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THE PLATINUM PRESS REVIEW

NEWS



AAPAC Honors the Successes of Black Students

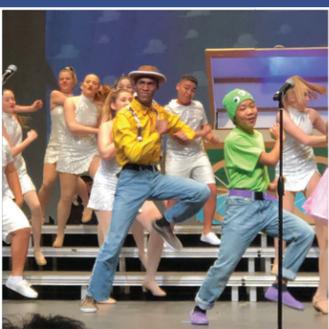
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Newsies Opens with a Show-stopping Performance

By Benjamin Garner '19
Editor-in-Chief

Senior Gavin Powell, who plays Jack Kelly. Gavin Powell spoke briefly about his character and how the show is different than what he has

performances with the Chaparral Actors Troupe (CAT), saying, "This show is different in the sense that I've had other leads but this is a major singing role, a very character driven character, the thick accent, revolutionary attitude, if he was real, how he would feel is what I'm trying to embody." When asked about what it is like training for a singing role, Gavin Powell said, "I'm not a singer at all by any means but it's more to just learn to not care what people think." Gavin Powell's brother, Freshman Brody Powell, who plays Spot Conlon, is in the show as well.

This is his first performance, but he echoed much of Gavin Powell's sentiment. Brody Powell said, "I've had to grow into singing in front of others... that's not my kind of thing... for anyone out there who doesn't think they can perform this is a really good drama department with really good people, and it's okay... I'm a football player, this is not my [usual] thing but it's



Credit: Julia Hernandez

Seniors Gavin Powell (Jack) and Samantha Sanchez (Katherine) fine." By changing up their personas to match those of their characters, actors and actresses were able to find enjoyment in partaking in the musical.

Fellow lead Senior Samantha Sanchez, who plays Katherine, spoke about what she loves about the show, explaining that she enjoys how "outgoing this cast is this year" and adding on that it has been a great experience and that "there's a lot of really bright and funny people, they've made the process easier." Despite many previous performances in shows, this is Sanchez's first lead role and she said, "I've never played a lead before so it was pretty challenging to really pull through." Those who pulled the play together are enthusiastic about their work and their performances are enhanced by this extra vigor.

Newsies, another marvelous show by the Chaparral Actors Troupe (CAT), opened yesterday and students are encouraged by the drama department to see it. The tickets are twelve dollars general admission, eleven for students, seniors, and military, and ten dollars with an Associated Student Body (ASB) card. Showtimes are April 18, 19, 25, and 26 at 7PM, and April 20 and 27 at 2PM in the Performing Arts Center (PAC).



done in his past nine

On Thursday April 18, the drama department's spring musical *Newsies* opened to the public. The energetic Disney production features plenty of familiar faces and newcomers to the drama program. The musical is based on a 1992 film, which was in turn inspired by a real life newsboy strike in 1899. One of the leads, Jack Kelly, and the his fellow newsies deliver papers in an attempt to financially support themselves. One morning when Jack and the newsies discover that the cost of papers has risen, they decide to go on strike and the show revolves around this strike. Jack and the other lead character, a young female reporter named Katherine join together with the newsies and decide to print their own paper, find compromise, and resolve the strike "Once and for All."

This electric show is lead by

Freshman Micah Davis holds paper reading "Newsies Stop The World"



Credit: Julia Hernandez

Science Olympiad Places Fourth in Regionals



Credit: Charlene Miciano

Science Olympiad presents the various awards they earned at the regional competition By Emily Pham '21 Distribution Manager

Science Olympiad is one of the many clubs on campus which is designed to educate and expose students to different fields of science and engineering. It is a year-round club that encourages students to join and pursue their interests in science and engineering while improving the chances of them heading toward a science-based

career. Members have the opportunity to partake in a number of events that pertain to various scientific disciplines such as genetics, Earth science, physics, chemistry, anatomy, geology, and engineering. This club hosts two major tournaments: Regionals and State, which allows students to discuss as a group and collaborate to complete science-based projects. Science Olympiad competes in a series of competitions that members

can engage in. There are a total of three different leveled competitions: Invationals, Regionals, and State. Invationals is a 'pre-tournament' which is held in early January and dozens of schools across Southern California gather together and compete against one another. This first competition of the year allows students to see where they stand within the team and where they need to improve. Regionals is the main event which allows

students to collaborate with their team members and use their knowledge and abilities to build a project based off of the given topic. Science Olympiad Member Sophomore Kaylie Fukumoto mentioned, "Each person [was separated into] three different teams [and] were assigned different topics depending on their pick at the beginning of the year." The top six schools from Regionals would move onto the State competition. In the recent competition that took place at Ramona High School in the beginning of March, Science Olympiad competed against thirty-six schools across Southern California in the Regionals competition. The competition consisted of twenty-three different events where students competed in various subjects in the science and engineering categories. After a long day, Science Olympiad successfully placed fourth out of the thirty-six schools across Southern California that competed in the Regionals competition. The team is

now advancing to the State competition and has been organizing in preparation for the next tournament. Junior Charlene Miciano, Vice President of the Club, explained, "Right now, our team is working extremely hard to study for the Caltech [California Institute of Technology] state competition. Many of us are studying for certain tests for the competition while others are perfecting their models and designs for a building or engineering event." Science Olympiad continued to look over the past competitions as a way to improve their skills and gain key concepts for the recent Caltech State competition. Unfortunately, they were not able to place; however, this will not stop Science Olympiad from accomplishing their goals. As of right now, they have begun working and analyzing their performances in order to thrive and succeed in next year's tournaments. This club has been encouraging students who have a passion for science to share and learn

new knowledge with one another through both group and individual activities. Miciano added, "In here [Science Olympiad], the people make the difficult tests easier and the tough times enjoyable. We all push each other to be better and I think that that is what what is most important about being a team." Overall, the team aspires to give students the knowledge for success in the future and hopes to have a positive impact on students and be an inspiration every day. Science Olympiad continues to strive as a group and improve in these various events and competitions; additionally, members often go to nearby schools to collaborate with other students and share their thinking with them. Those who are interested in these scientific disciplines or are thinking of working toward a science-based career can sign up for this club and meet up with the other club members who share similar interests every Wednesday in Mr. Hyrum Andrews' classroom, room 314.

AAPAC Honors the Academic Successes of Black Students

By Elizabeth Clavin '20
Staff Writer

The African-American Parent Advisory Council (AAPAC) is an organization that sponsored an honor roll award ceremony in which black students are recognized for their academic achievements. Students who have made honor roll, ranging from a Grade Point

Average (GPA) of 3.0 to a 4.5 or higher, were individually called up and received an award for their accomplishments. This event was held at the Harveston Lake House from 6PM to 8PM on February 28, 2019, and approximately 175 people checked in to the event, with there being over 200 people attending in total. AAPAC is a new addition to the school in honor of Black History Month. Altogether, it is a parent advisory group

where administration works collaboratively with the community, parents, and caregivers of black students. This is a great opportunity to get involved in the school and advocate for high quality educational opportunities that improve ones academics. 115 students were eligible with a 3.5 or higher and two students, Junior Joshua Swift and Senior Jaedyn Wells, obtained a 4.5 or higher. This is a beneficial opportunity for

students to be honored with their family and friends around them. In fact, Mrs. Carissa Teachout, the freshman counselor, stated, "This is a chance to honor over-achieving African [American] students at Chaparral High School with a 3.5 [GPA] or higher. We hope this event eventually gets students scholarships in the near future and opens up more opportunity for the black community." If one is interested, there are meetings held in the Chaparral Conference Center (CCC) on campus on the first Wednesday of every month from 5PM to 6PM, and May 1, 2019 is when the next meeting will take place.

With the event being two hours long, much was accomplished during the ceremony. Opening, there was a meet and greet from approximately 6PM to 6:30PM. This is where families, friends, supervisors, and administration all gathered around and welcomed each other as they attended the event. Mrs. Nicole Dayus, the school principal, gave her welcome speech and introduced two other speakers, guest speaker, Erin Stevenson, who gave a speech and sang "Lift Every Voice and Sing," and Assistant Superintendent Ray Johnson, who delivered an inspirational speech. One of his statements was, "Anyone can do enough to get by. The real satisfaction in life comes from knowing you set the highest standard for yourself and lived up to it." Following this, the Academic Award Ceremony began from 6:30PM to 7:30PM. There were four rounds overall. First, students obtaining a 3.0 to



Credit: Benjamin Garner

Sophomore Tianna Cox was a student recognized for earning a GPA of 4.33. 3.49 were called up and received an award. Then, students with a 3.5 to a 3.99. Third, a 4.0 to a 4.49, and lastly, the two students, Wells and Swift, who acquired a 4.5 to 4.99. Wells and Swift unexpectedly were surprised with a \$350 check from In the City Beauty Supply & Salon to help go towards their college expenses and congratulate them for their hard work. AAPAC members then gave closing remarks to end the night, and guests enjoyed the refreshments and appetizers from 7:30PM to 8:00PM. This new addition on campus is beneficial for black students at school to gather around and be honored for their academic achievements. In addition, students in AAPAC will stand out to colleges and have a higher chance of being granted a scholarship. AAPAC will now be an annual awards ceremony, however, they encourage members to attend meetings. If one has questions, Teachout is happy to answer and she encourages people to attend in order to become more involved and empower students' lives.



Credit: Benjamin Garner

Senior Jaedyn Wells and Junior Joshua Swift were awarded a \$350 check for having a GPA of 4.5 or higher

Annual Event Welcomes Incoming Special Needs Students



Credit: Emily Pham

The Puma Spirit Games was a fun-filled event that helped welcome incoming eighth grade students in the special needs program

By Emily Pham '21
Distribution Manager

On Friday, March 22, several clubs had the opportunity to host Puma Spirit Games for eighth grade students with special needs from Temecula Middle School, Erle Stanley Gardner Middle School, and James L. Day Middle School. The incoming students with special needs were able to partake in a variety of games and watch different performances. In the end, this meaningful event gave incoming freshmen the chance to experience a full day in a high school setting along with the upperclassmen. Puma Spirit Games is an annual event which allowed the students with special needs to gather and collaborate with the upper classes in the variety of games that were set up by Peer Buddies, Cheer, and the football team. The head of the committee, Senior Alyssa Mae Legaspi, mentioned, "The Spirit Games is somewhat like a special olympics. We have cheer and football play and cheer on with the games. Each game were [sic] separated by levels depending on the student's ability." As third period initiated, students and families arrived and were escorted to the stadium. They were welcomed with cheering, colors,

and music and were immediately greeted by members of Peer Buddies who were handing out T-shirts. Several students from Peer Buddies were paired up and accompanied with the students with special needs. The students with special needs were able to take part in numerous activities with Peer Buddies such as playing football, tackling football players, going on obstacle courses, cheering, and much more. Those who were in wheelchairs were able to race on the track while being pushed by football players. Member of Peer Buddies, Freshman Savannah Gillespie, explained, "A simple [game of] football was played which included with multiple athletes running up and down the field with a ball." The football team was divided into two separate teams based on their level and skills prior to the event: upper division and lower division. Once the athletes were divided, they were assigned to one of the games that were specially set up for the future students with special needs. The event allowed the eighth grade students to spend some quality time with the upperclassmen and have a taste firsthand of what they have to look forward to the upcoming school year. Even though the games of the event were entertaining and meaningful to the students, the fun did not stop there.

The students with special needs were able to watch the advanced dance team and Tahitian dance team, He Ohana Nani, perform a variety of songs from the 1990s to Hawaiian-themed songs. Another head of the committee, Senior Anastasia Nicks, stated, "This [event] was... really one of a kind experience to just have fun with the students and see the smiles on their faces. This [event] is truly incredible to see how many people and students come together to give these special education students a fun filled day full of game and laughter." Finally, the day concluded with a medal ceremony where each student with special needs received a medal for their participation and interaction in the activities. Overall, Puma Spirit Games was beneficial to the students with special needs who may be uneasy about entering the world of high school. This event truly welcomed them to the campus and allowed them to open up to the upperclassmen. Families and students were able to experience a day as a Puma and partake in these simple yet meaningful activities. It gave the students with special needs the opportunity to interact with all of the football players, cheerleaders, and other students. This event gave those students something to look forward to and was an ideal way to welcome them to the Puma family.



Credit: Emily Pham

Freshman Taylor Garner was one of many cheerleaders supporting the spirit games

EMERALD PUMA FINALISTS



Karen Almaraz
Almaraz dedicates her time and effort in Associated Student Body (ASB) and helps students as a Peer Leader.



Ethan Johnstone
Johnstone serves as the Associated Student Body (ASB) president. He will attend Harvard University in the fall.



Orlando Ornelas
Ornelas plays on Varsity Football. He received a football scholarship for University of California Davis.



Allison Selway
Selway shows her passion on the volleyball court. She will study and play at Reinhardt University.



Maverick Villon
Villon is a Battalion Commander who loves mentoring others. He will attend San Diego State University (SDSU).

2018

2019

DELAC Assists Students with English

By Madison Vanesler '22
Staff Writer

Throughout the Temecula Valley Unified School District (TVUSD), there is a District English Learners Advisory Committee (DELAC) that helps many non-English speaking students learn the English language. Many students at school know more than one language or grew up speaking another language and are now in the process of learning English, and this program is very beneficial to those students.

Mrs. Alva Ruiz is a part of DELAC and helps to teach her students the English Language and become more proficient at speaking the language. There are two parts to the English Learners Program for the students. The first part is the

English Language Acquisition Committee (ELAC), which is a class that helps students better understand and learn English. The second part to the program is the District English Language Acquisition Committee. "WE ALSO TALK ABOUT CURRICULUM AND WHAT THEY WANT TO SEE IN THE CLASS. PARENT INPUT IS SUPER IMPORTANT."

MRS. ALVA RUIZ
- MRS. ALVA RUIZ
gather to meet up for DELAC where they discuss the English Learners. The meetings for DELAC sometimes take place in the mornings or they take place in the afternoons, and there are two different meeting times so that parents get the opportunity

to attend these meeting when they are available, as parents are highly encouraged to come to these meetings. Ruiz said, "We take them from anywhere on learning on how to work Infinite Campus to the importance of attendance. They all take an ELPAC [English Language Proficiency Assessment for California] test every year. We also talk about curriculum and what they want to see in the class. Parent input is super important." Parents are encouraged to attend and participate in the meetings, so that they acquire the ability to share

what they feel is important for their children to learn.

Ruiz hopes that with the help of the classes and meetings for ELAC that the students will feel more confident with their proficiency in speaking English as well as being able to make friends with many different people and not just those that speak the same language as them. Ruiz stated, "We do a lot of collaboration in classes whether it's science or math or English so my hope is that they begin to feel comfortable to kind of be able to collaborate with their groups and not feel so shy." She has a goal that this program will help these students become more involved in extracurricular activities on campus, as well as bringing more diversity to the school. Additionally, Ruiz believes that because forty different languages are being spoken on campus, it can be a great way for students to be exposed to and learn about another person's background.

DELAC, through classes and different meetings, helps students who are fluent in languages other than English to adapt to a new language and culture. Being able to understand and speak in English will help them when it comes to collaborating with other students in their classes throughout the day or working with different groups. It will also be helping them to feel comfortable enough to branch out and make friends with different students on campus as well as even possibly joining different clubs they are interested in. With the ability of being more open, these students have the opportunity to meet, if not excel beyond, expectations of parents and teachers on and off of campus.



Credit: Alva Ruiz

Parents and students are able to attend the District English Language Acquisition Committee meetings

Expected Changes on Nearby Roads

By Alyssa Helsel '19
Staff Writer

Most of our students and staff enter our school via the front entrance, whether they are being dropped off, riding the bus, walking from home, or driving to school. However, because of upcoming road construction that is projected to begin on May 1, many students will be required to adjust to the anticipated construction on both Winchester and Nicolas Roads in order to arrive on campus on time. The proposed five-phase construction layout will create a safer route for students, as there will be less hazards that could potentially lead to both minor and life-threatening injuries.

The original plan was to start construction on April 1, but is now predicted to start on May 1 due to a city permit issue and is expected to stretch into the fall. The construction will affect the route students arrive to school, especially for those who walk down Nicolas Road. Due to this, the city of Temecula put in a new crosswalk by the Visitor Lot, as well as paid to add a crossing guard to ensure students' safety.

Turn lanes onto Nicolas Road from Winchester road looks to be the biggest



Credit: Alyssa Helsel

Students use the brand new crosswalk paid for by the Temecula City Council in order to have a safer route

addition, including adding an additional turning lane, and will definitely help to alleviate some of the traffic in the morning. In addition to this, construction workers will be taking the bus stop that is in front of Fountain Glen Apartments and moving it to be in front of school. This way, the bus will not block the ongoing traffic of people trying to reach the entrance of school. There were also mentions of adding a turn lane into the Rite Aid parking lot. Thus, Winchester Road will be widened at this intersection at the end of the project, and there will be more turn lanes into the school, ensuring a safer way for students to arrive on campus.

The creation of the upcoming road work will affect students' arrivals at school. Vice Principal Mrs. Krystal Fielstra stated, "It's a great idea, but it [the construction] will cause some concern with people walking safely." As a consequence of this, crosswalk guards must be aware of students crossing the street without permission and cars turning in the wrong sides just to drop off their passengers or making illegal U-turns. There are about 1500 cars that come through the front gate and an estimation of 600 students walking, creating a stream of traffic in the morning. Fielstra said, "Getting dropped off and then walking is a really

good plan because we have two ways now to walk in and now a new crosswalk, which is a nice safe one to walk in with. Being patient is another one [good plan]. I mean, you get nine tardies before heading off to Saturday school so if you have to use a tardy up to get to school safely and calmly, that's better than screaming, or yelling, or honking in the middle of the street." Staff run into this ongoing struggle each morning when students are trying to go to school and confirming the safety of students is the biggest concern to supervisors working on the front lines of the road. Therefore, when everyone adheres to the rules, it makes way for a much safer course.

This construction project, which is broken into five phases, will take an extensive amount of time, but in the long run, it will be beneficial for cars to have a safer route to school, as well as students who walk in the morning. Workers have already completed the new crosswalk and now will be moving onto the next phases of construction. The anticipated construction of additional turning lanes, a newly located bus stop to help alleviate traffic, and other construction plans will be underway during the process, but the finished improvements will lead to a safer and faster commute for students, parents and staff.

PRINCIPAL'S MESSAGE



Principal Nicole Dayus



Pumas,

Spring has sprung! And so have all of the activities that start to signify that the end of the year is around the corner. We have less than a couple months left, and they will be over before we know it. The good news is, there is still time to make the difference that you wanted to this year. I started out the year by asking our school community to change their perspective from "Somebody should do something about this" to "What can I do to make this better?". I have talked to many of you about the power of a collective focus on campus-wide improvement. The contributions that I have seen this year have inspired me. Thank you to the student who picked up two pieces of trash on her way to class the other day. Thank you to the teacher who planned that engaging lesson that had students on their feet, learning and collaborating. Thank you to the campus supervisor who checked-in with the student who was sitting alone that day. Thank you to our custodial team for preparing our classrooms for our next day of learning. My list of appreciation far exceeds the space I have available in this message. The point is, Pumas are making a difference! As the year comes to a close, be that difference. I encourage you all to continue to ask "How can I make this better?"... and to act on it. This is how we grow and improve as a Puma family. This is how we nurture our Puma PRIDE. CHS is an amazing place, thank you for your continued efforts to make it that way.

Go Pumas!
Nicole Dayus
Principal

Preparing for the SAT and ACT Exams

By Elizabeth Clavin '20
Staff Writer

Typically when it is time for testing, students are misinformed or unaware of how to prepare for these various tests. Tests such as the Scholastic Aptitude Test (SAT), American College Test (ACT), and the Advanced Placement (AP) exams are essential to being accepted to four-year colleges. However, students taking these tests are at a loss when preparing for them and are uninformed on their rigor.

Since 2007, all four-year universities require students to take the SAT in order to be accepted. This standardized test is out of 1600, and universities require students to score a 950 or higher. Luckily, if one does not get their desired score, they have the option to purchase the SAT again and retake it in hopes of a higher score. Consequently, lower scores typically result from a lack of preparation for the test. In fact, the SAT only has two sections to it, math and English, each having 800 possible points. In addition, there is an optional essay that is offered as well. Therefore, it is more difficult to earn a high score with little variation. Thus, studying for the test correctly is the key to success. First, some more simplistic methods of studying would be practicing time management and knowing one's own strengths and weaknesses in these areas. Subsequently, some more interactive preparation techniques are through various websites. Some of the best, statistically, include Khan Academy, The Princeton Review, PrepScholar, ePrep, CollegeVine, Kaplan, and Magoosh. These websites provide practice tests, review, and informative videos. In addition to this, there are also books such as The Official SAT Study Guide, Barron's New SAT, SAT Prep Black Book, and The Princeton Review. Senior Joseph Lewis stated, "Websites such as the College Board helped me get the score I want and they had practice tests for math and English, which helped a lot." These all also help refresh students' memories on the topics, which is significant due to a combination of past and recent topics on the SAT.

Although the SAT is required, the ACT is also required for some four-year colleges. In fact, the ACT is more important than students know. This standardized test is believed to be one of the most effective in predicting a

students success in college. Foremost, the ACT is composed of four sections, English, math, reading, and science, which will add up to the highest score possible, there is an optional essay offered as well. In both tests, some larger colleges, such as Ivy League schools, require an essay, but most UC (University College) or State colleges do not, although they give an advantage. Some beneficial websites to utilize for ACT preparation would be the Official ACT Website, Khan Academy, McGraw Hill Practice, Magoosh ACT Blog, and GrammarBytes. Additionally, some good ACT preparation books include The Official ACT Prep Guide, The Complete Guide to ACT Reading, Cracking the ACT, and The Real ACT Prep Guide. Mrs. Tina Mey, the senior counselor, stated, "You really need to do the practice tests to know the timing intervals. You also need to understand the content." Consequently, if one is planning to take the ACT, they should also prepare as beneficial as possible due to the strictness of the test.

AP exams are created in order for students to present their knowledge of the class, along with giving the opportunity to earn college credit for their AP class if they earn a three or higher. The highest possible score available is a 5, and the lowest is a 1. Regardless of if a student passes or not, colleges like to see that they put in effort. In order to get a passing score or higher, students must take a substantial amount of time to practice. There are many beneficial websites for students to use to prepare, however, the College Board is shown to be the most helpful. They create AP practice tests based off of those of previous years and offer essay practice. In addition, there are books which provide practice tests such as the College Test Preparation, Cracking the AP, and Barron's. This extra practice will help students in furthering their knowledge on the topic along with preparing for the certain test.

Evidently, students lack guidance when being faced with these various tests. These tests are rather important for those hoping to attend college, therefore studying in an effective way is the key to success, and these various methods and techniques will help one obtain their desired score. If one is hoping to purchase the SAT, visit theCollegeBoard.com, also, the ACT is located on ACT.com, which offers practice and the chance to buy the test.

Sibayan: Commemorating a Hero Options Outside University



Credit: Michael Tan

Principal Nicole Dayus and the mother of Carlos Sibayan reveal a plaque in his honor

By Katie Flack '20
Managing Editor

On Thursday, March 21, a dark and cloudy morning, complete with the occasional sprinkling of raindrops, set a fitting somber tone as Naval Junior Reserve Officers Training Corps (NJROTC) units, teachers, friends and family gathered on school grounds to commemorate the life of Petty Officer Second Class Carlos Sibayan. He was a former student on campus who had been one of the seven killed on the United States Ship (U.S.S.) Fitzgerald when it collided with a merchant ship off the coast of Japan on June 17, 2017. To honor the soldier, during this ceremony, the school put up a plaque near the 300s building bearing his name, image and details about him. Although Carlos Sibayan's life was cut short, the memory of his brave and heroic character will live on forever.

Growing up, Carlos Sibayan always had the dream to follow in the footsteps of his father and serve in the military. Mrs. Carmen Sibayan,

his mother, said, "He's always wanted to become, actually not Navy, but he wanted to become an explosive ordnance disposal (EOD) was sadly not able to come to fruition, Carlos Sibayan did succeed in serving his country. He spent four years in the Navy, with three of these years being spent in Japan. At the time of his death, he was just one month short of traveling back home to his family. Before joining the Navy, Carlos Sibayan was an ordinary student on campus and a very positive and cheerful presence. Mrs. Sibayan explained, "[I hope people remember him for] his big heart, how kind he is and how he loved this school, how he loved ROTC [Reserve Officers Training Corps] and in general, for Carlos, there's no bad apple for him, even if you're the worst person that can be around, he would still be your friend." This mindset clearly carried on throughout other parts of his life as well as along with his

polite and optimistic personality came a great deal of passion for various different aspects of his life. He was very involved in the on-campus NJROTC program and was "a very proud cadet," as his mother explained, also being interested in the subject of science and having a great deal of love for his family. Mrs. Sibayan stated, "He's always been the dad whenever the dad's not home because his dad has always been deployed for [the Navy]. . . the last twenty-two years." Carlos Sibayan was always there for his family and even though he has now left them, his legacy still remains in their hearts. Not only do events like the commemoration ceremony carry on Carlos Sibayan's legacy, but they aid his friends and family. Mrs. Sibayan explained, "[This commemoration of Carlos is] actually one of those things that, it's not that it makes me feel better, but it just makes me proud that he's not being forgotten because sometimes when I talk to people about him, people walk away because they don't know what to tell us,

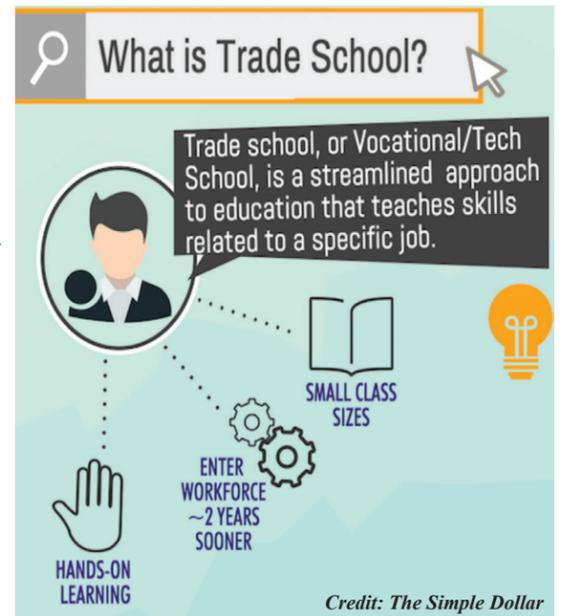
but when people do things like this for him, it really makes my heart, you know, feel better about him not being forgotten and I really appreciate that you guys are doing this for him big time." Along with this, these kinds of events are capable of showing others the importance of the everyday sacrifices that soldiers make. Principal Mrs. Nicole Dayus elaborated, "He's a hero so he deserves recognition. . . What I hope students took away from it is recognizing that we're all a part of something bigger than ourselves and that we, despite the craziness of our world, have people who are working everyday to make our world better for us and it's important to be one of those people and Carlos shows us that." The commemoration ceremony was able to honor a soldier that made the ultimate sacrifice out of a love and respect for his country and it was an event that clearly meant a great deal to his family and friends. As the years go on and students come and go, Carlos Sibayan's smiling face showcased on his plaque in the school is sure to inspire Pumas through his sacrifice and to cause him to linger in their minds so that they may never forget who he was and what he did.

Although Carlos Sibayan's life has ended, his brave, selfless actions will not go unnoticed as he, like a multitude of other soldiers, made the ultimate sacrifice so that the United States will never perish from the face of the Earth. He gave everything up to protect each piece of this country from the smallest of children to the elderliest of adults and what he has done for the greater purpose of salvaging each and every aspect of American life shall never be forgotten. Carlos Sibayan is tragically gone, but his legacy forever remains.

By Joyce Kim '22
Copy Editor

When most individuals consider their post high school plans, they may take some time to carefully think about what their intentions for their future are at some point in their life. Even with a wide variety of options and resources, such as counselors, teachers, and other peers, students can still be unsure of which path they should take and how it best suits them.

Some of the more well-known post high school possibilities are four-year universities, community colleges and trade schools. These options provide students with the opportunities to work towards the career they want to pursue. First off, there are the four-year colleges that present students with a bachelor's degree, when courses are finished. Mrs. Tina Mey, Senior Counselor, explained, "Once you have that four-year degree, number one, you're probably gonna earn more [money,] not always, people in trades [can] make a lot of money, but once you have that degree, you are also more versatile. . . You can adjust to a new atmosphere because you already have these basic skills in all subjects." Furthermore, acquiring this degree can be used towards graduate schools, which are programs after earning a bachelor's degree and other institutions that can assist in one going into a specific field. In addition, another option students may want to consider is attending a community college. After two years, a graduate can earn associate degrees, an undergraduate educational degree, and possibly transfer to a four-year university afterwards. According to *prepscholar.com*, "If you take this option [of going to community college



Trade school is an option for those who do not want to attend college

and transferring later on.] Some of these schools provide resources and even if the economy negatively changes, trade schools can help their graduates find jobs through career centers. However, tuition for colleges and trade schools are costly; but even if students in trade schools accumulate debt, the time spent in a trade school is less than the time spent in college, and therefore, graduates start working earlier than others. Although four-year colleges are viewed as the most ideal option after high school among much of society, one should consider their own current situation over the opinions of the general public. With there being several individuals on campus, each with a different goal in mind, students should choose what is best for them and how it will help them in the future. The pressure of going to college can compel students to feel like they have to go, but overall, they should select the choice that will benefit them the most.

ASB Throws First Spring Fling

By Alexa Neal '22
Copy Editor

To most people, prom is known as an experience that brings about the school year coming to an end. It is set just before finals to give students a break from school work. However, prom is reserved for only juniors and seniors. In order to give the underclassmen an event to mark the end of the year, the Associated Student Body (ASB) decided to hold the first-ever spring dance solely for freshmen and sophomores, titled Spring Fling.

This year, the Spring Fling will be held outside in the quad area, weather permitting, in which case it will be moved into the gym. Decorations for the dance include flowers and streamers. Lights will illuminate the area, allowing for attendees to see the dance floor as they move to the music provided by a live disc jockey

(DJ). ASB also decided to try something new by incorporating the idea of a silent DJ, which is where the music is broadcasted out to wireless headphones for students to listen to, and will bring a new kind of music-listening experience to students. Along with music and dancing, students will have access to a photobooth to remember the night through pictures, and a few games and activities are planned. However, the focus of the Spring Fling is primarily dancing. According to Sophomore Savannah Schmidt, head of the committee for the Spring Fling, "[Students should go to the Spring Fling] because all of our underclassmen always complain about not having something to go to and now we have the chance to do something that has never been done before in Chaparral history and have an underclass dance." As mentioned in the title of the dance, the theme is

Spring. "It's a semiformal, so it's kind of what, like, you'd wear to a wedding," Schmidt explained. "Kind of like Homecoming but not so fancy. But if you want to wear fancy stuff, then go for it." The dance will mimic the feel of the Luau held in the beginning of the year but geared more towards freshmen and sophomores. This event will be an enjoyable way for freshmen and sophomores to have fun with their friends while dancing to the music and making memories to look back on. Having a spring dance for underclassmen will be a new event for the books. The school has never had a night dedicated specifically targeted towards freshmen and sophomores. "Well, [Sophomore] Gracie Estrada [the other head of the committee] and I, we wanted to advocate for the underclassmen," explained Schmidt, "[And] how after Homecoming we [underclassmen] didn't really have another dance or

anything to look forward to since only upperclassmen get to go to Prom, so we wanted to have another dance after Homecoming." To provide more opportunities to freshmen and sophomores, the Spring Fling will most likely be a reoccurring event at the school for underclassmen to look forward to in the years to come. The Spring Fling will take place on Saturday, April 20 from 7PM to 9PM. From a silent DJ to only freshman and sophomores attending, the Spring Fling is an event the school has never seen before. For students interested in attending, tickets can be bought from the bookkeeper for fifteen dollars with an ASB card, and twenty dollars without one. Tickets can also be bought at the door for twenty dollars. From a silent DJ to only freshman and sophomores attending, the Spring Fling is an event the school has never seen before.

CHAPARRAL HIGH SCHOOL'S

SPRING FLING

A semi-formal dance for Freshmen and Sophomores only with Silent DJ!

APRIL 20, SATURDAY | 7-9 PM |

FLASH SALE: \$10 4/9 and 4/10

On 4/11 prices increase to \$15 with ASB
\$20 w/o ASB
\$20 at the door

Guest Passes allowed for 9th and 10th grade students only. - \$20.

Mr. Puma Proves Successful for its Tenth Year



Credit: Kayla Ritchie

The contestants gather on stage as the hostess prepares to announce who will be crowned this year's Mr. Puma

By Alexa Neal '22
Copy Editor

There are few events on campus that allow for students to display their hobbies and passions. Mr. Puma is one of these events where senior boys are able to perform their talents in a talent show. Every year, select boys have the opportunity to showcase their talents while having fun with their friends and overall, making their senior year one to remember. This year, fifteen boys were able to compete to win the title of Mr. Puma amongst other categories in a night filled with fun and entertainment.

In order to be a contender for Mr. Puma, seniors had to submit a video to the Associated Student Body (ASB) where they had to explain why they wanted to be Mr. Puma and then demonstrate their talent. From there, the choices were narrowed down to the fifteen boys who Mrs. Kristy Baron and heads of the Mr. Puma committee, Seniors Carlie Dew and Sky Price, felt had a talent that could be incorporated into a talent show, and who encompassed the spirit of the school. The boys who competed in Mr. Puma this year were Seniors

Jerrico Boadilla, Diego Cruz, Miguel Cruz, Justin Delara, Josiah Davis, Zack Elkhayat, Elias Enguancho, Phoenix Gutierrez, Sergio Munoz, Matthew Ochoa, Stone Pellerin, Gavin Powell, Brandon Sandefer, Lucas Tomkins, and Ismael (Ish) Vizcarra. From there, the runner-ups rehearsed many days after school to learn each of the group dance numbers and prepare for Mr. Puma.

Mr. Puma was held on March 8, 2019 in the gym and started at 7PM. Before the event began, there was a tailgate party at 5:30PM with vendors selling food, T-shirts, and vinyl stickers. After everyone was seated inside the gym, Mr. Puma was kicked off with a group 1970s-themed dance. Then, each contestant had the opportunity to walk down the runway in their formal wear while, the hostesses, Dew and Senior Allison Selway, read off some fun facts about each boy to the audience. The walk down the runway was followed by the introduction of the judges, who were Dr. July Hill-Wilkinson, Mr. Andrew Ramer, Mr. Jonathan Mitchell, Senior Chief Stephen McGovern, and Alumnus Jay Wilson, the 2018 Mr. Puma. Then, each contender performed their talent for the audience and judges. Each of the fifteen

acts varied from singing, dancing, playing instruments, and stand-up comedy to even martial arts, pizza making, and catching apples in one's mouth. However, before each act, a creative video was shown that introduced each boy, most of them choosing to go with a more comedic theme. Additionally, the talent portion was split up into three sections with a dance containing a few of the boys in between the sections. The pinkout dance came soon after the 1970s-themed dance. For this dance, each of the boys participating were decked out in pink spirit gear. The round of dances ended with the traditional formal dance before the game show segment. For the game show, all of the contestants were divided into two teams, with Senior Andres Barrera, Senior Class President, joining the group so that both teams were even. Once the game show ended, judges voted on who they believed should win in each of the categories— Best Dressed, Mr. Talent, Mr. Travolta, Mr. Hollywood, Mr. Game Show, and Mr. Puma. "Obviously they had to have some talent in some area," stated Mitchell. "Some guy sings, some guy juggles, some throw apples and catch them in their mouth." After the judges had each voted, sashes were

handed out to each winner. Elkhaya was elected Best Dressed, Boadilla was chosen by the students to receive the Puma's Choice award, Sandefer was awarded Mr. Talent, Enguancho was nominated for both Mr. Travolta, or best dancer, and Mr. Hollywood, which was best introduction video, and Powell was given Mr. Game Show. The night of entertainment finished with Delara taking home the crown as Mr. Puma. "Coming into the show, I never quite expected to win, and was quite surprised and definitely in shock when they called my name," Delara elaborated. "After I realized I won, [I] was overwhelmed with happiness, as the whole experience was something very out of the ordinary for myself." Delara's performance for the show consisted of him playing the piano. He had self taught himself how to play the piano by watching YouTube videos during his sophomore year, and it had slowly grown in a passion and a hobby of his. Each and every one of these boys worked hard to display their talents with maximum enthusiasm. Mr. Puma continued to delight viewers with not a single seat empty in the gym. The night was filled with amusing performances from each of the fifteen senior boys. Overall, Mr. Puma brought the audience and contenders alike fun with friends while enjoying the entertainment and music.

MR. PUMA CATEGORY WINNERS



Mr. Puma
Justin Delara



Puma's Choice
Jerrico Boadilla



Mr. Hollywood
Mr. Travolta
Elias Enguancho



Mr. Talent
Brandon Sandefer



Mr. Gameshow
Gavin Powell



Mr. Formal
Zack Elkhayat

Justin Delara Takes the Stage

By Alyssa Helsel '19
Staff Writer

Senior Justin Delara gives a new definition to the word 'involvement' on campus, because through his ambitious characteristics, not only was he the winner of Mr. Puma, but he is heavily involved within different aspects of the school itself ranging from a wide spectrum of academics, extracurriculars, and athletics. Delara reaches a high mark in all of these trades through simple persistence and the optimistic viewpoint of wanting to try new things and then doing his best in them.

This mindset has brought him to accomplish many things within his high school career. His most recent achievement was being the winner of Mr. Puma, in which he competed against other contestants in an event for selected male seniors in which they would do different challenges which showcased their talents, charisma, and even dance skills. Delara stated, "[Being involved taught me] to get out of my comfort zone, otherwise I wouldn't have joined Mr. Puma." Different programs Delara invests himself in are the Associated Student Body (ASB) and

currently holds the position of treasurer which involves writing and inputting the purchase order requests that come through ASB for fundraisers or different events, Tennis which he has been a member of since sophomore year of high school, and different clubs on campus. For his talent at Mr. Puma, he revealed that he is a self-taught artist and had only been playing a few years prior to this performance.

Pianist is not the only thing on his resume for he has a whole entire list of extracurricular activities and achievements which have made him a leader in different aspects of school life. Along with that, he is an officer for California Scholarship Federation (CSF), a club on campus that recognizes students living in the state of California who possess high standards in academics. He was also a member within the program, Peer Leaders, all three years before joining the National Honor Society (NHS) in his junior year. Delara pursues his ambitions and advised, "Get involved even if you're shy like me. Get involved and meet new people." Leaders aspire to be the trailblazers in which others may follow through humble

manors and great aspirations. Delara embraces this identity of leadership through his involvement on campus. Not only does he excel in extracurriculars, but through academics and sports as well. On the Tennis team, he has only been working up the ranks and was recognized as Rookie of the Year his sophomore year and in junior year, he received the title of Most Improved. Delara currently serves the role of captain of the tennis team. As captain, Delara leads the team in warm-ups as well as keeps positive morale amongst players. In addition to his athletics achievements, Delara has placed Honor Roll all four years of high school. His vision for his post-graduation life is going to college and pursuing a degree in business. From being a self-taught pianist to Captain of the Tennis Team, Delara is skilled in the things he is involved with because of his hard-work, dedication, and passion for that particular program. Excellence goes hand in hand with diligence and work-ethic. Determination and diligence leads to excellence which is needed for any high school program and will help shape the future and persistence of life.

Celebrating Seniors' Achievements

By Joyce Kim '22
Copy Editor

For some students on campus, they have been told at least once in their life to plan out their post-high school plans before graduation. Although a well-known plan is attending a four-year university, the idea of going to that kind of school may not be the best fit for everyone. With there being so many options and pathways, the Commitment to my Future Celebration was created to support and commemorate the variety of choices students picked to pursue.

Organized by the counselors and the Associated Student Body (ASB), seniors accepted into college, trade schools, or those who are planning to serve in the military, in addition to any other seniors with a plan after high school, are invited to partake in the event. Unlike previous years, the coordinators wanted to expand this to more students than solely those accepted into college. "In the past, we just had students, when they get their college acceptance letters, bring [the letters] to counseling. . . and we'd give them a pass or invitation to an ice cream party. And we'd take a big group photo of all the kids who were going to college and it was, kind of, smaller," explained Mrs. Christina Gandy, one of the event coordinators of the celebration. As years went on, the Commitment to my Future Celebration began to include more students; for example, last year's seniors who were accepted into college or were going to the military were invited and acknowledged for their achievements. In addition to the past years, Studio 94 Photography Incorporated (Inc.) came to take photos of the attendees, individually, in their college or military attire, as well as group photos. "[This year,] we have already spoken to a couple branches of the military, [and] they want to come and be a part [of the event]. We're going to invite parents this year [as well]," said Gandy. With the main purpose of the

event being to highlight seniors and their achievements, counseling and ASB have made arrangements for the event to be bigger and better than in previous years.

Although the pressures of going to a four-year university have changed, the post-graduation plan of attending college is oftentimes still seen as an ideal option over others. "Some students really feel like they have to be accepted to a prestigious UC [University College] school or any other prestigious school. . . [but] they should be excited about any college [or any career path] they go to. . . We're excited for them," said Senior Counselor Mrs. Cathy Olszewski. Though there is often immense pressure from peers and family to go to a four-year college, college may not interest, and that is okay. Furthermore, there are an increasing amount of options for students to pick for their high school plans and it is advised to choose the

one that is best fit for them. "It's not all about the four-year [university] bound anymore. There are kids, not that they're not eligible to be four-year students, but that's not their interest. Some kids want to go directly into a trade [school,] they may want to go in cosmetology or construction," stated Gandy. Overall, every individual on campus possesses different skills and have specific pathways that they are drawn to. . .

Through this event, ASB and counseling each hope for students to feel honored about their high school achievements, as well as their post-high school plans. In addition, this event will take place on May 2 from 11:30AM to the end of lunch at 12:34PM. By attending the Commitment to my Future Celebration, students are able to reminisce on their four years of high school before preparing for the variety of careers in their future.

NAMES IN THE NEWS



Senior Michelle Gunawan - March Student of the Month



Senior Jaedyn Wells - April Student of the Month



Junior Rianne Enguancho - 2019-2020 Key Club President



Junior Sydney Moreno - 2019-2020 California Scholarship Federation President



Mrs. Cynthia Salazar - Awarded the Superstar Award by Temecula Valley Unified School District



Mrs. Tina Olsen - Awarded the Superstar Award by Temecula Valley Unified School District



Credit: Justin Delara

Winner of the 2019 Mr. Puma show, Senior Justin Delara, showcases his crown and sash

Preservation of the Traditional Fashion Week is Essential

By Madison Brown '19
Staff Writer

With yet another fashion week having come to an end in March, trends and mishaps of the runway are steadily shaping what we will be seeing in coming months. One thing since the humble beginnings of these gatherings in 1943 has not changed: the need to stay relevant. Since the early days of English fashion designer Charles Frederick Worth, known mostly as the "father of fashion," throwing his biannual "fetes," parties in English, to make his display of clothes more relevant to the younger crowds, inspiration has sprouted and turned today's shows into



Credit: Vogue

Earth tones and layers ruled Burberry's 2019 debut for spring

opportunities for social media influencers and overall nobodies into highlighted figures of the shows. The prestige and glamour of what once was a sacred and an invite-only opportunity has been made into a joke.

In the regal days of fashion week, shows were used as exclusive events for the wealthy and fashion-intrigued individuals to become better acquainted with future trends with four installments twice a year known as the "Big Four." The big four included fashion weeks in New York, Paris, Milan and London, which would highlight different aspects of the fashion world. For example, New York's focus was on menswear, and Paris' focus on couture, or "made to fit," clothes. Today, many brands, such as Dolce and Gabbana, have used these platforms to send out political messages while effectively attracting younger audiences to their clothing with the usage of celebrity models, such as Vine's Cameron Dallas. In comparison to the pioneer of fashion, Gianni Versace, and his use of Naomi Campbell and Kate Moss, most of the individuals we see on the runways are simply famous for being famous. There is an influx of small-town teenagers moving to Los Angeles, dreaming to be an "influencer," even though they have no real motivation for anything besides catching the limelight, including Emma Chamberlain and the infamous Kendall Jenner. "Influencers" have ruined what was once considered to be a respectable career path with their overall ignorance and disrespect for a century old industry through mockery on social media about just how "easy" it was for them to join.

In the age of all things becoming more and more accessible for anyone with access to the internet, this generation has completely destroyed the concept of limited availability and privacy. As most of the fashion shows are being live broadcasted on social media platforms, person after person becomes infatuated with the idea of that kind of status being attainable. The intent of fashion is to set trends, not create armies of teenage small business owners. These middle school and high school students do not understand how the industry actually works and have only been tarnishing the prestige and image high end designers have been building for their entire lives. In constant efforts to cater to the needs of every over sensitive



The opening outfit to designer Virgil Abloh's Louis Vuitton debut for the Spring/Summer season this year.

and under experienced young person to achieve their dreams, the idea of hardwork and lifetime dedication are no longer necessary, and work ethic is less important than reaching a specific following count.

Many ask just how bad can making fashion more accessible truly be, and honestly speaking, there are both perks and negatives in effectively looking at the argument. For one, in the age of more people being able to experience such shows, the models walking the shows have become more diverse and inclusive. With broader audiences, many designers feel obligated to become more involved in previously ignored cultures and ways of life. For designer Prabal Gurung's spring 2019 show, diversity was one of

the main focuses and even landed the brand on front pages of several articles for his groundbreaking shows at only 39 years old. For individuals like Gurung, the true experience of privilege has been taken away as local kids, as if allotted a place in line to get a ticket, were seated alongside some of the industry's greats.

In order for the reckless allowance for anyone to become a part of the six decade old tradition to stop, several routes in prevention and diversion can be taken, such as the creation of public only events alongside the prestigious showings to professionals. The ability for anyone with over a couple thousand followers to use the platform of fashion week to claim their five seconds of fame is a drawn out tradition that should be stopped.

Facing the Facts on Marijuana

By Gisel Flores '19
Staff Writer

The legalization and decriminalization of marijuana has been the subject of a controversial decision for America. Only a few states in the United States have reduced the criminalization of marijuana, yet with the many benefits of marijuana, both medicinally and socially, the same negative stigmas have stuck through the years.

Marijuana has many medical uses, ranging from sleep medicine to even cancer medicine. Cannabidiol, also known by CBD, is an extract from the plant that has little to no tetrahydrocannabinol (THC), which is the property of marijuana that gets one high. CBD can be used for pain, depression, post traumatic stress disorder (PTSD), anxiety, schizophrenia, sleep, and more. This product can be used through many different methods such as putting CBD oil in foods, gummies, smoking through a vape pen, and just dropping some on one's tongue. Oxycodone is a common painkiller that is highly addictive and can be dangerously deadly when used improperly, whereas

marijuana is a natural plant that can be used as an effective pain reliever that is known to be little or not addictive at all. In addition, marijuana overdoses are unlikely to happen; in fact, according to a 1988 United States administrative law hearing, "A smoker would theoretically have to consume nearly 1,500 pounds of marijuana within about fifteen minutes to induce a lethal response." No one, not even the most famous iconic stoner Snoop Dogg, has been able to consume such a large amount of marijuana, which makes the drug significantly less dangerous than any prescription opioid.

Although marijuana has many medicinal benefits, not enough research has been conducted due to marijuana being a "Schedule-1 Drug," alongside heroin, LSD, and ecstasy. Yet, marijuana related accidents are far lower than alcohol related accidents and heroin overdoses combined. Since the first legalization of marijuana in the state of Colorado, statistics have proven that it has not caused more crime in the state, also reports have not found an increase pot-use among young adults. These reports also show that the legalization of marijuana has not impacted dropout rates, as

well as graduation rates, of high schoolers. Economically, Colorado has gathered over \$135 million in taxes and fees on medical and recreational marijuana. Reports from the Colorado State University-Pueblo's Institute of Cannabis Research have found that the legal cannabis industry contributed over \$58 million to the local economy through taxes and other fees. Another report from cannabis analytics company, New Frontier, has estimated that federally legalized marijuana could collect an estimated \$131.8 billion federal tax revenue by the year 2025.

A large majority of people throughout the United States still continue to have the same stigmas about marijuana, suggesting that it ruins lives and causes many problems for an individual. Health classes in high schools give out-dated information about marijuana to each generation that passes through. For a start, proper education about cannabis should be in place to inform people more better instead of insinuating fear of the plant. As more states begin to legalize and decriminalize marijuana and as many more people become properly educated, the closer the United States is to nationwide legalization.



Credit: Fool

Proper education about marijuana is a necessity to dispel stigam and to inform people of the benefits of the plant

Sixth Grader Refuses to Stand for Pledge; Later Arrested

By Vanessa Banuelos '20
Staff Writer

The Pledge Of Allegiance is something every American remembers by heart. Americans were born and raised to



Credit: Metro

always stand, put their right hands over their hearts, and recite the words on a daily basis. A lot of people in recent years have been coming forward saying that the pledge is being forced upon the American people. Plenty of Americans, particularly people of color, do not agree with America's values the Pledge of Allegiance contains. For those people, the pledge is racist and excludes African Americans.

On February 4, a middle school sixth grader in Florida refused to stand for and recite the pledge. The student said that he did not recite it because he deems it racist towards black people. He was charged with a misdemeanor. Police said that he had not been arrested for refusing to say the pledge but because he caused a disruption and refused the officers demands. The pledge

should not be forced upon people if they do not agree with its message. Society views refusing to recite the pledge as rude and unloyal to America because reciting it has been engraved into people's brains since they were children, but according to the supreme court in Tinker v. Des Moines students do not "shed their constitutional

national pledge. The gravity of the peer pressure that comes from the pledge is substantial.

All Americans are trained their whole lives to stop what they are doing and recite the pledge, otherwise, they are deemed substandard. It is not required for every student to say the pledge if they do not want to, however, teachers do sometimes bring it up and make them feel not respected for their beliefs. America is supposed to have

freedom of religion, yet people who may not believe in God are completely excluded from the nation's pledge. The Pledge of Allegiance is a form of brainwashing children to follow orders and follow society. It teaches them that if they do not follow society's norms, they will get judged by their peers. This forces students to stand and recite the pledge. Teachers should never interfere or question a students decision to stay sat down during it because it is not their place to act upon it. It is a good thing students are standing up to what they believe in, whatever they may believe in.

freedom of speech or expression at the schoolhouse gate." The student was suspended for three days for not agreeing with America's national pledge. The same consequences sadly apply to public figures as well, such as popular black football players who kneel while the pledge is recited; they claim there is not liberty nor justice in America. Society views this action as social sin because these players are Americans. However, Americans, have the right to varying beliefs, and nothing should be forced upon people in a "free" country. There is a huge stigma around the pledge and people who are supposedly patriotic get offended when a person of color or anyone for that matter does not stand or recite the

pledge as rude and unloyal to America because reciting it has been engraved into people's brains since they were children, but according to the supreme court in Tinker v. Des Moines students do not "shed their constitutional



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All letters must be signed and submitted to Mr. Leonhardi in room 413 or left in his mailbox. They will also be accepted via email: rleonhardi@tvusd.k12.ca.us

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Bribing the Ivies, How Rich Kids go to School

By Megan Irwin '21
Editorials Editor

High school seniors across the country eagerly anticipate college acceptance letters from the college of their dreams, but that opportunity may not arise due simply, because of their last name. Last names carry such an influence in society; celebrities, politicians, previous and current presidents all find themselves in a constant spot in the media, of which most of the population will never experience. This gap in social classes gives way to opportunities offered to one individual and not the other, in the case of Felicity Huffman and Lori Loughlin, both celebrities parties paid an organization, run by Rick Singer using bribery and other forms of fraud to secure admission to a well-

respected university. The money abuse displayed by these celebrities reflects on society's idea of "the end justifies the means." The extent that the wealthy are willing to go to ensure their child's future is barbaric in its depreciation of local high school students who work their way into prestige colleges rather than waving away one's problem with money. Nearly fifty people across the United States have been charged in partaking in the college admissions cheating plot, with the predetermined price of Singer's organization per person has reached an upwards of six million dollars. This money would go to having someone pose as a student and take the SAT or the American College Test (ACT) or in other cases correcting the students' answers after they finish,

had a parent chosen the athlete route, coaches would be bribed to create a fake profile of the student as an athlete, regardless of athletic ability. Even going as far as to photoshop their child's face onto athletes' bodies to submit pictures to the school to not seem suspicious. For Olivia Giannulli, daughter of Lori Loughlin school is far from a priority, rather a stepping stone deemed necessary by her parents. Giannulli, a beauty vlogger who goes by Olivia

Jade has said, "I don't really care about school" and is only attending college to appease her parents and to experience game days and parties without the work that derives from attending college. College is a journey for most as a beginning to their new lives, preparing young adolescents for their first steps in the modern world, no longer sheltered by parents and family. For the wealthy to strip the experience of college from students wanting to receive a

college education, is beyond sublime cruelty in its means of only furthering the rich and degrading the poor for their inability to commit fraud for college admission. The wealthy have been robbing the public of their opportunities and ideas, so to stretch that greed demonstrated by the egocentric elite to college admissions is no surprise yet will never be justified in its vile manner of depriving youth of an education they deserve.

The Horrible Legacy of Blackface

By Madison Brown '19
Staff Writer

Despite nearly two centuries separating the current status of the world from the social constrictions of the 1830's creation and use of blackface, the United States in particular has had an extremely hard time acknowledging and moving on from its mistakes. What once was used to portray the dark and evil characters in theatrical plays came to represent the biggest fear of Americans in the early twentieth century: integration. Although many claim that the innocent origins of the practice have been preserved and the racist instances are few and far between, the age of needing non-people-of-color (POC) to dress up as minorities is long gone and should have been abandoned long ago.

The humble beginnings of blackface have multiple origins due to the fact that in the United States it was used mockingly to demean

and dehumanize recently freed slaves, discouraging them from integrating properly into society, while other countries around the world took advantage of an opportunity to take over the arts with drastic effects that would last until today. For the poor white people in the United States at the time of popularity in blackface, many sought out to climb up the social food chain by throwing other groups behind them. In particular, the Jewish community and the collective creation of "minstrel shows" in the 1820s, which were a combination of comedic acts, dancing and skits, allowed for the depiction of the idiotic negro to take form. This new portrayal of the black community as irresponsible, laughable, and difficult to understand led to the spiral of segregation and unethical white fear of a black beast that never existed. By being able to simultaneously combat the growing anti-semitism that had begun in the United States, and also making a name for themselves among



Credit: Huntington Digital Library
Advertisement for minstrel show, these racist performances were common

"Alexa, Automate My Life"

By Michael Tan '21
Webmaster

As new technology is released, the advancement of Artificial Intelligence (AI), quantum computing and Machine Learning devices, like IBM Watson, Amazon Alexa, and autonomous services, such as Google Duplex, provide insight of what technological advances are going to offer within the next few years. However, with the power that artificial intelligence can provide, there are many dangers that it can pose to consumers in the long run.



In May 2018, Google had introduced Google Duplex at their annual developer conference. Duplex is an add on to the Google Assistant, which is one of the many virtual assistants available on phones, tablets, and smart home devices. It provides the capability to hold full conversations and carry real world tasks through the phone, like scheduling appointments or making a reservations at a restaurant. The system uses a Recurrent Neural Network, which processes the phone call in real time to understand the voice and plan what to say next. Google Duplex was developed to sound as natural as possible, which allows people to talk to it as if it were a real human,

a feature that previous automated phone machines lack. Although this may seem promising for those who are uncomfortable speaking over the phone, it quickly showed that there were major flaws with the system. Google Duplex would call the place of business without saying that it was apart of Google's system, and that it was recording its calls, a law some states require. Without letting the end user know that the call was not by an actual human and that it was a robot, consumers would

like Tesla Motors CEO Elon Musk and PayPal co-founder Peter Thiel, was founded with the intent of "discovering and enacting the path to safe artificial intelligence." Despite that, the researchers of the company created a new system that they feared to release, as it could be used malevolently if placed in the wrong hands. The new AI, named GPT-2, was entitled as the new generation of predictive text. Trained with over eight million websites, the AI can write complete coherent paragraphs by adapting to specific styles and content, which in return theoretically can allow anyone to mass produce text on any topic of their choosing. Despite the system being used for good utilization, such

bots with the ability to implement improved dialog and speech recognition have a possibility to be abused by generating fake news and impersonation automating spam comments on social media. This led to OpenAI to make a decision and release a miniature version of their GPT-2 model and noted that the safety and security concerns may affect their ability to publish in the future.

As Machine Learning computers enhance their knowledge with every bit of data they processes, it opens the gateway to a dangerous potential in what people can do with it. OpenAI, a non-profit backed by major technological influencers,

With no current laws on the use of artificial intelligence, the opportunities are endless. However, without such restrictions, people can use this to take advantage of this and could make a big impact on the way society views technology as it evolves rapidly.

the white communities, looking for opportunities to be set apart based on race, a new place was soon found for these people to thrive. On the other hand, a less direct approach at ultimately achieving the same result came from the European arts in the post-shakespearean climate. Othello was a popular play-turned-opera of the early 1800s, which was written by Shakespeare and adapted by Giuseppe Verdi, featured a character by the name of Othello, who is a black general of the army. Despite the inclusion of a black character being a step in the right direction, however, since the opening of the play, there has been very few black actors to portray Othello. Instead, many white men participate in the use of blackface to portray this character. Although, from a historical standpoint, there might not have been enough adequate candidates

to play the role, yet today, the lasting stigma from a lack of inclusivity has greatly diminished the amount of black representation in the arts. Despite the horrible history and effects of the practice of blackface however, education on cultural appropriation and awareness of racist tendencies have made it a good tool to gauge the real maturity and acceptance of black people in the United States today. Without instances such as the 1984 college photos of seventy-third Governor of Virginia, Ralph Northam, being released, the United States could continue to go on believing that racism is a part of the past and not the present, despite the fact that most of society's parents and grandparents were already alive and well during that time. Along with new additions to the family of blackface, such as darkening skin tones and adding attributing African

features to non-POC called "blackfishing," a difference between the appreciation of culture and the robbing of what has become sacred heritage. As America continues down the path of attempts to become a truly diverse nation, it is important to acknowledge and admit fault within history in order to learn from the mistakes and start anew. The shadow of Jim Crow has unfortunately continued to hang low over the heads of new generations due to ignorance being a more accessible cop out for racism. In order to end the dehumanization of not only an entire race, but the continent that it stems from, both white America as well as the white world must own up to their negligence to address the systematic setbacks put in place while simultaneously stopping the romanticization of the black body and not the person within it.

The Generation of Redefinition, Influence of Art and Culture



Credit: Van Gogh Gallery

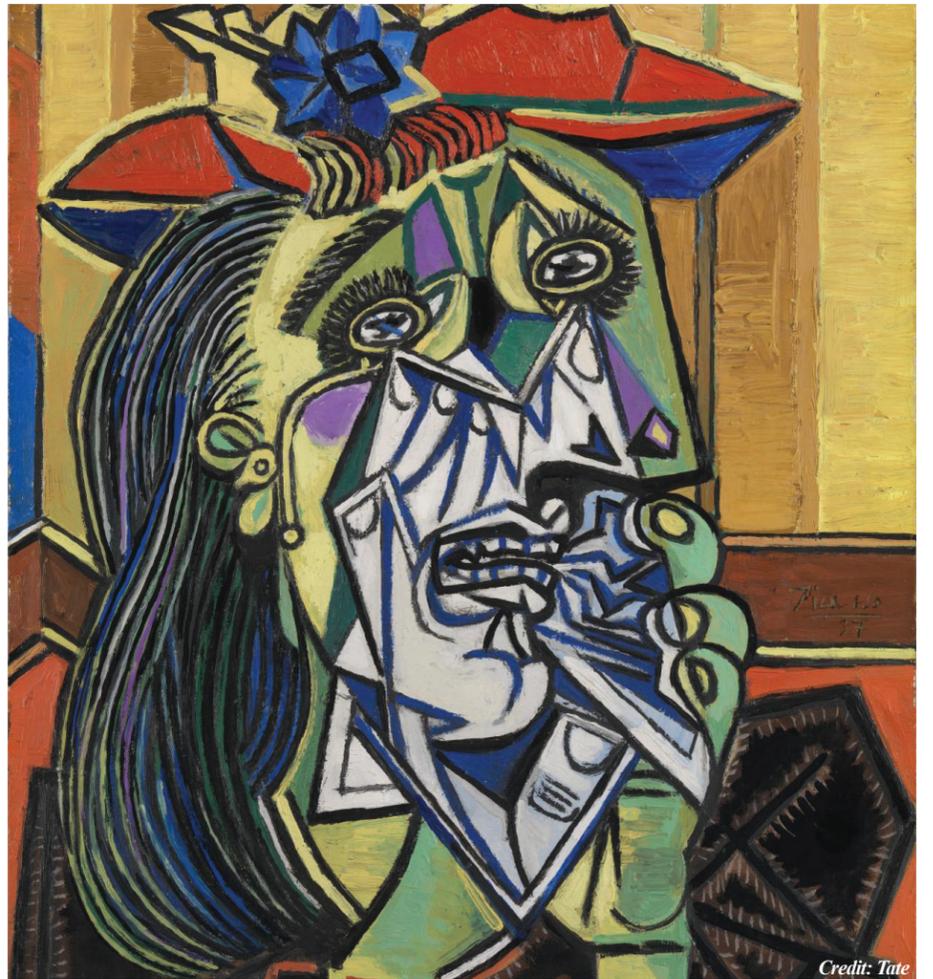
Vincent Van Gogh became an inspirational painter long after his death, during his lifetime, his artworks were unappreciated and ignored due to its originality which made it an outcast in the art community

By Gabriella Gatchalian '20
Staff Writer

Art is a form of human expression, there is no clear visual of what art can truly look like. However, as time advances, the constant occurrence of the redefinition of art has been an issue. Each generation finds itself expressing themselves in a different canvas, color, or the overall materials. The modern-day definition of art is an amalgamation of various perspectives and cultures, which makes it hard to label what the modern day expresses, compared to past eras in which historians can label and name an era based

on a common theme. Today, society finds itself in the midst of the mixture of various "arts" causing the theme of the era to be undefinable, which may sound unique in a sense, but this creates an idea that anything can be art, that anything produced by a conscious mind, no matter how ridiculous the end product. It is important to remember that the goal of art is to convey a meaning. Paintings, most prominently in the Neoclassicism era focused on the exaggeration of the human form in order to represent emotion, or just overall convey meaning. The world has changed tremendously since the period of great meanings. Cubism for example, was a revolutionary change in art

history in which the main idea is to change perspectives, not in terms of actual meaning, but the physical way in which one views the painting. Alterations in history happen for the betterment of a society, as some may claim, however, the changing of what classifies as art in the modern day has been based on the trends of the generation. Lately, the destruction and addition of paint and print on pants has been the current epitome of fashion, redefining today's fashion and art. The point being, each generation destroys the constructive ideologies of the past and replaces them with new ideas that represent the new norms and ideas of a generation. However, when it comes to art,



Credit: Tate

Pablo Picasso is an example of an artist who redefined art, and created an era that was purely based on his perspective

the changes that an era makes will always challenge the past's ideas. The world of art had transitioned to a new 'abstract' era, therefore making the idea that the adding a myriad of random brushstrokes with no intention to create a subject an example of art, leading to the questioning of creativity of the new era. Abstract painting is protected by the idea that one should change their perspective when looking at a painting, meaning the viewers should physically move themselves to the flow of

the art. however, the abstract painter should realize, that if the viewer is the person that has to change their perspective and go into a deeper abyss in order to get the purpose and reason of the 'abstract' is it really art? Art is one of the most influential human creations that has the power to revolutionize the mind and the actions of a person, much like literature. However, it differs from literature because art does not need words to describe the purpose, as it depends on the emotions, the forms of the

colors, and overall scenario that is being portrayed. Whether or not there really is a rule book that describes what type of artworks can be distinguished as art is up to debate, yet it is difficult to proclaim which artwork gets labeled its rightful title. Considering that the human mind is capable of several expressions, deciphering the meaning of the several crevices of the human mind is in itself a complicated task. Now imagine how difficult it would be to analyze the pure and true meaning of artwork.

Letter to the Editor: Government Shutdown & Editor Response

Sam Ebersole '19

Letter to the Editor
Submitted in response to the Issue Four team Editorial addressing the government shutdown, the following is printed as received and has not been edited.

Dear Editors of The Platinum Press,

Recently the Platinum Press put an article out that discussed a liberal viewpoint on the federal shutdown and the President's border wall policy. Many points were made that struck down the President's agenda that many students such as myself support. Conservative students at Chaparral High School have recently fallen silent due to the large majority population of liberal students that express their opinions. Everyone has the opportunity to voice their opinions, however, the conservative population at Chaparral has not been active in presenting their arguments. After reading the editorial on the federal shutdown from February's newspaper, I was encouraged to create a response that explains the conservative beliefs.

The result of gridlock between Congress and the President's decisions on the budget created a major controversy over the shutdown of the government. In this editorial, President Trump was repeatedly blamed for the government shutdown that left

government workers unpaid. Recently, the President signed the Government Employee Fair Treatment Act of 2019 to ensure that federal government workers are fully paid for wages lost since the shutdown began. It was unfortunate that some who work for the federal government did have struggles paying their day to day costs during the shutdown, but the media and American people need to see the negotiation problems of both sides that caused this. Building the wall is a promise the President has kept to secure our southern border. Congress has known of his plans to propose construction for a wall for sometime but refused to take any action on it. The idea that a strong border wall is immoral or unnecessary is down right ridiculous. There are reasons we already have walls put in place now on the southern border to impede the flow of illegal immigrants. A single lifetime of an illegal immigrant will cost the US economy roughly \$69.6 billion per million illegal immigrants (Center for Immigration Studies). It is estimated that over 12 million illegal immigrants currently live in the United States which brings the overall cost of illegal immigration to nearly a trillion dollars throughout the lifetime of the illegal immigrants lives. Not only do walls stop the unidentified people from entering our country, but it stops the flow of illegal guns, drugs, and sex trafficking. There are many very important reasons to develop stronger border security in the United States that Presidents have wanted

for years. The budget for the wall is not unrealistic in an economy that has an annual budget of 4.2 trillion dollars in 2019. The main problem the democrats have with the wall is allowing President Trump to win and keep his promise. Many do not understand on the opposing side that President Trump was elected based on his commitment to get rid of the corrupt career politicians that have been a humiliation to America. It is embarrassing and frustrating to see the democratic agenda that puts excessive constant criticism of President Trump above performing their elected job to ensure the well being of America. It is a painful irony to watch the wealthy democratic leaders living safely in their walled mansions, while undermining President Trump's attempts to make America a safer place for all. He is not a career politician, he is a businessman that works hard to fulfill his promises, unlike many of our American congressional leaders. This is why he was elected and this is also why, believe it or not, many of us do support him as the President of the United States.

Conservative students support the ideas that the media, social media, students, and sometimes teachers, degrade every single day. Students like myself and many others have political ideas and opinions that are sensible but they are largely looked upon by opposing sides as embarrassing and idiotic. Everyone has their own opinions, so I am happy to share the conservative side through the very high achieving Platinum Press.

By Benjamin Garner '19
Editor-in-Chief

Dear Sam,

The article you are responding to, in this case, was written with the consensus of the Editorial Team, as Editor-in-Chief of *The Platinum Press* and an editorial journalist I will be responding to your letter. I would first like to thank you for making your opinion heard. *The Platinum Press* is a newspaper run by students, for students, and your opinion is valued. I appreciate you acknowledging our success while explaining your differences.

While I can certainly acknowledge that in a technical sense the government shutdown was perpetuated by both Democratic and Republican congress-people, I would strongly reject the idea that President Donald Trump does not harbor the sole responsibility for the conflict. The main point of contention between Democratic leaders and the President's agenda is whether there is any sense to allocating an immense dollar amount to a project that according to Pew

Research Center sixty percent of Americans oppose. Whether or not the wall was a campaign promise, Pres. Trump is not president of the Republicans, he is President of The United States. He is to represent everyone. To tell a majority of Americans that their tax dollars will be spent on a big government project with which they disagree is arguably in direct conflict with the conservative small government ideology.

The Democratic leaders who put their foot down in an attempt to stifle funding of the wall that Mexico was supposed to pay for, are accurately representing the majority of Americans, Democrats, and even the twenty-four percent of Republicans who oppose substantially expanding the wall. I would like to stress that I, and many on the left wing, do not oppose borders, in fact I personally am in favor of strong borders because I believe in comprehensive government assistance programs. That is an idea that is completely unattainable unless we have a handle on who and how many people are let into this country. But frankly, a wall is a childish, ineffective waste

of resources. A better option is a comprehensive system that allows for easier, safer, legal immigration, and citizenship for those who are already here. This would assure that the benefit immigrants have to the US economy and culture are still seen while assuring that we maintain control of our borders.

Finally, I would like to reiterate I greatly appreciate your candor, and your respectful response. I would urge and sincerely hope that you would encourage respectable discourse among your peers as a solution to our differences. The opinions published in our paper are those of the journalist who wrote them, as such I would hope that those who disagree with us would write-in and give us the opportunity to respond, and not reject our paper as a whole. We have a very hardworking staff that seek to produce a paper with something for everyone on campus. We look forward to furthering an intellectual and academic dialogue in the future.

Thank you,
Benjamin Garner
Editor-in-Chief

The Platinum Press welcomes letters to the editor. Editorials are the opinion of the journalist who wrote them, we encourage those who disagree to submit letter voicing their concerns. The following are the requirements for letters to the editor:

- 300-500 words
- Address a specific article with which you have a disagreement
- Hard copy submitted to Mr. Ryan Leonhardi in room 413 & shared on google drive with Leonhardi within three weeks of publication of the issue which contains the article you are responding to.

No, Vaccinations Do Not Cause Autism, They Are Vital

By Juleah Rasmussen '22
Graphics Manager

Earlier this year, Jay Robert Inslee, the Governor of Washington, declared a state of emergency following the

outbreak of measles, a highly contagious airborne virus which became the leading killer of children across the world after the eradication of smallpox in 1980. In response to the outbreak, a bill was passed to ban the personal or

philosophical exemption for the vaccine against measles, mumps, and rubella (MMR) for school-age children amid an outbreak of the virus. Anti-vaccination activists packed the hearing to oppose the bill. They made false claims,

even saying that most of the kids who got measles were vaccinated. This was clearly incorrect when out of the fifty-three confirmed cases, forty-seven of the children were not vaccinated. Forty-eight of the nation's states still allow exemption from vaccination. No matter where one lives, this is an issue for all. With the percentage of young U.S. children not getting vaccinated quadrupling since 2001, the risk of outbreaks is ever growing. Even the vaccinated are at risk, like the six kids in Washington who caught measles from others who had not been vaccinated.

Vaccines are a modern innovation that is imperative to society today. The body's immune system destroys disease-causing germs, known as pathogens, in order to protect the bodies from infectious diseases. When an immune system has little to no exposure to a pathogen, it does not respond as quickly to kill the bacteria, giving the disease-causing germ a greater possibility of making the infected person ill. Vaccines are used to stop this from happening. Vaccines provide controlled exposure

to pathogens, training and strengthening the immune system so it can fight that disease quickly and effectively upon future encounters. Children and the elderly have the weakest immune systems, so it is extremely beneficial for them to get vaccinated. Vaccines protect the vulnerable. If enough of a population is vaccinated, infections cannot spread as effortlessly from person to person, which means that everyone has a high level of protection; even those who don't have immunity. Vaccines help control epidemics in a world where travel is so prevalent and cities become denser every day. People are opting out of vaccination for their children, but why?

Some people actually believe that vaccinations can cause autism. The debates about vaccines began in 1998, when British researchers published a paper stating that the measles-mumps-rubella (MMR) vaccine caused autism. At the time there was a cluster of children being diagnosed with autism due to doctors becoming more aware of the condition. The British study looked at only

twelve children, but because there is no cure for autism, and it is a very debilitating condition, the study received a very large amount of publicity. According to WebMD, more than a dozen studies have tried to find a correlation between vaccinations and autism, and every study has come up empty. Vaccines do not cause autism. Yet, people still use that as an excuse as to why they are not protecting their children from disease and illness.

Although the bill was passed, and those kids present in the outbreak in Washington were forced to obtain vaccinations, there are still only three states that will not let a person opt out of vaccinations unless they have medical reasons. This is frightening when one thinks about the six kids who caught measles as a result of the forty-seven others who had not been vaccinated. If more and more people stop taking advantage of an extremely effective safeguard—vaccinating—then the vaccinated population will be less protected from infection and illness. In order to create a safer and healthier society, vaccination is a must.



Credit: Courtney Perry
Vaccinations are becoming less of an option after another measles outbreak, unvaccinated people are a public health concern

The Crisis That is Swept Under The Rug. . .and Into The Ocean

By Gisel Flores '19
Staff Writer

The growth of trash in the United States has been rising due to the growing population. The production of waste has rapidly continued to increase through the years and has no sign of slowing down. Food waste in America

is estimated to be around thirty to forty percent of the overall food supply. This wasted food has the potential of feeding half a million people who are facing hunger. However, it is tossed in the trash instead and not much is being done to combat this waste problem, while the majority of Americans are not even aware of it.

As a large population of Americans struggle with hunger

or homelessness, one would expect that food would be more accessible. Yet, a study from the United States Department of Agriculture (USDA) shows that approximately 133 billions of pounds and \$161 billion of food are thrown away almost each year. This wasted food could have been used to help feed someone in need. Grocery stores in America are largely responsible for the vast food waste. Up to fifty percent of food being thrown out of a grocery store is still edible. This thrown-out food could have been used for a variety of things, such as being donated to shelters, used for natural compost, or the stores can even partner up with a company that makes livestock feed. Still, people are clueless on this issue and refuse to think outside the box.

In addition to the wasted food, America throws away millions of pounds of plastic. This plastic goes into fields, cities, forests, and, even worse, the oceans. Plastic takes a great amount of time to breakdown in the ocean, but even then, it does not completely go away and small plastic pieces end up at many beaches. Plastic trash that has not started to breakdown ends up floating together, creating large



Credit: Los Angeles Times
Trash is starting to overflow in many dumps, the immense amount of waste produced overruns many facilities



Credit: Pinterest
The ocean suffers a great deal due to the excess quantity of waste

“trash islands” in the ocean. Although there is some effort to minimize trash in the ocean, it is still not enough to fix the problem altogether. All this waste of trash in places all around plays a big part

in global pollution as well. As human beings living on Earth, people need to be more aware about all of the food and trash that goes to waste. There should be a stronger push on grocery stores to rethink the

way they throw away food. And even more, people should be more conscious about the way they dispose of their trash and push towards biodegradable alternatives this way to prevent any further damage to the Earth.

The Negative Impact of Photoshop On Society

By Vanessa Banuelos '20
Staff Writer

Photoshop has been used for a long time to touch up models, evening out their skin tone or wiping away blemishes. However, these tools have been taken to the extreme and make people look completely different than in their original photos. Magazines and Instagram models take editing to a whole new level. Even with the media now appreciating all body types and uniqueness, extreme photoshopping is still occurring. People who are not aware of the epidemic may see these people and think they are real. Smoothing out maybe some acne or a pimple is okay, but slimming

down the body and making hips bigger is unrealistic. Students at schools see beautiful Instagram models and hope to achieve that body type. Everyone wants to be perfect but no one is perfect unless they edit their photos. People can now edit themselves at home on their phone and it is so easy to fool their followers. It influences younger audiences especially to strive to look like them.

Women and young girls usually feel a large amount of pressure to match the unrealistic expectations promoted from altered photos or other women. Photoshop and Facetune are supposed to enhance the quality of photos, not completely change the person's image and body. The

morphing of one's body is so unachievable that someone struggling with self image can get hurt. These types of extreme photo altering teaches society that beauty comes with hiding human flaws instead of embracing them. These heavily edited pictures can



Credit: Engadget

lead to poor body image, anorexia, a long with other eating disorders, and of course, low self esteem. According to licensed psychologist Dr. Sarah Ravin, photoshop has made “society

believe that it is normal to be flawless and to have perfect proportions, and that's not true.” Women come in all shapes and sizes and promoting just one size is not realistic and cannot be obtained. There are companies that have launched body positivity campaigns, like Dove's “Real Beauty,” that promote natural bodies of real women by raising awareness and fundraise for the empowerment of women. They embraced women's body types without photoshop and did not alter any of their photos. People are so caught up on what is beautiful when beauty has no definite meaning. Beauty is different for everyone. Seeing beautiful models on

social media makes people do whatever possible to look the same, even when it is not real. People should focus on uniqueness and individuality, not one body type. The beauty standards of today are sickening and should not be the message that is spread to everyone across America. The unattainable body image that so many desire leads to serious eating disorders because they think if they do not eat, they will achieve that perfect figure. Social media influencers and big companies need to stop photoshopping and start to show real women. Doing this will guarantee a change in beauty standards and make much more people comfortable in their own skin.

Meet this Year's "Classified Employee of the Year": TC Carson

Tara Parsick '19
Staff Writer

Every year, a praiseworthy employee of Chaparral High School earns the Classified Employee of the Year award. For the 2018-2019 school year, this award goes to Mr. Anthony TC Carson, better known as simply TC. From being a Campus Supervisor to a Head Coach for both the Freshman

Football and Baseball teams, TC carries Puma Pride in everything he does.

TC has spent three years and two months as an employee for Chaparral. In a short amount of time, he has already become more than just an employee, but someone who has helped shape the environment of the campus. He has gained respect from fellow Campus Supervisors, and is considered a very approachable figure for students to come to for help. In regards to receiving this award, he stated "I feel honored, it is such

a humbling experience. I have amazing colleagues that I work with, and it feels great to be nominated, as well as selected, in a class of extremely distinguished people." TC is not confined to one single job on campus, as he has many duties to fulfill. His main priorities are to keep the students safe. During after school hours, TC can be found leading the Freshman Football and Baseball teams to victory.

The positivity and vibrant personality of TC is admired by everyone around him. Fellow Campus Supervisor, Ms. Julia Garcia, believes he deserves this award because he is such a hard worker. "Even when he's off work, I know he is basically here the whole day helping out on campus," Garcia stated. TC puts in the extra work that distinguishes him from other employees. Another Campus Supervisor, Ms. JoAnn Paris, referred to TC as a "chatty Cathy." He is one of the friendliest people Paris knows, and is someone who is always up for a good conversation.

TC is also heavily involved in the Temecula Dollars for Scholars Program by serving as the primary coordinator for Chaparral. This community based program is designed to assist students with scholarships towards their future endeavors in education. "We have raised over 175,00 dollars through donations and sponsorships to help students achieve their goals," said TC. He can be heard on the morning announcements making sure that students do not miss deadlines, and get the money they deserve for college. He believes that there are many people who are less fortunate than him, and he wants to make sure not to waste any time that he has with others to better their lives. "We're here for the success of the Pumas. If a Puma succeeds, we have completed our job," he stated. One way he helps students



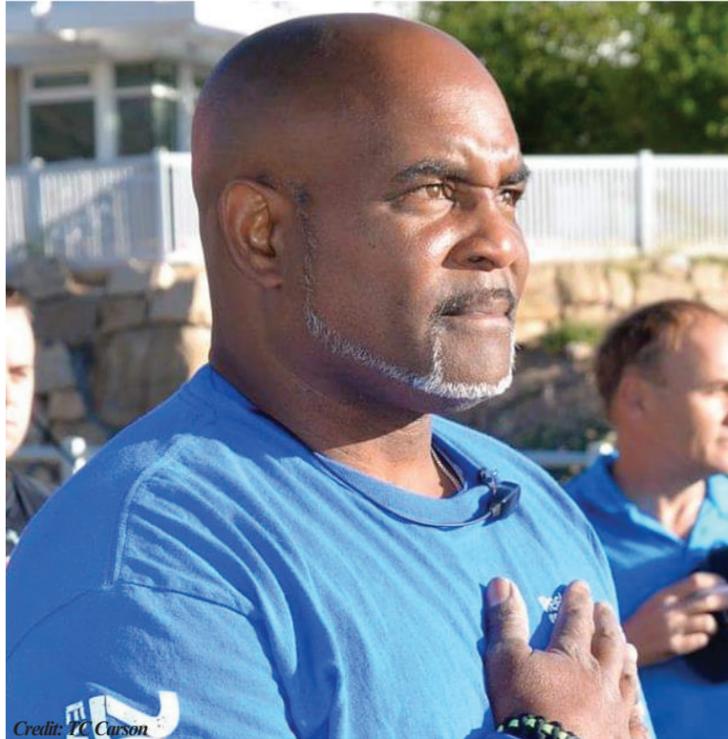
Credit: TC Carson

TC Carson is the head coach for both Chaparral's freshmen football and baseball teams to success is through this scholarship program, preparing them for the harsh expenses of college that is sure to come.

TC graduated from Royal High School in 1982 where he was a three year starting defensive back for the football team, and played multiple roles for the baseball team. After graduation, TC enlisted in the United States Army. In his free time, he enjoys relaxation. Sleep is very necessary when having a job surrounded by teenagers all day. Previously, when the school has been in need of musical assistance, he has served as a resident DJ, which is one of his favorite hobbies. As for future plans,

TC stated, "I would love to be a cruise director, but I do see myself remaining at Chaparral for as long as they let me." The school is very lucky because it would not be the same without his delightful personality to brighten everyone's day.

TC does everything in his power to improve life on campus for students through engagement. Sometimes a student has a problem, and they are just looking for someone to listen to what they have to say; he has no problem playing the role of the listener. TC has undoubtedly shaped campus life here at Chaparral for the better, and this award is something he has undoubtedly earned.



Credit: TC Carson

Beloved campus supervisor, TC Carson, proudly salutes the flag during the national anthem

This Year's "Teacher Of The Year Award" Goes To Mr. Paino



Credit: Jake Paino

Principal Mrs. Nicole Dayus, and Superintendent Mr. Timothy Ritter with Mr. Jake Paino to award him

By Elizabeth Clavin '20
Copy Editor

On campus, one teacher each year is rewarded the "Teacher Of The Year" award by their fellow colleagues who admire their commitment and effective ways of teaching. This year, Mr. Jake Paino, one of the Algebra 2 teachers, was named the "Teacher Of The Year" on campus. After teaching all grade levels of Pre-Algebra, Algebra 1, Algebra 2, Geometry, and Pre-Calculus, he has developed a love for math and hopes he can motivate students every day to improve.

Paino has worked as a teacher for fifteen years, with twelve of those being at Chaparral. His passion for teaching, specifically math, reflects upon his students and benefits them in many ways. He believes that his teachings allow him to be a positive figure and role model in all of his students lives. He understands that math is not everyone's strength, and that is why he teaches in an effective way that assists students in developing a better understanding. One of his current Algebra 2 students, Junior Justin Metsker, stated "I feel

he deserves the award because I was never strong at math but now because of him, my math skills have been vastly improved upon. He really does well at providing examples and making sure we understand the unit or lesson before we move on. He makes me feel comfortable to ask questions when I'm confused or have an idea. Overall, I think he shows enthusiasm, cares about his job, and he cares about the success of the students in his classes" Evidently, his teaching techniques have overall benefited his students successes, which was a major factor in him earning the award.

Paino has done more than teaching on campus, he coached wrestling for many years and is currently teaching football. Clearly, he is very involved in the school in various ways, and continues to contribute to the school and show Puma Pride. He is also very invested in his family and enjoys spending time with them when he is not working. He expressed how his three children, Jon, Kaleb, and Michael, take up most of his time, but he would not want to have it any other way and loves being not only a teacher, but also a parent. Therefore, his love for sports and teaching, along with his genuine personality, causes his colleagues to love him. Due to it being a popular vote scenario, this was not an easy

accomplishment. The process of this award begins with Mrs. Nicole Dayus, who sends it to the district office. All staff members then have the opportunity to be nominated as long as they meet the criteria, which is presented by the Public Information Officer. After this, all faculty members are allowed to vote for who they think is best fit. Clearly, Mr. Paino received the most votes and was ecstatic about it. He got told he won this award through the announcements. Nearby math classes also came to his class to cheer him on and congratulate him.

Paino puts pride into his work and expressed, "My favorite part about teaching is working with the kids and interacting with them. I like the challenges that math provides the kids. It allows them to problem solve and practice critical thinking." He continuously urges his students to practice in areas they may struggle in, and requires students to show their work in order for them to understand how they got to the answer. This also allows students to correct any errors, which will help them in the near future when practicing

more problems. This stylistic form of teaching has been rather helpful to his students, and a large majority of them report that they have been doing significantly better in math since they have had Paino as their teacher. He stated "My overall goal is to advocate to the four C's: communicators, collaborators, critical thinkers, and creators. Just basically to prepare them for life. Although the math is helpful, learning how to problem solve is much more helpful in their future." Undoubtedly, Paino not only cares for his students, but also wants to assist them in developing favorable life skills that will be used to their advantage in the future.

Paino will continue to help his math students further their knowledge every year with his impressionable ways of teaching. His teaching strategies and kind-hearted nature cause his students to feel welcome in his classroom and comfortable to ask questions. This all in all results in a better education for his students, and his constant dedication to the school have made him substantially qualified to be named "Teacher Of The Year."



Credit: Jake Paino

Mr. Jake Paino with his family and flowers after he was awarded Teacher of the Year outside the weight room

Alyssa Mae Legaspi and a Passion to Connect with Others

By Joyce Kim '22
Copy Editor

For some students on campus, taking a class to learn a new language may only be to obtain the high school credit, as well as the academic achievement. However, Senior Alyssa Mae Legaspi so far has acquired the skill of mastering four different languages, English, Tagalog, Spanish, and Portuguese, because of her love for learning languages. In addition to her accomplishments, she has obtained the Seal of Multiliteracy for Tagalog, Spanish and Portuguese.

Ever since she was young, Legaspi grasped Tagalog, as it was the first language she learned, and eventually studied the other three. Legaspi was inspired to learn four languages mainly because of her family, some of whom had trouble speaking English. She said, "[By knowing multiple languages,] it's just one of those things where it's just a matter of communication and I think the beauty of language is knowing it and understanding it is a different level of understanding people in general." Through school, Legaspi was able to pick up English and was taught

Spanish. Before attending high school, she took Spanish 1 because she came from outside of the Temecula Valley Unified School District (TVUSD). Once Legaspi became a freshman, she took Spanish 2 and continued learning Spanish up until Advanced Placement (AP) Spanish by her junior year. In total, it took Legaspi around four years to learn Spanish. "I think Spanish 3 was the most helpful language course that I got. It really established my ability to speak Spanish. . . [Tagalog and Spanish did contrast in some ways, but] learning Spanish and knowing the syntax, the grammar, [and] the rules laid a different foundation that I was able to adapt to Portuguese easily," explained Legaspi. In addition, a helpful platform to study Portuguese for Legaspi was Duolingo, which is an application (app) for mobile devices, and has a variety of other language courses as well.

By knowing four languages, Legaspi was able to benefit from her accomplishments. When learning a world language at school, she had an easier time due to already knowing the basics of Spanish. Furthermore, "[not only was it beneficial in school but] in the outside field, I think it gives me an upperhand in communication," stated Legaspi. Volunteering at Loma Linda

University Medical Center, Legaspi said how there are several people who speak Spanish as their native language that visit their loved ones or are the patient. "Just by the different words that I use and the different vocabulary, I'm able to provide feeling towards another person. Ultimately, it aligns with what I want to be when I get older, which is something in the medical field, and in the medical field, you always want to provide for those that you're helping, [and] comfort is another level of being able to provide for another person," explained Legaspi. Giving the hospitality from just speaking in another language to a person is helping Legaspi work towards her future career as well as bettering herself as a person.

To Legaspi, she hopes students who take a language class can view it as an opportunity to connect with other people both inside and outside of school, rather than being solely another academic class. By learning another language, she has been taught that one can find others who share similar interests just by being on the same linguistic level. With a passion for continuing to learn more languages in the future, Legaspi is currently working on American Sign Language (ASL) to be able to bring herself to communicate to more people.



Credit: Alyssa Mae Legaspi
Legaspi awarded with her Seal of Multiliteracy, she is fluent in four languages

Aspiring Musician Starts Her Own Business



Credit: Samantha Morales
Morales preparing for a band rehearsal with one of the many instruments she plays
By Emily Pham '21
Staff Writer

With flourishing talent and a passionate heart, ambitious musician Junior Samantha Morales is currently anticipating what the future holds for her while she continues playing and teaching students different instruments. Morales works to get her talent out there by joining band and other programs that are offered to her and has even created an Instagram account and a website, samsmusiclessons.wixsite.com dedicated to her own business. Her thriving passion has allowed her to start her own music career pathway by starting her own business of instructing individuals how to play an instrument of their choice. On top of this incredible feat, she also has to balance her talent with schoolwork, but Morales is determined to not let anything stop her from doing what she loves.

Morales is self-taught and plays all sorts of instruments, including the piano, violin, and double bass. She began her music career at a young age after she was inspired by her older sister who also has a passion for music. She mentioned, "After this incredible inspiration, I decided to focus on building chords and tonal harmony in music notation. . . which came [to me]. . . the idea of having my own business." Since then, Morales has established her own style in music but continues to improve on her abilities throughout her years of high school. Most of the songs that she plays and performs are classical but she tries to change up the rhythm as she plays. To enhance her skills and abilities, Morales started her own business early this year in which she teaches her students the basic concepts of playing an instrument. Morales

informed, "The music lessons are twenty-five dollars for half an hour and forty dollars for a whole hour. I am hoping to save up [the money] for my college career. I am looking forward to complete [the part-time college major] with my associates and transfer as a music major to California State University of Fullerton (CSUF)." As of right now, Morales balances her schoolwork with her ongoing business and part-time college major. She is currently enrolled in Music Theory 103 at Mt. San Jacinto College (MSJC) and is planning to work towards her music career after high school.

Additionally, Morales promotes her business and talent through different platforms. Her Instagram account, [@samsmusiclessons](https://www.instagram.com/samsmusiclessons), was created last year as a page dedicated to her business. Morales wants to inform the students on campus about her talent and business. She adds, "I like working with kids and teaching them. It also benefits me since it helps me with my skills and abilities to improve even more." Morales' account features posts such as her advertising for her business. In addition, she is involved in many programs on campus and has taken challenging courses focusing on music. She has been a part of drumline, marching band, orchestra, and band which has majorly improved her skills and has encouraged her to pursue a music career later on.

Morales continues to work and improve to become an even better musician while sharing her goals, talents, and businesses through social media to promote her skills and capabilities. She has high hopes to make a career out of playing instruments when she is older. If anyone is interested in taking her music lessons, Morales encourages them to email her for inquiries at samsmusiclessons101@gmail.com.

New Yoga Class Gives Students Physical Education Credits

By Christina Avina '20
Staff Writer

Many may believe the typical stereotypes and misconceptions of yoga being a spiritual practice, or a workout solely for females. Although these statements can be true, they are not a hundred percent accurate. Yoga is a practice founded years and years ago, but in today's version, it is used to bring peace to the mind and the body. For the first time ever, students will

be allowed to take yoga as a class in the upcoming 2019-2020 school year to earn physical education (PE) credits. The yoga class will be taught by current English 11 and Advance Via Determination (AVID) teacher Mrs. Tiana Fox. Around the year 2009, Fox became invested in yoga, as she started attending a class at her gym. "It became a practice I did almost everyday, around five to six times a week," said Fox. Throughout the many hardships she experienced in her life, Fox turned to yoga as an outlet to help relieve the pressure from the stress she was under. "I was able to mentally check out and leave the world outside of the doors of the yoga room. It allowed me to do what I needed to do to take care of myself," claimed Fox. Since then, she found a passion for yoga and wanted to help others the way she was helping herself. Fox was driven to help others which is why she became a certified

yoga instructor. She can now be found teaching a yoga class in the Murrieta Crunch Fitness gym in the evening.

Yoga is proven to be very beneficial in people's lives, which is why Fox wanted to bring this to students. Every day, students face many struggles—whether it is with school, sports, or their home life. For this reason, Fox has fought vigorously for almost a year and a half to bring the class to this school. She believed that by establishing the class, she could help students take time from their busy days to be able to breathe and diminish

any stress they face. Not only does it give students a break from their hectic lives, it also does not interfere with their schedules since it is during school hours. As it is well known that school can bring a lot of stress and anxiety, yoga give students an opportunity to reduce this from their lives. Since the class has become official, Fox encourages all students to give it a try. This class can potentially be something that truly inspires students, while giving them daily exercise. Although yoga may be perceived to be easy, it is a intense exercise that strengthens the core and allows people to breathe in uncomfortable situations. This can assist others in their daily lives, for example, if one is under stress or in a difficult situation, they can learn to keep calm and relax. Yoga may not sound appealing right away, but it is a class that can help improve students' lives daily.

Fox (middle) instructing a yoga session for Boys Football in the gym last year. Fox, a certified yoga instructor, will be putting her talents to work, in order to share her love of yoga and help students realize the benefits.



Credit: Kim Juarez

What are the Benefits of Yoga?

- Increases flexibility
- Increases muscle strength and tone
- Increases balance through your muscles
- Yoga helps to relieve stress, sharpen attention and increase concentration
- Improves lung health and capacity
- Prevents heart disease

Taking the Stage by Storm: Senior Actress Isabella Lynch

By Kylee Seamans '22
Staff Writer

It takes passion, courage, and a strong love of the arts to stand on stage in front of an audience. For Senior Isabella Lynch, all of these attributes come naturally, as she has been involved with the performing arts for most of her life. Acting has become a large part of who she is and the life she has built around herself.

Lynch began her journey into the arts long before high school, as she had been performing as a part of show choir throughout middle school. She explained that for her "whole life [she had] been into the performing arts. It [had] always been a passion of [hers]." Lynch first joined beginning drama in her freshman year and then joined advanced drama in her Junior and Senior year. "I got my schedule and I was so upset [that it wasn't one of my classes] so I went to the counselor and asked 'please, please, please, put me in drama,' and of course, they had spots open," said Lynch. She has performed in a numerous amount of musicals during her high school career and has ventured out beyond the school grounds. With

her experience in the drama department, Lynch was appointed Vice President of Drama, a role where she is in charge of keeping the spirit of the department alive and well. She is also an active member of Improvisation's (Improv) A-squad, where she commemorates her and her team's ability to perform well together due to their "group mind" as well as their overall chemistry together as a team.

Although Lynch was only in the drama class for three years, having skipped her sophomore year, she has been in productions throughout all four years of high school and has been a part of musical acts outside of school in Oceanside. Lynch has performed in several productions at school and will be seen portraying Buttons in the upcoming production of *Newsies*, a musical about newspaper salesmen in New York going on strike when a publisher makes it more difficult for them to earn money. Her work in drama has made her a well-known actress within the drama department, with her work as lead character Bananas in *The House of Blue Leaves* even receiving a standing ovation from the audience. "[The standing ovation] was completely, ridiculously

crazy," said Lynch. "I was in awe and was like, 'what just happened here?' It [The House of Blue Leaves] was the most fun ever and I couldn't believe it." Additionally, Lynch performed in a few other productions including *Love/Sick*, *1940s Radio Hour*, *Blithe Spirit*, *CHICAGO* and *Addams Family*. She has also previously participated within Oceanside Theater Company where she performed a few musicals with them.

Lynch's performances have led her to become a well-rounded performer. Her achievements in the drama department both inside and outside of school granted her a well-earned scholarship to California State University Fullerton where she is planning on pursuing a career in the performing arts. However, she is planning on taking a year off after graduating due to her being appointed a leadership role in her youth group which requires her to travel for a year before she goes to college and continues her works as an actress. Lynch's outstanding achievements in her performances have made her stand out as an actress within the drama department and makes for a promising future in the arts.



Credit: Leia Barlage

Lynch is a part of Improv's A-squad, an active, energetic, award-winning improv team

Moving to the Music: Miguel Cruz



Credit: Katherine Phung

Senior Miguel Cruz performs a shows off his skills in his dance routine for Mr. Puma
By Katie Flack '20
Managing Editor

Talent is hidden in the minds of students all across campus and one does not have to look far to find it. One of these talented students is Senior Miguel Cruz, whose knack for dancing has led him to be involved in various dance groups, being an assistant director for Affiliation, a part of the Pack't and the captain of AGI*LITY, the Boys Advanced Dance team on campus. Cruz's skills have very much taken him places in the four years that he has been dancing and this will only continue as his talents develop.

Beginning his dancing journey his freshman year, Cruz first danced simply so that he would have something to do. However, after first partaking in it, Cruz found something that he loved, particularly in the style of hip-hop. As he became more and more involved in the program, he found himself happier and the activity itself helped change his entire personality. Cruz explained, "I think I enjoy dancing because it allows me to one, get active, you know, [and] do more stuff outside of just, like, playing video games all day and it's helped me become a better, like, person, a better people person, I talk to people now. . . Dance has absolutely changed, like, everything for me." He went on to tell of how dance has both given him better leadership skills and made him into a happier person than he had been before taking up the activity. Not only does Cruz find something enjoyable in dancing, but it

has helped him to break out of his shell and become a better version of himself.

In addition to his opportunities to dance for different teams, Cruz has recently been able to teach at different dance studios and choreograph for teams because of his skill and passion for dancing. However, he credits much of his dancing success to those who have been his mentors and role models along the way: Mrs. Carol Brooks, the dance teacher on campus, Kevin Nguyen and Dea Nguyen, his directors, and finally, himself. "It's cocky, but I'm proud of myself, like, how far I've come," Cruz said, further elaborating that in addition to evolving in his dance skills, he has gone from being a "shy, like, super quiet kid" to "more outgoing" so that it is "easier for [him] to interact with people" and he has thus become "a happier person overall." When looking at his dancing, multitudes can see that he takes this attitude of enjoyment into his performances as well. He stated, "[When people watch me perform,] I hope they see how much fun I'm having and see me and think, 'this guy's doing what he wants to do. This guy's loving what he's doing.'" Dancing helps Cruz to let loose and enjoy life and in the future, he will likely continue dancing with this mindset.

With all of the feats that he has accomplished, it is apparent that Cruz is a talented dancer with a bright future in store for him. As time ticks on, he will dance his way towards high school graduation and whatever life holds for him thereafter. If one wishes to see him perform, he will be competing at the Rivals dance competition on May 3.

Seeing The World Through The Arts

By Summer Folger '19
Arts & Entertainment Editor

Art is a form of expression and each piece is unique from the rest in the way that it tells the perspective the artist is living in. This perspective can be expressed through various methods of art such as drawing, painting, ceramics, photography and much more. Through a variety of styles, there have been many different students from the art department that have successfully transformed their perspectives of the world through the art they create.

One student who conveys this mindset is Senior Meghan Edwards, who is in Advanced Placement (AP) Studio Art. Edwards has been doing art for her entire life. Throughout the years of experience, an artist finds a style, and for Edwards, she explained, "I just do what I like, like, if I see something like pictures and stuff and if I like it and I kind of try to copy it and make it my own." When it comes to her artwork, she becomes focused on all of the details which can make her time spent working on a piece span anywhere from a couple of days to a couple of weeks depending on the amount of details included. By having a keen eye for detail and being inspired when observing nature, Edwards plans to go to college for animation in background work. Not only that, but when it comes to creating her artwork, Edwards described how she mainly does painting and drawing. In which, Edwards explained how with painting, it allows her to feel "more free to do stuff, because you're able to manipulate the paint more and, like,

use the paint brush to your advantage." By being able to express herself through art for all of her life, Edwards was able to find a creative pathway for both the present and the future.

Additionally, AP Photography student Senior Gabrielle Graack was able to develop a passion for photography in her junior year when she was taking five AP classes and wanted a break from them. Photography was one of the choices her counselor gave her and from it, Graack was able to find a creative outlet by being able to "vent it out and going with an artistic output was, like, really helpful with all of that." Graack explained how from her experience, it has become a pathway for her to have fun as well as being able to "feel like [she is] documenting part of [her] life in a sort of progression." When taking the photos, Graack talked about how she likes to do "mostly they're animals and plants and I've been trying to do like, I wouldn't call it modern, but like where you take photos of stairways and buildings and just really cool patterns and lines." By taking photos of animals, it has allowed her to travel to places such as the zoo and La Jolla Cove, where she would take photos of seals laying on rocks or other animals in their natural habitat. The reason why she likes to take photos of animals is because she finds them interesting when they are in motion like "a lion opening its mouth," showing how it is about hardwork and perseverance when it comes to photography as well as self discovery of the world through the lens. Even though Graack does not plan to go into a career in photography, she plans to continue her passion as a hobby.

Along with this, ceramics student Senior Tanya Maldonado was able to experience ceramics for the first time in this school year. Before taking this class, Maldonado explained how she would use "legos and [she] also used polymer clay before so it's kind of like how they would relate to doing ceramics." When it comes to creating a piece, Maldonado tries to use "a lot of cultural aspects into [her] art. [She] love[s] different cultures and also traditions. [She] used a traditional Japanese style into [sic] one of [her] artworks. One of them, [she] believe[s] [she] use[s] the architecture of, like, Egyptian [sic]." But the creative process starts off with a rough draft through a sketch and then improvises throughout molding of the clay. Depending on the size of the piece, it can take a week or longer to have the end result. One of her favorite and hardest pieces she has created so far was a hand due to how "everything had to be hollowed out, the fingers, and at one point [she] put the thumb in the wrong place." Maldonado was able to find a spark of passion for the craft to the point of wanting "to go a little bit to the art field or, like, minor in it and see what [she] can use that [for] in future references." By being able to experience this hands-on craft, students like Maldonado were able to discover a new found passion in the world of art.

Art is a craft that takes trial and error to create the experience of how to self discover one's own creativity. This can be done through trying new activities to find out what works and does not work for students. By doing this, students may be surprised to learn of a new creative outlet to express their emotions.



Credit: Meghan Edwards

A painting titled "sunny stems," Edwards has been doing art her entire life and find the experience freeing and expressive


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Galaxy's Edge Coming to Disney



Credit: Disney

One of the promotional photos released to advertise the opening of Galaxy's Edge at Disneyland and Disney World

By Katie Flack '20
Managing Editor

A long time ago in a galaxy far, far away lies the scene for the birthplace of a highly-regarded film, one with a massive fanbase and a sort of cult-following. May 25, 1977 is when *Star Wars: A New Hope*, the first movie in the franchise, was released and it has had audiences captivated for the nearly forty-two years that have followed. With the hype for the series only seeming to grow as time goes on, Disney has decided to give fans more opportunities to experience *Star Wars* in both Disneyland in Anaheim, California and Disney World in Orlando, Florida in the form of a new piece being added to the parks, known as Galaxy's Edge. Disneyland's *Star Wars* addition will be arriving on May 31 and Disney World's will open on August 29.

When entering the fourteen-acre *Star Wars* section of the park, which will be both of the parks' largest single-themed land expansions to date, fans will be immersed in the village of Black Spire Outpost on the planet of Batuu. In this village, park-goers are given the opportunity to visit merchant shops, feast on galactic-themed foods and drinks in the park's first-ever cantina, and enjoy a variety of rides, including one of the most largely awaited ones: Millennium Falcon: Smugglers Run, where fans themselves can pilot the ship that made the Kessel Run in less than twelve parsecs, which Freshman Manaya Andaro, a *Star Wars: The Empire Strikes Back* fan, expressed was an addition she was

“very excited for.” Additionally, when one installs the Play Disney Parks mobile application (app), they can take their experience to the next level by partaking in a “choose your own adventure,” with each decision made having the potential to impact a person's visit. In addition to these experiences coming to the parks, a myriad of fans will be elated at the expansion of *Star Wars* merchandise coming along with Galaxy's Edge. Not only can fans buy the ordinary *Star Wars* knick knacks—perhaps a Millennium Falcon keychain, a porg, ewok or tauntaun stuffed animal, an R2-D2 mug, or something else of the sort—but there will be a workshop where they can build and personalize their own lightsabers far different from the standard plastic ones found in the stores and even create their own custom droids. This experience will truly bring this beloved film saga to life before the eyes of excited fans and show to the world the magic and wonder that *Star Wars* can bring.

From *Star Wars* Day's popularity to the extension of the saga with the prequels, sequels, spinoffs and television shows, it is apparent that *Star Wars* has a cult following, making its additions to Disneyland and Disney World all the more fitting. Sophomore Tyler Woolridge, a *Star Wars: A New Hope* fanatic, explained, “[*Star Wars* is important to people] because it was the first sci-fi movie to deliver a great surprise. *Star Trek* never had that ‘no, I am your father’ moment. *Alien* never had that moment where we see the look on Luke's face when he learned the secret behind all of it and that is truly what makes *Star Wars* great. It delivers an experience that nothing else could ever replicate.” While

hardcore *Star Wars* fans may appear nerdy or too enthusiastic to some, the reason that these people have such an affinity for the franchise is found in the essence of the films themselves. When a viewer first saw Darth Vader step onto screen, when they first looked on as Luke Skywalker gazed at the twin suns of Tatooine, when they first witnessed Princess Leia beg Obi-Wan Kenobi for help, when they first experienced Han Solo flipping the Millennium Falcon into hyperdrive, when they first recognized the little moments of beauty shown in the bits and pieces of a much larger story that they themselves could somehow relate to, this love was born. True fans notice these small details and they feel a greater sense of joy in immersing themselves in them. It is when, as Yoda once stated, they “feel the Force around [them]” that viewers will find their love story with a film saga.

For a significant number of people, the *Star Wars* films are more than just a movie franchise, it is an element of life and with Galaxy's Edge, they can deeper embed themselves in this life and have it truly occur before their eyes. The parks plan to continue these *Star Wars* expansions with the implementation of *Star Wars: Rise of the Resistance* into Galaxy's Edge later this year, a decision sure to lead to even more hype and *Star Wars* love. Even more, fans will be given the chance to one last time see the Skywalker Saga on the silver screen and bid the characters a final farewell, as on December 20 of this year, *Star Wars: The Rise of Skywalker*, the final piece of the tale that has captivated multitudes of people from all over the world for over forty years, will be released.

Endgame: A Conclusion to a Decade of Action

By Yalena Aguirre '21
Social Media Manager

Marvel is notorious for making fans elated for their highly-rated films, which has been proven true once again as during the past few months, Marvel has dropped intense, thrilling trailers for some of their most highly-anticipated and action-packed films in their franchise. *Captain Marvel* is one of the films being teased in trailers that continues to skyrocket in popularity and box office records, as it is the first solo female superhero movie in the Marvel franchise. Marvel is also releasing what is expected to be the most intense, action-packed film in the entire Marvel Cinematic Universe (MCU) on April 26, which is *Avengers: Endgame*, where Earth's mightiest heroes band together one last time to defeat the most challenging foe they have ever faced.

Released on March 8, National Women's Day of this year, *Captain Marvel* follows Brie Larson playing as Carol Danvers, an extraterrestrial Kree warrior and a U.S. Air Force pilot who finds herself in the middle of a battle between the Kree and their enemies, the Skrulls. With the help of Nick Fury, played by Samuel L. Jackson, Captain Marvel tries to uncover the secrets of her past while learning to harness and embrace her special powers to end the war with the Skrulls. *Captain Marvel* has received high praise from audiences worldwide as the film shows a tenacious female superhero battling not only the evils rising in space and on Earth, but her own demons, devoid of



Credit: CNET

Endgame is the highly anticipated film from the Marvel Universe insecurities. Sophomore Seth Battenschlag expressed the enjoyment of seeing the movie with his dad and sister, which they all enjoyed. He emphasized his excitement for the new hero by stating, “I liked it [the movie] because it stayed true to the comics and I like movies that are based off comics,” explained Battenschlag. “The movie paid respect to the original.” Fans like Battenschlag have appreciated that comics have allowed movies to be remade following the comic's storyline, which may have contributed to people's enjoyment of the film. He explained why many audiences enjoyed the movie as he stated, “I think it's cool that she was able to start from being confused and corrupted to being able to piece everything together and making her own decisions.”

The movie created a strong message that all audiences can look up to, which Junior Rhys Weaver explained was because the new hero has been a voice of inspiration and empowerment to not only women, but to all audiences as the film delivers many messages of strength and empowerment, showing how *Captain Marvel* has become the face of a new era in Marvel movies. Brie Larson is reprising her role as Carol Danvers as she will be starring in the upcoming movie *Avengers: Endgame* and stand by the sides of Earth's mightiest heroes for the first time, but for the original team, it will most likely be their last time gracing the silver screen.

Set to be released on April 26, *Avengers: Endgame* will follow the original Avengers team after the devastating

events of the previous Avengers movie, *Avengers: Infinity War*, in which the planet and the universe is in ruins after the demigod Thanos decimated half of all living beings. With the help of the remaining allies, the Avengers assemble one last time in order to undo Thanos' actions and restore order to the universe. “I'm definitely going to see *Avengers: Endgame*. . . I'm hoping that they do bring back most of the characters lost from the first movie [*Avengers: Infinity War*]” said Battenschlag. He explained why *Avenger: Endgame* is heavily promoted across multiple platforms and by fans by stating, “Marvel has been leading up to this since the first Captain America movie came out, so everybody has kind of been waiting for the final one.” Expectations for the upcoming Marvel movie are high as fans are eager to learn about the fate of both the living heroes and those decimated. Weaver stated, “I hope that maybe

some characters that we haven't seen in a while, like maybe some old ones, they bring them back. . . I hope to see incredible performances. . . and I hope that they take it in a good direction.” The upcoming film has set major expectations for the movie to achieve high standards as well as positive feedback and a feeling of inspiration and strength from audiences and fans.

Captain Marvel has and *Avengers: Endgame* will influence audiences in an impactful way from their messages of strength and empowerment. These iconic films have already gotten many positive reviews, in which *Captain Marvel* received an eighty percent with Rotten Tomatoes rating and tickets to see the premier and actual launch date of *Avengers: Endgame* sold out within the first week of release. Marvel has certainly assembled two inspiring, action-packed hit movies that will surely leave a powerful legacy on the franchise.



Credit: Vox

Captain Marvel set a box office record on opening day

Drumline Plays Hard at Regionals

By Rex Garcia '19
Staff Writer

On February 23, the Winter Drumline competed at Great Oak High School in the Temecula Regional against six other teams in the 'A Class' or 'Scholastic Marching A' division. In this division, the young group faced veteran drumline teams such as the drumlines from Valhalla High School and Basha High School ending up placing sixth out of seventh place in their rankings. Even through this tough endeavor, the Winter Drumline persevered together, and the teacher who granted them the opportunity to take on this difficult feat was band teacher Miss Stephanie

Rittenhouse, with the captains who helped her in getting the team prepared being Senior Samuel Stevens and Senior Ian Poland.

With the competition being rough, the Winter Drumline trained hard before the competition and performed their best against the experienced competitors in their division. The practices the team had together before the event were long and intense, being on Tuesdays and Thursdays from 6PM to 9PM, along with the occasional Saturday practice from 10AM to 8PM. "It's a little vigorous sometimes because we do some PT [physical training] to get in shape so we can carry the drums around and move a little bit quicker," said

Sophomore Marcus Lopez. "We work on all the movements, a lot of work on the music separately and then when we're ready we put it all together and form the whole show." Through these hardships, Winter Drumline prepared as hard as any other team, ensuring that their work was as perfected as their competitors.

After all the extreme training, the team entered their competition, to which they felt good about their performance with the obvious intent that the group plans on making improvements to their own show in the future. "I felt that like that wasn't as bad because we didn't get last place, but I felt like we could definitely do better," remarked Lopez.

"Although we're new, we got a lot of new members [on the team.] I think we have a lot of room to grow." Aside from their initial performance, however, the team was surprised to see that the floor they walked on was wet during their show, and unfortunately they got points removed as a result of that due to personal judge peeves. "We had to do practice outside and we didn't get the gym for rehearsal. We had to be out on the ground in the wet cold, so affording to get a little wet just docked us some points," explained Poland. Nevertheless, Winter Drumline put on a great show that stands out as a solid competitor against their rival teams in this and future competitions.

Looking past the competition, the team sees definite growth among themselves. Every competition the group attends only seems to encourage them to aim higher and do better. "I personally enjoy the competitions a lot and along with that, I get to learn because when you go to the competitions, not only are you the ones performing, but you get to see other groups so you get to stay and learn how to improve and just how to get better overall," stated Lopez. For the future Winter Drumline practices, they also look to train just as hard as they have in the past, if not harder. "The more reps that we do, the more times that we do it, the better it's going to get," said Poland. Looking to continue their streak of spending time together and drumming, Winter Drumline proceeds to work in perfecting their team synchronization to be able to perform as perfect of a show as they can.

When looking at the core of this team, Winter Drumline is a far different experience for these members in a sense that it is an activity that allows people to break away from their daily and organized lives to do something more lax and expressive. Through their mutual dedication and happiness found for the group, the Winter Drumline will continue to work hard to not only strive for first in competitions, but also to grow like a family and get themselves out there as a unit.



Credit: Marcus Lopez

Winter Drumline puts their musical and coordination skills to the test against other teams at regionals

PFX Dominates the Stage



Credit: Josiah Davis

Platinum FX performed a Toy Story-themed show for one of their most recent competitions

By Katie Flack '20
Managing Editor

Starting on February 8, 2019, Platinum FX, one of the campus' choir groups, faced off against various choir groups in a myriad of competitions. On February 8, they were at Brea Olinda High School competing in the "California Classic" choir competition, on February 16, they competed at Arcadia High School and on February 22 and 23, they hosted a competition at Temecula Valley High School. Furthermore, on March 9, they competed at Hart High School and on April 14, they went to John Burroughs High School for competition. Despite never leaving with a first place trophy, Platinum FX walked away with the various other awards, such as the Student Choice Award at the "California Classic," with the judges appreciating the show choir's *Toy Story* theme. Competing students considered their time at the events worthwhile and valued the experiences they took away from their opportunities to partake in them.

At the competitions, choir students showed off their talents to the judges, doing their best to make their hard work pay off. In the end, it led to an enjoyable time on stage for the choir. Senior Josiah Davis, president of Platinum FX, explained, "Since I've been doing it for four years, like, honestly, every time I go on stage, it just feels like a brand new experience. . . and . . . if it's your passion, like, it kind of shows on your faces and stuff like that and, like, even though you'll be, like, dead tired at the end, you'll be like 'I know it was worth it, all those extra hours of rehearsals and vocal training and stuff like that.'" Additionally, these competitions were positive experiences not only for the experience of performing against other groups, but for the bonds they created and strengthened among choir members. Senior Samantha Sanchez, vice president of Platinum FX, said, "My favorite part was probably

just the time I got to spend with everybody in the group and how close we got." Overall, Platinum FX's excursions to various high schools for their competitions led to different kinds of positive experiences for its members.

What led up to the competitions was a long period of hard work for choir members, as their stunning performances were not possible without putting in the effort. Spending at least twelve hours outside of class working on the performances each week since November, students were able to learn their roles in singing a variety of songs, some that they had been learning since the start of the school year. Davis stated, "I say it was just all worth it, like, every single ounce of rehearsal just helps us to get our show better and better and better and I would do it all over again if I could." After illustrating their skills in their performances, Platinum FX members were able to be proud of the work they put into bringing the shows to life. Sanchez explained, "Preparing for it was challenging but it was really fun at the same time. We put a lot of work into it and it took months so at the end, it was really awesome." Despite being composed of a large number of new members, Platinum FX was able to rock its competitions and show promise for future events.

Along with partaking in competitions, over spring break from March 24 to March 28, Platinum FX flew up to Hawaii. Embarking on this trip was a way for choir members to bond with each other and explore a different state, in addition to the main purpose being to sing at the United States Ship (U.S.S.) Battleship Missouri Memorial, along with at the Moana Mall. Platinum FX members enjoyed their time in the Aloha State overall as the opportunity to perform for a new crowd was appreciated.

After its latest talent has been showcased, the campus' show choir has left many looking forward to its next shows. There are still opportunities for those interested to see Platinum FX's talent onstage, as their final concerts are on May 16 and 17.

Creativity, Talent, and Passion Showcased in 2019 Art Show

By Jillian Flack '22
Staff Writer

On Thursday, March 14, the Art Show occurred on campus, which showcased the unique work that students created throughout the year. Many people gathered to see the art that the students spent many hours creating and perfecting to be presented at the show. An abundance of those attending the show were impressed by the talent that the students on campus showcased.

From cartoons to sculptures, there were a multitude of different art styles displayed. Senior Gerry Ceja, who is in Advanced Placement (AP) Studio Art, shared, "I did two separate things [for the Art Show] because for, like, my concentration this year is kind of, like, controversial topics, like, topics like war and stuff, but I added something from imagination. . . like, a more godly look and. . . an acrylic painting I did, whereas, the other one, I can kind of see where the controversy kind of comes from." For many artists, their art is based on the events currently occurring in the world. This can be a unique way for an



Credit: Jillian Flack

The Art Show on March 14 featured various mediums of art artist to express how they feel about events. Along with this, Senior Phoenix Gutierrez, a member of AP Studio Art, said, "For my artwork, it was mostly just black and white either pencil or pen artworks, but. . . it was mostly black and white. . . I try to use more black and white because I tend to focus more on, like, realism. . . instead of, like, focusing on colors and stuff, but yeah, mostly black and white because. . . I like painting in

meaning that art helps him explain himself, as many artists can relate to. By creating art, one can show to others that they are different than what others may think.

Overall, the art students enjoyed being able to take part in the Art Show. Pellerin stated, "I think it's a good opportunity to let other people see it that haven't seen it already on. . . social media. The people just at school." The Art Show is a beneficial way for many artists to show others the unique works they spent several hours creating. This could be a helpful way to get feedback for future art. Senior Calvin Aciente, a student in AP Studio Art, added, "I like how it displays a thing that the school doesn't like to look upon a lot because this school focuses a lot of academics, but I like that for, like. . . one night, we get to show, like, a lot of the creativity that some of the students have. It's really cool." While art is important to a multitude of students on campus, it can often be overlooked by many, making these opportunities more desirable for many artists. The Art Show helped to show others how much work someone put into a piece, proving how important art

is to them. Senior Samantha Chavez, who takes part in AP Studio Art, shared, "Just the amount of perspectives that are out there, whatever to be; depressing, exciting. There's just so much out there that this one show could really display." The Art Show can also show others what one thinks. This can be a helpful way for one to be better understood since it helps other people comprehend their views and opinions. Junior Alyssa Boyd from AP Studio Art stated, "I feel excited. I like being able to see everyone's different

types of, like, art styles and, like, different ways of expressing themselves and I like being able to express myself." Providing an outlet for creative expression, the 2019 Art Show was a way for students to show their inner selves to the community. Along with the visual artwork shown at the Art Show, there was also auditory artwork, as the band Invictus performed. The four-member group played outside of Mr. James Taylor's classroom, where the Art Show was held, and they showcased to those attending their talent

for music, a different type of art. Through the songs they played, they were successfully able to show the audience how much time and effort they dedicate to music.

A large number of those who viewed the Art Show enjoyed seeing the hard work the students put into their projects and are eager to see what these young artists will create next. These students spent a significant amount of time creating their unique pieces of art and a multitude of them are happy that a number of audiences enjoyed seeing their creations.



Credit: Kayla Ritchie

Students submitted different works of art to showcase from portraits, to paintings, to pottery

Emerald Guard: A Family with High Ambitions and Goals



Emerald Guard takes a team picture after being awarded third out of six teams in the Winter Guard Association of Southern California

By Rex Garcia '19
Staff Writer

February is an intense time for the performing arts as most of them, like color guard, face competitions every week against similar groups in Southern California for the rank of first place out of all of the

vying schools. The school color guard, named Emerald Guard, is a class within the Advanced Band class, where students toss flags, swords and rifles, mixed with interpretive dance. This class is led by Band Teacher Mrs. Stephanie Rittenhouse and Head Coach Krystal Hamlen, with the two captains; Seniors Sophie Christopher and Hannah Kerns. They competed on

February 16 in Mission Hills, a residential community in Los Angeles, California, at a color guard competition entitled the Winter Guard Association of Southern California (WGASC) in the AA division. To prepare for the competition, Emerald Guard had lengthy and exerting practices, where breaks were rare and getting hurt during practice

was not uncommon. Practices consisted of exercising the team's flexibility, strength, dance skills and tossing of weapons. Kerns said, "We get into competition mode and don't take excuses [so] we get down on everyone and have to perfect with everything." Though perfection in their performance is difficult and demanding, the team endures and is forgiving to mistakes in

their practices. "In our team, we have this whole family concept. We adjust to other people's skills," said Christopher. Apart from the rigorous effort given in practice by each member, getting hit by their own sabers and rifles are consistent throughout practice, and a hard hit from a rifle can prove more damaging than one might assume. "One of my friends tossed a saber and the hilt hit her head and she ended up with a concussion so she couldn't be in competitions for a couple of weeks. So it is dangerous but it's really fun," said Junior Kerstin Frigillana. Through their arduous and onerous work, Emerald Guard went into their competition with confidence and consistency in their ability to perform well.

Upon coming into the WGASC, Emerald Guard performed valiantly, and with the judges respectfully scoring their performance, earned third place out of six in the AA division. "I honestly think that we didn't deserve it," said Frigillana. "We could do so much better and our show wasn't even finished, we just had a bad run that day. I feel like if we did better that we would have placed first or second for sure." Many school teams from schools like Coronado or University High School also came to compete, and apart from trying to get first place, there is also a growing passion and drive to perform among the performers. "It's a time to not only get to know your team better, but also, it's just a

great way to get to know other teams better because seeing other people perform motivates you to be better and motivates you to get to the same level," said Christopher. As a new event for first timers and a seasonal vocation for the veterans, the sole experience of being in a performing arts competition finds a way to be appealing and attractive. "It's an eye opening experience for a lot of the new members because they don't really know what they're going into because we just practice here [at school] and make up our stuff here," said Kerns. "Then we actually go out to competitions and put it in front of other people and judges and it really helps them get their stuff together." Looking ahead to future competitions, Emerald Guard plans to continue to focus to place in competitions and championships, and practicing together and as individuals.

Color guard is an activity that is often not as well-known as dance or football, but although it is not the most popular, it is a fun challenge among those who have come to try it out. Requiring concentration, determination and motivation, color guard is a welcome home for those who aim to gain those attributes and to help those who may be going through hard times in life. It gives anyone something to do, and for Emerald Guard, it allows for a family away from home who aims to grow together, both in their competitions and out of the class in their daily lives.

Conspiracy Theories Take Over Preparing for Ke Aloha Moku



Buzzfeed Unsolved is one channel that researches unsolved crimes

By Yalena Aguirre '21
Social Media Manager

The world today is filled with mysterious wonders and unsolved questions. The lore and untold truths about things as innocent as children's shows and things as normal as technology and fast food restaurants have been hidden from the public eye for a long time and have barely been touched upon. Channels on social media platforms, mostly on the YouTube platform, have created channels dedicated to uncovering the secrets of unsolved occurrences and create intricate theories about everyday things. YouTube is home to many theorists and inquisitive people that are dedicated to creating theories for different categories. Channels such as Game Theory, created by Matthew "MatPat" Patrick, covers him creating deep theories about popular video games and franchises and justifies his theories through math, science, psychology and more topics, his most notable theories being on Scott Cawthon's

bone chilling yet meticulously detailed franchise *Five Nights at Freddy's*. Other channels like Film Theory, run by the same creator of Game Theory, create theories about popular television shows and movies. "Channels I've seen are 'Justinformed Talk' and I saw it on my YouTube recommendation," said Sophomore Jesse Thompson. "I like these channels because they address [theories] and find the holes in conspiracies. . . I find them to be a good conversational peace." Sophomore Lance Lewis has also found interest in watching theories on YouTube by stating, "I watch the channels *Watchmojo.com* and *Buzzfeed* video. . . they were on my YouTube recommendation and I just watched them." Both Thompson and Lewis exhibited their liking to these theories and the channels that create them as they both stated that they enjoy listening to other people's opinion on different topics. Theories made on the video media platform have a wide variety of topics that can be explored and solved by a community of viewers. The different speculations and unsolved questions for all types of

genres have become a hotspot for many creators to develop theories of their own. One of the many influential creators on the YouTube platform, Shane Dawson, one of the most well-known creators on the platform, has created a two-part series, with each part being one-hour long, dedicated to creating and proving theories about fast food restaurants, children's cartoons, technology, and more. There are also channels that cover unsolved crimes and unexplained extraterrestrial events or cryptids from present time to ones decades ago, like the channel *Buzzfeed Unsolved*, the creators being *Buzzfeed* producers Shane Madej and Ryan Bergara. Theorists from social media platforms have come together to create a community full of curious individuals that are passionate about coming up with plausible conclusions to the world's many questions from pop culture and world issues. "People like to create theories. . . because they want to spread their opinion to others," expressed Thompson. Lewis also added on to people's enjoyment of creating theories to fill in the missing holes in a story plot by stating, "they [the theories] give you a new way to think about everything. . . people like theories because they like to share their opinion and see if anyone else thinks the same way as them." Creating theories has become a way for people to connect with one another through a common thought and to share with other people. Theorists from all types of social media platforms have created a community where people create different theories for multiple diverse topics. There have been many creators on social media platforms that have created theories and speculations about many phenomena as well as current issues that are rising in popularity. Conspiracy theories have created a powerful attraction that has many people drawn towards the mysterious aura around them and has people looking at the missing pieces to solve and uncover the mystery around those theories.

By Jillian Flack '22
Staff Writer

Tomorrow, the Polynesian dancers on campus will exhibit their hard work and talent when dancing at Ke Aloha Moku, which is an event where Polynesian dancers from the high schools in Temecula join together at Great Oak High School to showcase their skills to one another. Throughout the school year, these students, such as those who are members of Ekahi, which is a Polynesian dance group on campus, have spent an abundance of time working hard in order to improve their dancing skills. During the show, they will be able to show audiences what skills they have developed through their hard work. Through their practices, the on-campus students involved in Polynesian dance are becoming stronger dancers in preparation for Ke Aloha Moku. This will play a large role in the outcome of their dance routine. Junior Maxeene Quiambao, who is a co-captain of Ekahi, shared, "For my team, we always just keep practicing our basics and our techniques and then, like, when it gets closer to Ke Aloha, we start practicing and, like, choreographing stuff for our performance." Through plenty of practice, the Polynesian dancers have been able to better learn the desired steps for the performance, which will likely contribute to their performance in Ke Aloha Moku drastically. Clearly, their hard work has shown. Ekahi was able to get first place at a competition at San Diego State University against a myriad of other schools. Quiambao said, "We've been preparing basically since October I think. We've prepared for other performances as well, but, like, just for practicing, like, technique and, like, learning everything. It starts in October." The dancers involved in Polynesian dance are reaping the benefits of the long season and frequent practices. Senior Shana Vicente, a Polynesian dance captain, specified, "In the beginning, I was really, like, weak. I didn't know

what was going on. I couldn't move my hips or anything, but, like, you know, after practicing everyday, I learned to, like, do the correct kinds of dance moves and stuff and, yeah, I, like, put in a lot of effort. . . because I really like to dance." Along with Vicente, the other Polynesian dance students are also frequently practicing to better themselves. These dancers have been working twice a week since October to improve their skills and because of their perseverance, the performance at Ke Aloha Moku is expected to go very well. Vicente stated, "I think it will turn out really good. I know there's gonna be a lot of people, but we have very limited seating, so I hope people come there. . . but I think it will be really good. It will run smoothly and it's the tenth anniversary [of Ke Aloha]." Expectations run high for both the group and the audience because of the time and effort the students have put into their dancing.

Overall, a multitude of the students who take part in Polynesian dance find it to be an enjoyable way to pursue the art of dance. Quiambao explained, "Well, Polynesian dancing is, like, another . . . style of dance so it's being able to move differently and express your

emotions through your Polynesian dancing in another way." Many of the students involved in Polynesian dance find it beneficial because they can express themselves whilst honoring their culture through their costumes and dances. Quiambao remarked, "At Ke Aloha, we really emphasize, like, culture and so we really want to just be able to show that. . . and just. . . to show that, like, we all have the same passions so, like, we should just enjoy the show." A multitude of the Polynesian dancers are able to show how deeply they have a passion for dance through the emotions they express in their performances, which helps to show the world how much they care about what they do. Through their hard work and passion for Polynesian dancing, the students are expected by audiences to do very well at Ke Aloha Moku. The work they put in for Ke Aloha Moku could be beneficial for the product of their performance in future events since they are becoming stronger dancers through their hard work. Along with this, a myriad of students around the district are looking forward to seeing what the Polynesian dance groups will bring to the stage in this performance and future performances.

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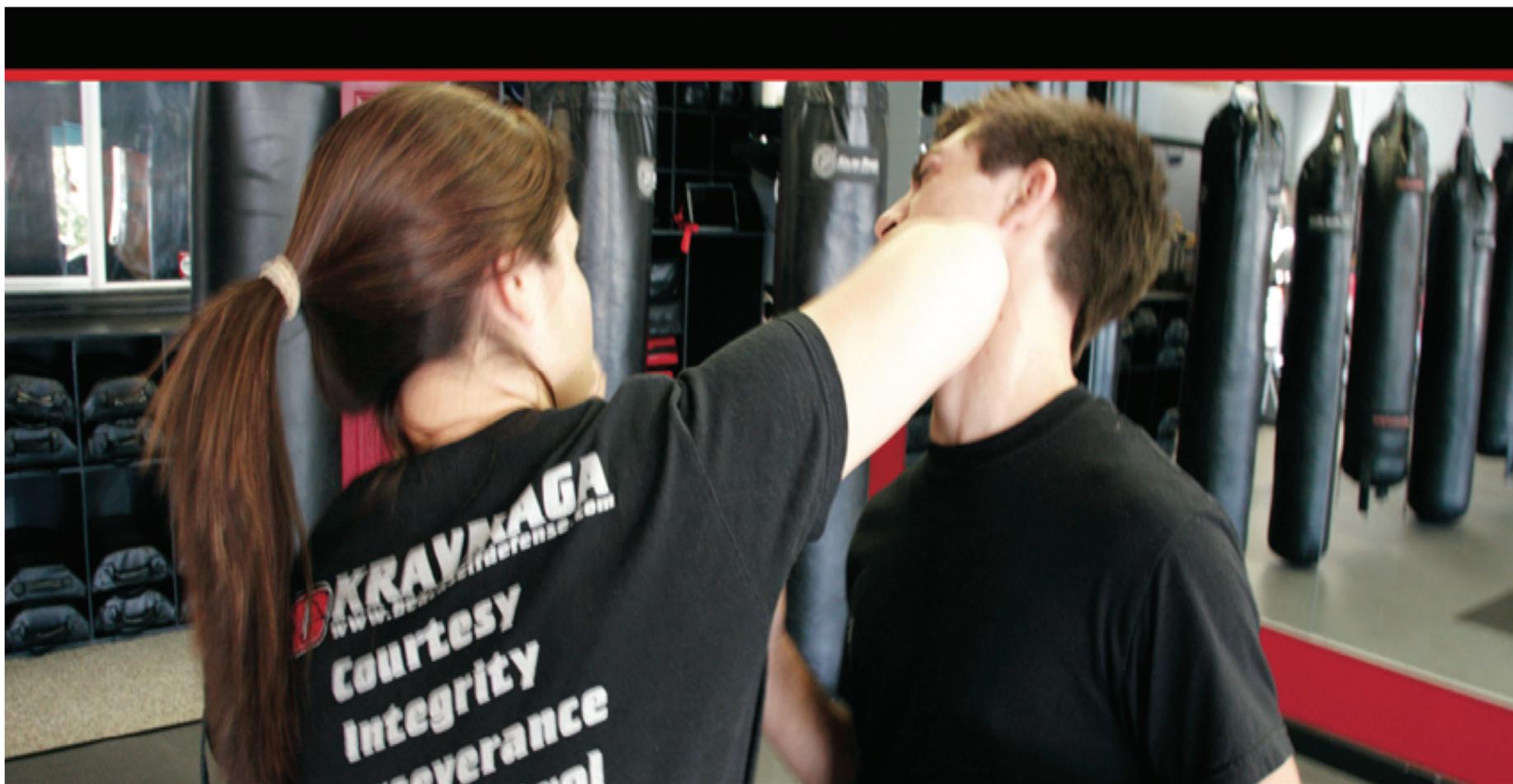
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Misconceptions About the Community

By Julia Hernandez '19
Copy Editor

There are three main kinds of attraction: platonic, romantic, and sexual. In simplified terms, they are friendships, relationships, and intimate relations. A key element to understand when considering an individual's identity is the fact that everything is on a spectrum, from cisgender to transgender, from heterosexual to homosexual, and from feminine to masculine. After being buried under heterosexual and cisgender norms for centuries, society has evolved to be a safer place for the lesbian, gay, bisexual, transgender, queer (LGBTQ+) community, allowing people of all ages to come out and express their individuality.

To start off, certain definitions need to be clear. LGBTQ+ encompasses a vast amount of sexual orientations, gender identities, and gender expressions. There are an abundance of sexual orientations which cannot be completely listed, but the

more common sexualities are the following: gay, lesbian, bisexual, pansexual, and asexual. Gays and lesbians are attracted to the same gender; bisexual people are attracted to both ends of the gender binary; pansexual people are attracted to people regardless of their orientation, identity, and expression; and asexuals experience no sexual desires or attraction. Mrs. Ashley Vella is one of the few openly gay teachers on campus. "I hope that my being out on campus has given students that identify as LGBTQ+ the courage to know that they can do the same," she said. Although she personally has not faced any discrimination at school, there are still stereotypes connected to these identities that come with consequences. Common stereotypes the community faces include oversexualizing sexualities for the pleasure and benefit of cisgender and straight people, representing certain sexualities with a specific body type and look, as well as other sexualities being portrayed as unfaithful to their significant others. As it goes for any stereotype, the

assumptions may fit some individuals of the group, but it does not set the standard for the entire community. Gender and sex are two different properties of a person. Sex identifies the hormones and genitalia one is born with, whereas gender is what an individual identifies with. If an individual's gender identity aligns with their sex assigned at birth, they are called cisgender. Otherwise, there are a multitude of identities one may feel they fit in with more than others. Common 'umbrella' identities are transgender male and female, and transgender non-binary. Transgender non-binary covers any identity that is not on the male or female ends of the gender binary spectrum. A few common identities under non-binary are agender, gender-fluid, and genderqueer. Additionally, intersex people are included under the gender identity sub-community of the LGBTQ+ community, as they are born with variations in sex characteristics and "do not fit the typical definitions of male or female bodies,"

(UN Office of the High Commissioner for Human Rights). On top of physical crimes the transgender community faces, another stereotype transgender people battle is the idea of them being perverts in the restrooms of their gender, rather than using the restroom of their gender assigned at birth. Vice President of the Gender Sexuality Acceptance club (GSA) Senior Nova Gillette believes that "gender neutral bathrooms are important to ensure everyone has a safe place to go," including other designated safe spaces at schools and other public accommodations. It is unfortunate to admit that the whole world is not a designated safe space for all. An aspect of an identity that is completely different than sexuality and gender identity is gender expression, which is the way a person expresses their gender identity, typically through appearance, dress, and behavior. The spectrum of gender expression includes masculine, feminine, and androgynous—partly male and partly female appearance.

Society's influence on each generations' level of comfort regarding gender expression stems from gender roles. As Gillette and their friends advocate for equality, they shared, "My friends and peers are a diverse group of passionate, supportive people who should not be constrained by the negative views placed upon them by others." The rules have begun to fluctuate as movements are pushing for people to raise boys and girls the same way. Being able to express one's gender freely helps with a transgender person's gender dysphoria, the distress someone feels as their sex does not align with their gender identity, as well as passing as their gender in public. While it may be difficult to understand the myriad of identities the LGBTQ+ community encompasses at first, educating others is the first step towards an accepting environment. For more information, visit HRC.org, PlannedParenthood.org, or watch *Bill Nye Saves the World*, Season 1, *The Sexual Spectrum*, on Netflix.

Cooking Tips and Basics for Chefs of all Levels and Skillsets

By Rex Garcia '19
Staff Writer

From being on a date to enjoying a fast food free afternoon to even lounging at a school potluck, a tasty self-made dish will often bring a smile and satisfaction to people's hunger. Cooking, as one could say, is a basic tool for survival and an art form that satisfies the stomachs and attitudes of people and some animals alike. It is also unique in its variation as there is a plethora of things to cook and

with several different paths that could get confusing, though all good dishes consist of a basic formula involving experience, fundamentals and a cook's personal taste in food. These principles, along with common mistakes that can be avoided, are all one really needs to be a great cook with any level of experience.

Before one can begin cooking, having a proper setup is key. A simple setup that could work for any cook would consist of the following: a stove, small and big knives, cutting boards for dicing meat and produce, medium-sized pots, large flat iron pans, salt and pepper, a spatula, large serving plates and utensils. Along with an authentic kitchen layout, getting the ingredients themselves is helpful to setting up. "Always prepare any produce before cooking, thawing any meat before cooking and dicing/chopping up anything that needs to be diced. [Also.] learn how to use the knife correctly and safely," said Senior Jerrico Boadilla, explaining how he prepares to cook. "Wash your hands and set up everything before cooking, so it's just easy and straight away without stopping to find something missing, which delays and makes cooking longer." Along with preparation, there are also some safe and sanitary pointers to remember. Sophomore Kaylah Parsons prepares herself responsibly before cooking and keeps some tips in mind when getting ready to cook. "Don't cut towards you, cut away. Put your hair out of your way and be careful of loose clothing," she advised. With all of the equipment, food and the cook themselves prepared, the creation of any simple dish is already halfway complete.

After preparation comes the cooking, and for beginners, it is beneficial to cook easy foods that are made similarly rather than other more difficulty cooked foods, so that once one dish is learned, the ability to cook many

other foods become easier to understand. For instance, Parsons said, "[Cooking] mac and cheese with chicken or bacon, basically whatever you want, because that will help you learn how to cook pasta." Following a simple guide like that can lead any cook to absorb all there is to know about making pasta, among other dishes. Another way to gain a myriad of information on how to prepare specific meals is through watching cooking shows and videos. Additionally, students have the option to put their own twist on recipes and are



Credit: Kaylah Parson



Credit: Jerrico Boadilla

Senior Jerrico Boadilla prepares food to start making a homemade meal

even encouraged to not follow the exact recipe given. "Don't be afraid to mess up. Always experiment on your own, use anything and everything," said Boadilla. "Cooking isn't just the recipe or skills, you have to learn how to cook the way you like and want. It's about having passion and although it's corny, amazing cooking really does come from the heart." In the end, any chef can be made by following recipes by the book, and the most experienced chefs find the best recipes through imagination and having fun. Learning to cook may look like intimidating and excessive work, but once learned, it will provide a healthy, personal and social payoff. The best payoff to knowing how to cook, however, could be that cooking is a universal and almost necessary art for the stomach, and in a spiritual sense, has the ability to 'soothe the soul.' No matter the intentions for learning how to cook, smiles and happiness will emerge from people's faces as they receive fresh, warm food from the heartfelt chefs who make the meals delicious and plentiful.

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Benefits of Reading and Writing



Credit: Katie Flack
Reading and writing are beneficial hobbies many students enjoy in their free time

By Katie Flack '20
Managing Editor

Although they are often written off as boring, academic activities by many, reading and writing are hobbies that can bring both benefits to the brain and an enjoyable and relaxing time to the partaker. They can allow one to get lost in a fictional world, escaping from their problems, or to express themselves in a way they oftentimes had not been able to do before, making these activities highly valuable for a large number of people.

Reading comes along with a great variety of perks. For example, indulging in a book can increase a reader's intelligence as it gives them new knowledge and has even been linked to improving one's memory and giving them stronger analytical thinking skills. Additionally, reading can help one to improve their writing and expand their vocabulary, a feature which can help readers in either their school or work lives and in gearing them up to do well in their futures. For instance, if a person has a strengthened vocabulary and better writing, they may also appear more intelligent, potentially helping them with career opportunities and such in their future. Freshman Cayla Munoz stated, "I definitely agree with [there being many different benefits of reading] because you could learn, like, for writing, you could learn different styles of, you know, writing your story or, you know, wording things differently." But looking into areas besides school or career readiness, to many people, reading is simply enjoyable. It is a way to pass time and reduce

stress, a means of entertainment often comparable to watching television but in a setting where the reader themselves is able to use a greater amount of their imagination as they visualize the characters' looks, their surroundings, their voices, the entire world around them. Munoz explained, "[I started reading] because I find it fun, like, you know, because you get to imagine things yourself rather than watching a movie or something." When transported into a novel, the reader does not need to think about their real-life worries but, instead, they are given the chance to plant themselves in the mind of the author. They are enabled to embody a character either much different than or very similar to themselves. They get to embark on an adventure often unlike any they have truly encountered or ever will encounter in their lives. It may not be for everyone, but for the multitudes that partake in it, reading is an experience, even a thrill, with the ability to help the mind in a myriad of ways both for personal pleasure and school or career requirements.

In addition to the advantages of being a reader, being a writer can aid one in a large number of ways. Writing shares many of the benefits that reading possesses, such as helping one to increase their knowledge and their writing skills. Additionally, this hobby is able to assist writers in communicating their ideas more clearly and being more productive. Freshman Katherine Passage explained that this idea "makes sense" and that while this "does not help [her] with speaking" aloud, it helps her with "communication entirely in the writing category." Along with these

perks, writing, like reading, is a stress relief that allows one to use their imagination, but rather than bringing the partaker into the mind of another person, writing allows one to scribble their own internal world and being onto pages of paper, whether in the form of a poem, novel, short story or something else entirely. For many, writing is a way to express themselves, a way to help others understand them and in the process, perhaps even understand their own selves a bit better. Not everyone can get into the idea of writing, often seeing it more as an academic skill rather than a means of entertainment, but for those who can find what they love about it, writing can become their passion and their life. Passage said, "[Writing is] fun. I watch things play out in my head like a movie and I get it out of my head, but it's still right there for me to look back on because I can't remember everything." Whether it be for the purpose of one's own enjoyment or their work or school needs, writing regularly comes along with a multitude of benefits.

While they may not be every person's cup of tea, both reading and writing have perks that can help one in their life. With stress-relieving abilities, means of self-expression, a way to increase intelligence and more, the reasons why these activities are beneficial are largely apparent and with the great number of people that continue partake in them, it is unlikely that they will be going away anytime soon.



Mrs. Elyce Mandich
Licensed Clinical
Social Worker

MANDICH'S MESSAGE OF THE MONTH

Mind AND Body The Relationship Between Mental Health and Physical Health

When you think about mental health and mental health challenges, what do you think of? Do you ever think about the connection of your mental health to your physical health? Interestingly, a lot of people often view these very separately, but the reality is- they're definitely related to one another. It is both "mind and body" not "mind or body." The two have this relationship in which poor physical health can result in an increase in mental health challenges, as well as, mental health challenges can result in an increase in poor physical health. Think about it. When you think back to a time that you were really stressed or feeling anxious about something, how did your body feel? Chances are you felt some physical symptoms such as a tightness in your chest, a stomachache, or a headache. Then, when the stressful and anxious feelings dissipated, so did the physical symptoms. So how do we help to improve the relationship between mental and physical

health? Well for starters, exercise is an excellent way. Physical activity not only keeps you physically healthy, but research also supports that we release good chemicals in our brain (endorphins) that positively impact how we feel- directly related to our mental health. Remember the article I previously wrote about depression? Those positive chemicals are so important to our brain and how we think, feel, behave. In addition to exercise, there are other things we can do that help maintain a healthy lifestyle, such as: Eating well, sleeping well, exercising our creativity, and strengthening our relationships with friends and family. For example, antioxidants such as: Broccoli, strawberries, blueberries, and spinach, have been shown to not only be great for your physical health, but they also help anxiety by protecting the brain against stress and helping to stabilize your mood. So just think, when you are taking care of your physical health you are simultaneously taking care of your mental health - and vice versa.

PROM Dress Code

Feminine

Dresses may be strapless if they fit properly. Dresses may be backless, as long as they are not cut below the navel. Two-piece dresses are permitted as long as they are not cut below the navel and do not exceed a two-inch gap. All slits may not be cut below the bust. Dresses may not be sheer.

Masculine

All shirts must have sleeves. Slacks/Dress pants only, no jeans permitted. Collared shirt and tie with a coat must be worn. Shirts must remain on at all times.

Prom on a Budget: An Affordable Night

By Katie Flack '20
Managing Editor

When in high school, it is widely known that the coming-of-age dance, exclusively for upperclassmen, called prom is a much anticipated event. Finally given the opportunity in their junior and senior years to partake in the festivities, a multitude of students will be flocking to the event in their tuxedos and gowns, eager to make lasting memories. Although, as enjoyable as it can be to attend this event, many prom-goers face one obstacle: steep prices. The tickets alone reach nearly 100 dollars per person and with the tradition of donning formal attire, many find themselves stuck between a rock and a hard place. However, this challenge can be easily overcome with various sensible and economical spending tips that have the potential to make prom night just as pleasant with the benefit of a lesser cost.

One of the most popular options for those attempting to explore more frugal options for prom is for one to either utilize different store coupons or find their attire at

a thrift store or an off-price store. Places like TJ Maxx, Marshall's and Ross could be a student's best friend when searching for the perfect outfit, jewelry and shoes for their big night, and local thrift stores could hold exactly what they were looking for, as well as unique pieces. While these stores may not be every student's go-to option, what one finds inside could hold a greater value than they could ever expect for a manageable price. Furthermore, Senior Tanya Maldonado explained, "I think, like, a way to save money is, like, you don't have to get the most glamorous thing. It could be something simple but then you add onto it," using the example of wearing a simpler dress but making up for it with nice jewelry that one might already own. Additionally, students have the option of creating their own attire, whether through repurposing an old outfit or creating something entirely new. Not only could this allow students to make the dress or tuxedo of their dreams, but it would be almost or even completely free of cost to them, leading it to be a much sought-after option. However, not all students are gifted with the sewing skills required to accomplish

this. Luckily, they also have the additional option of renting or borrowing an outfit. Senior Isaiah Batton said, "I know that a lot of people rent one [outfit] just for the night so that you don't have to keep it because if you buy it, that can be, like, full price rather than just a price for the night. . .so I'd recommend renting something if you're trying to save money." Adding on, Batton also advised that when renting, students should try to keep their outfits clean in order to avoid garnering additional fees. Along with this, a family member or friend could have a classy tuxedo or dress hidden in the back of their closet that would be perfect for a student's prom, all they have to do is search. However, attire is not the only pricey aspect of prom. The previously mentioned tickets' steep prices are unavoidable, but the high costs of getting one's hair and/or makeup done and buying meals at restaurants could be escaped. Arguably the best solution to these problems is to do one's hair and makeup oneself or to ask a friend or family member to help, but for the issue of meals, there are several options. It could be fun for a student if they tried making their own food at home for

themselves and their date or friend group but for those still looking to gain the experience of going out to a restaurant for prom, the easiest solution is to simply go to a more money-friendly establishment. Restaurant chains like Olive Garden can prove more affordable for many whilst still giving a nicer dining experience, making them desirable for students on a budget. That being said, nowhere in the prom handbook does it say that the food bought must be lavish. Prom-goers may find that they can enjoy their experience just as much by going to a favorite restaurant or even a fast-food chain rather than the extravagant Italian restaurant stereotype that many students have in mind, as memories made with friends are liable to last much longer than the taste of a certain dish. While there are a variety of different costly commodities that may make prom seem daunting and undesirable to attend for a myriad of students, taking the right steps to save money can help students to have just as enjoyable of an experience without the extra hassle. Once the tickets are paid for and the other commodities are saved on, a memorable and exciting night awaits.

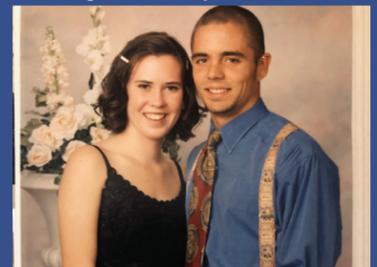
TEACHER'S MEMORABLE MOMENTS AT PROM



"My first date to this dance broke it off. The girl in this picture eventually became my wife. I'm thankful the first date didn't work out." - Mr. Chris Irvin



"Puffed sleeves, long gloves, and Aquanet hair for a Prom themed after the 'new' Robin Hood (1991 movie). Also, let's give it up for the late 80's, early 90's!" - Principal Nicole Dayus



"I went with a friend to Prom, and I ended up hanging out with my now wife and neglected my date wishing I was my wife's date" - Mr. Chris Morel



"I didn't want to go without a date as an awkward third wheel, so [my sister's date] convinced me to go with his best friend, who I thought was the most annoying person in the whole world." - Mrs. Stephanie Rittenhouse

Varsity Boys Lacrosse Finishing Their Recent Season Strong

By Christina Avina '20
Staff Writer

As the season comes closer to an end, the Varsity Boys Lacrosse team has been practicing and working eagerly to end with an improved year. Despite the decent record lacrosse left off with, the team faced some difficult challenges due to many athlete injuries. To help prevent those injuries this year, the team has focused on improving strength in order to avoid the limitation of players. Head Coach Mr. Lance Hale has been working with the Puma athletes for the past five years, and overall he has been coaching lacrosse for fifteen years. From his many years of experience, Hale is able to guide the team in the best way possible. "My expectations for this season is for many of our players to gain valuable game time and get better each game," stated Hale. Although the team

consists of many younger players, they have been able to use their abilities to work exceptionally with one another to build a strong team.

As one of the five captains, Senior Spencer Taylor is driven to better the skills and mentalities of his teammates. For about two hours, the team practices to strengthen their abilities and prepare for their games. These practices consist of individual position and full field drills, as well as scrimmages in teams of four versus three, and six versus six. Despite their very challenging schedules, Taylor and the team have managed to be successful. "We have to work as a team together because that is the most important thing," said Taylor. Being given the title as captain of a team, comes with many responsibilities. "My other captains and I have to lead the team in some ways the coaches cannot. Such as things outside of practice

and games." Although there are multiple captains, each one takes part in running and helping maintain the team.

Unfortunately, the team had lost one of their key players, their starting goalie. However, teammate Sam Woodland trained hard to step up and fill that position for the team. Each individual player had a hope or goal they wanted to accomplish this year, such as Senior Co-Captain Jacob Carrillo. He aspired to win games and grow as a team, and as the season moved along the boys grew in talent and together sharing a brother-like bond, fulfilling Carrillo's goals. The importance of hardwork and effort was a significant aspect that Carrillo expected from his teammates. "I wanted to go 110 percent every practice and make sure everyone showed up and put in max effort," claimed Carrillo. To help develop the team, Carrillo frequently used the weekend as an

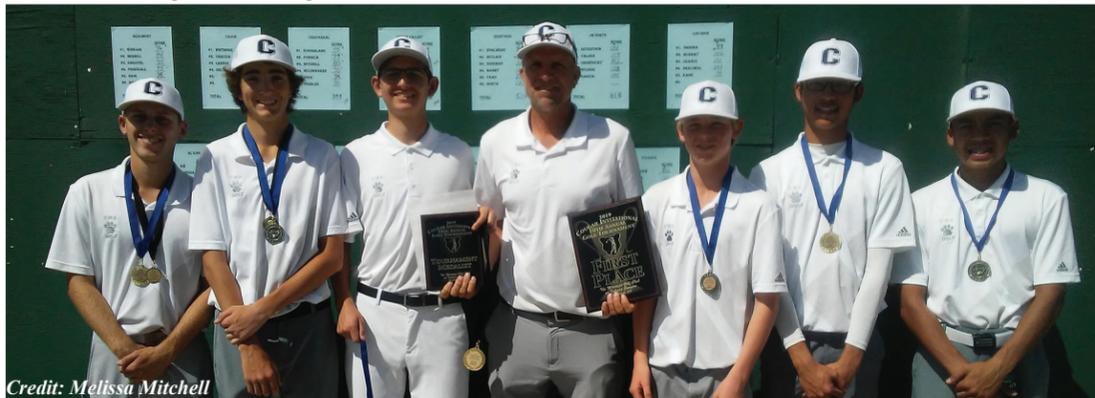


Credit: Studio 94

Senior Spencer Taylor makes a pass down the field warming up before a game in preparation for an intense challenge

opportunity to train alongside his teammates. With only one season left, Carrillo has been determined to make it the best one he has ever had with the

Varsity Boys Golf Places First, Second, and Third in Tournaments



Credit: Melissa Mitchell

The Varsity Boys Golf team displays their plaques and medals after winning the Cougar International at Morongo Golf Club at Tukwet Canyon

By Julia Hernandez '19
Copy Editor

The Varsity Boys Golf team started out their season on the right foot as they won the Cougar Invitational, placed second in the Riverside Poly Tournament, and placed third in Martin Luther King tournament. The Cougar Invitational took place on April 1, 2019, at the Morongo Golf Club at Tukwet Canyon. Riding their wave of success, the boys remain 3-2 in league matches and have goals of beating their rivals, Great Oak High School and Vista Murrieta High School. With hard work, both physically and mentally, the team may have the capability to not only win league, but also go far in California Interscholastic Federation (CIF) individually. Although the team overall performed well at each of the tournaments, Senior Captain Jack Sunderland admitted to having a rough start to his season. "I've been playing pretty well recently,

though," he commented. He has been improving his shot accuracy by working hard and practicing every day. A previous struggle of Sunderland's was becoming frustrated during a match, which would affect how well he would play. This season, however, he has "been really good at keeping [his] emotions in check." In order for Sunderland to deem his last high school season a success, he is determined to make it to the CIF State Finals. After high school, he intends on being a walk-on player at Dixie State University. By keeping up with his daily practice routine and mentally preparing himself before each match, Sunderland's future in this season, and at college, appears to become more and more likely to be successful. With his eye on winning league also, Sophomore Chance Mitchell is practicing his swing as well as maintaining a strong mindset. Mitchell reflected on his strengths, like being able to "hit different types of shots" as an example. He practices the unlikely angles so that he is prepared for anything

during a match. Although he can lose focus during games and tournaments, he enjoys playing with his team. "Our team is great at cooperating and working together, however, we don't all have a good day on the same day, so there is [sic] always one or two bad scores," Mitchell said. The varsity team encourages one another to do their best at all times, and to push each other so they can achieve their goals this season.

Outside of teaching math, Head Coach Mr. Jonathan Mitchell trains the varsity team into the best athletes they can be. "They're good golfers," Coach Mitchell praised, "...but they take it for granted. [In order for them to get better,] they have to get mentally tougher on themselves." The team practices every day at the Golf Club at Rancho California for couple hours. They spend their time hitting balls at the range, then playing some chipping and putting games. Just as the players have their own individual goals and improvements they would like to achieve this season, Coach Mitchell has

goals for the team as a whole as well. "We want to win league, but we'll go baby steps in. We'll beat Great Oak first, beat Great Oak for the second time, then throttle Vista [Murrieta] when we play them the next time—just to embarrass them," he described. By conquering the Pumas' rivals, the team will be at the skill level they need to be at in order to succeed in the CIF rounds. Hoping his team does well enough to win league, Coach Mitchell hopes for the best for all of his players for the

remainder of the season, especially the individuals who will continue onto CIF.

The outcome of the season purely depends on the athletes' work ethic and their own desire to succeed. With the team's task of getting "mentally tougher" in order to handle each difficulty they may face in a match, they will find themselves calmer instead of overthinking each shot they take. With consistent hard work and practice, the Varsity Boys Golf team will find themselves at CIF.



Credit: Julia Hernandez

Senior Jack Sunderland takes an aggressive shot with his fairway wood on the fourth hole

students against

destructive decisions

Sponsored By:

SADD & ASB are hosting the Safe Prom Expo in the quad May 1st at lunch. Come out and participate in the Seat Belt Relays, and speak to advocates from MADD, California Highway Patrol, Riverside County Sheriff's, I Drive Smart driver education, and SADD about how to be your best you!

It's almost time for Prom and SADD encourages all students who attend to PROMise to be safe, make good decisions, and have fun at the event. We want you back at school the next Monday!

Varsity Baseball Turning the Program Around in the New Year

By Dolores Aguilus '19
Sports Editor

After ending last season with an unfortunate overall record of 2-13, the Varsity Baseball team planned to have a complete turnaround this season and currently have an overall record of 16-6. With a new team and coaching staff, changes have been made and the goal of taking home both a league championship and a California Interscholastic Federation (CIF) championship may still be accomplished. Alongside the season, the team were prepared to face any challenges they encounter to make that goal a reality.

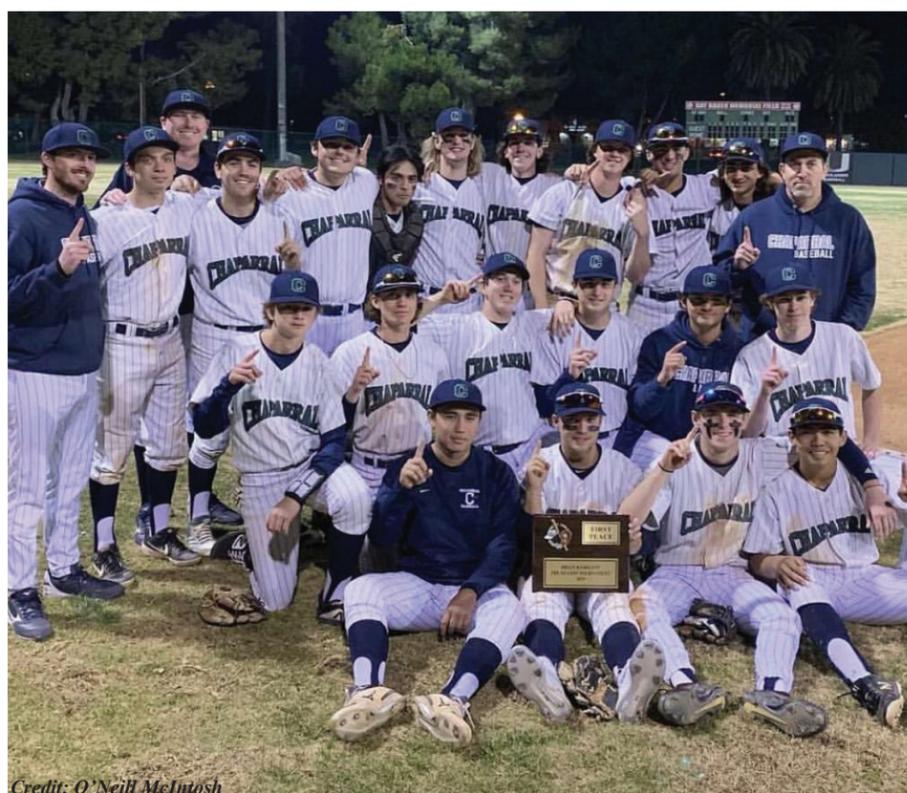
During the preseason, the new Head Coach Mr. Jeff Prickett had the opportunity to work with the baseball team and adapt to not only a new environment, but a new position. With fourteen years of coaching experience, Prickett wanted to strengthen the team's abilities on and off the field which he believes will bring them success. "As the new head coach, I believe I've brought a new fresh start and a new perspective to the program," he stated. Agreeingly, Senior Captain Hayden Johns stated that the new head coach has brought positivity and a new spect bringing the team all together.

From the start, Johns believed Prickett has "changed the attitude of the teammates either at practice or in games and the comradery that's come together as a team." Throughout the season, the coaches pushed the team to their limits and expected maximum effort. For the majority of the week, the team practices on the fields three to four hours a week. Their practice consists of mainly working on infield drills, specific plays, and

improving their swings. To be more in depth, Prickett stated, "A practice day consists of warming up, working on fundamental skills, situational; offense/defense, and batting practice. We have to mix in pitcher bullpen and conditioning as well." To show that they have been practicing, the competed in a preseason tournament. The Chino tournament involved six different teams, and the Pumas were victorious in their games on their way to becoming tournament champions.

Ensuring that the team does not have a repeat of last years challenges, Johns stated, "As a captain, my main job is to communicate to the coach how the team feels in certain situations and lead the team." As the season is in session, Prickett concluded that their biggest obstacle is themselves, and as long as they stay focus on the main goal and continue to work hard and trust each other that will become their strength to success. Unfortunately, during the season, two starting pitchers were out for weeks due to injuries, but the team worked throughout by picking up where they left off and continued to play the game.

According to Senior O'Neill McIntosh this season has taught him "how to be a good teammate. I've fulfilled various roles within each game and be apart of something greater, which was realizing that each of my teammates wants to win as bad as I do, and in order to do so, each player has to contribute when they're called upon." One of the team's great attributes is, the depth of the team. "We have nineteen guys on our roster that have the ability to contribute and many of them at multiple positions. We are strong on the mound and have great senior leadership," stated Prickett. With their determination strong and their spirits high, the team is bound to make a change on and off the field.



Credit: O'Neill McIntosh

The Varsity Baseball team won first place after a hard fought win at the Chino tournament in February

The Lessons Competition Bring to High School Students

By Tara Parsick '19
Staff Writer

The following is a sports editorial.
The opinions expressed are of the
journalist who wrote them

Sports were not always a focus point of the typical high school experience. Children were first required to go to school in 1852, but it would not be for another one hundred years before sports became a fundamental part

of high school. Over time, students realized that they had leisure time after school, and decided to fill that void with sports. Kids would play a relaxed game of basketball or casually throw a football around to each other. When this started to become a routine for children after school, parents started to demand their kids had adult supervision. Thus, organized sports with a coach and official roster began to take place. In 1939, Little League Baseball was formed, which was one of the first sports activities for kids on

a national level. The teams had one common goal, to compete for victory. Competition is the basis for everything in high school, especially when it comes to sports. From the atmosphere at a football game to the pep talks coaches give the players at every practice, competition is embedded everywhere within high school sports. Many parents claim that there is too much stress put on athletes to win in high school, especially when these athletes are taking hard courses in school. However, sports cannot

solely be blamed for every student who competes in high school. Students who are not competing to win a game may be fighting for the class rank they desire or even persuading others to vote for them as class president. There are many proven benefits for high school students that compete in sports. Educational professors Thomas Good and Jere Brophy argued, "Competition encourages engagement, mystery of a task, and a desire to achieve your best. It teaches critical thinking and teamwork." All of these characteristics

are valuable for teenagers because they can take lessons learned in sports to future aspects of their life, like a career. Another important lesson that competition in sports can teach is how to deal with failure. Failure will occur throughout everyone's life, but when it does that just means that the problem needs to be identified and more effort is needed next time. Short run benefits for high school athletes are for those who are ready to take their athletic careers with them to college. As athletes transition through the different levels of a sport, they have to get accustomed to a new level of competition each season. The heightened competitive levels they experienced in high school will brace them for the shock of what level of competition college will have in store. "It keeps athletes on their toes if they are going to play in college and begin to know how to balance school and sports with how competitive the sport can be," stated Senior Emily Hernandez of the Varsity Girls Softball team. Balancing how to be a good student and a good athlete is an important lesson that they can bring with them to college.

The benefits to competition in high school sports outweighs any downside to it. Students are taught important lessons from competition that can be useful for them to succeed in the future. Parents are too busy sheltering their children that they are blinded by the advantages of competition in high school sports.



Credit: CC

The competition is an important experience for many students in their academic career and path to adulthood, it teaches the to fight for success and how to handle failure

Varsity Boys Volleyball Fighting to Improve the Program

By Christina Avina '20
Staff Writer

Since the program was introduced, the Boys Volleyball team has continued to grow as it becomes more popular to students and local high schools. The Varsity Boys team has been working diligently to improve off of last year's record of 14-15. With a fresh start, the boys have been training harder than ever to go even farther. Currently, the overall record stands at 9-11, and with the new confidence the boys have, it is likely they will continue to prosper. Despite the fact that the program is still fairly new, the team is hoping to make school history by going to the playoffs for the very first time.

Head Coach J.D. Miranda is currently in his second year coaching these Puma athletes, and he has been a high school and club volleyball coach since 2009. From the time that Miranda has taken over the program until now, many changes within the athletes have been made. Miranda stated, "The biggest challenge was

dedication and commitment to the team. I think I came in and provided a steady presence for this team and through my own commitment to them, they finally got committed to each other." Because the boys volleyball program is smaller, the boys team struggle more in comparison to other teams such as the girls volleyball team. There is a variety of sports and activities that utilize the gym, so it is difficult to schedule consistent and frequent practices. Miranda claimed, "Every other club, activity, or sport wants to use it, so we get to practice a couple hours a week in between our game schedule." However demanding the sport may be, this group of talented athletes rises above and rules the courts.

Senior Captain Tyler Gilbert is confident that the new season will bring new opportunities to accomplish greatness. "We plan to improve by working together and focusing on ourselves to better the team," he stated. As a captain, Gilbert has led his teammates in various forms, whether it is to help motivate the team to remain focused and driven, or to

assure and support them in any given situation. Second-year varsity player Junior Ethan Salyer has proven to be an excellent addition to the team. Similarly to his teammates, Salyer had expectations for not only his team, but himself. Salyer is set to develop his skills and continue to flourish as an athlete. Bringing a positive attitude to the team, Salyer upholds the team's confidence with each other. Salyer said, "I motivate the team and bring energy to my teammates. I just want to have a good time, so I go in with a positive attitude." By utilizing the many talents and gifts each individual athlete brings to the table, the team creates chemistry amongst one another and in addition, builds a stronger foundation.

As the season progresses, the volleyball team will make the most of their year by competing in as many games as possible. Coach Miranda firmly believes that this will be the year the team makes it to playoffs. Regardless of the troubles the team comes across, it is the bond and determination within each player that makes this year's team exceptional.



Credit: Tyler Gilbert

Senior Jemaar Robinson and Junior Chase Mattineau blocking a ball from their opponents

Varsity Track and Field Breaking Records and Winning Races



Credit: Audrey Harrington
The Puma runners start the race off strong at the Poway meet; Varsity Track and Field have been breaking records and winning races throughout the season

By Grace Handler '19
Staff Writer

After a mediocre last season, the Varsity Track and Field teams are back into their extensive afternoon training routine. With personal records being broken left and right, the team feels confident in having a successful season. Head Coach Mr. Martin Dinsbacher has found himself with a smaller team than previous years, meaning he had more time to coach individual athletes in their specific events throughout the season. With high expectations for all athletes this season, the team aspires to go far in California Interscholastic Federation (CIF).

At the beginning of the season, Coach Dinsbacher had expectations for all athletes to uphold and skills the team needed to work on throughout the season. He shared, "For the boys, we are hoping to be competitive with several of the other teams in the league, and have the expectation of them individually performing their best at the dual meets and invitationals." Each athlete strives for individual records and to place in each race. For the girls, even with a smaller team, the expectations are to develop the younger athletes and earning the best individual results at invitationals and league finals. Dinsbacher described, "With a strong girls distance group from the Cross Country season, we are hoping they can set school records and have athletes qualify as a team for Arcadia, and individually to CIF." The coaches are working hard with the young female student athletes to improve and create a strong varsity team for the next few years.

Due to some challenges, such as illnesses and injuries, that athletes have encountered in the beginning of the season, the team found it more difficult to qualify for Arcadia Invitational. Arcadia is a national invitational that is very difficult to qualify for, even with healthy and able athletes. Coach Dinsbacher shared, "Many athletes are a little fatigued from hard pre-season training and also have some

minor injuries but are still placing well in their events helping us win points." Another setback for the team, as distance runner Senior Johanna Hunck shared, was "how once all the seniors leave this year, [the team] will have such a small group of girls in all events." As the season is coming to an end, Coach Dinsbacher continues his attempts in recruiting new members to replace the senior athletes for the next season. Despite all of their setbacks, the Varsity Track and Field team is working harder than ever to reach their goals for the season.

Many people on the team had set their own targets, such as making it to Arcadia and CIF. From sprinters to throwers, multiple athletes are training vigorously every day in order to achieve their goals. For example, thrower Senior Kasey Ehmke's personal expectation was to qualify for Arcadia. Unfortunately, Ehmke did not qualify for the invitational, but he is now pushing harder than ever to make it to CIF Preliminaries. Since he had not been able to qualify in past seasons, he wants ensure that the end to his last season is monumental. Coach Dinsbacher shared that the seniors this year are dedicating themselves to have the best and last high school season of their lives.

Athletes from both the distance group and sprint group have recently qualified and raced at Arcadia Invitational. The all senior girls distance 4X1600 meters team raced their last huge invitational putting everything they have trained for the last four years on the line to show everyone what they can do. They placed eighth out of twenty three of the best teams in/out of state and even out of country. The boys 4X100 meters ran their best as well placing eleventh out of forty eight teams. With all these achievements so early in the season each track group is still striving for more.

With CIF right around the corner, all athletes are working their hardest to qualify for their first and last times to go to CIF. Even as a team sport, this sport is still very much individual for each and every athlete. All of the hard work and time put in each day will pay off when runners cross the final finish line at the end of the season.

Khloe Bernice, National and State Champion in Gymnastics

By Aishlyn Bruce '20 Staff Writer

The school is composed of many talented people that are involved with sports, drama, art, music, and several other activities available for students to pursue on campus. Freshman Khloe Bernice is one of many talented athletes as she pursues her dreams in gymnastics. Gymnastics combines the skills of body control, coordination, and strength with tumbling, all performed in an artistic manner. Bernice accomplished this through the years of training to build her endurance to fulfill her goals.

Bernice has been a gymnast since she was four years old, and started partaking in competitive meets when she was nine years old. She started in a training facility gym at Elevate in



Credit: Khloe Bernice

Sacramento, followed by Naydenov in Washington. Bernice now attends a gym called Fallbrook Gymnastics Club. "My favorite part about gymnastics is competing because all that hard work I put at the gym gets paid off and I get to perform while having fun," stated Bernice. The vault is the gymnastics structure in which gymnasts perform, as well as the skill performed using it. The floor refers to a specially prepared routine by gymnasts in which they show their skills of jumping, dancing, and tumbling. Her experiences as a gymnast have paid off as she has received many awards and achievements.

"I have earned two national titles in 2017 on floor and vault, two state titles on floor, and all around, and I placed third out of sixty girls that I competed with," explained Bernice. She is motivated to pursue gymnastics

in her adulthood as she keeps working hard and dedicating herself to her passion.

Bernice did not just become a talented athlete out of the blue. It took time, motivation, and inspiration for her to come this far in her gymnast career. Bernice stated, "Kerrie Strug was my inspiration to become a better gymnast because when she vaulted in the 1996 Olympics, she broke her ankle and still stood up and did another vault to win the United States the All Around Gold Metal. She definitely pushed me to be the best I could be." Having an Olympic athlete as an inspiration pushes Bernice more and more everyday to better herself as an athlete, as it teaches her that trials and tribulations will try to defeat her success, but blocking the adversities and doing her best will get her far in her career. Bernice, just like any other athlete, has strengths in a certain area of the sport. "I have always loved tumbling and had a passion for tumbling on the floor, so I would consider that one of my strengths in gymnastics," she described. Along with her strengths come weaknesses as well, as Bernice said, "My weaknesses are beam and bars. Beam has always been one of my weaknesses because you have a fear of what if I fall off and get hurt and that is something I need to overcome. Bars is just an event I never trained as much as the others." Strengths and weaknesses taught her that every athlete what they need to improve on, and what they excel in as they will benefit from it in the long run.

Bernice shows others that anyone can pursue a sport, but those who dedicate time, effort, and passion towards it can become the best version as imagined.



ATHLETE SPOTLIGHTS

By Dolores Aguilus '19
Sports Editor



Sadie Martinez '19, Softball



different, Martinez dedicates her time training on and off the field to improve her own skills almost everyday. "For travel ball, we practice three days a week down in San Diego, either conditioning or working on hitting or our defense. Whereas, for the school team, it isn't as much," she explained. When Martinez first started off on varsity last year, she struggled to have agreements with the coach, but as the season is now in session, Martinez wanted to end her last high school season on a good note. Through the years she learned that "no matter what it's always good to have a strong bond/connection with your team." After high school, Martinez has always dreamed of playing softball in college, but some dreams change and she is ready for what is to come. She plans to attend community college, then transfer, in hopes of receiving a degree in criminology. As this chapter of Martinez's life is coming to an end, she is happy for what the future holds.

Establishing herself as a 'jack-of-all-trades' from early on, Senior Sadie Martinez experienced different types of extracurricular activities, ranging from dancing to different types of sports. While growing up, she always watched college softball and admired the college athletes, aspiring to be one of them someday. She was six years old when she first picked up a bat, and since then Martinez never looked back. Not only is she a second year varsity player on Varsity Softball, but she also plays for a travel softball team, the Firecrackers. Although the two teams are

Chance Mitchell '20, Golf



At a very young age, Junior Chance Mitchell was not allowed to play any contact sports, and since his father golfed, he wanted to give a try. When his parents gave him his own clubs, he "naturally developed a love for the game." Ever since he started high school, he has been on the Varsity Boys Golf team, training almost everyday for about three hours and working on his technique. This season, he plans to golf to the best of his ability, hopefully win league, and go to California Interscholastic Federation (CIF) in the postseason.

Mitchell finds it difficult that even when he puts in a hundred percent, "there will be bad days, [and] even bad weeks." The most difficult part about it is that he still needs to overcome whatever is in his way, and by knowing that there will always be better days after makes facing his challenges easier. He knows that no matter how much he struggles, he needs to stay motivated. For so long, his father has always been his inspiration because he is there when he needs him and he "can always make the rough days of golf easier or change them into better days." Since his father is the head coach of the Varsity Boys Golf team it is beneficial because their relationship has only grown stronger from there and so have his techniques. Golfing has not only brought him closer to his father, but it has also taught Mitchell how to be more patient. Most importantly golf has taught him to always persevere through the ups and downs.

Kylie Ankeny '19, Swim



Ever since her first summer swimming program, Senior Kylie Ankeny wanted to keep swimming as her heart desired. For the past four years, she has been on the school's Varsity Swim team, dedicating her time into a sport she loves. Ankeny spends two hours a day, five days a week, warming up and conditioning in order to improve her skills and build her stamina. Although, she has been swimming for a while, Ankeny has had her fair "share of problems," but tries to keep her head up and swim through it. Swimming is not only her passion, but it has also been a

way of training for water polo. Over the years, swimming has taught Ankeny to "just let it happen." Ankeny described, "If I drop time, that's great, and if not, then hopefully next time I will." As the season comes to an end, she still wants to continue swimming, more for herself rather than competitively. "I feel like it went by too fast. It's crazy to think that in a couple of weeks, I'll never play a high school sport again, which is kinda sad," Ankeny reminisced. Before the swimming season ends, her goal is to place in the top six for the hundred yard Breaststroke and fifty yard freestyle in the league finals. After high school, she plans to attend Brigham Young University, majoring in mathematics education to hopefully one day become a math teacher. With only a couple weeks left of being a high school athlete, Ankeny is preparing for the next chapter of her life.

Girls Varsity Lacrosse Team Aiming High for CIF and League

By Tara Parsick '19
Staff Writer

Although lacrosse is a spring sport, the Varsity Girls Lacrosse team has been training long before the start of the season to give them an edge during league. All the hard work the lacrosse team put in during pre-season has prepared them for anything that comes their way the rest of the season. With an excellent

record of 13-4 over their heads from last year, the team certainly has high expectations to live up to. The team has both expectations as a group and individualistic goals for each player that they hope to accomplish this season. As a team, they hope to be league champions and go as far as they can in CIF. Personally, Senior Jessica Maslanik hopes "to grow as an athlete," preparing her for the rest of her lacrosse career. For the Pumas, being a good athlete is more than just being talented

at a certain sport. It also means having good communication skills with the rest of the team. According to Maslanik, they have a lot more athleticism this year than they did last year. Considering the great record they had last year, the added athleticism will make them close to unstoppable this year. So far in the season, the team's biggest obstacle has been a lack of unified commitment for the team as a whole. "For some people, lacrosse is a side



Credit: Renata Ramirez



Credit: Renata Ramirez

Sophomore Angelica Dela Cruz (right) defends a Temecula Valley High School opponent in a close game

Junior Karsen Trout cradles the ball across the field while being guarded by the opposing team activity, while others make it have also been challenged by a expectations, Maslanik believes their number one priority," stated "lack of communication skills that putting in the work on her own time, and making the sport a priority is something she and the rest of her team could benefit from. The actions of this exemplary senior is sure to rub off on the other players, making for a committed team. This season, the Varsity Girls Lacrosse team are determined to maintain their streak of previous good seasons by going even further into CIF than they did last year, and to win more games. Currently, they have a league record of 3-1. As league comes to a close, the ladies are determined to prolong their season by making it to CIF. During practices, the ladies work on stick skills, defensive drills, and a lot of running in preparation for games. Their practices help them coordinate on the field during games. Maslanik hopes to end the season "knowing that they gave it their all, and did not slack." To achieve these

Softball Finishes Disappointing Season, Optimistic For Next Year



Credit: Marina Carrillo

Senior Sadie Martinez, Softball player in gear during a game

By Christina Avina '20
Staff Writer

After a tough season last year, the Varsity Softball team has been able to bounce back and make a new name for themselves. Although they are facing competitive teams, with an optimistic attitude and some new athletes, the team is focused on improving and remaining positive. Senior Co-captain Emily Hernandez has been motivated to make this year redefining. Last year, the softball team had a harder time staying positive and being able to work together as one on the field. This year, however, the girls have created a goal to unite as one and function as a group rather than individuals. The senior players hope to bring the team far and give the future varsity players determination to continue progressing as a team. "We want to try and win at least half of our games to try and prove something to the incoming class and girls moving up to varsity next season to just play your heart out,"

said Hernandez. As the season moves forward, the girls have been used their new strategies to keep the energy alive and to progress as a team. By cheering on and supporting their teammates throughout practices and games, Hernandez has noticed a difference in the energy between the players. Hernandez has been devoted to maintaining a strong bond with her teammates and keep a positive attitude for the game days to come. Being a strong asset to the team, Senior Sadie Martinez continues to motivate her teammates throughout the season. In comparison to last year, the team is aware of the type of competition they have, which is why they plan to stay on their "A-game." Martinez had high expectations for herself and the team this season. As she moved further she began to transcend as a player. From last season to now, Martinez accomplished the goals she had to become a stronger athlete. Everyone on the team, especially the coaches, have the right mindset in order to develop

a stronger and faster team. Not only have the coaches been pushing the team to victory but these athletes have the desire to win, which is most likely the reason the team has been prosperous. "Our coaches are harder on us this year, and we really put in work at practice," stated Martinez. Although each individual athlete has their

own talents, when they all work together on the field, they are unstoppable. In many different ways, these girls contribute and bring something special to the team. In addition to being a hard working athlete, Martinez brings a light to the team with an optimistic state of mind. Being a helpful and committed athlete, she

utilizes her optimism to help carry the team. The Varsity Softball team has already been able to improve from the previous season. However, they have faced a difficult season and with an unfortunate current league record of 1-9, they have been able to keep their heads up and prepare to finish the season strong.

ATHLETES IN THE NEWS

Grace Handler Alicia Hernandez Johanna Hunck Cynthia Martin



Track 4x1600 rated girls relay team placed 8th overall at the Arcadia Invitational.

Koby Holland DeShaun Houston Elija Richards Orlando Ornelas



Track 4x400 rated boys relay team placed 11th overall at the Arcadia Invitational.

GAME VIDEO ON OUR YOUTUBE PAGE



SENIOR VS STAFF

APRIL 11, 2019

Visit us at CHSPLATINUMPRESS.COM
or on YouTube at The Platinum Press for the
game coverage



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SENIORS

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STAFF

Spring Break Adventures



"I spent my spring break getting a tattoo, going to the beach, and hanging out with friends." — Kaitlyn Weiss '19



<< "I spent my spring break working with all my co-workers so I could get a big paycheck."
— Hailey Dale '20



"The whole Drum Line made it to the semi-finals and it was our best run ever." — Ian Poland '19

>> "I spent 13 days at my youth church camp, and when I was not there, I was doing all my spring break homework. It was fun."
— Sean Gibson '19



<< "I spent my spring break finishing McNulty's math packets and running."
— Audrey Harrington '19

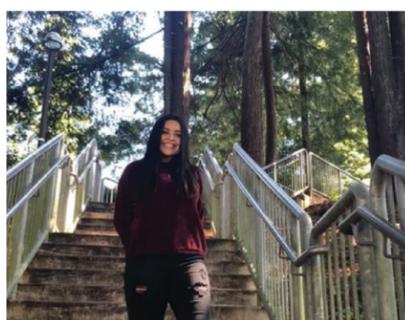
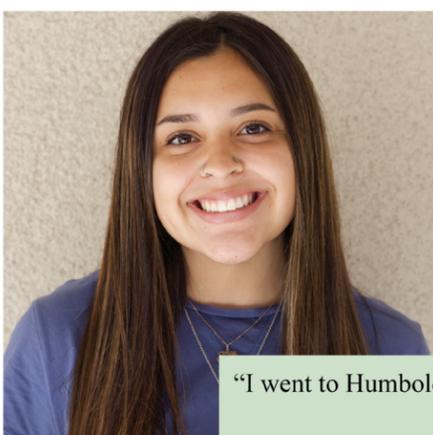


"Munich Germany was my favorite place to go because of the historical architecture." — Camryn Eckel '20

>> "I went on a lot of hikes and played spike ball a few times on the beach."
— William Hawthorne '19



<< "During spring break, I hung out with my friend. We went on long bike rides and parties."
— Alicia Santiago '20

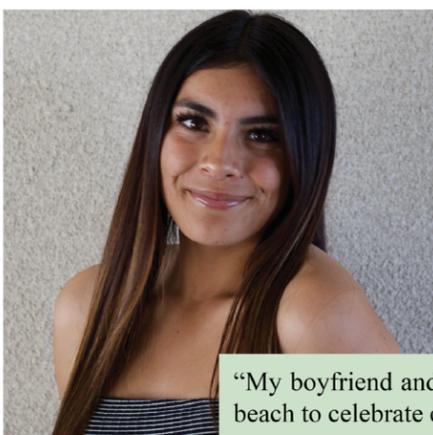


"I went to Humboldt and then went camping."
— Angel Cumbo '19

>> "I played Field Hockey down at the Olympics Training center in Chula Vista. I made the Junior Olympic future training team."
— Mary Handler '22



<< "I spent my Spring Break hanging out with my friends and playing volleyball with my team."
— Jordan Renner '21



"My boyfriend and I went on a bunch of dates and to the beach to celebrate our anniversary."
— Monica Scott '19

>> "The most memorable part of my spring break was probably the hiking we did in Yosemite."
— Ingrid Heidemann '21

