national level in Venezuela, Coach Manolo brings experience and a winning mentality. His goal? A state championship.

Last season, the Explorers finished 19-9, placing second in the district and 19th in the state. Now in his second year, Coach Manolo has a new group of seniors ready to make an impact.

Players to Watch

Goalkeeper: Nicholas Heyna

At 6'4", Nicholas Heyna is a key player for the Explorers. With his long wingspan and defensive skills, he'll be crucial in shutting down op-



Charlie Ramos blocks a shot during a game. (Credit: Columbus Water Polo Instagram)

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Allen and Barkley Big Winners, Offense Dominates NFL Honors

By Noah Santiago

The NFL Honors is the league's biggest night of recognition, celebrating the top players, coaches, and performances from the season. From MVP to Rookie of the Year, the best of the best were awarded for their excellence on and off the field. Although, not everyone agrees on some of the NFL's decisions in presenting these awards.

Defensive Rookie of the Year Jared Verse

Jared Verse had an impressive rookie season for the Rams. He's the first player for the Rams to win the award since 2014 and beat out Eagle's Quinyon Mitchell. He led all rookies in QB hits with 18 and pressures with 77 which was also good for second amongst all defenders in the NFL. He also had 11 tackles for loss and 4.5 sacks.

Offensive Rookie of the Year

Jayden Daniels

This shouldn't come as a surprise to anyone. Daniels was stellar in his rookie year. He had the most rushing touchdowns and the highest competition percentage ever by a rookie quarterback. Among other rookies this year, he had the best passer rating, rushing touchdowns, and second in passing touchdowns only behind Bo Nix. The second-overall pick completely turned around the Washington Commanders and led them to a playoff run.

Defensive Player of the Year Patrick Surtain II

Surtain becomes the second Bronco to win this award and the first cornerback to win it since Stephon Gilmore in 2019. Along with his four interceptions, he allowed the fewest yards with 306, and the lowest target rate at just 11%. He also did not allow a touchdown on the season.

Offensive Player of the Year

Saquon Barkley

Everyone should've seen this coming. Saquon had one of the best rushing seasons of all time. He had over 2000 yards rushing and nearly 2300 yards in total. He was 35% of the Eagle's entire offense and had 15 touchdowns. He also averaged nearly 6 yards a carry.

Comeback Player of the Year Joe Burrow

Last year, Joe Burrow's season ended early after tearing a ligament in his wrist. This year, he had the best season of his career. He led the league in pass-



Josh Allen reacts after a first down during a game against the Jacksonville Jaguars (Photo Credit: Timothy T Ludwig/Getty Images/TNS)

ing yards and had 43 touchdowns. He also had a completion percentage of over 70%, making him only the second quarterback to have multiple seasons with this high completion percentage.

Coach of the Year

Kevin O'Connell

Kevin O'Connell completely turned around the Vikings this season. They doubled their win total from last year, going from seven to 14 total wins. Coach O'Connell was also universally loved by his team as many players said that he was the best coach in the league. Even though they had an early playoff exit, O'Connell says that the ultimate goal is to bring home the Lombardi Trophy.

MVP

Josh Allen

Josh Allen won this year's MVP, despite many people saying it was undeserved as Lamar Jackson led him in every single statistical category. Josh Allen just barely beat out Lamar for MVP as he got 4 more votes for MVP. Josh Allen led the Bills to a first-place finish in their division and proved to be very versatile making plays with his arms and his legs.

The Luka Dončić Trade: The Most Shocking Deal in NBA History

By Steven Rasco

The infamous Shams Charania broke this through a tweet at 12:12 a.m. Eastern Time, it truly had people thinking that the reporter got his account hacked. But, can you blame them? Trading away a 26-year-old megastar who hasn't even reached their prime but has already reached the NBA Finals is one of the most surprising aspects of the deal. This deal was supposedly done in silence, according to Shams, with the Dallas GM Nico Harrison even seeming proud of the fact that he didn't let anyone in the league know he had Luka on the trading block. Now, this is not something that a General Manager would typically be proud of as the normal route would be to let it be known that the star of your franchise is available, because then one can start a bidding war where they can squeeze out the best assets possible. With every new detail that has come out, the trade seems to just get more confusing, causing more upset with hometown fans of the Mavericks and even upset with players of other teams that also seem perplexed at the idea of trading someone so good away.

According to multiple reports, the Dallas front office traded the star due to concerns about him being overweight and not healthy enough to avoid injury. Imagine the shock of fans when they traded him for Anthony Davis, a player well-known for being great but also known for having a history of being injury-prone. The Big Man suffered a left abductor strain in just his FIRST game in a Mavs uniform. Nico Harrison continues to state that he thinks that even with the major amounts of negative feedback he has gotten, that time will look back upon the deal as one that got the franchise their second championship, something he emphasized was the goal in a press conference after it was official. So far, a month later, the trade has already not panned out well for Dallas, with Anthony Davis being injured and the Lakers balling out as of late, but who knows? Only time can tell whether getting rid of Luka Dončić was the right move. Now there is much speculation whether it is the craziest trade in NBA history, but if you ask some Columbus students its not just the craziest in the league's history, but the craziest in the history of sports as we know it.



"It might just be the biggest and stu-

Luka Doncic (77) exalts after drawing a foul on a basket against the Dallas Mavericks in the first half. (Photo Credit: Allen J. Schaben/Los Angeles Times/TNS)

pidest trade in the history of Sports as we know it," said Jacob Alvarez-Drago Class of 26'.

"I must've refreshed at least ten times before realizing Sham's didn't get hacked, especially after he put out another tweet saying it's real," said Jason Fernandez Class of 27'.

"I could not believe that the mays front office would trade away their star player," said Michael Castillo Class of 26'.

With these answers to the question of, "What are your thoughts on the Luka trade?" it's clear that even now some really see it as hard to believe the trade even happened. This trade, although the biggest of the deadline, kicked off what was then a frenzy of players being moved at the deadline.

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Leaders of Tomorrow: My Journey at YLC



Group 12 in front of Broward Hall (Photo Credit: Caroline Gomez, SGL)

By Jake Reed

As a Columbus student, you've probably wondered what college is like. Many pre-college programs can be costly, asking for thousands of dollars. Others want to lock up a month's worth of your summer calendar. Luckily, UF provides the best of both worlds in their Youth Leaders Conference (YLC).

Whether it's because of the dozens of students Columbus sends each year or the Gators' beloved football team, UF holds a spot in many students' hearts deep down. Priced at only \$300, the weekend-long event became very popular for CCHS students who want to explore the university, develop leadership skills or even just gain a collegiate experience.

"My entire life, my dream school has been UF because my dad went there. When I received the email about this opportunity at the school of my dreams, I applied right away," said Columbus Junior John Allen.

This weekend, I am lucky enough to experience YLC firsthand, and I want to share my experience at the program in case you were interested in applying!

Friday

Following a 6-hour morning drive, we dropped off our bags into the packed lobby of Hotel Eleo, one of the nicest in Gainesville. It was only a quick run-in; we needed to check into the Grand Ballroom at the Reitz Union Student Center (Reitz) before 1PM. every pop up shop, and even a squirrel. The adventure ended at Ben Hill Griffin Stadium, where we'd take a massive group photo before heading to the dining hall.

Group 12 in front of Broward Hall (Photo from Caroline Gomez, SGL)

The meals change daily, and there are countless options to choose from. Considering how hungry I was, I went to where there was no line— a burger with a mozzarella stick and marinara sauce inside; it was called an Italian Burger. I finished the dinner with a few slices of pizza, chicken breast, and cookies for dessert. I think everyone took just as much advantage of the "all you can eat" component.

At this point, it was about 6:45, so we went back to the Reitz and our very own conference room. This is where we'd be participating in all the leadership workshops throughout the weekend, 2 or 3 engaging activities centered around 1 of 5 core leadership practices: Inspire a Shared Vision, Model the Way, Enable Others to Act, Encourage the Heart, and Challenge the Process. Most activities were social or problem solving exercises, and as much as I'd like to share, each person needs to go about it a different way— no spoilers!

We finished the night off with bowling, followed by Galactic Game Night. They had all sorts of games, desserts, and even a mechanical bull! Me at bowling (Video from @ylc_ uf on Instagram) of war, dodgeball, a reaction game, and a balloon popping relay race. Group 12 wound up undefeated at the balloon popping relay and dodgeball, securing field day as a fan favorite weekend event amongst our group.

At around 12:30, we ate Jimmy John's and returned back to our conference room for Workshops #3 and #4. At this point, everyone in my group is already pretty close; none of the workshops are awkward, yet you still learn something new about someone every time.

The next event would be the Candlelight Ceremony, where SGLs and general aYLC leaders would share their own stories, some about finding themselves, some about overcoming challenges. It got deeper than I expected, some mentioning how they lost a loved one or just breaking down on stage in the middle of the speech.

It was really heartwarming to know that they felt comfortable sharing those stories with us and that they had such a great connection with UF and its community. That type of connection flowed into dinner, where even in the long line to return dishes, you felt included in the community.

The walk back to our final workshop was interrupted by the occasional stop to film the Small Group of the Year Video, a TikTok every group made to showcase YLC. The amount of times you'd see a badly executed "They need to learn face to face" trend be recreated was discouraging. The lack creativity was made up for by other groups though- one group even turned their video into a Lebron edit.

Group 3's Winning Group of the Year Video (Video from Group 3)

Kicking off the last night at around 8 PM, we played Connections, where you'd anonymously receive feedback from your group members and SGL on the lead]ership characteristics they think you exhibited.

We followed that event with the talent show— easily the funniest part of the entire weekend. There were some talents like playing the piano, dancing, magic, or photography. Then there were the other performances like bird calling, a failed human pyramid, an interrupted improv bit, or the singular push up. Then there was Elisheva. There really isn't an explanation for what she did, you'd just have to look her up on TikTok. The last time we'd be back in the ballroom was the Glow Party. I was a fan of any ballroom event because it allowed me to see everyone from any of the 24 groups. Room checks and curfew that night were at 12:30. Everyone in my room was fast asleep right out of the showers because of how exhausted we were after that day.

to attend breakfast and the closing activities for the conference. They weren't exactly workshops, but rather reflective exercises. We wrote a letter to someone who has influenced us as leaders and then spent our last few minutes in the conference room working with our resumes.

The closing ceremony was at 11 AM. We listened to each group's chant, watched each group's video, and celebrated the talent show winner, student of the year award, and small group of the year award.

Even though we'd only been there 2 and a half days, the recap made everything feel nostalgic. Although much of our time was spent with a random group and pushing us to stay off our phones, it really was an enjoyable experience. It was sad saying goodbye to your group members, but even more sad to say goodbye to the SGLs. For my group, UF was a consensus number 1 choice, so it was more like a "see you in two years!" The SGLs, some-



A group of Columbus students at Game Night (Photo Credit: ylc_uf on Instagram)

times upperclassmen, would be gone before we'd get there. They truly had an impact on my experience at UF, giving me what no tour guide could ever come close to. I feel as though there was not enough appreciation shared for the work they did to make us feel welcome. "I really think seeing my SGLs be so open added to the experience. I'd recommend YLC to anyone that's looking to branch out and meet people," says Columbus Junior Robby Tompkins. While the application process might scare you a little, it's worth it. Not only because they give you cool shirts or because it's a fun weekend getaway that your parents will support or even because you want to learn about the best school in the state. I can guarantee that you leave a better leader. It truly is a once in a lifetime opportunity. If you're considering YLC, apply.

Inside, there were 24 groups of around 10-12 kids each. This was where I'd meet Group 12– a mix of students from Jacksonville, Tampa, and Miami. Our Small Group Leaders Noah, Caroline, and Judd were super outgoing and engaging. You could tell they were good student models, but also knew how to make things fun. Between the UNO and laughing at their faces photoshopped onto aliens to fit the "Out of this World Leaders" theme, we were able to break the ice.

Next was the scavenger hunt; it had us running all across campus taking pictures with every quirky landmark, The shuttles brought us back to

the hotel at around 11:15 to be in our rooms for curfew at midnight.

Saturday

Wake-up calls were at 7 AM with a very strict schedule ahead of us. As I groggily boarded the morning shuttle, my phone took an unfortunate fall marking the start of my phone-free weekend. Luckily, I met Courtney and Bella, Director of Marketing and Director of Admin, respectively, who'd be documenting the entire trip on Instagram.

For most of us, breakfast at the Reitz was fairly light, loading our plates with only cinnamon rolls or yogurt. We had a field day ahead of us. The games consisted of penalty kicks, tug

Sunday

This would be our last day at the conference. With an extremely rushed morning routine, we dressed in suits



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Our Obsession with Yesterday

By Carlos Soto-Angulo

Turn on the TV, scroll through a streaming service or walk into any movie theater, and beyond the dizzying smell of freshly buttered popcorn and the loud, obnoxious sound of children no older than nine screaming, you'll find a weird yet familiar feeling-déjà vu. Movies from the '80s and '90s are being remade, sitcoms are getting sequels decades later and songs that sound like they belong on a Walkman dominate today's charts. Nostalgia isn't just a fleeting trend, it's a cultural phenomenon deeply embedded in how we consume media.

The numbers truly tell the story: in 2023, Disney's live-action remake of The Little Mermaid earned \$570 million at the global box office. Netflix's Stranger Things, with its '80s throwback aesthetic, was the most streamed show of 2022, amassing over 52 billion viewing minutes according to Nielsen. Meanwhile, music sales for vinyl records–a format largely considered obsolete just a decade ago, and one that I am quite fond of–surged to \$1.7 billion in 2023, outselling CDs for the first time since 1987.

These trends reflect a growing appetite for the familiar. According to a 2022 survey by Morning Consult, 71% of Americans said they enjoy re-



boots or remakes of older movies and shows, with younger audiences driving the demand. Nearly 80% of Gen Z respondents expressed a preference for nostalgia-driven content, despite not being alive when many of these originals first aired.

Nostalgia is more than just a warm, fuzzy feeling. Psychologists have found that it serves a purpose: providing comfort during times of un-

ESSENTIAL FACTS ABOUT NOSTALGIA IN MEDIA

Nostalgia for older movies and shows is reshaping entertainment, appealing to audiences of all ages, especially younger viewers who enjoy remakes.

(Thoto Credit: Creative Commons License)

certainty. In a world grappling with technological change, a pandemic, economic instability and the impending doom of a new election, nostalgia acts as an emotional anchor, tethering us to moments we perceive as simpler and safer.

"When people feel stressed or overwhelmed, they're more likely to consume nostalgic content," says Dr. Krystine Batcho, a psychologist who specializes in nostalgia, on a podcast hosted by the American Psychological Association. This emotional pull explains why media companies are investing heavily in reviving old favorites-even if they're becoming new, boring and drab remakes, showing us the shell of a once prospering industry. It's about capitalizing on our memories, our emotions and worst of all, our fears.

For media companies, nostalgia is a gold mine. Familiar properties come with built-in audiences, reducing the financial risk of new productions. It's no wonder these huge media conglomerates, like Disney, a pioneer of the nostalgia economy, continue to roll out live-action remakes of its animated classics. From Aladdin to The Lion King, these reimagined films collectively grossed over \$9 billion worldwide. Streaming platforms like Netflix and HBO's Max have also leaned heavily into nostalgia. HBO brought back Sex and the City with And Just Like That, while Netflix resurrected Full House with Fuller House, which, by the way, debuted to over 14 million viewers in its first week. I won't get into the iCarly reboot because it makes me upset. Even video games have joined the mess, with remastered classics like Final Fantasy VII and The Legend of Zelda: Ocarina of Time- one of my all-time favoritestopping sales charts.

But this reliance on nostalgia raises an important question: is it stifling our creativity? The more we look into the past, the less we seem to focus on creating original stories. A report by the Writers Guild of America found that only 25% of the 100 grossing films in 2022 were based on original concepts, with the rest being sequels, remakes or adaptations–Top Gun: Maverick was horrendously overrated, spending 5 weeks on the Billboard Top 200's chart, which in my opinion is absurd. I digress.

Critics argue that this obsession with rehashing old ideas limits the scope of storytelling, preventing new voices and perspectives from emerging, and I'm inclined to agree. There comes a certain point where filmmakers and executives tell the same story enough times. Take the Scream franchise, for example. There is no need for there to be six movies retelling the same story over and over again. It's boring. As an advanced society, we need to come together and stop this nostalgia-based resurgence of old media. Because as much as the '80s seemed awesome, we forget they had tough times too, and they had bad movies too, so to remake the ones we perceive as "good" is counterintuitive and regressive. As we binge-watch another reboot or dust off a vinyl record, it's worth asking yourself: are we simply escaping into the past, or are we learning from it? Nostalgia can be a powerful tool, but only if it helps us create a better future, one that's as vibrant and meaningful as the stories we hold dear. Because while it's fun to revisit where we've been, the most exciting stories are the ones we have yet to tell.



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What defines nostalgiadriven media?

Nostalgia-driven media refers to films and shows that revive beloved classics, tapping into viewers' fond memories and familiarity with earlier stories and characters.



How does nostalgia affect content?

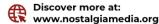
Surveys show that 71% of Americans enjoy reboots or remakes, with a significant portion of the audience driven by a desire for familiarity and comfort in storytelling. This trend highlights a growing preference for content that resonates with personal and collective memories.



Statistical Insights on Nostalgic Media

Nearly 80% of Gen Z expresses a strong preference for nostalgia-driven content. This demographic's appetite for remakes emphasizes the lasting impact of original works, even when they were created before they were born. Nostalgia is not just a trend; it's a powerful force shaping modern entertainment consumption.

Embrace nostalgia. Connect with the past through media.



Opinion

Christopher Columbus High School

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The Mental Health Crisis Among First Responders: Who Saves the Heroes?

By Andrew Ahrendt

Working with Miami Dade Fire Rescue, the first fifteen minutes after family breakfast and dinner are exclusively for "talking smack" around the table, no matter where you're stationed. At first, it didn't make sense to me. As a senior in high school raised with a "time is money" mentality, it seemed like a waste of time. But after my third ride-along, I realized why those moments around the table mattered so much.

Columbus offers a program, Honors Medical Interventions (EMT), to select seniors, allowing us to learn everything needed to take the state EMT test upon graduation, gaining real experience with Miami-Dade Fire Rescue (MDFR) and Baptist Hospital. It's an eye-opening experience that has shown me the raw, unfiltered reality of emergency medicine beyond the flashing lights and sirens.

First responders see people on the worst day of their lives. They rush into burning buildings, pull mangled bodies from car wrecks, and try to bring back patients who are already too far gone.

But what happens when the weight of those moments becomes too much?

It's a dark reality; the ones who save us are far too often struggling to save themselves. According to SAM- HSA, a third of all first responders are suffering from depression, and suicide is the leading cause of death for EMTs. And according to the National Library of Medicine, EMTs are 1.39 times more likely to take their own lives than the general public.

The job is relentless. There are no commercial breaks and no timeouts. Calls blur together—an overdose at 2 a.m., a child drowning at sunrise, a cardiac arrest in the morning and a highway collision all before lunch. Sometimes, they don't get the luxury of processing one tragedy before another takes place, but there's the dinner table between the chaos. A simple, unspoken tradition that acts as an emotional life raft. It's not formal therapy, but it's something.

Standing beside the patient, victim or suspect, first responders are a beacon of strength–almost unbreakable. The field is still predominantly occupied by men, and we need to learn that it's okay to feel. Unfortunately, cultural barriers remain—many fear that seeking help will make them appear weak or unfit for duty. A flawed ideology must be broken: the idea that men don't cry.

As South Miami Police Officer Richard James explains, "Officers often lack formal avenues to express the challenges they face. Opening up about feelings can be particularly



(Photo Credit:Creative Commons License)

difficult, as many officers tend to suppress their emotions, hoping they will resolve themselves."

Despite the stigma, mental health resources for first responders are improving. Peer support programs, crisis intervention teams and organizations like the Code Green Campaign advocate for awareness and accessibility to mental health care.

Daniel Fernandez, Coral Gables Division Chief of Logistics and a peer support team member, says, "We are more aware than we ever have been. People tend to be closed off when you return to the station, but we are conditioning ourselves to talk more openly now."

Though headed in the right direction, it has been a slow track.

So, who saves the heroes when they can't save themselves?

The answer must be all of us. It starts with breaking the silence, prioritizing mental health just as much as physical well-being and ensuring that every EMT, firefighter, and paramedic knows they don't have to carry the weight alone.

Because in a world where they answer every call, we must make sure they have someone to call.

Pursuit of Perfection

By Carlos Soto-Angulo

For some, high school is no longer just about finding yourself, creating life-long bonds or navigating different experiences or identities. For many high school students, these four years have become a high-stakes launchpad into the ever-dreaded "real world-" one that demands college-level achievements well before we take our diplomas and walk across the stage. The pressure to exceed academically, succeed in multiple extracurriculars, and not to mention, curate a Harvard-worthy resume, has created a culture where the typical high school experience is transformed into a stress-ridden pursuit of perfection. Students aren't just preparing for college and future careers, they're entering a constant competition for the next "big thing," sometimes at the cost of their well-being. The students of today are expected to be future-focused almost as soon as they enter freshman yearmind you, they're 14 years old. Bombarded with SAT prep courses,

Advanced Placement (AP) classes and leadership roles make sleep a luxury nearly worth gold. The constant need to stand out for selective colleges and future employers means engaging in exhaustive schedules that can burn out even the most resilient students. According to a collection of student stress stalective schools seem to expect, and in doing so, they lose sight of their own goals and desires.

And it isn't just college. Career anxiety is starting to creep up on us high school students early as well, with students often feeling pushed toward high-paying or "prestigious" careers before they even understand present. Time stressing over tomorrow's opportunities robs them of the chance to live and learn today. Students report less sleep, fewer hours spent with friends and family, and little time for simple, restful activities (such as Skate 3).

It's not uncommon to hear students joke-and I'm guilty of this as well- that they "only slept three hours last night," or "live off coffee," as if overwhelming exhaustion is a badge of honor. No guys, it's an unhealthy normalization of overworking-a mentality that high schoolers should push themselves beyond the breaking point to make their dreams come true. But dreams achieved at the cost of mental and physical health are hollow victories-not to mention the fact these dreams may not even be theirs. High school should be a place where students feel safe to explore their passions without the looming fear that impending failure will dictate their entire future. Yes, the future is important, but the present shouldn't be robbed of them to prepare for it.

tistics by Cross River Therapy, 45% of high school students report feeling overwhelming stress, with academia topping the list of culprits.

The college admissions landscape is largely to blame for this intense focus on accomplishments over experiences. Colleges are being more selective, and acceptance rates are the lowest they've ever been. In fact, according to Signature College Counseling, college acceptance rates have dropped about 37 percent on average over the past ten years, so it's no surprise students feel compelled to pad their applications with as many APs, extracurriculars and volunteer work as possible. Even worse, some students feel the pressure to manufacture interests to fit the molds that hyper-sewhat that entails.

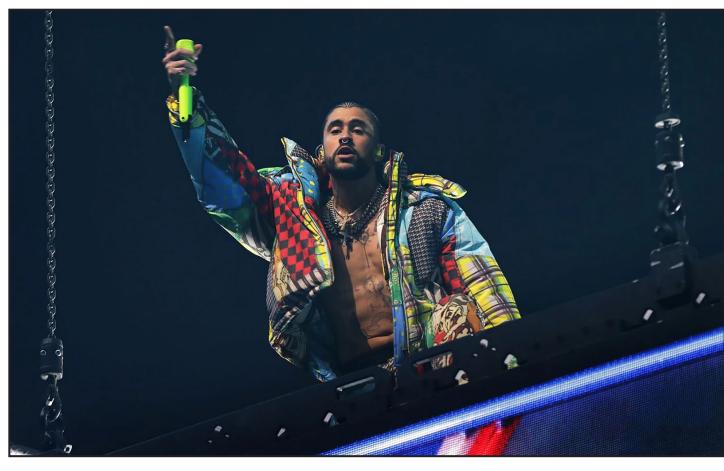
In a survey conducted by the American Psychological Association, nearly 60 percent of high school students reported feeling pressure to pursue "practical" or "high-earning" careers, regardless of their interests, which often begins as early as middle school. This pressure is fueled by societal expectations, family hopes and national discourse that often treats certain careers as the only pathways to success. Some schools even encourage students to declare future career interests, leading students to feel locked into paths they probably don't yet understand or genuinely want to pursue.

This relentless focus on the future often deprives high schoolers of the



Quarter 3 Review

Bad Bunny's "DeBÍ TiRAR MáS FOToS"



Bad Bunny performs during the Coachella Valley Music and Arts Festival in Indio, California, on April 14, 2023. (Photo Credit: Christina House/Los Angeles Times/TNS)

By Charlie Gutierrez

Bad Bunny and reggaeton fans as a whole have been craving a new album from the singer-rapper after his 2023 release of "nadie sabe lo que va a pasar mañana."

The phrase "debí tirar más fotos" means in Spanish, "I should have taken more photos" and draws to the themes of the album. The NEW album has references to the current political reality and issues of Puerto Rico, where the title explores the passage of time, and the importance of preserving memories, and calls upon



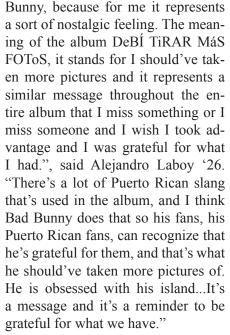
The album was influenced a lot by the traditional sounds of Puerto Rico, like plena, jíbaro and salsa but also more modern genres like house and reggaeton.

Columbus band teacher and music producer chimed in on the new album. "I really like them [traditional music styles], especially because a lot of his stuff has just...been like reggaeton beats and they're cool and trap beats and things like that, but I really enjoyed how there was a lot of like samples of traditional Latin music," he said. "Like the hits from back in the day and they used the real sound, obviously they incorporated with like, you know, dembow kind of drums...I've really appreciated even like the first track, you know, and the second track you could hear like samples from old songs that was cool and I feel like they [Bad Bunny's producers haven't really done too much of that before." The album is further supported by the other singles: "EL CLúB", "PIToRRO DE COCO", "BAILE INoLVIDABLE", and the title track "DtMF". "DtMF" is the second-to-last song on the album and is one of the most (if not, most) emotional tracks on the album, as the lyrics "Debí tirar más fotos de cuando te tuve / Debí darte más besos y abrazo' las veces que pude / Ojalá que los mío' nunca se muden" (DeBÍ TiRAR MáS FOToS) have this bittersweet feeling, as Bad Bunny reminisces on when he was with someone and how he could have made more memories and enjoyed the time with them longer. The incorporation of traditional Latin and Caribbean styles was a great choice by Bad Bunny's producers, as it created new music that was fresh yet still authentic.

"...the use of those new samples or really old samples and incorporating them and making the beat modern yet using the old samples, it was like very seamless, and the people used to do that with like hip hop and stuff, and they would take old jazz samples and put some rap beats and stuff...It was very smooth, it was like very well done. The production was outstanding." said Cooper.

I also spoke with some of the people in Music Production to see what they had to say about the album.

"So honestly, as a Puerto Rican myself, I really enjoyed the album DeBÍ TIRAR MáS FOToS by Bad

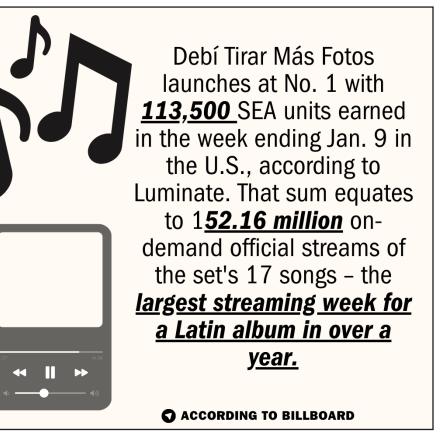


"The album was very good, even as someone who's not from Puerto Rico, I still feel connected to it because in Venezuela a lot of similar things are happening and like I really resonated with that.", said Andres Morales '26.

This sentiment of the album's emotional themes seems to echo across people from different countries and backgrounds.

"I feel like the fact that it has the same message throughout most of the album is powerful because it applies to a lot of people and you don't have to be Spanish, you don't have to speak Spanish to understand it, that's the beauty of it.", Laboy added.

"DeBÍ TiRAR MáS FOToS" was a project that I think we all needed at this time. Its complex sound combining contemporary Latin rap with traditional sounds from genres like salsa works so well. The album's message is also unique, as it gives a bit more of a narrative or meaning to the music, something that, up until the album's release, Bad Bunny had not explored yet.



Cover: "DeBÍ TiRAR MáS FOToS." (Photo Credit: Spotify)

the need to appreciate Puerto Rican culture.

The album starts with the single "NUEVAYoL", an upbeat song that pays homage to

"Un Verano en Nueva York" by El Gran Combo de Puerto Rico and Andy Montañez. Bad Bunny transforms the song by giving the salsa an urban twist and tying in lyrics of Puerto Rican and Dominican references (Genius).

The Log Creative Writing

Christopher Columbus High School

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The MiddleRooms

By Francesco Armada

A bout a mile off HWY 77, you could take exit 3 towards Ortenville and follow the signs to the next rest stop. Upon reaching the rest stop, you could find a sign that read: Steve's Rest Stop

The sign was no doubt old and broken down. Just barely hanging by a rusty nail that was bent out of shape. Passing that sign was the rest stop itself. It was old and dilapidated, I believe abandoned due to mold. In the middle of the rest stop was the central part of the stop. The two sides connected inside other buildings that had bathrooms and vending machines and the sort. On the far left side of the rest stop was a memorial of the founder of the rest stop, probably named Steve. On the far right side were the picnic tables -which was probably where the mold had started to grow- underneath mini gazebos already overgrown by the surrounding trees. In the central building, right between the hallways adjacent to the bathrooms, was a list of missing persons. The only strange thing about the board was that there was only one poster hanging by a half-disintegrated push pin. It was a family of 4 which included a father, and three boys. There is no last known location and no pictures of the family. The document looked official enough but the "Description" tab was distorted. Almost as if the strange symbols were alive and ever-changing. **Chapter 1: Ride**

The sun reflecting off the fresh droplets slowly falling down the windshield was blinding. That along with

the constant passing by of trees made it seem like the sun was rapidly flickering. Driving the car was none other than Father of course, Mother had stayed behind because she was being sent to Europe for a job promotion. Father was driving his old Honda Civic, even though Axle and Eric had begged him not to. They were saying that they didn't want to risk having their friends see them in such a beat-up, old, and rusty car. I, on the other hand, had not cared which car we had driven, since the ride and the destination were going to be the same either way. Although I was indifferent to the car we used, I could not say the same for where we were going. I had always wanted to move out of the old and familiar house we lived in. Mother and Father had decided that it might be best for a change of scenery since she was going away temporarily anyway. From what Mother and Father were told, we were renting out an old mansion that had been built somewhere around the 2000's. I should probably state that the year was 2022 so to us, something built 20 years ago was quite old. The only reason we could afford such a huge house was because the owners were already wealthy enough and had known Mother when she was in college. The owners were old and wanted a little more money to move away. The thought had also come to the owners that we could buy it. Looking back now, I suppose they had good reason to let us rent it for so cheap.

The ride was generally pretty smooth, as far as I can remember, there was not a lot of bickering between

us. If Eric and Axle did not have their phones, it might have been a different story. They were the type of kids to be on their phones even if they had a good reason not to. Father was also very lenient and soft when it came to punishments. Father was the good guy in the family, Mother was a different story. She was the one who upheld the law and made sure Eric and Axle didn't burn the house down. When Father agreed to let Eric and Axle get a PS4, Mother was the one who shot down the idea. Later, however, she changed her mind. (Mostly due to Eric and Axle's persistent attempts to beg and show how it was a good investment for the family) Since Mother had not gone on the trip, Eric and Axle asked Father if they could bring their new PS4. Father enthusiastically said yes and even said he would with the setup since he wanted to play with all of us as a family. Once we had arrived at the mansion, I was already buzzing with enthusiasm, but not for the same reason that everyone else was. Eric and Axle already knew what they wanted to do; they wanted to set up the PS4 and tune out of the world until nightfall. (Which was their plan to get through the day, every day) Father wanted to research all the Victorian styles in the mansion and see how much they could go for. I wanted to explore; as someone who wanted to move to another house, I wanted to explore the new opportunities a new house came with. I wanted to leave some nooks and crannies unexplored so that I could explore them later. This was my way of savoring the meal I had been given. I've been told

that I liked to explore even as a toddler. As soon as I had been able to get on my two legs and walk, I dashed to every corner of the house. Of course, this gave Mother and Father a run for their money but I soon found every corner and every little closet so I eventually stopped. This relieved Mother and Father as they now knew where I would be when they left me for a second. (I would be right where they left me) As I stepped out of the car and the other walked into the house, I took a second to take in the entirety of the mansion. It was a regularly sized mansion from what I could see, -as regular size as a mansion might be and I felt a sudden chill down my spine. I know that the phrase is somewhat of a cliche seeing as how it's used in the places it's used, but the chill felt quite normal as it was that time of the year. I at least remember that it was somewhere around the end of October. That time where you slowly transition from fall to winter. From where we had lived at the time, there seemed to be no change outside except for the chilling cold somewhere around the end of November to the beginning of December. I noticed the huge doors that took Father nearly all of his strength along with Eric and Axle. It might have been the most effort I had seen them put forward.

- "Everything had seemed rather normal at the time."

- "And did you know what was inside the house from what you were told?"

-"I suppose not, but I do know it was the last moment of normalcy I had felt. That includes how I feel now."

-"I know this is uncomfortable for you right now; we are not the enemy, but instead here to help you. Please continue."



Ferguson Discovers Ancient Treasure and Buys Westchester

By Andrew Peña

Teaching the school's hardest class is exhausting, so Mr. Ferguson often de-stresses by walking along the sidewalk of Columbus.

culated its weight at approximately 10 tons with a margin of error of 11

Fergerking.

His first order of business as Fergerking was to replace every Columbus class with advanced physics, set to take effect on the next Fergerday-colloquially known as the first Friday of every month. He also mandated that Fergerland adopt the metric system. In response, several Columbus Students with a hatred for Physics attempted to usurp Ferguson but were promptly sent into the stratosphere by his new defense system, designed by AP Physics students. Ferguson also issued a decree requiring Bird Bowl to display the friction value of every lane on its monitors, along with the initial velocity of each bowling ball upon impact and the angle it was thrown at.

dog called the Fergerdog—a hotdog shaped like the Greek letter tau topped with sauerkraut, ketchup, and mustard.

During one such walk, he tripped and somehow fell through an open manhole into the sewers. Upon regaining his footing, Mr. Ferguson realized he had landed perfectly into an unused part of the sewer.

As he wandered around the area, he discovered a hidden entrance with an advanced physics equation inscribed onto it, which he solved—in the most unnecessarily complex way possible. With the problem solved, the entrance burst open, revealing a hidden chamber.

Inside he found two one-of-a-kind, hand-sized particle accelerators and a massive gold Aztec monolith covered in physics equations. He quickly cal10115.

Recognizing the value of these objects, Mr. Ferguson jotted down the location, pocketed the particle accelerators, and bolted out the sewer toward his car. After safely storing the particle accelerators, he used the egregious amount of lab equipment in his trunk to construct a makeshift pulley. Using it, he lifted the monolith up to the surface, attached it to his car, and slowly drove home with the monolith dragging along.

After arriving home and making a short call to the U.S. Government, Mr. Ferguson agreed to sell the two one-of-a-kind particle accelerators in exchange for the land that makes up all of Westchester.

Now owning all of Westchester, Mr. Ferguson promptly renamed it Fergerland and crowned himself The To commemorate Ferguson's ascension to the throne of Fergerland, Arbetter's has released a new hotWhen asked if there would be any other changes, Ferguson replied, "We will be changing the force of gravity from 9.81 to 10 meters per second squared so I can have a smaller margin of error."

This change is expected to cause the entirety of Westchester to sink several miles into the ground, but Ferguson has assured the citizens of Westchester that this is preferable to having a margin of error when using gravity in physics calculations.

More information on the stability of Westchester's laws of physics and the reign of Bruce Ferguson will be coming soon.

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