

# THE PLATINUM PRESS

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Chaparral High School

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## The PLATINUM PREVIEW

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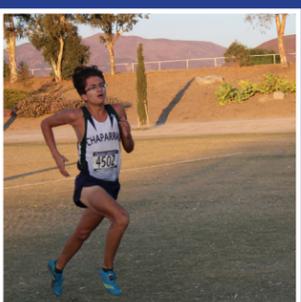
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## Pumas Lift Spirits for Others During the Holidays

Emily Pham '21  
School News Editor

With the holidays right around the corner, the school brought on a variety of events to help those in need during this winter season. Even in times of social distancing, one can still connect with others and offer support to families who are dealing with homelessness or having financial difficulties. With that being said, countless opportunities have been readily available to students as a way to make a life-changing impact on the community. From filling shoe boxes with toys to providing to those in need of essentials, students were able to help out in any way possible.

### One Can at a Time to Fight Hunger

The Canned Food Drive once again gave students the opportunity to donate for a good cause. With many struggling to get by, one was able to help another by donating as little as a can of food on the collection date, November 9, since even this can make a big impact. The Associated Student Body (ASB) helped this year's Canned Food Drive by partnering with the Temecula/Murrieta Police Activities League (PALs).

With the ongoing pandemic, more families have struggled due to businesses closing, layoffs, and much more. Thus, this annual event is a form of charity to help those in any way



With the help of PALS, over 1600 cans were donated to a local food bank this year.

students can. After the hard work from the committee, ASB received over 1600 cans. Senior Kaylie Fukumoto, who helped with the event, stated, "It was my first time participating this year, but it is really fulfilling to know that you are able to do something good and hopefully make a difference. . . I hope that the clubs continue to participate in this event in the coming years because I think it is very rewarding." All donations from this event were given to the local Mission of Hope Food Pantry. These food donations, in return, have a big impact on the community by saving pantries thousands of dollars a year. Furthermore, just one small donation can add up to a large amount for families in need of food.

### Fill a Shoe Box, Save a Child's Life

It is that time of year again, where holiday spirit begins to spread as Operation Christmas Child returns, giving students and staff the opportunity to help children in need for a good cause. This special operation is an organization dedicated to those



Junior Payton Gapen helps to collect boxes for Operation Christmas Child.

who wish to donate toys, hygiene items, school supplies, and many more. With that said, the Associated Student Body (ASB) held this year's event, which was sponsored by the Samaritan's Purse. This small yet impactful event continues to collect hundreds to thousands of shoebox gifts in hopes of bringing joy to children around the world.

As students are allowed to help out the community by donating as much as they can, their generous contribution can change a child's life and even fill their heart with joy. Organized by ASB, students and staff got together in hopes to spread holiday cheer. After the hard work from the Operation Christmas Committee, they received over 480 filled shoeboxes this year. Junior

for more than five years. Students and staff would typically enjoy a traditional Thanksgiving feast while learning about the different cultures and traditions. Due to the pandemic guidelines that must be followed, the event was not the same as previous years, but it was still as special as it was a way for students to feel welcomed and involved on campus.

Despite the difficult time, staff still found a way to warmly welcome students part of the English Language Development Program in a safe manner after planning for almost a month. Mrs. Krystal Fielstra stated, "We invite students who have come to our country since last November, and it is their first Thanksgiving in the country. . . We make all the traditional foods [from] turkey to mashed potatoes. [Also,] we talk about American traditions and holidays and help them understand the 'thankful' tradition in a way where we are thankful for them." With that, this meaningful event is a form of welcoming others, especially when these students are spending their first year in the country at an online school, which can be difficult at times. Fielstra added, "[It is difficult] in a pandemic [when] you're a new student who moved to a new country who has to go to school online with a new language. . . so hopefully this was one good event to help those kids welcome." Overall, this event allowed them to invite the new cultures in a new way as staff helped to welcome their stay and experience.

### Toy Drive to Bring Holiday Cheer

With year-long anticipated holiday events being cancelled, students are still given the opportunity to bring the holiday spirit and joy to others during this wonderful season. For many families, especially those



Mrs. Duran and Mrs. Schmidt collect toys donated for children in need.

struggling with homelessness, the holidays can truly be a difficult time. Fortunately, the Associated Student Body (ASB) hosted the Adopt a Child and Holiday Toy Drive this year in hopes to provide extra love and support during this special time for many. This year, students were able to donate toys and other essential goods to help children to have a magical holiday season.

Despite the ongoing pandemic, these annual events give holiday joy and spirit to hundreds of students from the Temecula Elementary School. The leader of the Holiday Toy Drive Committee, Junior Abigail Kiler, stated, "The main reason we are doing this is to benefit children who do not have much during the holidays, as they have already endured a tough year. This entire experience is so gratifying and I am beyond excited to see the kids' faces when they receive their toys in a couple weeks." With that being said, students, throughout the month, donate directly to a child of their choice for Adopt a Child and drop the special gifts off on campus. Kiler added, "I think this event is going to be an amazing surprise and incredibly heartwarming especially during these trying times. Especially this coming winter break could be hard for a lot of families, and a toy can give a kid a little help to make it through the end of the year." The Holiday Toy Drive Committee collected toys and essential goods for over two hundred students from Temecula Elementary School. Although the event required dozens of meetings and emails, it was worth it in the end to give those kids some holiday spirit this year.

There have been countless opportunities for students to help out those in need during the holiday season despite the difficult circumstances. With that, the school hosted events including Jacob's House, Key Club's Blanket Drive, The Canned Food Drive, Operation Christmas Child, Letters and Stuffed Animals to Hospitals, Soap for a Cause, the NJROTC (Naval Junior Reserve Officers Training Corps) with Veterans Supplemental Support Network (VSSN) Toy Drive for military families, Letters to Platinum Pumas, Operation Holiday Cheer, a Thanksgiving event for new students from other countries, and Adopt a Child. Through these small yet meaningful events, students and staff had the opportunity to take the time this season to give back to, which, in the end, positively impacted others.

PRINCIPAL'S MESSAGE



Principal Tina Miller



Pumas,

We are coming to the end of the fall semester for the 20/21 school year. This semester has not been easy or without challenges. However, through all of the adversity faced this year, I have seen staff and students continue to learn, support one another, and demonstrate creativity in new ways. Online learning has definitely been an interesting journey with new twists and turns almost regularly, but each of you continue to persevere, show courage, strength, and PRIDE in many ways throughout this semester. Even though we have all faced disappointments along the way, we continue to be hopeful of what is to come. Hope is what keeps us going and striving to do our best in any circumstance that comes our way. In the words of Martin Luther King Jr., "We must accept finite disappointment but never lose infinite hope."

We will keep you posted in the coming weeks with updates for the second semester as we continue to plan and follow state mandates and recommendations. In the meantime, please stay safe in the coming weeks and take care of you and your family. Even though we are not together on campus this semester, you all matter and are missed.

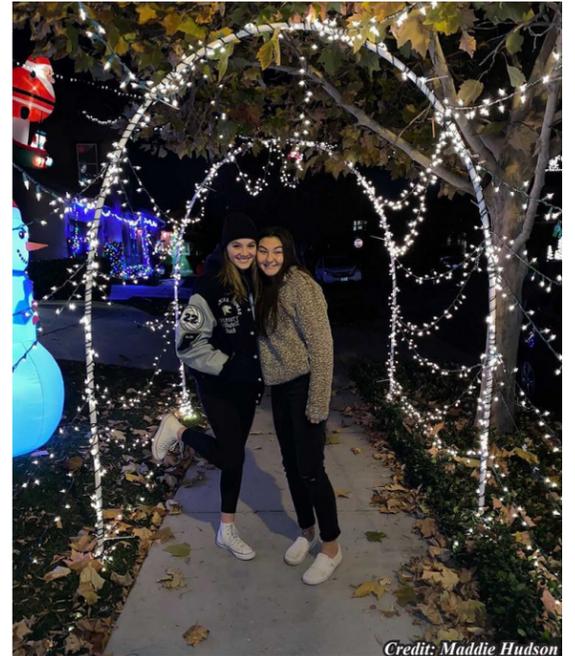
Go Pumas!

Bainbridge: Bringing Joy to Everyone

Eugenia Hernandez '21  
Staff Writer

Bainbridge Circle is a neighborhood just like every other, but for one month out of the year, Bainbridge turns into a massive holiday light show, known as Bainbridge Falls. From the day after Thanksgiving to Christmas day, the neighborhood is quickly turned into a Christmas wonderland, open from 6PM to 10PM, and consists of twenty-nine individual houses decorated, top to bottom, in bright LED lights. Every year, hundreds of people walk through the neighborhood to experience the holiday cheer, and this year is no exception. Amidst the coronavirus disease 2019 (COVID-19) pandemic, Bainbridge has found a way to continue their yearly spread of holiday cheer.

Bainbridge Circle has been dedicated to helping spread holiday cheer for twelve years. What started as a handful of neighbors deciding to decorate their houses together has now grown into a massive holiday showcase that many look forward to seeing during the holidays. The people in Bainbridge have decorated their homes to their heart's content, with many changing their theme, or decorations over the years. Most houses within the neighborhood partake in the holiday spirit, and there are no requirements other than just decorating in order to participate. The yearly collaboration has certainly become a memorable event as people from all over travel to marvel at the neighborhood's hard work. Visitors can tune into the local radio station, 88.5 FM, as the lights synchronize to the festive holiday music. Becoming a tradition for so many families each and every year, Bainbridge is something many people look forward to seeing. Junior Aieme Aplido, who recently visited Bainbridge Falls with her family, said, "Our family usually goes every year. It's a lot of fun. My mom was really happy



Credit: Maddie Hudson

Senior Julianna Sisco and Junior Maddie Hudson celebrated the holidays this year by visiting the lights of Bainbridge Circle.



Credit: Mindy Robles

Junior Grace Bowman visited Bainbridge with friends this year.

to hear that they were still going to do it this year. It's always, like, special to go see the lights with your loved ones. It's nice." It is further proven how special the lightshow is to many people throughout the Bainbridge Facebook page with various mothers and fathers expressing just how much the light show means to them and their children.

With the circumstances constantly changing throughout this year, the light show being one of the constants is sure to spread a bit of happiness. Charles Grandin, representative of Bainbridge falls, explains that this year the event was much needed, "We decorate for the holidays every year as do many others in the community. We need a bit of spirit and happiness this year more than ever." Many aspects of the show haven't changed throughout the years, but this year, Bainbridge falls has decided to host a scavenger hunt for visitors to participate in, along with partnering up with local schools music departments to perform live music, one having been the Bella Vista Middle School Band in previous years.

Although the holidays might feel different this year, Bainbridge is sure to bring the holiday spirit that so many families are needing this year. To ensure the safety of others while participating in the holiday cheer, visitors should remember to be mindful of others and wear masks while trying to maintain social distancing guidelines. If students follow these guidelines, they are sure to have a magical experience.

Everything Students Should Know About Dollars for Scholars

Skylyn Roman '24  
Staff Writer

With the cost of college tuition rising, many seniors are now looking for scholarships and applying to those they qualify for. One scholarship that many students on campus are considering applying for are ones given by Temecula Dollars for Scholars. This organization provides seniors with both merit-based scholarships and financial aid to graduates of the Temecula Valley Unified School District (TVUSD).

Temecula Dollars for Scholars is an organization that is affiliated with the educational service of Scholarship America.

These scholarships will open on January 1, 2021 and close on February 1, 2021. There are a couple of requirements that determine a student's eligibility to receive the possible scholarships. One must have a minimum of a 3.00 grade point average (GPA), a letter of recommendation, and a 300 to 500 word Goals and Aspirations essay. Along with that, though not necessary, it is highly recommended that students write a 300 to 500 word Unusual Circumstances Essay. Students who have been in circumstances that could affect their financial situation, such as reduction of income, high medical expenses, divorce, or any events similar can write about it in the essay. Students should aim to fulfill not only these requirements but recommendations as

well, as they could make their applications stand out more and provide them with a better chance of earning the scholarship.

These scholarships can benefit students in many ways. The organization's goal is to provide financial aid to students who want to pursue higher education. If a student shows skill and determination for the sport, colleges may offer an athletic scholarship. To many students, it is important to apply for scholarships because college can be expensive, and if students get a scholarship, they can save a good deal of money. Senior Mayson Kobell said, "Scholarships can be a life-saver for many students and families because it reduces the amount they will have to pay out of pocket." Those who come from lower-

income families will also have the opportunity to get the same higher education as others.

With that being said, Temecula Dollars for Scholars is a great scholarship opportunity for those who are in the process of finding a scholarship. Students who are interested can begin their application process by going to the website [temecula.dollarsforscholars.org](http://temecula.dollarsforscholars.org) and creating an account. From there, students can start to request letters of recommendations and begin writing their essay. Scholarships are important for students, so it is encouraged that students look more into them. For more information on the organization or for scholarship help, students can visit their website, [temecula.dollarsforscholars.org](http://temecula.dollarsforscholars.org) or speak to their counselor.

Emerald Guard and Platinum Sound Resume Their Training

Michael Tan '21  
Video Manager

Although schools in the district have remained closed due to coronavirus disease 2019 (COVID-19), several co-curricular programs have been allowed to continue on-campus training. Recently, Emerald Guard and Platinum Sound have begun practicing with their teams, albeit with modifications in order to protect the students and faculty.

Despite the minor setbacks affecting the way each team runs through their drills, they still managed to find ways to get together in order to practice for upcoming events and train new members. Before practice can be conducted, social distancing guidelines are

put in place, temperature checks are done, and frequently touched surfaces are disinfected. "We usually meet up on Fridays when we are on campus, and that's from three to five, and then the Zoom meetings are on Tuesdays from four-thirty to six," Emerald Guard Member Senior Christina Huynh explained, "Off campus, we go on Zoom meetings and we just practice some kind of footwork. . .but when we're on campus, we definitely wanna emphasize more of the equipment work, and trying to get through the difficult kind of things, and it's been working out really well." During this time, members continue to reveal their hard work in an effort to bring their performances to life.

In putting their best foot forward, there were several steps taken in order to get to where they needed to be. While most of their

run throughs have been flawless, there were some issues they faced along the way, including internet outages and students not being able to



Credit: @chspseg

Color Guard gathers for their distanced practice.

attend on-campus learning. Drumline Captain Senior Justin Saldivar stated, "We've been preparing for [the virtual Christmas concert for] about a month or two. . .and we prepared by having the teacher send out some music to practice with, and we all just take that music. . .then, we record it and send it to her and [Ms. Stephanie Rittenhouse will] edit it." Another problem that the team had faced was the fact that many people were not able to attend the in-person practice. With that said, students are still working tirelessly with a limited amount of time to learn new concepts as they put effort into creating this special and meaningful holiday concert. Even though students will not be able to attend the concert in person, many are hopeful that they can watch their upcoming shows next semester and in years to come.

## Powering Through Pandemic

Emily Schwank '21  
Copy Editor

Despite the virtual medium, Advanced Placement Environmental Science (APES) students are still working hard to secure a passing score on the AP exam and to learn more about the world around them. The course focuses on the environment and the current issues it faces, such as climate change and pollution. Students are not only taught about these issues, but they also learn ways to prevent and reduce their contribution to them. Many students take this class as a way to learn more about the environment and how they can help the world around them. The course involves topics from many other science courses. Students have to understand the biology of plants and how deforestation impacts the environment. There is also a large chemistry portion of the course, in which students must understand the chemical makeup of different gasses and how those gasses can have a negative impact on human health.

A large part of the course involves running experiments as they help students understand topics and how they connect to the real world rather than simply memorizing terms. While this became difficult when the school district shifted to a virtual learning platform, APES students are still finding ways to do the experiments at home. In the beginning of the school year, students went into their backyards and collected dirt in order to study the contents of it. Most notably, the Environmental Science students were tasked with making a solar house, or a home that relied almost solely on solar power. The students had to position the solar cells toward the sun, and insulate the house so that it would be both warm in the winter and cool in the summer. Senior Raymond Wong commented, "The project was really interesting. We could make the house look however we wanted; it just had to meet a few basic requirements. Some kids made them really tall. Mine was only, like, one room, but it was cool to experiment with design." The students were able to depict the house however they wanted, as long as it followed the instructions. Along

with this, he also commented on the detail some students used. "I saw some kids had little rivers and trees and stuff, people really got into it," Wong said. While the experiment was likely quite time consuming, it was very informative and interesting to many. Some students even went out of their way to buy supplies to perfect their solar house. Other students created a virtual solar house, using games like *Minecraft* or *The Sims*. The experiment allowed students to understand insulation and energy conservation as it affects their own lives.

As the year progresses, APES students will continue to run experiments at home in order to prepare for the AP exam in May. The exam, including both a multiple choice and a free response portion, is quite demanding and requires extensive memorization of terms and scientific topics in order to achieve success. Solar power is likely going to be a big topic on the upcoming AP exam, as it is both applicable to real life and is a relatively new topic. While this course can be difficult at times, many of the students involved in APES find the knowledge they have gained to be valuable and are looking forward to using it in the future.



*Credit: Kat Bobrova*  
An example of a solar house built for the APES project by Juniors Kat Bobrova and Mya Santacroce.

## Han Strives for a Better World

Emily Pham '21  
School News Editor

With an extensive record of Advanced Placement (AP) courses and extracurricular involvement, ambitious Senior Skyler Han is currently anticipating what the future holds for her while she continues to reach for her goals. Han has demonstrated high levels of academic achievement throughout her entire high school years; she is a very well-rounded individual on the road to success.

Han has a cumulative grade point average (GPA) of 4.6, with a schedule filled with AP courses. Outside of her regular academic agenda, Han has also been a member of National Honor Society (NHS), California Scholarship Federation (CSF), Rho Kappa Social Studies Honor Society, and Peer Leaders. On top of this, she holds a number of leadership positions as CSF President, NHS Vice President, Project Z and Club Med President, while also participating in the Varsity Girls Soccer team. With a schedule as busy as hers, stress is inevitable. With days of restless nights and the struggle to maintain her class rank, she still found a way to enjoy what she loves doing. Han mentioned, "I love indulging and appreciating different film styles. . . I [also] practice handwriting with my dip ink and calligraphy nibs to relax from time to time." Although she constantly worked hard to achieve



*Credit: Kaylee Lota*  
Senior Skyler Han (right) promoting her club at last year's Club Rush.

her goals, she enjoyed the different film styles, musical theatre, and play productions in the free time that she gets.

On top of this incredible feat, Han started her very own clubs, the Club Med and Project Z, which are both designed to give students the opportunity to help the community as well as explore their interests. Han explained, "Club Med is to do some exploring into the medical field. [In addition], Project Z was a club I started to support the older generation in our community. In the past, we have held Teens Teaching Tech events at the Temecula Public Library, watercolor painting events at various senior homes, delivered care packages to dialysis patients, and hosted bingo nights." She would meet up with the members every Monday to discuss medical related topics as well as collaborate with one another to find ways to service the elderly. The start of these clubs have given Han the opportunity to explore the medical field and collaborate with others who have similar interests. As of right now, she plans on

pursuing the medical pathway as she hopes to partake in medical mission trips and internships. "My goal as of right now is to finish all of my college applications. . . My top college choices are definitely those that offer combined degrees, specifically [the] Bachelor of Science and Doctor of Medicine (BS/MD) program," she stated, adding that she would ultimately like to pursue a major in biological sciences while minoring in theater. From internships to research opportunities, she looks forward to being a part of the college campus.

Han continues to thrive and work towards her medical career pathway and has undoubtedly earned the many awards such as Summa Cum Laude, which recognizes those who are ten percent. Han will relentlessly use all of her abilities and knowledge to accomplish her goals in graduating college in order to pursue her career. She has a bright and successful future ahead of her and is sure to take her bright thinking, imagination, and determination with her throughout her life.

## Students are Learning More About Asian Culture with APC

Skylyn Roman '24  
Staff Writer

It is never too late for students to learn about different cultures around the world, and that is what the Asian Pacific Culture Club (APC) wants to help students achieve. Focusing on Asian and Pacific American culture, this club on campus seeks to represent as well as provide information on other cultures. Recently, the club focused on the culture of Thailand, and they had a few meetings planned for Filipino month in November.

APC was founded by Senior Mia To, who is the current president of the club. The goal of the club is to educate students on not only their own culture, but also on the cultures

of other students. Students can use this club as an opportunity to make new friends with people of different cultural backgrounds, making the club both educational and entertaining for everyone who gets involved. Prior to the coronavirus disease 2019 (COVID-19), the club held meetings in which every member would bring a food significant to their culture. While students are now unable to meet in person, the club is still making an effort to celebrate all cultures.

The club hosts many events throughout the months for students. For example, the club has organized movie nights, game days where they play games like *Kahoot* or *Among Us*, and gatherings where the students are able to hang out together. To stated "My favorite part of the

club is that we can be fun and loose with each other. . . It's cool to have people come together." These events help create a welcoming environment for students and encourage students to bond with each other. This is especially helpful during the pandemic, considering the influx of new students who may want to join the club, but are hesitant because they can not see each other in person.

Typically, during the club's meetings, the members will discuss different aspects of a culture. This includes topics such as its food, history, dance, and other forms of art. They like to incorporate different activities to educate students on the different community's experiences. Later this month, they have a meeting planned for Filipino month, which is dedicated to honoring and celebrating Filipino culture, similar to Black History Month in February. To said that their members "will get to talk more about their experiences being a Filipino American. . . We're trying to incorporate more of the members' experience." This way, students not only learn about culture, but also hear first-hand experiences told by their fellow peers who are a part of these communities. Joining the club will help to provide a better understanding of other students, such as their actions or their views on certain topics. When students take the time to learn

about other cultures, it opens many opportunities and provides them with information that may be useful.

Throughout the year, APC will continue to hold events that students should consider checking out. For this school year, the club's goals are to provide inclusiveness for all students who want to learn about Asian and Pacific Islander

culture, showcase the importances of the culture and heritage to the youth, and combat issues regarding racism and recognition within the community. If students want to learn more about the club, or if they are interested in joining APC, they can check out the club's Instagram account, @chaparral\_apc.



*Credit: Mia To*  
APC celebrated Chinese New Year by writing well-wishes.



*Credit: Mia To*  
APC shared their club with newcomers during Club Rush last year.

## STUDENTS OF THE MONTH

Photos by Studio 94



**Ivana Ron '21**  
November Student of the Month



**Skyler Han '21**  
December Student of the Month

Chaparral High School - The Platinum Press - December 11, 2020

## Thalia Hayes: a Student and Artist



Credit: Thalia Hayes

Hayes uses ClipstudioPaint for most of her drawings as it gives her many resources.

Alexa Neal '22  
Editor-in-Chief

With more time at home, Senior Thalia Hayes is one of many students who has been improving on, as well as learning, passions and skills. As an artist from a young age and a recent beginner in the language of Norwegian, Hayes has many passions that are shaping her life.

When asked what language one is learning, one may not expect to hear Norwegian in response. "I wanted to learn a new language, one that was similar to my own [English]," explained Hayes, "and I tried to start with German, but then I was looking at other languages and I saw Norwegian and it sort of came off easier to me so I just stuck with that one." Hayes recommended that others do the same if they wish to learn how to speak a new language. She utilizes the application (app) Duolingo and after only three months of learning, Hayes is able to count,

use basic vocabulary, introduce herself, ask others for their names, and ask people how they are doing.

Of course, learning anything new does not come without its challenges. For Hayes, she said, "If I was having trouble with learning a specific part in the language that I'm learning, then I would usually look at videos or I just take some time off and probably read books or listen to music in that language." Using a mixture of Duolingo and other outside sources such as books, music, or videos gives her different perspectives so that she can better understand the nuances of the language.

On top of learning Norwegian, Hayes spends her free time drawing, and has done so ever since the age of five. "I just remember drawing a lot and then I just stuck with it," she stated. She described her style of drawing as being sketchy and simple. Having more time at home has allowed for Hayes' art skills to flourish, especially in the area of landscapes, which is an area she has

been trying to improve in. She is continually motivated by "the thrill of drawing and how personal it's been to me ever since I was a child. I just never let it go and just having that feeling of being able to create your own world through the lens of art has always been something that was meaningful," said Hayes. Beyond high school, she plans to further her passion for drawing and art by studying to become an animator, preferably working at Walt Disney Animation Studios.

In the near future, Hayes is wanting to attend either California State University, San Marcos or California Polytechnic State University for their art programs. She is not planning to abandon learning languages either and is even going to learn German or French after mastering Norwegian. The future is full of possibilities for Hayes, whether it be animating at Disney or conquering languages in her spare time.



Credit: Thalia Hayes

Hayes' subjects typically focus on humans, landscapes, and animals.

## Time to fill out the 21/22



- Before you can fill out the FAFSA, you must have an FSA ID. This is an electronic signature you will need in order to sign your financial aid application. Your parents/guardians will also need one. You will receive your FSA ID number in 3-5 days. Click [here](#) to access the FSA website.
- Once you have received your FSA ID, you are ready to fill out the FAFSA. BE SURE TO FILL OUT THE 21/22 APPLICATION!! This is the school year you will be a freshman in college. Click [here](#) to begin the application.
- If you have any questions about your application, you can use the FAFSA live chat to speak to a live agent. Click [here](#) to open the live chat page.
- For additional help, sign up for the CSAC webinar on 12/15. Click [here](#) to register.

## Freshman Mixer

Skylyn Roman '24  
Staff Writer

This school year might have been quite difficult for many students, especially for the new freshmen since they are starting their first year of high school online. This year, on December 14, the Associated Student Body (ASB) is coming together during lunch to host a Freshman Mixer that will bring freshmen students together, so that they can get to know each other better.

Due to the circumstances surrounding the coronavirus disease 2019 (COVID-19), the current freshmen were not able to participate in the yearly luau dance that the ASB has hosted in previous years. ASB wants to give an opportunity for students to meet each other and interact like they would have if they were physically in school. Students will be able to take this opportunity to get some advice from upperclassmen about high school and bond with their class. Current ASB president, Senior Jordan Burr, said, "The freshman class isn't as connected with each other and the event will hopefully build that bridge with one another." Students may feel more engaged in class when they are familiar with the other students, and make online classes feel more like they are actually in school.

During this event, there will be a series of activities to get the freshmen in the holiday spirit as well as bring them closer together. Students will be asked ice breaker questions during breakout rooms, have the opportunity to win door prizes, and there will be games such as Word Scramble and Jeopardy. Burr said, "It will help them make friends by relating with each other through ice breakers." It will certainly help students to feel more comfortable in the current learning environment, because they will get to know their peers on a more personal level. Due to the current situation, many students may feel isolated being at home. Not being able to see their friends in person can take a toll on their mental health. Students who partake in this event will be able to interact with many other students who may be feeling the same way, and realize they are not alone during this time.

Freshmen are encouraged to participate in this event, as this will be a great opportunity to connect with their classmates. The link to RSVP is included in the Chaparral High School (CHS) Activity Newsletter.

## CTE Helps Provide Hands-On Experiences

Christian Navarro '21  
Staff Writer

Career Technical Education (CTE) courses are an excellent opportunity for students who would like to get hands-on experience in the fields of study that they are interested in. These courses include classes in a wide variety of subjects that will help them with their careers in the future. Whether it is for the medical field, computer science majors, or event production, students can better understand the details of their desired area of expertise through them. CTE courses provide students with a pathway, allowing them to continue learning about their

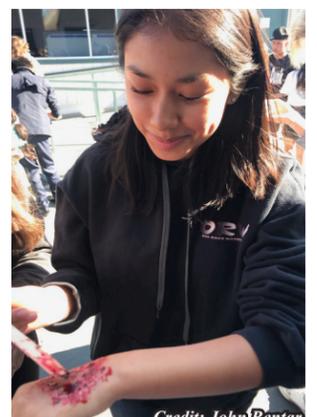
interests throughout the entirety of their high school career.

As students progress through high school, they are able to take more of the CTE courses that are offered on campus. These classes help them to prepare them for the real world and to better understand the career fields they are interested in. Junior Braxton Havard, a student taking CTE courses in computer science, stated, "My CTE class has taught me computer programming, which will allow me to gain experience needed for engineering majors and technical schools." Many students have already begun to take advantage of the CTE pathways provided on campus and have learned plenty of

valuable information about their field of study. Furthermore, students who choose CTE pathways can slowly progress through various classes in that specific area, helping them to gain experience throughout their high school career.

With the coronavirus disease 2019 (COVID-19), students still have the option to take CTE courses, although they are limited to studying online. Due to this, students are not exactly getting the hands on experience that these classes provide. Nevertheless, students are still able to take in a large amount of information and understand various key points in the pathways that they find interesting. For instance, students who are taking CTE courses in event production and design are learning important skills such as how to use audio boards, as well as how to design their own events that they may be able to help produce in the near future. Other CTE courses in computer science are utilizing online resources to allow students to learn more about coding and computer programming.

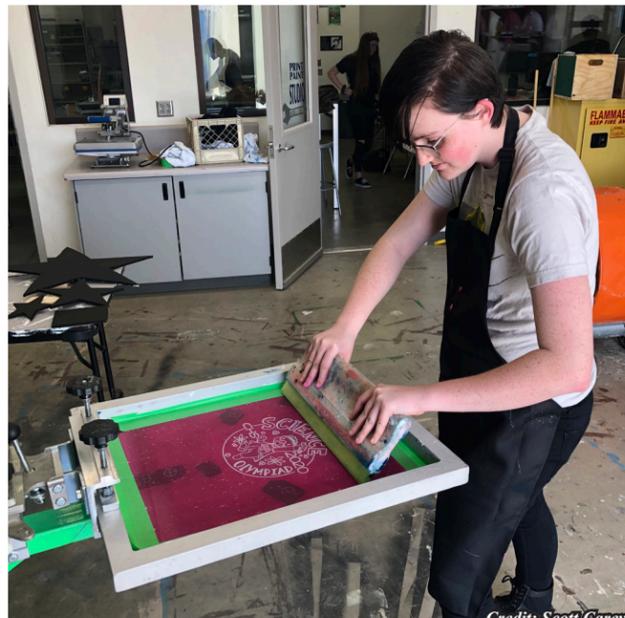
There are three major CTE pathways that a student may take at this time, including pathways in art, media and entertainment, but there are many different careers that can be found within these paths. All of these courses contain a cluster of classes that a student can continue to take throughout their high school career to learn more about



Credit: John Rentar  
Junior Magdalena Gutierrez puts on a fake wound for kinesiology.

them. Though more pathways may open up in the future, the current CTE pathways can be an important first step in any student's career. CTE skills can be very important in certain jobs and, in some cases, students may be able to secure new jobs that they otherwise would not have the skill set for.

Those who would like to work in the medical field could take a CTE pathway in the health sector. Students who would like to work in software and systems development could take a CTE pathway in computer science. While there are many CTE courses, a student may choose from, the class can considerably aid in a student's future career or even their ambition. Students are able to take advantage of this opportunity and gain real-world experience for their future profession and better understand as well as explore their many interests.



Credit: Scott Carey

Senior Max Bosworth makes a t-shirt in Mr. Carey's CTE class.



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.us

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# Religious Intolerance Spikes in Winter Months

Emma Horwood '22  
Staff Writer

Seeing as the "holiday season" is rapidly approaching, many are eager to get into the holiday spirit by setting up Christmas decorations, playing Christmas music, and partaking in other related activities. While the holiday season and holiday breaks may fall around one of the most important Christian holidays, Jewish people do not enjoy the same communal sense of importance and respect for our holidays and traditions. The Christian-centric holiday season that is universal in the United States excludes other religious groups, specifically Jews.

While some may argue that the breaks and celebrations include Hanukkah AKA "Jewish Christmas" because of their similar timing, this is simply not the case. First and foremost, the term "Jewish Christmas" is not accurate to the meaning and traditions that surround the holiday of Hanukkah. Hanukkah celebrates the resilience of the Jewish people in being able to retain their identities under the persecution of the Greeks circa. 200 B.C. The customs Jewish people partake in such as lighting the menorah for eight nights and eating food fried in oil are traditions meant to symbolize the miracle in which the sanctified oil that was left after the destruction of our temple lasted eight nights. While observant Jews partake in the festivities around this holiday, it does not hold the same significance Christmas does to Christians. Out of the abundance

of more relevant Jewish holidays, most choose to focus on Hanukkah simply because it falls around Christmas most years. Seeing as Jewish holidays follow the lunar calendar, our holidays take place on different dates each year with Hanukkah potentially starting prior to the time we receive off for Christmas. There is a lack of understanding as it pertains to the holidays observant Jewish people celebrate, and attempting to mask Jewish traditions under the veil of Christmas is flawed. For these reasons, viewing Jewish holidays, especially Hanukkah, from a Christian lens is both inaccurate and problematic.

This widespread Christian normativity not only affects Hanukkah, but also affects the more important Jewish holidays. For example, Yom Kippur is the day of atonement, the holiest day of the year. On this day, Jewish people are called to fast from sunrise to sunset and reflect on ways they "missed the mark" in relation to their spiritual and moral identity. While, ideally, this holiday should be spent in solemn privacy with family before the joyous breaking of the fast, many are still forced to attend school and their jobs. Aside from this distracting from the focus of Yom Kippur, many are not able to perform their job or academics safely or in a satisfactory manner while weakened by the fast. While some schools are legally required to give Jewish students time off during Rosh Hashanah (Jewish New Year) and Yom Kippur, this does not protect Jewish people in the workforce. Clearly, the universal

religious accommodations that are given to Christians on important holidays are not enjoyed by most observant Jewish people.

While it is admirable that the American school system and government universally accommodates the needs of Christians and their holidays, they lack that same energy when it

comes to other religious groups. Aside from the "Jewish Christmas" dilemma, there is also a lack of accommodations for Muslims on Ramadan, and Hindus on Diwali. Despite the supposed separation of church and state in our country, the societal focus on Christianity, especially when it comes to holidays, is very evident.



The association of Hanukkah and Christmas can often cause them to overlap.

# Coronavirus Vaccines: Our Anticipated Savior

Emma Carrero '21  
Copy Editor

With game changing news of two major pharmaceutical companies finishing up their final testing trials of the coronavirus disease-19 (COVID-19) vaccine, results are leaning on the side of hope. Both developing vaccines have been proven to be more than ninety percent effective against COVID-19 igniting the general public with mixed feelings on whether or not it is safe. Although the initial doses will most likely not be available to the common people until 2021, it is still extremely important to consider receiving it when allowed. This new tested, vital treatment is the next big step to moving past the pandemic and unpausing the endless year of 2020.

Moderna and Pfizer, along with the help of Biontech, have been continuously researching a messenger ribonucleic acid (mRNA) based vaccine to combat COVID-19. It is commonly known that vaccines are created from the weaker form of a virus and injected to prepare the immune system, however, that is not the case for this

one. Simply put, scientists developed a genetic code for mRNA to create antibodies that are able to correctly identify and fight against SARS-CoV-2, which is the terrible virus that causes COVID-19. Taking this in consideration, the chances of contracting the illness from either of the vaccines are relatively low and overly misunderstood by the mainstream media. For even more assurance, Moderna's vaccine has no possible way for the receiver to contract the coronavirus. It is true that in the past the world

has seen a fair share of epidemics, like the Spanish flu in 1918, but now with modern science and advanced technology the ability to quickly develop an effective medicine in an eight month time span is not out of the ordinary nor impossible. Plus, the Food and Drug Association was looking for a fifty percent effective rate, but the two vaccines surpassed that by nearly forty percent. For those two companies to come back with more than enough of proof that their vaccines work is significant and just one

of the reasons to consider if one is feeling wary about this new treatment. Of course this could not have been accomplished without the immense help from volunteers potentially risking getting infected, and donations from a range of sponsors.

Now the problem surfaces on who and when will people be able to receive this vaccine? Currently, it is estimated that by the end of this year Pfizer and Biontech can manufacture fifty million doses, of course prioritizing those considered high-

risk. That would include, healthcare and essential workers. There are uniform strategies to these life-changing decisions. It will not be like the local "all you can eat" buffet where first come first serve. Instead it will be implemented into phases divided by the states. Furthermore, it is not something that is handle without precautions added. Additionally, on the point of doctors being reluctant of the vaccine, it is very unreliable to trust a website survey poll stating that sixty-three percent of them are wary, when the mRNA type was not even listed. In fact, it only included the failed attempts of earlier vaccines clearly manipulating the outcome.

With all that is already said, these two new treatments are the only ones that are strongly effective against the coronavirus and could possibly put an end to the year-long quarantine. While the wait for the vaccines to become public may be long, it is still important to wear masks and social distance like usual. It does make a difference and prevents further spreading. Staying inside is the safest thing to do right now.



While Pfizer waits for FDA approval, COVID-19 vaccine production has already begun.

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## Socialist Utopia: A False Ideal

Sophie Hall-Schorn '22  
Copy Editor

Among younger generations in the U.S., a couple core ideas seem to be taking over the narrative of how youth base their worldview: socialism and communism. In a poll done by YouGov, it was found that seventy percent of Millennials said they were likely to vote socialist. But what is the underlying theme here? Why do so many young Americans seem to believe that more socialist policies or communism are the answer to America's problems? The truth lies in ignorance. Privileged American students turn towards socialism and communism because they only have a very light grasp on what these systems actually entail. The reality of communism and more socialist societies is that they take advantage of the populace, and are not the daydream that many young Americans would believe them to be.

One common argument among those who advocate for socialism or communism is that the supposed qualities of human nature such as competition, status, and hierarchy are dogma produced by industries to manipulate the working class. This is the first sin of communism. It takes human nature and boils it down to a consequence of oppressive capitalist rule rather than an inherent truth. Humans are certainly cooperative when they want to be, and of course humans have good qualities. But to ignore the theory of "status" in human collectives is blatant ignorance. Jessica Koski, Hongling Xie, and Ingrid R. Olson conducted a study that found humans measure social status in other humans by factors that have nothing to do with American propaganda: height, gender, age,

and attractiveness were all found to be indicators of status to adult humans, as well as vocal/speech characteristics, posture, and aggression. Social hierarchies, status, and competition are not made-up fantasies introduced by capitalism in order to exploit workers. Capitalism simply uses the inherent human nature of hierarchies, status, and competition in order to sell goods that are marketed as status symbols. Just to be clear, this is not a pro-capitalist point. But it is a point against the idea that humans have only situated themselves into hierarchies and measured humans by status because of capitalist ideals. In fact, humans organized themselves long before modern society, in even the most egalitarian hunter-gatherer societies. If humans did not inherently desire a higher status, then manipulation by capitalist policies would never work in the first place.

Socialism props up the weak and destroys the strong. By providing no incentives to work, the populace thereby depends on their government instead of finding self-sustainability or the power to live life on their own terms. One could argue that self-sustainability is not vital for happiness or survival. The more power one gives the government, however, the more control. If one depends on the government for everything, then they must do what the government says, or else they will not be provided with what they need. And if they have spent their whole life being weak and unsure of how to learn skills or develop talents, then they must submit to the overruler; they have no other choice.

It is safe to say that no one system has proved to be undoubtedly beneficial. Communism and socialism are ideas that are not exempt from this ruling. Every system has its flaws, but the question must be asked: which beast is worth taming?



The argument common that failed socialism must not have been real socialism is very flimsy and inadequate.

## Through the Capitalist's Lies

Chloe Vande Kamp '21  
Editorials Editor

The competition-driven "American Dream" seems noble in theory, but in practice is a corrupt idea that inherently abuses the working class in order to profit. The lives of those born less fortunate revolve around the wealth they provide for others. Capitalism commodifies basic necessities such as food and water, while refusing to fully automate their production for the sake of keeping the wealthy powerful. Worse, middle class Americans have

been made to believe that this system benefits them. The very foundation of capitalism reeks of exploitation.

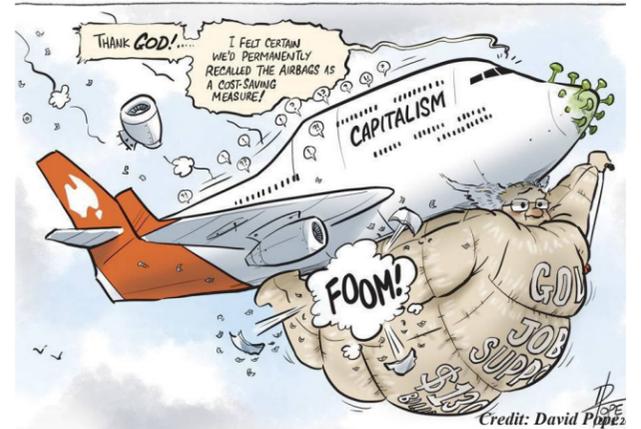
Communism on the other hand, is a classless system in which the means of production are owned communally, socialism being a step towards achieving this. It is the abolishment of a centralized government. Trying to

discredit these theories by exemplifying countries that "already tried it," (i.e. China, Cuba, Venezuela, and Russia) is a popular but misguided approach; these governments failed for reasons outside the realm of socialism. For example, the biggest contributor to Venezuela's economic failure was over-reliance on oil exports before prices plummeted in 2016, not "failed socialism." Additionally, the US has intervened in upcoming socialist countries countless times. Capitalist nations use political and economic warfare to cripple potentially socialist nations, leading to their inevitable failure.

Ironically, many modern policies were once deemed "radical." As pointed out by Bernie Sanders, social security, minimum wage, unemployment insurance, the abolishment of child labor, the forty hour work week, unions, banking regulations, deposit insurance, and job programs were labelled socialist at one point, and yet "all of these programs and many more have become the fabric of our nation." Socialist policies implemented thus far in history have only benefited the people. In spite of this, capitalists continue to deceive the public by unjustly blaming the failures

of progressive countries on socialism.

American education is nothing more than pro-capital indoctrination, and the working class has been fed the manipulative lie that human nature is inherently greedy, or self worth is determined by work. Money has no inherent value on worth or quality of life, especially in terms of a communist society, which by definition is moneyless. Human nature is not thoroughly understood by science, and what we do understand about it concludes that humans are naturally cooperative. Furthermore, one's environment has proven to have great



Capitalism has continuously failed, and socialistic ideas have saved it.

influence over behavior. Thus, a society that rewards greed and selfishness creates greedy and selfish people. Hypocritically, capitalists also claim the rich are charitable enough to reliably stimulate the economy—if that were true, billionaires would not exist. In actuality, every time capitalism has failed this country in the past, it was not charity, but socialist policies that saved it. Four-term President Franklin D. Roosevelt used his New Deal—policies more socialist than anything Bernie Sanders has proposed to date—to bring the United States out of the Great Depression. Comparatively, the rollback of the New Deal under the Reagan Revolution sent the country plummeting into the cesspit that is worker exploitation. Socialism: one. Capitalism: zero.

Socialism and communism are complex theories, shrouded by the lies of American textbooks and media. It takes time and dedication to truly understand them. Many young Americans are already studying in order to dismantle these misconceptions. To truly better America, it is up to the lower, working class to take up arms against the exploitative system of capitalism—by picking up a book.

## A Rise in Boycotts Raises Questions about their Effectiveness

Megan Irwin '21  
Staff Writer

A boycott is defined as an act of nonviolent, soluntary, and intentional abstention from using, buying, or dealing with an organization as an expression of protest. Throughout history, boycotts have been an effective form of protest against injustices brought on the American people by companies too absorbed by the spiraling greed that American capitalism promotes. Especially given the current climate of the country, boycotting seems to be the safest method of protesting against moral wrongs. But typically, with boycotting, it is a group effort, which raises this question: what can an individual do against big corporations?

Individuals need to consider two main things when buying products, the

value of the product, and the values of the company, and then decide from there, how they should treat the product and or a company. If the values of a company are a far cry from the reality of an individual, then the idea of boycotting any company, organization, or product, comes into play as a form of creating social change. A single individual can spark a social movement online or in person, which may result in others joining the boycott, and overall cause a shift in company values and or product to appease the general public by demand. Boycotts allow for any consumer to take back the power and have some sway in regard to how companies modify their behavior. Individual consumers have the right to expect companies to be ethical in their production and behavior. But the change in company morals and policies



Peaceful protesters elect to collectively boycott fast food chain Chick-Fil-a.

also falls on the corporation just as much pressure from the individual consumer.

Companies should be held accountable for what they promote with their product or who they support. Individuals or the general public may insight a change in company policy, but ultimately it falls on the company to create the change within the company or organization. Companies who promote certain political parties may find themselves losing customers who align with other parties, or if companies do not publicly support movements like Black Lives Matter, they may see participation and sales drop. For good reason too, companies who choose to publicize their opinion regarding morality, run the risk of losing customers, but highlight the overall problem with

large corporations. Not only do they take advantage of the public but they also politicize their very nature, and thus polarizing many consumers. Large companies have no place in politics, and should uphold the same standard across the board with no interfering affiliations.

There needs to be more accountability from companies to incite social change within a company, and there is a need for pressure from the individual consumer. If anything companies and the public should work together to form a more coexisting society filled with proper moral values that do not infringe upon human rights. In the face of the many events in the headlines, with many social and economic issues, movements rely just as much on the individual as they do on support from companies, both important in creating ethical sustainability for the future.

## Toxic Masculinity is Destructive to All, Which Includes Men

Siena Soffer '21  
Editor-in-Chief

The term “toxic masculinity” has been a buzzword in feminist communities for quite a while now. It is not meant to attack masculinity itself, but rather the way that it has been imposed upon everyone in the world to a harmful extent. In the traditional sense, it has been thought to be destructive to anyone who does not benefit from male privilege. However, this specific phenomenon affects everyone differently, and is never positive. As it is ironically misogynistic and misandrist, the perpetration of toxic masculinity rages on at the expense of men themselves.

Male expression is limited without receiving intense backlash. Presenting any level of femininity is commonly (and incorrectly) viewed as ‘weak’. Men do not inherently owe anyone masculinity, and yet it is still demanded of them at the cost of their personal freedoms. An example of this instance is when singer-songwriter, Harry Styles was pictured on the cover of *Vogue* magazine in a dress. People with small and large platforms alike—who have much better things to concern

themselves with—expressed their unsolicited distaste for something as small as an unproblematic fashion choice. Some claimed that society

could not thrive without ‘manly men,’ somehow giving them the opportunity to criticize the actions of one person. Not only does this create a negative association with femininity, it also tells men that they are supposedly not allowed to freely express themselves, and places unnecessary pressure upon them to act a certain way. People like Styles should be able to wear whatever they desire without unnecessary hate. The ridiculous comments must come to a screeching halt.

The issue is much deeper and darker than simple jests at feminine men. The trap of toxic masculinity is often life-threatening. A pressing issue in our society is the disproportionately high male suicide rate. There is a lot of discourse about why this is the case. It is important to observe the history of male culture and how a perceived amount of ‘strength’ is valued over all else. Unhealthy amounts of independence and detachment from others are normalized and shrugged off, enacting the commonly heard phrase, ‘lone wolf’ used to describe independent men. Many healthy forms of expressing and dealing with emotions are looked down upon by an arbitrary model of male behavior. These include crying, seeking mental

help or psychological evaluation, and being open about their feelings with other people. This is often the source of unhealthy coping mechanisms and emotional illiteracy. These two side effects combined ruin personal relationships and severely damage their mental health. Shedding a few tears is not weak, and neither is psychological intervention. Being held to the harmful expectation that a man needs to be independent at all times is faulty at best, because no one will ever be perfect. Correcting toxic behavior that places absurd amounts of pressure upon men could potentially save the lives of many who were once considering ending theirs.

After presenting all of the negatives, it is important to identify solutions. Though it will not happen overnight, we must be more open-minded as a society about the different lifestyles that people decide to lead. Men are allowed to outwardly express themselves in any way that makes them feel comfortable and does not harm anyone around them, which includes anything from fashion choices to emotional necessities. In fact, these diversities should be encouraged and accepted. It is time to relieve the pressures of toxic masculinity, and we can start by relieving our judgement of others.



Pictured on the cover of *Vogue* Magazine in a dress, Harry Styles sparks discourse.

## All Lives Matter Ignores History

Megan Irwin '21  
Staff Writer

How can all lives matter, when throughout history black lives have not mattered? How can all lives matter when African Americans are continuously the victims of acts of police brutality, treated unfairly in the criminal justice systems, and are often subject to systematic downfalls of lower socioeconomic standings due to their race? For all lives to matter, black lives have to matter as well. Regardless of good intentions, the connotations of All Lives Matter shows the embodiment of ignorance used to combat Black Lives Matter (BLM).

BLM first made headlines in 2014, after the killings of Eric Garner and Mike Brown, and recently in early summer of this year, after the police killing of George Floyd,

were met with rubber bullets, tear gas, and online hate from many who claimed All Lives Matter rather than BLM. The ploy of All Lives Matter just falls into the bigotry of denying racism. Those who promote All Lives Matter need to open their eyes or a history book and realize that if all lives mattered, then there would be no need to demand justice for those killed by cops because of their skin color; if all lives were treated equally, there would be no reason for BLM to exist. Just the fact of its existence furthers the idiocy of All Lives Matter.

If all lives mattered then there should be no reason that the American Journal of Public Health reported that black men are two and a half times more likely to be killed than a white man by police. If all lives mattered then a black man should receive the same amount of jail time as a white man who committed the

more likely to be incarcerated for possession of cannabis than a white man when the consumption rates between races are the same, according to the American Civil Liberties Union (ACLU). There are limited statistics to suggest that there is equality in treatment among races, but people still claim that all lives matter. When all lives are not treated the same, there is no validity in the claim that all lives matter.

All Lives Matter blankets the current needs of the nation, whether intentional or not. The country needs to address the discrepancies on the basis of race, and account for it accordingly, rather than covering the issues with an empty statement. BLM needs to be addressed on a national level and there needs to be justice for those who suffered unjustly at the hands of cops. No one was saying All Lives Matters before BLM was popularized, rather it was a rebuttal to BLM, and at its best is nothing more than a malevolent distraction from anti-Black racism.

There is no reason to downplay BLM by covering it with All Lives Matter. BLM is important to address in the current state of the nation, and should not be met with cries of All Lives Matter, which are misguided attempts at truly preaching equality bent on derailing anti-racist progress in the nation. Yes, All Lives should matter, but until we can treat everyone with a sense of equality there needs to be efforts put into BLM, and a focus on unity rather than division upon race and ideology.

## Stop Glorifying TV Trauma



Credit: Netflix

*13 Reasons Why* is a very controversial TV show that turns suicide into a revenge fantasy. Sophie Hall-Schorn '22  
Copy Editor

Through the years, television shows and movies have become a staple in how people communicate through media. One large aspect of the appeal is the freedom to create any world, plot, or character that one desires. Artistic expression is something that should always be permitted to be displayed in whatever form a director or actor desires. However, the continuously problematic “teen” television shows and movies cross a line as it pertains to the glamorization and glorification of traumatic experiences that teenagers can face. Simply put, popular media greatly misrepresents what it is like to actually go through trauma, and even veils it as a dramatic and glamorous ideal, rather than the horrid reality that actually encases the topic.

Shows such as *13 Reasons Why* and movies like *Juno* take a traumatic teenage experience and turn it into something either glamorous or lighthearted. Trauma should never be put on a pedestal, yet time and time again it is displayed as the ultimate ideal. *13 Reasons Why* is a great example of media being targeted towards teenagers that turns teenage suicide and depression into a revenge fantasy, influencing the young audience into believing that suicide is not a tragedy, but instead vengeance. The protagonist Hannah Baker is already unlikable enough, but when the sick and twisted revenge plot of her thirteen tapes comes to light, it is wholly realized that the show is not aimed to display the harsh tragedy of teen suicide, but instead serves as a gateway to the formation of the idea that traumatic experiences are simply zest to life and a way to seek retribution. *Juno*

on the other hand seems to have a positive message at its heart. However, the reality of teenage pregnancy is far more jarring than what *Juno* would like its audiences to believe. According to *dosomething.org*, parenthood is the leading reason why teenage girls drop out of school; more than fifty percent of teenage mothers never graduate from high school, and less than two percent of teenage mothers earn a college degree by the age of thirty. Parenthood is not suitable for teenagers, and the upbeat tone that *Juno* possesses is almost offensive.

Some may claim that artistic license grants permission to display trauma in any way that a director or screenwriter sees fit. While this is true, the issue does not lie in the artistry of said movie or television show itself, but by the response from the teenage audience. Teenagers are just blossoming into young adults; many are unsure of their path in life, and are more so unsure of what to expect as they become older. Shows and movies that glamorize traumatic experiences almost make said trauma feel like a goal rather than something that should be avoided. Through viewing shows like the Spanish drama *Elite*, teenagers are led to believe that drug abuse, mental illness, and sexual promiscuity are alluring experiences that are rites of passage. Teenagers come to expect these dramatic experiences in their own lives, especially in the modern age, since many of Generation Z has grown up watching television shows and movies on demand.

Trauma is not glamorous, and it is not something that should be desired. Many shows and movies do a horrid job of realistically representing what it is like to actually go through scarring experiences, and lead teenagers to believe that drama is the goal rather than the enemy.



Credit: Julianne Mosher

BLM is an important social movement needed to tackle the issue of racism.

Breonna Taylor, and several others. Mass protests broke out, demanding justice for all those killed by police. But instead of justice, protesters

same crime, but statistically according to Cleveland.com, a black man receives a prison sentence twenty percent longer. Black men are also four times

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## How CHS Band Prepared for their Completely Online Show

Amanda Gromko '21  
Staff Writer

As the first semester comes to an end, and students head into the holiday break, the campus band is preparing for their yearly holiday concert. Unlike previous years, where the band would perform a live concert, the band will be putting together an online concert due to the pandemic.

Instead of rehearsing every day as a musical group, the students now have to find time on their own to practice and assemble their pieces. In the past, all of the different bands in the school would perform in the performance art center (PAC) in front of their families, other students, and anyone else who has a passion for live music. This

year's concert will still feature performances from each of the bands, but each performance will consist of videos put together by each individual member. Some notable pieces that will be played include, "Winter Wonderland" and "Santa's Parade." Senior Maite Molanes Beltran is a member of both the Marching Band and the Concert Band preparing for the big day. Beltran said, "Each person records themselves playing individually, and then the band director will edit the audio and video to sync with the rest." This format is drastically different than what the both the band students and audience are used to, but this pandemic will not slow these musicians down. The concert is still underway for the exact

date of release, as the directors have to organize all the student's individual videos. Band Director Stephanie Rittenhouse said, "I'm trying to get it completed and ready to debut by finals week, when we usually have our winter concert." There will be a link provided for whomever wishes to see the concert, as soon as the performance is ready for viewing.

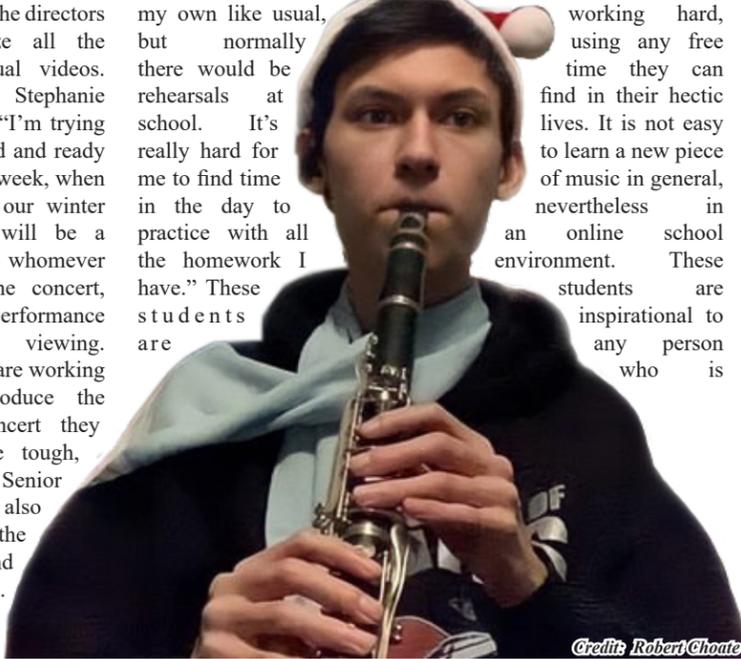
The students are working diligently to produce the best holiday concert they can during these tough, separated times. Senior Robert Choate is also a member of the Marching Band and the Concert Band. Choate stated, "I am practicing on

my own like usual, but normally there would be rehearsals at school. It's really hard for me to find time in the day to practice with all the homework I have." These students are

working hard, using any free time they can find in their hectic lives. It is not easy to learn a new piece of music in general, nevertheless in an online school environment. These students are inspirational to any person who is

struggling to complete a goal while in abnormal environments. Beltran said, "I am glad to not be performing in front of a lot of people while sitting still." Although a lot of students enjoy performing in front of a live audience, some students are finding the positives in being able to redo their performances until they find it perfect. They are giving their absolute best for this year's annual holiday show.

Despite all of the negatives this year has brought, the entirety of the school's band will not let their traditions be taken from them. With sheer determination, these students and directors are going to create an amazing concert that anyone can participate in viewing online.



Senior Robert Choate performs and records his piece for the Holiday Concert. Credit: Robert Choate

## Student YouTubers' Careers Hit the Trail

Joshua Enriquez '21  
Staff Writer

From movie reviews to makeup tutorials, *YouTube* upstages all other sites as the most popular video-sharing platform in the world. Its wide usage allows for a potentially huge audience, giving creators opportunities to market themselves to the world. Many students have chosen to share what they love doing and have taken the opportunity to gain a following, taking the challenge of growing their popularity head-on.

Some people see *YouTube* as an opportunity to share passions, while others see it as a way to gain fame. Senior Reid Poltl loves to edit videos, using the platform as a way to share his creations and editing skills. On his channel named *SupFace*, Poltl plays games with friends, such as *Minecraft* and *Overwatch*. "I love to edit and it [*YouTube*] gives me the freedom [to do so]," he states, explaining why he started posting to the website. He continues, "I still haven't gotten too many views or

subs, but editing is easy because I love to do it, and I had a lot of practice." Student content creators like Poltl have found a lovable aspect of creating *YouTube* videos that keeps them motivated to post. Some may thrive in the thrill of having a large following, while others may simply enjoy sharing their skills and talents online.

Sometimes, a *YouTube* channel can mirror changing interests, something especially true for college-bound students. Senior Guile Hua is planning to move his channel away from gaming and more towards vlogs centered around college life and applications. He explains, "I'm looking to do more vlogs about my daily life at college. [It would be] more about college applications, study tips, meeting new friends, all those types of things." The transition from high school to college will not be the only thing affecting *YouTube* channels, as students still have a whole life ahead of them after they receive their degrees. "My channel is something I can look back on and laugh about when I'm older," Hua comments, elaborating on how he sees

his channel changing in the distant future.

Concerning the present, the ongoing pandemic has had various effects on student-run channels. For gaming creators like Poltl, quarantine can be both an opportunity and an exhauster. He states, "I started [my channel] because of it [quarantine], but over time it made me lazy because I can't take a break and go outside much." For vloggers like Hua, quarantine can limit potential content, forcing creators to be creative with their topics. He states, "It might be harder because I can't go out much. I plan on making videos on the social aspects of college, so hopefully eventually it'll become easier to make videos." It's clear that once the barriers of quarantine are released, restrictions placed on student channels will dissipate as well.

There are many reasons why one may want to start a *YouTube* channel, from expressing individual ideas to pursuing a career. However, it is clear that anyone can take a shot at becoming a content creator, whether it is simply for one's self or for an international audience.

## Esports Club Thrives During Pandemic

Joshua Flack '24  
Staff Writer

Sports are supposed to be a physical challenge. Players train hard to do their best so that they can win. Similarly, electronic sports (Esports) tackles a player's mentality. As Esports grow, so does the popularity. Esports are the competitive playing of video games.

They are played throughout the world and a substantial amount of players are emerging everyday. Esports are not just for insanely talented gamers though, the school has an Esports club too. Some players are more experienced than others however, they all share a passion for gaming. Senior Aidan Read, the Esports club president expressed, "I think it's a fun activity to do with my friends and, like, it's a good social thing." Despite being called a club, they are more like a team. They practice once a week officially because they desire to expand their competency in gaming. The team plays many games ranging from shooter games to multiplayer online battle arena (MOBA) games. Among these games are *League of Legends*, *Tom Clancy's Rainbow Six Siege*, *Valorant* and many more. Players usually play one to two games. This makes it so that they have expertise in a certain area

and will be better at strategizing during a competitive match. Read said, "It's not, like, super stressful, but, you know, there could be stress of, like, losing or something, especially if you're playing, like, a ranked game." Whether the match is in person or online, the game can still be just as stressful at certain points. These matches can give them a higher skill level as well as a higher personal rating in some video games. Online competitive matches can be played for a league, as well as just for fun in many different game titles. Furthermore, players do not have to be serious about Esports to join the club either. Many may just enjoy playing games

a professional league. There is also a chance for scholarship opportunities. Mr. Donald Forhane, the Esports club advisor and English teacher, stated, "[Players can] also gain exposure for their gaming abilities. . . on a national level and gives them the opportunity to. . . ultimately provide exposure to. . . scholarships." This is due to Esports' rising popularity around the world. Esports is becoming more widespread, with some participants making thousands of dollars a month. Professional gamers who are popular for their live-streams on applications such as *Twitch* can make millions of dollars a year. Some tournaments even have a



The Esports team works together to achieve victory no matter the distance. Credit: Aidan Read

and would like to have a fun experience. Moreover, the club creates opportunities for gamers throughout the school looking to advance their skills. Playing on a competitive team may give players a higher chance of making it into

prize pool of millions of dollars. This means that if a player can go pretty high up if they continue to play Esports. Even if the player only participates in Esports for enjoyment, they can still obtain scholarship benefits without having to devote their entire life to Esports.

Competitions are continuing to advance in the world. This means that clubs among the youth will most likely grow in the near future. The Esports club will not be going anywhere in the near future as new content and better technology is released.



## Jillian's Top Netflix Picks for December

Jillian Flack '22  
Copy Editor

Whether students are binge-watching every drama they can find or casually keeping up with a television (TV) series, the streaming service, *Netflix*, has a variety of content so each and every viewer can find something that they enjoy. Some new popular *Netflix* original viewing material came out recently, such as *The Christmas Chronicles: Part Two*, *Selena: The Series* and *The Holiday Movies That Made Us*.

For those who enjoy a classic holiday tale, *The Christmas Chronicles: Part Two* is a popular choice. This holiday tale brings viewers into the life of the main character, Kate Pierce, as she goes on an adventure with Santa Claus to save Christmas. The first movie of this franchise, *The Christmas Chronicles*, was wildly popular among the old and young alike, instantly becoming a Christmas classic for many. So far, the second film of the series has been enjoyed just as much and is perfect for families to watch together this holiday season.

If students are invested in cult-classic holiday movies such as *Elf* or *The Nightmare Before Christmas*, the documentary, *The Holiday Movies That Made Us*, is a great choice. This documentary talks about the most popular holiday movies and gives students a glimpse into the making of their favorite films. Released on December 1, this documentary only has a singular season with two episodes, but students are sure to be fascinated by the current intriguing content.

*Selena: The Series* is a brand-new, popular show that depicts the life of Selena Quintanilla, a Mexican-American pop singer who was tragically killed by one of her employees. This series delves into her life and the music she sang in order to help audiences understand what her life was like. Despite being released very recently on December 4, this show has quickly grown in popularity to be a top ten *Netflix* series.

These newly released *Netflix* originals are certainly a great choice for students and staff alike to view. Next month, there will be more interesting content, such as a *Netflix* original series, *Dracula*, so students should be sure to keep their eyes out for new viewing material.

## Must-See True Crime Shows

Yalena Aguirre '21  
A&E/ Lifestyles Editor

As the days dread on during the pandemic, as well as long days during online learning, so does students' attention span and the continuation of shows lacking to entertain them. Recently, true crime fans have been blessed with the release of new true crime documentaries on multiple streaming platforms that leave students on edge and fascinated.

True crime is a novelty amongst those who are interested in the psychology and motives in some of the world's most intriguing, disturbing crimes as well as the people involved in those. One of the new documentaries released that certainly left true crime fans utterly shocked by the very sudden and inhumane nature of murder is *Netflix's American Murder: The Family Next Door*. This hour and a half long documentary tells the chilling story of how a family of four came to an end when Chris Watts killed his wife and two children in 2018 in Fredrick, Colorado. The case got national attention after the family disappeared without a trace in their Colorado home, with husband Watts left seemingly dumbfounded by the disappearance of his pregnant wife and two daughters, asked for their safe return home. It later came that Watts, whom was having an affair with another woman, killed his family, which was highlighted heavily in the documentary. It shed light onto the burning 'why' question most people have when they hear such a heinous crime committed by a relatively normal guy with no prior acts of violence towards his family. Another true crime documentary released was *Netflix's Trial 4*, in which it follows falsely convicted felon Sean Ellis fight for his innocence after being falsely accused of killing of an officer in 1993, while

also exposing police corruption and systemic racism. Along with *Netflix's* continuous releases of true crime documentaries, Hulu has also released new documentaries, like *Taken at Birth* and the final season of the well recognized true crime show *Homicide Hunter*.

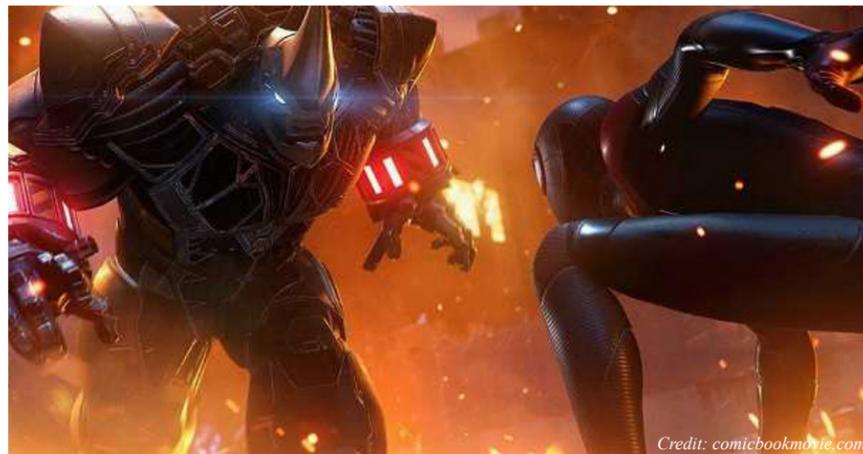
These documentaries are not for the faint of heart, for they cover drastic topics that some may find triggering, like murder, assault, sexual assault and others that come with the acts of these mysterious, gruesome crimes. But nonetheless it has managed to interest many individuals out there whose curiosity has led them to explore the darker parts of humanity. The reason for the popularity of this genre can be found in the fact that people are naturally interest in the dark and the different--the same parts of human nature that drive people to allow evil to consume their subconscious. To documentaries like *American Murder: The Family Next Door*, where it explores the mindset of a murderer trying to cover up their heinous actions and move forward with their life, it puts audiences in an adrenaline rush like state as they are on the edge of their seats trying to connect the dots on the many theories and possibilities on why an act would be done. True crime comes in the form of thrill seeking entertainment. It also explores the darker portion of the human mind, while exposing many faults that were hidden away from society for years that are just now resurfacing and gaining popular traction.

The pandemic has made everyday life seem slow and uneventful, leaving many feeling bored and looking for many things to try to occupy their time. Luckily, streaming services have provided a wide variety of true crime documentaries that were just intriguing, fast-paced and chilling enough to capture peoples' attention and keep their mind off the endless cycle of life moving in slow motion.



Credit: Filmdaily.co

The new documentaries brings awareness to social issues while keeping audiences intrigued.



Credit: comicbookmovie.com

The New Spider-Man game features Miles Morales as the protagonist unlike previous versions.

## The New Spider-Man Game

Athena Ebuon '24  
Staff Writer

Emerging from a universe that needed a new Spider-Man, a Brooklyn teenager named Miles Morales came to accept the challenge. He learns to walk in the footsteps of his mentor, Peter Parker, as the new city's hero. However, when a fierce power struggle threatens to destroy Morales' new home, he learns that great power comes with great responsibility.

Marvel's *Spider-Man: Miles Morales* is a single-player video game developed by Insomniac Games in November 2020. It was considered to be one of the next-gen games to be released on the Playstation 4 (PS4) and Playstation 5 (PS5) simultaneously. Despite the game being quite short, Morales is kept busy with side missions and being the friendly Spider-Man he is. Many players will still be eager to enjoy the adventure that awaits them. Sophomore David Ramirez expressed his excitement saying, "After I started the first game, I couldn't put it down. I actually one hundred percent completed the game which is something I rarely do for games... I'm sure Miles Morales will have that same feeling." At the beginning of the gameplay, Morales and Parker work alongside each other defeating despicable villains in the City of Harlem. Later on, Peter leaves New York to join Mary Jane in Symkaria, leaving Miles as the sole Spider-Man for the city. During Peter's absence, the player encounters many criminals throughout the gameplay. Additionally, players battle in boss battles against villains like Rhino, Venom, The Prowler, and other vicious rivals. Unlocking more of Morales' skills is necessary for players to produce more damage to their opponents. Gaming guides have suggested

they benefit more from his venom attacks since it is effective in battle. For example, venom smash deals a ton of damage to their surrounding victims, and venom jump sets their victims into the air which makes them vulnerable to aerial combat. Another unique advantage is the ability to actively camouflage with its surroundings, unlike Parker who cannot. Throughout the storyline, Miles learns that saving his hometown will not be easy to accomplish. Ramirez shared, ". . .he goes through his own challenges on top of finding himself. Miles' story is filled with interesting themes that . . . I can't wait to explore." To save Marvel's New York, Miles must commence the mantle of Spider-Man and concede it.

While the storyline is strong, the graphics make this game truly remarkable. PS5 players can enjoy the compromise of having graphics between sixty frames per second, ray tracing, and shadows. Players can also choose to go into Fidelity mode which unlocks full graphical power while surrendering frame counts, running 4k, locked thirty frames per second, and ray tracing on full screen. Another interesting detail was the modern technology that was introduced in the game. Meaning the phones, headphones, and other electronics that were introduced were all modern technology that doubled since the first *Marvel's Spider-Man*. It shows that Miles is in touch with the grand diversity in New York. The game highlights how other superhero stories are involved with modern technology and social media.

Like its predecessor, Miles Morales does not take itself too seriously. The story does contain dramatic plot twists and dynamic cutscenes yet, it has a mixture of acting silly as well. Although Miles Morales is a spin-off of the original, it still manages to feel fresh and interesting.

## Talented Student Musicians Form a Band Called *Third Degree*

Emma Carrero '21  
Copy Editor

Teens these days have it tough accomplishing their dreams when the world is flipped upside down and a new disaster arrives every month. Not to mention the unbelievably difficult path to make it big. However, for two students here on campus, they strive to achieve success and battle through struggles with their new, upcoming, alternative band, *Third Degree*.

Both Senior Seth Battenschlag and Senior Arthur Stephens are just two of the six members, working together to not only create music, but also cover different genres. Classic rock, punk, and country are just a few to name. Before becoming *Third Degree* though, the two of them had been in a former band, but unfortunately broke it up in the beginning of this year. It was not until Stephens decided to make another attempt at music. Battenschlag explains, "They needed a bassist and AJ [Arthur] and I have been close friends for three years, so he asked

me, and I of course said yes." From then on they consistently advertised for other members ultimately gaining four more members.

With the band complete, the next step was to produce music. Battenschlag commented on what a huge opportunity writing music is. "I'm not great at it yet but, music is like a second language to me, not just like reading it, but feeling it as well. It's a part of my identity," he said. Meanwhile, him and Stephens compose most of the lyrics together with Stephens being the big brain behind the central concept of the song. Stephens exclaimed, "Sometimes I will just have a giant burst of inspiration, and write three songs in one sitting." But they are also part of a team. Together they collaborate on ideas from several various genres. Stephens shared, "We all have similar tastes in music and the arts, but we also can hang out with each other for hours one end and not get bored." Each member has a similar taste and role in the group's creativity that without one of them, it just would not be the same.

Yet, like any other starting band, there are bound to be obstacles in the way. In *Third Degree's* case, the pandemic made it complicated to find a gig or anywhere to play. To top it off, they had nowhere to practice until their drummer player suggested her place. Fortunately around two months later, they received a message asking to play at a Halloween movie night. "We had about one week to practice before the gig so it was a little bit of short notice, but we pulled through. We nailed every song and we even got a mosh pit going," explained Battenschlag. He also added they received positive feedback from that night.

Battenschlag and his fellow crew all agree that they want to make *Third Degree* into their careers. Already they have a potential record deal in San Diego with Tang Records. Additionally, he



Credit: @3rdDegreeBand

Senior Arthur Stephens and his talented bandmates follow their shared passion for music.

is in contact with his *Oingo Boingo's* bass player, his favorite band. Having this type of connection is what they believe will get their foot in the door in the music industry.

It is never too late to begin one's dream. Through tough times, opportunities might still present themselves. As for *Third Degree*, they are on the road to success.

## The Impact of Body Positivity Online

Isabel Popiela '21  
Staff Writer

As social media has dominated the lives of numerous people, teenagers struggle to find acceptance with their appearance. Today, the ideal body has become a very disoriented image. It is important in the modern age to concentrate on understanding that uniqueness is beautiful, and that being happy about one's self outweighs



Senior Tianna Cox displays body positivity in her art.

negativity. Students are using their platform to spread the love of body diversity through media services such as Instagram. Senior Natalie Stegall has found body positivity an important topic through social media as she believes that, "everyone has the right to feel comfortable, secure, and confident in their own skin." This is something that needs to be focused on when thinking about body positivity. Everyone is their own person when it comes to loving themselves and how they appear; ensuring safety in themselves is one of the essentials. Encouraging the need for body confidence in social media, Stegall believes it is also important to "destigmatize body types that have previously been labelled negatively or looked down upon." It is critical to admire diversity in body types and not seek out the ideal. Admiring differences helps bring appreciation to something that has been seen as imperfect in society.

Stegall has promoted body positivity on her social media by "... repost[ing] body positive influencers and their posts, but [she] makes [her] own posts as well." Reposting these influencer posts, as well as creating her own, helps

benefit the movement that recognizes all body types as valid and beautiful. Stegall hopes to spread the message that "... body size/shape has nothing to do with beauty or worthiness, and that society should celebrate these differences in appearance rather than trying to blend in." Undoubtedly, promoting these ideas aid in spreading appreciation and body positivity through social media.

Senior Tianna Cox has used her art as a way to show her appreciation for body positivity. Cox has lots of diversity in her art which ranges across race, body types, and different skin conditions such as vitiligo. Through her art, Cox hopes to influence social media with the message "... anyone can be attractive regardless of their body type." Using her art, she brings comfort to those who may feel underrepresented on social media. Her platform is used to promote self love in the aspect that she may "... encourage other artists to expand their horizons when it comes to creating diverse imagery." Body positivity is not just important in the aspect of self love and appreciation but in the art community as well. Cox believes that body positivity is important as, "it promotes the idea that there is no one way to be beautiful."

Finding love in the different appearances humans share is highly important when promoting body confidence, and that is what the movement for body positivity on social media is all about.

## How Students can Benefit from Music

Katherine Passage '22  
Staff Writer

With increased levels of stress and anxiety among students this year, many have turned to music as a means of coping with a range of mental illnesses. Reasons may range from those caused by the sudden shift to distance learning, lack of necessary social interaction, or a feeling of lost freedom, all of which can be eased at least for a time by focusing elsewhere with a song or three. Music has long since proven itself effective in matters of mentality, with studies finding an ability in music to increase focus, help with expressing a wide variety of emotions, and even increasing creativity; all of which are crucial points of reference for the use of healthy coping mechanisms that can help foster significant changes in mentality, even just for a time.

Several styles of music have proven effective with aiding students' ability to focus after long school days, limiting

the uncomfortable lack of control found in dissociation and exhausted yet wandering minds. Classical music is the most common example of songs which aid focus, but this trend also appears in other lyricless songs. Junior Sarah Osborn expressed her fondness for lo-fi music, another wordless alternative, stating that, "I listen to a lot of Lofi Hip-hop because... it keeps me in a constant state of mind." Osborn also experienced the same grounding feeling while listening to her favorite video game soundtracks; a much more modern alternative to classical, and still designed to maintain the listeners' focus.

The stress of schoolwork and confinement inside for long periods of time during this pandemic has shown to have a harsh impact on students, preventing them from finding time or freedom to interact with friends and express themselves in a healthy manner. Junior Aubrey Dawson found her own way around this by making playlists full of songs from her favorite musicals.

Dawson explained the primary reason she listened to music as, "Usually just [for] vibing, though creative endeavors are helped unexpectedly with [sic] musicals." By using music as a means of experiencing specific emotions, students can give themselves the time they need to process thoughts and feelings that may be forced past them in quick succession with the overwhelming pace of school at home.

As Dawson previously mentioned in her commentary, after hours of homework and class time filling their days, students can use their favorite songs and thematic soundtracks during their breaks as a healthy distraction from school stress. While it is not by any means good to ignore building schoolwork until the last minute, taking just a few minutes every day to let one's mind wander off to other topics of interest can prove quite beneficial. In this case, music can be used to help students focus on hobbies and other enrichment activities, such as the fine arts.

## Festivity Prevails Among Students Despite the Circumstances

Jillian Flack '22  
Copy Editor

During a typical holiday season, many students are used to large gatherings with their extended family and shopping in stores filled to the brim with colorful lights. Unfortunately, the coronavirus disease 2019 (COVID-19) has interrupted many of these plans, causing some to be canceled and others to be modified. This can make the usual festive time appear less magical than in previous years, but there are still students and staff members who refuse to let this virus get in the way of their plans and traditions.

This holiday season may look different from others, but that does not mean that students cannot benefit from

this unique year. The unusual circumstances are giving many of them more time to be with their family and other



Junior Cayla Munoz decorates for the holidays despite the conditions.

loved ones while they are stuck at home, allowing them the opportunity to reconnect with them over the long break. Because of this, students have the chance to form new, pandemic-friendly traditions with their loved ones and implement them into their future holidays. Junior Cayla Munoz expressed, "Don't be totally down because you can't do everything the same, you know. Try to keep up those traditions." Since students are completing their schoolwork virtually, many of them have more freetime, meaning that they have more time to make their home festive for the season and to create holiday crafts. These decorations do not have to cost money though; students can create beautiful decor by themselves

out of items found at home, such as paper, which can be used to make snowflakes or seasonal origami. Instead of meeting in-person and risking further spread of the Coronavirus, students can set up virtual calls with their friends and relatives so that they can still have the chance to celebrate the season with them. While this may not feel the same for some, they can make it feel less awkward by setting up games or movies to watch during the call. Junior Lauren Kuramoto shared, "I think, in a way, you have to be a bit more creative of how you celebrate the holidays without, you know, being a part of the pandemic's problem." In order to celebrate the holiday season safely and correctly, students should

always remember to follow all COVID-19 guidelines, including wearing face masks and social distancing when out in public. Once they ensure they are keeping themselves and others safe, students can celebrate the festive time in ways only slightly modified.

While it can be difficult for students to celebrate the season when having to social distance from people and change some of their traditions, this holiday season does not have to be boring just because of the pandemic. Students can make it enjoyable by just changing their outlook on the situation they are facing to focus on the positives and by using their time to create a worthwhile experience that they will remember for years to come.

## Mandich's Message of the Month

CHECK YOUR GRATITUDE



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Gratitude is a buzz-word right now - which I think is a great thing! Gratitude is all about appreciating the good in life - big and small. In fact, research shows that gratitude actually makes people feel happier. It can also help to rewire your brain (in a good way) and releases lots of good chemicals. Sometimes I hear from people that they struggle to feel grateful for things when things around them feel really heavy or they have a lot going on that is a source of stress. Can you relate to that? I want to clarify that being grateful does not discredit the struggles you may be experiencing. In fact, we can experience gratitude while ALSO experiencing other feelings at the same time. So for example, I asked a student this week what they were feeling grateful for and they had expressed feeling grateful that this pandemic has allowed them to spend more time with their little sister. At the same time, the student was also grieving the loss of someone in their family. This is a great example of grief and gratitude coexisting.

Gratitude can do a lot of things, such as: Helps to manage adversity and the struggles we experience, increase immunity, improve sleep, lower blood pressure, increase compassion, and improve relationships. A simple practice of beginning to practice gratitude is to make a list everyday of something you are feeling grateful for. Notice how you begin to feel after a week or so of doing that. Then, begin expressing genuine gratitude towards others by telling them what you are grateful for in regards to something they did. This is how we spread gratitude. You will be amazed at what a shift in perspective and attitude that can result from doing this. When we do good, we feel good, and when we feel good, we do good. It's a pretty awesome phenomenon.

What is one thing you are grateful for right now?

## Safe Date Ideas During this Winter

Emma Horwood '22  
Staff Writer

Winter provides a unique opportunity for couples to enjoy each other's company in an appropriate manner for the season. Though the entire population is left to navigate the dating scene around social distancing recommendations, there are still unorthodox ways to enjoy the season with a loved one. Creativity is all that is needed to recreate winter dates from the safety of one's home.

For some couples, it has been an uphill battle to safely see each other while following Centers for Disease Control and Prevention (CDC) social distancing guidelines, seeing as such guidelines limit contact on a large scale. This may rule out some more common date ideas, but there are ways to share a romantic experience from a distance. For example, with the winter weather ushering in cool, but comfortable weather, many couples have taken to planning

socially distanced picnics outside. With each individual on a separate blanket at a safe distance, both can get to know each other in a unique setting. Senior Max Bosworth said, "Picnics can be a nice winter activity because you know ahead of time you're gonna be outdoors for a while so you can plan a warm outfit. . . and can enjoy nature." It is common for couples to partake in separate activities at these picnics such as painting and photography, all of which can be done from six feet away. Meeting a loved one at a park is a fun way to get some fresh air and spend time together. The newfound popularity of picnics is perfect for dates this winter.

For couples who safely meet in person, options for dates are still very limited as they must distance from others around them. This leaves many confined to their homes and looking for a way to share the holiday spirit with their significant others. One suitable activity for those facing this dilemma is having

a winter or christmas themed night in. Creating a warm and comfortable environment by building blanket forts can be a very creative way to spice up a christmas movie marathon. Couples can make a game of showing how well they know by buying snacks they think their partner will like and taking pictures in matching winter pajamas. On nights when the weather is not too cool, partners can spend some time outside, stargazing and roasting marshmallows over a glazing fire. A perfect way to wrap up the night is with a bar of toppings to add in and put on top of hot cocoa. A winter themed night in is the perfect way to switch things up for couples stuck at home during this season.

With the weather getting colder, now is a perfect time to keep warm with a significant other. Romantic gestures can be adapted. Winter is arguably one of the most romantic times of the year and can continue to be so with simply creativity.

## Starting Fresh for a New Semester

Athena Ebuon '24  
Staff Writer

This endless year has been a turbulent time for many students. Despite the shared challenges, students can still promote themselves to become efficient learners in school and their daily life. Students can set temporary goals that could benefit themselves throughout the new year.

Staying motivated in school may be challenging especially with the distraction of using other electronics such as tablets, phones, and gaming consoles. However, creating a schedule can help students stay on task to complete their coursework. For example, doing homework in between classes is very helpful. Studying at least for ninety minutes for upcoming quizzes, tests, and exams is vital for the student's record. Taking a break in between is also suggested so the brain is not overwhelmed by the

inputted knowledge. Exams, like the advanced placement, may take up to at least five days or more worth of studying. Nevertheless, study times do vary among the students. Avoiding distractions and managing time can benefit students to be more responsible about the work they are accomplishing. While studying is important, it is also nice to take a break and snack on something. Students that lack nutrients will result in reduced focus and brain function.

With finals approaching, it would be recommended that students try to eat healthy to help boost productivity. Instead of grabbing a bag of junk food, try eating fruits or vegetables. A healthy diet can reduce the risks of blood pressure, heart diseases, and strokes. Another way to maintain health is to exercise regularly. Students can exercise at least two to three times a week to keep their bodies active like doing lunges and squats. Senior Mia To expressed, "I'm aiming to

be more proactive in tending to my own needs, responsibilities, and being more considerate of others. . . ." Sleeping is another essential part of remaining healthy. Students should be getting at least seven to nine hours of sleep. However, there are a few nights where students would stay up late doing homework or a project. If that ever happens, students should drink lots of water to keep hydrated and take a nap to make up the time lost for sleep. These essentials are a few ways that can benefit them to have better attention spans, show excellent academic performance in class participation, improve test scores, and reduce behavioral problems during online learning.

Students have all the time in the world to create the best version of themselves. However, their goals can be changed spontaneously. A list of goals are not permanent since students can change them from time to time to reach other necessary ambitions.

## Students' Piercing Trends

Yalena Aguirre '21  
A&E/ Lifestyles Editor

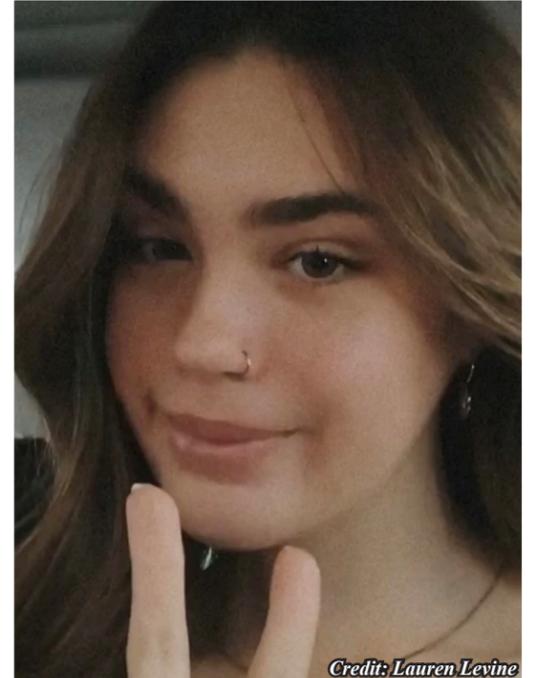
Quarantine has certainly given students the opportunity to experiment with different kinds of fashion and accessories that best suits their personality. Over the last few months, there has been an increase of students getting piercings done at shops, which has helped them express their personality as well as enhance their fashion.

Piercings have been an ongoing trend for quite some time, but up until the pandemic, many teenagers have been going to tattoo and piercing shops to modify their body as a form of expression. One of the most popular kinds of piercing teenagers are getting nowadays is a septum piercing, which has widely been correlated with being a part of the alternative culture, as well as eyebrow and lip piercings.

There has also been the rising trend of getting multiple earlobe piercings, and even going as far as customizing one's own piercing arrangements, which is tailored to their individuality.

Having piercings was widely stigmatized before because of their unprofessional, standard appearance to some people, but in recent times, they have become more included and accepted in society. Many piercing enthusiasts say that getting piercings brings a kind of relaxation that other unique body modifications like tattoos cannot do on their own. Having body modifications has allowed students to express their inner creativity by putting jewelry of different kinds that helps them portray who they really are as a person. People have also been getting

body piercings more often because of their belief that adding piercings to themselves is like adding decorations in a way that caters to them and how they want to present themselves. There have been many benefits that come with having piercings; for example, having stretched earlobes are said to be an expanded level of vision in spirituality, while a rook and lobe



Credit: Lauren Levine  
Senior Lauren Levine expresses herself with a nose piercing

piercing is able to relieve anxiety and depression because of the acupuncture placement of it. This goes hand in hand with teenagers expressing themselves comfortably as piercings have properties that ease anxiety. Having piercings has truly impacted people because of the diversity and freedom it allows for teenagers, as well as properties that help them emotionally.

There is no doubt that the pandemic has drastically changed many teenager's lives as it has given them more time to experiment with different fashion and accessories that suit their personality. With one of these being body piercings, personalization and expression of individuality for modern teenagers has never been so expressive.

WEDNESDAY, DECEMBER 16, 2020

# HOLIDAY SPIRITWEAR & CONTEST

WEAR YOUR HOLIDAY APPAREL




STUDENTS AND STAFF; COMPETE IN THE THREE CATEGORIES OF MOST CREATIVE, FUNNIEST, AND MOST FESTIVE!

PLEASE FILL OUT THE GOOGLE FORM LOCATED ON THE CHS ACTIVITIES WEBSITE ON THE 16TH TO ENTER THE CONTEST AND WIN A PRIZE!

## Energy Drinks Impact Teen Lifestyles

Nicole Gonzalez '21  
Managing Editor

With many students experiencing sleepless nights and having odd schedules during this abnormal period of time in the country, caffeine has become a reliant stimulant more than ever. While the obsession over iced coffee has been a rising trend in Generation (Gen) Z, a new fiend is beginning to boom. New energy drinks have been appearing on the market, and all throughout social media as well. While these drinks help with tiredness and performance, they are also encouraging new lifestyles.

Energy drinks were originally created to help students and young professionals boost their productivity during stressful situations. Although this purpose has carried on for decades, the media has changed its image. These brands cater to specific needs and visions by finding popular representatives to sponsor the product. Companies are transparent about these tactics too. For example, G. DeAngelis, the blogger of a popular energy drink brand

named *Bang Energy*, stated, "At *Bang Energy*, we are fun, energetic, and constantly on the move, so naturally, TikTok fits quite snugly within our brand. As the app began to grow, we saw an opportunity to connect with our consumers. From there, a match made in social media heaven was made." This company's use of TikTok inspired creators to share the fast-paced and motivated lifestyle that their drinks bring.

Even though energy drink enthusiasts have always been

perceived as vibrant individuals, new types of refreshments are beginning to appeal to different lifestyles. For instance, the brand *Guayaki* promotes their *Yerba Mate* beverage as a healthier and natural alternative to regular energy drinks. This plant-based drink appeals to those searching for a more balanced, caffeinated beverage. Senior Oscar Fuentes, an energy drink enthusiast, explained how finding this unique thirst quencher has impacted his lifestyle. "I made the switch to *Yerba Mate* because it is organic, natural, and healthier. I just feel better when I drink it. I still feel energized but my body just feels better. I don't crash. [I feel] just constant good energy." As a full-time student who also has a job, this energy boost is really beneficial for him. Not only that, but the lifestyle that the brand elicits is different from what the media constantly pushes onto teenagers. "My previous choices for energy drinks were *Bang Energy* and *Reign* because they were the typical big ones on the market. They were the flashy stuff that everyone was talking about," explained Fuentes. However, no matter what preferences people have, this wide-ranged market is inclusive to all types of individuals and their different needs.



Credit: Oscar Fuentes  
Senior Oscar Fuentes loves Yerba Mate's bluephoria flavor.

## Captain of Great Achievement Changing the Game for All

Julian Stanfield '24  
Staff Writer

With incredible mile times, stunning feats, and a strong determination to win every race, Senior Jacob Bustamante can be seen sprinting across the finish line at events and although it may not seem like it, his team has played a big part in making this happen. Bustamante's teammates have not only affected his running, but his life as well.

Before joining cross country in 2017, Bustamante was originally a soccer player. After deciding that he was better at being a runner, he started running with the Junior Varsity (JV) Boys Cross Country team during their summer practices. "I mostly joined for the friendliness. . .and the team effort," he explained. After joining, he went on to become one of the varsity team captains and he won first place in multiple races, with some of those races including the Janic Kelly Bulldog 5,000 meter run with a time of sixteen minutes and forty seconds and the Mt. Carmel/Asics Cross Country Invite 2.95 mile run with fifteen



Credit: Audrey Harrington

Bustamante competes at a league meet in 2019.



Credit: Emily Schwank

**Bustamante leads his teammates during practice.** minutes and forty-seven seconds. Bustamante later became part of the JV Boys Track and Field team in 2018 and then the varsity team in 2019 due to the many recommendations and positive reviews he heard from members of the cross country team. He has also thrived while racing in track and field, running in the mile, two mile, half mile, and relay races.

While Bustamante has certainly made an impact on both teams, it is not to say that his teammates have not affected his life as well. "All [of] my best friends come from cross country. Without it, I would have probably been less sociable. . .[I've had] a lot of great memories in that respect," he explained. Bustamante also went on to say that he has gained a lot of support and encouragement from his teams, which has helped push him to keep on running. "To get to where I am, it's from the team just really keeping me motivated. . .and to cheer us on at every race, it's inspiring at times," Bustamante commented. The team has been by his side for the entirety of his running career and continues to support and encourage him even amidst the pandemic. If anything, he has learned to rely on others and be "part of the team."

Even though both the cross country and track and field seasons were pushed back due to coronavirus disease 2019 (COVID-19), Bustamante is still training for the season ahead of him in hopes of improving. If the race season does get canceled, however, he would still be grateful for the "years of racing" that he had spent with his team. Even though he might not be able to compete, he is still able to meet with his teammates and friends on a daily basis. As for his plans after high school, Bustamante is hoping to get into a Division 1 running college with a good team that can push him to become better.

Mason Dearie '23  
Social Media Manager

Sports in general have stereotypically been defined as men playing against men, and women playing against women. However, twenty-one year old Sarah Fuller has been able to break through that barrier. Fuller is a placekicker for Vanderbilt University, and, after leading them to a conference tournament championship in the Southeastern Conference, she was given a spot as the starting goalkeeper for Vanderbilt.

Fuller attended Wylie High School and was the starting goalie for two years on the soccer team there. In 2017, she was named the District 6-6A Goalkeeper of the Year. Fuller went on to attend Vanderbilt University on a soccer scholarship in 2017. On top of starting as their goalie, she also is now kicking for the Vanderbilt football team.

As soon as Fuller had started at Vanderbilt

University, she never seemed to catch a break. She broke her foot the summer before freshman year, which forced her to sit out her first season. She then suffered from back problems, which sidelined her as a sophomore. She played a total of two games in her first three years. The coronavirus disease 2019 (COVID-19) caused five of the team's exhibition games to be canceled further halting her career. While many may have let these hardships get the better of them, Fuller persevered and she made her first appearance on the soccer team this year when against the University of South Carolina and made six saves. Fuller has now signed with the North Texas Women's Soccer team to play for them in 2021.

Fuller's Power 5 football career started the week of Thanksgiving as the Vanderbilt football team did not have a kicker available and had no one on the team to sub in for him. Vanderbilt University does not have a Boys Soccer

team either, so they turned to the girls. Fuller was asked to play the position and she accepted the offer rather than going back home to Wylie for Thanksgiving. After the game, Fuller elaborated, "I just want to tell all the girls out there that you can do anything you set your mind to." Fuller is the first woman to play in a Power Five conference, as well as the third female to play in the Football Bowl Subdivision. She is an inspiration to many women who may have a passion for football, but feel underrepresented in the sport.

For almost 100 years, football has been a sport played, coached, managed, and refereed by solely men. Fuller is one among many other women who have defied this stereotype. Fuller explained in her postgame interview, "I was really excited to step out on the field and do my thing." She persevered through so many hardships to get to where she is now and is an incredible inspiration to both men and women alike.



Credit: today.com

Fuller is the first female ever to play in a Power 5 conference, and has become an inspiration for many.



## Athlete Spotlights

Photos by Studio 94



Jackson Gamero '24  
Staff Writer

### Makenzie Guiliano '21

Varsity Girls Softball



As of now, Senior Makenzie Guiliano has been playing softball for ten years, all the while excelling at it. She has been on the Varsity Girls Softball team since her freshman year and she plays multiple positions, including middle infield and the outfield since she performs well in both. Growing up and watching her sister play the sport, Guiliano quickly became interested and signed up to play at the age of seven. In fact, she said that her sister has been her biggest

inspiration in the sport and is part of the reason she continues to play. However, she also looks up to major league baseball players, such as Los Angeles Dodgers star outfielder Mookie Betts. "I just love how he [Betts] plays the game and what he does both on and off the field, just always wanting to push his teammates [and] be a better person" Guiliano said. Just like everyone who plays a sport, one part of the game really stands out to Guiliano, and that part is the relationships that she has with her teammates. She said, "I love my teammates, just pushing each other to be better both on and off the field," Guiliano has now committed to California State University, San Marcos. As for the reason she chose San Marcos, she said that she knew the school was where she was meant to be because of the way the coaches quickly embraced her.

### Tristan Hunter '22

Varsity Boys Lacrosse



Junior Tristan Hunter has been excelling at the sport of lacrosse ever since he stepped onto the field his freshman year of high school. Hunter, who is a goalie, first found interest in the sport when he was in fifth grade and he started playing it in his freshman year. Although he did not get much playing time as a freshman, he was still skilled enough to make the Varsity Boys Lacrosse team and later became a full-time player. Hunter is an athlete who catches the eye

of his peers and stands out whenever he participates in the game. The reason he loves to play goalie is because of the leadership that is included within the role. "Getting to guide the team and command the defense and all that, and just having a leadership role as a goalie is definitely a fun part of it," explained Hunter. Furthermore, his friends were the ones who first introduced him to the sport, and at the time, he happened to be looking for another sport to participate in. He decided to try it and immediately "just fell in love with it." If there is a season this year, Hunter said he "expects us to compete every game. I'm not expecting perfection, but, a great effort, definitely." As Hunter is now a junior, he has started to look at colleges that he may be interested in attending, most notably Yale University, the University of Notre Dame, and the University of Utah.

### Hannah Lundy '21

Varsity Girls Water Polo



Senior Hannah Lundy has been a stand-out water polo player for multiple years. She has been playing water polo for the school since her freshman year and first made the Varsity Girls Water Polo team in her junior year. In her freshman year of high school, she found herself in the same situation that many freshmen find themselves in, with both her and her parents agreeing on the fact that she needed to play a sport. Around that time, her friend introduced her to the sport of water polo,

and Lundy explained that she just fell in love with the sport very quickly. However, water polo was not the first time that she had swam competitively. Her mom's family members were big on swimming and she had been on a swim team when she was younger. Describing herself as a team player, Lundy pointed out that one thing that has made water polo so enjoyable to her was the fact that it was a team sport. She stated, "I honestly love everything about it. I like how fast it goes [and] I like the team and how it's a team effort." As Lundy nears the end of her high school career, she has looked at San Diego State University as a potential future college for her to attend. Although she has not signed up for any athletic scholarships so far, she would definitely want to continue her athletic career in college if given the opportunity to participate in them.

# Chris Nikic Inspires Many as he Makes Triathlon History

Dallin Grey '24  
Staff Writer

The 140.6 mile race known as the Ironman Triathlon is one of the most physically demanding sporting events in human history. For a long time, this race was thought of as an event for only the strongest of people who appear to have no weaknesses. However, the thought that a person with disabilities could not complete an Ironman was destroyed on November 7, 2020 when Chris Nikic, a twenty-one-year-old man from Maitland, Florida with Down syndrome became the very first Ironman with Down syndrome.

Accompanied by his personal trainer Dan Grieb, Chris woke up early the Saturday morning of the race and was in the water of the Gulf of Mexico by 7AM for the 2.4 mile swim. Nearly two hours later, he emerged for the 112 mile bike ride,

and finished off with a full marathon. Athletes must finish the race in under seventeen hours to be qualified as an Ironman or woman, and Nikic successfully finished in sixteen hours, forty-nine minutes and nine seconds. Because of his disability, Chris is slightly hindered intellectually and had to have a guide with him to help him stay on the right path and keep up with the timing. The two were tethered together during the swim and the marathon, as Ironman rules stated that they had to be, but this only maximized their power as they worked together, dipping one arm after another in the water, putting one foot in front of another on the road.

Chris did not allow himself to be deterred from the race. He remained focused on his goal, and he obliterated the words of every last person that had ever doubted him, told him he could not do it, and disrespected him. He persevered, and triumphed, inspiring many around the globe. Even though

he fell off his bike, was attacked by fire ants, and was exhausted hours before he could even see the finish line, he was determined to finish. Not just for himself, but for every person with disabilities who has been told that they could not do something. "To Chris, this race was more than just a finish line and celebration of victory," Nik Nikic, Chris' father, said. "Ironman has served as his platform to become one step closer to his goal of living a life of inclusion and leadership." His main purpose in this race was to show the world what a person like him could do so that more people like him could be accepted. It was never about the race; it was about what he could do for others like him.

Chris has used his explosion of fame to direct people to his webpage where he wrote, "I want to change the perceptions and raise expectations for others like me so we can reach our God-given potential. Believe and achieve by getting one-percent



Credit: Getty Images  
Chris Nikic competes in the Ironman Florida race, pedaling his way to the finish line.

better." "One-percent better" has been Chris' motto since he started training for the Ironman race. His goal was to get better one step at a time. He started off with one push-up, one sit-up, and one squat. Now,

he can do 200 of each and has set a new goal of 500. He did it all so that he could hear the words, "Chris Nikic, you are an Ironman." Chris is an inspiration to all and continues to push the limits of human strength.

# Athletic Trainers and Sports Medicine During COVID-19

Julian Stanfield '24  
Staff Writer

For years, sports therapy has played a vital role in sporting events, but that role has started to recently disappear due to the pandemic. Coronavirus disease 2019 (COVID-19) has forced athletic trainers to limit physical contact with others to prevent the spread of the virus. This new restriction on sports therapy has presented many complications and issues. The most notable one being the limitations

an athletic trainer has when it comes to treating injured players.

On a normal basis, athletic trainers will go out to assist players during practices and games. They will usually hand out water and check on athletes. If a player gets injured, the athletic trainer is there to take care of them. "A lot of times, there are a lot of injury evaluations and [rehabilitation]," explains athletic trainer Mr. John Rentar. Obviously, physical contact with athletes plays a big part in their job. They need to be able to touch athletes in order to treat them. However, due to social

distancing requirements implemented by the school district, athletic trainers have only been able to give out instructions and hand out bags of ice to injured players. The only time athletic trainers can make physical contact with athletes is when someone is in a life-threatening situation.

The current state of athletic trainers is troubling since they have a big impact when it comes to sports. Players could be forced to sit out of the game if they cannot correctly identify how serious the injury is. In certain situations, evaluations like these could decide the outcome of a game. On a positive note, there has been a noticeable decrease in injuries because of social distancing and the halt of athletic competition. Rentar stated that he has not "seen anyone with a concussion yet and usually by

this time of the school year, [there would be] twenty-five." Without athletic trainers to properly treat injuries, this reduction provides some relief for teams and trainers alike. Nevertheless, players will still have to look after themselves to lower the chances of getting hurt. "[Players and athletes have] to take care of themselves, do some research on their own, and definitely talk to me and listen to the instructions I am going to give them," stated Rentar, "and hopefully follow through with it."

When COVID-19 cases do eventually decline, future precautions will be put into place and the athletic training facility will reopen once again. Athletes will have to carry their own water, get checked for COVID-19, and wear masks and gloves. As for the athletic training

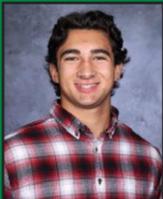
facility, there will most likely be barriers and a limit to the number of people allowed inside. "I can see having a barrier [for when an athlete hurts an arm] where somebody is going to stick their arms through a hole so that we can take the wrist [and treat it]," stated Rentar, "That's going to be kind of different."

Although this year has shown to be a challenging one, athletic trainers are still doing whatever they can to provide medical assistance for players. However, teams can also do their part to limit injuries and help each other out during this difficult time. Athletic trainers have contributed a lot to our teams in the past and proved themselves to be an essential part of sports. It does not matter if someone is a trainer, player, or even a student, everyone is all still in this together.

## ATHLETES IN THE NEWS

### EARLY SIGNEES

Photos by Studio 94

 <p><b>Makenzie Guiliano '21</b> <i>Softball</i> California State University San Marcos</p>	 <p><b>Jaelynn Lambert '21</b> <i>Softball</i> Brigham Young University</p>
 <p><b>Brooklyn Frederick '21</b> <i>Volleyball</i> Weber State University</p>	 <p><b>Anna Hawthorne '21</b> <i>Volleyball</i> California State University Fullerton</p>
 <p><b>Jakob Hudson '21</b> <i>Lacrosse</i> Westcliff University</p>	 <p><b>Zach Ernisse '21</b> <i>Baseball</i> University of California San Diego</p>

# Coach Dinsenbacher Does it All

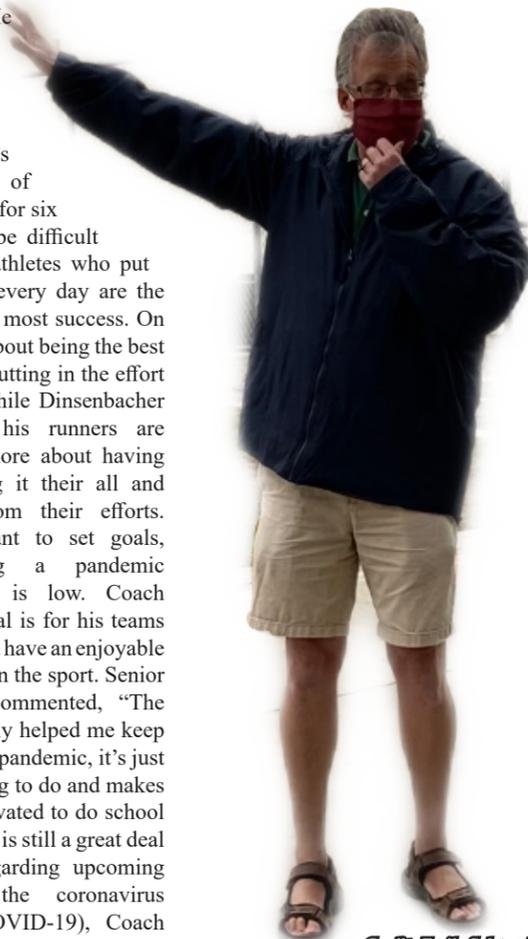
Jackson Gamero '24  
Staff Writer

Stanford University graduate and cross country and track and field Coach Mr. Martin Dinsenbacher has been coaching at the school for eighteen years. However, coaching is not his only area of expertise. He is a full time educator, teaching multiple math classes and German on campus.

For the majority of his coaching career, Coach Dinsenbacher and his teams have advanced to California Interscholastic Federation (CIF) for postseason competition, most recently in the 2018-19 school year, and have had much success. Additionally, individual athletes that he coaches have competed in the California State Meet, a massive feat. One of his favorite things about being a coach is helping his runners to not only become better athletes, but also helping them to become better people. He enjoys "the fact that you meet the [students] in a little bit of a different atmosphere than just [in] the classroom." As a teacher, he can "forget sometimes that there are other things going on in the [student's] lives, so it's cool, with the sports, to work with them outside of academics." He feels that knowing the students outside of the classroom can help to make him a better teacher because he can understand them better. As a teacher, Coach

Dinsenbacher believes that hard work and determination is critical to success. He commented, "If you're going to do something, try to do the best you can in it." His team's grueling schedule of two hour practices for six days a week can be difficult at times, but the athletes who put in the hard work every day are the ones who have the most success. On his team, it is not about being the best runner, but about putting in the effort and improving. While Dinsenbacher enjoys it when his runners are successful, it is more about having his runners giving it their all and seeing results from their efforts.

It is important to set goals, especially during a pandemic when motivation is low. Coach Dinsenbacher's goal is for his teams to be successful and have an enjoyable time participating in the sport. Senior Gage Mahoney commented, "The practices have really helped me keep my mind off of the pandemic, it's just given me something to do and makes me feel more motivated to do school work." While there is still a great deal of uncertainty regarding upcoming races due to the coronavirus disease 2019 (COVID-19), Coach Dinsenbacher has still been able to provide a positive experience for his athletes through practice.



Credit: Emily Schwank

Coach Dinsenbacher ensuring that all his athletes stay safe during the pandemic.

# Holiday Memories!



Audrey Grey '22



Jack Suemnick '24



Julia Neal '24



Jordan Burr '21



Ricky Carter '24



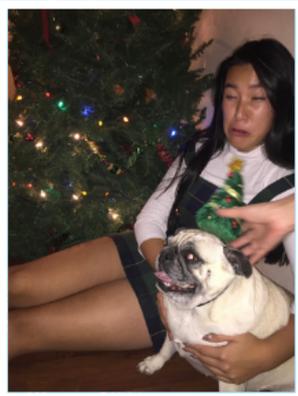
Erick C., Austin B., Oscar F., Junior G. '21



Sierra Hennessey '21



Jaclyn Jacques '24



Leyna Pham '22



Allison Parra '21, Angel Parra '23



Nicholas Gonzalez '24



Victoria J., Anna J., Rema T., Grace Z., Reagan D., Bella D. '21



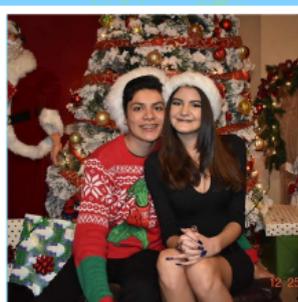
Brandon Kobell '24, Mayson Kobell '21



Sofia Rodriguez '21



Isabella R., Megan I., Jordan P., Brianna L., Zuri E. '21



Edwyn Velez, Mikaela Potts '21



Isabel Valenzuela '21



Paula Smith '24