



FIREBIRD GAZETTE

OCT 2023 • VOLUME 5

FALL SPORTS WRAP UP

BY: NOELLE NAVARRO

With great loss comes great victory. Our Doral Academy Varsity team's have proved themselves time and time again this season. This fall season we got to see the hard work of our golfers, swimmers, volleyball girls, runners, and football team. Spanning a three month period of intense games, let us take a closer look at the highlights of the season.

Our girls and boys Swimming team have been doing exceptional, beating Ransom Everglades, Key West HS, and Coral Shores HS. Their senior night was on October 14th, leaving the meet with a great victory, some of our senior swimmers Priscilla Custodio, Leandro Rutigliano, Kiara Lequerica left feeling accomplished. During the Mater Lakes meet, our girls had a successful win but unfortunately our boys lost. Coming back from a loss, the meet against Coral Shores HS resulted in a huge win for boys 220-46 and with the girls taking the lead 164-125.

New season means new players and new turf to get used to. Our Football team is leading with a 4-3 overall score, including the defeat of Palm Glades Prep Academy, North Miami HS, and etc... Their greatest win was against Mater Academy Charter by a count of 35-7 on September 8th. Our wide receiver, Marcus Antelo, with receiving yards of 65.0 has made a total of 4 receiving touchdowns this season, which has brought the team to triumph in the recent games. With the swiftness of our quarterback, Jordan Lleo, being able to score a total of 8 passing touchdowns in this 23-24 season so far. The game against Southridge High School resulted in a score of 40-0 loss, which was a let down for our players, but they rose above and kept practicing anticipating the next game. The following game was a

CALENDAR



October 5th

Green Club Meeting

October 11th

Senior School Wide SAT Day

October 17th

Senior Breakfast

October 19th

Key Club Meeting

October 23rd

Science National Honor Society
Club Meeting

October 23rd

Boys Golf Team Districts

October 24th

Girls Golf Team Districts

October 25th

Volleyball Regional
Quarterfinal

October 26th

Firebird TV Annual Fright Night

October 31st

Halloween

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close call, but Doral won 20-16 against Goleman High School.

Taking the golf world by storm, our Firebird Girls Golf team is undefeated. On September 13th they placed 3rd place at the Miami-Dade County Youth Fair Girls Invitational, with an overall score of 313 strokes. Maria Quintero made 69 of those strokes and Mia Caraballo with 72 strokes. It doesn't stop there, placing 1st place against Carrollton at the Biltmore, once again Maria Quintero leads with an overall of 36 strokes and Mia Caraballo and Isabella Russo tie for 2nd with 37 strokes each. Another easy win for our Firebirds girls was against Mater Lakes with a total score of 173 strokes, Maria Quintero taking the lead. Our boys golf team played at the Maverick Invitational the morning of October 1st, Guillermo Marin was the leading player with the low score of 7, and our team placed 15th overall.

Our Lady Firebirds have done it once again, winning consecutive games back to back. With minor loses the girls come back stronger and fiercer each time they get back into the gym. An overall score of 18-7, leading them straight to



PHOTO CREDITS ISABELLA GODOY

the 2023 Girls Volleyball District Tournaments Semi-Finals. Beating our rivals St.Brendan 3-0 on home field, players Angie Vazquez with 12 digs, Izabela Molina 9 kills, and Melissa Gonzalez 27 assists helped bring their team to victory. Losing against Westminster Christian High School 3-2, gave our girls more drive to win resulting in a consecutive 9 streak win against various schools.

Running to victory our girls and boys runners have placed at every meet they attend, making their mark. At the FSU Pre-State XC invitational, girls placed 23rd overall with Julieta Baudini getting 20th place and boys placed 17th overall with Jonathan Alvarez placing 43rd. Another meet was at the Park Vista Cobra invite, placing 2nd overall with 2 guys in the top 10. Senior Augustin Muyl placed 2nd overall and junior Johnathan Alvarez placed 6th overall at the-meet.



DIGITAL SAT AND SENIOR SCHOOL DAY SAT

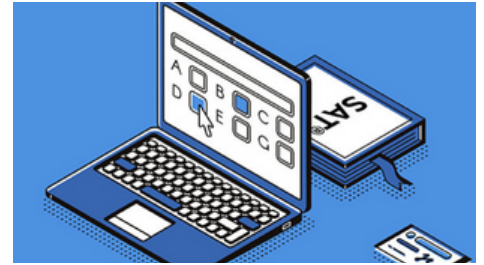
BY: VALERIA VELARDE

In Spring 2024, the digital SAT will become available for juniors in high school. The College Board is converting the paper and pen test into a digital test in hopes of shortening the time, making it easier and speeding up the time you receive your score. The class of 2025 will be the first group of students to experience the SAT digitally, so this exam is extremely new. Not only is it a massive step for education in the United States, but it is also now more accessible to students. Even though most students prefer taking the test on paper, the digital

version provides kids with a higher chance of passing.

To add on, on October 11th, seniors took the SAT once again. It was a great way to improve our scores before college application deadlines. Thankfully, the school made it free for students to take, so there was nothing to lose by taking it once more. As a senior, I know how stressful the SAT can be. You know it's detrimental to entering into a good college, so all you feel is fear. However, hopefully, this new version will make the test-taking less stressful for students.

I know it's exhausting having to practice for the SAT, but getting a good score could open a world of opportunities for you.



COLLEGE APPLICATIONS

BY: CATALINA FERNANDEZ

Between September and December, students take their first steps in the new chapters of their lives by applying to universities. It can be stressful, especially when you do not know where to start. Last week, seniors voiced questions & concerns they have for the upcoming year, and Luisa Suarez, the school's CAP/college counselor answered them. To start off the interview, Ms. Suarez gives the key to beating procrastination, and avoiding unnecessary stresses that come with

college application season. "College applications seem really daunting, and it can seem overwhelming, but like everything there's a way to start and you just have to start at the beginning, and break it down."

Furthermore, she helped discuss good strategies for picking schools. It depends on multiple factors, but overall it is a personal preference. You have to enjoy the school, while also considering the financial cost. Ms. Suarez explains, "If you didn't get the

scholarships, you have to think smart: where can you get an education where you won't end up with so many loans?"

To conclude the interview, Ms. Suarez gave the class of 2024 key pieces of advice. "Always be inquisitive and ask questions. Don't rely on what other people tell you. If you want something and you don't know, you need to ask. Also, if you wait until the last minute, that's what causes the stress, and the anxiety."

DORAL ACADEMY'S 25TH ANNIVERSARY

BY: JENNIFER GIRALDO

This year, Doral Academy will be celebrating its 25th anniversary as a high school in Miami Dade County. For a quarter of a century, our school has been a beacon of learning, growth, and community, providing countless students with a top-notch education and an unwavering commitment to excellence. Doral Academy was established in 1999 and opened its doors in the fall of 2001, and since that day, it has been a place where dreams can take root and flourish. Over the past 25 years, our school has become the face of academic achievement; fostering a spirit of curiosity, innovation, and personal growth within our students. These traits have shaped us into the National Blue Ribbon Award winning school we are today, star-studded with notable alumni and stories to tell from those who have walked through our doors. This past week, we've been interviewing participating "DA Veterans" and diving into the quarter-century of history here. To start off, let's hear from our first athletic director- Danny G himself.

How has the school's culture or atmosphere changed since you first started working here?

The school has changed in size but the culture, for the most part, has remained the same. The culture is one where we care and respect each other. We have fun but at same time put in the time and effort it takes to be successful at Doral Academy.

What impact do you believe you've had on your students and the school community as a whole?

My role has changed throughout the 25 years here. As the school's Athletic Director, I hope we showed students the importance of working hard and never giving up. When we won our championships, I hope that made members of our community in Doral proud of what our school was able to accomplish. As a Social Studies teacher, I hope that I inspired my students to understand the importance of their civic duties as citizens in the United States. I also hope I taught them why it's important to know our history, and how if we don't learn from it, it can repeat itself. Now as the school's Assistant Principal, I hope that I have shown students the importance of being disciplined in their lives, and to care for each other

despite our differences.

Have there been any particularly influential colleagues or mentors during your time at the school?

Yes. I have been blessed to have great teachers and leaders to learn from. When I first started, two teachers, Amy Gonzalez and Jose Baca, took me under the wing and guided me through that challenging first year of teaching. As an administrative assistant, I had the opportunity to learn from one of the best principals in the country, Doug Rodriguez. He really showed me how important it was to see why it's important to focus on all of the details of running a school. He also showed me how important it was to establish a culture of accountability. Last but definitely not least, I have learned so much from our current principal Carlos Ferralls. He has taught me to have a big vision and to never be complacent. He has set the bar high for all of us and has provided us with all of the support needed to get there. Without the mentorship of all these individuals I just mentioned, I would not be where I am today.

DORAL ACADEMY'S 25TH ANNIVERSARY

BY: JENNIFER GIRALDO

From throwing basketballs to detention slips, Danny G is living proof of this school's dedication to improvement. Since our original establishment, we've grown a middle school, a football field, and even a couple buildings in a relatively short time. Don't believe me? Let's ask a familiar alumni from the Class of 2012, the middle school counselor Vania Magagnato!

How has the school's culture or atmosphere changed since you first stepped foot here?

The school's atmosphere has changed immensely since I first started learning at Doral. When I was here, the middle and high school were separate schools and buildings, the middle school's mascot was a bull (weird isn't it?). I believe the merge happened when I was an upperclassman in high school. We also only had one building at the time (since the schools were not merged) and if I remember correctly, the C building was built my senior year. Coming back to Doral as a staff member after its incredible transformation has been surreal. The school has evolved into something truly incredible compared to my time here, the opportunities

are endless!

Have there been any particularly influential colleagues or mentors during your time at the school?

During my senior year, I had the amazing opportunity to serve as the SGA Vice President, and Ms. Dayami Alvarez was not just our mentor, but so much more. She provided guidance in all aspects of life and became an immensely influential figure in my journey. Ms. Lucy Hermida and Ms. Zulyn Hernandez were both my teachers during one of the most significant phases of my life, and the privilege of working alongside them today is truly heartwarming. I am filled with gratitude for these remarkable women who have served as inspirations, not only to me but to anyone fortunate enough to cross their paths. They are extraordinary educators and remarkable human beings who have consistently helped students evolve into better individuals and guided them down the right path.

What is your favorite memory from your time being a student here?

I have so many favorite



memories from my time being a student here. The pep rallies filled with excitement and rivalry during homecoming week, the whispering conversations and notes we'd send each other during class, walking down the hallway with your best friends, the last day of school shaving cream battles (don't get any ideas), and so many more beautiful and fun memories. You don't know these are your best years until you are not in them anymore. Middle/High is a rollercoaster ride, but it doesn't last long so enjoy it while you can.

This remarkable 6-12 journey was made possible by our founders, dedicated educators, and countless community members who have supported us along the way. We pay tribute to their vision, determination, and unwavering commitment to the pursuit of excellence in education.

Here's to 25 years of excellence Firebirds, and to many more inspiring generations to come.

EMOTIONAL WELLNESS

BY: ALEXANDRA CRUZ

October is the month to acknowledge emotional wellness, which is a key component of general wellness, resulting in a life that feels more encouraging and satisfying. Our overall happiness depends heavily on our mental health. When we are emotionally healthy, it is easier to manage stress, form lasting relationships and face obstacles that life throws at us. Discussing this topic is really important in our society because it helps awareness of mental and emotional health issues. When we speak about emotional wellness with others it allows us to acknowledge that everyone experiences a range of emotions like: stress, sadness, anxiety, and many more. Normalizing these experiences helps people understand that they are not alone in their struggles.



Here are some ways to improve emotional wellness!

Quality time with loved ones:

Spending time with friends or family can really help with nurturing those important relationships. Meaningful connections and support are two things that are essential.

Journaling: Instead of bottling up all emotions, it can really help to write these feelings down. This can be a really therapeutic way to understand your emotions and track your wellness.

Social media detox: Taking a break from digital devices and social media can really help, these two factors can really contribute to stress and anxiety.

Set boundaries: Establishing boundaries between personal and work life can really reduce stress and improve mental health.

Physical activity: Physical activities release endorphins and can overall improve one's mood and state of mind. Taking up a new sport or other physical activity can really help!