



MARSHALL FUNDAMENTAL

Newsletter

Spring/ Semester 2021



"Routine" in watercolor
Andrea Navarro, 12th Grade
Exhibited at No Boundaries 16 (2021)



990 North Allen Avenue - Pasadena, CA 91104

626-396-5810 - pusd.us/Marshall

Principal, Mark Anderson, PhD

Assistant Principals: Audrey Green, Lanisha Kelly, and Sandra Rizzo

National & State Scholarships and Awards



Matthew Duong
Regents Scholar
UC Irvine



Nathaniel Frederick
Regents Scholar
UC Irvine



Colson Kishimoto
National Merit Scholar
UCLA



Gyda Nawarunguang
Posse Scholar
Northwestern University



Alejandro Ramos
Questbridge Scholar
Bowdoin College in Maine



Pamela Trujillo
Puente Statewide Academic
& Leadership Award
Cal State Northridge

Graduating Class of 2021



Alexandria Velasco
Valedictorian



Ava Bronkar
Salutatorian



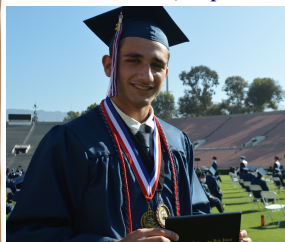
Gyda Nawarunguang
Salutatorian



Salutatorian, Gyda Nawarunguang, Valedictorian, Alexandria Velasco (not pictured - Salutatorian, Ava Bronkar)



Tory Laster



Peter Devletyan



Senior Class President, Simone Kuo; ASB President, Elisa Kim; Valedictorian, Alexandria Velasco; Salutatorian, Gyda Nawarunguang



Ms. Nina Marquez, Angel Baeza, Celine Bekmezian, and Gino Linsalato



Leslie Cervantes and Jasmin Pelaez

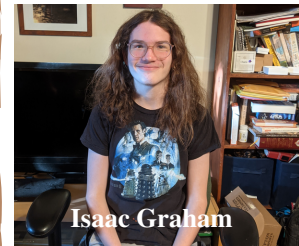
Promoting Class of 2025



Eumbee Grace Ahn



Oliver Cowing



Isaac Graham



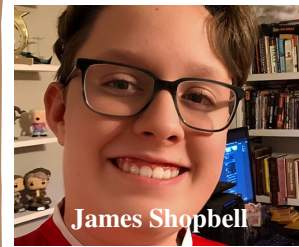
Sophia Hammer



Katherine Karish



Tova Rosenbaum



James Shophell



Owen Stadnicki



Alexander Tsarukyan



Keilah Yu

Class of 2025 students recognized for their Exemplary Academic Achievements earning a 4.0 GPA for 3 years as Middle School Students

AP Capstone Research 2021

The AP Capstone class of 2021 is the largest group of Capstone Scholars Marshall has graduated since the start of our Capstone program. Our 37 Capstone Diploma candidates are celebrating the culmination of their independently designed and conducted research projects, as well as a 4,000-5,000 word academic paper, with topics ranging from politics to bio-mimetic architecture. Their resilience in completing their investigations and papers are to be commended as they overcame numerous challenges and limitations in the face of distance learning, yet excelling and persevering despite those circumstances. Marshall continues to be the only school in the city of Pasadena to offer the Capstone Diploma. Congratulations, Capstone Candidates!

By Mary C. Stevens, Ed.D., English Teacher/Department Chair - AP Capstone Research Teacher

- **Cassandra Aquino** - Understanding the Model Minority Myth
- **Aram Ashkaryan** - Exploring the Effects of Covid-19 Within the Armenian American Society of the United States
- **David Baghdasaryan** - Armenia's Dependence on Russia
- **Ava Bronkar** - The Relationship Between Religion and Academic Success
- **Madeleine Chen** - Analyzing the Impact of Film Portrayals of Asians on Non-Asian Perceptions of Asian American High School Students
- **Peter Devletyan** - Effects of In-Game Elements Embedded in Video Games Among High School Students, Through the Perspective of the User
- **Alexia Dowell** - Basic-Needs Barriers Effect on Minority Post-Secondary Education Completion Rates
- **Matthew Duong** - Machine Learning and Coronaviruses: The Ethical Consideration
- **Celeste Favela** - Effects of Child Abuse on Criminal Behavior
- **Nathaniel Frederick** - Analyzing Impacts of Chinese Policy and Statements on Taiwanese Politics and Identity
- **Caitlin Gonzalez** - Millennials vs. Gen Z: Differences in Social Media Usage
- **Haroutioun Kabaian** - To what extent did the Armenian Genocide play a role in the mental well-being of descendants living in Pasadena through intergenerational trauma?
- **Amanda Kiesel** - A Phenomenological Analysis of Kinesthetic Empathy and Social Environments in Relation to Happiness
- **Elisa Kim** - Moral Context of Google's Media Aesthetics
- **Colson Kishimoto** - After Internment - the Settlement Patterns, Education Levels, and Marriage Trends of Japanese Americans Post-WWii
- **Henry Lamborn** - Assessing Consequences of Idealist and Realpolitik Ideologies In 21st Century American Military Alliances In the Near East
- **Bora Lim** - Analyzing Film Representation of Mental Illnesses in the 21st Century
- **Janet Martinez** - How Can CPS (Child Protective Service) Cases Improve to Avoid a Loss of Life?
- **Serop Marashlian** - Effect of Artsakh War on Armenia Descendants Living in Pasadena Through Inter-generational Trauma
- **Eric Mkhitarian** - Evaluating the Effects of Covid19 on Small Businesses in the United States
- **Gyda Nawarungruang** - Bio-Inspired Architecture: Building a More Sustainable Future For Metropolitan LA
- **Hannah Owen** - The Impact Political Media Platforms Have on the Increase of Political Partisanship Within the United States Voting Population
- **Lily Pendleton** - Analyzing the Availability of Maternal Mental Health Resources in Pasadena, California
- **Bethmin Perera** - Determining a Level of Concern Regarding Plastic Pollution in the Ocean
- **Alejandro Ramos** - Rolling Back on Environmental Protection During the Trump Administration
- **Avery Redfearn** - Cuba, the Cold War, and Covid-19
- **Kai Repella** - Finding the Effects Algae Blooms on Clear Lake California and the Communities Surrounding It.
- **Will Tamrowski** - the Importance of Cyber Security in National Security
- **Alexis Torres** - Human Genome Editing & Prime Editing: the Ethical Repercussions
- **Pamela Trujillo** - Overpowering the Silent Killer
- **Alexandria Velasco** - Attitudes Towards Latin-Accented vs American English
- **Belen Vallejo** - How has Social Media's Sexualization of Girls Impacted Self Perceptions of 16-18 Year Old Latinas at School M?
- **Diego Villaneda** - Implementation of A Maximum Wage and Income Limitations Effects on the United States Economy in the 21st Century.
- **Malia Wilson** - Analyzing the Relationship Between Gini, Race, & Covid-19
- **Helen Windsor** - The Most Powerful Person in America: An Exploration of Proposals For Reimagining the Prosecutorial Function Towards A Decarceral System of Criminal Justice.
- **Katie Yan** - Evaluating How A Country's GDP Affects Covid-19 Overall Patient's Health
- **Isabelle Zazueta** - The Impact of Sex Trafficking on the Perception of Traditional Female Gender Roles in Society in the 21st Century

Exemplary Arts Program



Luis Ortega Erazo, 12th grade - Facial Features (graphite)



Marshall Fundamental is a recipient of the 2021 California Exemplary Arts Education Award

Arts and Community

By Luis Rendon, Jr., Visual and Performing Arts Department Chair

Marshall Fundamental celebrates creative expression through the visual arts. We know that the arts are necessary. The arts operate squarely in the domains of critical thinking, collaboration, communication and the aforementioned creativity. Marshall students engage in the visual arts throughout their academic career, as we offer distinctive 6th, 7th, and 8th grade classes. At the high school level we offer Art, Drawing and Painting, AP Studio Arts, as well as Graphic Design: Beginners and Advanced.

No matter the specific class, Marshall students engage in the development of skills through exploration and practice of techniques and materials. Students explore works of art to make connections between disparate groups and their creative expression. They critically examine historically significant works of art to prepare for the analysis of our own work and that of our peers. Finally students produce works of art that are driven by inquiry and guided by our unit themes (Identity, Memory, Culture, Community, Society, and Voice).

Marshall's visual arts department is a place where students collectively examine their world critically and communicate their ideas creatively. We are an integral and fabulous part of Marshall Fundamental.

Rendonjr.Luis@pusd.us

Arts and Community

By Ms. Lanisha Kelly, Assistant Principal & ACI Administrator

Marshall Fundamental's commitment to the arts is known and branded through public and private partnerships.

Marshall has forged a partnership with the Lightbringer organization that connects students with work-based learning opportunities both inside and outside of the classroom.

Students visited Dublab Studio, Modern Multiples, La Plaza Cultural Center, Kidspace Museum, Inner City Arts, Red Hen Press, and the Los Angeles Music Center.

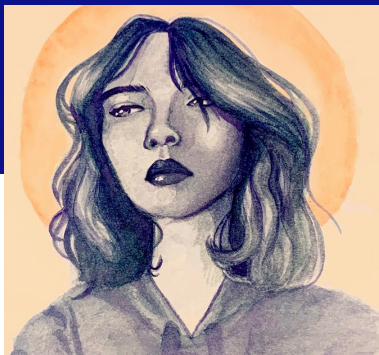
The Arts are the engine that drives the success at Marshall because of their inclusivity of all students and integration into the entire campus.

The VAPA program and courses are the fulcrum the positive school culture and academic success at Marshall. 85% of students in all grades take visual and performing arts classes.

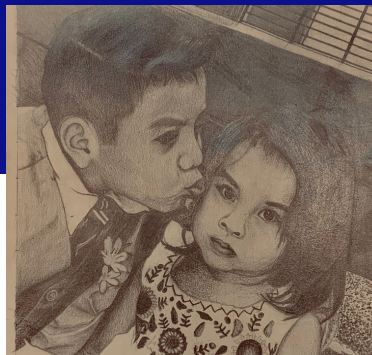
Kelly.Lanisha@pusd.us 626-396-5810 ext. 64042



Rosaleena Gullotto, 11th grade
Alebrijes de Oaxacanos (acrylic)



Chloe West, 12th grade
Burned Out (watercolor)



Ashly Ajabal, 12th grade
Five Tone Drawing (graphite)



Annika Heinsen, 10th grade
Self Portrait (graphite)

Tips, Tricks, & Advice From Our Students

Together We Can Make a Difference

By Lilly Guyer, 8th Grade

Ryunosuke Satoro, a Japanese poet once wrote, "Individually, we are one drop. Together, we are an ocean." What this means to me is, together, as a community, we can make a difference especially during challenging times. When we have challenges, such as those caused by this pandemic, we should all try to help one another. This is why my neighbor, Trisha Muse, started a non-profit organization, called Pasadena Food Hugs (PFH). PFH buys meals from Latino and Black-owned restaurants and donates these "food hugs" to frontline workers in the Pasadena community. Not limited to the Marshall community, but the Pasadena community in general. I am so fortunate to be able to help PFH.

Helping the community is extremely important and PFH strives to make our community better by supporting restaurants who are currently struggling financially and PFH's focus is on helping frontline workers who are working hard for Pasadena. As part of the PFH Team we have delivered "food hugs" to Pasadena fire stations, the Huntington Hospital, Pasadena Water & Power, Target, Trader Joes, the Pasadena Humane, and so many other places. I feel it is important to help our community thrive no matter what the circumstances and especially during this pandemic.

Frontline workers, such as nurses, doctors, grocery employees, and utility workers are striving to make sure we stay safe and healthy. When I help with the deliveries of the "food hugs," it is so great to see people happy and smiling. They are grateful and thankful, and I know I am part of a team that is making a difference.

Sometimes I am asked, "Who are you and where do you go to school?" I am proud when I can tell them that I attend Marshall Fundamental.

Volunteering for PFH is just one example of how Marshall Eagles are helping our community. Other examples are students donating food and writing letters for St. Jude Hospital. All these little ways we help are like small drops, however, these drops combine like an ocean making a big difference in our community. So go out and do as much as you can to help our community!



Adapting to Marshall through Virtual Learning

By Avyukt Kaushik, 6th Grade



Adjusting to the online environment presented a challenge for many people, including myself, starting the 2020-2021 school year. The pandemic had hit me hard, and I thought online school was going to be slightly chaotic. I was nervous about starting school online, as I was coming into 6th grade. Middle school was making me nervous, and I knew being online wouldn't make anything easier. However, my teachers were able to help me learn how great the Marshall environment was, even through virtual learning.

At the beginning of the school year, things started decently. Since the pandemic started when I was in 5th grade, I was partially used to the online learning environment. During the pandemic, classes felt lonely. But when I came to Marshall, I felt as if I was in person the whole time. Right from the amazing teachers to the kind fellow peers, everything was all in place. Even online, I was able to do P.E. and band class almost as well as I would have done in person. The online system at Marshall was very stable, which allowed me to do well both at home and at school.

As we are nearing the end of the school year, I now see how much Marshall helped me. My teachers helped me with my concerns, and my peers helped me enjoy school. I am very thankful that I can attend Marshall and be a Marshall Eagle. I have been able to see my teachers in drive-thru, which has made me feel happier. I enjoy online learning at Marshall, and I can't imagine how much more I would enjoy it next year in person. I understand that some people may find the online environment still hard, but to those out there, keep trying, and never give up.

Tips, Tricks, & Advice From Our Students



Checking on Your Neighbors

By Dessil Kechichian, 12th Grade

Checking on your neighbors, friends, and family is important as well. There are many ways you could check up on how everyone is doing. Send them a text, give them a phone call, facetime, etc. Ask if there's anything you could do to help out, it could be going to get groceries for them or picking up medicine for your loved ones.



Bonding With Family

By Vanessa Martinez, 11th Grade

Now that I am at home 24/7, this has helped me to bond with my family more. I have gotten closer to my sister and we relate to many things. Also to my mom, whom I was not really close to, I now talk to her more about what's on my mind.



Mental Health Recommendations

By Sorcha Cleary, 10th Grade

Another important step to staying mentally healthy is to make sure never to skip a meal! Last semester I found that I was always forgetting to eat, which made me irritable and anxious. It's so easy to skip meals like breakfast and lunch, but it's really important to give your body fuel. Breaking for meals is also a helpful way to take a break from work. It can help refresh your mind and when you come back, everything seems so much clearer.



Each Day Offers a New Start

By Taylor Washington, 12th Grade

If there is one thing I have learned over quarantine, it is that we are promised a new start each and every day to smell the roses, or roll in the grass, maybe dance in the rain, or play in the dirt, because no matter what, the sun will always rise again, something I believe to be the MOST special part to us as humans



Creating a Sense of Belonging

By Sara Ruiz, 12th Grade

Many senior citizens, like my grandfathers, struggle with technology. Many may know of the services that Pasadena offers but they have no internet or don't know how to navigate the web. Maybe this is the helping hand you can provide. Two of our Eagle Values are, "Act Responsibly," and "Lead with Integrity." What better way to act on these values than by bringing senior citizens some comfort, a warm smile and a feeling of belonging.

Tips, Tricks, & Advice From Our Students



Appreciating What Life Offers

By Alex Chew, 12th Grade

Before quarantine started I was a more naive and unappreciative version of myself. I was taking everything in my life for granted. I wasn't taking the time to appreciate all that life has to offer. I used to dread having to walk to school everyday but now I find myself taking very long walks and really enjoying the scenery that my neighborhood has to offer. Since about 7 of my family members got COVID I started to stop taking family for granted and began to spend more time with my brother before I left to go to college.

Although a lot of bad things happened this year, like my AP tests getting canceled, not being able to get my driver's license, and it being hard to maintain relationships; a lot of character development has happened as a direct result of all this. The saying goes, "adversity builds character", and I can confirm this is true because I felt like this past year has molded me into a mentally and physically stronger individual. With all the free time that I've had on my hands, I started to become very introspective, analyzing all of my thoughts and hunting to find the source of my mental suffering. It was very helpful to discover new ways to help alleviate anxiety through things such as meditation yoga and even running. All of these practices are scientifically proven to enhance one's mental health. This was more imperative than ever because of the effect that the pandemic had on everyone's sanity. I became more healthy and started working out a lot because I wanted to take this as an opportunity to better myself.

Defining Community

By Simone Kuo, 12th Grade

Community is a hard word to define. The word itself describes an experience so common that we never really take time to explain it. As a senior, I have engaged in many Marshall communities. Playing on the varsity tennis team, being a leader in the Associated Student Body, and holding executive positions in the Asian Club-- to name a few. A typical day used to consist of club meetings during lunch, lugging around a binder full of event planning, and hours spent on the court after school. I believed that the sense of community came from physically being where my like-minded groups were. Now, my days are spent behind a computer screen.

The COVID-19 pandemic has taught me that community is not a place, a building, or an organization. It is both a feeling and a connection of relationships among people. During these times of uncertainty, it is important to recognize how fundamental the sense of community is to human existence. Community unites us, offers support, and provides an identity. Every morning, I'm reminded of the strong Marshall community when Dr. Stevens greets us into the meeting room and plays music and when Mr. Lee offers a helping hand during office hours.

Whether you have felt community in a club, sports team, or classroom, you can understand the security and comfort that it brings.

Distanced learning has redefined community to digital connectivity and collaboration. I am certain many seniors and students can relate to the feeling of missing out. Yet, I've seen how flexible and resilient the Marshall community spirit is. I can feel connected to my peers even through the screen. Participating in ASB's virtual activities, studying with friends on FaceTime, and collaborating with my classmates in the breakout rooms, brings back that sense of togetherness.

While I do miss the physical aspects of the community; cheering at a pep rally, watching the basketball team win another point, or cramming for a quiz with my friends. It is the connections between humans that make a community, not the campus nor the classroom walls.



Tips, Tricks, & Advice From Our Students



Valuing Friendships in a Pandemic

By Isabella Motte, 12th Grade

It's safe to say that because of this pandemic I have learned the value and importance of my friends. Something so straightforward and cliché to say but nevertheless something true. Having a group of people who understand you and look out for you is something so vital in a time like this. Being able to communicate with them about anything and everything makes the distance and separation a little easier. In our group chat we are there for each other no matter the circumstance. We're funny and send memes, helpful and explain some work. We get serious and talk about current issues. When we need lifting up, we are there for that too.

Last year all of our lives changed to what now seems to be our new normal. Screens, walls and distance. We had no idea that a two week break would turn to endless months of separation and changes.

Being seniors now has definitely made the pandemic all the more difficult for us. We know that our journey here at Marshall will soon come to an end without a proper goodbye.

That this year was supposed to be filled with all the events played up by movies, books, shows and even us. Although we do bring up the things we will miss out on, we always find a way to be optimistic.

We look forward to new chapters in our lives. We have shared college acceptances, major life choices, decisions and events. We know that whenever we need to talk, we type it in and someone will always be on the other side ready to talk too. I have so much love and appreciation for them because through a time like this they made it easier. Not a day has passed where we didn't talk to each other, because we know how important it is to stay connected even when we have to be apart.

Making Connections Through Social Media

By Itzel Martinez, 12th Grade

As our social lives were reduced to texting, social media, and walks around the neighborhood we have learned to cope. By connecting through social media we could all be together socially and still be physically apart giving each other an emotional support system, and an emotional safety net upon which we could fall on bad days and good days, a safe space to become vulnerable. Hopeful and optimistic we wait for the day we can reconnect and catch up in person.



My First Year Experience at Marshall Fundamental

By Mildred Cuellar-Gonzalez, 6th Grade



Are you worried about your first day at Marshall Fundamental? What about meeting your new teacher or taking finals? My name is Mildred Gonzalez and as a proud Marshall Eagle I am here to tell you that there is no need to worry!

This year was my first year at Marshall Fundamental as a sixth grader. Although my experience so far had been strictly virtual, my teachers worked hard to make my experience no different than in-person learning. I met my primary teacher, Mrs. Narvaez, on my first day of school. As a class, we introduced ourselves and shared facts about our lives to get to know one another. I learned that Mrs. Narvaez has a master's degree in Psychology and that her favorite color is green. I quickly grew comfortable in this new environment as I realized that a lot of my classmates also shared my worries about change, remote learning, and growing up.

When finals came around, I had no need to worry. My teachers did a great job in making sure we were all prepared for the exams. Whenever I had trouble or questions about certain things, my teachers were always available during office hours. Thanks to their guidance and support, I was able to improve my understanding of the subjects I struggled with and finish out the school year strong.

As I reached the last two months of school, I started in person learning and immediately felt comfortable with the school's campus and even met staff and teachers in person. There was always enough time to transition from period to period and I was able to finally meet some of my friends knew only from the virtual classroom in person!

I am confident to say, I am proud to be a Marshall Eagle and am looking forward to next year.

Athletics

2020 - 2021 High School Athletic Recap

By Tramiela Thomas-Blash, Athletic Director

Athletics this year at Marshall Fundamental looked very different from the past seasons. Our fall sports of Volleyball, Cross Country, and Girls Golf were not able to compete for CIF but they were able to practice and have 1-3 competitions. Our Winter and Spring Sports did outstanding. Girls and Boys tennis took place during the same time and the Boys Tennis team made playoffs. Wrestling was able to compete in multiple matches for their season. Boys and Girls Soccer made it to CIF playoffs with the girls soccer team making it to quarterfinals. Softball and Baseball did well this season with Baseball making it to CIF playoffs. Track and Field had multiple league champs in individual events with 8 athletes making it to CIF Prelims and Finals. Marshall athletes are gearing up for a successful season next year with summer training starting soon for Fall sports (Girls Golf, Cross Country, Girls Tennis, Volleyball, and Cheer).

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Mission Valley League All Team



Baseball

Travis Delgado, 11th grade
Most Valuable Player



Girls Soccer

Briana Marquez, 11th grade
Forward, Co-MVP, 1st Team



Boys Soccer

Eduardo Reyes, 11th grade
Most Valuable Player



Diving

Luca Fassi, 11th grade
CIF 2nd Place Diving Champion



Track & Field

Logan Davis, 11th grade
1st Team



Baseball

Alex Chew, 12th grade
Catcher, 1st Team



Boys Soccer

Victor Camacho, 10th grade
Offensive Player of the Year



Baseball

Devan Kelly, 11th grade
Outfield, 1st Team



Girls Soccer

Kristin Snowden - Defense, 9th grade
Player of the Year, 1st Team



Baseball

Samuel Karp, 11th grade
Infield, 1st Team



Boys Basketball

Armen Darakchuan, 10th grade
1st Team



Girls Soccer

Kaiya Jota, 9th grade
Goalie, 1st Team



Baseball

James Wes Pendleton, 9th grade
Pitcher, 1st Team



Girls Soccer

Delilah Vazquez, 10th grade
Mid and Defense, 1st Team

Congratulations to the
Marshall Fundamental
2020 - 2021
Student Athletes

The American Legion Girls State and Boys State Delegates



Charlotte Bradley-McKinnon,
Girls State Delegate

Charlotte Bradley-McKinnon has been selected as the Marshall Fundamental delegate for American Legion's Girls State. A junior at Marshall, she is the Media Coordinator for the Science National Honor Society and is a member of the National Honor Society, Astrophysics Club, Girls Build LA, SEA, and the Photography Club. She joined Marshall's Track and Cross Country teams as a sophomore, and was awarded 2019 Mission Valley League 1st Team Girls Cross Country and Marshall Girls 2019 "Runner of the Year." Charlotte has been a dedicated Irish dancer since she began in first grade, and has continued as a competitive dancer for the past 11 years. She is both a solo National and a World qualifier, and her team is National and Regional Champions, and 5th in the World. For the past two years she has taken on the role of teaching assistant for younger dancers at Cleary Irish Dance, as well as a camp counselor at the school's summer camps.

What value do you feel you will get from Boys State?

By attending Boys State, I would gain a greater understanding of legislative actions and politically supported social change. I would learn to use my qualities to practice in lawful ways. By having the opportunity to participate in this program, I would generate knowledge and experience of legal action/process and then be able to share this with fellow students in leadership positions at my High School. This will allow me to experience something I feel passionate about, yet have never had the opportunity to pursue, and will be able to take this experience well into the future.



Sam Karp, Boys State Delegate



Kareem Shaheen, Boys State Delegate

Every academic opportunity that I have come across has been a new venture into an undiscovered ocean. Every formula, another wind behind my sail; every mistake, a wave that sends me away, but eventually onto the right straight. With that very same philosophy in mind, I hope to earn the chance to expand my horizons by participating in the Boys State program. In alignment with the goals of the Boys State program I hope to learn more about the fundamentals of my country, how I can fulfill my duties as a leader, and if nothing else, a responsible citizen.

The Power of Community, Lays Within Each of Us

By Jason Moss (Marshall Fundamental Parent)



Hannah Moss - in Guys & Dolls



Jason Moss with His Family



Hannah Moss - University of Alabama

"The greatness of a community is most accurately measured by the compassionate actions of its members." – Coretta Scott King

I never realized how true this quote was until I started reflecting on the communities I have been a part of in my life.

Growing up in my hometown of Danville, a small suburb in the Bay Area, I took great pride in being a part of my community. It was a community full of warmth and hospitality that one may find in any American small town. People would come out for the annual 4th of July parade and chili cook-off and the annual tree lighting of the town's signature oak tree the day after Thanksgiving.

While my community today is a bit different from the one I grew up in, the sense and the importance of community has stayed with me all of these years later. In fact, I spend a lot of time thinking about and working towards strengthening and enhancing community as the Executive Director of the Jewish Federation of the Greater San Gabriel and Pomona Valleys

The moment my daughter began at Marshall in 6th grade (she is now a senior) I was impressed with the community feel the school had, even my daughter felt it when she walked around campus. While Marshall students haven't been able to physically be a part of this community, nor have their parents, there has been a strong commitment to try and keep this community connected.

I think we sometimes forget about what we get out of being a part of a community – friendships, pride, a sense of belonging, and support. The more you commit to a community, the more you receive in return. As a Marshall parent, I know that my daughter's experience here over the last seven years has been amazing. She has had opportunities that would never have been possible if she were not part of Marshall's incredible community.

I can also say that my wife and I have gotten so much out of our time as well. However, our experiences only happened because we understood that we had a responsibility, as a community member, to not only get involved but to help make the community stronger.

Now, this commitment can happen in a variety of ways. Maybe it is something as simple as just showing up at a school event or even promoting it to others. (Did you know that one of the best things you can do, the next time you are on Facebook, is to share a post from an organization you are a member of instead of just "liking" it? You would be surprised at how valuable this simple action can be.) Or, you can give a little of your time to volunteer to help during a school activity.

So not only does Marshall benefit, because the community is stronger when we engage together, but we also benefit from the friendships that are forged over time and a sense of knowing that we took our role as a community member seriously.

I encourage you to strengthen your connection with the Marshall community. When we can, attend one more school event than you did previously. Volunteer or commit to giving back to the community. Do something that helps connect you because I promise you; you will not be disappointed, and the Marshall community will be stronger because of it.

Community Contributors

The Power of Community

By Samantha James, Class of 2018

Samantha James is a graduating third year student at UCLA majoring in Political Science with a concentration in Race, Ethnicity, and Politics, and minoring in African American Studies. She has a passion for social justice and serving the community, and hopes to channel that passion into creating a nonprofit serving under served communities in the Los Angeles area. At UCLA, she works as a Game Management Assistant for UCLA Athletics and as Marshall Fundamental's academic mentor for the Vice-Provost Initiative for Pre-College Scholars (VIPS). Samantha is receiving her education on full scholarship after being awarded over \$100,000 in merit based scholarships from organizations such as VIPS, the UCLA Black Alumni Association, and Foot Locker Scholar Athletes. After graduation in June, Samantha is hoping to complete an internship in media or professional sports before participating in the year long Capital Fellowship in Sacramento after which she will pursue her master's degree.



Anything and everything I accomplish or have is nothing if not shared with others. Wealth has no meaning beyond oneself if it is not used for the betterment of others; time is not well spent unless it is utilized to make an impact in the community; and I am not fulfilling my purpose if I cannot lend my voice to those drowning in societal oppression. I often think of the Zulu phrase ubuntu which means "I am because we are," as I explore my passions for service to the community. My community and my support system are what elevated me to where I am today, therefore I am because they are. The next generations of children and scholars will be propelled by the advancements made in my generations and the generations prior, therefore they will be because I am. The power of community is often overlooked and neglected in the satisfaction of self-interest, but as a change maker I must dispel my own interests for the good of my community. Anything short of that would be the most selfish act I could commit.

As I prepare to graduate from UCLA, I have been reflecting on my experiences at Marshall. Though I established amazing friendships, I am not sure I truly valued the people I was with and the roles we would play in each other's lives past high school. It was not until recently that I realized the magnitude of a friendship started in elementary school that drifted apart in middle school, only to be strengthened in high school and last into college. It is more than a network. From sharing snacks at recess and nutrition, we built sustainable and meaningful friendships and a support system that I have relied on, especially in this last year. It was integral for me to realize post high school that community is not based on where you are, as had previously been the case for me, but on the bonds you build. Spread out across the state and the country, we stay connected and continue to share the power of community beyond what I could have ever imagined

Resilience = Empowerment

By Julianne Reynoso, Ed.D PUSD Assistant Superintendent of Instructional Services

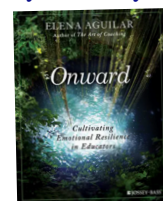


Let's take a moment to congratulate ourselves on the accomplishment of a lifetime. Have you stopped to commend yourself on your perseverance? Have you reflected on what has kept you going since March 2020? Do you recognize brilliance within yourself in what motivates you to strive for more? And above all else, are you proud of who you are now? I hope all of Marshall and PUSD has been able to notice that there are struggles, successes, and unknowns around us. However, life is full of unknowns and what we choose to make of it helps us to help ourselves and those around us. It is called being resilient, no matter the experience. How YOU choose to move through this pandemic will be unique and you must own that to build upon it and become stronger. However, for many of us this pandemic has exasperated us to the tenth degree, and has been challenging all the while..

However, as a proud PUSD educator, who loves our children, there is no greater joy than getting to connect with students, families and staff, whether in-person or remotely. Relationships are a key lever in moving through life. I encourage all of you to find a trusted person and get through this TOGETHER to find measures of being resilient. Coincidentally, if I were being honest, I also recognize the power of building our resiliency, emotionally specifically. In order to continue and celebrate our assets by meeting the needs of our students, families, and staff, our resiliency plays a huge role.

Recently, I took some time to recharge my foundation by reading this fabulous book by Elena Aguilar, *Onward*. Thus far, I have taken away the importance of learning what my strengths are but also avail myself of being a learner that accepts my need to improve in other areas. "Onward tackles the problem of educator stress and provides a practical framework for taking the burnout out of teaching. This actionable framework gives you concrete steps toward rediscovering yourself, your energy, and your passion for teaching. You'll learn how a simple shift in mindset can affect your outlook, and how taking care of yourself physically, mentally, and emotionally is one of the most important things you can do." (2021, Amazon Review)

Be resilient Marshall Eagles. You are amazing and strong. Be empowered by your resilience





A Year to Never Forget

By Mark Anderson, Ph.D., Marshall Fundamental Principal

As an educator I frequently remind students, teachers, and staff when they are in the doldrums that there is a lesson to be learned from any experience. My intent is always to look at the growth we can have based on the past experiences we have lived. The response to my advice varies drastically: some people recognize me as a sage doling excellent guidance, others side eye me leerily, and many just ignore me as if I never said anything in the first place. This is the same set of reactions for just about any quip I like to share such as, “Fun is a choice,” “It’s a great day to be a Marshall Eagle,” and “Put your phone away.”

The lessons of this past year are not easily surmised into a saying we can slap on a coffee mug and move on with our day. Admittedly, the moment graduation ended I felt a sudden relief as the weight of the past school year was lifted. Finally, this year was behind us. No more trying to figure out distance learning, no more health screening checks each morning, no more calling student homes trying to cajole students to log on and participate in classes; simply put, no more... I was ready to be free of this past year.

But life does not work that way. We do not become free of our past; but, we are able to control how our past defines our future. Indubitably, this year will carry on in us as individuals and as a community. We experienced sorrow and tragedy in the loss of our loved ones, the loss of time, the loss of experience, and the loss of the memories we hoped we would have had.

Through these losses I have come to appreciate more the joy students bring to a school building, the power of community to heal and grow together, observing the magic of learning, and hearing the chatter and laughter every day at Marshall. Could I have come to appreciate all these gifts without a pandemic? Sure. But life gave us this path and this journey and as we rise out of it, let us work together to shape how we want to let this past year be a part of our collective Marshall future.

I cannot help it, I remain an eternal optimist; it’s in my bones. We cannot and should not forget this past year - the whole of the past year - the sorrow and pain alongside the lessons for growth and hope that have emerged. This year has proven our mettle and our resolve when we found a way to make a school musical, athletics, academics, labs, concerts, and even prom happen. It has shown us that the Marshall community is one that comes together to support our students. It has shown us that empathy is at the core of who we are.

As we happily look forward to a new year, let us all choose to be better together by our shared experience of this past year. This past year does not wholly define us, but it is a part of who we are. I look forward to a fresh beginning where we are stronger, healthier (mentally and physically), and ready to move forward and flex our educational muscles to be better tomorrow because of our shared struggles of yesteryear.

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