

THE PLATINUM PRESS

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Chaparral High School

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The PLATINUM PREVIEW

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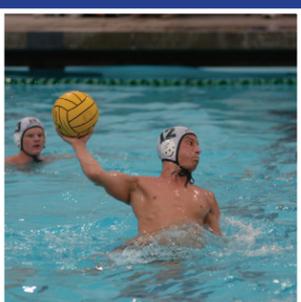
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Homecoming Takes Students into a 'Tale as Old as Time'

Elizabeth Clavin '20
School News Editor

Homecoming, which took place on October 19, was an exciting event that many of the students look forward to. With this year's theme being *Beauty and the Beast*, it was beyond magical. Having the rally on October 17, the Homecoming football game on October 18, and spirit days throughout the week, students were excited for this time of the year.

With its theme, the Homecoming Dance was like a fairytale. When entering, students walked through a lit-up arch leading them into the gym. The dance floor was illuminated with many colors. Outside was the activity area, included mini rides, a karaoke room, and a place for snacks and water. Senior Charlene Miciano stated, "My favorite part about Homecoming was screaming 679 by Fetty Wap on the top of my lungs with my friends." All in all, the dance was very successful, and students enjoyed it very much.

The Homecoming Rally was a great way to kick off the season. Senior Catherine Shaw and Junior

Nate Marble managed the rally and made sure to stick to the theme. This was done by having the lead speakers of the rally act as characters from *Beauty and The Beast*. This included Senior Jake Heeren as Lumiere, Senior Katherine Henningson as Cogworth, Senior Vance Johnson as Gaston, Senior Kristen Grandin as Belle, and Senior Alex Rosen as the Beast. Performances during the rally were by Cheer, Boys and Girls Advanced Dance, Platinum FX (PFX), and Tahitian Dance. Senior Vincenzo Montesano stated, "My favorite part about the rally was the fast Tahitian dances, along with the fast-paced music and all of the other performances." Students were in awe while watching these performances, which truly got them into the Homecoming spirit.

The Homecoming Football Game is a large event, as it determines the Senior Homecoming Royalty. Before the royalty was announced, there were performances by different performing arts groups. During the halftime show, the four pairs on the Homecoming court were welcomed in a beautiful horse carriage, and later



Credit: Katherine Phung
Senior Vance Johnson sings as the character Gaston at the Homecoming Rally.



Credit: Katherine Phung

Seniors Michael Gonzales and Christina Avina win the 2019-20 Homecoming court. introduced individually with their families. With great anticipation, it was announced that Seniors Michael Gonzalez and Christina Avina had won the 2019-2020 court. Senior Troy Hernandez, who was on the court, stated, "My favorite part about running was just spreading the word to all of my friends and getting to create fun ways to campaign, it was really a great experience." Although Pumas had lost to Murrieta Mesa by 41-27, it was still a fun night for all. Overall, Homecoming 2019 was a success. With spirit week, the Rally, the Homecoming Football Game, and the dance itself, it was a wonderful time; some might even describe it as magical due to the theme being prevalent throughout all of the activities. All people involved did an impressive job making these events, and students around campus have given much positive feedback.

Rivals Competition Takes the Audience Back to the 1990s

Emma Tupala-Horwood '22
Staff Writer

On October 22, the school hosted the first Rivals dance competition of the school year, which showcased a flashback to the 1990s. Rivals is a must for those who love watching dance and school spirit. Dance teams from different schools, such as Temecula Valley High School (TVHS), Vista Murrieta High School (VMHS), Paloma Valley High School (PVHS), and Chaparral High School (CHS), came together to showcase routines they spent weeks choreographing and rehearsing for students and their families. Their stunning acts were met with much enthusiasm from the audience as the teams displayed their hard-earned talents.

Rivals provides teen dancers from all around the valley a platform to experience their five minutes of fame. The competing teams performed beautifully, working together with a close dynamic and aggressive energy. The school's dance alumni served as unbiased judges to determine the team that best expressed the 1990s theme along

with the most coordination and spirit.

The Girls Advanced Dance Team, Syn^ergy, performed a routine choreographed by their captain, Junior Vianne Cocco, to the songs Baby Powder by Bandigo, Hot Girl Summer by Megan Thee Stallion, and Wish Wish by DJ Khaled ft. Cardi B and 21 Savage. Regarding how Syn^ergy prepared for this competition, the Dance Coach, Ms. Alyssa Gallegos, said, "During practice, we're very focused. We have a dress code where all the dancers have to wear all black, so that we look like a team, we rehearse like a team, and we act like one." This emphasis on unity was shown by how smoothly the team worked together on stage. Though they danced their hearts out, the team was only there to host the competition as well as show off their talents and passion.

After Syn^ergy's introduction, was a display from Boys Advanced Dance Team, Ag*lity. Their act was performed to Middle Child by J Cole and Camelot by NLE Choppa that complimented their routine and represented the 1990s theme. Senior Captains Jaydan Damasco and Brendon

Lamsong spent two weeks leading their team through rehearsals in preparation for this show. After performing, Lamsong said that "it felt really good. Once the audience, like, cheers, their energy comes to us and then we just put out as much energy as we can into them." Again, like Syn^ergy, they were not considered as competitors for the title, but they showed an extreme amount of intensity and excitement nonetheless.

The next Rivals competition in May promises more performances

from local dance teams as well as opportunities for young dancers. This dance competition is a chance for nearby dance teams to compete and perform, but above all, to have fun. The care and amount of hard work that went into perfecting their displays was demonstrated in the outcome. The sheer emotion and energy they put into their acts made their passion for dance apparent. In the end, every single team danced with an overwhelming amount of passion and grace.



Credit: Juleah Rasmussen
Intermediate Dance Team performs its routine at October 2019's Rivals competition.

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PRINCIPAL'S MESSAGE



Principal Tina Miller

Pumas,

We are well into the first semester of the 19/20 school year, and I continue to be inspired by the PRIDE our students and staff demonstrate everyday. We had a successful Homecoming Dance this year with 1,900 students in attendance. Our goal at Chaparral High School is to maintain an opportunity for our students to have a great high school experience in a safe, appropriate, and respectful environment. We continue to strive to uphold high expectations and standards during our dances and activities. Students, thank you for making our Homecoming a success by demonstrating these expectations and standards. It was great to see our student body enjoy the night and activities.

We are halfway through the semester, and progress report grades have been completed. If you are doing well in your classes, keep up the great work and do not lose focus. If you need to improve your grades, do not give up. You still have time to improve your grades. Remember to frequently check your grades on Infinite Campus. Do not forget to check out other important school news and events on the main CHS social media links. You can find these links on the Get Connected handout on the CHS website. Go Pumas!

Blood Drive Today

from 8:00 to 12:45

Must be at least 17 years of age, weigh at least 114 pounds, have not gotten any new piercings or tattoos within the past 2 weeks, and have not traveled to Central America in the past 29 days

Volunteer for 3 hours of community service and a free pancake breakfast, which will be served until 10 a.m.



National Honor Society Inducts New Members



Credit: Crystal Rivera

2019-2020 National Honor Society inductees recite the pledge at the ceremony hosted by the current officers and advisors of the club.

Crystal Rivera '20
Staff Writer

The National Honor Society (NHS) Induction Ceremony took place on October 7, introducing new members and celebrating their accomplishments as outstanding students. The National Honor Society is an on-campus club that allows students who not only excel in academic performance, but also excel in citizenship, scholarship and leadership. For some, it is a dream come true to be accepted into an elite skill-based club. From demonstrating leadership to volunteering at important organizations, this is the club where positive changes are created by positive people.

The ceremony started with the new members signing the Induction book before they are handed a certificate of achievement. Once the students have their certificates, they are given a candle, which 'lights up the path to success'. They state the Chaparral Chapter Pledge before they blow out the candles, signifying they have been inducted into the club as official honor members. The ceremony may have been short, but it changed the lives of the members. After the ceremony finished, the members and the families celebrated with snacks in the community conference center (CCC).

The club offers many opportunities that can prove beneficial, as well as improve character and citizenship. The Seniors who run and organize the club are President Katrina Abeto, Vice President Alex Nechay, Secretary Anish Gopalan, Treasurer Giuliana Duron, and Historian Henna Talla. As Nechay stated, "It's something beneficial to everyone, no matter [their] age and grade." The club acts as a gateway to triumph for those who desire to enhance their character. As Gopalan stated, "Its purpose is to recognize

students who display academic excellence and the character traits of service, leadership, and scholarship." With great success comes a great price, as students are required to fulfill a highly selective application before they are accepted. Abeto recommends "a well-rounded student who's at the top of their class" to join the organization. Before students can join, they must reach a minimum of 3.8 grade point average (GPA), as well as collect more than forty hours of community service. They look for those who show leadership skills, both on and off-campus. As Nechay stated, "Once you get past the highly selective process of getting into the club, you get put with people that are up there with you in grades, up there with you in leadership skills and stuff like that." Although the journey may be tough, the benefits given to those who work hard are worth it. The club focuses on giving back to the community, as members are required to complete a goal limit of community service hours in order to stay in the club. As Gopalan stated, "The club also gives you a lot of opportunities to connect with the community because we do a lot of events each year." Not only does the club focus on the community, but it also helps the members develop their own passions, their interests and what they wish to achieve in the future. As Abeto stated, "It's a good way of showing how you are willing to take time and effort to just give and support something that you are really passionate about." As the world changes, the future needs people who can give their time and effort to support local communities.

Currently, only upperclassmen are allowed to sign up, but if you are someone who wishes to change the world in a positive way, then apply to the National Honor Society as a Junior or Senior. The club is always looking for students with new ideas to shape the world in a positive way, one small act at a time.

Tutoring Opportunities are Available for Students Both On and Off Campus

Bella Quintanilla '22
Staff Writer

As grades come to close for the nine-week progress report, many students may be unhappy with their report cards. However, there are still opportunities to get help and raise their grades. One of the easiest ways is through tutoring. One of the resources provided by the school

is free tutoring. Peer Leaders tutor students often and are available to help others get their grades up and feel satisfied with their work. Not only is tutoring available at school, but it is also available Sunday through Thursday at the Temecula Homework Center (THC) and Library.

At the Temecula Homework Center, students can tutor each other. Their schedule varies depending on who is tutoring that day as well

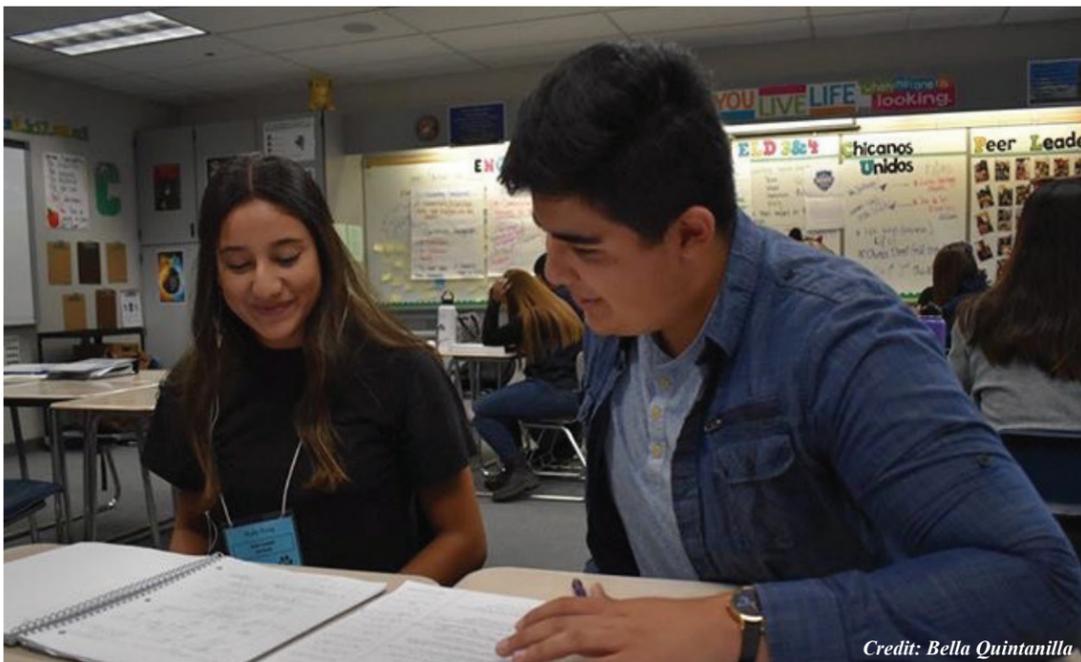
as what subject is needed. They offer programs for Kindergarten through high school with a variety of subjects. Anyone looking to be tutored must contact the THC to check for availability and to set up a date and time for tutoring. Their schedule is updated whenever there are any changes with their tutors. Any students looking to tutor their peers in exchange for community service hours can find an application

on their website which must be printed, signed, and turned into the THC Coordinator during their hours of operation. For more information or questions, visit their website, which can be found on the Temecula Valley Unified District Website, or contact the library via email at THCTemecula@gmail.com or call their office at (951) 901-8421.

While reaching out to different tutors from outside the school is one approach to raising grades, students on campus also tutor for free. Peer Leaders is a program that benefits students academically and socially. With this goal, all fifty-eight students involved tutor fellow peers. Senior Peer Leader Officer, Nilson Rodriguez, shared that tutoring is a main focus of Peer Leaders because "[they] care about the students and [they] want to make sure that [the students] have the resources and the opportunities to get their grades up." To get tutoring scheduled, students must see one of the Peer Leader advisors, Mrs. Alva Ruiz (Room 415) or Mrs. Trisha Shea (Room 404) to receive a slip to fill out. This slip must include the student's name, what subjects need tutoring, and the specific times and places that student

would be available, which then must be turned into one of the Peer Leaders or Advisors. Once turned in, the slip will go to the best tutor for that subject who will contact and meet with the student at the coordinated time and place for the session. All fifty-eight Peer Leaders can tutor students, and there is a variety of subjects and grade levels, including AP classes, available for students willing to reach out and get help. Tutoring does not stop at subjects, as Rodriguez stated that "A tutor can also be kind of a mentor and teach [the student] how to study for proper things and they can give them tips on how to like, in general, have good work habits and a good work ethic to be successful." Students in Peer Leaders are devoted to helping other students reach their goals in high school as well as in their future endeavors.

There are plenty of ways to find tutoring: reaching out to Peer Leaders, finding a day to sit down with someone at the THC, and also talking to teachers and staff for help. Many teachers use CAT 30 as a way to help students with their class assignments. There are even some students who offer their time to others during and after school solely to help their friends and classmates. However, it is up to the student to reach out first and find the help they need.



Credit: Bella Quintanilla

Senior Nilson Rodriguez tutors
Senior Ruby Ruiz through the Peer
Leaders program.

Video Contest Fights Teen Drug Use

Vikki Thongrattana '20
Copy Editor

2019 marks the eighth year since October was officially recognized as the National Substance Abuse Prevention Month. As declared by Former President Barack Obama in 2011, this month is meant to recognize the harmful effects pertaining to the abuse of substances which include but are not limited to: nicotine, drugs, and alcohol. Currently, pre-high school, high school, and postgraduate students have an opportunity to participate in raising apprehension against drugs through a drug awareness contest ran by the Benevolent & Protective Order of Elks.

Spreading awareness against drugs is essential to help teens acknowledge the dangers of addiction and to begin taking steps in maintaining a healthy life. Peachjar Flyers provided information about the Temecula Valley Elks' annual drug awareness contest which is open to students from both Murrieta and Temecula schools. The Temecula Valley Elks wishes to promote awareness through their contest where high schoolers can participate by submitting a two to five minute video. To create the short film, students can choose to work individually or with a group. Furthermore, students must express a message against drug abuse or making the right choice—the theme, "Life Does Not Rewind, Choose Life Not Drugs", should be heavily emphasized throughout the entirety of their short film. The content should avoid using copyrighted characters, trademarks, and etcetera, though this excludes the usage

of Elroy the Elk. When finished, the video can be submitted on a flash drive (or another similar "mobile" media) and delivered to the Temecula Valley Elks 28061 Diaz Road. The video must be paired with a filled-out Video Contest Entry Form and a "Parental Consent Form/Waiver" received by emailing Mrs. Diane Farrens, the co-chairman of the Temecula Valley Elks, at dianefarrens@msn.com. Before delivery, students should call Mrs. Farrens at (951) 704-0445 to make sure someone will be able to accept the submission and meet the student at the lodge. The deadline for the contest is November 8, 2019; any submissions after this date will be rejected. Once a video is submitted, all ownership is transferred to the Benevolent & Protective Order of the Elks and will not be returned to its original creator. One winner will be selected in the video category of this contest and will receive these prizes: a Barnes & Noble gift card and an invitation to eat dinner, along with the winner's parents, at the Temecula Valley Elks Lodge. Drug abuse is a relevant problem among young people, so the efforts in making videos against these harmful substances helps raise more awareness for the youth.

Even if the students themselves do not actively participate in drug usage, just the simplest actions against substance abuse—such as making a short video—can motivate their peers to stay drug-free. Pumas have such a great opportunity to support their peers through this contest and can even win small prizes doing so. Raising awareness is important, not just for the students themselves, but also for their peers.



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NAMES IN THE NEWS

Photos by Katherine Phung



Andrew Wessels
Freshman
Homecoming
Royalty



Raeligh Lopez
Freshman
Homecoming
Royalty



Jackson Wynn
Sophomore
Homecoming
Royalty



Christine Lau
Sophomore
Homecoming
Royalty



Matthew Merk
Junior
Homecoming
Royalty



Salma Garcia
Junior
Homecoming
Royalty



Michael Gonzales
Senior
Homecoming
Royalty



Christina Avina
Senior
Homecoming
Royalty



Giuliana Duron
October
Student of the
Month

Seatbelt Race Spreads Teenage Safety Awareness

Eugenia Hernandez '21
Staff Writer

Drunk Driving and unbuckled seatbelts are some of the biggest culprits of injury in driving incidents. Students Against Destructive Decisions (SADD) work to combat this with the Seatbelt Races, a demonstration of safe driving, aimed to shed light on the importance of seatbelt safety. SADD is an organization that hopes to help students stay away from choices that might lead them to harm. They hope with their help, students will be better informed of the consequences and decide to stray away from destructive decisions.

On Wednesday, October 16, SADD put on the seatbelt races in the quad. The races consisted of teams made up of students from homecoming court, the Chaparral basketball team, and the members of SADD. They all raced to buckle their seatbelts and pop a balloon quickly, the winning team being the one with the shortest time. Since the beginning of SADD at Chaparral, the seatbelt races have helped to advertised seat belt safety, as Senior and President of SADD Jacob Schmidt stated, "When we bring out cars on campus or you have any big event on campus, it's really easy to see that it draws out a big crowd and that way we can get our message to as many people as possible." Caught up in their lives, or rushing from home to school, students might think nothing could happen to them, or are confident enough in their driving abilities to believe they would not be the ones to end up in an accident, when in fact they could. The Seatbelt races themselves symbolize just that, the act of buckling a seatbelt is a quick and easy action, one that SADD believes all teen drivers should take the time to do.

Seatbelt safety is among one of the things SADD hopes to advocate for on campus, and underage drinking and substance use are a few others they aspire to bring awareness to as well. SADD members want to be able to bring support to students who might be facing the peer pressure to drink, or use substances they would not usually be comfortable with doing. Schmidt further mentioned, "We hope as SADD officers...we hope that we are personable enough for people to come to talk to us, even if not our meetings on Thursdays we deal with issues like that... we hope for people to talk to us." Students should

be able to have a place to safely express their struggles with these issues, and SADD wants to provide that for their peers.

In the future, SADD members want to continue to better their organization and spread as much information as they can throughout the campus. To do this, they hope to organize different events, such as partnering with sports teams, signing banners, talking to peers about the dangers, and reaching out to different agencies. Through social media, SADD partners up with insurance agencies, such as All State, to spread awareness about the dangers of drunk driving, social media, SADD partners up with insurance agencies, such as All State, to spread awareness. about the dangers of drunk driving.



Credit: Eugenia Hernandez
Students raced to put on their seatbelts at the annual SADD event.

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Donald Trump's Impeachment is Imperative to the Survival of Democracy



Credit: Getty Images
President Trump address the media

Annaliese Arnsten '20
Editor-in-Chief

In today's polarized political climate, petty partisan grudges explode like hand grenades in this ongoing ideological civil war. However, the news that broke in late September transformed the landscape of political loyalty and forever altered the course of history; the highly divisive current president, Donald Trump, could—and should—be impeached for his irresponsible behavior and irreversible damage to the purity of American democracy.

On August 12, a whistleblower report brought to light a questionable phone call President Trump had with Ukrainian President Volodymyr Zelenskyy on July 25. Pres. Trump reportedly requested a foreign investigation on 2020

Presidential Election opponent Joe Biden and supposedly threatened to withhold funds that Congress had already approved. Following this groundbreaking report, Speaker of the House Nancy Pelosi announced a formal impeachment inquiry, signaling the government to set a full investigation of Pres. Trump's despicable conduct into motion.

This blatant violation of the Constitution and shameful abuse of power is the definition of un-presidential behavior. Although many House Democrats have discussed impeachment before, they had previously not been able to convince politicians on the other side of the aisle to join them in the fight. This time, however, multiple Republican politicians have publicly supported the inquiry, as has the general population. According to a poll published on October 8 by traditionally-conservative outlet Fox News, fifty-one percent of Americans believe that Pres. Trump should be "impeached and removed from office."

Although the White House has since claimed that they will not be cooperating with the investigation, a move to formally impeach such an immoral and unpredictable stain upon the carefully woven fabric of American values is crucial to setting a precedent for the future of the United States. Pres. Trump's flagrant criminal behaviors carry historical weight and could permanently damage the reputation and integrity of the country on a global scale. It must be made clear that absolutely no one is above the law; a failure to publicly announce Trump's actions as grounds for impeachment would send the irrevocable message that communication with foreign countries to investigate an

opponent in exchange for resources is anything less than a violation of the foundations of democracy.

Pres. Trump's loyal supporters may defend his manipulative and treasonous behavior by claiming that the call with Ukraine involved no *quid pro quo*. They may even argue that his televised comments encouraging election interference from both Norway and China were not meant to be taken literally. The fact that a president believes it is acceptable to even joke about committing such a heinous crime on live television proves that he does not

fully understand the consequences and impact of his behavior in office. This ignorance is a direct threat to the integrity of democracy and infringes on the rights of voters, which will soon include many current juniors and seniors on this campus.

As a reality television star, controversial statements boosted Donald Trump's fame. As a business mogul, suspicious dealings and manipulative lies propelled him to the status of millionaire. As the Commander-in-Chief of the United States, it should be obvious that the stakes are far higher than ratings,

or even personal assets. At this very moment in history, one which will be remembered for centuries to come, President Trump is dangling the priceless liberty of American citizens over the edge of an abyss of corruption and moral indecency. The recent impeachment inquiry is an opportunity for the country to take back its freedom and reclaim its title as the birthplace of democracy, rather than succumb to the toxicity that currently contaminates the Trump Administration, which, if not stopped, could poison the American legacy.



American protesters fight to impeach current President Donald Trump, with signs reading "Dump Trump" and "Liar, Thief, Traitor"

The Influence of Generation Z is Making an Impact Through Teen Activism



Credit: Getty Images

Teen activist Greta Thunberg gives a heartfelt speech to the UN

Chloe Vande Kamp '21
Staff Writer

Generation Z is waking up—waking up from the dream of security that previous generations leaned on, relied upon. The security generations have entrusted to a corporate-controlled government is now so clearly false and unreliable in the eyes of today's youth. Generation Z is resisting the blissful ignorance that has enticed so many before, but this generation is not resisting the task thrust upon them by those same peoples: the task to take an active part in politics. In many cases, adults have failed to take up the responsibility of ensuring the future of their children.

Those children now take up the part of the adult. This is an era of youth activism.

Of legal age to vote or not, the youth can make a huge impact. Protests, letters to representatives, and active discussion with others gives every issue the platform it needs to elicit change. Starting as teens in high school, there are many sparks to set the flame ablaze: discussion of news and issues filter through campus hallways and classrooms from staff and students. Opinions are shared and events are organized in clubs and extracurriculars in order to make a difference in such discussed issues. For example, students here on campus whose eyes have turned to the issue of the neglected—in policy and action—environ-

ment can take part in discussions in their science classes or even in the Environmental club. By starting with these discussions on campus, even the most youthful can begin to grow in knowledge and opinion, in which they can apply to the real world ahead.

However, concerning such potent issues like climate change, there is a lack of policy-to-action that government globally has taken to the matter. It therefore becomes more pressing for even adolescents to take an active (hence the term activism) part in their communities and local governments. Writing to local representatives is extremely important, as big changes start from the bottom and work their way up. In some expressive cases, this locality can produce results and awareness rapidly, such as it was for sixteen year-old climate activist Greta Thunberg.

Starting with just the simple action of sitting outside the Swedish parliament with a sign reading 'skolstrejk för klimatet' (school strike for climate), the 2019 Nobel Peace Prize-winner has taken to being a voice for those wishing to enact change in government policy (and real action) around the world. Before Thunberg knew it, sitting outside of parliament every Friday became a pattern not just of herself,

but also many other students and similar protesters. As time passed, her activism gave her a voice to speak in front of world leaders. Choosing to take an active role in her community led Thunberg to hold a lot of influence over the widespread media. For example, she has spoken before the US Congress alongside other fellow youth activists such as Jamie Margolin, who testified next to her and others on September 18 of this year. She travels across the globe—by train, as to be environmentally conscious—constantly, speaking and protesting for a cause she believes in and

is passionate about. She continues to protest every Friday (this week will be the 59th of what Thunberg calls 'Fridays for Future') in different places around the world. During one protest in Germany on March 1, 2019, she grippingly stated, "we are striking because we have done our homework, and they have not." The youth of today understands the consequences of ignorance and neglect of important—and in the case of climate change, life threatening—problems.

Drastic changes in the Earth's climate and ecosystems is a critical, crucial issue to be sure, but it is not the only

one. Countless issues—social, political, economic or otherwise—can be protested about, discussed, shared, and—very importantly when a legal adult—voted for (or against). Whether the issue is centered around the environment, domestic or foreign policies, economic policies, or any other issue for that matter, being active in mind and voice is what will lead Generation Z to be the generation that changes the world, and does not just sit on it atop a (literal) landfill of problems.

Youth across the globe participate in the climate strike



Credit: Sierra Club Angeles Chapter



The ideas expressed in the Editorials section do not reflect the views of *The Platinum Press* as a staff, but rather those of the journalist who wrote them.

If readers desire to respond to an editorial, *The Platinum Press* values all opinions and welcomes letters to the editor. Just as *The Platinum Press* respects each individual's right to a differing opinion, we ask the same of our readers. Each journalist is well within their rights to express their opinion on any given topic, no matter how controversial that topic may be. This is the intent of an editorial, not only to provide journalists with a medium to express an opinion, but to allow the editorial to be a catalyst for further discussion of a given topic.

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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The Current Curriculum Does Not Fully Prepare Students

Staff Editorial
The Platinum Press Editorial Board

As the number of potential professional pathways for students increases and students get more motivated to receive a higher education, districts are expected to reflect this job diversity in their curriculum. However, high schools have not yet implemented the plethora of courses that students seek to better prepare them for college and adult life.

Although more programs and electives would allow more freedom to students, there are some valid reasons as to why they have not yet been implemented. Financially, reforming classes would be a difficult endeavor. TVUSD has a student-to-teacher ratio that schools have to meet in order to fund a class. This ratio is at thirty-seven-to-one. Schools have a harder time running programs and classes that have less than thirty-seven students in those classes. With more classes and fewer students per class, it would be hard for schools to reach that thirty-seven to one ratio. However, having more options for students to choose from would encourage students to actively participate in their education and be able to broaden their academic pathways by learning something they might not have been able to learn in a mandatory class.

An obvious place to start when updating the class options are the primary core classes. For decades, schools have been dedicated to reading the same novels, which emphasize an undiverse view of culture and history. The remembrance of these fine European writings is indeed significant, but why are they defined as the common core? The dedication to the study of works by white male authors lessens the representation of people of color. Students' history courses

focus primarily on European history rather than expanding to encapsulate all cultures when they should be diversified to incorporate different aspects of history.

Liberal arts classes are not the only ones in need of rejuvenation. As the number of job openings for STEM majors continues to increase, students should have more opportunity to pursue those fields. If students had the capability to explore STEM fields in a specific class, it would allow for a more comprehensive understanding of potential majors and an individual's strengths within the field. It could also strengthen students' chances of success in their future academic and professional endeavors, offering the same level of preparation as MRWC, ERWC, or AP classes.

Entrepreneurship is another career that has skyrocketed in recent years, but has yet to be acknowledged by high school class schedules. Generation Z is predicted to have the largest amount of entrepreneurs, yet high schools do not have any pathways to support these students. Although there are plenty of classes in college that focuses on business, many teenagers are unsure when it comes to picking a potential major, which in turn influences picking a potential college. If the school district implemented business and entrepreneurial electives, then more students would be better prepared for their college majors and professional pursuits. A financial class would benefit students and could also give young entrepreneurs an idea of how to start their businesses.

Visual Arts & Performing Arts (VAPA) classes allow students to unleash their creative capabilities, but are also highly overlooked as inspiring future careers. However, despite there being quite a few VAPA classes already in place, too much of the spotlight focuses on flashy performance electives.

Classes like orchestra are often dismissed and have only one level offered. Although the difficulty of these electives are based on the amount of students taking it, combining all levels into one can be counterproductive and frustrating. Furthermore, the incorporation of more VAPA classes, such as fashion design and architecture, will allow students to broaden their opportunities in the field of self-expression.

Whether due to interest or prowess, not all students are academia-focused. Expanding the choice of classes should be met with an increase in sports, both for school teams and physical education (PE). Students have the potential to thrive not only in the classroom, but also on the field, court, and pavement if given the opportunity. Variety boosts student interest in school-related activities and even lifetime pursuits, giving them the chance to actively participate in their community and future. By putting more sports into PE, students will have more of a chance to enjoy participating in the class, and the same goes for school sports teams.

Typical high school courses (history, math, english, science, and even physical education) are prioritized, but what about courses that prepare teens for their life outside of school, and their own personal health? Sex education classes are something schools need to implement as a semester long, or even year long, class that covers specific issues within sexual health. Although safe sex is something advocated in schools, so many students are still uneducated. Would it be better for students to have intercourse unsafely and risk a pregnancy that might ruin the life of a young teen, or to educate teens so they can make that decision on their own and do so safely

The self-defense course at Chaparral, while nice in thought,

teaches girls that words have the power to stop rape. They do not. Self-defense saves girls from rape, not words. While girls yell "No. Stop. Stay back," boys learn how to wrestle people to the ground, and helplessly pin someone for their own amusement. The self-defense course hardly prepares students for college or the workforce, vastly underestimating the danger outside the chain link fence of Chaparral. The course should educate both genders; rape, sexual assault, and molestation can happen to anyone.

Many mental health disorders begin during adolescence, and now students face more pressure than ever. Suicide is the second leading cause of death among people ages fifteen to twenty-four. Schools should offer classes that teach about managing mental health. With informative sources galore and a larger variety of career paths, stress to succeed easily deteriorates students. Although math and science might be important for a profession, stress management techniques, effective communication and decision making skills are necessary for life after education.

To be prepared for the future, Chaparral High School needs to provide more classes, extracurriculars, and programs for students. Not everyone is going to go to college nor is everyone going to vocational or trade schools. So why do they not have an option for what the students want? A class for the more advanced students, or courses for students with more creative passion—these are the courses students want, not a cookie cutter format for the average student. Though it can be a struggle for the administration to fund more classes, it is not impossible. Whether it be from a simple culinary course or even an English class on more modern literature, there needs to be a change. Not only for the students, but for their futures.

Gender Identity is too Unpredictable to Regulate Sports

Chloe Vande Kamp '21
Staff Writer

As transgender women have been significantly outperforming biological women in sports, people are starting to ask: should transgender women be allowed to compete in women's sports? There is little to no fleshed out regulations surrounding the issue. While some argue that all transgender women should be able to compete in women's leagues, this is based on nothing more than the fact that they are women. This is not justifiable or dependable enough for the future of sport policy.

Which league a transgender athlete competes in (women's or men's) should be determined by consistent, scientific fact, not the ever-changing topic of gender and identity. If any transgender female wants to compete in a women's version of a sport, they should be required by policy and regulation to be below a certain level of testosterone in order to compete in that league (the applies for sports typically male or female, such as the NFL or NSL: if a transgender female is above the accepted amount of testosterone required, they should not be allowed to compete in that league). When intersex runner Caster Semenya competed significantly well at the International Association of Athletics Federations (IAAF) World Championships in 2019, there was concern that (allegedly) her testosterone levels were three times that of the average biological female athlete. The IAAF required henceforth testosterone levels below five nanomoles per liter (most women are below three). Hormonal supplements are fairly consistent and fast-

acting—not to mention easily accessible—thus allowing hormonal levels to be a scientifically reliable and consistent solution. Creating regulations based on hormones is also applicable to transgender men, as both transgender men and women would have to keep their testosterone and estrogen levels below a certain point in order to compete in the league that fits the gender they identify as.

This pertains especially to sports such as cross country and track, as a lot of running has to do with athletic strength, which builds up over time. A high school athlete will be in the midst of hormonal changes and increases, which makes the issue of regulations based on testosterone and estrogen even more important. Even in the later years of competitive sports—in college

and professionally—hormones will fluctuate less and are thus even easier to regulate.

This is not an issue of gender identity. This is an issue of creating a system to regulate gendered leagues of sports that is consistent and fair for both transgender and cisgender parties. The focus must be taken away from the aspect of individual gender identity: this is not consistent enough and holds little potential in becoming any kind of effective policy. The level of hormones in the human body, however, is scientifically measurable and accessible, thus allowing all athletes (transgender or otherwise) the ability to compete fairly and without wildly varying situation.

Trans athlete Terry Miller set 100 and 200 meter records State Class M championship in New Britain



Credit: John Woike

How the Distribution of Funds Appears to Show Favoritism in the District

Mackenzie Cox '20
Copy Editor

Within recent years, the Temecula Valley Unified School District (TVUSD) has seemed to have steadily gained a stigma regarding its three major high schools: Chaparral High School (CHS), Temecula Valley High School (TVHS), and Great Oak High School (GOHS). This stigma is in reference to how the three high schools are seemingly favored by the school district: Great Oak High School is in proximity of Pechanga Casino and Resort garnering funds and additional resources by being located in a “richer” area, Temecula Valley High School has the city name as its own, acting as a “poster-child” of sorts, and Chaparral High School seems primarily independent, almost to the point of being forgotten. The possibility of being the odd man out can create feelings of neglect in the students and staff on the CHS campus, and the idea of being regarded as a second thought can spark a question that can start to burn at a possible problem: Is there truly favoritism within the TVUSD school board, and can this be reflected within the schools’ funding?

One of the first things that needed to be considered when investigating the funding received by the schools was the Master Facility Plan put out by the district. The Master Facility Plan details the future spending and the amount of money spent each year by every school within the district as well as other projects and goals. The spending between the three high schools appeared to be fairly even, except for one instance in 2013. This instance had to do with the cost of painting between CHS and GOHS. According to the most recent Master Facility Plan, Chaparral High School has a total of 336,991 building square footage with 126

classrooms, and Great Oak High School has a total of 344,792 building square footage with 124 classrooms. Comparing the two schools, it is clear that they are both relatively similar in size, which would lead one to garner that both schools would receive an almost equal amount of funding for the painting. However, this is not the case. CHS was allocated approximately \$206,800 in funds, and GOHS received around \$380,000 in funds. To put this to scale, Chaparral High School only paid \$0.61 per building square footage, while Great Oak High School paid \$1.10 per building square footage. However, a reason for this could be hidden in how the two painting categories were entered into the plan. Under Chaparral’s part of the plan, the painting was listed as “Painting: All Trim and Walls.” But Great Oak had theirs listed as “Painting: All Wood and Trim.” If one looks into the difference in pricing for wood versus concrete walls, they would find that wood is a bit more expensive to paint than the walls. This difference in pricing is most likely what makes up for the gap in the amount paid between the two high schools.

Another important factor that needed to be taken into consideration when researching any possible funding discrepancies was the idea of Title 1. Title 1 is a term given to a school that has more than forty percent of its student body qualify for free-and-reduced lunch. When a school is called a Title 1 school, it receives additional funds from the government for extra programs so that students that come from low-socioeconomic families can get the best quality of education. Out of the three major high schools, Chaparral High School has the highest percentage of low-income students, that percentage being 30.5 percent. However, Temecula Valley High School trails just behind with 28.5 percent, and Great Oak High School, being the lowest, has 19.3 percent. In years prior, when the district had far fewer students, the percentage needed for a school to qualify as a Title 1 school was only thirty percent—a percent that CHS would have crossed over if it had remained the same. However, when the district’s number of attending students swelled, the qualifications for a school to be considered as Title 1 also increased in order to meet a higher average amount of students that qualified for free-and-reduced lunch. In addition, Title 1 has only just recently been opened up to kindergarten through eighth grade, as it originally was only open for just elementary schools, or kindergarten through fifth grade. So



Credit: Hübser Yamauchi Architects

Temecula Valley High School’s new Culinary Art building, a project of modernization that Chaparral lacks.

despite Chaparral High School and Temecula Valley High School both having high numbers of low-income students, they do not qualify for Title 1. In regards to having a high number of low socioeconomic students, neither of the three schools are more advantaged than each other.

While in the midst of researching Title 1, modernization was a topic that was brought up. Modernization is when schools use the funds that they are given in order to update their school. What gets updated is determined by what the school needs at the time. One primary thing that many students within the district can point to is the new culinary building that was built on the Temecula Valley High School campus. It is no surprise that the cost that was needed to make the building a possibility was a lofty one. So, when students at CHS look at their campus, they wonder where their shiny, new building is. However, as mentioned before, what is updated is determined by what each school needs. TVHS had a growing culinary arts program and needed more space, hence, the new building. During this time, CHS was having a problem with its HVAC system; the “cooling” system that controls the air conditioning. Chaparral High School is the only school out of the three high schools that has a system like this, the other schools having actual air conditioning systems. This results in about 50,000 gallons of water each year put into the system so that it can run properly. With it not working properly, water could have

been wasted and the system in general would not have functioned as it was supposed to. According to Mrs. Ingrid Taylor and Mrs. Tina Miller, about the same amount of money that went towards providing TVHS with a brand new culinary building was allocated to CHS to help fix its HVAC system as well as other things around the campus. In fact, in 2022, Chaparral High School will receive modernization funds to put towards possible updates such as new carpet, a second gym, and a new building. With this in mind, it was clear that there was no difference in funding between Chaparral High School and Temecula Valley High School.

All in all, after looking through multiple different leads that could have led to Chaparral High School having a negative bias against it from the school board, it was clear that the Temecula Valley Unified School District does not show favoritism towards one school or another. Although it may appear to be at times when the other two high schools get new buildings and programs, such as when Temecula Valley High School got a new building for their culinary arts program, the funding evidence shows that there is no skew; each of the high schools receive about the same amount of funding every year, and what each of the high schools do with that money is determined on a need-type basis. So although fixing an air conditioning system is not as flashy as getting a new building, it is what Chaparral High School needed—though a new building at some point would definitely be nice.



Some students feel that the Temecula Valley Unified School District shows favoritism through funding.

Sex Education Preaches Abstinence, but Ignores the Needs of Modern Teens

Vikki Thongrattana '20
Copy Editor

As people grow older, their interests and participation in human sexuality increases, however, they are still confused about the topic itself. Sex Education (Sex Ed) is a crucial part in all growing adolescences’ lives, as it teaches them pertinent information that comes with human sexuality. Not only does it allow teens to gain knowledge about themselves, but it also helps them gain a healthy attitude towards others as well. The curriculum for Sex Ed has been fluctuating lately in order to accompany students’ necessity to learn significant information that helps them later in life. During these past few years, Sex Ed has become more inclusive towards people from the LGBT+ community by trying to promote healthy attitudes for these groups.

Instructors are openly talking about same-sex relationships as well as different gender types. Students are able to realize that there is not just two genders in society anymore, and Sex Ed helps them develop a healthy attitude to the variety of genders. Not only that, students also realize that human sexuality—whether it be sex, romantic attraction, etcetera—does not just happen between a man and a woman. Positively, Sex Ed is becoming more inclusive towards non-cisgendered people and non-heterosexual relationships, as many would say. However, despite the positive changes made to the curriculum, Sex Ed still has room for improvement. Giving a streamlined version of all the information pertaining to human sexuality is nearly not enough knowledge for students. The way the field’s material is taught is very superficial; students only spend one or

a few sittings in the library with a specialized instructor. Discussing all of the significant details for human sexuality in less than a few weeks is nearly not enough time to give students all of the information they need. Instructors are giving students a streamlined version of what they need to know. Instead, students should be able to learn Sex Ed in a more comprehensive and informational way—that is, going through more than an entire week to go over the options they have after participating in sexual activities, while still reinforcing inclusivity when talking about such activities. To continue, Sex Ed is not as comprehensive as instructors state it is. Sex Ed only places emphasis on abstinence over other options, which will hurt students later in life once they

participate in sexual activities. Although it is a plausible solution, it is not the only one: students can also participate in safe sex to prevent STDs (Sexually Transmitted Diseases) and pregnancy, so why are instructors not providing more information on safe sex as well? Students only mostly hear of abstinence as a solution and not enough about alternatives such as birth control. Students need

to hear more about their other choices so they are not just stuck with abstinence for their entire life. Yes, instructors do talk about such alternatives, but the shallowness of their teaching will not stick with students forever. All in all, Sex Ed’s curriculum still needs a lot of improvement. It is fortunate that it is broadening the way it appeals to different genders and sexualities, but

that alone does not fix all of the errors it still has. Sex Ed is a crucial part of students’ lives, since it is information they can keep close to them as they become adults. Students need a less flawed curriculum to accompany their needs; human sexuality can impact a teen’s life to become better or worse, so instructors need to make sure they provide enough details so every student can live a healthier life.



dit: Nick Anderson

It has come to the attention of *The Platinum Press* that a statement in the article “Pulling the Trigger on Gun Abuse” written for the September issue of *The Platinum Press* is inaccurate and misleading. The rate of fire for a AR-15 is not ten bullets per second, rather it is how fast an individual can pull back the trigger per second as it is a semi automatic weapon. It is the intention of *The Platinum Press* to publish the truth and to be held accountable for any misinformation in the paper. *The Platinum Press* apologizes for any inconvenience that this misleading fact may have caused.

The Plague of Misogynistic Abortion Laws is Spreading Across the Nation



A woman protests for her abortion rights by holding up a sign, "Don't Tread on me." Credit: *Shutterstock*

Megan Irwin '21
Managing Editor

September 30 marks the return to clarity, as a federal judge temporarily blocked a Georgia law that would have banned abortion once a heartbeat was detected. The law itself was signed in May by Georgia's Republican governor, Brian Kemp and was created to ban abortion as early as six weeks into pregnancy, before many women realize they are pregnant. The measure, one of the most severe in the nation, was scheduled to take effect in January 2020. Georgia is only one of many states in a sudden rush to ban or place limitations

on female reproductive rights.

Alabama took its fight against choice even further with a bill that bans abortions regardless of the situation that a woman was placed in. If a woman is raped, she has no right to abort the child that everyday would remind her of the man that took advantage of her, staring into the eyes of her assailant forever. Only if her life were in dire condition due to the pregnancy could a woman get an abortion. The Alabama law even makes it a crime for a doctor to perform an abortion without losing all medical licenses and practices. But why the immediate rush to pass legislation that will face certain challenges from civil liberty organizations? The Pro-Life

movement understands the current government situation and wants to act while they have majority vote in Senate; with president advocates and an entire majority in government for Pro-Life, creating bills and bans that eradicate female reproduction rights seems like child's play.

The Supreme Court, first in *Roe v. Wade* in 1973, in *Planned Parenthood v. Casey* in 1992, and again in *Whole Woman's Health v. Hellerstedt* in 2016, made it all clear that placing burden on the females' right to choose an abortion before a fetus reaches viability is unconstitutional. Every woman is entitled to the basic forms of reproductive rights: the right to have a child, the right to not have a child, and the right to

parent a child with dignity and in a safe and supportive environment.

States now feel emboldened to take their chance to reduce female reproductive rights in federal courts. If the lower courts overturn the legislation, many states may continue pursuit by enact strict regulations at taxpayers' expense. The lunacy of these state challenges is compounded by the lack of consideration of judgment policy issues that arise when legislature grants personhood so early in a pregnancy, treating a mother like a host instead of a person with independent rights. The removal of female reproductive rights dehumanizes women to a subclass, without the rights granted to all persons in the United States.

Sleep Deprivation is the New Teenage Epidemic That Needs to be Solved

Pacey Cookson '20
Staff Writer

Sleep is a crucial part of any healthy lifestyle, especially for young teens. Without sleep, it becomes hard to be productive in school, and unfortunately, it seems to be a daily basis to see teens falling asleep in class. Sleep deprivation can also bring much unwanted consequences, such as anxiety and depression. The biggest cause for teen sleep deprivation is how early school begins. School is not the only thing that teens must focus on, especially when they are encouraged to join sports and clubs, all of these factors increase the flutter of work that students must do and worry about.

It is most important for schools to realize the importance of teen

sleep, and one way for schools to solve this is to possibly start an hour later in the morning, as this would allow students to sleep in longer and gain much more sleep time. On October 13, California Governor Gavin Newsom signed a new law—which all schools must adopt before July 1, 2022—prohibiting middle schools from starting before 8AM and high schools from starting before 8:30AM. This is a good change because the recommended amount of sleep is between eight and nine and a half hours for teens, however, on average, teens only get between seven and seven and a half hours; this is not healthy whatsoever. There are also many negative effects connected to sleep deprivation, such as anxiety, depression, fatigue, and mood swings. All these effects can be seen with teenagers nowadays.

Depression is a huge issue in young teens, and sleep deprivation is one of the leading causes to it. Schools need to learn how much of a necessity sleep is to teens.

Schools also need to become more aware to not push teens too much; telling teens to join more clubs or sports can lead to more stress and less time for them to do other things. Think about the two things almost every school encourages: AP classes and clubs—these overload teens with more homework and disable them from receiving enough sleep. The big take from this is that schools need to stop overloading teens' plates with things to do. It can be noticeably bad as a junior or a senior, as studying and taking your SAT and ACT tests can be very stressful and lead to a loss of sleep. Having

a job to save up for college can cause a lot of stress because of the new found responsibility in it. All this can cause sleep deprivation which then cause fatigue and a load of mental health issues.

Sleep is one of the utmost important things that teens need in order to have a healthy lifestyle, but school start times as of right now make it extremely difficult to balance the stress that comes with school. Thankfully, California schools will be pushing their start times back, decreasing the negative consequences that are attached to sleep deprivation. With all that being said, students in general need to get a good night's sleep so that they can tackle their everyday problems head-on.

Many teens are sleep-deprived because of the time they spend on their phones



Credit: *Stanford Medicine*

The Tyrannical Empire of College Board Deceives Students with the SAT

Chloe Vande Kamp '21
Staff Writer

September 30 marks the return to clarity, as a federal judge temporarily blocked a Georgia law that would have banned abortion once a heartbeat was detected. The law itself was signed in May. When every teacher and every counselor preaches the religious doctrine of the Book of College Board, and every fellow student sings along to the sermons of late night studies and SAT preparation, high school becomes a dreary, sad church. Mindlessly, students take AP classes and study relentlessly for their SATs. Unfortunately, opting out of taking these classes and exams may hinder opportunities for

students. Regardless, it is important to discuss the flaws and faults of school administrators and educators of holding exam prep books over students' heads like the Holy Grail.

There are implications of a college degree that are around the bush administrators are beating at. Sure, going to an Ivy League or UC college may seem worth the efforts and hardships of exam season, but the reality is a bit less glamorous. University degrees (a piece of paper students will be in debt over for the next thirty—and beyond—years of their lives) do not guarantee successful interviews or callbacks to audition; they simply do not ensure financial stability, and the specific university printed on that paper will not be the deciding factor

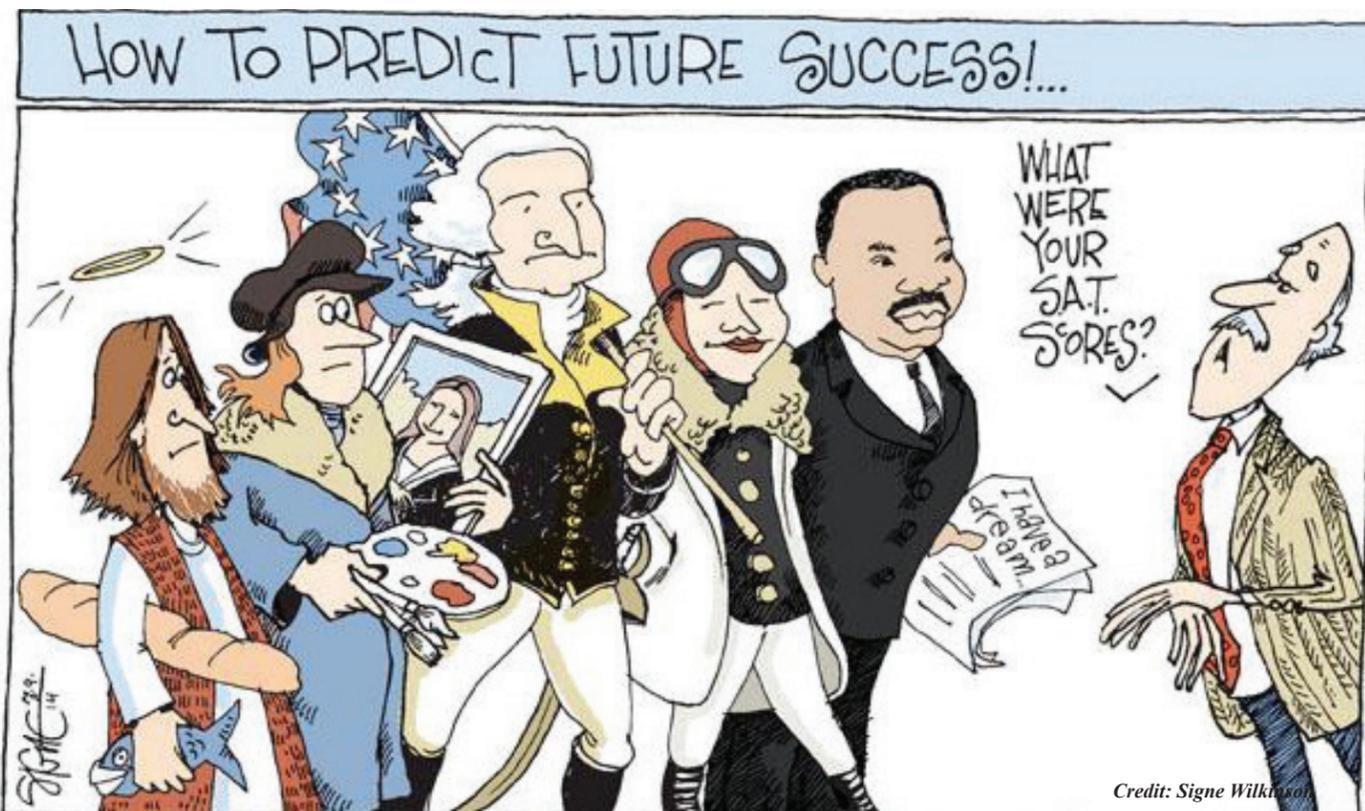
between one's employment and unemployment. Employers are looking for employees that show good charisma, work ethic, and personal goals, not graduates from the most prestigious colleges.

Investing so much time into a standardized test that supposedly determines a student's acceptance into such a university may not be truly worth it. The rigorous studying and stress that comes with College Board's classes and exams leads nowhere different than to that of average grades and test scores. While in the case of some careers—law, medicine, so on and so forth—getting the "best" education is a priority. However, to the majority of college-goers, just getting through those four years is the priority. Having a university degree does merit some

credibility on job applications or resumes. However, it is the hard work and dedication to one's career that pays the bills. And of course, it could be argued that these College Board curriculums give students this mentality, but the difference here is that AP Classes and standardized exams such as the SAT are drilled into the heads of high schoolers to be their main focus and only option for a fulfilling, successful life. The work ethics that grant such success need to come from a student's own will to give themselves the life they want. This should come from personal drive, not the need to survive.

In some cases, universities do not even place much emphasis on SAT scores as high schools do. According to FairTest, "more than 1,000 accredited, four-year colleges and universities now will make decisions about all or many applicants without considering ACT or SAT test scores." This shift from a standardized to diversified outlook for college admissions needs to occur throughout the entire school system of America, highlighting what is important in education: individual goals, personality, ambition. Some students simply find success in going straight into the workforce out of high school. Other students actually require higher education for their profession. However, placing emphasis blindly onto students and keeping the reality hidden is an administrative flaw.

The reality is, not all students need these AP classes. Not even all students need great SAT scores—in some cases, the SAT is not even necessary to take. The pressures to take difficult and stressful classes and exams is unnecessary, and there is never a valid reason given besides "you just need to." It is time for the focus of education administrators to change.



Credit: *Signe Wilkinson*

SAT scores are not a valid measure of a students' success. Their greatness can be displayed through essays and letters of recommendation better than a single number determined by the College Board.

Illustrated by *Signe Wilkinson*

**College Kick-Off
Bell Schedule**

- 7:06 Senior Sunrise
- 7:30-11:24 Testing Block/
Next Step Conference
- 11:30-11:50 Period 1
- 11:56-12:16 Period 2
- 12:16-12:46 Lunch
- 12:52-1:12 Period 3
- 1:18-1:38 Period 4
- 1:44-2:04 Period 5
- Senior Panoramic Picture
- 2:20-2:30 Period 6

Berkeley
UNIVERSITY OF CALIFORNIA



MSJC

MT. SAN JACINTO COLLEGE

Ucla



Counselor Ms. Teachout assists a student during last year's College Kick-Off



Freshmen

The freshmen will be taking the PSAT 8/9. The test is free. The purpose of the test is to establish a starting point in terms of college and career readiness. It is a great way to not only practice for the PSAT/NMSQT that is taken sophomore year, but to also identify where students may need additional support. The test consists of Reading, Writing, and Math. The counselors also use these scores to determine which AP courses may be a good fit for the students when we start course selections for the following school year.

Sophomores

The sophomores will be taking the PSAT/NMSQT. The test is free for sophomores as well. Students will begin taking the actual SAT in the spring of their junior year. The PSAT is a great way to get prepped! In addition, College Board uses these scores to generate the AP Potential data. These reports give a list of AP courses that are recommended for each qualifying student.

The counseling department uses this information to send invitations for the AP presentations that are given by the AP teachers prior to course selection for the next school year data. These reports give a list of AP courses that are recommended for each qualifying student.

Temecula Dollars for Scholars

January 1st

TDFS Scholarships Open

February 1st

TDFS Scholarships Close

May 15th

TDFS Community Awards Night

June 15th

Scholarships are Awarded

Temecula Dollars for Scholars board members will be on-hand at College Kick-Off to talk about the program and show students how to apply to thousands of dollars in scholarship opportunities.

Juniors

The juniors will either take the PSAT/NMSQT or the ASVAB. The cost of the PSAT/NMSQT is \$17. Please see the bookkeeper to order the test. The ASVAB is offered free of charge. Both tests offer some great qualities.

The ASVAB, or the Armed Services Vocational Aptitude Battery, is a test administered by the Armed Forces. Our students take the Student ASVAB, which is a great tool used for career exploration. We also do a test interpretation during second semester, which allows the students to see their strengths in different fields and shows which colleges support their interests.

The PSAT/NMSQT, though a practice SAT, is also a competition for the National Merit Scholarship. It is important for students to do their best as their scores are factored in the qualifying decision. This year, four Chaparral seniors were notified that they were selected to be National Merit Scholarship semi-finalists based on their PSAT/NMSQT scores from their junior year. Winning the scholarship means money for college! There is a limited number of tests available to sell so do not delay!



SAN DIEGO STATE UNIVERSITY UCSB

Photos & Information
Provided by
Christina Gandy

Information Gathered by
Annaliese Arnsten '20
Editor-in-Chief



During last year's College Kick-Off, the Class of 2019 explored various career and college pathways, as well as resources, after enjoying Senior Sunrise and a pancake breakfast.



Seniors

The seniors will be attending The Next Level Conference. The purpose of the conference is to give students some options to consider as they start planning for life after high school..

Seniors will begin their day with Senior Sunrise in the senior parking lot. The sun rises at 7:06 a.m., so get there early! Following Senior Sunrise, students will check in to their assigned classes. Posters will be up on campus as we get closer to the event. Once checked in, teachers will hand out brochures containing all sessions offered, complete with descriptions and locations. Counseling has been working for the past few months to secure thirty presenters in order to offer a wide variety of sessions to choose from. We have had the opportunity to present our CKO conference model multiple times to other counseling departments across Riverside County, and it has been adopted by other schools in the last few years. We are very excited for our seniors to enjoy everything this conference has to offer! Take a look at what is in store!

Senior Conference Speakers

Vocational Schools
Medical Field
Fashion
Photography
Automotive Skills

Budget Basics
presented by Wells Fargo & Bank of America

College Application Workshops
Common Application
Two-Year Colleges
Four-Year Colleges

Virtual College Tours

Career Focus Groups
Automotive Industry

Out-of-State & Private Schools

Financial Aid

FAFSA Assistance
Temecula Dollars for Scholars

Graphic Design
Physical Therapy
Entrepreneurship
Cyber Security
...and more!

Military Options & Opportunities

Seniors can view the full list of conferences and sign up for workshops on the morning of College Kick-Off, which is Wednesday, October 30.

College Kick-Off is an amazing opportunity for students of all grades to further explore their futures.

The event was designed to prepare students from Riverside County for greater success and preparedness in college and the workforce. The program was lauded by Former President Barack Obama for increasing college enrollment rates in the Inland Empire. Although the name itself emphasizes a path in a traditional college, all students can take advantage of the resources offered by this year's College Kick-Off!

Chaparral High School - The Platinum Press - October 25, 2019

Inktober 2019 Offers Students Artistic Challenges Throughout the Month

Emily Pham '21
A&E/Lifestyles Editor

Each individual possesses extraordinary skills and talents, helping them to achieve their desired goals. Every year, hundreds of talented students participate in the thirty-one day art challenge during the month of October known as Inktober. This annual event allows students to use their creativity based on a single word prompt to create an original work of art every day. Through these many challenges, Inktober encourages these aspiring artists to refine their artistic skills and abilities to aid them in their future.

This well-known event was created in 2009 by animator Jake Parker, which has undoubtedly left an impactful mark on the art community, inviting people from all over the world to participate in these

daily challenges. Since then, participants use their imagination and skills to take on these exciting challenges of making an ink drawing. Senior Onora Hatchette explained, "I believe that Inktober is important because it allows students or others... to participate in art and allows them to practice more and get more detailed on whatever they are trying to illustrate, draw or create within the thirty days [of October]." Each day of the month, a single word prompt is given to participants as a way to assist them in their creative process. The artists can create an artwork based on the prompts using different mediums such as watercolor paint, Copic markers, Tombow pens, and much more. Hatchette added, "One of the words from the past week was 'build,' which we had to draw something related to the word. This was my favorite one so far... I drew Bob the Builder as a killer since it was

the first thing that popped to mind." Students continue to create artworks throughout the month of October as it allows them to let their creativity flow and improve their abilities as artists. Junior Isabel Popiela stated, "Inktober to me is something to take a little time out of your day to do. I think it is good for improvement on art as well as something that is fun to do... It has helped me with my art skills and showed me new ways to use my art materials." Although these daily drawing challenges may be time consuming, students continue to strive to improve their skills as a way to reach their goals.

The Inktober challenge has made an impact on thousands of artists across the world as it gives one a chance to express themselves and influence others through these meaningful drawings. These unique prompts have encouraged artists to strive for improvement through self-

discipline and open-mindedness. Inktober has challenged artists' creativity and imagination with the many prompts as it allowed them to expand their creativity and think outside of the box. Along with these daily drawings, Inktober offers several amazing inking courses taught by Parker and some of the world's best inkers that last up to four hours. These classes give one an introduction to the tools and techniques of inking as they prepare to go deep into the world of brush pens. Overall, artists have dramatically improved with their inking skills and developed positive drawing habits thanks to the creative ideas of Inktober.

As Inktober continues, artists are able to develop their own distinct style and extensively grow in their artistic abilities. One can partake in this ongoing event by following the prompt and rules, which can be found on the Inktober website. In

addition to participating in this special event on a day-to-day basis, students have the opportunity to share their daily Inktober drawings on different social media platforms with the hashtags #inktober and

#inktober2019 for a chance to be featured. If anyone is interested in taking on these challenges or has any further questions, they are encouraged to go to www.inktober.com for more information.



Credit: Emily Pham
One of Onora Hatchette's drawings for the Inktober challenge.

Childhood Memories Revisited: Mario Kart Tour Comes to the App Store

Emma Carrero '21
Staff Writer

On Wednesday, September 25, the highly-anticipated Mario Kart Tour was released as an application (app) for Android and iOS by Nintendo. This is currently one of the most popular apps to be

played, with an estimated ninety million downloads from all over the world. The game featuring the famed plumber has been sweeping the charts and breaking records. This enjoyable game played with friends and families, is regarded as one of Nintendo's best moves yet.

In the world of Mario Kart Tour, one must race through a total

of sixteen courses with the choice of characters, karts, power ups and much more. Before the racing begins, players must decide between manual drift and smart steering. Manual drift allows the user to control the kart more freely while smart steering constricts the boundaries for which a player can fall off or drive off road. The preferred method amongst many is manual drift because of its difficulty. However, one of the most exciting elements of the mobile game is the fact that it also includes original characters from the Super Mario franchise, ranging from Princess Peach and Koopa Troopa to special characters unlocked during the tour, like King Boo and Waluigi. For each race, players can pick from a variety of karts and gliders. To obtain the multiple customizations, players must play a game of chance with a launch pipe in the shop menu or receiving gifts and completing races. There are limited events pricing at five rubies for one launch or forty-five rubies for ten launches from the pipe. The rarest and more valuable

items are classified with a purple, shimmering background. Rubies can be earned by completing challenges or leveling up. The shop additionally includes lower value items for coins received during races. So far there are only ten tracks, but with added variations for each cup. With Halloween right around the corner, fans can use their special characters to race through the newest tracks including the Luigi's Mansion course.

For the most part, this exciting game allows players to race against computer players in real-world locations. While on the track, there are mystery boxes with items inside opponents can utilize in order to rank first place in their tier. Some of the mystery boxes include shells, bananas, and bombs to hit other players. While there are mushrooms and a frenzy mode to boost the kart's speed. This addicting game has created a school-wide epidemic and a wave of nostalgia. A blast from the past as one might say. Junior Emilio Castaneda stated, "I like being able to beat my friends and

rub it in their face." Castaneda is just one of many students on campus participating in the game which has evolved from the Wii console to the common mobile phone. As one may have expected before the release of this successful game, Mario Kart Tour is a simplified version of the original game. Despite this, veteran player and fan of Mario Kart, Junior Mitchell Karan explained, "It's a very fun game and I have been playing it since the Wii." There is no doubt that the main market here for Nintendo is the generation that grew up playing Mario Kart and now that it is much more convenient to access, more students on campus have an opportunity to join in on the fun.

Mario Kart Tour is the latest game that has been thriving since the release of it. With developers continuously improving the game, players continue to look forward to when multiplayer mode will be implemented. Available on various platforms with no purchase necessary, the many racing courses of the game awaits.



Credit: Engadget
Mario Kart Tour was released on September 25, offering a new tour every two weeks.

Vocal Music Department's Talents Showcased through the Campus Choirs

Yalena Aguirre '21
Distributional Manager

On campus, there are many ways students can express themselves in the performing arts field in programs such as dance or drama. Show choir, one of the electives students can take in the performing arts field, embodies students that

are passionate about singing and dancing as they compete in various competitions and host events that showcase their talent and hard work.

The choir department consists of multiple ensembles, which are Platinum FX (PFX), Dynamics, Chamber Choir, Women's Ensemble, and more that work consistently to perfect their choreography for the performances they attend, as well

as host. The department is home to new leaders that guide the performers to reach their full potential, which includes the president of PFX, Senior Salma Paredes. "It's very inspiring to walk into the choir room everyday and watch all of them work very hard... it's honestly an honor to be one of the faces of the whole department," she expressed. Like most leaders, Paredes strives to achieve their goals as a group in order to become successful while having fun in the process. Choir director and vocal department teacher, Mr. Rob Hodo, stated, "we're always striving to perform to the highest level they possibly can, so they can learn to be confident on stage and create a great show." Paredes, Hodo, and the department as a whole all hope to accomplish the goal of building up performers to give everything they got into making performances in events and competitions the greatest it can be while creating a memorable bond with each other.

Like all activities involving performing arts, there is much work that goes into making sure every

move and every song is refined to its best, and that all the performers are producing the best show they can for the audience. The department has spent countless hours learning the choreography and songs for their performances. For their events, according to Hodo, "we have to learn the music, we have to learn the choreography and the dance moves, a lot of vocal techniques, then work as a team." In the midst of all their work, the department has grown closer together from their love of music and the amount they spend together in dress rehearsals. In preparing for their performance for the Homecoming rally and football game, the department worked from early mornings to late afternoons making sure that their show is the best it can be for students and staff. Paredes expressed how in spite of how rehearsals can be overwhelming at times, the amount of work being put into these shows will be worth it. Their hard work and talent was showcased in their annual Masquerade Fall Concert. The masquerade consists of PFX

performing songs from The Addams Family, Chamber choir doing songs from The Phantom of the Opera, and Dynamics carrying out songs from Wicked. The men's group, Forte, will be performing a song, and there will also be soloists present throughout the performances. The multiple themes selected for the groups "was a group creative effort," Hodo commented. The choir department dedicates much of their time learning complex choreography and intense notes to capture the emotion their themes bring for students and staff while having fun in the process of rehearsing for a performance.

The choir department is filled with passionate students who put their heart and soul into performing the best they can and grow as a family with their fellow students. Students can also show their support by attending their choir masquerade concert, which occurred yesterday on October 24, but one can still attend on October 25 for only ten dollars general admission and only seven dollars for students with an Associated Student Body (ASB) card.



Credit: Katherine Phung
PFX performs for students, staff, and their families at this fall's Homecoming Game.

Most Recent Black Box Show an Instant Hit

Jillian Flack '22
Staff Writer

Following the nail-biting tale of ten strangers slowly being murdered one by one while they are stuck on a deserted island, the Chaparral Actors Troupe's most recent black box show, *And Then There Were None*, was a show-stopper. This production, which was performed on October 21 and 23 at 6PM, was able to work its way into the hearts of both students and staff on campus through its shocking twists and compelling plot.

From suspense to tragedy, audiences were captivated by the successful performance and they were at the edge of their seats the entire show, uncertain whose life would be stolen by the hands of the murderer next. Senior Vance Johnson, the director of the production, remarked, "I think [the audience] enjoy[ed] the spooky aspect of the show. It's very

scary. . . That's why we put it around Halloween. . . [There were] definitely. . . some chills in the audience when a gun goes off or someone gets stabbed in the dark." Along with the audience's love for the play, the cast also had a fulfilling experience helping make the performance come together. Johnson stated, "This show was one of the first shows I watched back in middle school when I was thinking about doing drama. I saw a production of this back in seventh grade and it was so well done. I loved it so much that I signed up for drama. . . Getting to direct this show now is kind of a big moment for me." This enthralling production was truly an exciting project for the cast and they had an enjoyable time practicing and perfecting it.

In order to create such an astounding and lifelike production, the actors had to work tirelessly for months to pull it all together. Clearly, their work paid off as their

strong performance was a success. Johnson explained, "We've been preparing since the third week of school. . . We rehearse every CAT30 and we rehearse an hour on Monday and Tuesday." Since they persevered to pull the show together with their long practices, they were able to build onto their acting skills, making the performance seem even more realistic. Senior Gannah Elkhayat, the assistant director of *And Then There Were None*, shared, "I hope they [the audience], like, enjoy[ed] the actors' efforts that they put into it because they put so much time and everything into it." The cast's efforts for the production assisted them in conveying their love for acting and drama to the audience. Their passion was clearly expressed through their performance at the show to the audience. Johnson said, "The set takes a lot of effort to paint and build, but the hardest part is definitely having the actors. . . learn their lines because

there's a lot of lines in this show and since it's set in the 1930s, the English is heavier than nowadays, which is not natural for a lot of the actors." Even with the difficulties that came with this show, the cast made sure their acting was not negatively affected. They worked their hardest to keep this production at its utmost quality, which was clearly shown in the final product.

Throughout the captivating murder story, the students involved in drama have already expressed high levels of talent early into the school year. Noticing their skills and love for drama, audiences are counting down the days until their next show-stopping performance, *Laughter On The 23rd Floor*, which is showing on November 7, 8 and 9.



Credit: Jillian Flack

Sophomores Alyssa Kurt and Roxalana Johnson run through a scene as the characters Emily and Vera.

Newly-Released Stephen King Horror Movies Ring in the Spooky Season

Emma Tupala-Horwood '22
Staff Writer

With Halloween approaching, it is once again the perfect season for blood-chilling horror movies. Frightening oneself with cinematic masterpieces portraying both the momentary jolt of fear that accompanies the vivid, gruesome jump scares and the lasting paranoia brought about by the unsettling plot of a psychological horror has been a tradition since the birth of this genre of film in 1896. Undoubtedly, the horror icon of this time is Stephen King. His older works have become classics to this generation and he is nowhere near retiring his career and passion for horror. This Halloween season, his eerie, spooky stories continue to be shown in theaters around the world.

The present-day horror movie style is represented in the recently-released sequel, *It: Chapter 2*. The trend of filmmakers reproducing and building off of previous horror movies by revamping them with special effects often results in the loss of that unique effect that

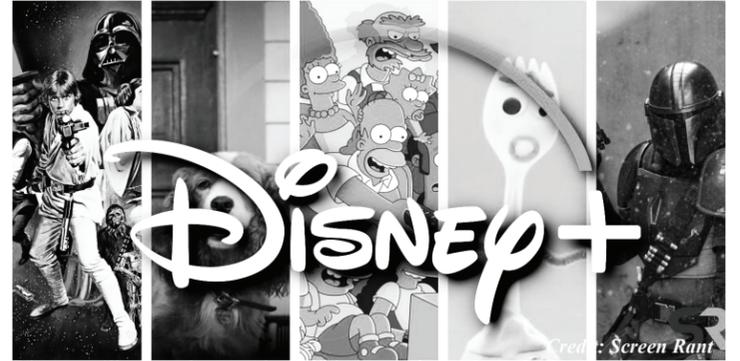
leaves the viewers awake at night. *It: Chapter 2* is not one of them. The second film adds new elements that give the villainous clown more depth. This new installment follows The Losers' Club, a gang of seven preteen misfits, twenty-seven years after a demon-like being, taking the form of a clown, haunted their childhood home of Derry, Maine. Now as adults having gone their separate ways, Mike Hanlon is the only one among the seven who has remained in Derry, anticipating Pennywise's return. As his worst fears have come true, he must hold the team to their forgotten promise: if It ever came back, they would too.

Their rekindled conflict comes with new characters and deeper insight into returning ones. Though Pennywise is only seen in short bursts until their final battle, this film focuses more around It's origins and each member of The Losers' Club individually, giving the audience a chance to better understand the characters' identities. "I would say that *It: Chapter 2* is It times ten," Sophomore Charley Garcia explained. "It's more action packed,

carries more emotion. . . I thought it was really amazing to see the character development and diversity that was shown in the second film." With the dedication of the actors to their characters and how the director, Andy Muschietti worked side by side with King and adapted his story to further captivate the audience, the second installment is not shadowed by the original. *It: Chapter 2* achieves the balance between staying true to the first film while offering new and exciting aspect that all good sequels have.

Another one of Stephen King's works hitting the big screens on November 8, is *Doctor Sleep*. Building off the events of *The Shining*, it incorporates the same supernatural elements.

Disney+ Streaming Service



Credit: Screen Rant
Disney+ will unite a large variety of Disney movies under a single streaming service.

Katie Flack '20
Editor-in-Chief

Disney: a multi-billion dollar corporation that is beloved by both the young and old alike. With the recent successes of streaming services such as Netflix and Hulu, the Mouse House has decided to roll out a streaming service of its own entitled Disney+. Nearly every Disney-owned film and show will be available on this service, in addition to some new works coming along once it is launched. Disney+ will be available starting Tuesday, November 12 and students and staff are on the edge of their seats waiting for this exciting new service.

With material ranging from classic films, such as the *Star Wars* saga, to original series, like *WandaVision*, to animated movies, such as *Moana*, to fascinating *National Geographic* documentaries, the streaming service will cover a great deal of ground. Freshman Cody Roripaugh said, "[I am the most excited for] *Star Wars: The Clones Wars* to be watchable again because [without Disney+,] there's no way to watch it without illegally downloading it." With the service comes a large amount of options available for viewing, including content that may have been difficult to find otherwise. Despite its immensity, the list of content that Disney has released is not yet final, with more material to be announced sporadically throughout the future. That is not to say that every Disney-owned film or show will be added after the service launches, however, with certain works being expected to stay off of the service at least for the time being. For example, the 1946 film *Song of the South* may never be added due

to racist ideas expressed within it while the popular animated 2018 movie *Incredibles 2* will not be made available at the launch of Disney+ because of a previously-existing contract with Netflix. Regardless, this new streaming platform will offer more Disney content in one place than ever seen before. The list of titles is extensive and if the service becomes successful, it could potentially revolutionize the way that people watch film and television.

Not only does Disney+ offer content, it offers audiences a broad spectrum of emotions. This service will give viewers the chance to re-explore their childhood awe and wonder that helped shape their young years. With the source of their nostalgia right at their fingertips, people will relive great memories as they are engulfed in fantasy worlds once more. Furthermore, they will be enabled to pass these stories onto the future generations with the material being more easily accessible. Containing decades upon decades of various series and movies, Disney+ will be able to give fans more than just pixels on a screen; it will give them history, consisting of nearly a century of themes and emotions encapsulated in the voices of the actors and actresses, in the actions their characters take, in the music oversetting their scenes. It will become more than a corporation; it will create an entertainment experience to be remembered.

Once its streaming service launches, Disney is likely to only grow in success with each subscription that it receives. Coming at the cost of 6.99 dollars per month or 69.99 dollars per year, Disney+ has Disney fanatics anxious for its launch and the new reality that will come along with it.

Sophomore Maddy Taylor said, "I'm excited to see Danny as an adult. . . to see how he'd deal with the trauma of the last movie would be very interesting to me." Characters old and new must join together to defend themselves against Rose the Hat and her radical followers, The True Knot, who seek out innocents with the gift of the shining and exploit them in hopes

of gaining immortality.

Horror movies based on King's work are perfect for both year-round horror lovers and those looking to get into the Halloween spirit. His stories have been converted into both classic horror films and recent hits. This Halloween, keep an eye out for King's morbid, thrilling installments in the horror genre.



Credit: NME.com

It: Chapter Two was released on September 6, 2019 to the delight of horror movie fans across the globe.

Chaparral High School - The Platinum Press - October 25, 2019

Autumn Activities Offer Memorable Times for Students and their Families

Emily Pham '21
A&E/Lifestyles Editor

It is that time of the year again where summer comes to an end and fall comes rolling in. Although the end of summer means lower temperature and shorter days, the changing colors of fall sets the scene for harvest festivals, delicious foods, and exciting events. With dozens of crates filled with pumpkins and leaves changing to different shades, Temecula will be bringing countless festivities that one can partake in for a short amount of time.

One of the traditional festivities of the season is the numerous pumpkin patches that open around town, lighting up the streets and bringing smiles to many faces with a variety of rides and attractions. Pumpkin patches are the perfect place to hang out with friends and

family to make unforgettable memories. One of the most popular pumpkin patches in the Temecula Area is the Peltzer Pumpkin Farm which is located right off of Rancho California Road. Unlike any other pumpkin patch, Peltzer offers gold mining, pig races, pony rides, a petting zoo, and more to create a unique experience for guests. Junior Austin Burgess, who visited Peltzer last year, explained, "We [Burgess and his friends] went to the animal petting sanctuary and winery. . . and my favorite part was the haunted mansion walkthrough [attraction]." On top of that, the City of Temecula hosts the annual Big Horse Corn Maze, which is one of the largest corn mazes in Southern



Credit: Sadie Trowbridge
Sadie Trowbridge and Stephanie Ha pick their Pumpkins at Peltzer.

California. This special event allows guests to walk through high stalks of corn as they find their way out of one of the most complicated designs. Along with the corn maze, a harvest festival will be hosted which will be located in the southern area of Temecula right off of Temecula Parkway providing friends and families with dozens of games, attractions, and contests.

These pumpkin patches and harvest festivals provide a unique and memorable experience; however, no autumn season would be complete without taking a stroll through

the colorful fall foliage. Sophomore Stephanie Miranda described, "I love walking [on] the trails around my neighborhood. . . and crunch[ing] fallen leaves while walking to school, [especially] when the weather is nice and fresh." Harveston's parks allow guests to take a walk around the lake and gaze at the beautiful changing leaves. The park also offers numerous activities and events during the wonderful season which often takes place in front of the lakehouse. Guests can also partake in paddle boating around the lake and feed the ducks as they watch the colorful leaves around.

The fall season offers many different opportunities for outdoor activities in Temecula that one can take part in. As the season begins, students can take a stroll with their families and friends through the many parks as they enjoy the changing colors of fall and the upcoming festivities in town.

'Scary' Good Halloween Decorations and Costumes for Students to Create

Jillian Flack '22
Staff Writer

As Halloween draws near, the demand for costumes and decorations has been growing dramatically, causing a number of products to sell out. In order to beat the rush and to save money, a

multitude of students have turned to creating their own Halloween products, helping them to get their desired items for the spooky season.

Even though an abundance of students purchase their Halloween costumes from a store, creating their own can help them to have attire that fits their clothing preferences better

and help them save money. Students can even refurbish old clothing and turn them into brand new outfits. An example of Halloween attire made from old clothing is a popcorn tin costume, which can be made in a matter of minutes. To create this costume, students will need an old shirt to be decorated as the tin and blown up yellow balloons to serve as the popcorn. After the balloons are attached to the top of the shirt, the costume will be ready for the Halloween season. Overall, a multitude of students like this costume as it is both quick to make and unique. Along with the popcorn tin costume, another simple outfit is a pineapple costume, which can be quite entertaining attire for students. Like the popcorn tin costume, this outfit can be made from old clothing as it requires a yellow shirt or dress to act as the fruit of the pineapple, but new attire can be used if needed. To make the top of the pineapple, one can cut out the pieces from old green clothing or green. Students can then enjoy their homemade costume for years to come upon the attachment of the top to a headband or hat.

From jack-o'-lanterns to spider webs, decorating is an important aspect to many in order to celebrate Halloween. Carving pumpkins, for example, is a Halloween tradition favored by many students and staff on campus. Sophomore Cayla Munoz remarked, "It's fun [to carve pumpkins] and you can, like, make it look like any shape and it's cool when you put the candle in." Along



Credit: Cayla Munoz
Sophomore Cayla Munoz shows off some of her different Halloween decorations.

with jack-o'-lanterns, students can also do simple yet elegant crafts with pumpkins. For instance, students can grow flowers in a pumpkin by cutting the top off and gutting it. They can then place dirt along with their flowers of choice inside of it to create a stylish Halloween decoration. Along with pumpkin decorations, students can also make their own cobwebs in mere minutes from cotton balls. Sophomore Victoria Moore shared, "[I like decorating with] witches, like, cobwebs and creepy stuff and skeletons." To create cobwebs, students need to spread the fibers of the cotton balls out to create the look of a spider web and

place a plastic spider in the middle of it if desired. This decoration can be placed in dark corners to give off a spooky feeling as these webs can easily make a big difference in the quality of one's Halloween season.

With Halloween just around the corner, multiple students are interested in creating these unique costumes and decorations to celebrate the spooky occasion since homemade items can look more original than store bought products. Many are able to find simple ways to make intricate costumes along with methods to decorate flawlessly. Overall, these items are helpful when it comes to a successful Halloween.



Credit: Victoria Moore
Sophomore Victoria Moore puts spooky decorations in her front yard for Halloween.

MANDICH'S MESSAGE OF THE MONTH



ALL ABOUT RELATIONSHIPS



Did you know that October is National Domestic Violence Awareness Month? Teen Dating Violence (TDV) is a type of intimate partner violence that occurs between two people in a close relationship (CDC, 2017). This can include: physical violence, sexual violence, stalking, and psychological aggression. According to the CDC, physical violence is when a person hurts or tries

to hurt a partner by hitting, kicking, or other physical forces. Sexual violence is defined as forcing or attempting to force a partner to take part in a sexual act/ touching/sexting, when the partner does not or cannot consent. Stalking is defined as a pattern of repeated and unwanted attention and contact by a partner that causes fear or concern for safety. Lastly, Psychological aggression is defined as

the use of both verbal and non-verbal communication with the intent to harm another person mentally/ emotionally and/or exert control over another person (2017). So how common is this? About 1 in 9 females and 1 in 13 males report having experienced physical dating violence in the last year (CDC, 2017). Warning signs of an unhealthy relationship: Control, dishonesty,

physical abuse, disrespect, intimidation, sexual abuse, dependence, hostility (loveisnotabuse.com). Indicators of a healthy relationship: Equality, honesty, physical safety, respect, comfort, sexual respectfulness, independence, humor (loveisnotabuse.com). Overall, unhealthy and abusive relationships have potential severe consequences such as:

Symptoms of depression and anxiety, substance use, suicidal thoughts, etc. Every person deserves to be a healthy version of themselves and deserves to experience healthy relationships. If you or someone you know is in an unhealthy or violent relationship, know there are supports and resources available.

Resources:
Speak with your counselor in the counseling office or a trusted adult
Loveisrespect.org | Project of the National Domestic Violence Hotline
Text "loveis" to 22522
Call 1.866.331.9474
National Domestic Violence Hotline
Call 1.800.799.3224

Thrifting: Favoring Earth and One's Wallet

Siena Soffer '21
Copy Editor

Recently, many conversations have been revolving around the planet, with the destruction of Earth's natural environment constantly looming over the heads of many. During the past couple of years, thrifting has become a popular alternative when purchasing clothes. Because it does not involve the manufacturing of new products, thrifting is an eco-friendly option. Additionally, the cost of used clothes is less than that of new clothing, which is sure to draw the attention of many customers.

From the beginning thrifters like Senior Allison Cassasola have recognized the need for sustainability. Cassasola emphasized that buying new clothes promotes mass production "at a rate that our planet can't sustain." Knowing that the demand for new clothing is only increasing with the population, her decision to thrift comes mostly from an environmentalist standpoint.

Many were inspired by thrift flips, which are videos of shoppers transforming thrifted clothing into something more suitable to their taste. For others, it is satisfying to find a unique piece of clothing. Junior Sara Kenney admitted that this both motivated her and that now she will "only ever thrift," using these stores for back-to-school shopping. Entering a thrift store without a large sum of money can still end

with a satisfied customer if the right amount of time is dedicated, which is another element of thrifting itself.

Although thrifting reportedly costs less than shopping at a regular clothing store, it can be time-consuming. As society is often accustomed to instant gratification, this can be quite an adjustment for younger audiences. In the words of Junior Stephanie Ha, "not all of it's [thrifting] going to be super cool like you see on YouTube." There is plenty of time and effort put into

searching for garments in thrift stores and seeing the potential in altering them. Cassasola added that "it's [thrifting]... hard at first because you don't really know where or how to look." However, while it can be difficult to change habits, the satisfaction in finding a unique

item is not quite the same as that of finding clothes in the mall with several duplicates.

Thrifting not only positively affects the Earth, but it can benefit the shopper's wallet along with their wardrobe. Locations suggested by students to thrift at are Goodwill, Plato's Closet, and The Salvation Army. In an effort to respect the environment given the circumstances it is currently in, thrifting is a cost-efficient way to go about bringing a positive change.



Credit: Siena Soffer
Junior Stephanie Ha wears thrift clothes to benefit the environment.

Alleviating Anxiety Via Apps

Ashanti McClendon '20
Staff Writer

With the rise of mental health disorders found in teens, many are taking a positive approach in improving their health through the use of self-help apps such as Calm, Headspace, and more. These apps offer healthy alternatives for teenagers, rather than the often expensive therapy sessions allowing more teens to refine their mood, thoughts, and feelings in the means of bettering themselves for their futures.

One of the main mental issues found in teens is anxiety disorder. Many students report that they are stressed about school work and extracurricular activities, which contributes to their anxiety. This year, eight percent of teenagers struggle with an anxiety disorder all over the world. Senior Angelina Enomoto said that her schedule "is busy and just thinking about it makes [her] want to stay home from school." Enomoto is not the only on campus one who experiences this. Many students who wished to remain anonymous described their academic lives as very similar to Enomoto's: "exhausting," "overwhelming," and "stressful." While this may be understandable due to the academic demands that come along with school, Enomoto explained, "I don't want to live like this and that's just why I use Calm." Calm is an app in which the user practices meditation to achieve focus while managing stress. It soothes and relaxes the mind while reducing

anxiety and offering opportunities for better sleep. Today, the right app can help one build up from their mental issues as it can reduce symptoms of anxiety and depression.

Other students often face mental disorders that magnify more of the emotional factors. Senior Makelyn Flemings said, "Sometimes, I get really angry with people, and it bothers me so much because I don't have much reason to be angry." Flemings uses Headspace which is an app that offers mini three-minute sessions for nearly any scenario such as "Walking Off Frustration," "Losing Your Temper," "Difficult Conversations," and many more to stabilize her emotions throughout the day. Fleming explained, "It helps rationalize my feelings. It's like a reminder to think before I react." She has only been using the app for a short period of time, but she is already seeing a vast improvement in her everyday life, and plans to continue using Headspace in order to improve on her social skills, creating a more positive attitude.

While mental disorders can be a strain, it is never too soon to take the responsible approach and begin managing them. As a student, life becomes demanding and sometimes things can seem as though they are nearly impossible, but these mindful teens are changing their attitudes towards mental illness, and using their resources. There are so many apps and websites that are just waiting to be used to improve mental health, and it may be time for students to take full advantage of them.

Venturing into the Great Outdoors: A Time for All to Connect with Nature

Emma Tupala-Horwood '22
Staff Writer

Among teens and young adults, the noticeable decline in mental and physical wellness can lead to academic difficulty, social stress, lack of focus, health complications, and a generally less fulfilling life. Those who struggle with them are often in need of ways to manage these challenges in order to lead a happy, healthy life. One factor that has coincided with this diminished well-being is the decrease in time spent outdoors. Statistics have shown that today's youth spends less than half the amount of time outside than the previous generation. The strong connection between one's personal welfare and regular access to nature is shown through the handful of both physical and mental health benefits that engaging in

physical activity or even just being in a natural environment offers.

The environment can act as a calming setting for those dealing with excess amounts of stress, anger, and other overwhelming, negative emotions. In fact, the relationship between nature and one's well-being is so powerful that even simple actions like keeping a houseplant or taking a fifteen-minute walk can significantly reduce anxiety, promote physical healing, and produce endorphins. Along with relieving stress and depression, "forest-bathing" has been shown to improve short-term memory and focus. People who regularly spend time outdoors have shown superior creative thinking and productivity. Vice President of Take A Hike Senior Sabrina Moreno commented, "Just being in nature, I feel, like, so free and, like, it's liberating to be up there." Surrounding oneself

in a healthy, green environment is an easy, reliable way to manage mental wellness and reduce symptoms of mental conditions.

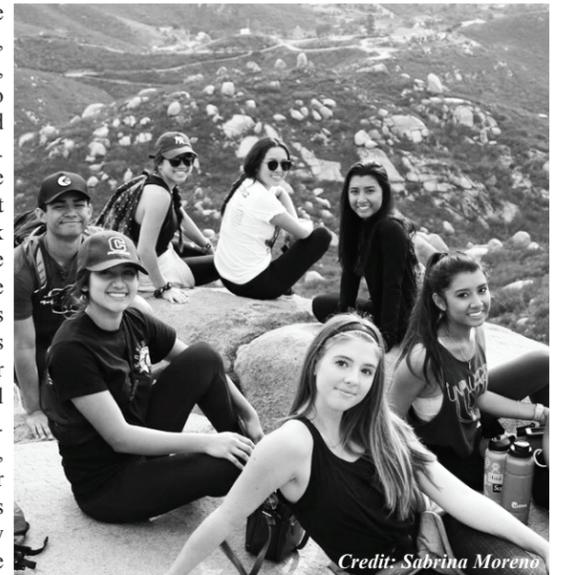
Along with a healthier mind, the natural environment promotes physical activity. Walking, biking, hiking, and other outdoor activities are opportunities for fitting exercise into a daily routine. Being physically active, especially outdoors, eliminates mental fatigue, which can lead to better focus in school and more energy in general. Incorporating small things such as a walk or a bike ride outdoors into one's day will produce long term health benefits like lower blood pressure, a reduced risk of cancer, and a stronger immune system.

Though in Temecula Valley, there are limited options in terms of lush, green spaces, there are some great spots for hiking and other outdoor recreation nearby. The Santa Rosa Plateau Ecological Reserve, which

is closed indefinitely due to damage from the Tenaja Fire, is a twenty-minute drive from campus, and

offers moderate to rigorous hikes, amazing views, and a chance to visit 150-year old adobe structures. More accessible to those without cars, a short walk from school is the Harveston Lake Park that includes walking trails around the water and beautiful spots for picnics. These locations, along with other parks and trails nearby, are easily accessible to the public. Regularly

spending time in the great outdoors will greatly improve productivity, focus, fitness, and overall satisfaction.



Credit: Sabrina Moreno
Students from Take a Hike meet together often to enjoy nature.

Methods to Help Students Improve Both their Mental and Physical Health

Jillian Flack '22
Staff Writer

As the school year falls into a steady pattern, students are beginning to learn new and difficult concepts in many of their classes, causing high levels of stress among a large number of them. Over time, stress can lead to both mental health problems and a weakened immune system just at the peak of flu season. As it is not preferable to fall victim to illness, students are attempting to keep themselves healthy in a variety of ways, such as by changing up their daily routines and by finding ways to cope with stress.

Being in a dark place mentally can change one's life as they know it since some negative emotions

can be the roots of mental disorders and can manifest if left untreated. Some of these disorders can cause diminished thinking, hopelessness and even extreme stress or anxiety. If a student is struggling with any of these symptoms, Senior Jacob Schmidt, president of Students Against Destructive Decisions (SADD), recommended, "Go talk to your counselor, social workers, but yeah, just make sure that people know because people care about you and while you might not feel a certain way about yourself, other people do and the most important thing is, like, you will be missed if something were to happen." While it can be difficult, speaking up about feelings can help students to express emotions that they have kept bottled up to be able

to receive needed help. This can be a large step in the successful recovery of students and can assist them in living their lives to the fullest. In order to cope with stress and disorders, many students have turned to useful self-care tactics. Schmidt shared, "Well, really for me it's breathing, like, I know a lot of times when I'll get stressed out or something will be on my mind, a lot of times I just have to take a step back and just breathe and just... let me focus on the moment. Let me see what's going on." By using Schmidt's tactic, students can decide the choices they will carry out with a clear head rather than making irrational decisions.

With the chilly season emerging, students are also more prone to falling victim to colds or the flu, which can cause them to miss school.

In order to stay physically healthy and keep up with their studies, students are attempting to limit their contact with germs and find ways to keep their immune systems strong. Simple things, such as keeping surfaces clean and not sharing food, can prevent scores of colds and fevers. Sophomore Ellyson Bolyard advised, "Drink a lot of water. If you [sic] do not drink water, I tend to get a lot of headaches and then it's hard to be... [at] school." Dehydration can lead to a myriad of dangerous health problems and can make illnesses worse. It is recommended for students to drink at least eight cups of liquids a day to keep their immune systems strong. Along with preventing sickness, students can improve their well-being if they have already fallen ill. Bolyard stated,

"Make sure you eat and stuff when you're sick, but get as much rest as you can and don't do anything that's too stressful on the body." To improve their health, people can also use at-home remedies that help them feel better, such as by making tea mixed with honey, which can improve their condition significantly.

If one's stress becomes too difficult to deal with, it is recommended by many to seek help from friends or a trusted adult. If a student is having a crisis and needs immediate help, they can call the National Suicide Prevention Hotline at 1-800-273-8255. With physical illnesses, it is recommended for one to go to the hospital if an illness becomes serious, but overall, these tips can help students feel even just a little better both physically and mentally.

Chaparral High School - The Platinum Press - October 25, 2019

Cross Country Goes the Extra Mile this Season

Mason Dearie '23
Staff Writer

The Varsity Boys and Girls Cross Country teams are starting their season strong with the Boys team placing third and the Girls team placing fifth in their first league meet at Temecula Valley High School. Furthermore, the Boys team placed second in the following league meet at Galway Downs and a large selection of runners beat their personal records (PR). This is due to the leadership and encouragement of Head Coach Martin Dinsenhacher, Varsity Girls Cross Country Team Captain Junior Chloe Vande Kamp Varsity Boys Cross Country Co-Captain Junior Jacob Bustamante and Varsity Boys Cross Country Team Captain Senior Alejandro Perez. The team's main focus is set on their chemistry and team relationship, while also developing their physical strengths.

Both teams have incredible chemistry, and this is a contributing factor to their success. The Varsity Boys Cross Country team has had many of the same runners for the past couple of years, allowing them to create a stronger bond. Bustamante claimed, "I definitely think the bond we have as a team is definitely greater [than] that [of] all the other schools." Although cross country is a sport in which runners race individually, their times and placing in each race are scored together with those of other teammates in their races, making the skill of knowing one another's strengths, weaknesses and limits a must. Additionally, even though the runners compete alone, they are always being supported and encouraged by their teammates. The team's incredible bond formed over the past few years provides them with one of their biggest advantages over all the other schools.

While the team is focused on their bond and relationships, enhancing their speed is what will ultimately give

them the opportunity to win California Interscholastic Federation (CIF). Last year, the team placed fifth in the CIF finals and the runners are already confident in their ability to win it this year. Bustamante said, "Everyone's getting faster. We all started to push the exercises to make everyone faster." It is clear that both teams have had their focus set on increasing their speed, and already achieved greatly in this effort.

One of Coach Dinsenhacher's main focuses is the Varsity Boys Cross Country team in general. He explained, "Well, I mean, just on the boys' side, you know, they've gotten a year older. . . maybe a little bit more focused mentally because they didn't do as well as they wanted to last year." Similarly, the girls plan on teaching the new

runners, forming the same type of bond the boys have, and overall improving as a team. Coach Dinsenhacher commented, "A lot of the girls on our team are new this year, so for them it's just more a matter of getting used to racing." This year's Varsity Girls Cross Country team may have many new racers, but they are already great friends and have improved on their speed.

The 2019-2020 Varsity Varsity Boys and Girls Cross Country teams have incredible chemistry and have increased their speed greatly. After placing fifth in last year's CIF finals, the teams are pushing themselves and striving to win CIF finals this year. Their next race will be the Mt. San Antonio College (SAC) Invite on Saturday, October 26 at 7:30AM.

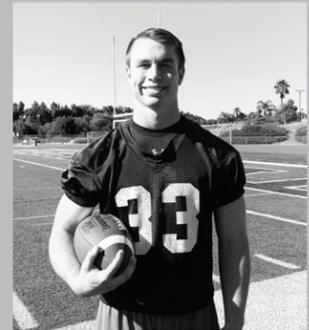


Credit: Armando Pena
Freshman Mason Lewis starts off strong at the first league meet at Temexula Valley.

SOPHOMORE STANDOUTS

Photos & Information by
Nicole Gonzalez '21
Sports Editor

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As a transfer from Murrieta Valley High School, Sophomore Hunter Roddy plays as a running back and linebacker on the Varsity Football Team. Roddy has scored five touchdowns in three games this season. He attributes his success to his great dedication and outstanding off-season training, including speed-training and weight lifting. His work ethic contributed to the team winning against various opposing teams throughout the season.

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On her second year playing on the Varsity Girls Tennis team, Sophomore Karla Rangel starts as the number one singles player. She played at the first California Interscholastic Federation (CIF) game last season and helped the team place fifth at the game. Her great dedication to tennis ever since she was seven years old has led to a great contribution to the team, leading them to fourth place for the first time in almost a decade.



Athlete Spotlights



Photos & Information by:

Bella Quintanilla '22 & Nicole Gonzalez '21
Staff Writer & Sports Editor

Saige Rivera '22

Varsity Girls Volleyball



At a young age, Sophomore Saige Rivera was inspired to start playing volleyball by her older cousin. Since then, she has landed the spot as the captain of the Varsity Girls Volleyball team. Her role on the team took hours of working diligently at practices and lifting weights at her club facility. Not only have her physical skills improved, but her ability to work with others to keep a confident mentality has as well. Rivera strongly believes that her mental state during games and practices

has matured greatly as she no longer feels the pressure of having to be perfect on the court. Volleyball has taught her how to truly be a team player, especially since she claimed "volleyball is one of the most [sic] team sports that there is." Through communication and the bond between players, she has learned how to be in sync with her teammates in order to become great competitors. Rivera's incredible chemistry with her teammates has inspired her to improve since they constantly encourage her to do better. Rivera has won multiple awards and acknowledgments, such as Riverside County Girls Athlete of the Week and All-Tournament Pick at the Citrus Valley Tournament earlier this season. Now as the fall season comes to an end, she is excited and prepared for what is to come during the club volleyball season.

Jahiel Blue-Smith '20

Varsity Boys Football



Co-Captain of the Varsity Football team, Senior Jahiel Blue-Smith has been playing football since he was seven years old. Seeing as his four older brothers played football, Blue-Smith followed in their footsteps and decided to play the sport as well. After playing Varsity Football for three years, he has become a co-captain of the team this year. As co-captain, he makes sure his team works out and puts in time throughout the week to get training in, as well as reminding his teammates to stay on top

of their school work. Blue-Smith shared that the biggest struggle of being a captain is knowing when to be "vocal at times and [lead] by example" when helping his team. His favorite part of being a part of Varsity Football is the team being "like family. . . everyone plays together, everyone has the same goal at the end of the day." Blue-Smith feels that his team works really well together and everyone helps the team go as far as they can. Through the struggles, their bond overcomes any difficulties that they may face. Football has taught him to be more responsible and dedicated in his everyday life as well as prepare him for his future. Blue-Smith wants others who are trying to reach the same goals he has reached, to know "if adversity hits you, just because of, like, your size, don't let that stop you from reaching the goal you are trying to reach."

Gracie Estrada '21

Varsity Girls Tennis



After being injured in soccer just before her freshman year, Varsity Girls Tennis Co-Captain Junior Gracie Estrada began playing tennis. She originally started because she still wanted to be active, then began in the Murrieta Tennis Club until she joined the Varsity Tennis Team. Since she had a bit of experience in the Murrieta Tennis Club, Estrada was able to get on the varsity team in her first year. This year, she was awarded the position of co-captain. Estrada expressed that being a co-captain is not

about being the one to tell her teammates what to do, but about "being able to connect with the team in a different way. . . and keeping everyone bonded in [the team]." One of her greater struggles as co-captain is handling certain circumstances as one of the students representing her team. However, Estrada shared that being a captain is "just an extension of being a player," meaning that she is just as much a regular Varsity Tennis player as her teammates are. As for Estrada, since her first year playing tennis, she has improved both physically and mentally. During the season, she focuses on improving her overall skills to be ready for her matches. Mentally, tennis has taught her to be more patient and determined, even after difficult or frustrating matches and to apply that same mindset outside of school as well.

Chaparral High School - The Platinum Press - October 25, 2019

Puma Sports Spread Cancer Awareness with Pink Out and Bandana Games

Mason Dearie '23
Staff Writer

Many advocates around the world stand up to cancer and raise awareness, and the campus takes part in this. Three events have been held on campus in order to raise awareness for breast cancer. The Girls Volleyball team and Girls Tennis team hosted a Pink Out game. The Football team has even taken part in this type of game in the past years. Fans come dressed in pink to support those who are battling their way through breast cancer.

The pink day is a regular tradition on campus to raise awareness for breast cancer among students, staff and their families. Volleyball Coach Mrs. Stephanie Benjamin explained, "The Pink Out games is to call attention to breast cancer and raise money for breast cancer and a scholarship

foundation." The games also help to educate the fans on the dangers of breast cancer. Coach Benjamin said, "It [the Pink Out games] lets kids know that breast cancer is a thing and that it is something that they should be aware of and be considerate of." The annual Pink Out games contribute greatly in the spread of breast cancer awareness along with teaching the dangers of breast cancer.

Another benefit of the Pink Out games is how they bring the students closer together and grow bonds between peers. When a student has a friend or family member fighting breast cancer, it sparks conversation and generates sympathy towards the person who is struggling. "The kids start talking about it they start to realize a lot of people are affected by, not only breast cancer, but cancer in general and it gives them strength to understand they are not hopeless, they are powerful,"

elaborated Coach Benjamin. The Pink Out games bring students together and spark new relationships between students who may have been strangers to one another.

The proceeds from the Pink Out games go to both Michelle's Place and the Kim Horton Foundation. Michelle's Place is a breast cancer group that distributes free wigs and ribbons to breast cancer patients while the Kim Horton Foundation is a program that offers scholarships to senior volleyball players. Coach Benjamin stated, "Any senior volleyball player can apply for it, and they read through the applications, there is an application process online, and then they read through it manually and it's December they apply by and [they are rewarded]." Michelle's Place and the Kim Horton Foundation work with the school to raise awareness for breast cancer and help students get scholarships.

The Girls Volleyball team, Girls Tennis team and Football team all bring awareness to breast cancer through the annual Pink Out games held in the month of October. The games not only educate students

on the dangers of breast cancer, but also create relationships between the students. Due to their high attendance, the Pink Out games are some of the best outlets of spreading breast cancer awareness.



Credit: Chaparral V Shutterfly
Coach Stephanie Benjamin gathers the varsity girls together for a pre-game pep talk.

Shooting for CIF: Varsity Boys Water Polo Swims Towards their Victories

Alexa Neal '22
Copy Editor

Varsity Boys Water Polo has had an exciting start to their season with a record of 8-9 as of October 17, and is already competing in league games. On Thursday, October 17, the team went against Great Oak High School and unfortunately

lost with a final score of 6-7. The team also took home the first place title at a tournament against Hemet High School from September 27 to September 28. Some of the players who have stood out in the water have been all four captains, Seniors Bryce Coatney, Nate Gray, Riley Phelps, and Jonathan Vega, as well as Sophomore Jack Pavlosky, amongst others. With many improvements and

eager players, the boys are looking forward to the rest of their season.

From the beginning of the season to now, the team has seen much progress. Starting out as a relatively new team meant that each individual needed to learn how to work with his fellow teammates. "The very beginning of the year. . .we were a very new team, were not connected. . .we still needed to become cohesive



Credit: Riley Phelps
Senior Riley Phelps prepares to take a shot at the goalie in a game against Temecula Valley High School.

with each other," explained Phelps. Now, the team is able to use their chemistry to carry out the techniques needed for the sport. "We have good passing and just overall awareness on defense, and wear the ball is at all time," said Coatney. "And as far as offense we have three really good set players and we work on a lot of counters and, and we're just, sort of, a faster

team than most I guess you could say." On top of excellent skill in the water, Vega feels that communication between the athletes has also been key in their successes. The Varsity Boys Water Polo team is also composed mostly of younger athletes who are eager to train in order to further their skills and techniques.

At practices, the team runs through various drills in order to better their technique. Coatney mentioned, "We do a lot of swim sets and we do a lot of drills to work on the things the kids need." Part of the captains' job is to help aid any of their struggling teammates. Phelps uses his position as captain to "try to look at the other players and teach them. If they're doing something wrong I try and correct them so they can. . .become a better player." Going into each practice with a determined mindset also helps guide the teams towards victory. Coatney recognizes the effort of his team and feels "they're more ambitious to learn and stuff and do better during practices and stay focused." These drills carry over to games where the team uses everything they have learned to compete against the opposing teams. According to Phelps, the boys enter

each game with the mindset of already wanting to win the game. "We want to play hard, we want to beat the other team," he added. The team receives a pep talk from the captains to become more amped up and focused for the game, and then the playing begins.

With any sport comes its challenges, and Varsity Boys Water Polo is no different. For a few of the games, Coach Josh Stone was banned from it because he was red carded at a previous game, and some athletes have also been prohibited from certain games. Coatney stated, "We've had some setbacks but we still find a way to, kind of like, push through it and use the guys we have to our advantage and be prepared for each game." Varsity Boys Water Polo was able to persevere and did not let these difficulties discourage them.

Depending on how the outcome of their future games, Varsity Boys Water Polo will have a chance to move onto California Interscholastic Federation (CIF). For now, the team is striving to train in order to achieve victories so that they can make it to CIF. As of right now, it is not certain where the Varsity Boys Water Polo team will end up but they will continue to work hard in all of their endeavors.

Bringing Excitement and Confidence to the Bleachers: Varsity Girls Cheer

Nicole Gonzalez '21
Sports Editor

As the 2019 athletic season begins, the Varsity Cheerleading team has been preparing for an outstanding year full of excitement, crowd involvement, and confidence. Under this year's new Head Coach Ms. Shelly Barres, the team has been working to their full potential and is now feeling much more prepared this season compared to previous seasons. With camp during the summer and two-hour practices after school, the girls have gained a myriad of new material as far as sideline dances and half-time routines. These new and exciting cheers have been displayed at recent Varsity Football and Varsity Volleyball games, and are pumping up the students in the bleachers more than ever.

In order to create an exciting environment for both the athletes and the spectators cheering, the team has been incorporating brand new skills and techniques rather than sticking to the position of just reciting cheers. They are breaking old traditions and are thinking outside of the box by

integrating dancing and tumbling and so much more into their routines. Coach Barres believes "they've [the cheerleaders] already improved about a thousand percent," so now she is teaching them higher-level stunting skills. Although Coach Barres claimed she "demands perfection" and "has very high expectations" for the team, she has confidence that this tough love brings out pride and excitement when performing new routines that include dancing, gymnastics, and weight lifting, which are necessary aspects of a good cheerleader. Now that they have so much material in place and so much room for confidence, they believe in themselves and they believe in each other, which Coach Barres thinks is a large accomplishment in comparison to last year. Overall, their determination is having a great effect on their performance.

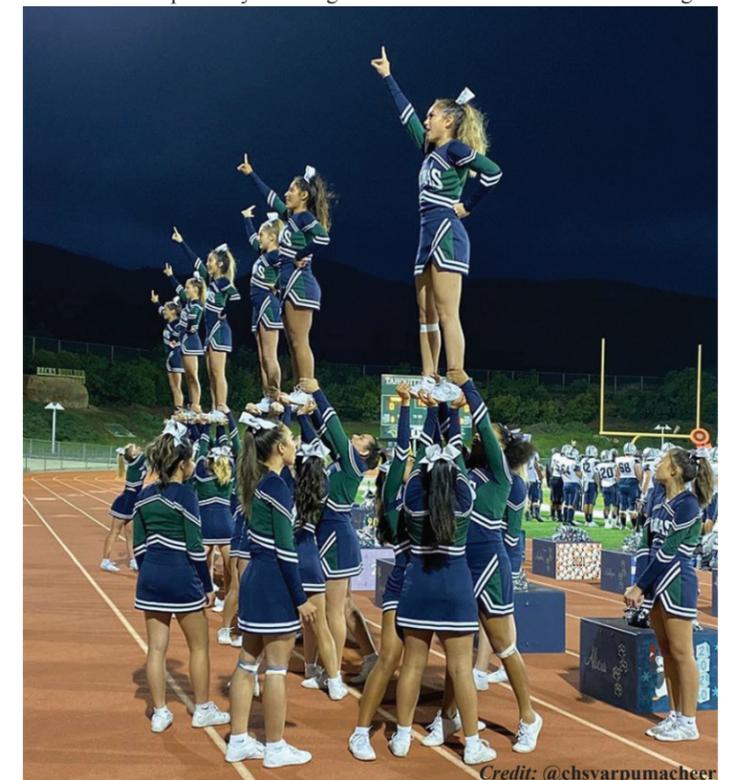
This trust within the team helps the girls accept the challenges that Coach Barres has thrown at them and turn them into something incredible. Varsity Cheerleading Co-Captain Senior Jennifer Pruitt strongly believes that the main role of the team is to bring school spirit

and "keeping everybody hyped up. . .for any sporting event, which is something that kind of lacks in the school." With the improved chemistry and bond, the girls were able to bounce back from the low level of school spirit last year and start utilizing their new techniques right away. Now that everything is so much more organized, the team was easily prepared for the fall season since the beginning. Pruitt also said that "the crowd's reaction back to [the cheerleaders] is so much more different than it used to be." It is safe to say that the stands are more enjoyable since the cheerleaders are working hard at teaching everyone else the cheers so they can work cohesively in spreading the spirit. Groups like Fab Five! and the Associated Student Body (ASB) are learning new cheers that Coach Barres has implemented, and it has truly made a difference.

Their diligent working habits at practices are truly showing at games. With their main goal being to encourage school spirit, the team is strongly focused on the crowd and their response. Both Coach Barres and the team have noticed that the crowd is definitely more involved, and there

is just a different energy this year. This response is very important to the team since in the past they did not get

as much support, but now there is a noticeable difference and it is bringing out the confidence in the girls.



Credit: @chsvarpumacheer
The Varsity Cheer team pumps up the audience at the Varsity Boys Football game.

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