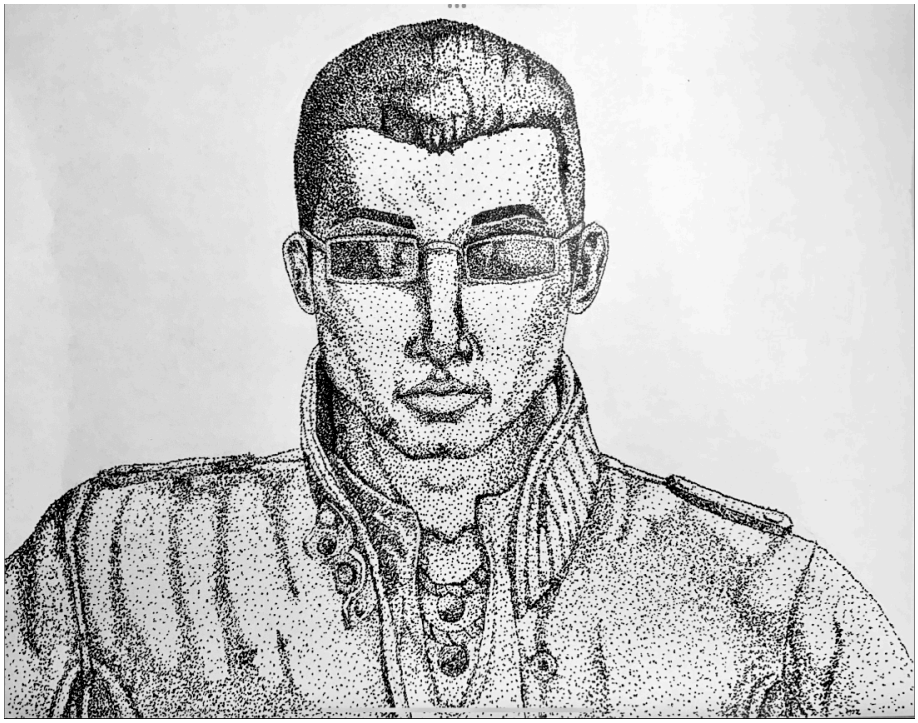


SOUTH TEXAS VIRTUAL ACADEMY

Phoenix News

Issue no. 1 Vol. 3 | Back to School issue 2024



Left: Stippling by Samantha V.



Right: Alebrijes by Jolin C.

VA Spotlight

Keep up with the exciting things going on in the VA classes

The VA Art class instructed by Mr. Cellar hosted a Post-it drawing competition

WINNER



Samantha E.

WINNER

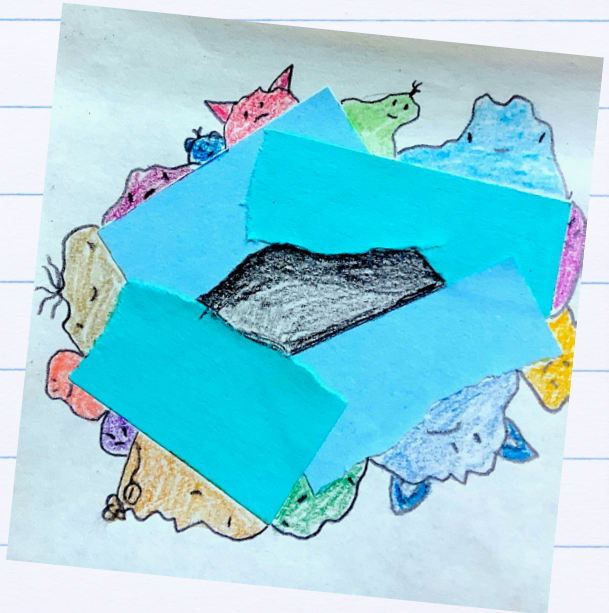


Monika R.



Devon C.

Honorable Mention



Emily A.

Honorable Mention

Virtual Academy staff beyond the computer

A look into the work the VA teachers do when not behind the computers



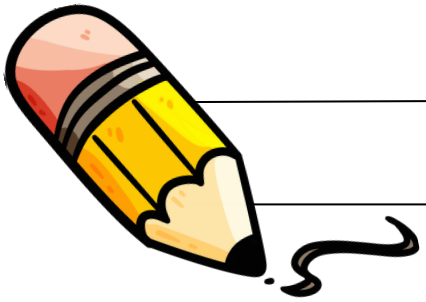
Chick-Fil-A shows love to the Virtual Academy teachers at Alfresco



Virtual Academy having fun at Alfresco!

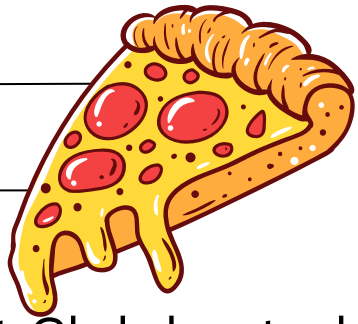


Virtual Academy representing in Weslaco



VA Club News

Keep up with the exciting things the VA clubs are doing



The VA Art Club hosted it's first club meeting at Peter Piper Pizza.

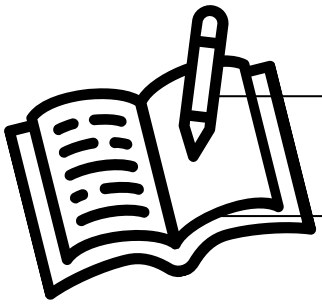








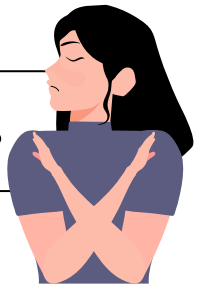
For more information on club meetings please contact your sponsor



Homework? I think not.

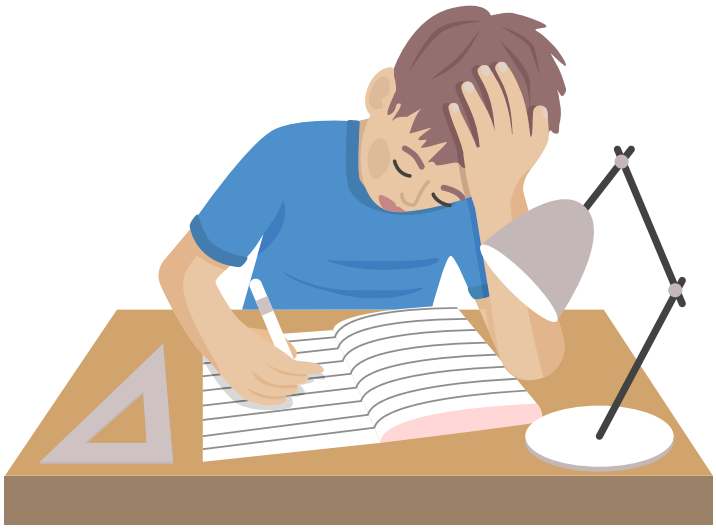
Student opinion

By: Jazmin



A big question on every students and teachers minds, should students have homework? The answer is no due to the fact that the cons outweigh the pros. Homework effects students in more ways than one.

Sources like uopeople.edu agree that students should not have homework. They point out that students are often overloaded with extra assignments in class that are now overflowing into the evening. When this occurs it forces students to give up a healthy night's sleep in order to complete these required assignments when adolescents lack sleep, it leads to a disruptive sleep pattern, which can cause anxiety and sleep deprivation. All of these factors negatively impact cognitive function, and emotional regulation. Both of these are necessary for teenagers to lead successful student lives.



On the other hand of the argument, some individuals worry how students will prepare for standardized tests. In reality, homework does not prepare students for tests, what is taught in class that prepares students. Homework is meant to reinforce what is taught in the class room and give students a place to practice.

Although, this is a good concept in theory after awhile students get burned out of doing the same thing over and over again. This could lead to them doing poorly on state exams as they are burned out by all the homework. Another concern, is how will parents stay active in their child's school life? Without homework parents can be involved in the school community in a positive aspect that does not involve grueling homework nights.

Overall, and I am sure many students and even teachers will agree that students should not have homework. There area greater amount of cons of having homework, that outweigh the small positive aspects.

hello FALL

Kick Off Fall with Deliciousness

By: Joshua Cantu

Fall season, a cool cozy season which makes you want to curl up on the couch with a nice coffee and cozy movie, game, or book, although it wouldn't be fall if not for the iconic Starbucks fall menu kicking off the season. Since 2003 Starbucks has been giving us the complete fall experience with their fall menu starting off with the iconic pumpkin spice latte and returning every year since then with of course the pumpkin spice latte and many more drinks or food items this year being no exception. In this article we will be showing each item on the menu this fall and reviewing each one so you can know what's the perfect drink or snack for your holiday needs.

Warning: many of the drinks covered in this article contain varying amounts of caffeine and other ingredients which may be allergens for certain people, drink at your own discretion and handle with care.

Pumpkin spice latte

Nothing screams fall more than the iconic pumpkin spice latte and this year is no exception. Returning this year in style the pumpkin spice latte delivers major hints of, of course pumpkin spice with subtle undertones of cinnamon, nutmeg, and espresso roast coffee. With its unique flavor and added benefit of being able to order this drink in hot or cold depending on the consumer preference, this is a must try for any coffee lover or fall enjoyer.



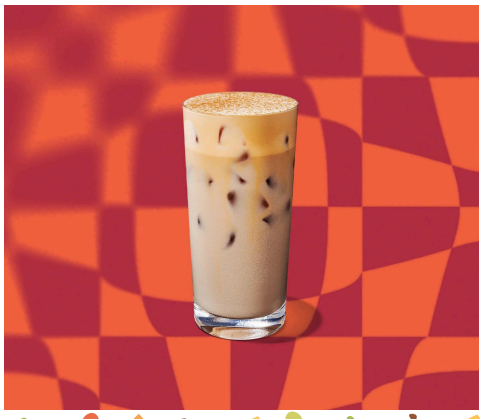
Pumpkin Cream cold brew

Another familiar face is the Pumpkin Cream cold brew Delivering major hints of pumpkin spice, vanilla extract which is optional on their website or in person in case you're a black coffee kind of person, and of course cold brew coffee. The customization and flavor make this drink a staple of the starbucks fall menu.



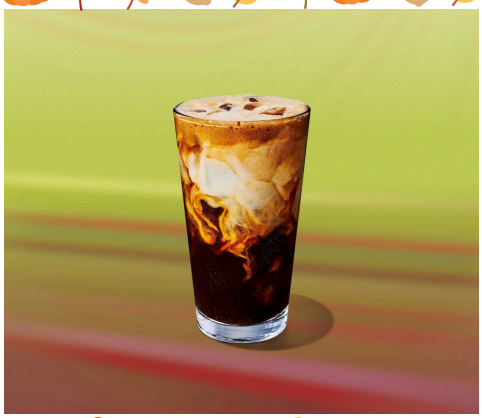
Iced Pumpkin cream Chai

Continuing with the pumpkin trend, the iced pumpkin cream chai actually contains no coffee as its main base is black tea. What to expect with this drink? Major flavors consist of black tea and pumpkin while containing subtle hints of cinnamon, ginger, honey, and vanilla. The smooth consistency and flavor of this drink make it a delectable treat anyone can enjoy this fall season.



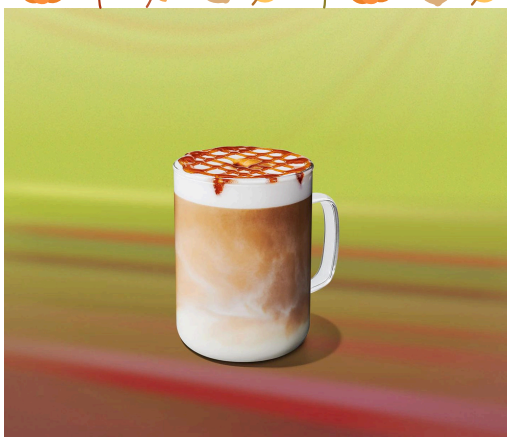
Apple Crisp Oatmeal Shaken Espresso

A returning fall drink this time not containing any pumpkin, shocking right? The apple crisp oatmeal shaken espresso has a nice smooth consistency with major flavors of Espresso Coffee, and Apple. This drink also contains hints of oat milk and brown sugar giving this iced drink an oddly warm flavor perfect to get into that fall spirit.



Apple Crisp Oat Milk Macchiato

Released in 2021, A newer staple of Starbucks fall menu is the Apple Crisp Oat Milk Macchiato returning with flare. Containing major flavors such as Brewed espresso and apple brown sugar while containing smaller hints of flavors such as spiced apple, cinnamon, and caramelized sugar. All the flavors listed and the addition of being able to get this beverage in iced or hot makes it a great way to kick off this fall season in your preferred style.



New Iced Apple Crisp Non Dairy Cream Chai

As the name states this drink is a new addition to the Starbucks fall lineup, exciting right? This beverage does not contain any coffee, rather using tea as it's main base, this drink also has an added benefit of being non-dairy, meaning people with lactose intolerance can drink this with no problems. Don't be fooled by the tea in the name as this beverage has a creamy consistency with notable flavors like Chai tea and Apple Crisp with slight undertones of Apple Brown Sugar and oat milk. Mixed with the flavor and creamy consistency this new drink fits well with the classic fall menu lineup and with the added benefit of it being non dairy makes it a welcome addition.



Bakery Items

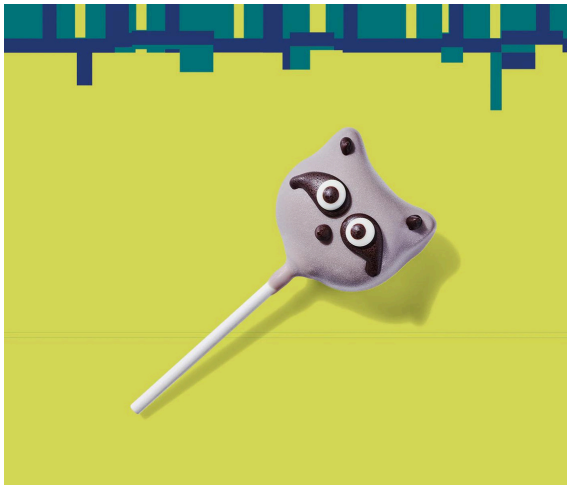
Baked Apple Croissant

The baked apple croissant is a unique take on the croissant formula, see instead of rolling up the dough and baking it they wrap it around apple filling then top it with sugar. With this croissant you should expect to taste of course croissant and apple but notice the subtle undertones of the butter, and sugar. The warm flavor and unique take on the croissant formula makes this product a must try this fall especially when pairing it with a nice fall beverage.



New Racoon cake pop

A new iteration of the iconic Starbucks cake pop shaped and designed after a raccoon. Sadly there are not many differences besides being way cuter than the original cake pop but besides that, expect to taste vanilla mainly, basically just expect a normal cake pop but in the shape of a Raccoon. Even though at its core it's an ordinary cake pop it's a welcomed addition to the fall menu and a must pick up on your daily coffee run.



What this means for the fall season

With all these new drinks and snacks Starbucks has released for the fall season it may be hard to choose just one but remember, no matter whatever drink or snack you choose make sure you enjoy it. Fully embrace the fall season with this menu just remember to handle with care as stated in the warning most of these drinks contain some form of caffeine or allergen so be careful and stay safe this fall.



Sweater Weather



Photos used in this article where all sourced from the official starbucks website https://www.starbucks.com/menu/featured/



Celebrating September's Abundance

By: Donaven. P

September, also known as the harvest month, is the perfect time to collect all crops. September harvest is when many crops are harvested and the ripeness of the crops are ready for collection

September harvest is when many crops are harvested and the ripeness of the crops are ready for collection. The fruits that are harvested in September are apples, pears, grapes, plums, and peaches. Many often wonder how they can tell if fruits are ready to be harvested. The way this is determined is by shape, size, color and the leaves color.

For example, apples are ready to be picked when the skin color of it turns from a green to a yellow. In addition to when apples are ready to be picked. There are also several methods on how to pick an apple. One technique is called rolling method, and what you do is gently turn the apple upside down on its spur. If the apple is ready it should separate easily.

Fruits are not the only things that are harvested in September. Vegetables are harvested in September like carrots,cabbages, radishes, and onions.

However, harvesting vegetables is different from fruits. For example, to pick an onion you will need a tool to pick it. The tool is called a garden fork. The garden fork helps get the onion out of the ground easily. By using a garden fork you can pull the onion out of the ground without a hassle. Overall, September harvest is when fruits and vegetables are the best to pick.



Rounding Up RGV Events

Check out these local events that will be happening during the **Spooktober Season**

October 5th

Harlingen Market Days

Where: Jackson Ave. Harlingen

Time: 9am-3pm

Price: Free entry, venders will be selling food hand crafted art, etc.



October 17th

Alfresco Weslaco

Music and art for all

Where: At 260 S Texas Blvd, Weslaco

Time: 6pm-9:30pm

Price: Free entry, Vendors will be selling



October 12th

Halloween Festival, dress up!

Where: Westside park 1000 s. Ware Rd Mcallen

Time: 5:30pm-10pm

Price: Free entry, 5k race 35$ fee



October 18th

Pumpkin Carving, Halloween Festival, Costume Contest, events and more

Where: Las Palmas Community Center 1921 N. 25th Street McAllen

Time: 5pm-9pm

Price: Pumpkin carving entry 10$,

By: Mannix

Rounding Up RGV Events

Check out these local events that will be happening during the **Spooktober Season**



October 29th

South Texas Book Festival

Where: Public Library 4001 N 23rd St McAllen

Time: 11am-6pm

Price: Free entry,



October 21st

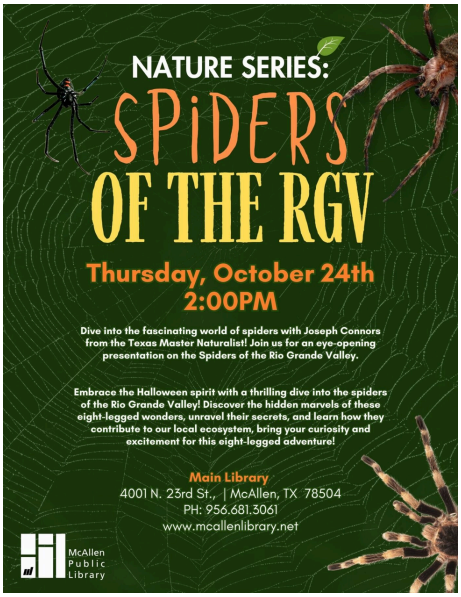
Los Muertos Bailan Event

Music, Art, and Chalk art competition

Where: McIntyre St. from 8th St

Time: 5pm-11pm

Price: Free and open to the public



October 12th

Spiders of the RGV

Where: Public Library 4001 N 23rd St McAllen

Time: 2pm-3pm

Price: Free entry



Halloween Themed Market

Where: 101 W Nolana Ave McAllen

Time: 5pm-9pm

Price: Free Entry, vendors selling food, games, crafts

By: Mannix



Sports 101

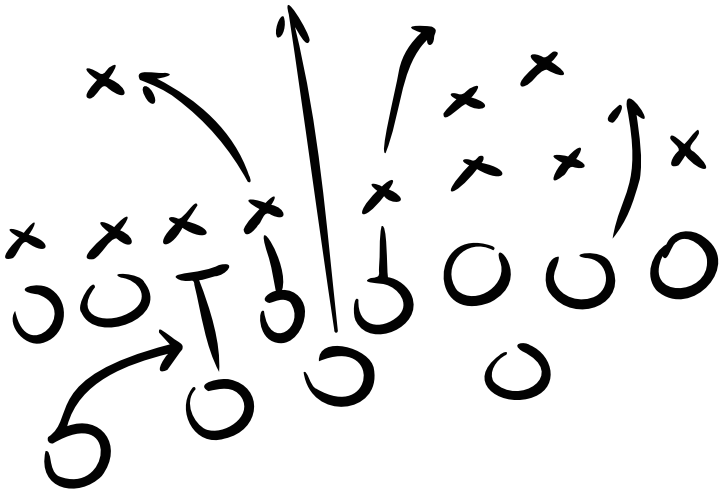
PREVIEW OF THE 2024 NFL SEASON

JC

The NFL season is just starting. Fans are in for a treat with another amazing season with lots of thrill. This year's superbowl will be played in New Orleans, Louisiana for the first time since 2013.

This year the Kansas City Chiefs can make history. They can become the first NFL team to win the Vince Lombardi Trophy three years in a row. While the New England Patriots begin their first season without Hall of Fame Head Coach Bill Belichick. Last January they hired their Linebackers coach Jerod Mayo to serve as the Head Coach.

The Chicago Bears started the season with 1st overall pick Caleb Willams out of USC. He was a Heisman winner in college football. The Seattle Seahawks begin their season with Mike Macdonald as their head coach after parting ways with long time head coach Pete Carroll. The Denver Broncos and second year head coach Sean Payton cut ties with Russell Wilson in March, they ate 53 million dollars with this move. They drafted rookie QB Bo Nix out of Oregon to replace Wilson.



The Atlanta Falcons will start their season with a new Head Coach and signal caller. They decided to sign free agent pro bowl QB Kirk Cousins to a new 4 year 180 million dollar deal. Their new Head Coach is Raheem Morris, the former Rams defensive coordinator. The Los Angeles Chargers hired College Football National Championship winner Jim Harbaugh. He is also the brother of Ravens Head Coach John Harbaugh. They will play against each other in week 12 on a Monday Night Football showdown

This year there is a new kickoff rule. The new NFL kickoff rule moves the kickoff spot to the 35-yard line and limits blocking restrictions to increase player safety and reduce high-speed collisions.This season will be full of surprises. As a sports fanatic here is hoping for a great and interesting season. With that said my personal SuperBowl prediction this year is the Buffalo Bills over the Philadelphia Eagles.

The Olympics takes social media by STORM

By J unfiltered

The 2024 Summer Olympics was dominated by social media platforms like never before. Although Social media can have a negative connotation it helps athletes promote their sports and lifestyles, it also allows viewers at home to experience the Olympics in real-time. Social media has become the arena where victories are celebrated, personal stories are shared as well as lifelong journeys.

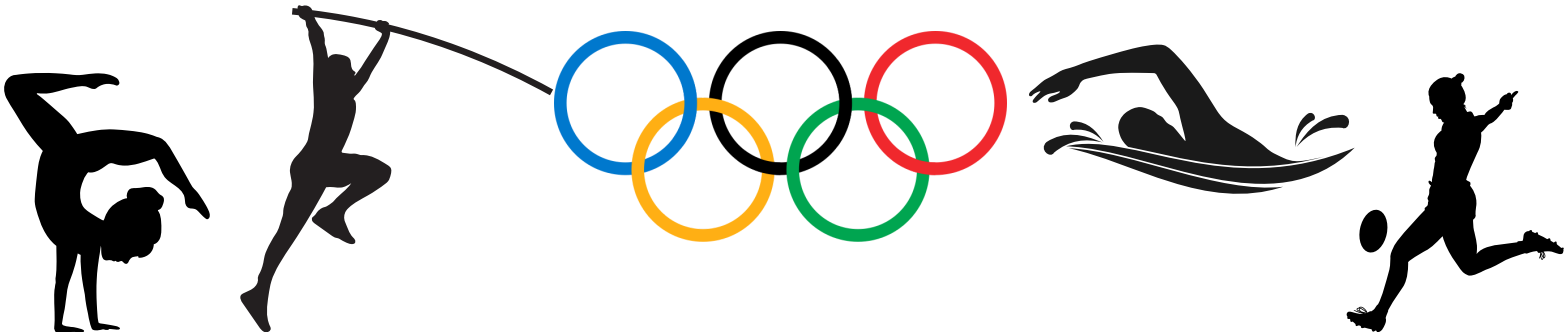
Swedish pole vaulter Mondo Duplantis set a world record at the Olympics. After clearing the vaulting bar, he ran to hug his girlfriend in a moment of pure joy. This huge event was quickly celebrated and went viral on TikTok, with users creating edits with the song "Alchemy," turning Duplantis's achievement into a social media sensation.

Social media also got to see Simon Bile's comeback after taking a mental health break in the Tokyo Olympics due to a case of "twisties". A new group of gymnasts came back stronger than ever before. The team consisted of Simone Biles referred to as the GOAT meaning the greatest of all times, Suni Lee, Jordan Chiles, Jade Carey, and Hezly Rivera. This amazing team brought home four gold medals.

Llona Maher, an American rugby player got a lot of spotlight on social media. She was making short videos on(TikTok) that had relatable content. The whole team did a remarkable job and won a bronze medal at the Olympics. Because of her spotlight on Tiktok, she is now on the show Dancing with the Stars.

The Parisians also had a BREAKING sensation on social media with the swimmer Leon Marchand. The crowd was roaring for a fellow Parisian in his home country. He had the most standing ovations as well as fans. He gained many followers due to the fact that he won two gold medals in one night. He also beat Micheal Phelps's record. In total, he won five medals. He is an ambassador for the brand Louis Vuitton.

Shaine Casas who attended McAllen High School. Made it to the Olympics. The people in the Rio Grande Valley supported him and made him a hometown hero. A local lawyer gifted his mother all the expenses that she needed to travel to France to his her son compete, which was very heartwarming. Also in McAllen, they hosted watch parties that had crowds of people cheering him on from South Texas to France, Paris.



The Olympics takes social media by STORM

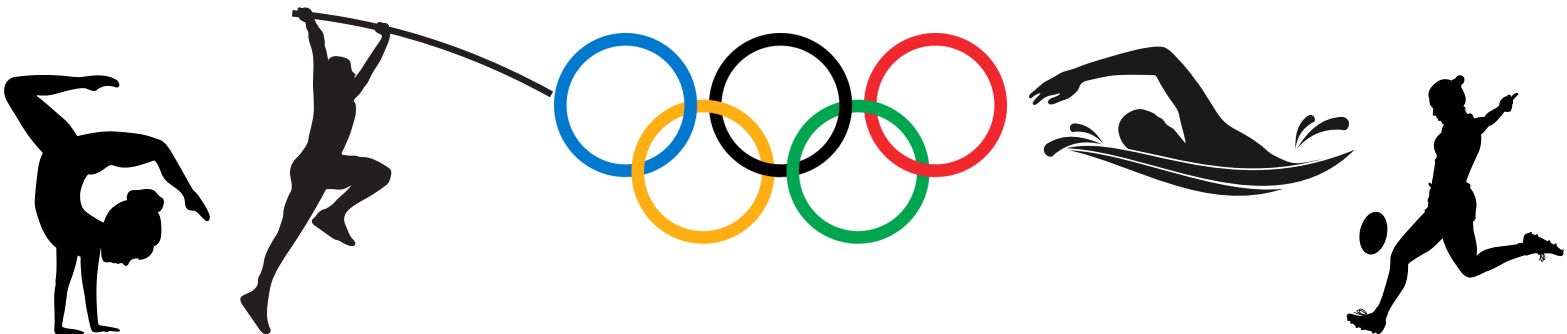
By J unfiltered

Italian swimmer Thomas Ceccon went viral on social media after napping on the grass in a local Paris park. Fans quickly turned this lighthearted incident into a meme sensation, sharing jokes and edits. The internet couldn't get enough of turning a simple nap into a trend that showcased Thomas's easygoing personality!

Stephen Nedoroscik and his teammates Paul Juda, Frederick Richard, Asher Hong, and Brody Malone won a bronze medal after a 16-year. Which created massive excitement among fans. Stephen, who was often compared to Clark Kent, caught the internet's attention with his unique pre-performance routine, which some mistook for napping. But he was just visually his routine which he nailed it. Now, he is showcasing his skills on "Dancing with the Stars," where fans are eager to see how he will translate his gymnastics talent to dance!

Be sure to check out some of your favorite olympians on this season of Dancing with the Stars





Learn About Your Community

By: Argent Corvus

Did you know there are 130,000 nonprofit organizations in Texas, each one of them working hard to not only improve the lives of those of us living here, but also lessening the wait for those who wish to build their lives here.

For example Voces Unidas RGV or Voces Unidas for short, which as you might've guessed is a nonprofit located in the RGV, and is what this article will focus on.

Voces Unidas History

In 2010 the nonprofit organization “Rio Grande Valley Equal Voice Network” was established, after 11 years of service they shut down, and began their metamorphosis into “Voces Unidas”.

During this time, they started to pay closer attention to the community, learning about the traditions and struggles that are distinct to the RGV area, and slowly began to reconstruct their vision and goals based not only on what they learned, but the changes they believed needed to be made to improve the RGV.

Voces Unidas’ Mission and Vision

The mission of Voce Unidas is geared to fostering a community and creating change makers in the RGV. They’re able to accomplish this through resourcing, capacity building, and healing justice centered programs.

For future generations Voce Unidas envisions a peaceful world without borders, upheld through interdependent networks of support and goodwill, that will be self-sustaining and replicable.

Why it should be Important to You

Thanks to the events and protests that Voces Udidas hosts and the issues they make others aware of, and talk about, we can start to see actual change in our community.

By participating in these events and spreading awareness to our community, we can also play a part in this change. It’s ok to not participate in these events, however it’s important to at least be aware of them, and other issues and events that are happening in our community. After all, being aware of important issues is the first step to solving them.

Oftentimes the Valley, our community, is left out of the public eye, and interests of political figures. Due to this it is essential that we, the community members of the Valley, become aware of issues that impact us and the Valley in general, to avoid being overlooked.

Voces Unidas isn't the only nonprofit organization that exists in the Valley, and I hope this article inspires you to look into more of them.

Roast or Rave Reviews
Staff of the journalism class either roast or rave about trending pop culture

The Music World

By: DR

Fuerza Regida, a popular group in Regional Mexican music, has just released their new album “Pero No Te Enamores”. This album is not their usual album containing corridos. “Pero No Te Enamores contains musical fusions of bachata, hip hop, house, Jersey club, and reggaeton. This album mixes traditional sounds with modern styles making it enjoyable for many even those that are new to their music.Released on July 25, 2024, “Pero No Te Enamores” talks about love and heartbreak. Beyond love “Pero No Te Enamores” explores trust, vulnerability, and the search for happiness.

Each song encourages listeners to reflect on their own lives, making it relatable and engaging.The title means "But Don’t Fall in Love," named after a song in the album names “Pero No Te Enamores “ also giving a hint of a mix of caution and deep feelings such as heartbreak, longing, vulnerability, and the complications of romantic relationships. With fun and exciting songs this album has something that anyone can listen and vibe to.

The catchy song “Secreto Victoria,” has energetic rhythms that will get you dancing. Another song “NEL” looks at the challenges of tough relationships making listeners think about their own experiences.The album features collaborations with other well known artists such as Maluma, Gordo, and Bellakath.These featured artists bring new styles and voices making the album even more interesting.

Fuerza Regida continues to break records in the music world, debuting at No. 2 in the Top Latin Albums and No. 23 on the Billboard 200 bringing Regional Mexican music to a wider audience. Their ability to mix different styles and tell real stories makes their songs relatable with fans in different stages in their life dealing with a past or current relationship.“Pero No Te Enamores” is an influential look at love and life.

This album shows Fuerza Regida's growth in their genre and type of music and connection with listeners. Whether you have been a longtime fan or new to their music this album is worth giving a chance and listening to.

RAVE: This album should be constantly streamed

Meet the Phoenix Journalism Team!



My name is Donaven and what my hobbies and interests are. I like to cook new things and make meals that make people happy. Also what I like to do in my free time is play some video games and also study different ingredients for new meals to make.



Mannix is one of the first, and few, seniors at the VA. He is known to enjoy playing guitar and fishing. He likes to listen to and talk about a variety of music and bands. Although he has the heart of an outdoors person he still enjoys the comforts of indoor activities like video games and being at the Virtual Academy.



JC is a football enthusiast. His favorite football team is the 3 time superbowl champion Denver Broncos. He has gone to sporting events. This past year he went to the superbowl. He met lots of NFL personalities like team owners, head coaches and hall of fame players.



Jazmin loves listening to music, watching movies, series, spending time with her family, and friends. She loves dogs, and animals. She has a dog named Oreo. Her favorite series is The Flash.



His name is Joshua. He's an eleventh grade student here at the virtual academy, his hobbies are gaming, listening to music, running, and making coffee. He’s played a lot of game series but his favorite is the resident evil series, his favorite music artist is Low Roar and his favorite roast of coffee is blonde.

J unfiltered enjoys swimming, playing, and watching sports. She also likes spending time with her family and pets, traveling, and seeing new places. Also enjoy reading and writing, as well as watching movies and TV shows.



If you are interested in contributing to the Phoenix Newspaper please contact roberta.zamilpa@stisd.net

Meet the Phoenix Journalism Team!

Argent Corvus is a Junior at the STISD Virtual academy. They Have 2 dogs named Ivan, and Maximus. A few of their favorite activities include listening to Music and podcasts on Spotify, making art, and watching other people's animations on youtube.





Ricky loves animals and collecting stuffed animals. in his free time he draws and is extremely creative.

Daniel likes playing basketball, running, and going fishing. He participates in Vipers basketball camps and tournaments. He does not like to read at all and has gone to 18 different states.



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