

Bobcat *Bulletin*

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KITCHEN, SPORTS, TEC, REVEIWS, SPOTLIGHT AND MORE!



THE

BOBCAT KITCHEN

BY: IZZY VELAZQUEZ

Acai Bowls

The oh-so-commonly mispronounced açai bowl—it's actually *ah-sigh-ee*—are not only delicious, but also a powerhouse of nutrition. These smoothie-like bowls are full of antioxidants from the array of fruits in them. Greek yogurt is a great source of protein which keeps your body energized. The toppings of granola and honey are nutrient dense. Granola is full of fiber, and both honey and agave have antioxidant properties.

The bowl:

1 cup frozen bananas
½ cup frozen blueberries
½ cup frozen strawberries
1½ tbsp açai powder
½ cup greek yogurt
If needed- choice of milk (I use oat)



The toppings:

½ of a banana

2 strawberries

¼ cup granola

Drizzle of agave or honey

Step 1

In preparation, slice the half of the banana into thin slices, and chop the strawberries into slices.

Step 2

In a blender, add in all the frozen fruit, açai powder, and greek yogurt. Blend until smooth. If the mixture is not blending, add in your choice of milk 2 tablespoons at a time.

Step 3

Once blended, pour into a bowl and add the banana and strawberry slices. Sprinkle on granola and add agave.

Step 4

Enjoy your açai bowl!

Italian Penicillin Soup



Since it is cold season—in both senses of the word—I thought I should share my family's version of this classic soup. It is filled with vegetables that you can't even taste due to the fact that this is a blended soup, so it's perfect for anyone that doesn't like the texture of vegetables. I swear by this soup to help when you're sick; there's a reason it is called *penicillin* soup. Since everything gets blended, it's a very adaptable soup. If there's a vegetable in your fridge that you need to use but have no idea what to do with, throw it in! There's no rules to cooking as long as it's pleasing to your taste buds.

1 lb of peeled carrots
4 stalks of celery
1 yellow onion
3 cloves of garlic
1 rosemary sprig
1 tsp dried thyme
1 tsp italian seasoning
Red pepper flakes (Optional and to taste)
2 32 oz cartons of chicken broth (I used 1½ cartons)
3 tbsp chicken bouillon powder (If you don't have this just add salt to taste if needed)
½ lemon
1 rotisserie chicken
Pastina pasta (Optional)

Step 1
Roughly chop the peeled carrots, celery, and yellow onion. Prep rotisserie chicken by shredding it into bite-sized pieces.

Step 2
Place chopped vegetables, rosemary, thyme, italian seasoning, and red pepper flakes in a large pot, then cover about $\frac{3}{4}$ of the way with chicken broth

Step 4
Bring the broth to a soft boil and allow the vegetables to get soft. Mix every 5 or so minutes. It may take around 25 minutes for them to soften.

Step 5
Around the last 5-10 minutes of the vegetables softening, boil pastina pasta according to the box's instructions. Make a portion that will feed the amount of people you're serving.

Step 6
Turn off heat and pull out the rosemary stem. Do this carefully, as it will be very hot. With an immersion blender, blend the mixture until smooth. You can also blend in a blender, but make sure to let the soup completely cool before doing so, so your blender doesn't explode. To speed up the process, you can put it in the fridge.

Step 7
Continue to add chicken broth until the soup is your desired consistency.

Step 8
Once fully blended, add in chicken and turn the heat back on to medium heat. This is when you can add chicken bouillon powder or salt to taste. If you choose to add these, make sure to fully incorporate them.

Step 9
Allow soup to reach a desired temperature for eating and add in the lemon. In a bowl, add in pastina and desired amount of your soup.

Enjoy!



GOOD EATS: 9 SPICES HOT POT

Hot Pot is a traditionally Chinese dining experience that originated in the Zhou and Shang Dynasties. This deeply cultural dish is brought to Gainesville right off 34th Street.

9 Spices is not the original dining experience. Unlike the average restaurant where food comes fully prepared, this restaurant is interactive in the way that you can cook your own food in a broth of your choice. There's a variety of flavorful bases you can choose from that include their original, spicy, herbal, sour pickle, and an assortment of others. For every palette there's a broth to satisfy it. Once your base is selected, you then get to truly customize your dining experience.

From proteins and veggies to seafood and noodles, there's no lack of diversity in the cuisine you can enjoy at 9 Spices. The possibilities are endless as you can mix and match as much as you'd like. The numerous options allow you to curate a meal that is customized to you and unique to your tastes.

The food comes around the restaurant on conveyor belts which makes the experience all the more interesting. Foods that you may not have even heard of before come around and are there for you to try. You may even find a new favorite with this unique way of restaurant going.

For a delicious and engaging experience check out 9 Spices Hot Pot.

SPOTLIGHT

WRITTEN BY CY STROSNIDER



Danielle Whiddon: Dive Into History

Born and raised in Alachua County, Danielle Whiddon, 41-year-old history teacher at Buchholz High School, had her sights set on constitutional law, but everything changed when she tried substitute teaching.

“I decided I would give it a semester,” she says. “I subbed for two days and was hired in a middle school history classroom, and I loved it. And I never looked back.”

Born and For two decades, Whiddon taught middle schoolers—two years at Kanapaha and eighteen at Oakview, the very school she once attended. “You have to be a special sort of crazy to teach middle school,” Whiddon explains. “Middle schoolers are hormonal, and excitable, and trying to figure out who they are.”

This year, she made the shift to high school. The change is welcome—no more breaking up hallway scuffles or hearing the latest internet slang shouted across campus. While Whiddon misses the energy of her younger students, she cites a level of maturity she appreciates in high schoolers; “I can see students becoming adults, and I can see what kind of human being they’re going to be, and that’s amazing.”

Given time restraints, Whiddon can only teach so much, however she highlights a particular historical figure she believes deserves more recognition; Robert Smalls, an enslaved man who, during the Civil War, commandeered a Confederate ship while its white guards slept. He sailed past undetected, straight to Union forces, delivering vital supplies and intelligence. His actions helped convince Abraham Lincoln to allow black men to enlist in the Union army.

After the war, he returned home, bought the house he was born in, and served five terms in Congress.

Whiddon grew up around firearms—hunting was an everyday part of life—but one morning, home sick from daycare, she wandered into a room where a gun had been left out for cleaning. She pulled the trigger. At just three years old, she lost a finger on her right hand.

She’s since learned to work around the disability, and multiple surgeries have led to her full recovery. Now, her only reminders of the injury: “I just have a little bit of arthritis, and, you know, I can tell when it’s going to rain.”

Anna Tomlinson : Drama, DECA, & Dreams

Whether acting in school productions, competing at theater festivals, or making her very first professional debut, Anna Tomlinson, a senior here at Buchholz, has spent years bringing characters to life. Now, as she prepares for her final high school performances, she's setting the stage for an even bigger future in the arts. Anna has been a dedicated member of Drama Club since her freshman year, even before she took theater classes. As an inclusive space, Drama Club welcomes students who can't fit theater into their schedules, offering workshops, knowledgeable guest speakers, and opportunities to explore all aspects of drama. "There's so many talented kids that don't have the space in their schedule to take theater, and they shouldn't feel like they're limited because of that," she says. On stage, Anna has performed in eight Buchholz productions, including Ride the Cyclone, where she played Jane Doe—one of her favorite roles. The part was especially memorable because she became one of the first high school performers to fly as the character. "I got judged by professional judges that came in, and it just overall was such a great experience."



Her talent extends beyond high school. Anna recently made her professional debut at the Hippodrome Theatre, performing as a debater. The experience solidified her career aspirations. "I got to see the side of it that isn't just, 'oh, we're high schoolers doing an extracurricular activity.' It was more like, 'hey, we're adults doing a job,'" Anna explains. "After seeing that, I was just like, 'holy crap. I have to do this for the rest of my life.'"

While acting remains her primary passion, Anna also serves as the Vice President of Administration for DECA, where she helps bridge communication between DECA and the Spirit Spot.

Anna's future is already taking shape. She is fully committed to Florida State University, where she plans to pursue a Bachelor of Arts in Theater while minoring or double-majoring in communications. Before that, she'll attend the Florida State Thespian Festival over spring break, competing in two separate performances. As for her dream role? Elle Woods in *Legally Blonde: The Musical*. But regardless of what role she plays in the future, one thing is clear: Anna belongs in the spotlight.

General Information

The country has around 11.5 million people and an area of 18,792 square miles, the second-largest island in the Greater Antilles, just behind Cuba.

The climate is nice and toasty year-round, with temperatures ranging from 72-88 degrees. There's an average of 43 inches of rainfall. The terrain is extremely diverse, from dense forests and mountains to plateaus and basins.

Economy

The Dominican Republic's economy is driven by manufacturing, agriculture, mining, and trade. They boast the largest tourism industry in the Caribbean, drawing millions of visitors to their stunning shores every year. They've also been trying to improve their infrastructure, putting millions of dollars towards cleaner energy and major road systems.

But it's not all sunshine and rainbows for the paradise country—they still have serious problems with the usage of child workers in agricultural sectors, with close to 1% of its population trapped in modern-day slavery.

The current GDP of the country is 121 billion USD, a 6.6% increase from last year's 113 billion. The country's official currency is the Dominican peso (DOP), although it accepts several forms of cash at many tourist locations.



Written by Ben Geiger



COUNTRY SPOTLIGHT

Republica Dominicana

Tourism

Surrounded by the Caribbean in the south and the Atlantic in the north, the Dominican Republic has plenty of coastline, with 250 miles of some of the world's best beaches, like Bavaro Beach in Punta Cana, which has nearly 13,800 five-star reviews on TripAdvisor. People comment that it's "heaven" with its plush white sand and crystal clear waters. Stunning beaches aren't the sole attraction on the island, though; take a trip to Mount Isabel de Torres, located in Puerto Plata, which won last year's travelers' choice award, or stroll through their capital Santo Domingo, recognized as a world heritage site by UNESCO.

History

In 1492, Christopher Columbus landed on the Island of Hispaniola, home of the Taino people, who had divided the island into five chiefdoms. Columbus immediately claimed the island for Castile, the group that technically sponsored the whole expedition. The original Taino population on the island plummeted due to genocides throughout the island, dropping from 1,000,000 to a meager 50,000 in 25 short years of Spanish occupation. The country would remain under Spanish control until 1821, briefly independent until being annexed by Haiti not even a year later.

It would remain under Haitian control until 1844. Its independence marked the beginning of the first of three republics. During the first two of the republics (1844-1913), they underwent a whirlwind of changes, electing 53 different presidents and establishing nineteen new constitutions.

In 1930, the country was taken over by dictator Rafael Trujillo, whose reign was marked by significant infrastructure improvements as well as severe human rights abuses, leading to his assassination in 1961. After his death, Juan Bosch democratically assumed control, but was removed from office in the 1963 Dominican Coup, sparking a short civil war. After the conflict, Joaquin Balaguer was elected and remained in power, resigning in 1996 after pressure from the U.S. Today, the Dominican Republic experiences regular elections, paving the way for a more stable government.



P R Z E W A L S K I H O R S E

A N I M A L O F T H E M O N T H



Around 4,200 years ago, humans needed some way of transportation. Whether it was to travel roads, go to battle, or to partake on long treks, humans have always relied on one animal; horses. Horses have been a staple in human history for thousands of years. We've used them for food, travel, and even today, horses are common on farms. However, the increase of these domestic horses leaves the population of wild horses in shambles. Take, for example, Przewalski's horse.

Przewalski's horse is an animal conservation legend. Originating from Europe and Asia, wild horses are typically far more aggressive and unpredictable than their domesticated counterparts. This behavior is also seen in some of their relatives, such as zebras and wild donkeys. Przewalski's horses have dominant males that will fight over females. These fights are so violent, they may even endanger their young.



These animals are important, for they are the last living wild horse in their natural habitat. Their population has been on the decline not only because of environmental loss, but also due to the introduction of domesticated horses, a large part of Mongolian culture. They have been specifically bred by humans for military, transportation, poaching, and hunting. As a result of this, they were briefly extinct in the wild.

Conservation efforts started off with only fourteen horses caught from 1910 to 1960, where many people worked hard on hopefully bringing this animal back to the wild. Today, there are officially over 1,900 of these horses in the wild, though the animal is still marked as critically endangered. Many zoos, like the Smithsonian's National Zoo, take donations to fund research and further efforts for these animals. You can help by donating to their websites and visiting these zoos.

Written by: Joseph Davila



Presidents vs. Prime Ministers

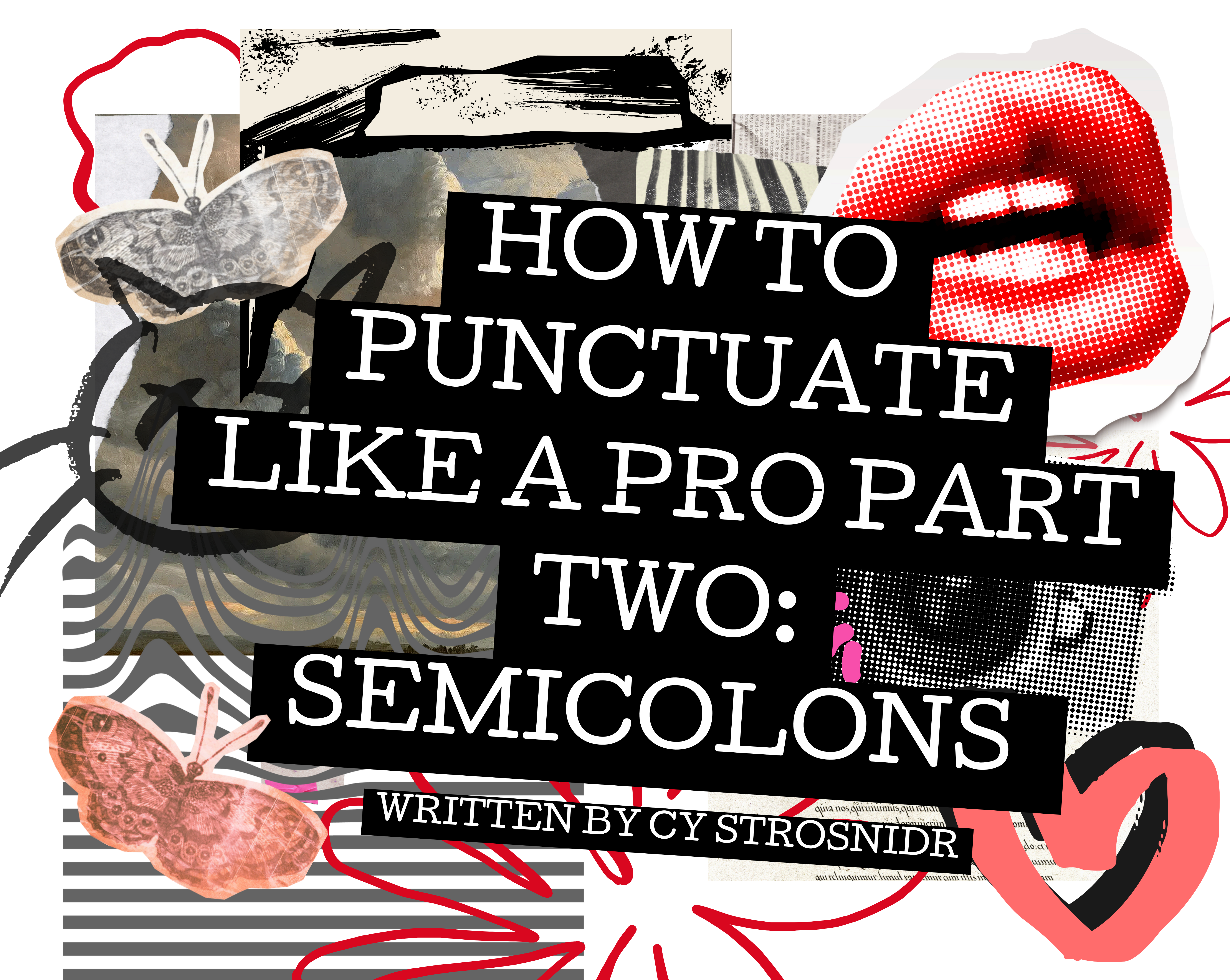
Written by
Sophia Vasquez

The American Presidential System and the British Parliamentary System have specific responsibilities and duties that don't exactly align with one another. Their differences and similarities all depend on the culture, beliefs, and morals of the people that they rule over, along with the power each respective position has. Examples from the United States and from the United Kingdom can help support this claim.

In the U.S. Presidential System, the President is both considered the Head of State and the Head of Government. The President has more authority and influence over decision making, having the "suspensive veto." The presidential election itself is separate from the legislature, which gives the President more independence when making decisions, law making or not, without having to worry about lack of support from other branches. For example, Source 1 states that the president is the "Sole representative of the executive power."

However, the Prime Minister in the British Parliament System is both the Head of State and the Head of the Executive Branch. The Prime minister is also elected by members of Parliament rather than civilians like in the U.S. election system. The Prime Minister is required to be supported by Parliament and the Legislative Branch at all times; if there ever comes a time where Parliament believes that the Prime Minister is no longer fit for the role, they have the ability to permanently dismiss the Prime Minister from office. As Source 2 states that, "the Prime Minister's power is checked by Parliament's ability to remove him or her from office at any time."

The structure of each government establishes the duties and responsibilities of the President in a Presidential System and the Prime Minister in the British Parliamentary System. While the President has more independence and freedom, the Prime Minister's authority is tied to the legislature. These key differences in structure give us insight into different advantages and disadvantages within each of these systems.



HOW TO PUNCTUATE LIKE A PRO PART TWO: SEMICOLONS

WRITTEN BY CY STROSNIDR

Here's the deal with semicolons:

Semicolon (;)

Where an em dash serves best as an interjection, semicolons are fantastic for signifying short pauses or connecting two closely related ideas.

- "I wanted to go on a walk; the rain had other plans."

While a period would make these two thoughts feel incomplete, a comma would create a run on sentence, hence the usage of the semicolon. The part coming after the semicolon shouldn't be capitalized unless it's a name, place, or title that would normally be capitalized.

When to Use a Semicolon Connecting Independent Clauses

A semicolon can replace a period when two independent clauses (complete sentences) relate.

- "She loved horror movies; psychological thrillers were her favorite."
- "He promised to call; he never did."

If the second clause expands on the first, a semicolon is often the best choice.

With Conjunctive Adverbs

When linking two independent clauses with words like *however*, *therefore*, *nevertheless*, *moreover*, or *meanwhile*, a semicolon is required before the transition word.

- "The meeting ran late; however, we still finished the project on time."
- "She had never been to Paris; therefore, she was excited for the trip."

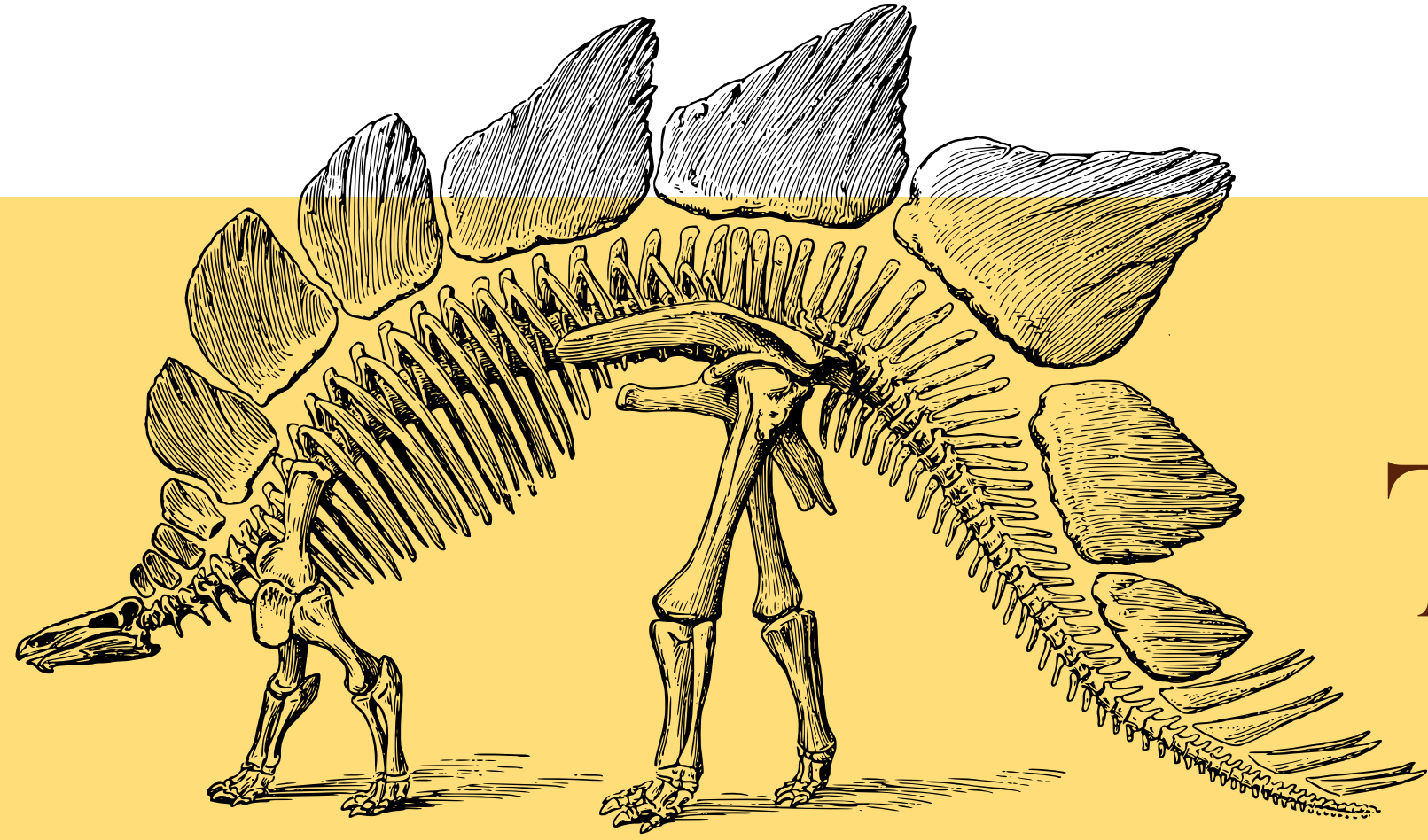
A comma alone wouldn't cut it here—without a semicolon, these sentences would be grammatically incorrect.

In Complex Lists

If a list contains items with commas, semicolons help avoid confusion by clearly separating each element.

- "On our trip, we visited Portland, Oregon; Austin, Texas; and Nashville, Tennessee."
- The panel included Dr. Smith, a historian; "Dr. Lee, a biologist; and Dr. Patel, a physicist."

Without semicolons, those lists would be a mess of confusing commas. This is also a common SAT question!



Jurassic World Rebirth Trailer Review and Thoughts

On August 29th, 2024, Jurassic World rebirth was officially teased with first-look photos of the images, generating excitement among fans of the franchise. Months later, on February 5th, 2025, the first trailer was released, offering a brief yet compelling glimpse into the film's direction. Despite its short runtime, the trailer provided substantial material for analysis.

Written by Nasir Hickman

Several dinosaur species have been confirmed to appear in Jurassic World Rebirth, such as, the Tyrannosaurus Rex, Velociraptors, Dilophosaurus, Mosasaurus, Titanosaurus, Quetzalcoatlus, and the Spinosaurus. Additionally, the trailer introduces a new hybrid dinosaur, which has sparked significant discussion within the Jurassic World community. The new island is somewhere near Barbatos, further east of the Caribbean, it's most likely not possible but Jurassic world rebirth could take place on Isla Tacano, Isla Muerta, Isla Pena, or on Isla Matanceros.



Hurry Up Tomorrow by **The Weeknd**

Thematically, it delves into self-reflection, the passage of time, and the search for meaning, exploring the challenges of fame, love, and personal identity. The album contrasts dark, atmospheric sounds with more upbeat, energetic moments, capturing the internal conflict between hope and despair. It reflects the artist's journey through personal struggles and his reflections on the future.

Hurry Up Tomorrow, The Weeknd's sixth studio album, released on January 31, 2025, concludes his trilogy that started with After Hours (2020) and continued with Dawn FM (2022). Featuring collaborations with artists like Justice, Anitta, Travis Scott,

Travis Scott, Florence and the Machine, Future, Playboi Carti, Giorgio Moroder, and Lana Del Rey, the album mixes genres such as R&B, synth-pop, trap, Brazilian funk, and hip-hop.

Critics have praised the album's ambitious, genre-blending production, calling it a fitting and powerful conclusion to the trilogy with a unique sense of urgency to reconcile with one's past before time slips away. Overall, 9.2 / 10.

Written by: Gleb Kryzhinskii



VARSITY RECAP



Written by: [Gleb Kozlovskiy](#)

Boys

BasketBall

On Tuesday, Feb 11, 2025, the Buchholz Varsity Boys Baseball team won their game against Fleming Island High School by a score of 13-1.

On Friday, Feb 14, 2025, the Buchholz Varsity Boys Baseball team won their game against Columbia High School by a score of 8-0.

On Tuesday, Feb 18, 2025, the Buchholz Varsity Boys Baseball team won their game against Suwannee High School by a score of 8-6.

On Friday, Feb 21, 2025, the Buchholz Varsity Boys Baseball team won their game against Santa Fe High School by a score of 7-2.

On Tuesday, Feb 25, 2025, the Buchholz Varsity Boys Baseball team won their game against North Marion High School by a score of 8-1.

On Friday, Feb 28, 2025, the Buchholz Varsity Boys Baseball team won their game against Fleming Island High School by a score of 6-1.

On Saturday, Mar 1, 2025, the Buchholz Varsity Boys Baseball team won their game against Colquitt

Lacrosse

On Tuesday, Feb 11, 2025, the Buchholz Varsity Boys Lacrosse team lost their game against Bolles High School by a score of 3-15.

On Friday, Feb 14, 2025, the Buchholz Varsity Boys Lacrosse team lost their game against Creekside High School by a score of 4-19.

On Monday, Feb 17, 2025, the Buchholz Varsity Boys Lacrosse team lost their game against The First Academy High School by a score of 6-8.

On Thursday, Feb 20, 2025, the Buchholz Varsity Boys Lacrosse team won their game against Toco Creek High School by a score of 8-7.

On Saturday, Feb 22, 2025, the Buchholz Varsity Boys Lacrosse team won their game against Santa Fe High School by a score of 15-5.

On Monday, Feb 24, 2025, the Buchholz Varsity Boys Lacrosse team lost their game against St. Augustine High School by a score of 6-8.

On Wednesday, Feb 26, 2025, the Buchholz Varsity Boys Lacrosse team won their game against Newberry High School by a score of 12-3.

On Friday, Feb 28, 2025, the Buchholz Varsity Boys Lacrosse team won their game against Menendez High School by a score of 9-3.

Girls Softball

On Tuesday, Feb 18, 2025, the Buchholz Varsity Girls Softball team won their game against Lake Weir High School by a score of 5-3.

On Thursday, Feb 20, 2025, the Buchholz Varsity Girls Softball team won their JV - 5PM game against Interlachen High School by a score of 15-5.

On Friday, Feb 21, 2025, the Buchholz Varsity Girls Softball team lost their game against Newberry High School by a score of 3-6.

On Tuesday, Feb 25, 2025, the Buchholz Varsity Girls Softball team won their JV Game @ 5:00 game against West Port High School by a score of 15-14.

On Wednesday, Feb 26, 2025, the Buchholz Varsity Girls Softball team won their JV - 5PM game against P.K. Yonge High School by a score of 17-2.

On Friday, Feb 28, 2025, the Buchholz Varsity Girls Softball team won their JV - 5PM game against Chiles High School by a score of 10-9.

On Monday, Mar 3, 2025, the Buchholz Varsity Girls Softball team won their JV - 5PM game against Forest High School by a score of 11-5.

Lacross

On Tuesday, Feb 11, 2025, the Buchholz Varsity Girls Lacrosse team lost their game against Bartram Trail High School by a score of 1-7.

On Thursday, Feb 13, 2025, the Buchholz Varsity Girls Lacrosse team won their game against Nease High School by a score of 11-7.

On Friday, Feb 21, 2025, the Buchholz Varsity Girls Lacrosse team won their game against Gainesville High School by a score of 16-5.

On Monday, Feb 24, 2025, the Buchholz Varsity Girls Lacrosse team won their game against Santa Fe High School by a score of 16-3.

On Wednesday, Feb 26, 2025, the Buchholz Varsity Girls Lacrosse team won their game against Forest High School by a score of 6-5.

On Friday, Feb 28, 2025, the Buchholz Varsity Girls Lacrosse team won their game against Lake Minneola High School by a score of 16-8.

On Monday, Mar 3, 2025, the Buchholz Varsity Girls Lacrosse team won their game against East Ridge High School by a score of 12-7.

Super Bowl LIX

By Gleb Kryzhinskii

This Super Bowl, hosted in New Orleans, the Eagles vs. the Chiefs, ultimately ended in a blowout. Most people didn't want this Super Bowl to happen, primarily due to the fact that two years prior, the Chiefs already beat the Eagles. The Eagles put up a good fight and ended up winning the Superbowl in blowout fashion, with the game ending in 40-22.

The Chiefs stood no chance against the Eagles, even though most people believed the Chiefs were going to win. Patrick Mahomes, the Quarterback for the Chiefs had an atrocious game—he was sacked six times and threw three picks. One of those picks ended in a touchdown for the Eagles. Jalen Hurts had an amazing game. He threw for 257 yards and scored three touchdowns, ultimately becoming dubbed the Super Bowl MVP.

Kendrick Lamar's halftime show was something else, riddled with hidden meanings. Some were political, some weren't. Kendrick Lamar's special guests featured SZA, Samuel L. Jackson, Serena Williams, and Mustard. Overall the halftime show was extremely interesting, and it appeared that Kendrick and his guestshad a lot of fun. A 9.5 / 10.

Kendrick Lamar's Tracklist

Waced out murals
GNX snippet extended
Squabble up
Humble.
DNA.
Euphoria
Man at the Garden
Peekaboo
Luther (feat. SZA)
All the Stars (feat. SZA)
Not Like Us
Tv Off



VS



Credits and Information

Upcoming events

March
3 / 15 / -3 / 23 Spring Break
3 / 24 School returns

Credits

- The Bobcat Kitchen (Acai Bowls, Italian Penicillin Soup, Good eats 9 spices hot pot)- Izzy Velazquez
- Spotlight (Danielle Whiddon: Dive into History, Anna Tomlinson: Drama DECA and Dreams,)- Cy Strosnider
- Country Spotlight Republica Dominicana- Ben Geiger
- Animal of the Month Przewalski Horse- Joseph Davila
- Presidents VS Prime Ministers- Sophia Vasquez
- How to Punctuate Like a Pro Part Two: Semicolons- Cy Strosnider
- Jurassic World Rebirth Trailer review and thoughts- Nasir Hickman
- Hurry Up Tomorrow by The Weeknd- Gleb Kryzhinskii
- Varsity Recap- Gleb Kryzhinskii
- Superbowl LIX- Gleb Kryzhinskii

Edited by Cy Strosnider
Designed by Paige Davis

If you see something, say something.
Report any suspicious activity to a trusted adult or to FortifyFL.



Well, folks, we're finally nearing the end of winter. As spring begins, all of us at the Bobcat Bulletin are very grateful for our dear readers and hope that you continue to support us in the future. Thanks for reading!
-Simon Denahan, Editor in Chief

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Thanks for Reading!

