

# THE PLATINUM PRESS

Volume 6 - Issue 2

Chaparral High School

Temecula, CA 92591

October 26, 2018

## THE PLATINUM PRESS REVIEW

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## Another Successful Year for College Kick Off

By Louise Kim '19  
Editor-in-Chief

All semester marks the time to indulge in pumpkin spice lattes and partake in various seasonal festivities. However, for many students, the months ahead feel daunting and stressful, especially for juniors gearing up to take the Scholastic Assessment Test (SAT) and seniors writing their college applications. Luckily for students, the school hosted their third annual College Kick Off on Wednesday, October 24 right here on campus in order to prepare them for college and beyond.

The College Kick Off campaign is an outgrowth of the Riverside County Education Collaborative (RCEC) that focuses on preparing students who plan on entering college or the workforce right after graduation. Students in all grade levels had the opportunity to engage in different activities or tests that intend to prepare them for post-high school goals. "I think [College Kick Off] is valuable because it gives people a more

in-depth chance to see what their future could be like and helps prepare them for the process of doing what they choose to do in their lives," said Senior Jordyn Albright. College Kick Off started with a senior breakfast.

This year, freshmen had something different scheduled for them during College Kick Off. They spent their day taking the Preliminary Scholastic Assessment Test (PSAT) 8/9. Students had the opportunity to dive head first into an important assessment they will take during their sophomore, junior or senior year. The PSAT 8/9 will give freshmen early feedback on the current knowledge and skills they possess in the Evidence-Based Reading and Writing and Math sections and establish a strong starting point for college readiness for these new students transitioning into high school.

Sophomores also spent their day testing during this annual event. Students in the class took the PSAT/National Merit Scholarship Qualifying Test (NMSQT) as practice for those planning on taking the SAT later in the year or in their junior year. Sophomores will



*Senior Robert Agnew and Mrs. Cathy Olszewski at College Kickoff Day's CSU application workshop*

also receive scores that provide insight on their knowledge and skills in the two sections, but the PSAT will determine if they qualify for the National Merit Scholarship as well.

Juniors had two routes they could take this year for how they would spend College Kick Off. 200 spots were available for juniors interested in retaking the PSAT/NMSQT to practice or qualify for the National Merit Scholarship. Many students opted to retake the PSAT/NMSQT, but the rest of the junior class took the Armed Services Vocational Aptitude Battery (ASVAB). The test was intended to measure strengths, weaknesses and potential for future success. In addition, the aptitude test provided students career information for civilian and military occupations.

The majority of College Kick Off was geared towards students in the senior class, who are in the midst of completing college applications or readying themselves to go straight into the workforce. Seniors attended the Senior Conference, which provided a variety of presentations that students could choose to go to. Each student

in the senior class chose three presentations to attend out of a list that they thought would be most beneficial for them and their endeavors. Some of these included University of California (UC) and California State University (CSU) application workshops, a Free Application for Federal Student Aid (FAFSA) workshop, career panels, and various vocational school sessions. "I think it's also important that the school provided a variety of options for students to explore and the freedom to do so because

that's how it's going to be in college," said Senior Arien Hernandez. Seniors were able to listen in on important information and solid advice that will come in handy during the remainder of the school year.

The annual College Kick Off was once again an eventful day that proved to be beneficial for many students. Each student participated in something pertaining to their grade level in hopes that they will be encouraged to go after their future goals and ready themselves for the years to come.



*Senior Claudia Qi works on her Temecula Dollars for Scholars application*



*Mrs. Elyce Mandich gives a presentation on coping with anxiety*

## AVID Travels to Various California Colleges

By Aishlyn Bruce '20  
Staff Writer

Looking for colleges can be difficult when one does not know their options and has not traveled to take a look at a campus. It is crucial to start looking at colleges during one's junior year before beginning to apply to colleges in the fall of their senior year. Some students do not get the opportunity to travel outside of their hometown to look at various colleges in other areas of the state or even the country. That is why Advance Via Individual Determination (AVID) is a valuable program on campus. AVID allows students who are determined to attend college to get a better understanding of what different colleges expect to see in a student and how these students can improve themselves whether it is in their grades, studying for the Scholastic Assessment Test (SAT) and American College Testing (ACT), or taking notes they can understand. The way AVID works is through an interview process to get to know who an applicant is and the work ethic they possess. If AVID decides to accept the student, they

will be enrolled in the class their freshman year and they will stay in it for all four years of high school with the same teacher and peers. The AVID program is beneficial to students because it allows them to get to know and grow with their classmates, whom they will spend their four-year journey with.

One unique opportunity that AVID provides is college trips to in-state four-year universities, including colleges like Universities of California (UCs) and California State Universities (CSUs). The major college trip is the junior AVID trip, which includes a four-day visit to colleges all throughout California. The colleges visited this year included UC Merced, Stanislaus State University, UC Davis, Sonoma State University, San Francisco State University, UC Santa Cruz, CSU Monterey Bay, and UC Santa Barbara. Each of these colleges are unique because they offer a look into the life of the campus, such as what it is like to live in the city, the forest, or to live in the middle of nowhere with the nearest store outside of the university being miles away. Although students do not get to visit colleges from different states

with the program, they will get to learn what they are looking for in a campus, such as location, courses, campus life and cost.

Students who attended the trip like Junior Gabby Diaz and Junior Isaiah Gomez shared their insight on the college experience throughout the trip. "San Francisco State University was my favorite because the people there were interactive and it really fits my personality because I love the city and it gives me happy vibes," stated Diaz. Many students have their own preference when it comes to the type of college they would like to attend and Diaz is the type of student that enjoys being surrounded by others, as the extrovert she is. If one would rather be in a setting that has less people and is a more secluded space, a university in the city is not recommended. Being a student who likes to be immersed in a more social environment like Diaz does, Gomez also enjoyed visiting SFSU. He explained, "Personally, I am in love with the city and when we first stepped onto the campus, I already knew I would really enjoy the rest of the tour." Students like Diaz and Gomez are outgoing

and love to be around others socially, so a university like SFSU would be a smart option for them.

Students also explained what AVID means to them and how it will help them in the long run. "AVID is a college preparation class you take all four years of high school, [and] it has taught me different ways to stay organized and how to take notes effectively to my preference," explained Diaz. Since AVID is a college preparation class, it can be difficult, as each

student is required to take eight pages of notes weekly, get together in study groups to collaborate on Advanced Placement (AP) classes taken and many other things.

The AVID junior trip is truly helpful in the process of applying to colleges and narrowing down one's choice as it gets closer to senior year. If a student knows someone interested in this program, they may contact the head AVID Director, Mr. Joe Ruzzamenti with questions and concerns.



*AVID juniors visit the famous "Egghead" on the UC Davis campus*

## ASL Class Holds First Show of Year Pledge to be Drug Free

By Elizabeth Clavin '20  
Staff Writer

The American Sign Language (ASL) show was held this year on campus in the performing arts center (PAC) on Friday, October 12 and Saturday, October 13. At the show, there were multiple one-minute performances, with each being based off of a Disney movie. The overall purpose of this show was to bring the essence of ASL to students and make it apparent that this language is more than hand gestures. This is the first year that the show was held on campus and it was run by Mrs. Penny Murphy's ASL three students. The show offered a great opportunity for students to express their love for the language, along with the chance

to give students who are deaf an unforgettable experience.

The theme was "A Walk Through Childhood," which revolved around multiple Disney movies. The members could not settle on a single movie so, as a result, they chose to tie multiple movies into one show. The performances in the first segment were based on older Disney movies, such as Snow White. In the second segment, the performances shifted to more recent Disney movies, such as Moana. They brought magic to Disney, which is something that many students who are deaf do not get to experience. Senior Kalei Macdonald stated, "After the first show, I actually met a deaf boy who was six years old. His parents did not know that he was deaf for a long time, so he is now

learning how to sign. His mother told me that although he couldn't hear the music, he was happily dancing and really enjoyed it. To me, that is more than you could ever hope for a show to turn out and it truly warmed my heart." Evidently, the impact that the show had on those who experienced it was a positive one.

A multitude of the members have a variety of ideas for their next showing in March of 2019 and have raised approximately 330 dollars in the raffle contest in order to supply more costumes, brochures, and props. They plan to start holding one show per semester. Preparation for the show took over two months and the students practiced almost every day during class, with some students taking time to practice outside of school as

well. ASL means a great deal to Murphy's students and they strive to bring more deaf culture to the campus and to raise awareness regarding the language because of their love for it.

This show was inspiring and touched those who watched it along with those who participated in it. Senior Jerico Boadilla said, "Playing a major role in the show was another amazing opportunity for me to showcase my passion for the deaf culture. I love ASL with a passion and it was amazing to put myself in a deaf person's position and use what I've learned to say thank you for everything Mrs. Murphy has done for me and taught me." At the end of the show, the students pleasantly surprised Murphy with a handful of roses to express their sincerity and gratefulness to not only be a part of the show, but to be in her ASL classes. It was a delightful moment and helped audience members to understand how much she has truly done for her students, and it shows how she has helped her students to develop a strong passion for the language.

Overall, the first ASL show on campus was successful and opened up a door of opportunity for students and staff members to look more into deaf culture. Each of the members worked hard to make this show happen. They are beyond excited to be having two shows per school year, which gives everyone on campus an opportunity to be exposed to the nature of deaf culture. The showings will only improve over time, and the next ASL show will be held in March of 2019.

By Emily Pham '21

Distribution Manager

Red Ribbon Week took place near the end of October and encouraged the awareness of the destruction caused by drugs and has touched thousands of people around the world. This year's theme was "Life is your journey, travel drug free". The Associated Student Body (ASB) and Students Against Destructive Decisions (SADD) collaborated to inform the students about living a drug-free life. Red Ribbon Week was created after the murder of the Drug Enforcement Administration (DEA) Agent Enrique Camarena in 1985. People across the country started to wear red ribbons which symbolized their commitment to raise awareness of the mass destructions that result from the use of drugs.

Schools across the country have held this event to encourage one another to be conscious of the bad influences of drugs and to convince them that there are many things in life waiting for them. One of the heads of the committee, Sophomore Gracie Estrada, explained, "One wrong decision can affect your entire life and dreams. . . it is important to set one's mind at an early age. It is [highly] important to stay drug-free in their life. The message is the most important thing since it aware them [individuals] to stay away from drugs in order to live a healthy and happy life. . ." This event address a meaningful message to one that life is short and it is important to live a life without partaking in negative activities. When one partake in these negative activities such as drug addiction, they can have long-lasting health consequences. These activities could affect one's brain and interfere with the choices that individuals make which will later lead to intense craving of drug use.

There were a variety of activities that took place during the week of the event hosted by ASB and SADD to support a "drug-free life." One of which, was when teachers were given the opportunity to partake in the annual door decorating contest. They were given a red poster paper to use for the cover of their door and had their students decorate it based on the theme of Red Ribbon Week. Classes that had the most creative poster were awarded with ice cream sandwiches, pizza, otter pops, and candy. Head of the committee, Sophomore Tyler Schmidt, stated, "[The] door decorating contest gets kids involved and notify [students] about staying drug-free. [The] spirit days of the. . . actual week gets people involved and [explain] how it is important to stay drug-free in their life." Red Ribbon Week started off with Monday Crazy About Being Drug Free which is to wear mix-and-match socks. Students wore Disney attire on Tuesday Be Incredible, Do Not Do Drugs. On Wednesday, it was Shade Out The Drugs which was to wear sunglasses and college or sport attire. The week concluded with students wearing red to support drug abuse awareness and green to show Puma spirit.

Red Ribbon Week encouraged many students to be reminded of all of the vast destructions that have resulted due to the abuse of drugs and alcohol. This event encouraged students across the nation to live a drug-free life and stay away from engaging in bad influences and activities that can affect their entire life. Students have taken the time to be a part of the activities that were hosted and they have learned the purpose and meaning of this impactful event. Many members of the students body have made a commitment to live a happy and healthy life without letting drugs and their consequences get in the way of a successful future.



Mrs. Penny Murphy's ASL 3 class performs "Kiss the Girl" from Disney's *The Little Mermaid*

## Leadership Groups Take on Disney Youth Education Series

By Joyce Kim '22  
Copy Editor

On October 11, ninety students involved in ASB (Associated Student Body), Peer Leaders, The Platinum Press, Yearbook, Rho Kappa, SADD (Students Against Destructive Decisions), and Girl Talk were invited to partake in the leadership workshop that was organized by the Disney Youth Education Series (YES). Taking place at Disneyland Park in Anaheim, California, the school made its seventh annual visit to help students grow into better role models. The attending students had the opportunity to learn the skills that it takes to become quality leaders and build teamwork, as well as spending a fun day at Disneyland Park with one another.

During the leadership workshop, cast members at Disneyland took students throughout the park, in separate groups, and had them do certain activities on and off rides. Each activity was associated with a key element that makes up a great leader and they were designed to help students venture out of their comfort zones. In addition, the activities assisted students in gaining a stronger sense of trust within each other, as the program goes into depth about each element that makes up a great leader. Senior Kayla Ritchie, Co-Editor in Chief of Yearbook, has attended the workshop ever since she was a freshman and her favorite part of the workshop was when her group went on the ride Pirates of the Caribbean. During this activity,

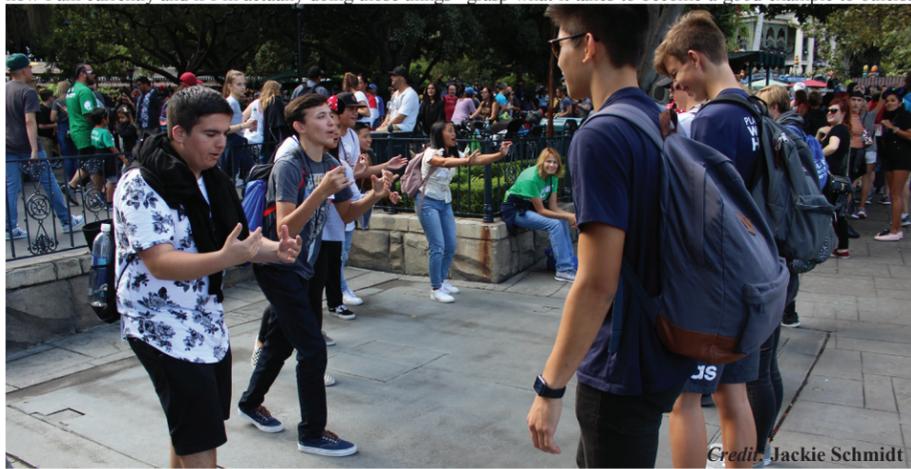
students were paired up with people that they did not know very well and had to ask them a series of questions from a card, while being surrounded with loud noises and dark drops. Being put in a setting where Ritchie and her partner had to work together, she explained, "When you're waiting for the questions to be asked to you, you need to realize that, like, they're in the dark, they can't read it, so you kind of need to be patient. Then you also need to be patient with yourself trying to read it." Ritchie also mentioned that she was able to gain a new friend because she and her partner were able to learn more about one another based on the questions. Another activity students participated in was one where they had to link arms with one another and walk across the park. Junior Giovanni Novelo, a member of Peer Leaders, enjoyed this activity because he learned that "in order to, like, overcome a challenge you need a team [and] you need very good communication skills." The twist to this challenge was that not everyone was facing the same direction, but Novelo's group was able to complete the task by establishing a strong foundation for teamwork.

From this workshop, participating students were able to benefit positively. The hands-on experience and the way each activity incorporated the history of Disneyland helped to engage the students. Furthermore, students were able to apply the skills they learned to their daily lives back in a normal, school setting. After being involved in the workshop Senior Reina Hastings, Vice President of Rho Kappa, explained, "I want to just try to be a more confident leader. . . I can, like, get things done, and I can organize things, and I can present, but, like, when it comes

to implementing my ideas, I need to be more confident and assertive." Hastings believes the program has made her a better leader because she realized there are multiple ways to define leadership, other than having the authority and title. Along with Hastings, Ritchie explained how "going there [to Disneyland] and listening to how to be a good leader, like communication, understanding, empathy, kind of the active listening part, all of that, made me reflect on how I am currently and if I'm actually doing those things

[taking the steps to being a role model]. . . [and] if I'm not, how can I apply that [the qualities of a good leader]?" When coming back from Disneyland, students were able to make efforts to better themselves as role models.

The Disney YES leadership workshop has given the students who took part in it a unique and unforgettable experience. In an educational but entertaining way, students were able to grow into prominent leaders and grasp what it takes to become a good example to others.



Students Against Destructive Decisions (SADD) do a trust exercise in order to strengthen team chemistry

## Rho Kappa Rallies Students to Register to Vote in Elections



Seniors Robert Agnew and Olivia Wojahn assist students interested in registering

By Louise Kim '19  
Editor-in-Chief

With midterm elections set to occur in less than two weeks, students were encouraged to become politically active in their communities by registering or pre-registering to vote. Rho Kappa Social Studies Honors Society assisted interested students with the registration process during CAT30 and at lunch on October 17 and 18 in the quad while promoting the importance of young people going out to vote.

From October 16 to 19, members of Rho Kappa encouraged the senior and junior classes to register or pre-register to vote by helping them through the process. Eligible students simply filled out a registration form and submitted it to the club. Students were also given the opportunity to pre-register through the same form.

This procedure allowed sixteen and seventeen-year olds to register ahead of time, so when they turn eighteen they will automatically be eligible to vote. "We [went] around to the senior and junior CAT30s, and we [went] through the process step-by-step so that you [could] do it all in school and [you would] be set for when you turn eighteen," said Senior Anjali Sivanandan, one of the three vice presidents of Rho Kappa. In addition, the club had tables set up during lunch for others interested in registering.

In the past, voter turnout for the younger demographic has been relatively low, and this could pose a bigger problem than students may realize. "Right now the demographic that votes the least is eighteen to twenty-five year-olds and yet they have the most to gain or lose by voting or not voting whereas the largest group of voters are over the age of sixty-five," said Mrs. Susan Myers, advisor of Rho

Kappa. The youth vote accounts for a significant amount of the voting population, which means young adults can have a powerful impact in the political sphere. However, a large percentage of them choose not to vote, leaving this demographic underrepresented when it comes to what policies are passed and which politicians are elected. The midterm election in November is the first opportunity for students registering to exercise this power. During the midterm election, members of the United States Congress, including the 435 in the US House of Representatives and one-third in Senate, will be up for election. Midterms will determine which party controls each chamber of commerce for the next two years. In addition, eligible students can vote on various propositions such as Proposition 12, which states sale of meat from animals confined in spaces below specific sizes will be banned. This

year, over 200 students signed up to vote with the help of Rho Kappa. "It's their civic duty and responsibility," said Myers, "It's your duty to give a voice, and every single vote matters. . . We have that power to make changes, and we need to do it." Students who missed the opportunity to register or pre-register can still do so at the Riverside County Registrar of Voters' building.

With many more students registered or pre-registered to vote, more young adults are expected to participate in upcoming elections. Voting is one way for young people to influence the political sphere, which can have direct impacts on their lives. Rho Kappa encourages those who have not yet registered or pre-registered to consider doing so before the next election. "If you want to see change in the world, take a step and take action yourself," said Sivanandan, "Don't just talk about it."

## ASB Hosts Halloween Blood Drive

By Elizabeth Clavin '20  
Staff Writer

The Associated Student Body (ASB) is holding a Blood Drive to benefit the hospitals and people who are in need of donated blood. Students that are seventeen or older and at least 114 pounds have the opportunity to become a blood donor. All of the blood donated by families of the students and anyone else that would like to will be able to donate blood.

Students need to fill out a permission slip to be able to participate. The permission slip is available on the school website. The Blood Drive will be held on October 31 in the gym from 8AM to 1PM. The staff members are also welcome to donate blood. The significance of a donor giving blood is that it could save up to three lives. All of the blood donated by students, students' families and staff members goes to the San Diego Blood Bank.

About one pint of blood is usually donated. The San Diego Blood Bank will send the donated blood to any hospital that is in need of blood. Sophomore Avery Sumida, one of the Blood Drive committee leaders in ASB, said, "Any adult can come in through the welcome center and then we send up our runners to grab them and they can come on in." Sophomore Savannah Schmidt, another Blood Drive committee leader in

ASB, said, "Anyone that is not a student they can get front of the line pass, in case they have to go back to work." Students and family are encouraged to donate blood if they meet the qualifications. After forty-two days, the donated pint of blood goes bad and is unable to be used anymore. After someone donates blood they cannot donate anymore until fifty six days afterward. Blood donors have to wait fifty six days so that their cells have

enough time to regenerate. Schmidt said, "Blood is always in need." Many accidents happen each year and blood is needed to help save the people that are involved in these accidents. The Blood Drive committee encourages students and families of students to come donate blood. Sumida said, "Be a hero, be a donor." On the morning of the Blood Drive, ASB will be providing pancakes for every donor. ASB will also be giving the blood donors other snacks throughout the day. When people do not eat anything or get enough sleep the night and morning before donating blood it could cause weakness, dizziness and a few other symptoms. Students and adults should not drive themselves home directly after donating blood. If any adults have consumed alcohol forty eight hours before they planned on donating blood they will not be able to donate any blood. Blood donors are not allowed to smoke before donating blood either. Anyone that has a tattoo less than twelve months will also not be able to donate blood. Blood drives will help save many lives, one pint of blood could save up to three lives. Most of the time one in seven people that need to go to the hospital will need blood.



Senior Jack Sunderland donates blood to the San Diego Blood Bank with hand-holder Senior Christopher Bailey

### PRINCIPAL'S MESSAGE



Principal Nicole Dayus

Dear Pumas,

The quarter has ended and we are now well into our school year. Looking back on our CHS events so far, it is hard to believe how much we have already fit into the year.

Last month, I wrote about our vision statement: Our vision is to inspire, engage, and support ALL students in their success through knowledge, collaboration, and relationships. Specifically, I looked at the words "inspire and engage". This month, I want to take another look at it by focusing on the word "ALL".

Why is this word capitalized? It is because when we say that all students have the potential to succeed, we mean it. When we assert the belief that all students can rise to the level of expectation that we set for them, we live it. When we believe that all students can find a path for themselves that promotes academic and extra-curricular growth and success, we provide the opportunities for that to happen. In summary, at Chap, all really does mean all.

As a CHS student, you are a part of the "all". We want you to be successful, we have high expectations for the levels you can achieve, and we want to support you in your high school journey. We want you to take advantage of the many opportunities that you have on this campus. For example, grades just posted for the first quarter. This means you have been given a heads-up on your "progress" so far. This also means that you have time!! You have time to get academic support if it is needed, to improve your scores if you know you can do better, or to continue to develop your progress and learning as you work to become the best version of yourself.

"ALL" also means that we welcome all, accept all, and inspire all. Together, we have the responsibility to build a campus environment where each individual has the room and freedom to achieve great things. Staff, students, parents, and our school community - we are the "all". Thank you for doing your part to contribute towards our collective, and individual, success. Proud to be a Puma!

Sincerely,  
Mrs. Dayus

## Peer Buddies Come Together With Special Needs Students

By Alexa Neal '22  
Copy Editor

Peer Buddies gives students the opportunity to go and help others on campus who require extra assistance. Students meet every Thursday in room 275 to play and form relationships with the kids who have special needs. The

goal of the club is to try and integrate special needs students into a typical school experience so that they can gain important life skills and experiences. Some of the events that Peer Buddies put on for these kids help with just that. These events include Miss Marvelous and various talent shows and dances the students perform in every year. Every week, the students participate in arts and crafts with the

Peer Buddies. Additionally, Peer Buddies began selling popcorn to raise money for families who have special needs kids.

Senior Anastasia Nicks, President of Peer Buddies, was not sure at first as to whether or not Peer Buddies would become a passion of hers. "My mom, she's a private nurse to a special needs little girl, and at first I wasn't that interested in special needs kids," she explained, "...but then meeting the girl she takes care of, she's incredibly happy...and she's just glad to be alive to enjoy every single moment in life. It's just kind of inspiring." Nicks spoke out about how students need to understand that those who need extra help in life are not different from those who do not. "Personally, it [Peer Buddies] means making a difference in a lot of lives and closing the gap between special ed. (education) and general ed.," she said. Nicks described the club as a learning experience for those who do not know how they should interact with special needs students because they are too scared of messing up or just do not know how to handle themselves in that kind of situation. She said that "people still have that barrier with the belief that they can't socialize with them normally or they shouldn't be because they're different or they need special needs that they don't understand and can't provide." Nicks also said that aside from working with the Bridge class and the critical learning class, many other members of the club want to integrate into

some of the other special needs classrooms.

Mrs. Cynthia Salazar, advisor of Peer Buddies, described why she wanted to get involved in this type of program. "Three of my own four children have special needs...and my oldest one when he was going through school, all he ever said is 'I just want friends,'" she said. "And so when you hear that coming from your own child, it pulls at your heartstrings." It was moments like these that made Salazar want to create an environment where everyone is a community. Salazar explained that the reason Peer Buddies is so beneficial to her students is because "they'll respond better if they're working with a peer. So instead of having adults constantly providing all the instruction, we have the students there that are able to model what they're supposed to be doing." She also mentioned that coming in to work with the kids would give those who want to go into education life experiences that they can carry over to their job. Salazar hopes that students learn compassion and acceptance of every single person and the ability to believe that everybody is able to find what they want to do in life.

It takes hard work and dedication from all of the Peer Buddies for the special needs kids to succeed in school and the results pay off. Not only are the special needs kids learning from peers around them, they are succeeding in many extracurricular activities around school. Peer Buddies is

also working with Peer Leaders and ASB (Associated Student Body) to create the positive learning environment that many special needs kids require. Students who are not involved in Peer Buddies but still wish to help can stop by the room during break, lunch, or even become a teacher assistant (TA) and go into the class to play games and have fun with the students.



Peer Buddies hold meetings to hang out and talk with the special needs students



Peer buddies with Joey Hoke in room 275

## Girl Talk Visits James L. Day Middle School

By Elizabeth Clavin '20  
Staff Writer

Girl Talk Incorporated is a national mentoring program involving high school girls helping middle school girls, primarily sixth graders. The organization helps guide students with issues they face during their early teenage years. Many young girls have concerns that are unanswered due to them being too embarrassed to ask questions. There are more than 450 branches of Girl Talk internationally and the school adopted this program two years ago. The club goes to James L. Day Middle School every Thursday to mentor the girls and meetings are held every Wednesday in room 252, Dr. July Hill-Wilkinson's room, during lunch. This program acts as an outlet for girls to relate to someone who has also experienced difficulties at their age. It encourages girls to become more involved in their community and inspires them to be confident leaders in whatever they do, along with helping them feel empowered as they go through some of

the toughest times in their teenage years. During meetings, they typically discuss what their next mentoring will be like at James L. Day Middle School. Some topics discussed with the girls are body image, periods, dating, and self-esteem. They try to plan out what activities they can partake in with the girls and figure out what community service they can participate in. They do this in order to unify everyone and make each person feel a sense of belonging. Also, girls participate in a various amount of activities, such as watching videos regarding self esteem, having girls draw pictures of how they see themselves, and discussing how social media can highly impact depression and cause mental health issues. One impactful activity was explained by Senior Kalie Macdonald, Vice President of Girl Talk, who stated, "One week, we were doing a lesson on how our words hurt. You can say sorry, but you never truly can take back what you said. So we had the girls squeeze out all of the hair gel out of a bottle and try to put it back in. It symbolizes you should be careful with words. You can say sorry, but you can not unsay what you have said. It was a great form of teamwork for the

girls." Along with activities such as this, the leaders place out an anonymous question box at the end of every meeting and they answer the questions at the next meeting. This is a year-round club that encourages students to join and they always accept new members. The overall environment is a very welcoming one. Dr. Hill-Wilkinson, the club advisor, stated "It is a pleasure to watch them plan stuff for the girls. They are all so excited and all the leaders have a lot of positive energy. They are always looking forward to sharing with

the girls and helping mentor them. We had a middle school girl talk about how she really enjoyed having the high school girls come and talk to her and answer questions that went unanswered. In Girl Talk, there are no limits to a girl's potential and the leaders strive to create an environment that cultivates confidence for each member. Girl Talk is a positive program and the campus is fortunate to have it be among its many clubs. Students can stop by room 252 during lunch to join Girl Talk and help make a positive impact on young girls' life.



Girl Talk visits James L. Day to talk with younger middle school students

### NAMES IN THE NEWS



Senior Anahi Chavarria - 2018 National Hispanic Merit Scholar



Senior Ethan Johnstone - 2018 National Hispanic Merit Scholar



Senior Reina Hastings - 2018 National Hispanic Merit Scholar



Nikki Jones - gold and silver for swim in Special Olympics



Senior Morgan Johnson - crowned Homecoming Queen



Senior Ismael Vizcarra - crowned Homecoming King

## Spirit Rally Revamp Brown Signs Gun Reforms

By Editorial Team

With each year bringing new students to Chaparral, excitement pours out of each grade level for the Homecoming dance as well as the annual homecoming rally. Sadly, this event has been corrupted by upperclassmen who have taken it from a fun and spirited event and made it into a school-wide bullying event. In past years, the faux tradition in which freshmen are booed during the Puma spellout has peaked in popularity creating a divide in campus culture and tolerance. During this year's rally, administration and members of Chaparral's "Fab Five" began to take precaution to this recurring hazing and asked students to stop booing only to be met by out of control students booing everyone in sight. Not only had the event taken away from the underclassmen experience, but the ultimate decision to change the spellout to one that eliminated the possibility of exclusion seemed to anger those who had decided to boo even more.

When freshmen begin their difficult journey to high school, booing at them can be very harmful as many of the former freshman students, that are now sophomores, did not want to attend this year's rally due to feeling unwanted and ultimately

decided not to go in order to avoid the humiliation inflicted on them by other classes. This behavior is not acceptable for any school, especially Chaparral, as administration and faculty constantly encourage the idea of a safe and open campus to all students with a strict no tolerance policy on any kind of harassment.

Furthermore, students and administration work very hard to put on the rallies, with over 150 student performers and athletes showcased who have been rudely disrupted by immature children for several years. Rather than being focused on the rally and those who dedicated hour upon hour of rehearsal to make sure the break from the classroom environment is enjoyable, many students are more concerned with booing the freshmen. However, when students were asked why it is okay to boo the freshmen, many could only claim that it was tradition, but held no real ties to the action. A tradition is the transmission of customs from generation to generation, therefore making the booing merely a form of harassment in past years rather than a true custom. Even if the booing had been considered a tradition, there is no justification in administering unprovoked abuse on the freshmen as many of the upperclassmen have first hand experience in how hard it is to adjust to life in high school.



Credit: LA Times  
Governor Jerry Brown signed multiple gun reform bills into law  
By Juleah Rasmussen '22  
Staff Writer

In February of this year the lives of 17 people at Marjory Stoneman Douglas High School were cut short by a disgruntled former student with a firearm. Since the beginning of 2018, 11,652 people have died due to gun violence in the United States.

Late last month Governor Jerry Brown signed a bill on strengthening California's gun policies. The law will go into effect January 1, 2019, stating that anyone convicted of certain domestic violence misdemeanors is permanently banned from owning a firearm for life. The law also pushes back the legal age to own a

firearm from 18 to 21. It also prevents people who have gone to the hospital more than once in one year for mental health issues from owning a gun for life; requires people applying for concealed gun permits to get at least eight hours of gun safety training; allows police officers to ask for a gun violence restraining order verbally when there is not time to make a written request; and require all California law enforcement agencies to input information on lost or stolen guns into a state database. Although this law does carve out some exceptions for hunters, police officers and members of the military. California has the most severe gun laws in the nation, but there have still been

two violent incidents involving guns in Temecula alone since the beginning of 2018.

Change is necessary, Governor Brown cannot be the only one taking action to prevent further loss of life in this ongoing battle for reasonable gun control. As of October 3, 2018, there have already been a total of 272 mass shootings in the U.S. Unless other states take action, this number will continue to grow.

Gun control is still such a large topic of debate because there are no straightforward and flawless solutions. Firearm supporters might argue that it is their right as American citizens to arm themselves, stated clearly in the constitution, but times are changing. The second amendment calls not just for "the right of the people to keep and bear arms," but that these arms should be "well regulated" As a country, we need to assemble. When the constitution was written the founding fathers could not imagine a time where students would go to school afraid that they would be shot and killed at random, or that the second amendment could be used to justify such an unjustifiable scenario.

## Forced Into Silence: Lost Voices of the Victims

By Madison Brown '19  
Staff Writer

The worsening of the annual average of sexual assault cases in America reveals the flaw in our social justice system and most importantly, American society. Sexual assault, defined as any kind of sexual activity or contact without consent from both parties, occurs approximately every ninety-eight seconds in the United States alone. This repulsive trend has been made possible through the ignorant shoulder of the justice system that has been turned towards the victims of sexual assault.

Without the outright support from the judicial system in the promise of bringing justice, it is made nearly impossible for those that have the courage to come forward as according to RAINN (Rape, Abuse, Incest National Network) statistically, only six out of every one thousand perpetrators end up in prison. The public has been a witness to this kind of insufficient sentencing such as the 2015 case of sexual assault committed by Brock Turner of the prestigious Stanford University. Surprisingly resulting in a conviction, justice was still not served as efforts by his defense aimed at painting him in a light of innocence and negligence of having done something wrong, while steering the attention from the true problem that was present. The "slap on the wrist" type punishment that was given to Turner, and several other men of his privilege, prioritizes the

future of the criminal over the wellbeing of the person that was assaulted. Rather than questioning the integrity of a person not only capable of these crimes, but impulsive enough to pursue them, the blame is turned onto the victims in the way that they make their story heard or the circumstances that led to the assault. These instances are led further from focus and coined with the phrase "boys will be boys" to take the blame off the assaulter and push it onto the society they were brought up in.

An account of sexual assault that is closer to home comes from Chaparral High alumna, Tatiana Madriaga, who revealed the extent to which her perpetrator and those she trusted let her down in the way the situation was handled. Madriaga - TATIANA MADRIAGA recounted the time where everything in her life seemed to change, "I felt like everyone was talking about me but no one asked me if I was okay. After being assaulted I didn't go to anyone for so long, it ate away at me. My best way to describe how I felt was like I was holding my breath. I wanted to just scream, I wanted someone to help me but I was too scared to get the help I needed." Madriaga and countless sexual assault victims have been forced

into seclusion due to the way society treats this taboo crime with devastating effects on both their physical and mental health with almost one-third (thirty-one percent) of all victims developing PTSD sometime during their life. With the odds stacked against them, the lack of support and education exhibited by schools in these situations only worsens the damage. While schools are not necessarily the

first place a victim of sexual assault is encouraged to go to, the sheer amount of hours spent on campus that creates strong bonds with teachers and administration should generate a space that is safe and open. Madriaga's experience was far from this, "[From the beginning] I regretted coming forward because the school made everything worse for me. They asked me what I 'learned' from the experience and what I could do to avoid it [from] happening again. As if I chose to put myself through it." Teachers should encourage students to come and talk to them as if they were in a safe place, however her experience is only one of many that has resulted in a lack of trust between victims and so called help.

On the contrary, several instances of false reporting, or lying about any kind of assault taking place, have landed innocent individuals behind bars or permanently tarnished their names. For the Duke University Lacrosse Team, accusations like these are well-known as three members were falsely accused of the rape of a woman in 2006. During the trial, widespread media coverage put the boys in the spotlight as they were forced to fight to maintain their innocence before all charges were dropped due to insufficient evidence. However, cases like these only make up about two to ten percent of all convictions as according to the National Registry of Exonerations, only fifty-two people have been exonerated in sexual assault cases since 1989 compared to 790 individuals that were falsely accused of murder.

With celebrities and people in power taking a stand through movements such as "#MeToo" in hopes for a future with less assaults taking place and more justice for the victims, is well within reach. The sexual assault hotline used to give any kind of support necessary is available twenty-four hours a day to those that are in need while new resources within schools can provide the victims with a safe place, when home is not an option, to confide in without fear of their experience being turned into a lesson. Without changing the fundamental failings of the problem, it can only be expected to grow. In the fight to decrease the number of these horrible crimes, it is important to take advantage of options such as voting to acquire proper legislation to fully protect our citizens.

"I FELT LIKE I WAS HOLDING MY BREATH. I WANTED TO JUST SCREAM, I WANTED SOMEONE TO HELP ME BUT I WAS TOO SCARED TO GET THE HELP I NEEDED."

TATIANA MADRIAGA

## Mental Health Education Lacking in Schools

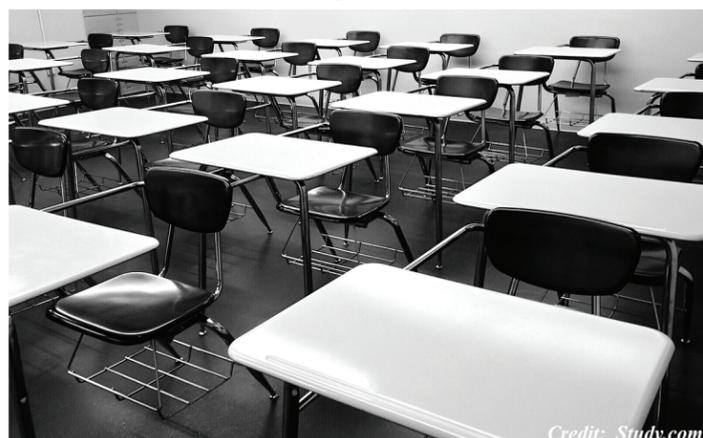
By Vanessa Banuelos '20  
Staff Writer

Students across the country are experiencing mental health issues that are neither talked nor taught about in school. Prioritizing mental health education for students is extremely beneficial to their overall health; good mental health also helps students build self-confidence. Students' mental health should be a key concern as it greatly affects their education. However, students do not receive proper education on mental illnesses. The deprivation of knowledge in regards to mental illness leads to students' inability to detect their mental health problems, it is imperative that High Schools adopt mental health classes as a requirement.

If schools across the United States implemented mental health classes, then students would have a better understanding of various mental illnesses and gain the ability to recognize various signs or symptoms. In the state of New York, as of July 1, students in all grades had mental health classes added to their curriculum. According to the New York State Mental Health Association, "Some schools already teach mental health, but a law mandating

a mental health curriculum is long overdue." The lack of a mental health curriculum causes students to hesitate when seeking help because they are unprepared and/or unaware that there is help for available to them.

Many students are afraid to talk about these issues because of the stigma that surrounds them. The shame that comes along with talking about one's mental health is what turns many students away from the topic. This ignominy discourages students from seeking the help they desperately need. According to The American Psychiatric Association, "Fifty percent of mental illness begins by age 14," the age when most students are beginning high school. This event in a student's life often brings a lot of stress that students have difficulty handling. If high schools provide classes to talk and learn about mental illness openly, students will not be so hesitant to talk about their mental health issues. According to MaryEllen Elia, the New York's State Education Commissioner, classes like these "will decrease the stigma that attaches to help-seeking." Talking about it will normalize speaking about these matters. These classes can also help students to learn how to help their peers that suffer from mental illnesses, and also recognize early symptoms



Credit: Study.com  
Mental health education is a key part of health education that is often left out.

in themselves, or others around them. On the other hand, some may argue that it is the job of families alone, to provide for students' health. However, some student's mental problems slip by their parents undetected, or in some cases are caused in part by the parents themselves. If schools across the nation were to provide classes specifically focused on mental health awareness, parents would be better equipped to recognize the symptoms of illness in their children and get them the help they need. By teaching students

about these issues, they could educate their parents, creating a foundation of understanding between parents and students, about these illnesses. Students should know about mental illnesses and where to get help. Every day, teenagers struggle with mental illnesses, affecting their education as well as their overall health and attitude towards life. Every high school should take this issue into consideration and implement mental health classes into their curriculum since it would impact students lives and mental health for the better.



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If readers desire to respond to an editorial, *The Platinum Press* value 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 or polarizing said topic may be. This is the intent of an editorial, not only to provide journalists with a medium to express an opinion, but to allow the editorial to be a catalyst for further discussion of a given topic.

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

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## Electoral Error: Millennial and Generation Z Voter Turnout



Protester expressing the importance of voting in political activism, that simply speaking out is not enough

By Benjamin Garner '19  
Editor-in-Chief

When the young majority of the electorate, those affected most significantly and continuously by the actions of a republic, fail to have their ideological will recognized and represented, the primary causes of such an event must be determined

and rectified. The Millennial generation, and the few Generation Z voters who have come of age, are vastly underrepresented in congress and in state legislatures, despite making up a significant portion of the eligible voting population. This is harmful to the stability of the republic, domestic tranquility, and undermines the entire idea of a representative democracy. As of 2016, 62 million Millennials are eligible to vote, a population larger than every

other generation besides the Baby Boomers at 70 million. Yet, it has increasingly been shown that Millennial ideas are not in the mainstream, in some cases not even within Washington's Overton Window at all. Pew Research Center showed that education levels of 25- to 32-year-olds has more than doubled—nearly 2.6 times—in Millennials compared to the Silent Generation, and increased by 10 percent from the Boomers, and 9 percent more than Generation X.

Yet median annual earnings across generations have not changed. In an economy where the cost of college is constantly on the rise and Millennials are saddled with student loan debt, poverty, and unemployment, as levels of personal income and wealth are at lows for this generation, the idea that 62 million people eligible to vote could not have an impact is simply absurd—that is, if Millennials voted.

This socially progressive generation; the generation of the Internet and social media; the primary protesters; the outspoken warriors for the oppressed and denigrated; are increasingly shown failing in their most basic responsibility in the American political apparatus, voting. So concerned with having their voices heard, this generation fails to actually put their voice into a vote. In the 2016 election only 51 percent of eligible Millennials reported voting, compared to 70 percent of the Silent Generation and 69 percent of the Baby Boomers. When only half of eligible voters actually cast a ballot, that vast Millennial majority is cut down to an ineffectual cluster of disenfranchised voters. Any Millennial, eligible to vote, and well within the means to do so, is a disgrace to their own generation, themselves, and their ideas, if they fail to cast a ballot on election day. The civic duty of every American is to cast a vote to better this country, by failing to do so the country is failing to move forward, endangering the stability

of the republic in modern day. Although Millennials deserve much of the blame for their lackadaisical voting record, the voting system has much to criticize as well.

Millennials are facing one of the worst economic situations of any generation, with aforementioned lack of personal wealth and massive student loan debt crisis, along with the increasing prices of healthcare and home ownership, Millennials have it rough. Many work long hours, for little pay, or in jobs that are not satisfying or sustainable. Especially for older Millennial and those right out of college, it can be especially difficult to find the time to vote. In many precincts the voting times are narrow, and the ballots overcrowded. This goes for all working people, the right to vote is consistently undermined by the failure of the voting system. In order to ameliorate this the United States must adopt three key policies, election day must be established as federal holiday, a system for universal automatic registration must be established, and on election day polls must open at midnight and stay open until midnight the next day. There is no argument for a system that does not encompass these three points. Voter turnout is vital to the success of the United States of America, and it is time the federal government recognizes the supreme right of the people to vote, makes it available for changing economic situations. This generation, and Generation

Z who is quickly coming of voting age, have the ability to vastly override the status quo, and make positive changes in this country, but none of that will happen if Millennial and Generation Z do not exercise their right to vote, and force their representatives to support their policy positions, or be voted out. Millennials have intense sway in the political area, its time they learn to throw that weight around, because once they do, there will be no stopping the Millennial powerhouse. Anyone who purportedly believes in their ideology, must vote.



**LATE VOTER REGISTRATION**

Normal registration has passed but any eligible voter can still register up until election day (November 6)

Voters can complete a registration card online, by mail, or in person.

If you register late you can ONLY vote at  
2724 Gateway Dr, Riverside, CA 92507  
OPEN: MON-FRI  
8AM-5PM

## Saudi Journalist Critical of The Salman Regime Murdered

By Emily Lusung '20  
Staff Writer

A journalist's job is to express their opinions through their work; sometimes with the intention of expecting opposed responses. Particular feedback and negative remarks are inevitable in investigative journalism. The dangers that coexist with this career are life threatening due to those who find journalists' work offensive and seek to cause harm to the writer. With the responsibility of journalists comes the impending risk of death. In 2017, 39 journalists were targeted and killed worldwide because their work simply brought awareness to the public of political, economic, or criminal events. On October 2, 2018, a highly

influential Saudi journalist, Jamal Khashoggi, was last seen entering the Saudi consulate in Istanbul to finalize paperwork for his wedding. Khashoggi was said to have been interrogated and killed inside the consulate by a Saudi security team. The injustice of his murder fortifies that innocent journalists are vulnerable to being killed due to their work that others see as a threat. Khashoggi posed no real threat to the Saudi regime. He was opinionated, humble, and believed in the right to speak one's mind. During the rise of power of Prince Mohammed bin Salman, a majority of intellectuals and other journalists were arrested for their expressed opinions of the country's leadership. Khashoggi reported in

one of his columns that he purposely went into self-exile to continue to speak his mind, do justice for his imprisoned journalist friends, and wrote that he also feared for his own safety. It is a possibility that the disappearance of Khashoggi was driven by the prince, since Khashoggi began writing critical pieces of the government and the prince after the arrests. Journalists are generally humble activists who provide accurate context of controversial events. They have the ability to speak truths that some would act derogatory towards since critical truths of political and social events are not favorable to hear. Khashoggi was nothing more than an activist and journalist who was aware of relevant problems that were arising

in Saudi Arabia, and had the means in letting the public know about it. Khashoggi was murdered, for doing his job as a journalist. Influential journalists worldwide know the risks of being in their career. Their work exposes news through opinionated ways in which it could come off as offensive to the general public or those high above in hierarchy such as people involved in the political party. How devastating is it to know that journalists are killed for simply expressing their opinions, stating political problems, and allowing the public to feel a sense of involvement just by reading their publications? In this case, highly. To target and kill journalists is completely barbaric since the only power they hold are within their words and not physical violence.



Credit: Amir Levy and Mohammed al-Shaikh  
Saudi Crown Prince Mohammed bin Salman (left) and Jamal Khashoggi (right) a journalist critical of the regime

## Fur Sales Banned In Los Angeles following PETA Protest

By Megan Irwin '21  
Editorials Editor

The fur, a multi-billion dollar industry that promotes animal cruelty for the sole purpose of clothing articles to wear as a sign of stature. The truths of the horrific methods to retrieve the fur have become known to the public, such as the extreme containment and mishandling animals, driving animals to insanity before they are killed and skinned, or rather killed due to being skinned alive in various cases. The fur industry has seen little to no repercussions of these actions. Instead, animal rights activists protest such cruelty, but nothing that decimates their businesses. To take actions against the fur industry, Los Angeles, along with several other California cities, have decided to place a ban on both the selling and production of fur items. With the new steps shown by Los Angeles, among others, to help eradicate the fur industry and the animal cruelty that surrounds it. The mistreatment of these animals goes beyond sublime cruelty in its barbaric ways of killing animals. Animals are forced into small wire cages, one on top of another, kept in these cages for days or weeks at a time. The malicious treatment of these animals even drives mothering

animals to kill their young as a result of the anxiety-induced psychosis caused by the inhumane conditions. Disease and injuries are widespread, as well as animals suffering from mania induced self harm with constant thrashing against the cage walls. The torturous means of treatment did not end when it came time to collect the fur. Animals are yanked from their cages, thrown to the ground, and bludgeoned. Even after the murderous rampage shown by these 'fur farmers' some animals remain alive and are skinned while still breathing. After skinning these innocent animals, they are tossed into a pile of dead bodies, consisting of those who had previously been skinned for the latest fashion trend. The Los Angeles city council has recently decided to oppose the sale and production of fur clothing items. The unanimous vote to ban fur was proposed by Bob Blumenfield. When asked about his purpose in his proposition, responded with, "This is L.A. taking a stand and saying we will no longer be complicit in the inhumane and vile fur trade that's been going on for years." Los Angeles active involvement in the banning of fur will have great influence among the fashion industry, as it is the second largest fashion influence, carrying a heavy weights

on fashion trends. The fur industry has had several comments, claiming that there would be no purpose in banning fur as one could just go to the next city and buy fur. Also, it can be claimed that the videos and first hand accounts of the torture of

animals was falsified and are a setup in order to villainize the fur industry. If the many videos were set up, there would be no need for a corporate organization, such as PETA, to back the videos. While one may just go to a different city to buy fur, it is

not the ban of fur that it represents, the bill represents the beginning of the end of the fur industry. The fur industry, with its multitude of methods of torture to practice on innocent animals, has ever increased with the annual

revenue of the fur industry. The counteracts of Los Angeles and other cities have proven essential in its practice to expel animal cruelty from the world, and in creating a society in which animals are not worn as a sign of economic and social status.



Credit: Al Seib / Los Angeles Times  
PETA protest in Los Angeles, California advocating for the ban of fur sales in the city, many protesters carried signs which read #FurFreeLA

## Fourth Rendition of *A Star is Born* is a Hit with Cinephiles

By Katie Flack '20  
Copy Editor

Released on October 5, the fourth rendition of *A Star is Born* quickly became a success in the box office. Offering an intriguing plot, complex characters and important messages, the film has won over the hearts of many audiences.

The romantic drama, *A Star is Born*, marked Bradley Cooper's directorial debut as he helped to portray the fictional lives of Jackson, a famous country singer with an alcohol addiction, played by Cooper, and Ally, a waitress and singer-songwriter who hopes to gain a professional music career, played by Lady Gaga. The pair meets after



*A Star is Born* became a hit after its October release

Jackson goes to a bar after a concert one night, where he witnesses an impressive performance by Ally. After he invites her to sing at a show with him, the duo goes on tour together. As their romance begins to blossom, Ally's fame begins to grow and Jackson begins to spiral down a dark path as his alcohol abuse worsens. Freshman Charley Garcia said, "I thought it was a really good movie. I think that a lot of people should see it because it talks about, like, important issues I think society has today. . .like addiction and suicide and love issues." The raw emotion showcased through the film had an impact on a multitude of audiences both through the themes of mental health, substance abuse, trauma and through the idea that success will come to those who are passionate about what they do. Garcia added, "[The message I took away was] you never know what's going on in other people's lives, no matter how, like, good it looks for them." The messages emphasized in *A Star is Born* through its various elements were able to speak volumes to audiences whilst enhancing the movie's storyline.

In addition to its story impacting the minds of those who view it, *A Star is Born* has become a highly successful film, an idea that becomes apparent when one considers its popularity both in box office and among critics. The film has grossed over \$201 million worldwide to date, earning the second slot in box office three weekends in a row. Along with this, the movie has received stellar reviews from critics, including a ninety percent with *Rotten Tomatoes*, an 8.4 out of ten with *IMDb* and an eighty-eight percent with *Metacritic*. Additionally, *A Star is Born* boasts well-appreciated music as the album as a whole places first on the Billboard 200 chart and five songs from its soundtrack have landed themselves on the latest Billboard 100 chart, "Maybe it's



Credit: Move It

The movie tells the story of a famous singer and an aspiring singer-songwriter and the obstacles they face

Time" by Bradley Cooper being number thirty-nine, "Is That Alright?" by Lady Gaga being number sixty-three, "Always Remember Us This Way" by Lady Gaga being number forty-one, "I'll Never Love Again" by Lady Gaga being number thirty-six and "Shallow" by Lady Gaga and Bradley Cooper being number five. These factors are aiding the film in gaining hype, leading to the receipt of more praise and a more impactful movie. In addition, the newest rendition of *A Star is Born* has expanded upon the pre-existing ideas of its predecessors in order to create a unique atmosphere. In the first two interpretations of the story, the film had the male lead

being an actor and the female lead an aspiring actress but by the third film, the couple had become singers. Additionally, the new film has a handful of new plot twists and turns that separate it from its forerunners, but all in all, the structure and main ideas of the original story have carried on throughout each of the remakes, enabling its legacy to live on.

*A Star is Born* has quickly been accepted by innumerable audiences as a new rendition of the story. Its powerful messages and successful run in theaters have left it resonating in the minds of moviegoers and it will continue to leave an impact in the future.

## March into the New Year

By Alexis Martell '21  
Staff Writer

There are a variety of extracurricular activities open on campus for students, two of which are marching band and Emerald Guard (Color Guard), both directed by Ms. Stephanie Rittenhouse. These on-campus groups participate in competitions, along with performing at football games during the halftime shows. The performances often include a song composed by the marching band along with an interpretive dance, told by the members of Emerald Guard.

Each member brings a large amount of commitment as the band conducts practices every weekday; Mondays and Wednesdays normally being reserved for the group's sectional rehearsals while Tuesdays, Thursdays and Fridays are for whole group rehearsals along with formation practice. When competitions come around, the group usually attends practice for longer periods of time. Sophomore Marcus Lopez, snare drum player, elaborates that the band practices and rehearses normally get "on the more serious side" before a competition. He continued, "Marching band takes much dedication and the practices can be very tedious, but we always get the job done with our best performance possible." Lopez explains that the competitions may become stressful, but that in the end, the band itself enjoys playing together and creating "character-filled music." With the competition on October 20 at

Riverside Community College, the band placed third out of four other bands with a final score of 63.7. After all their practice, the group was satisfied with their score but knows they can do better as a whole. Another factor Lopez believes enhances the positive experience of competitions is being able to see the different choreography, costumes and music used in other performances. As the marching band members continue to work together, Junior Kerstin Frigillana, a member of the Emerald Guard, explained that there is a strong connection between the two groups as they collaborate with each other at practices and participate in the competitions.

With prolonged rehearsals and spending the majority of after-school time together, Freshman Jamie Adkins, a trumpet player, explained that she thinks of band as being a strong family. As the members spend extensive amounts of time together, they continue to become friends and grow closer

together. Lopez stated, "Band has had a great impact on my life. Because of band, I've discovered what I truly love and have made so many good friends doing so." After Lopez found his passion, he continues to collaborate with his fellow band members and enjoys working in the competitions and halftime performances. During the performances of the strong instrumental students, the bond between the instrument players and guard members become serious. Both Adkins and Lopez share that the sections of the band work harmoniously together and have fun during their time together. Each participant has their own job within their section, depending on if they play high or low notes, and then they eventually bring it all together.

Marching band allows aspiring musicians to expand their talents and perform together as a group. Through numerous practices, the marching band and Emerald Guard students strive for their greatest goals throughout their competitions and on campus performances.



Credit: Kayla Ritchie

Saxophone players stand poised and ready for this season

## Inktober: October Art Challenge

By Yalena Aguirre '21  
Social Media Manager

Art is a pastime that many people enjoy partaking in. The ability to draw anything and anyone that one wants from their imagination is very calming for both experienced and aspiring artists. Their creativity and passion is put to the test as they participate in the thirty-one day art challenge during the month of October called 'Inktober.'

Inktober, created in 2009 by an animator and artist name Jake Parker, is a challenge artists partake in during the entire month of October. Each day of the month, there will be a single word prompt and artists will have to create a piece based on the prompt for that specific day. For example, on the first day of October, the single word prompt was 'poisonous'. The artist can create an image based on that prompt, such as a bottle of poison or anything else that they can relate to it. "I started last year. I found it on Instagram and I looked at other people's art from last year and that inspired me to do my own art," Sophomore Ingrid Heidmann stated, "I'm doing it this year and I haven't broken my getting your creative juices streak." Heidmann started participating in Inktober to help her improve her work and stay consistent with drawing everyday. "It's fun and it forces you to draw everyday and I want

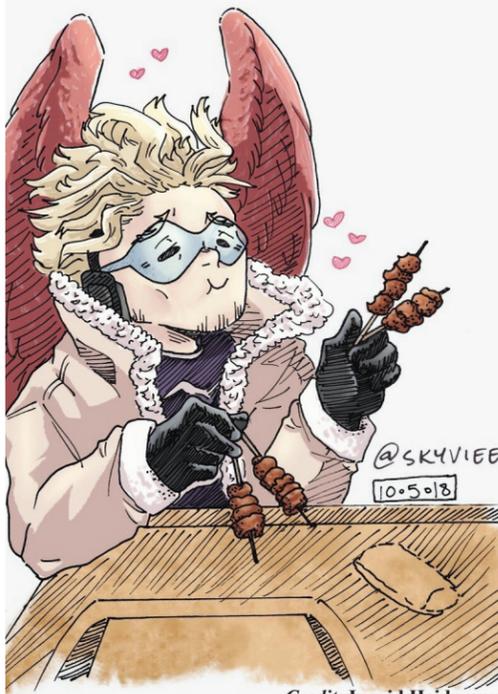
to improve on my style and having to draw every single day really helps with improving myself and finding out what I'm good at and what I'm bad at and what I need to improve on." Sophomore Travis Ayers expressed his interest and passion during Inktober by stating, "Inktober is . . . certainly a way to expand your horizons and challenge yourself as an artist and put your skills to the test." Inktober has certainly challenged many artists, including Heidmann and Ayers, to challenge their creativity and improve their skills.

Inktober has no doubt left an impactful mark on the art community, as many artists have improved dramatically and have extended their creativity and challenging prompts. "You start out with this really vague prompt and you have to come up with anything that goes with it and since I'm basing my drawings off of one tv show, it's a little harder," explained Heidmann, "The more you draw, the better your art get. . ." Ayers also revealed how Inktober has challenged his creativity by stating, "doing Inktober is really about and I haven't broken my getting your creative juices flowing, as more prompts come up throughout the month." The aspiring artists stated, "It really encourages thinking outside the box, and it sometimes an exciting challenge for those who are

facing the common problem of not knowing what to draw." Inktober and its prompts also allows artists to improve their talent and provides a sense of relief from stress. "Inktober is really just a way to improve your skills and be able to create things you never thought of before, and it's also a kind of stress relief," Ayers stated. Inktober brings artists together to achieve the common goal of improving their work

and expand their artistry and provides students with the confidence to create art that they have never tried before.

Art allows many people to express their creativity and their emotions in various ways. The freedom of creating whatever and whoever they want stimulates an artist's imagination. The art challenge called Inktober allows people to test their creativity and expand their talent using ink tools and their vast imaginations.



Credit: Ingrid Heidmann

Sophomore Ingrid Heidmann's art for "Chicken" prompt

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In November SADD is raising awareness on the negative effects of tobacco. About 36 percent of 8th, 10th, and 12th grade students across the nation have admitted to vaping at least once in their lives, and 1 out of 10 high school seniors have vaped marijuana in the past year.



The Great American smoke out is on November 15, 2018

## Viewers Cannot Sleep After New Horror Release on Netflix

By Alexis Martell '21  
Staff Writer

As Netflix is becoming increasingly popular throughout the twenty-first century, the company is introducing newer shows corresponding with upcoming holidays. One of the most relevant shows that has been released recently is a Gothic horror series called *The Haunting of Hill House*, which was based off of the 1959 novel written by Shirley Jackson. Although it was only released on October 12, the show has already received many hits and has been reviewed by the King of Horror, Stephen King, as "close to a work of genius."

The new horrifying series focuses into the life of a broken family who returns to the most haunted house in the country due to a tragedy and must face the demons and spirits lurking inside. When going back to the house that caused so much fear was not a challenge enough, the characters must face the ghosts wandering about

their minds and the remaining ones inside the catastrophe of a house. Events such as death and life-changing moments affect the characters throughout the new series that create a spine chilling experience for the watchers. Senior Jahdia, or JJ, Johnson Bonus explains that she believes the cinematology, the style filming, along with the writing of the script and final editing creates the scariest element of the series all together. Johnson additionally states that her view on the psychological horror of the series is being interpreted through the eyes of a mentally ill family.

*The Haunting of Hill House* has successfully planted stomach churning thoughts and nightmares among viewers who have watched the fear-inducing series. Johnson states, "I felt drawn to it [the series] because cinematically [sic], it looked good and I happen to be right." The authenticity of the house and the fear the characters experience makes Sophomore Kaylah Parsons, a horror movie enthusiast, believed that the feeling of suspense is its greatest

strength. With the constant cliffhangers and frequent but confusing character flashbacks, the series introduces new qualities of the characters and why their mental scarring from the house exists. Another factor to add to the already chilling series are the images and characters the editors of the series has paired with the choice of ominous music. Parsons elaborates that the sounds played throughout *The Haunting of Hill House* helps viewers get inside the character's head, adding to the experience. Parsons states, "From the first couple of episodes that I have seen, it's a thrilling and exciting series. It makes me sad when it leaves me hanging sometimes, but overall, it happens to be a great show." Parsons includes that the feeling of not knowing what is going to happen next boosts her adrenaline while viewing the show.

Netflix has undoubtedly produced a suspenseful thriller series and a wide variety of horror movies for October. Netflix's newly created section of "Netflix and Chills" includes terrifying movies and

series choice for their viewers to enjoy for the holiday of Halloween, as well as putting out classics such as *The Shining*, *The Texas Chainsaw Massacre* and many more.

With the psychological horror and captivating plot, the audiences gain many nightmarish thoughts while looking forward to possible upcoming seasons.



Credit: IGN  
*The Haunting of Hill House* is known to be a successful but terrifying Netflix show

## Fall Masquerade 2018: Choir's Spookiest Event of the Year

By Rex Garcia '19  
Staff Writer

From a yellow brick road, to a princess and a frog, this school's choir presents Masquerade 2018, directed by Choir teacher Mr. Rob Hodo and featuring the latest talent of singers and dancers in a wonderland fashion. Showcasing surprise soloists and all of the school's vocal groups including but not limited to Platinum FX, A-Capella and Chamber, viewers of Thursday and Friday night's spectacle will be mesmerized by the hard work and time they have invested into preparing their performance.

Masquerade 2018 will be based off of the three movies *Alice in Wonderland*, *Wizard of Oz*, and *The Princess and the Frog*, each performed by one of the three major choirs which are show choir, chamber choir, and all girls choir. Each of these choirs perform differently, creating variety between them, and in between these movie-based performances are surprise soloists that will be different each night leading up to a combined piece at the end, making one big show. Every performer of the show, along with the stage techs, had to devote themselves to frequent practices both during and after school to make certain that the show would run smoothly. "There was no time to waste during rehearsals," said Junior Vegas Munson, a member of Platinum FX, Chamber Choir, A-Capella and Forte,

"We took the extra step in perfecting our show and staying focused, and it was something we improved on." Apart from producing a smooth show, the groups made a serious effort to improve their vocals and bond together. "Blending our notes into one voice, that was an obstacle that we had to come over," said Senior Alyssa Mosqueda, a member of Platinum FX. "Now that we know each other and our voices, we can blend much better and can finally call one another family." As the curtains and lights are now ready to introduce them, showgoers should be dazzled by the show both visually and audibly in a smooth, persistent fashion.

Aside from Masquerade 2018 being an enjoyment for the audience, the performers, both new and veteran, get an experience they can only find on the stage. All the simultaneous singing and dancing gives each entertainer a great rush, as each breathe and movement is thorough with rigor. "Every time you finish performing, it genuinely feels like you are on top of the world," said Mosqueda. Though at times during practice they may not feel such excitement, during the concert, their performance lights up the stage. "They all have passion towards being on stage and really embody and embrace the performance," said Munson. As a veteran of choir, every comment during intermission and after each show is also full of excitement. Munson said, "Hearing the positive feedback makes all of us feel appreciated." Whether the experience is in the seats or in front of the microphone, Masquerade 2018



Credit: Rex Garcia  
The school's vocal groups worked hard to perfect each performance that took place on October 25, 2018

will give each attending person a memorable and vivid experience worth coming back for year after year. Masquerade 2018 will be on October 25 and 26 in the performing arts center, with the show starting at 7PM. There will also be a snack bar outside, where all proceeds will go towards the funding of the school's choir.

General admission will be ten dollars while for students, active military and adults over fifty-five, the price will be eight dollars. Additionally for staff and students with an Associated Student Body (ASB) card, the price will be seven dollars. The masquerade has invited everyone to come and listen to the angelic voices of the dark.



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## Dramatic Success at RoleAbout

By Summer Folger '19  
Arts & Entertainment Editor

Theater is a place where students are able to transform into different roles and feel an array of emotions. That is what the Advanced Drama class was able to do on October 13 when they went out to Orange County to Irvine High School and performed in the Orange County RoleAbout Competition. This competition was created in 2003 by Kathy Cannarozzi Harris who is a drama teacher at Mission Viejo High School and Heide Janssen. The two of them saw other performing arts competitions and wanted to try it out themselves. They came up with the name since they wanted students to focus more on portraying the roles of the characters they performed as. About forty schools enter each year, amounting to about 960 students performing in a variety of categories. Which the whole Advanced Drama class takes a part in for the past

decade. The reason why the whole class goes, as drama teacher Mr. Chris Irvin states, is that "I want to make sure that everyone has an equal opportunity to participate." For the competition, students entered in the categories of film and television scenes, original monologues, dramatic scenes, musical scenes, and improv, which was just added two years ago. Students worked for about four weeks on their scenes since they know the high expectations Irvin has in that class. They even performed for other drama classes a day before the competition so that they could have more practice before going. When they performed, they were able to receive awards in improv and dramatic scenes. For improv, there were two groups, one called Green Cat consisting of Senior Isabella Lynch, Senior Alexander Soave, Junior Vance Johnson, Junior Alex Rosen. While the other group was called Blue Cat consisting of Senior Leah Barlage, Senior Cade Dailey, Junior Austin Irving, and Sophomore Olivia Snodgrass. They performed

games such as New Choice, Pocket Lines, Genres, Replay, and Forward Reverse. With their hard work, they successfully received first and second place for the improv category. In the dramatic film category, Junior Shelly Halverson won first place with the character Happy Harry Hardon in the movie *Pump Up The Volume*. In third place was Senior Miah Aguirre and Soave with a dramatic scene from *Melancholy Play*. As well as Lynch and Barlage winning third place for the dramatic film scene category from the movie *Room*. There were also students who made it into the final rounds such as Aguirre with the solo song of He Was My Boyfriend from *Young Frankenstein*, Senior Jasmine Hernandez with the original monologue named Abuse, and Dailey and Soave with a comedic scene from the movie *Tootsie*. The results from this year from show how much hard work and dedication are placed into these performances.

By students being able to enter and perform in this competition, it allowed them to grow as performers. Halverson talked about how "it gave [her] experience performing in front of people that [she does not] know and in places that [she is] not exactly comfortable." She also mentioned how when she won first place, the girl who placed second came up to her and gave her a hug. Not only that, but she was able to meet people she has never met before for the student ratings and judging. For her performance, she worked for about a week and a half since she felt like the character was very similar to her. After going to the competition, she feels more excited about learning more in drama class.

For students working on their performances and competing with other schools, this gives the chance to grow as performers and become even more passionate about the roles they play. The results from this year shows the hard work students had put in for the competition.



Credit: Chris Irvin  
Improv's Green Cat celebrates their win from the Orange County competition

# To the Stage: Country Music with Singer Annakate Gibson

By Rex Garcia '19  
Staff Writer

Late night country shows are for the one and only Senior Annakate Gibson when the microphone and spotlight are on stage. Gibson struts on stage with enthusiasm from head to toe at every show she performs, singing with passion her favorite country songs from Carrie Underwood and Taylor Swift to other classic musical hits. Gibson began her musical journey in fifth grade when she entered her school's talent show. Singing to her peers astounded her mom enough for her to enroll Gibson into singing lessons ever since. As a kid, she went through with her mom's plan, and as time passed she grew to love singing

more, developing an interest for country music especially. "Compared to other genres, in country there is always a backstory," said Gibson, "When you perform, you're always telling a story." Her routine practice with her teacher consists of reviewing a song on the speaker, reciting the lyrics using karaoke, and practicing stage movements. Eventually she joined Country Live at the Merc in Temecula to become one of their featured singers. Her performances there are separated by months, with her most recent one being in July. She has also competed in the country competition West Coast Country Music Association (WCCMA) against fifteen girls between the ages of thirteen and sixteen years, finishing in second place. As Gibson improved her singing, she has earned the support of her friends and family and

learned from her experiences lessons that she will cherish throughout her life. One instance was as she approached the stage with the microphone, Gibson became anxious and preoccupied with events and people in her mind and around her. "I had a hiccup and so many things were going on at once," she exclaimed. With the cheers of the crowd motivating her, both from strangers and loved ones, Gibson forgets about her outside problems with confidence and begins her singing. "It makes me want to keep going," said Gibson. "It reminds me to keep my best foot forward, no matter what is good or bad." Gibson's favorite aspect when she performs is the being on the set with the audience and she reminds everyone clearly with her renowned stage presence.

Looking outside the stage, her friends and family in the audience are just as excited as her. Senior Josiah Davis, a friend of Gibson, finds her expressions on stage to be what sets her apart from other singers. "Her attitude and stage presence is my favorite part about her on stage," Davis said, "she has the coolest facials and I can tell she really cares about her music." Her mom often comments on her extraordinary energy on stage as well, to which Gibson said, "It comes out whenever I am singing." Every highlight people give her about her facial expressions also make her laugh, mentioning that "[she] never practices facials and that [she] does not even realize [she is] doing it half the time." Gibson's facial expressions continue to capture the eyes of her audience today.

Looking forward to the future of her singing career, Gibson sets her eyes on Rock The Oaks, a heavily populated live music show in February. "It would give me a chance to sing around a bigger crowd, rather than the small crowds I'm used to," she exclaimed, "compared to small crowds where you can look at each individual, I feel like when you look at large crowds they all feel the same." In the future, she also hopes to do more duets.



Annakate Gibson  
Gibson singing at Country Live at the Merc in July

For now, Gibson will be perfecting her singing in her practices, and will potentially be performing at Country Live at the Merc again this year. Gibson's legacy continues from here, as she follows her dreams of singing country music and looks up to her idol, Swift. As her friends and family continue to support her singing, she aims to grow a fanbase that she could interact with and invite over to hang out with, as Swift does. At this moment, with similar singer success stories such as the recent band Delilah that originated in this high school, the story of Gibson may be one for the school to follow.



Credit: Annakate Gibson  
Senior Annakate Gibson furthering her musical endeavors during a performance from Rock the Oaks

# Pumas Welcome New Social Worker Mrs. Elyce Mandich

By Emily Pham '21  
Distribution Manager

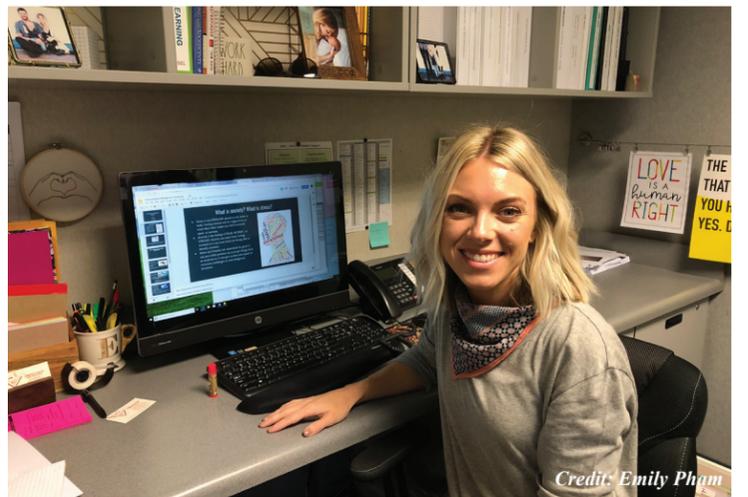
The staff and students welcomed Ms. Elyce Mandich as the new social worker on campus and as a part of the proud Puma family. Mandich has already begun assisting individuals to overcome challenges in their daily lives. She continues to guide them and introduce them to future decisions that will benefit their lives. Mandich has been a social worker for approximately six years and previously worked as an investigator for child protective services. Mandich found her love to become a social worker at a very young age. She was motivated to become a social worker when she partook in a variety of therapy services. She graduated from California State University San Marcos and San Diego State University with a Bachelor's degree in human development with an emphasis on children development and a Master's degree in social work. Mandich explained, "What motivated me was [when] I was in . . . a different type of social work job . . .

. . . and I wanted to be in a supportive job . . . I also got my license [which] is the clinic social piece that allows me to prove more of therapy services. . . This wanted me to take a job in a supportive way but I also wanted [myself] to be a part of the school. . . [since] it is just a really cool culture." Mandich has a large loving family and she spends most of her time with them when she is not working. Mandich has helped students cope their problems such as poverty, abuse, addiction, educational problems, and mental illness. She would meet several students in group settings and connect them with different resources. Alongside of helping those in need, there are difficulties when being a social worker. Mandich stated, "The biggest difficulty is the reality. . . everyone on campus could use this type of support. I wish I could check on everybody and check on how they are all doing." Mandich wishes that she could help everyone with their difficulties and make a positive change

in the school as well as the community. When one is struggling in school, Mandich would view their problems and look at the "bigger picture" because she thinks that students' grades depend on whether or not they are struggling in their lives outside of school. By doing this, Mandich believes that she sees them in a different light and she could make a positive impact on a student's life. Mandich explained, "Sometimes, you feel like you actually saved a kid's life or kept them safe. For example, when a student is struggling with their depression. . . We meet and build friendship. They trust me that I am a safe person to talk to. . . If they feel suicidal, they [would] come talk to me instead of deciding if they are going to go through with the act. . . So I think there are a lot of responsibilities that comes in. I like knowing that I hopefully get to make positive impacts with [lots] of people." The numbers of students that meet up with Mandich continues to increase each and every day,

and she is willing to do everything she can in her power to help those in need. Mandich continues to help students who are struggling with personal problems and wishes to guide them on the right path to success. She believes

that she could create a culture of people helping one another and making a positive impact on the students' lives and the community. As the new social worker, she encourages students to strive for the best and make the right decisions.



Credit: Emily Pham  
Mrs. Elyce Mandich is a social worker and one of the newest additions to the family

# Jordan Davis: How Art Has Influenced Her Personal Life

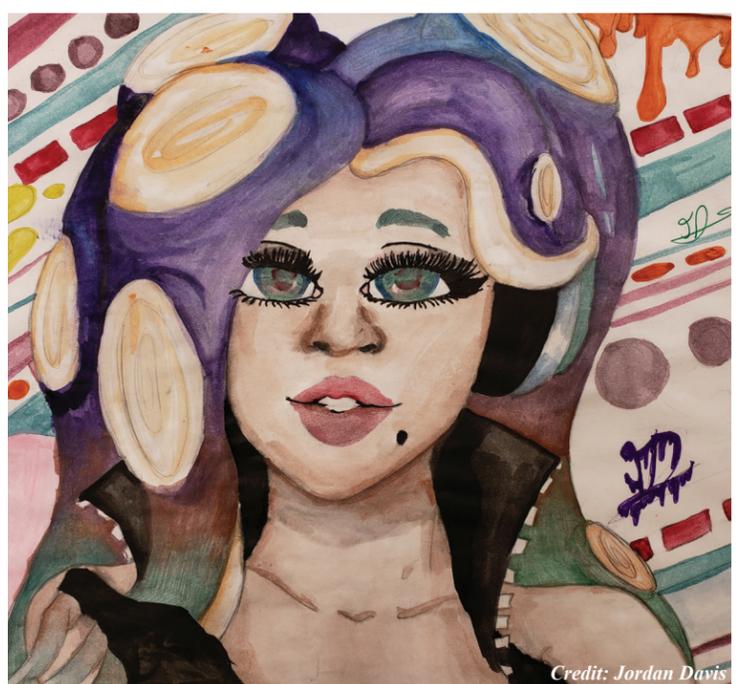
By Summer Folger '19  
Arts & Entertainment Editor

Becoming an artist is a long and difficult journey that requires hardwork and patience to become skilled in the craft. For Senior Jordan Davis, she has been doing just this ever since she was a child. It took her years of perseverance to get to the place she is at now. From this, she was able to learn more about herself and the world around her. What made her start pursuing art was her mother's side of the family, where a lot of her relatives were interested in art,

but it was mainly her grandmother who sparked her love for art at a young age. Not only that, but famous and classical artists, such as Michelangelo, have influenced the style of art she likes to do. Throughout her life, she has experimented with different art styles like shading, realism, and anime to figure out her own style, as well as watching other people draw to get a better grasp of how to use different art styles. She even combined different techniques and styles, which led her to discover her own style at the age of fifteen. With the components of various art styles all put together, she now incorporates semi-realism and watercolor techniques in her art. She creates art everyday because "the worst thing you can do is put down your

pencil." Even when she is not motivated or has a hard time drawing, "[she] still stick[s] by because if you stop, it's kind of, like, it puts a damper on your mood even more and just kinda processes your art a lot." Her advice to fellow artists or people who want to try art is, "Even if you don't think you're good at it, keep going because you will eventually get good at it. It's not what others really think, it's what you think. You're putting your emotion on the paper. Just remind yourself that it's not bad, not bad at all, to keep going." Creating art everyday helps progress students' art and aids them in being able to see that "it's more than just a drawing, it's words as well. It's your story." Not only that, but she talks about how "there's people who look up to you whether you think about it or not. You're impressing not only yourself, but impressing some other people too." This shows how art is not only useful for self expression, but also influences others.

Since the time of first becoming an artist, her view of the world has changed by her seeing "everyone as an artist" and she is now able to express herself through art. It has helped her during hard times and losses, to which it becomes therapeutic to her. Even in college, she plans to "do art as a minor and major in something like protective services but can tie it into it, like art therapy." Besides doing art, she has assisted others with their art for other classes, which has allowed her to improve on her own artwork as well as enjoy the feeling of helping others. Currently, she does not post her artwork



Credit: Jordan Davis  
Watercolors were used to create this fanart of Marina from the video game Splatoon

anywhere online due to the fear of hard work. As Davis explained, it was worth it since art has allowed her to have an outlet for her thoughts and feelings. Students who are hesitant about drawing may be pleased with the result if they drown out the negative thoughts and start drawing without any fear.



Credit: Jordan Davis  
Senior Jordan Davis proudly displays artwork from her sketchbook and portfolio

## Avoiding Allergens: Easy Alternatives for Common Foods

By Jillian Flack '22  
Staff Writer

Around the world, millions of people have food allergies. Ninety percent of these allergies include eggs, milk, soy, wheat, fish, nuts, and shellfish, according to healthline.com. People get allergies because their immune system does not recognize a food, so the system mistakes it for something dangerous and reacts by trying to get rid of the food. It is for this reason that people have allergies. People with allergies are unable to eat the foods they are allergic to, even if they are essential to their health. Because of this, many people try to find alternatives for the foods they cannot eat.

There are many alternative options for different foods. One alternative for peanut butter is sunflower butter, which is made the same way as peanut butter is, except sunflower butter contains sunflower seeds instead of peanuts. Many people agree that sunflower butter is very similar to peanut butter, making it a desirable choice for innumerable people to substitute out for

peanut butter. A popular brand of sunflower butter, SunButter, also contains less sugar and saturated fat than many peanut butter brands. Furthermore, it contains more vitamins and minerals than peanut butter, meaning that it is a healthier option as well. In addition to peanut butter substitutes, there are several alternatives to milk, one of which is rice milk. A multitude of people think that rice milk is one of the best alternatives because they believe it tastes like milk. It naturally has a sweet flavor and is often made out of brown rice. This milk can also be made at home easily by blending rice and mixing water into the rice. Other than being made easily, rice milk is high in carbohydrates and it is low in protein and calcium. There are also many substitutes for eggs, such as applesauce, if needed in a recipe. Eggs are put into recipes to hold the ingredients together, for flavor and appearance, and to make foods more moist. Applesauce create the same meals as eggs in cooking. One-fourth cup of applesauce can replace one egg in most recipes. However, although applesauce can be substituted for eggs, it may change the texture of the food

being cooked. President of the Allergy Awareness Club, Junior Anish Gopalan, shares "I think the biggest issue here is, like, a lot of the cakes out there. They have eggs in them, so you have to make specific types of... eggless cakes." There are also some alternatives for fish and shellfish, such as vegetables. Vegetables contain plenty of healthy oils that are also in fish. These vegetables include many green vegetables, walnuts, flaxseed oil, soy oil, and canola oil. These all contain omega-3 fatty acids, which are essential to a person's health.

With Halloween coming up, many children cannot eat certain types of candy due to their allergies. There are many items that can be used that are free of some allergens and non-food items are also an option. In 2014, a program called the Teal Pumpkin Project started. This program encourages people to be aware of the allergies that many children have. The program motivates people to hand out candy to trick-or-treaters that is free of some allergens or items that are not food. People who participate in this program usually put painted teal pumpkins in their front yard.



Foods such as fish, peanuts, and eggs can cause severe allergies for many people

Some non-food items to give out could include glow bracelets, pencils, bubbles, spider rings, and stickers. A few candies that are free of some allergens include Laffy Taffy, which is free of both gluten and nuts, Starburst, which is nut-free, and Mike and Ike's, which are gluten and nut-free. Candy brands that are free of nuts, shellfish, dairy, eggs, soy, wheat, and fish include Amanda's

Own, Amore Di Mona, Enjoy Life Foods, Glee Gum, Mondelez International, YumEarth, Wrigley, and Mars. These are all candies that are safe for most children to eat.

There are many people worldwide with allergies. It is helpful for them to find foods to consume as an alternative to those they cannot eat so they can fulfill their nutritional requirements.

## Homemade Costumes for Creative Minds

By Alexis Martell '21  
Staff Writer

Many people have a strong passion for Halloween and enjoy dressing up to celebrate, but not all students want to wear a costume others have or can afford one in the first place. Luckily for them, students have an alternative choice, is to create their own personalized costume. Many students dress up as characters from their favorite television shows or movies while others complete stage makeup to look like a type of monster or celebrity.

Sophomore Karan Kaler has been passionate about the holiday for a long time, but it was only three years ago that she began to use stage blood in her makeup along with providing maximum effort to incorporate fitting clothes for the face art she creates. She stated, "Whenever I'm bored, I'll grab my stuff and start messing around and trying new techniques such as scabs, slits, and gashes." Typically, the whole makeup process takes about forty-five minutes if it includes only paint; but with her realistic gory designs, it takes Kaler a bit more time to complete the full face of makeup. Kaler believes that clowns are her strongest looks, but she has also done porcelain dolls, ear

to ear slits, skulls, freak accidents, such as gunshot wounds, and much more for previous practices. One of Kaler's makeup looks from last year included the infamous teen character, Tate, from the first season of the popular television show American Horror Story. Kaler further stated, "I'm really good with paints and other art stuff since I practice arts in general." With her already possessed painting and drawing skills, Kaler gets even more practice when the season is not present.

There is another option for people who do not want to include makeup for their Halloween look. Sophomore Isabel Popiela has been thrifting for clothes and sewing the pieces she finds into her final costume for about four years. This year, Popiela is planning on dressing as Veronica from the movie Heathers. Last year, she dressed as historical founding father, Alexander Hamilton. Although Popiela includes no budget for her yearly costumes, she starts off with thrifting for the articles of clothing or small pieces of fabric that best relates to the icon she is trying to impersonate. Popiela believes that making a custom costume is less of a hassle than just buying one and stated, "I think that I am more passionate about Halloween now in comparison to when I was about seven." Another



Credit: Karen Kaler

Sophomore Karen Kaler practices her strongest look, creepy clown makeup

Halloween fanatic, Junior Logan York, explained that he had already finished the process of building his costume at the beginning of October. His costume is an improvised work that comes straight from his imagination. York's costume mainly contains pieces of scrap metal. His inspiration came from his father, who had created original costumes in the past. York explained, "My costume this year is really original and is just an inspiration and doesn't have a full form." York has been passionate about the holiday and

making original Halloween looks for many years and believes that creating personalized costumes is less of a hassle and it "puts who you really are into a creation."

As many students continue to buy their costumes from stores, some may feel inspired to create their own looks. Some design their costumes themselves while others may attempt to do gory makeup. Whatever one chooses to do, people see it as a fun, and creative way to express their passion towards this spooky time of year.

**HALLOWEEN DRESS CODE**

- No References to Drugs or Alcohol
- No Fake Weapons or Props
- No Fake Blood
- No Masks

## Simple but Decorative: Fall Inspired Crafts for Every Age

By Jillian Flack '22  
Staff Writer

With Halloween coming up, a multitude of students are looking for crafts and decorations to create. In addition to providing one with enjoyment, making crafts can be useful in keeping children entertained, which can be helpful when babysitting. There are many methods available to help students create autumn-themed decorations.

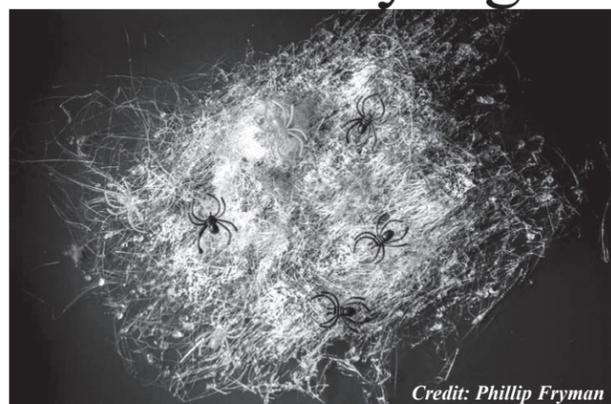
During the fall, there are many crafts that can be constructed for the

season. Making crafts can also help to keep children to be both busy and happy, along with aiding a student in connecting with a younger child. Some ideas for crafts to create include paper mache pumpkins and roses made out of leaves. Paper mache pumpkins can be made with a beach ball, twine, paper, a small branch, and paper mache paste. First, blow up the beach ball and tie the twine along each section of the ball. Next, cut the paper into strips. Dip pieces of paper into the paper mache paste. Place the pieces of paper onto the beach ball. After the paper dries, apply three more layers, making sure that the paper dries

before starting a new layer. Then, paint the pumpkin the desired color. Finally, glue the branch on top of the pumpkin to act as the stem and the project will be complete. This craft can help children to stay busy for up to an entire day. A great deal of young children and teenagers alike are entertained by this craft, along with other crafts such as leaves shaped into roses. This activity can be done using about ten to fifteen maple leaves per rose, floral tape, and twigs. First, take one small leaf and fold the points on the leaf into the middle of the inside of the leaf. Roll up the leaf, which will serve as the center. Then, take more

leaves, slowly using larger leaves, and roll them up. After the center is the wanted width, more leaves can be wrapped around the center leaves to make petals. The final step is to tape the leaves together using florist tape and tape the twig to the bottom of the rose. To make the rose last longer, fake leaves can be used. Many students and children find this craft to be enjoyable because they can express their creativity. Freshman Vanessa Sandoval shared, "[Crafts are] fun because you get to use your creative mind." Other than getting to portray creativity, these crafts can help to entertain children.

Along with creating crafts, making decorations can keep both children and high schoolers busy. A multitude of stores sell expensive decorations, so students making their own decorations can save money and as an added bonus, they can gain an enjoyable experience. Examples of decorations include spider webs and a wreath made of leaves. Spider webs can be made using one cup of sugar, one-fourth cup of corn syrup, and one-fourth cup of water. First, mix the ingredients together and boil them in a saucepan. The mixture should be boiled to about 300 degrees Fahrenheit. After cooking, stretch the webs with a fork on a greased pan quickly so the web does not dry. This will result in homemade spider webs, which are also edible. A large amount of children enjoy this craft because they can use their craft as both a decoration and a sugary treat. Freshman Aubrey Dawson stated,



Credit: Phillip Fryman

These homemade, edible spiderwebs are one thing students can make

"They [spider webs] look good scary and we have this big spider, can last for two or three years if kept out of direct sunlight. A great deal of people enjoy this craft because they can use these wreaths to decorate their homes for the season. Children can complete this activity with the help of an older sibling or adult, which can be enjoyable to all participating persons. Making crafts and decorations can help to bring young children and older siblings closer together, along with an abundance of high schoolers and children who find these decorations and crafts to be enjoyable to make. Additionally, crafts can help to portray the thoughts and feelings of someone, along with keeping children entertained. Crafts can be beneficial for helping children and teenagers express their creativity and have a fun experience.

to get the final result. These wreaths



Credit: DIY Craft Projects

These roses composed mostly of fallen leaves are an elegant and intriguing autumn-inspired decoration

# Varsity Captains Meet At Leadership Conference For Training

By Kylee Seamans '22  
Staff Writer

The third annual Sportsmanship Conference took place on October 17, 2018, featuring the school's Captain's Council, showcased at Murrieta Mesa High School. Two representatives from each sport from the Temecula and Murrieta Valley Unified School District high schools, as well as their superintendents, were invited to attend the conference. At this event, guest speakers such as coaches and professional athletes preached about the importance of leadership positions in sports, and how captains can improve the overall performance of the team. By being a better player and by fully participating as a role model for their team.

The Sportsmanship Conference is held in hopes of inspiring and motivating athletes to take their leadership skills beyond the high school fields and developing them into stronger leaders within their communities. The guest speakers included Lynda Morales, a volleyball player, Oscar McBride, a leadership advisor and past professional football player, Nikki Palmer, a softball coach at the University of California, Riverside (UCR), as well as general manager

Ryan McCulloch. The motivational speakers at the conference had goals to encourage their listeners to take control and to fulfill their roles as captains by being the best they can be for their team. "[The speakers] mainly talked about how to lead a team and how to be there for your players, to be there as a friend, and to love [your teammates]," said Senior Isaiah Lara, captain of the Varsity Boys Tennis team. Although the Varsity Boys Tennis team is not in season until the spring, Lara plans to enact and share the leadership skills he learned from the conference.

Guest speaker Lynda Morales, a Puerto Rican Olympic Indoor Volleyball player, talked about her journey from her adventures in high school sports to her travels in the Olympics. She conversed about the opportunities that are offered to athletes and how to stay prepared for crucial life impacting chances. Oscar McBride, a leadership advisor, helped provide insight on the many ways to increase the capability of the students to become better team captains. Also from UCR, softball coach Nikki Palmer gave advice to the athletes as to what university coaches search when they scout for athletes, reminding them that scouts not only search for athleticism in the field but attitude as well as the student's social media. This helps to keep



Credit: Shelly Jackson

Southwestern league captains meet at Murrieta Mesa High School to improve their leadership skills, grow as leaders and learn about sportsmanship

athletes who are planning to continue with sports after high school mindful of the path they should take and how to higher their chances at a scholarship.

The event's sponsor Temecula Valley Auto Mall took this opportunity to bring awareness

to the dangers of texting and driving. For a brief ten minutes, Ryan McCulloch talked about the troubles that come with texting and driving. While this does not directly relate to sports, it is important to leaders as a whole.

Leading by example is key

within and outside the athletic realm. McCulloch stressed the importance of being a well-rounded leader in and out of season.

The captains of the athletic teams have come to realize the value behind good leadership; that leading is beyond just showing it to their roles in their teams.

## Chemistry is the Greatest Victory



Credit: Erin Lancaster

Senior Elizabeth Johnson (left) dives to save the incoming ball, continuing the play.

By Julia Hernandez '19  
Copy Editor

The Varsity Girls Volleyball team said farewell to their 2018 season by playing their final league game on October 10. With a record of 1-9 in league, the athletes prioritized three things that are more important than winning: maintaining a good relationship with the entire team, honing fundamental skills during practice, and having fun. The Varsity Volleyball team proved that winning is never the sole reason to play sports in high school.

Chemistry is important on any team because trust in your teammates allows for more success. The Varsity Girls Volleyball team put forth an extensive amount of team bonding in order to build relationships with everybody on the team. Over the summer, the ladies had

fundamentals during practice. Some drills focused on passing and serving. "Because without those, you can't win," Johnson said. When the basic skills cannot be executed correctly, the entire team struggles to function as one. That is why the technical things were given the most attention during each practice. Although practice was not very difficult, she described each day as a fun experience. "We did a lot of work connecting [everybody on the team] and we'd play with each other at the end of practice," Johnson expressed. Morgan Johnson plays on the team with her twin, Senior Elizabeth Johnson, as well as her younger sister, Sophomore Anna Johnson. Being an underclassman on the varsity team, Anna Johnson appreciates the opportunity to learn from the older girls. "[Everything we practiced] had a tremendous impact on the games. It gave the offense a chance to run the plays," Anna Johnson said. The results from the frequent team bonding activities surfaced during practices and in each game. They were able to trust each other to work hard and to perform to the best of their abilities at all times.

Winning is only a minor aspect of playing a sport. Every generic pep talk a coach can give will feature these two famous words: have fun. "I didn't have a lot of expectations, I just wanted to have a good senior year. I wanted to enjoy it and of course I wanted to win, but at the end of the day it's not about the wins and losses, it's about having fun with your teammates," Morgan Johnson described. It hits the message of the ultimate point of youth sports. High school sports is not anything near the professional level, yet many athletes, coaches, and parents pretend like it is. Winning is pounded into these athletes' heads as the sole purpose in competing with the sport, that it is commonly forgotten that they used to enjoy it. When the team has a rough game, they remind themselves to work hard and have fun.

In every game, maximum effort is presented by the Varsity Girls Volleyball team. By focusing on building up the team this season, the ladies will be ready to compete again next year. Regardless of the amounts of wins and losses or how far they got in CIF, the girls fought hard until the end.

## One Last Dip in the Pool

By Dolores Aguilus '19  
Sports Editor

As the Varsity Boys Water Polo season comes to an end, the Pumas are preparing themselves for post season California Interscholastic Federation (CIF) once again. With a close game against Chino Hills High School last year, they had lost in overtime 11-10. Having yet another incredible season, they strive to go even further in CIF than they have in previous years. With a record of 16-4 overall, and 3-2 in league, they continue to practice everyday for three to four hours a week to be ready for what is to come.

Struggling with consistent attendance in practices and holding morning practices, the players all continued to train their hardest in and out of the pool, in order to stand strong in the Southwestern League rankings. Their practices consisted of daily conditioning, scrimmages, and working on their fundamental skills as a team. Early on in the

season, the team lost three games, all by one goal. The only thing that Head Coach Mr. Josh Stone would have changed is to push through those games to attain strong wins. Last year, the team had placed second place in league, behind Great Oak High School and ahead of Temecula Valley High School. With the expectations of having a great season, "I'm happy with our standings in the Southwestern League and we are going to be playing for the championship game next week" stated Coach Stone. Last season, the two leading scorers graduated, and throughout this season, the team's offense improved to have multiple players scoring numerous of goals throughout a game.

On September 4th, one of their most difficult games was against Rancho Cucamonga High School. "They were the top ranked team in our division, and it was a tough game," Stone said. Although the team had lost that game, they continued to persevere throughout the season to try to finish as one of the best in league. Senior Co-captain Luke Draeger

stated, "The team has better chemistry; every year, new people get brought up and you don't know who those people are because they're from Junior Varsity (JV)." The team had a continuous growing bond with each other, and that bond had played a role in their work ethic during a game. One of the advantages the team has is their strength in size, they are a physically imposing team that factors into how they play.

This season the pumas are in third place in league and have three more games to improve their standings in league. After another great season, the team is qualified to go to CIF after their final game. Junior Bryce Coatney stated, "We are all super pumped to play some good teams, and I know we are going to play our best and place as far as possible in CIF." As the season comes to a closing, the team will continue to practice to prepare themselves for CIF this year. With three more games in the season, the boys plan to end it with a strong team chemistry and a powerful lead into postseason CIF.



Credit: Bryce Coatney

The Senior Boys Varsity Waterpolo celebrating another victory Coach Stone

### ATHLETES IN THE NEWS

**Junior Olivia Sonia - MVP, advanced to day to of the southwestern league finals (Golf)**

**Senior Jemaar Robinson made a turnover play, with an interception, in the 4th quarter scored tied 28-28 against TVHS (Football)**

**Senior Luke Draeger scored the most points against TVHS with 7 goals Final score 20-21 Chaparral. (Waterpolo).**

**Senior Grace Handler had the fastest girls mile (5:18) (Cross Country)**

**Junior Alejandro Perez, had the fastest boys mile (4:44) (Cross Country)**

**Senior Amelia Hill was named MVP (Tennis)**

## Mrs. Jackson Will be Missed as She Readies for Retirement



Credit: Shelley Jackson

Mrs. Shelley Jackson with her husband and grandkids at Peltzer Pumping Farm  
By Aishlyn Bruce '20  
Staff Writer

Dedicated, caring, and hardworking are just a few words used to describe the school's beloved Athletic Secretary, Mrs. Shelley Jackson. After fourteen years of dedicating herself to assisting student athletes and organizing seasonal sports information Jackson is retiring in late November. She is a highly regarded staff member who is an asset to student athletes and her coworkers, and plans to make the most of

her time left in the athletics department. Jackson spends the majority of her day with student athletes and coaches, discussing what is needed for that season to be a success. Certified Athletic Trainer Mr. John Rentar stated, "Mrs. Jackson is the backbone of athletics. She has kept all the athletic procedures and policies in order making sure that everything was exactly what we did before, making it a smooth transition." Although dealing with hundreds of student athletes constantly can be stressful at times, Jackson never lets it affect her work. With a new

experience every day, Jackson always loves the "positive environment" and being able to help student athletes and coaches with what they needed.

Reflecting on the years she has worked for the school, Jackson will miss the coaches most, "This school has been my home away from home for fourteen years, and it is truly going to be tough for me," she said. Spending time with coaches everyday has made a significant impact on many. Long time Boys Varsity Soccer coach Tony Rossi stated, "She did everything behind the scenes, so all I had to do was worry about coaching. She has done that for every coach at CHS, and was basically the assistant coach for every one of our teams." Throughout her years at the school, Jackson made many close relationships with her coworkers, making the idea of retiring a little more difficult than anticipated. Rentar had become one of her closest colleagues and friends, "We understood each others jobs because we had common interest. There were so many things we did together with this job - for her job, for the athletics - and that is something I'm going to miss," Rentar stated.

One of her favorite memories Jackson shared was helping to create the "Faith Rentar Carnival" in 2010 to help raise funds for his daughter. An additional memory Jackson holds dearest is when

the school's Varsity Boys Football team won the California Interscholastic Federation (CIF) Southern Section Championship in 2009. Her memories and relationships she has made with this school will never be forgotten.

Outside of school, Jackson's life consists of maintaining her outside business and spending time with her

family. Although she finds enjoyment in her T-shirt printing and wooden signs, her true love is her family. Jackson's husband teaches at Temecula Valley High School; she has three daughters and two grandchildren she enjoys spoiling. With her retirement, Jackson hopes to spend even more time with her grandchildren and to continue making memories with her family.



Credit: Ryan Leonhardi

Athletic Secretary, Mrs. Shelley Jackson, and Certified Athletic Trainer, Mr. John Rentar

## Varsity Boys and Girls Cross Country Racing Towards CIF

By Christina Avina '20  
Staff Writer

As the Varsity Cross Country team wrapped up their 2018 season, the team reflected on the long afternoons and summer mornings they had, working hard to improve their times from last year's season. Everyone's goals were to bring both the Varsity Girls and Boys teams to California Interscholastic Federation (CIF). Cross Country had been working all summer long, preparing for their season. Head Coach, Mr. Martin Dinsbacher, organized many fun summer workouts to keep members of the team motivated and in shape. Dinsbacher stated, "If you really want to have a good season, is to get everyone to come out for summer workouts. So we try to have things, like we had a little summer

camp in Mammoth." Coach Dinsbacher tries to encourage the players to stay focused by doing activities such as running to the local Bahama Bucks for a sweet treat. The Varsity Girls are ranked in the top ten in CIF, and with hard work and dedication Varsity Boys are hoping to reach CIF as well.

Junior Alejandro Perez, co-captain of varsity boys with Sophomore Jacob Bustamante, has been working diligently to become a better leader and teammate. By breaking out of his shell, Perez has been interacting more with his teammates, rather than keeping to himself. In previous years, Perez had an older sister that also participated in cross country, which influenced him to start running. Coming into high school, he saw how the varsity team encouraged each other to push harder and do better, which is one

attribute that inspires him now. Perez has found that by stepping out of his comfort zone, he created a stronger connection within the team.

"This year, we are even closer as a whole team not just the varsity, so it's really fun to have all the coaches and teammates all together as a family," Perez said. The past few months have been filled with preparation and commitment, and by building a strong foundation, the team has created a closer bond than before.

On the Girls Varsity team, Senior Cynthia Martin has been putting in to help the team. Last season, Martin made her way to CIF Finals, and this year the girls worked ambitiously to get the whole team there. Running, to Martin, is not only a sport she partakes in, rather it is a passion. This is the reason for her determination to help her team become the best they can possibly be. "This

season, I just want to get my whole varsity girls team to CIF, and hopefully state," said Martin, "and definitely make sure everyone is pumped and never negative on themselves." Martin's Cross Country career began in middle school when her coach asked if she wanted to run, and Martin claims, "I've been running ever since." The dedication and passion Martin has towards Cross Country helps her be a better teammate and motivating captain.

Both varsity teams were competitive in every race and showcase they participated in. The Cross Country teams will continue to strive and practice everyday to enhance their running skills and pump each other up to prepare for challenges this season as well as in seasons to come. With great captains leading the teams, the Cross Country runners feel confident in their goal of making it to CIF.



Credit: CHS Cross Country

Varsity Girls Cross Country team proudly holds trophy together after competition, celebrating another victory



## Platinum Pumas Athlete Spotlights

Amelia Hill and Annelise Wilson - Aishlyn Bruce '20  
Staff Writer

Dolores Aguilus '19 - Daniel Sanchez  
Sports Editor



### Amelia Hill '19 Varsity Girls Tennis



Dedicating her time to the school's Varsity Girls Tennis team, Senior Amelia Hill started her tennis career by attending a camp that her family friend, who was already on the team, recommended she try out. Hill was skeptical about trying it at first, but she eventually attended and fell in love with the sport. During the first day of the camp, Hill had come the realization that playing tennis is something she would love to do for the rest of her life. She realized that playing tennis opened many leadership opportunities for her within her job, and being able to talk to her coworkers more maturely and sophisticated. All the hard work

put into practicing came with difficulties as she struggled with trading partners often. A partner is someone each player would work with throughout the season, dealing with swinging, running, feet placement, and more. "I had a partner chosen for me my first year of tennis because I did not have a set partner, but we grew very close. We became partners again this season because my coach asked if I wanted to be partnered with him again, which I was afraid would not happen," Hill concluded. Going through many partners can be very difficult because it takes time and effort to get used to a different athletes and the way they play. As captain for the Varsity Girls Tennis team, Hill loved every minute of it. Her position as a captain included making sure that the athletes are listening to the coach and stay focused and on task. Being a captain has enabled her to use her voice and prove her worth to keep the team in check and lead them. Hill will continue to work hard to progress her skills, while leading the whole team with her for the final time.

### Annelise Wilson '20 Varsity Girls Field Hockey



Even without an official team at the school, Junior Annelise Wilson started field hockey because it similar to lacrosse in many ways, and she had found the sport intriguing. Finally, at the beginning of the 2018-2019 school year, the Varsity Girls Field Hockey team was introduced to the campus. Wilson had been playing field hockey since the summer before her junior year, which resulted in her improved skills and becoming a leader on the team, even in her first year. Wilson gained inspiration from her teammates, friends, and coaches who supported her taking on the new sport. She learned all the

different aspects of field hockey and how to play from a coach at Temecula Valley High School. "He was an Olympian in field hockey, and it was cool to have the opportunity to work with him and learn about his skills and techniques," she explained, "the sport is a bit lower to the ground [compared to lacrosse], so you have to build the lower body strength in order to move and keep up with everybody else on the field. Hitting can be difficult when trying to hit the ball and not the ground." Being a first year co-captain came with big responsibilities. "I want to be able to support my team. If we are having a bad day, then I will bring them more positivity. If you see they are doing something wrong, I will correct them critically and benefit them when playing," stated Wilson. She learned how to be more responsible because people are looking up to her, and her actions, as a role model. Being a player on the Varsity Girls Field Hockey team has taught Wilson many things that she can put forth into her future with her sport, as well as her high school career.

### Daniel Sanchez '19 Varsity Football



Senior Daniel Sanchez had started his athletic career as a child, not knowing where it would take him. As he grew older, he found that football was his calling to release his aggression. Football has grounded Sanchez as a person, teaching him what it takes to be dedicated and determined in the things he does on and off the field. "There's no other way to describe it, but football is life to me," said Sanchez. It has also encouraged him to stay out of trouble as much as he can, developing positive traits in return, like improving his character. As one of the defensive ends on Varsity

Boys Football team, Sanchez has to be quick on his feet and disrupt the opposing team's quarterback in any way possible, requiring an abundance of training. He attends all the practices and often goes to the gym for extra training. He also went to college training camps to improve his techniques and himself as a person. There were times in which Sanchez had wanted to give up the sport altogether, but his coaches motivated him to keep working hard. The majority of his time is put into training because Sanchez stated that, "The more I put in, the more I get out of it." Since his sophomore year, he has been investing his time in not only football, but also his academics. Although a vast amount of his time is taken up, Sanchez still knows it is important to maintain his grade point average (GPA) to continue playing. As his high school athletic career comes to an end, Sanchez plans to play college football, if he gets an offer, but his back up plan is to be enlisted in the Air Force after high school.

# THE BIG DECISION

## College Visits 2018



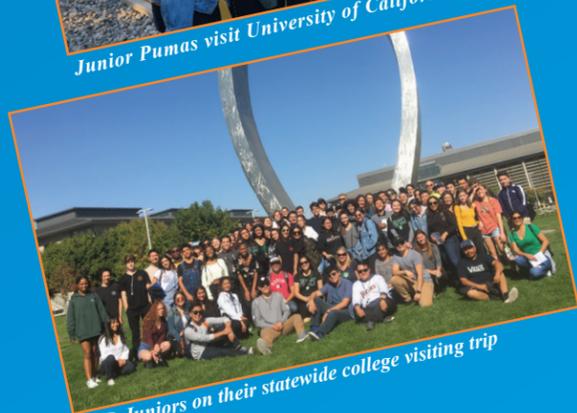
Junior Pumas visit University of California Davis on trip



Senior Rex Garcia visiting Stanford University's campus



Group of AVID students visiting University of California Davis



AVID Juniors on their statewide college visiting trip



Junior Pumas visiting University of California Santa Cruz



Senior Taylor McMahon visiting Arizona State University



**Final SAT before applications: December 1, 2018**



**Final ACT before applications: December 8, 2018**



## Dates, Deadlines, and Requirements

California Priority Filing Deadline for FAFSA: March 2, 2019

### TIPS

**Start your application now! Actually, start it yesterday, get that done as soon as possible, this is not Turnitin.com, 11:59 on the last day does not fly**

**Last SAT is December 1 | Last ACT is December 8 | Do not miss it!**

**Your. Grades. Matter! Finish off the Fall semester strong**

**College is expensive. Fill out your FAFSA and look for scholarship theres tons of unclaimed scholarship money**

### University of California (UC)

- Application filing period: November 1 to November 30
- Requires SAT with Essay or ACT with Writing
- Must meet A-G course requirement
- Must submit fall 2018 grades by: January 4
- Admission notification: March 1 - 31

### California State University (CSU)

- Application filing period: October 1 to November 30
- SAT and ACT requirements vary by school. Reserach well in advance.
- Must meet A-G course requirement
- Transcript and test score requirements vary by school. Reserach well in advance.
- Admission notification: February - March