

The Plaid



January 22, 2025

Volume 68, Issue 2

The Importance Of Black History Month

Staff Writers,
Nathan Munoz & Akeela Palmer

Black history month is a time for reflection and recognition. Not only is it celebrated in the United States, but it is also celebrated in places like Canada and the United Kingdom to honor the achievements of Black people throughout history. Running from February 1, 2025, to March 1, 2025, Black history month is looked at in many different ways. Some people use it as a time to reflect on the struggles faced, accomplishments made, or the ongoing journey towards equality and justice.

English teacher and Advisor to the Black Student Union (BSU), Mrs. Kyle said, "In my classroom I like to celebrate all heritage months, and I always like to style my presentations to match that particular month." Kyle added that she likes to share fun facts



about Black history and historical figures with her students.

With the many television shows and films that discuss issues of African American culture available today, Kyle explained she preferred the film, "Selma." Kyle said, "I think it's a really good film to showcase what was going on during the time of segregation and Civil Rights." She also enjoyed the book "Hidden Figures" and the movie, "Hidden Figures" as well because of the acknowledgement it gives to the black figures

who made huge strides,

Senior, Aniyah Hardison shared her ideas about Black history month when she explained that Martin Luther King Jr. was a Black activist who inspired her to this day. She respected the way he never gave up on his people and continuously

chose not to use violence. When Hardison was asked what Black History Month meant to her, she said, "The chance to be able to know and learn events that happened, and how people made such big impacts to try and get equality for Black people." Hardison pointed out that more people should be enlightened and open to hearing the history behind Black History Month.



Junior Tierra Barbre expressed the importance of learning about the past and how people can be involved, when she said, "We could post flyers around school promoting our BSU club and discuss the history involving how Black people have faced challenges but are now overcoming them. If everyone could get involved, more people could become educated about the

difference in today's society from the 1950s."

When discussing the importance of activism, Barbre said, "Rosa parks is someone that I believe is very inspiring because she made people realize that everyone is human and racial equality is a thing. I feel that if more people could understand why equality is important, then maybe our society could actually be a better place for people, no matter their skin or beliefs."

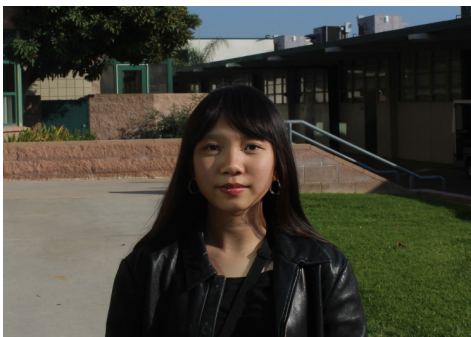
Black History Month is more than a celebration; it is a vital opportunity for education, reflection, and advocacy against racial injustice. By recognizing the tapestry of African American history and its impact on society today, it could bring a better understanding among all people about the shared past, while working towards a more equitable future.

Chinese New Year: Welcome The Snake

Staff Writers,
Vic Soto & Mar Kydd

Chinese New Year, also known as the Spring Festival, is one of the most significant and widely celebrated holidays in Chinese Culture. Marking the beginning of the lunar new year, this festive period is filled with vibrant traditions, family gatherings, and elaborate decorations. Each year is associated with one of the twelve animals in the Chinese zodiac, adding a unique theme to the celebrations. From the mesmerizing dragon and lion dances to the colorful parades and delicious feasts, Chinese New Year is a time of joy, renewal, and cultural pride.

A defining feature of Chinese New Year is its focus towards reunion. Many travel long distances for family gatherings during this time of year. According to Travelchina.com's article, "Chunyun, 2024 Spring Festival Travel Rush in China," it said, "Chunyun, also known as Chinese New Year Migration, Spring Festival Travel Rush,



Chinese New Year Travel Rush, Lunar New Year Travel Rush is the largest human migration on earth happening annually. It usually begins 15 days ahead of the Chinese New Year and 25 days after, lasting for 40 days."

The festival is rich in symbolic traditions. Sophomore Stephanie Sutanto said, "The festival has many enrichment activities within it and often keeps the celebration going on the longest. It leaves the most memories every year and keeps the love of each family alive."

The online article, "The Color of China: Classic Red," from Chineselearning.com said, "The Chinese fondness for the color red is not coincidental; it is one of the symbols in Chinese culture. Red symbolizes warmth, festivity, and good fortune,

often used to express yearning for a beautiful life. In Pinyin, "Hóng" in classic red signifies fiery passion, much like the Chinese people's love for life." English ERWC and AP Research teacher Mr. Chiang said, "People also give red enve-

lopes to people that have different social positions in the culture to build relationships."

The article, "Spring festival, social practices of the Chinese people in celebration of the traditional new year," by Unesco.org said, "The spring festival marks the beginning of the new year. It falls on the first day of the first month of the Chinese calendar and involves a



variety of social practices to usher in the new year, pray for good fortune, celebrate family reunions, and promote community harmony. This process of celebration is known as 'guonian' (crossing the year). In the days preceding the festival, people clean their homes, stock provisions, and prepare food. On New Year's Eve, families dine together and stay up late to welcome the new year. During the festival, people wear new clothes, make offerings to heaven, earth, and ancestors, and extend greetings to elders, relatives, friends, and neighbors."

Each new year celebrates a new Chinese zodiac sign. For 2025, the new year will be the year of

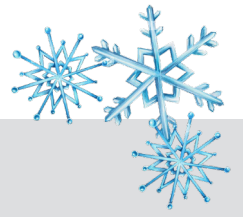
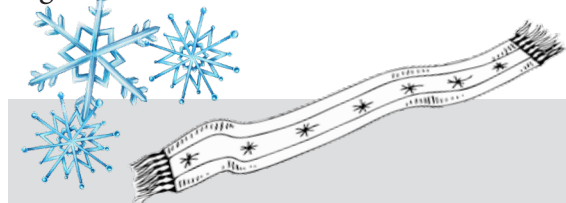
the snake. The snake is the sixth animal of the 12-year cycle of the Chinese zodiac, and according to Horoscopist.com, it said, "In the rich tapestry of the Chinese Zodiac, the Snake holds a place of intrigue and enigma. As one of the twelve animal signs, the Snake's personality is believed to influence those born under its cycle with a unique blend of character-

istics. This ancient system, deeply woven into Chinese culture, offers insights into personality traits, relationships, and fortune. The Snake, sophisticated and wise, slithers through the years with a quiet confidence that commands attention."

Chinese New Year is more than a celebration; it is a profound expression of cultural heritage, unity, and hope. Rooted in centuries-old traditions, it serves as a bridge between generations, preserving the values of family, gratitude, and renewal. As the festival continues to evolve, blending ancient customs with modern practice remains a timeless reminder of the human desire to honor the past, as well as embracing the future.

Features

Cold Weather Looks



Editor-in-Chief,
Lianna Smith

Winter fashion for students is all about striking the perfect balance between warmth, practicality, and personal style. As the cold months roll in, students face the challenge of layering up, without sacrificing individuality or comfort. With temperatures dropping, the pressure to bundle up can sometimes make it feel like fashion takes a backseat. However, winter offers unique opportunities to be creative with one's wardrobe—layering clothes, mixing textures, and incorporating



accessories that not only keep people warm but also help to express personal style.

Dressing up for the cold can be quite a disruptive task. Not knowing what colors or fabrics or even accessories to wear can make the

winter days something to dread. Even so, countless students have put their creativity to use and applied it to their wardrobe, giving inspiration to those who are unsure and need a little more inspiration. Senior Taylor Jones said that the season offers “More options and freedom,” especially with the ability to layer. Jones said, “I feel like all fashion could be winter,” while reflecting how the layering process can be both practical and fashionable. Layering is a large aspect of winter fashion and should be something to consider when producing exciting new outfits that will keep people not only fashionable but warm.

For some, winter fashion is a chance to truly express their personality. Senior, Ayana Campbell, shared her love for the winter vibe when she said, “I, personally, love the cold. I love when everyone brings out their sweaters and fun socks.” Winter allows her to embrace cozy essentials like sweaters and socks, which she believes el-



evates the season's fashion. People should not be afraid to truly express themselves and branch out, when looking to add to their wardrobe. Senior, Sergio Ortiz said, “A big tip is to go Thrift shopping. You can find a lot of vintage clothes that would make your outfits.”

If people do not want to give up their love for the warm and sunny weather, there is no need to worry. There is a constant idea that winter fashion cannot incorporate the warmth of the summer, but this is simply not true. Jones said, “Whatever you think you would wear in the summer, keep that essence and just layer, adding accessories to make sure you stay warm.” By blending the vibrant colors, play-

ful textures, and relaxed vibes of summer, with the comfort of winter layers, students can keep the spirit of summer alive throughout the colder months. Winter fashion is about creativity and adapting style in a way that allows people to stay true to themselves, no matter what the season.

Overall, winter fashion is a wonderful way to test the waters and experiment with style, layers and colors. Students can find ways to make their outfits both functional and fashionable. Whether it is wearing coats or sweaters, fun socks or interesting layers, winter fashion is something with endless possibilities to explore.



Popular Winter Fashion Trends



Staff Writers,

Ariana Escalante & Eric Corona

Winter is the perfect season to experiment with fashion and embrace cozy, stylish looks. Winter fashion is all about blending comfort with chic elements, this year. People can be highly creative with their winter outfits.

Senior Elias Lopez loves to talk about winter fashion and said, “The key trend to winter fashion, as of right now, is Coats, Jackets, Hoodies. One of the best winter fashion fabrics is cotton. You can never go wrong with cotton. You can style diverse types of clothes, while wearing a bunch of different layers and keeping yourself



warm.”

One of the best ways to hold in warmth is to wear a proper coat or jacket. There are several types to choose from, so people should follow some tips for choosing the right winter protection. Lopez explained that when it comes to choosing a jacket, it should be, “Whatever makes you feel comfortable and warm.” Lopez also said he prefers to wear “black and grey.”

For senior Katherine Flores, the key trends of winter fashion this year is, “Wearing the furry jackets and puffers.” Flores said the textiles she preferred were, “Thermal fabric and cotton and the best colors to wear in winter is white, blue, and grey.”

Flores loves seeming stylish



in winter and being creative with her outfits when she said, “My favorite winter style so far is wearing a puffer jacket and winter coats with a beanie.” Flores explained that a winter essential was a warm sweater. In addition, Flores pointed out that comfort was important when she said, “A way to be comfortable in winter is to get some fuzzy socks, a big fuzzy jacket, and warm beanies or earmuffs.”

Senior Victoria Fuentefria loves to experiment with diverse types of winter fashion. Fuente-

fria said, “I think one of the key trends in winter fashion that has been trending is Fur coats and Uggs, also some warm tights and sweats.” As for the textiles that Fuentefria prefers, she explained that “Leather or like the puffer jackets is the one of the best fabrics in winter, in my opinion. I feel like you can style them with a headband matching with the jackets you decide to wear, leg warmers and a beanie.”



Sports



Boys' And Girls' Wrestling

Editor-in-Chief,
Kaylie Berry

With Winter sports in full swing, it is now time for Wrestling. Both the Boy's and Girl's teams are already looking better than last year, especially with the newcomers who have joined for the 2024 - 2025 season. The expectations for this season are high, as it is just their second full season with Coach David Moran, as head coach. Coach David said, "I am very excited for this season because I know that we are going to do good things and get great results in the process."

The season has already started off really well for the team, as one of the Boys'

Captains, Miko Duterte said, "This season has been going really well. I think it has slightly surpassed my expectations so far. Even from the beginning of the season, I think we

have already been developing well, especially the new kids. They have been performing really well every week, and I'm excited to see where it goes, as we continue to put in more work throughout the season."

Although the season seems to be going great so far, there are several challenges and hardships along the way. The other Boys' Captain, Keith Warren said, "I think the hardest part of my season is going to be trying to outdo myself from last season, as I placed at many tournaments last year. But also, to



do better at CIF, since I wasn't at my fullest abilities last time, and hopefully, make it to the Masters competi-

tion this season."

One of the big tournaments for the team happens in our own backyard. Upland hosts one of the largest competitions in our region

every season, called Blackwatch, which is taking place the three days after Christmas this year. One of the Girls' Captains, Zelilah Ellison-Perez said, "I think Blackwatch is probably the toughest part of the season for the team as a whole, just because of how much we all have to be here, to help set up the tournament, run it correctly, and help take it down and clean everything up. Especially, since it is three days, we all have to be here every day to help and to compete in it ourselves as well. It is just very draining and tiring."

As both teams head deeper into the season, they must stay prepared, knowing the challenges that they will eventually have to face. Warren said, "As one of the Cap-

tain's this season, I believe that as a team, we need to do more bonding, so they know that they all have a support system. I also think that we need to keep our teammates in



check by holding them accountable, moving them in the right direction if they are out of line, and leading them by

example."

Coach David also has a plan to ensure that his team stays on top as he said, "I have spent more time developing a lesson plan and I am embedding more time into the program this year, to make sure that we have a successful season." With all of the dedication on the parts of the captains and the coaches this year, it looks like this wrestling season is going to be a good one!



High Hopes For Boys' Basketball



Editor-in-Chief,
Sofia Erskine

Boys' Basketball nears the end of their season on January 15th

with a game against Los Osos High School. The team has been slowly climbing back to a positive record,

after a rocky start to the season. At the start of the season, team efforts were guided towards pre-season conditioning and tournaments, setting the players up for a successful season. With a negative record of 3-5 at the start of December, the team has kept the drive to put the scales in their favor.

Senior and varsity player Austin Willie has remained optimistic, despite initial setbacks, when he said, "I hope to accomplish making play-offs, and I hope to have a positive record." With three, soon to be four years of experience as a guard on the team, Willie has faced

his fair share of obstacles. "The best advice I've received is to never be satisfied, no matter how hard you work," said Willie. "Don't stop working 'cause it's never enough."

After experiencing their largest loss since February, on December 6th, against the Aliso Niguel Wolverines, ranked #85 in the state, the team's resolve was detrimental to their



performance in their following game on December 18th against Viewpoint High School. The game, too, proved challenging given Viewpoint coming in at #29 in state ranking, leaving an in-



timidating margin for the team to compete.

Undeterred by this, senior and varsity player Tevin Jeffries is resolute in keeping his eye on his goals and hopes for the team, when he said, "I hope we win Baseline League." Considering the trials of the season thus far, the team has impressively handled the pressure with the guidance of previous seasons and wise words from their

coaches and fellow players. Jeffries said, "The best advice I've ever received is to never give up and always keep pushing yourself."

Senior varsity player and team captain, Isaac Arespacochaga, has

taken on a leadership role within the team, helping guide the players through the season. Arespacochaga has found his own guidance in one of the team's coaches as he said,

"I look up to Coach Brian because he's been through what we're going through right now as a basketball player, and he's been with

us since freshman year." Echoing his teammate's plan to aim for Baseline champions and go on to CIF-SS preliminaries in February. Arespacochaga has handled the ups and downs with grace, expressing his philosophy of never comparing the team's or his own journey to someone else's.

Anticipating the outcome of the season, it is to be wondered whether the team will continue their streak of moving up in league ranking, rising from sixth to fourth, since the 2021-2022 season. It is yet to be seen whether the team will take 3rd in league or rise even higher, obtaining the coveted #1 spot by the end of the season.

Features

Warm This Winter

Staff Writer,
Santina Irisbel Barrera

In the cold month of January, it is hard to keep warm while also not looking like a bundled-up marshmallow. In the Vogue article, “Snoods, Scarves and Beanies! Don’t Forget These Stylish Winter Accessories on Your Way Out,” by Cortne Bonilla and Madeline Fass, it said, “The best winter accessories are a must when the temperatures begin to drop further, and stepping outside requires more than outerwear and base layers. The staples don’t lack in style



either; there are plenty of chic and sophisticated little garments from a plethora of our go-to brands...”

Some of these chic winter accessories include jackets, boots, mittens, and scarves, recommended by various students.

Junior Tatiana Quevedo said, “I like cute jackets with fur on the inside. They really keep me warm, especially on windy days, when I need them.” As for sophomore Hannah Soto, she said, “I prefer puffer jackets because they’re made to keep you warm, and they can be styled easily.” Both jacket styles have positives, depending on the style people are looking for and how much practicality they would like.

Puffer jackets are a simpler style and have built-in-clothing technology to keep people warm, while fur jackets are more stylish and still provide an extra layer. To shop for these jackets, Soto recommends going to Nordstrom, where there are a variety of puffers and Quevedo explained that furry jackets and a variety of other accessories can be found on FashionNova.

Sophomore Allison Rivas has a more outer-layer approach to her

favorite winter accessories and said, “I really like scarves, mittens, and fluffy socks. I get cold easily, so I bundle up and these accessories keep me extra warm.”

Layering Accessories, as well as hats and beanies, have many positives. All of these accessories come in different patterns, colors, and styles, and depending on where people are cold the most and they provide an extra layer of warmth to an outfit. Rivas said, “I love Brandy Melville for accessories. They have a big variety. And my favorite place to get socks is American Eagle.”

While people may be concerned about the outer layers of their outfits and what gloves to pair with what scarf or jackets, they still need to remember the basics. English and AVID teacher Mrs. Jessica Erlanger said, “I like sweaters. They are comfortable and they’re perfect for winter and with winter comes all the best seasons, like time off and holidays. Sweaters are also a good combination of style and practicality.” Mrs.

Erlanger recommended checking out the company Icebreakers, a sustainable clothing brand that uses wool and has clothing items that have clothing technology to keep people warm.

There are so many different clothing pieces and accessories to choose from and wear this winter



season. From the base layers, like warm sweaters, to the outer layers, like the many stylish jackets, scarves, mittens and hats, there are a plethora of choices. But it is important to remember not to worry about whether accessories clash or match. The only important fact to remember is to just keep toasty.



Keeping Warm One Sip At A Time



Staff Writers,
Kayla Biggs & Jasmin Trujillo

As the weather shifts, so do people’s tastes. Drinks go from iced tea to hot chocolate in the winter months. Students may use hot drinks to face challenging work. Some people believe that warmer beverages help to reduce stress and affect people’s overall mood.



Junior, Estella Mahaffey said, “It’s really soothing in the wintertime and suits the comfy vibes.”

With the start of a new semester, students may be more burdened with work and finals. Senior, Monica Sanchez said, “I think that hot drinks are very nice in the cold weather.” While sophomore, Quimora Atkins-Beason said, “I love hot drinks, since they taste so good.”

But people may wonder what is behind the almost innate need to shift beverage preferences. The online article, “How to Make the Most of Hot Drinks in The Winter,” from mathieuteisseire.com said, “Well, that’s partly down to how certain chemicals affect the bacteria in our gut. Dopamine is a type of neurotransmitter, or chemical messenger, which helps us focus and find things interesting, whereas serotonin, sometimes known as ‘the happy chemical’, is a natural mood booster. Lack of sunlight and the reduced physical activity we undertake in winter cause both our dopamine and serotonin levels to fall, leading to, among other things, tiredness, and lack of motivation. That is why we hanker after ways to increase them like winter sun - or quicker, easier, and cheaper – deliciously comforting hot beverages.”

Everyone has different tastes when it comes to winter drinks. But everyone always has a least favorite and a favorite drink. Atkins-Beason said her least favorite hot drink was coffee and said, “I’m not a huge fan of the peppermint mocha from Starbucks. I think the

most liked hot drink must be tea.”

Mahaffey agreed with Atkins-Beason and said, “I think it has to be tea, since it helps with being sick.” Sanchez added, “When I’m sick and my throat hurts, hot tea is nice to drink.”

Local Starbucks employee Hollensten, who has been working for the Starbucks franchise for four years was asked what the highest selling hot beverage was, and she said, “The highest selling hot drink will always be a white chocolate mocha, no matter what season it is.” Hollisten also said, “The week before Christmas we sell the most drinks,” which proves how warmer drinks are preferred in colder weather.

Hollensten was also asked if more people preferred to customize their drinks and she claimed, “People definitely like to customize their drinks and make it their own.” Hollisten explained that even small customizations still make drinks unique to that person. Hollisten said that the difficult drinks depended on the amount of customization the customer wanted and the more add-ons, the more difficult the drink becomes. As for Hollisten’s favorite drink, she

said she preferred a simpler drink in the winter, like peppermint hot chocolate with oat milk.

When the desire for hot drinks comes to mind, students all have their favorite spots. For Mahaffey,



she said, “The best coffee shop, in my opinion, is Urth Cafe.” However, Atkins-Beason preferred to go to Dutch Bros, where she enjoys their birthday cake drink and a bagel sandwich on the side. While Dutch Bros, Urth Cafe are good places to visit, Starbucks is the most recognized coffee franchise, specializing in hot drinks, such as many distinct blends of coffees, handmade beverages, and small food items. So “weather” you are craving tea, hot chocolate or a coffee, there is no doubt that hot drinks are the go-to for many people in the colder weather months.

Features

Winter's Cozy Comfort Films For Cuddling

Staff Writers,

Isabella Ruiz & Sara Koussa

As we have to deal with our California winter season, there is nothing quite like curling up with a cozy movie to escape to chill. But with such a vast number of films to choose from, students and staff helped out by providing a few films that they thought were perfect recommendations. Their favorite picks range from heartwarming classics to modern favorites, each offering a perfect blend of comfort and nostalgia.

Sports Medicine teacher,

Angelina Hernandez shared her choice when she said, "My favorite comfort winter movie would have to be 'Ice age' for sure." The film demonstrates that it is never too late to change your mind and do the right thing. The characters, including the loveable Sid the sloth, the grumpy, yet caring Manny, the mammoth, and the comically determined Scrat, provide plenty of laughs and memorable moments. The story's themes of friendship,



family, and teamwork make it a feel good movie that's perfect for a family movie night. The snowy atmosphere in "Ice age" also adds to the wintery vibe.

As for Hernandez's favorite Valentine rom com, she said, "'The Proposal' is my favorite movie surrounding love! My favorite part of the movie is when the main character begins to sing the song to the windows, to the walls. I enjoy this scene because it gives me a good laugh and makes the movie less serious."

"The Proposal" is a delightful romantic comedy that has captured the hearts of audiences since its release, making it a well-replayed favorite. Starring Sandra Bullock. Hernandez said, "If I had to choose a favorite character I would choose

Sandra Bullock. She really made the movie!"

Senior Bella Chacon shared her favorite choice when she said, "My favorite cozy winter movie is a tough question, but I would say 'Frozen' The movie is just so funny and everyone likes that movie." Frozen is often considered a favorite for many people. The movie has that perfect wintery vibe with all the snow and ice. Plus, the story is heartwarming and full of catchy

songs that are enjoyable to sing along. The characters are loveable and overall, the movie makes people want to cozy up with a blanket and a warm cup of hot cocoa.

Chacon explained that for her Valentine's favorite movie, she would have to choose, "'The Notebook.' The meaning in the end, that if you love it, set it free. If it's meant to be, it will come back to me, all makes the story beautiful."

"The Notebook" has captured the hearts of many and remains a popular film due to its profound exploration of love and commitment. According to the article, "One of the saddest romantic movies of all time has now been making us cry for 20 years," by Marianne Garvey, it said, "If you want to know why the Notebook is considered kind of a romantic classic, the answers are Ryan Gosling and Rachel McAdam's, and that's the beginning and the end of it." The film's portrayal of love has the ability to evoke a wide range of emo-



tions, from joy to sorrow, ensuring its place as a cherished favorite in the hearts of many.

Finally, junior Kalani Boyd said, "My favorite Valentine's cozy would have to be '10 things I Hate About You.' I re-watch it once a week and make everyone in my family watch it with me. The love they have for each other is so inspiring and makes my heart smile. It shows that love is not always perfect."

The movie is a modern adaptation of William Shakespheres play, "The Taming of The Shrew." The movie is set in a high school and follows the story of two sisters, Kat and Bianca Stratford. Bianca is popular and wants to date, but her strict father will not allow it, unless her older sister Kat, who is known for her rebellious and antisocial behavior, also dates. The film explores the themes of love, identity, and the pressures of societal expectations.

So, with these wonderful recommendations, it is time to sit back, relax and enjoy a bit of classic film nostalgia.

The Best Winter Activities For Boredom

Staff Writers,

Gianna Smith & Emily Garcia

Winter has finally arrived! The season of magical memories and love. Although the season is filled with exciting holidays and lots of free time, people often find themselves bored with nothing to do in the chilly weather. However, there are plenty of fun activities that people can participate in this season.

With the cold weather, it becomes a great time to try and experience outdoor activities, such as ice skating! There is something magical about skating outside when it is cold. There are lots of local ice rinks nearby, such as in Ontario and they provide rentals, no matter the age. Freshman, Mar-



riella Nakhleh said, "My favorite winter activity would be ice skating because I just love the feeling of cold air while skating around."

Another idea, if people enjoy the snow, is to try snowboarding and skiing! Both activities are extremely exhausting, but so much fun. Freshman Cristal Hernandez said that her favorite winter activity is snowboarding and she, "Loves the feeling it gives," and it "just makes me happy."

According to BVNW.com's online article, "Poll: What is your favorite winter activity," it said, "The most favorite and popular activity for all of winter is sledding. They made a poll and 47% of participants said sledding, 21% said building a snowman, 19% said ice skating, and 13% said snowboarding/skiing."

Another idea, which lots of people do not know about, is that winter is the perfect time to visit a zoo. The crowds are often thinner

during the season and there are plenty of animals that are active at this time of year. Also, the cooler temperatures make all the walking a lot easier.

Several of activities that have been listed require travel, but an activity that does not require leaving the local area is simply a late-night hike. Since it grows dark early in the winter, it is a great time to consider a night hike. Hiking is already a great activity, and the dark just makes it more interesting. Hiking at night adds an entire new layer of excitement to hiking, as people's eyes must adjust to the dark and there might even be great views of the night sky.

Some fun indoor activities to do are to watch movies and tv shows. People like to cuddle up in a cozy blanket and make a warm drink to enjoy their movie. Many enjoy bak-

ing and cooking for fun. According to the online article, "50 Fun Things to Do When You're Stuck Inside During Winter," by Kelly Medeiros, it said, "Making good old

chocolate chip cookies is an entertaining winter's day activity, as is making other delicious recipes like warm pies and fresh-baked bread."

Some other activities that Medeiros mentions are to take naps, Video-game marathons, plan a summer vacation or even to catch up with family and friends.

Medeiros said, "Getting in touch with the grandparents or a long-lost friend over the phone or Skype makes for a great indoor activity and can be a lot of fun for all."

There are so many activities available for people to do during the colder winter months. With thought and planning, experiencing the great outdoors or the comfort of a cozy fire is just a step away.



Opposites Attract

Staff Writers,
Michelle Tiang & Cesar Garcia
Gonzalez

We have all heard of the saying “Opposites attract.” It can be found in countless books and movies: the hothead dates the chill guy or an unlikely alliance

forms between two people, with contrasting personalities. While it does add spice to the story, these relationships have their pros and cons in real life.

The phrase “Opposites attract” has been used for many years and in several cultures. This type of relationship has been repeatedly portrayed in the media, especially in Disney characters, such as the lower-class Cinderella and the wealthy Prince Charming. While these examples make it seem like this relationship is healthy, it usually is not in the long term. Sociologist Robert Francis Winch conducted multiple marriage studies to determine if opposites really did attract and published his findings as, “The Theory of Complementary Needs in Mate-Selection: An Analytic and Descriptive Study.” Winch discovered that some parts of one’s personality, such as their assertive-

ness, should complement the other, rather than be the opposite.

According to the online article, “When Introvert Marry Extroverts,” by Caleb Simonyi Gindele said, “A small study based around that idea showed that differences in personality types were not linked

to marital difficulty, and being opposites on introversion/extroversion specifically, did not predict any specific

problems in marriage. Another study[iii] supported this finding — differences along the introversion /extroversion scale don’t negatively impact marriage quality in any noticeable way. So, it does look like introverts and extroverts can get along just fine.”

People being attracted to their opposite may bring potential obstacles. For starters, their partner may have widely differing goals, which could lead to more disagreements and the need for more frequent communication. If not managed correctly, their relationship could disintegrate quickly.

Sophomore Helena Ickis said, “If you can’t get along with your

lover then your conversations and connections with each other won’t be as special.” In addition, contrasting relationships can hold one back from achieving his or her greatest goal, as Ickis said, “You limit yourself from having full potential relationships, such as a connection and a long-term marriage.”

Even if a relationship was created from opposite attraction, differences in aspects of identity, such as culture and heritage, can create grounds for argument and breakup. Counselor Jessica Ahumada said, “I would say the limit [to opposite attraction] would be the most important foundational thing. If you are opposite in religion, that would probably hurt you.”

It is not to say that this type of relationship is unhealthy. Freshman Chris Hays said, “Every partner has at least something in common. Even if you are opposites with your partner, there is something you both like, and if not, you will find something together through bonding together.”

Effective communication skills will also solidify any relationship, as Hays said, “I think it depends

on the communication and effort they put into the relationship, but a long-term relationship is possible.” While a partner may seem insufficient, this opens opportunities for gaining patience and empathy, as well as learning to compromise. One partner’s strengths complement the other’s weaknesses and vice versa. Contrasting relationships will also do one good in trivial things, such as taste in music, food, or their favorite TV show.

Nevertheless, a good relationship builds on certain aspects, whether that person’s partner is their opposite or identical soulmate. Counselor Mrs. Ahumada said, “I really think that when anyone loves someone else, they’re able to change drastically, like their temperament or their attitude.”

In the end, it is up to the person to decide whether the relationship he or she is in is helpful or harmful. Hays put it wonderfully when she said,

“It depends on the people in the relationship. It can be harmful or positive. It really depends.”



Gym Resolutions

Staff Writer,
Leilani Broussard

After the New Year’s celebrations are through, it is a common tradition for people to write down or spout out their resolutions for the upcoming year. The urge to become a “new and improved” version of themselves becomes their primary focus. A common way people attempt their personal rebrand is by improving their health, often heading to the gym to get in shape or to lose some weight.

As PE teacher and flag football coach, Heather Inglima said, “I think losing weight is always the top one in my opinion.” Eating healthier, gaining, or losing weight or exercising tends to be the resolution that goes somewhere on a New Year’s list. Though, it was not always that way.

In the article, “Trying to Get in Shape? Here is the History Behind the Common New Year’s Resolution,” by Olivia B. Waxman, it said, “Most Americans didn’t see exercise as necessary until the mid-20th century.” The craze of exercise increased

with the development of industrialization. Waxman said, “But industrialization changed the nature of work and food production. Fewer farmers in the field doing physical labor and more office desk jobs, later joined by the growth of automobile culture and suburban sprawl and the popularity of television, all led to more couch potatoes.”

Another reason for people trying to improve their health is for promoting positive mental health.

Senior Chole Arroyo said, “Seasonal depression or depression in general, puts you in a dark state of mind and people try to find ways to escape that ... throughout the next year they think going to the gym will make a drastic difference in their life and which it does.”

Unfortunately, it is common for people to lose motivation after the month of January and the reasons vary as Inglima said, “To create a new habit you have to do something for 30 days straight ... It is easy to just fall back into their old habits.” Creating a habit that takes excessive

amounts of energy to complete can be easy to drift away from. The only thing that truly benefits from the ‘New year, New me’ foot traffic is the gym itself. As Inglima said,

“I think the gyms are only in it for the money. The rest of us were in it for our health ... Those who stopped suffer more.”

As more people come in for that month, the people who go on a regular basis have to deal with extra crowding, but it does not have to be

a bad point. Arroyo said, “I don’t see a problem with it. As long as everyone is creating a safe atmosphere for everyone to really focus on what they’re doing.” In a safe space, people can feel comfortable asking for help and making connections, which can often drive people who have only started to keep coming back.

In retrospect, people tend to make resolutions for themselves because it is a tradition for them. For others, it is to find a way to improve themselves. However, there are other ways to do so as Inglima said, “I think they should try to be better leaders and give back to the community. I think a very strong resolution someone can make is being more empathetic towards others ... In general maybe smiling at a stranger ... just being a kind person to those around.”

New Year’s resolutions are often helpful for people to help start themselves off on the right path for the upcoming year. Whether it is going to the gym, being kinder to others or giving back to the community, putting forth the effort can be a part of achieving a new healthy lifestyle.



The Science Behind Falling In Love

Staff Writers,
Manuel Contreras & Perla Vargas

People often talk about love as if they have been struck by Cupid's arrow, leaving them with intense feelings and overwhelming desires. However, as Mountelizabeth.com's article, "The Science Behind Why We Fall In Love," points out, "The initial happy feelings of being in love is stimulated by 3 chemicals in the brain: noradrenaline that stimulates adrenaline production causing that racing heart and sweaty palms; dopamine, the feel-good chemical; and phenylethylamine that is released when we're near our crush, giving us butterflies in our tummies." As a result, falling in love does have a scientific explanation.

Falling in love is a complex process driven by a combination

of biological instincts, psychological factors, and firsthand experiences, all working together to create deep emotional connections. Love is a universal experience influ-

enced by biology, psychology, and individual preferences. The online article, "The Science Behind Why We Fall In Love," from Mountelizabeth.com said, "There are three distinct phases of falling in love. The first, lust, is driven by the levels of testosterone (men) and estrogen (women) in our bodies. The sec-

ond, attraction, is similar in feeling to the addictive rush from certain drugs or alcohol. The final phase is attachment, which is when you may begin to feel closely bonded and start making long-term plans together."

The first stage, lust, is driven by the hormone's testosterone in men and estrogen in women, promoting physical attraction. The next stage, attraction, "Is similar in feeling to the effect of certain drugs or alcohol. The emotion of euphoria, and the release of a jumble of chemicals in the brain, including dopamine (pleasure), adrenaline (fight or flight) and norepinephrine (alertness), can make falling in love feel like an addictive rush. Adrenaline, in particular, is the reason your cheeks feel flushed, your palms feel sweaty and your heart races when you meet someone you like for the



first time."

The last stage is Attachment and as Mountelizabeth.com explains, it "Sees the release of dopamine and norepinephrine replaced with oxytocin (the 'cuddle' hormone), which is when you may begin to feel closely bonded and start making long-term plans together."

Psychology teacher, Mrs. Bennett said, "There is no specific area of the brain that attracts one another, but the left hemisphere performs more of the behaviors of



being attracted towards someone." The human brain and personal experience are merely responsible for these behaviors. It plays a significant role in falling in love, whether it is people's morals, preferences or even experiences. Mrs. Bennett said, "Many know the saying opposites attract. However, to make a lasting relationship, you have to be similar, whether it is life goals, interests, passions, and values."

Junior Jacob Espinoza holds lofty expectations and values when it comes to looking for a partner. Espinoza said, "What attracts me to someone is their looks and personality is huge to me. The way they make me feel, the values they hold and their morals." Espinoza also would not expect so much from a partner if he weren't putting in the same effort in return as he said, "When I'm in love, I care about the person, I put them first over everything, they're my priority."

Many individuals believe falling in love with a person because of

his or her personality is more important than any other factors. As Mountelizabeth.com said, "One study of 1,523 couples, which analyzed the similarity of individ-

ual personality traits, found that happy couples' personalities synced up 86% of the time. And it's not just personality traits – you're also likely to be attracted to someone who has similar values and beliefs to you.

In another study of 1,500 pairs, every single couple held similar life views, including the ones who had only just met."

Personality, shared interests, and similar world views enhance compatibility. Junior Naomi Tapia said she likes a partner "When they are friendly and funny" and "If they communicate better and then, if they match my energy."

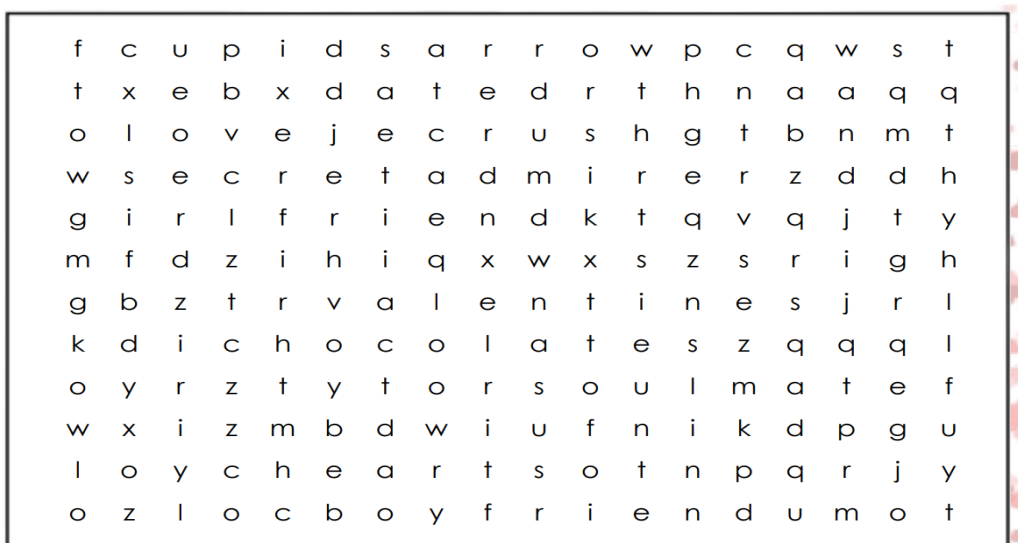
Falling in love is a unique and powerful experience shaped by the interplay of biology, psychology, and personal history. Hormones and brain chemicals drive the initial stages of lust and attraction, while shared values, emotional compatibility, and attachment deepen the bond. Junior Christopher Robles said, "I know when I'm in love, when I'm willing to wait for anything and willing to meet her parents."

Understanding the science behind love helps people to appreciate its profound role in human connection and happiness.

VALENTINE'S WORD SEARCH

WORD BANK

- secret admirer
- cupid's arrow
- valentine's
- chocolates
- girlfriend
- soulmate
- hearts
- candy
- boyfriend
- crush
- date
- love



Baking Goodies For Your Valentine

Staff Writers,

Penelope Lopez & Delilah Torres

With the weather outside slightly cool, it is the perfect time to bake treats for family and friends. With the approach of Valentine's Day, there is nothing better than making your loved one's favorite treat and enjoying them together. Unfortunately finding the right recipe can be difficult. Every recipe offers differences in taste and smell, and it is important to find just the right one.

The best cookie by far is the Chocolate Chip Cookie. According to the online article, "The Benefits of Eating Chocolate Chip Cookies," by Cravery Cookies, it said,



"There are many reasons why chocolate chip cookies are great. They are tasty, easy to make, and can be a healthy snack. In addition to being packed with nutrients, chocolate chip cookies are also very versatile. They can be enjoyed as a snack or dessert and can be made with various kinds of chocolate chips to suit your taste. Whether you like milk chocolate, dark chocolate, or white chocolate chips, there is a cookie out there for you!"

Junior Nina Caraveo said, "My favorite type of cookie is Mint

Chocolate Chip because of the taste it has. It is also really good and has a refreshing taste when eating these types of cookies."

People often choose Oatmeal Raisin Cookies because they are a healthier snack choice than other cookies



since they contain whole grain oats and raisins. Sophomore Ari Marchwordt explained why some people might not like Oatmeal Raisin Cookies when she said, "Because Raisins are healthy, and people hate healthy things."

Other items that can be made are pies, cake, and cupcakes because they can be enjoyed in assorted flavors and by everyone. Caraveo said her favorite dessert is "Strawberry Shortcake because of the taste of sweetness and the strawberry has a good flavor."

According to the online article, "Show A Little Sweetness this Val-

entine's Day," from The Home Baking Association," it explained the benefits of baking personal gifts when it said, "Personal touch: Baking at home allows you to add your own personal touch to your baked goods, making them even more special and meaningful.

Cost-effective: Baking at home is often less expensive than purchasing baked goods at a bakery. Control over ingredients: When baking at home, you have control over the ingredients used, allowing you to make healthier choices or accommodate dietary restrictions. Increased creativity: Baking at home provides an opportunity to be creative and experiment with different recipes and flavor combinations."

So, whether it is making cookies or the perfect pie, taking the time out of a busy schedule to make something homemade is sure to be a huge hit with loved ones.

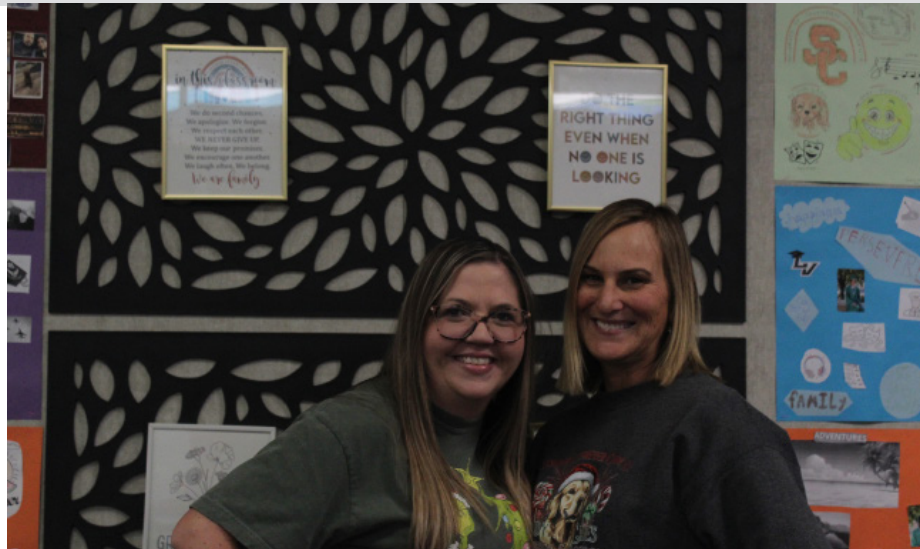
The Significance Of Female Friendships

Assistant Editor,

Mayte Pompa Guerrero

Friendship, especially female friendship, is one of the most cherished connections of the human experience. Galentine's Day for Valentine's Day is a common way female friendship is celebrated. According to the online article, "What is Galentine's Day," by Marcie Reynolds and Nitya Rao, it said, "Simply put, Galentine's Day is like Valentine's Day, but for the gals! And though unofficial, in the eyes of girls everywhere, it's totally a thing. The holiday falls on February 13 each year . . . and is geared towards celebrating the women in your life. Best friends, sisters, moms, grandmas, you name it, it's your chance to show them just how much they mean to you. Which, of course, you can and should do every other day of the year, too, but it's extra fun when there's a day dedicated to it. Not to mention, the beloved aesthetic of heart-shaped-everything and all things pink!

Senior Brooklyn Guerrero said, "Some fun Galentine's ideas I would like to do is have a picnic with my girls and just spend my time with them. Galentine's is a really cute idea and super fun to do, rather than being sad, when you can be all about love with your girls."



Having strong platonic connections is something that can be beneficial to all parties, no matter how big or small your circle may be, the realization of having a person who will always be there for you is comforting and reassuring. The article, "The Lifelong Benefits of Strong Female Friendships," by Danielle Page said, "Given those female friendships typically discuss emotional experiences related to an event, friendships can help women to process their experience more deeply and obtain support to help reduce the negative impact of a chronic stressor," Grossman explains. When we talk with friends about the hard time we're going through, we internalize those feelings less. The point being that you shouldn't underestimate the power of friendship if you're going through a stressful time or having a

bad day."

Friendship is also a universal experience. For English teacher and tennis coach Mrs. McAdams, she described female friendships as a mix of loyalty, compassion, and empowerment, which she shares with her fellow teacher, Mrs. Garcia. The pair teach their English classes together and they spend every day with each other, collaborating and instructing their students. When describing their relationship

Mrs. McAdams said, "I know there is someone who has my back and is there for me through thick and thin. I know that with Mrs. Garcia, we

can celebrate each other's victories and help each other through challenges. She is truly my best friend. I think one of the greatest aspects of our friendship is that we can agree to disagree and even though we both have strong opposing viewpoints on several issues, at the end of the day, we can still give one another a hug and know that we're friends."

The significance of a best friend is something that can be difficult to describe. But as Galentine's Day approaches, it's important to remember why it is time to celebrate the women in your life. Perhaps, Maya Angelou, an American poet and civil rights activist illustrated the importance of friendship the best, in her poem, "To My Best Friend," The poem reads, "When you are sad, I will dry your tears. When you are scared, I will comfort your fears. When you need love, my heart I will share. When you are sick, for you I will care."



Features

What the Future Has In Store For The Astrological Signs In 2025

Staff Writer,
Dani Varela

As we step into 2025, people are curious about what the stars have in store for them. Astrology is a fascinating glimpse into the future, offering insights into how each zodiac might navigate various parts of life, like work, personal growth, and relationships. By knowing these predictions, we can make the best out of 2025.

♈ Aries

A calm, slow-paced year is expected. According to the article, "Horoscope 2025: Love, Work and Luck for all the Zodiac Signs," by L'Officiel, it said, "Planetary retrogrades bring delays and frustrations, and you may need to be careful about how you allocate your energy." Aries could risk burn-out and decreased determination with new projects. Taking breaks and pacing themselves will be important.

♉ Taurus

The new year will bring you prosperity, especially financially. L'Officiel said, "Although the year brings new financial opportunities, it is also a great time to reflect on your priorities. If there was ever a time when you needed to reassess your values, this is it." This will be a time of connecting with new people and transitioning into new friendships.

♊ Gemini

They will find 2025 to be a year of huge career opportunities. L'Officiel said, "If you are looking to make a career change or are planning to upgrade your job, the energies will be favorable." However, the year will also be marked by freedom, as you will have to free yourself from limitations

and embrace new opportunities." This is the time to break past mental blocks and seize new opportunities

♋ Cancer

The start of 2025 may be slow, but it will allow for improvement to prosper. L'Officiel said, "This year will be a time when, after a period of reflection and solitude, life will pick up a more dynamic pace. Starting in June, you will see an increase in opportunities in all areas of your life, from family ties to professional relationships." Being yourself will bring you luck, but you must remember to persevere through the initial dreariness of the year.

♌ Leo

Leo will see major transformations and financial changes in 2025. L'Officiel states, "This will be a positive phase, with the possibility of elevating your financial status. You could see a significant improvement in your finances, either through increased income or passive earnings, such as from investments or an inheritance. However, it is crucial not to give in too much to the demands of others. This is not the time to become an emotional or financial giver, but to focus on yourself and your needs."

♍ Virgo

There will be demanding work put into a career being

rewarded. L'Officiel said, "This will be a period of professional maturation and consolidation of the results obtained. Commitment will be necessary, but also careful management of your energies."

♎ Libra

Libra will have major opportunities to make a better life this year. As L'Officiel said, "This year will be marked by a focus on health and well-being; you will find yourself facing important changes that require a new organization and a more attentive attitude towards yourself. It will be a time to free yourself from habits that limit your potential. In the professional sphere, new responsibilities may emerge or, for some of you, a career advancement."

♏ Scorpio

there will be growth in your financial life. L'official said, "It will also be a year that will stimulate your creativity: you will have new opportunities to express yourself, perhaps by exploring artistic activities or dormant passions. However, you will also be asked to work on any emotional blocks."

♐ Sagittarius

Sagittarius can expect changes in careers and priorities. L'Officiel said, "The movement of the karmic axis in your family and career houses will bring significant changes, and some of you may find new job

opportunities or feel the need to completely change your path." Relocation is desirable, as it may improve quality of life.

♑ Capricorn

Look inwards and focus on the inner self in 2025. L'Officiel said, "Some of you may also choose to embark on a path of spiritual growth or deepen your self-understanding. Relationships and emotional bonds will also be the focus of attention: it will be essential to find a balance between giving and receiving."

♒ Aquarius

The new year will bring happiness, love, and excitement. L'Officiel said, "Jupiter's influence will favor you in the sphere of recreational activities, hobbies, and romantic relationships, making this a particularly propitious time to enjoy the lighter side of life. Those of you who are single will have many opportunities to meet interesting people and, for some, love may even arrive."

♓ Pisces

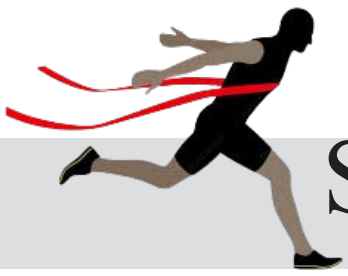
The year of 2025 will be full of personal growth and transformation. L'Officiel said, "The astral energy will focus on your personal relationships, with a period that will accelerate unexpected changes and encourage you to establish clearer boundaries. If you have experienced difficulties in emotional relationships, this is the year to free yourself from dysfunctional dynamics and to attract people who respect your sensitivity and empathetic spirit."

In short, 2025 will bring different experiences for each zodiac sign. By knowing what to expect, people can better handle challenges and enjoy the good times ahead.



Features

Senior College Commitments



Cole Brody, Senior

Committed to Benedictine College in Atchison, Kansas for Football. Brody said, "I'm looking forward to getting outside of California and experiencing a new environment. I plan on majoring in Criminology. My goal is to become a game warden with that degree."



Drew Shoji, Senior

Committed to Saint Mary's College of California. Shoji said, "I was really happy about my decision I made. I feel like it was the best decision for me. I'm planning to focus on either Business Economics or Finance. I'm looking forward to making new memories, and doing my best in college soccer. I'm happy to be able to play in college. It's meant everything to me. I'm very passionate about it."



Jillian Bock, Senior

Committed to Embry Riddle College in Prescott, Arizona. Bock said, "They have the major I want, which is Aviation and Aeronautical Science. My goal is to become a commercial pilot."



Madison Casado, Senior

Committed to Saint Mary's College of California for Soccer. Casado said, "I am going to SMC to study Kinesiology and because they have a good soccer program. My goal is to become a physical therapist."



Kyle Huang, Senior

Committed to Princeton University. Huang said, "I'm planning to major in Mechanical Engineering with the hopes of minoring in Material Science and Engineering. I'll hopefully get into the sports industry, maybe do some sports technology. It's just great to see that all my effort, all my dedication, all that time spent- whether it be in sports, in the classroom, outside of it doing other things- it's just great to see that these things pay off."



Monique Cash, Senior

Committed to California State University San Bernardino for softball. Cash said, "When I go to college, I plan on majoring in Psychology. I chose San Bernardino because it was like a package deal and had everything I wanted. It also came at the last minute, so I saw it as a sign. I haven't figured out my plans but I am looking into social work for the future."



"California Sunset" by Nicole Macias, 12th grade



"Coastal Memory" by Aaliah Mansi, 11th Grade



Features

What Is Your Biggest Goal For 2025?



Mrs. Erlanger, teacher

"I think I'm going to prioritize movement, in all forms in my life. It could be physical movement, making sure I'm moving forward emotionally and intellectually, but not static energy."



AJ Noriega, Senior

"Going into the second semester, I'm really excited to graduate with all my friends. I am a little nervous for finals, like my final choir performance and my final tennis season."



Chloe Butarbutar, Senior

"As a senior next semester, I'm looking forward to being able to step back and take a break. I think I will be more relaxed in the second semester because I've been really pushing myself throughout these four years."



Jazmine Garcia, Senior

"My biggest goal is to save up money for a car, so I can hang out with my friends more and get the most out of my senior year."



Mr. Hawk, teacher

"My goals for the end of the 2025 school year are that we get some really nice, studio-quality films that we get to show at the film awards at the end of the year."



Cruz Damian, Senior

"I am also really looking forward to graduating. I'm also very excited to finally finish tennis. I will really miss some of my classes, like Mr. Muira's class and that studio. I can't wait to play music outside of high school and for community college."



"carpe diem" by Hannah Alvaro, 11th Grade



"Salted Caramel and Torte" by Alex Evans, 9th Grade



DIY Valentine's Day Gifts

Staff Writer,
Bruce Ly

Valentine's Day is an excellent opportunity to tap into your imagination and personalize your gifts. For three innovative juniors—Carlos, Zach, and Joaquin—DIY crafts are more than simply a way to celebrate the holiday; they also allow them to express themselves and connect with others. The students underline the value of providing something truly special and personalized.

Carlos Mendez, a junior who likes floral design, highlighted the charm of personalized gifts when he said, "I say a good DIY gift would be a bouquet, even if it is not crafting. I see that something that

can be colorful and is provided by nature can be interpreted deeply." For Carlos, making a bouquet isn't just about flowers—it's about selecting blooms that convey a story and a deeper connection. He enjoys experimenting with a variety of color schemes and textures to create something that feels both meaningful and visually stunning.



Junior Zachariah Herrington focuses on useful crafts that can serve as a remembrance. He said he likes writing personalized notes, with original artwork and sincere sentiments. Harrington said, "Words are very powerful and taking the time to write a little thank you can go a long way. Plus, writing is a

little fun, especially something you're interested in." Zach frequently writes heartfelt messages that are made even more memorable by reflecting inside jokes or encouraging remarks. In addition to being a signature present Zach loves to make for special occasions, his friends and family value the sentimental quality of these messages.

Joaquin Hernandez, another junior, likes presents that are both useful and entertaining. Custom crafting sets, like do-it-yourself Lego kits, tend to be his favorite hobbies. Hernandez said, "I enjoy hands-on activities, and being able to spend time with someone to

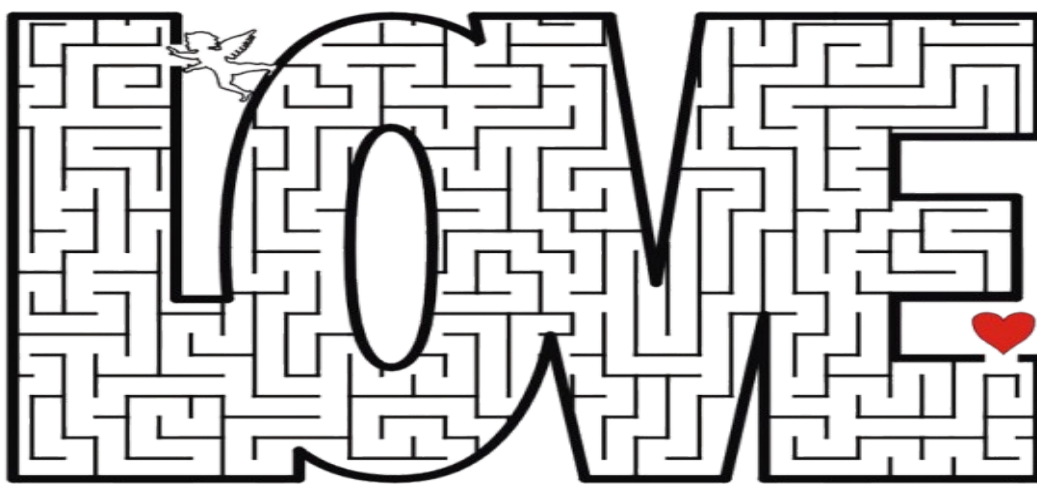


do it is very bonding. I mainly hog most of the fun, but it is still enjoyable to talk and mess around." The concept of developing an interactive tool that enables anyone to construct and create independently appeals to Joaquin. He said that it is pleasant to offer a present that inspires people to be creative and make something original.

The DIY projects not only demonstrate their creativity but also focus on the value of the thought and effort that goes into each present. Valentine's Day is all about expressing gratitude and devotion, and Carlos, Zach, and Joaquin find that creating unique presents are a meaningful way to do so.

Handmade gifts have always carried a special significance, especially on holidays like Valentine's Day. As Dana Fox, founder of the DIY lifestyle site Wonder Forest said, "Handmade gifts are a wonderful way to show love and appreciation because they carry a personal touch that store-bought items can't replicate. The time, effort, and thoughtfulness put into a DIY craft truly makes it special."

MAZE OF LOVE



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