



MONTHLY OBSERVANCES

February: Black History Month

Black History Month, observed each February in the U.S. and Canada, celebrates the achievements and contributions of Black individuals and reflects on the ongoing struggle for justice and equality. Established by Dr. Carter G. Woodson in 1926 as "Negro History Week," it coincided with the birthdays of Abraham Lincoln and Frederick Douglass. In 1976, it was officially recognized as Black History Month to honor the accomplishments of Black Americans. Observing Black History Month involves education, recognition, and action. Educational initiatives highlight trailblazers like Harriet Tubman, Martin Luther King Jr., and contemporary leaders. Events such as lectures and exhibitions foster an appreciation of Black culture and history. Recognition celebrates contributions in fields like science, art, and activism, from Katherine Johnson's NASA work to Amanda Gorman's poetry. Action includes advocating for equity, supporting Black-owned businesses, and participating in community efforts.

By honoring Black History Month, we celebrate progress, confront challenges, and envision a future rooted in justice and equality.

March: Women's History Month

Women's History Month, celebrated each March in the U.S., U.K., and Australia, honors the achievements and resilience of women throughout history while reflecting on the ongoing fight for gender equality. The celebration began with International Women's Day in 1911 and evolved into Women's History Month in 1987, following its designation by the U.S. Congress. It highlights the diverse roles of women in shaping society. Observing Women's History Month includes educating about trailblazers like Susan B. Anthony, Malala Yousafzai, and Ruth Bader Ginsburg, as well as countless unsung heroines. Events like discussions and exhibits deepen appreciation of women's history and issues. Recognition extends to achievements in fields such as science, politics, and art, from Rosalind Franklin's DNA research to Kamala Harris's leadership. Celebrating these milestones inspires future generations. Action is key—supporting women-led businesses, advocating for gender equity, and volunteering with organizations that empower women and girls helps create a more inclusive society. By celebrating Women's History Month, we honor the past, acknowledge the present, and inspire a future of equality.

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Student Reporters

Samir Azizi
Manuel Camey Gil
Jordan Ennik
Jayden Flores
Will Gorrell
James Mauritho
Leslie Sanchez Sanchez

Editors:

Jordan Ennik
Leslie Sanchez Sanchez

Click any image to learn more about the filmmaker's legacy.

NOTABLE BLACK FILMMAKERS & AUTHORS

BY WILL CORRELL



Jordan Peele

Jordan Peele is an American comedian, actor, and a film maker. he prominently works on comedy, and horror films, and is an Academy and Primetime Emmy award winner for his film *Get Out*.



Spike Lee

Spike Lee is a director, actor, producer, and writer, he has made many movies, and documentary's, about notable African American figures, and great story telling in his productions. he's mostly known for his movie *Do the Right Thing* which was based off a true story, with the message being to do the right thing in the face of injustice



James Baldwin

A notable writer, and civil rights activist, known for his writing, and poems, and plays. and stuck between his desire of writing, and supporting his family during the civil rights movement.



Nikki Giovanni

An American poet, writer, commentator, activist and educator. Bringing those together with her words in a time where we needed it the most during the Civil Rights Era.

Click any image to see the film trailer.

FILMS THAT CELEBRATE BLACK CULTURE

BY JORDAN ENNIK



Six Triple Eight (Rated PG-13)

Six Triple Eight follows a true story of the 6888th Central Postal Directory Battalion, which was the only all-female African American battalion to serve overseas during World War 2. They were tasked with delivering mail to soldiers on the frontlines.



Hidden Figures (Rated PG)

Hidden Figures is a true story about three African American women who worked at NASA and played crucial roles in early space programs. The path to success wasn't easy though, they had to face racial adversity and gender inequality along the way.



Green Book (Rated PG-13)

Green Book is about a African-American Musician and his Italian-American chauffeur right at the end of segregation. The film revolves around their experiences touring around the deep south of the United States and the bond the two form.



Black Panther (Rated PG-13)

Black Panther is a Marvel superhero film that follows T'challa, the newly crowned king of Wakanda, an hidden futuristic society in Africa. He must step into the role of king whilst facing challenges from the films antagonist Killmonger, who aims to take the throne to become king.

CLICK ANY IMAGE
TO LEARN MORE!

21ST CENTURY WOMEN CHANGING THE WORLD

BY LESLE SANCHEZ SANCHEZ



MacKenzie Scott

Cofounder of Amazon, Scott has revolutionized philanthropy with her large, unrestricted donations to nonprofits, advancing equity, education, and climate action. Her trust-based approach has set a new standard for impactful giving.



"Dana Canedy

A former Pulitzer Prize-winning journalist for the New York Times, in 2020 Dana became the first Black person to lead a major publishing house, Simon & Schuster. A decisive stepping stone for change and a leading point for black women to transform contemporary literature.



"Malala Yousafzai

The youngest Nobel Prize laureate the world has ever seen, this remarkable young woman overcame an assassination attempt by the Taliban in occupied Pakistan at the age of fifteen, to campaign for women's rights and children's rights to an education.



"Alexandria Ocasio"

Alexandria Ocasio-Cortez, is an American politician and activist. She has served as the U.S. representative. She is the Northeast educated, Bernie-supporting, community-organizing and wall-protesting, powerhouse daughter of a working-class Puerto Rican family, who has broken down many preconceived prejudices and is aiming to transform the U.S. political scene.

THE MAGIC OF MARDI GRAS

By Jordan Ennik

Did you know that **Mardi Gras** is French for “**Fat Tuesday?**” Mardi Gras is based on ancient celebrations that date back thousands of years. The holiday stems from ancient Roman festivals like Lupercalia and Saturnalia, which were times of parting and excess before the season of Lent. The version of Mardi Gras today traces its roots to early French settlers who arrived in North America. The first recorded celebration happened in 1699, when French explorers arrived near New Orleans, Louisiana. They found a spot near the Mississippi River and named it “Pointe du Mardi Gras.” They then celebrated Fat Tuesday with a small feast.

The tradition is now celebrated with massive carnivals and parties around the world. Some of the activities at these events include music, costumes, and dancing. The holiday has evolved significantly over time. Originally celebrated as a simple feast, it has grown into an enormous celebration with elaborate parades and floats. The biggest celebration occurs in New Orleans, Louisiana. It is associated with specific symbols like beads, masks, and King Cake. The official colors of Mardi Gras are purple, green, and gold, which each symbolize justice, faith, and power.

Mardi Gras is celebrated by a variety of different people across the world, especially in places with French influence. In the U.S., it is most popular with people of French Catholic heritage, but the celebrations are welcome to anyone regardless of their religious or cultural background. It is not just celebrated in the U.S.; however, it is also celebrated in places such as Rio De Janeiro, Venice, and some areas of France. There are a few places in the Bay Area where people can indulge in Mardi Gras celebrations; some of them include the North Beach Mardi Gras Parade, the Preservation Hall Jazz Band, and the Zydeco Dance and Potluck.



Ramadan: A Month of Reflection, Unity, and Flavor

By Samir Azizi

February 28th marks the beginning of Ramadan. Ramadan is a holy month and lasts until March 29. It is a month of fasting, prayer, and reflection observed by Muslims worldwide, especially in countries like Indonesia, Pakistan, and India. In the US, about 3.5 million Muslims participate in Ramadan by fasting from dawn to sunset, praying, giving to charity, and breaking their fast with iftar. Some common meals prepared during Ramadan include:

- **Soups:** Soups are a popular choice to ease the body back into eating. Common options include lentil, chicken, vegetable, and vermicelli soups.
- **Fattoush:** This refreshing salad, made with fresh vegetables and served with crispy bread or pita, is a favorite in many regions.
- **Tharid:** A traditional dish in the Arab Gulf, tharid consists of a meat and vegetable stew served over crispy bread. Variations of this dish can be found in other cultures, such as Levantine fatteh, Moroccan trid, and Iranian dizi.

In addition to these staples, Ramadan feasts often feature a variety of traditional dishes such as kebabs, yellow rice, kafta, samosas, baklava, and more. These meals highlight the rich diversity of culinary traditions that make Ramadan a time of both spiritual reflection and communal celebration.

In the Bay Area, people can attend community iftars, mosque gatherings, and cultural events to celebrate.

Click the image to learn more about Ramadan.



From Legends to Love:

The Many Faces of Valentine's Day

By Jayden Flores

Valentine's Day, also known as St. Valentine's Day, is when lovers express their affection with greetings and gifts. This holiday has expanded to express affection between relatives and friends. The history of Valentine's day goes back to when Emperor Claudius II executed two men, both named Valentine on Feb. 14 of different years in the third century. One of the men named Valentinus, a priest, was executed for marrying couples after marrying couples in defiance of Emperor Claudius II's ban on the sacrament of marriage. The other man was Saint Valentine of terni, a bishop who was executed for attempting to help Christians escape harsh Roman prisons. Their martyrdom was honored by the Catholic Church with the celebration of St. Valentine's Day. Saint Valentine was discovered and imprisoned in a torture-ridden Roman jail, where he fell in love with a mysterious girl. He sent her a love letter signed 'from your Valentine' right before his execution, thus originating the romantic sign-off still widely used today. Valentine's day started in February in Rome, where they held a festival that focused on bringing new couples together. It's said that boys drew the names of girls from a container, The pairs would stay together during the festival, and some would actually get married when the festival was over. Valentine's Day traditions have evolved a lot over the years. For example, in the Middle Ages in Europe people started exchanging handmade cards with love notes inside. Today billions of dollars are spent on Valentine's Day cards and gifts each year around the world. Some traditions surrounding Valentine's Day include Mass marriages in the Philippines, giving gifts such as flowers and passing out Valentine's cards or celebrating friendship instead. Some people may even have family traditions like going out for dinner. Valentine's Day is popular in the United States as well as in Britain, Canada, and Australia, and it is also celebrated in other countries, including Argentina, France, Mexico, and South Korea. A recent global survey demonstrated that of the 18,201 consumers in 17 global markets, 59% say they'll celebrate Valentine's Day in some way. However, the proportions of celebrations in markets vary greatly. Some suggestions to celebrate Valentine's day include: making a meal for your friend or loved one, or going on a romantic picnic. You could also host a movie night or go out for dinner.

Some people also create items for their loved ones.

Some choose to opt out of Valentine's day and participate in alternatives such as Galentine's Day, and Single's Awareness Day. Galentine's day originated back in Feb 11, 2010 in an episode of "Parks and Rec" where Amy Poehler's character introduced it to celebrate women. Single's Awareness Day was born because of social isolation. In 2001, a student Dustin Barnes, decided to form a group with his friends so that instead of being sorrowful about being single, they could use the day to celebrate singleness. Some argue that they don't celebrate Valentine's Day because it puts unnecessary pressure on relationships and takes away from the fact that we should show love and appreciation every day, not just on February 14.

Click any image
to
find the step-
by-step
instructions

DIY Valentine's Gifts

By Leslie Sanchez Sanchez



BATH BOMBS

Heart-shaped Bath Bombs. Perfect for homemade valentines gifts, heart-shaped bath bombs are the gift of relaxation.



COFFEE FILTER HEARTS

Coffee Filter Hearts. What better way to say "I love you" than with a pretty coffee filter heart?



MUG PAINTING

Decorate a mug so your Valentine is reminded of your love over their morning cup. It will also make such a great touch to a nice breakfast



HOMEMADE CANDLE

These gorgeous DIY Valentine's Day candles are fairly easy to make and a great gift idea for your friends, family members, or yourself ;).



Teen Valentine's Date Ideas

By Leslie Sanchez Sanchez



INDOOR PICNIC

A comfy throw on the floor, a few candles and all your favorite picnic food will create the perfect indoor picnic if you really want to make your picnic special, make a fort, add a few twinkle lights.



TAKE A PICTURESQUE HIKE

Grab your hiking boots, pack a few water bottles, sandwiches and snacks and head out on a hike to take in the scenery. Be sure to take plenty of fun and silly pictures along the way so you can frame them later!



HAVE A BONFIRE WITH SMORES

If you're fortunate to have a big backyard, why not dig yourself a small firepit and get a rolling bonfire. Stock up on all the fixings for s'mores, of course, and the two of you can share ghost stories while you listen to the crackling fire and hold hands.



BAKE COOKIES

Bake Valentines Cookies with your Valentines Nothing could be sweeter than enjoying yummy heart shaped cookies with your valentine. It's an inexpensive , fun and stress-free way to spend the sweetest holiday of the year with your valentine.

Ash Wednesday

By Manuel Camey Gil

When you think about holidays, you probably think of thousands of years of history. One holiday you wouldn't think of having less than 1000 years of history is Ash Wednesday. Over a billion Catholics, Lutherans, Moravians, Angelicans, and Protestants recognize the day worldwide.

It is the is a kickoff for the season of Lent—the 40 days leading up to Easter; the resurrection of Jesus. On Ash Wednesday, Christians go to church in the morning, and a little cross is drawn with ashes placed upon one's foreheads. Those ashes are ashes from down palm leaves preserved during last year's Palm Sunday service. Palm Sunday is a recognition of the day Christ entered Jerusalem shortly before he was arrested and crucified. It's a reminder, in a sort of way, saying, "Hey, life's short, make a priority." People use Lent as a timeframe for them to sacrifice a little something—like candy, coffee, or social networks—as a challenge for them to become a little wiser and a little holier.



While the holiday itself is religious, that doesn't mean you have to be religious to recognize it. Many use it simply for a kind of "reboot" button—be that depriving oneself, taking up a positive practice, or simply taking a little break and changing your life in general. It's less about lists and more about taking a break and being purposeful about it. So even if one doesn't join in with ashes and fasting, it's a pretty cool reminder to stand back and make a priority out of it.

Super Bowl Commercials: Why we really tune in

BY MANUEL CAMEY GIL

Come on, let's be honest—half of the enjoyment of the Super Bowl isn't even actually the game, it's the commercials. Year in and year out, companies go out of their way to make the most laugh-filled, absurd ad in an attempt to grab your attention. Whether it's a big-name actor being goofy or some random talking animal, Super Bowl commercials in many ways are like mini movies. And with an eyeball count of one million, brands will pay silly sums of money—like, a cool thousand for 30 seconds (It's actually way more, but I'll get into that)—to make their ad one everyone will be discussing in the morning.

Super Bowl commercials have been a long-standing tradition for years and years. In the '80s, Apple re-imagined them with its infamous "1984" commercial, for a commercial, it played out a lot more like a sci-fi flick. Since then, companies have competed with one another with larger and larger productions, sillier script lines, and surprise guests of honor. Some have become legend, such as the Doritos ones in which super fans submit their work, or E-Trade baby explaining stocks in a deadpan voice. And then, of course, there's the off-beats—do you remember Puppy Monkey Baby? Yeah, neither can we.

But let's talk about money—because commercial time during the Super Bowl doesn't pay for itself. In current years, a 30-second commercial rose in price to roughly \$7 million (yes, million) for mere broadcast alone. And that doesn't even include recruiting celebrities, producing, and marketing beforehand and afterwards. Big companies pay for it, however, because one of the only times when humans actually don't tune out during commercials is during the Super Bowl. With 100-plus million eyeballs, it's an opportunity big enough to grab eyes and make an impact that will last.

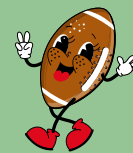
Even when you don't care about football, commercials make it worth your while to tune in. It's a pop culture spectacle—everyone in front of the television, having a reaction, and debating favorites in social media. Some commercials are laugh-out-loud, some complete flops, and a few actually make your brain work. At least, at minimum, you have a laugh (or a desire for whatever food they're featuring in an ad). So whether it's for the game, halftime, or simply for commercials, the Super Bowl seems to have a knack for pleasing everyone—even if it's simply debating whose commercial won out.

Click the Image to Watch the 25 Best Super Bowl Commercials of All Time.





Super Bowl Recipes

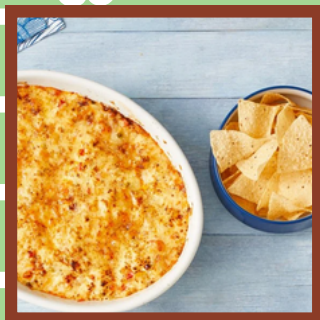


CLICK ON ANY IMAGE TO FIND THE RECIPE



ENCHILADA CRESCENT

This flaky, golden ring of crescent dough, packed with all the flavors of a cheesy, chicken enchilada. It's portable so your guests can eat by the television! and sure to please, making it perfect for parties.



HOT CORN DIP

Cheesy corn dip the day of the big game, you can make it up to two days ahead and bake right before serving –guests will devour it quickly either way. You simply can't go wrong with grilled corn, buttery vegetables and shredded cheese.



BUFFALO CAULIFLOWER WINGS

These cauliflower wings are the answer. When you're craving something a bit lighter—or need to please plant-based guests—these wings are the app you'll turn to again and again.



SUPER BREAD BOWL DIP

A football-shaped bread bowl made from refrigerated bread dough, which has a subtle sweetness and spot-on fluffiness. The result is just as adorable to look at as it is delicious to eat. Trust us—THIS is the game day appetizer that will score every time.

Inferno in Los Angeles

By James Mauritho

Flames along the hillsides, thick smoke in the skies, and families fleeing their homes with little more than the clothes on their backs. What began as a single fire on January 7th, 2025, quickly spread into a catastrophe, consuming tens of thousands of acres and leaving only destruction. Over the next two weeks, 31 fires started across Los Angeles. As emergency responders raced to contain the infernos, communities were upended, wildlife was driven from its habitat, and the devastating reality of an increasingly fire-prone world became impossible to ignore.

The LA fires began on January 7th, 2025, and over the next 14 days, 31 fires broke out, with 2 still burning. The first of these fires started on the Pacific side of Palisades, one of the areas still affected. These fires were fueled by a combination of windy, humid, and dry conditions, which created the perfect environment for fires to spread. While some suspect the fires may have been set intentionally, there is no proof of this at the moment.

The fires have caused widespread destruction, burning between 40,000 and 45,000 acres in just 13 days. This has led to the displacement of many people and animals. Displaced people have been relocated to shelters like community centers and hotels, while animals have been taken to animal shelters or safe places. The damage has been devastating, destroying homes, small businesses, and wildlife, leaving many families without shelter and causing chaos in the area.

In response to the fires, local firefighters and emergency teams worked quickly to evacuate people and set up shelters. On a national level, FEMA has provided financial aid and extra resources. Surrounding communities have also stepped in, sending fire crews and supplies to help. These fires highlight the growing threat of climate change, as rising temperatures and dry conditions make wildfires more intense and harder to control. This serves as a reminder of the urgent need to address global warming.

Click the image to see scientist discuss the correation between climate change and wildfires.



Constraints to Confidence

The Evolution of Women's Dress

By Samir Azizi

Throughout history, women's fashion has been a reflection of societal norms, cultural shifts, and evolving ideals of beauty. From restrictive corsets and floor-length gowns to power suits and bold statement pieces, the way women dress has transformed alongside their fight for independence, equality, and self-expression. This evolution not only highlights changing trends but also mirrors the growing confidence and empowerment of women as they break free from outdated constraints and redefine their roles in the world. Fashion, in many ways, tells the story of how women have claimed their space and their voice, one style at a time. Prior to the 20th century, women's fashion, specifically dresses, were long, heavy, and restrictive, symbolizing traditional gender roles in society. In the beginning of the 20th century, societal shifts and women's rights movements pushed fashion toward greater freedom and practicality. As women gained independence, styles adapted to reflect this change; hemlines rose, fabrics became light, and designs prioritized comfort and movement. Today, summer dresses made from breathable fabrics like cotton and rayon combine style with functionality, keeping wearers cool while offering versatility. Features like adjustable straps, wraps, designs, side slits and pocket embody modern values of individuality and practicality, making summer dresses symbol of both fashion and empowerment. Women's fashion has journeyed far from the constraints of the past, evolving into a medium of self-expression and empowerment. The transformation of dresses, from heavy, restrictive garments to practical and versatile designs, mirrors the progress women have made in reclaiming their independence and individuality. Today, fashion continues to celebrate this empowerment, with modern styles that prioritize comfort, functionality, and personal identity. As society continues to advance, women's fashion remains a powerful testament to their resilience, strength, and ever-growing confidence—a visual narrative of how far they've come and the limitless possibilities ahead.



SHEDDING POUNDS AND BUILDING MUSCLE

By James Mauritho



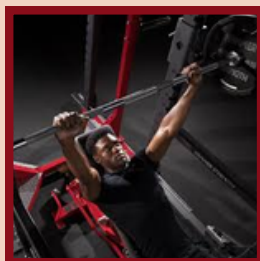
Losing weight and building muscle don't have to be separate goals—you can achieve both with the right approach. By creating a calorie deficit, prioritizing protein, and staying active with strength training and daily movement, you can build a leaner, stronger body. Small, consistent habits like walking 10,000 steps a day and lifting weights will help you see lasting results. This guide will show you how to fuel your body, train smart, and reach your fitness goals.

How to lose weight & gain muscle: To lose weight, the main principle is calorie deficit. A calorie deficit is when you consume fewer calories than your body needs, leading to weight loss. The easiest way to figure out the calories your body needs is to multiply your body weight by 13. This number should include protein, carbohydrates, and fats. You can figure out how much of each you should have with the following calculations: **Protein:** multiply your body weight by 1.2, **Fats:** multiply your body weight by .4; fill the rest in with carbohydrates. If you eat this diet and walk 10k steps every day, weight loss will happen. Now for the food to be affective for building muscle you need to go to the gym aswell. Now, there are many weghtlighting routines you can program and follow such as: PPL(push,pull,legs), Upper+Lower, Full body, and the bro split. All of the routines(also known as splits) are effective for muscle growth it just depends on what works best for you and you whichever enjoy the most, it is different for everyone. It may take some time to find the perfect split for you but stay consistent! For a begginer you should do the Upper+Lower or PPL. learn how to set these routines up and with these splits muscle growth and your dream body will be yours.

Proper protein intake to build muscle: Many people do not get even close to enough protein every day. Your body needs a certain amount of each to be healthy: protein, carbs, and fats. If you are trying to build muscle, it is essential to focus on protein intake. Protein helps muscle rebuilding and recovery, carbs help energy and replenish your muscle glycogen cells to build back up, and fats help support hormones and sustained energy throughout the day. Although they are all important, the others aren't that hard to get enough of. Protein comes from only meat sources, some veggies, and lentils. To eat enough protein daily, multiply your body weight x 1 and that is the grams of protein you should eat every day. To be completely honest, your body weight x 1.2 is better, for maximum recovery after exercise.

Enough activity: People often think to lose weight or be healthy, you need to sprint and run long distances. Yes, those activities make you lose weight, but they also make you tired and can make it hard for other life activities like school or work. Walking is one of the best forms of cardio you can get throughout the day. If a person gets **10k+ steps** a day, they will be more likely to start losing fat and become healthier. Some tips to get started are taking quick 10-minute walks throughout the day or after each meal. Weightlifting is also important if you want to gain muscle. Ideally, you should do strength training exercises that target all your major muscle groups at least two times a week. You can expect to see results in a few weeks to several months.

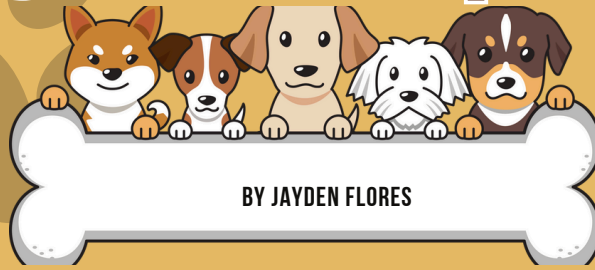
Click the image to learn the best exercises to gain muscle.



Click the image to 5 Healthy Meals under \$5 to build muscle & lose weight.



Dogs' Life Expansion



An estimated 65.1 million households in the US owned a dog, according to the 2023/24 pet owners survey. According to the Dog Aging Project (DAP), a community, scientist-driven, data-gathering research project that launched in 2019. Low doses of rapamycin could increase a dog's lifespan, improving both their heart and cognitive functions by regulating cell growth and metabolism. Rapamycin works by modifying the cells' energy balance and energy handling. It seems to mimic the effects that happen in people or animals who do intermittent fasting. Researchers led by the Texas A&M College of Veterinary Medicine & Biomedical Sciences and University of Washington School of Medicine have received \$7 million from the National Institutes of Health to expand a clinical trial studying rapamycin's ability to extend the lives of companion dogs. To be eligible, dogs must be in good health, at least 7 years of age, and weigh at least 44 pounds. You should expect to pay \$100-\$112 a month depending on the size of the dog. According to the FDA NDA 021083, emesis, diarrhea, anorexia, body weight loss, red lesions on gums, and elevated monocyte and leukocyte counts if rapamycin is taken irresponsibly, although low doses of rapamycin seem to positively affect heart health, cognitive function, and even extend lifespan. According to The Healthspan Clinical team, rapamycin cannot be purchased as an over-the-counter supplement. There are two ways to purchase rapamycin for dogs, one being signing up for a CONCIERGE, or using a prescription from your veterinarian. As a potent pharmaceutical, rapamycin is regulated by the FDA and requires a doctor's prescription for use. Due to its effects, it must be administered under careful medical supervision.

Credit Crushers

By Leslie Sanchez Sanchez

Term 4

Aldrich John Candasa
Alexandra Avelar Torres
Angel Solis Rodriguez
Arturo Sandoval
Aurora Lopez-Robles
Brealene Sarria
Brian Ascencio Carrillo
Briana Ramirez Guerra
Crystal Ochoa Gonzalez
Cynthia Ortiz
Daniel Vazquez
Dasheme Coleman
Denis Guzman Deleon
Diana Rodriguez
Dominique King
Douglas Garcia Choc
Edwin Cibrian Andrade
Elisa Febo
Elmer Andres Perez
Elmer Ba Maquin
Emigdio Moran Villa
Emilio Ayala
Ezequiel Echeverria Gutierrez
Gonzalo Villasenor Gudino
Jamayner Zeron Huerta
Jasmine Gutierrez Castro
Jason Guzman
Jayden Flores

Jaylen Dunkley-Wagner
Jeremy Nunez Ruiz
Jeronimo Choc
Johann Contreras
Jordan Ennik
Jorge Zarate Ibarra
Jorge Guzman
Jose Balanzar Ojeda
Julia Navarro Ceja
Julia Cardenas
Julian De Jesus- Espejo Ceron
Karla Arce
Kate Mejia Zuniga
Katia Juarez
Leonel Luna Silva
Leslie Sanchez Sanchez
Levee Fries
Luis Barrera Villalobos
Manuel Camey Gil
Marcela Jose Menjivar
Marcello Canas
Marley Gonzalez
Maryjane Sanguinetti
Maynordino Chomo Pop
Mckenzie Escalante
Melissa Ochoa Gomez
Nayra Shah
Norberto Lopez Padilla

Rechel Mora Largaespada
Roberto Villanueva
Ronnie Crawford
Rosa Prado Navarajo
Rose Parks
Santino Esquivel
Sarai Alvarez
Savannah Knowles
Sergio Max Tiul
Sergio Oxcal
Victor Ramirez Cortez
William Munoz Lara
Yisel Zepeda Hernandez
Yuliana Herrera Herrera
Zamara Burton

Happy Birthday

February

Aiden N.	01/01
Leslie C.C.	02/01
Crystal O. G	02/01
Mckenzie E.	02/02
Ms. Alicia	02/03
Stafford W.	02/04
Ernesto R. D.	02/06
Aurora L. R.	02/09
Juana O.A.	02/09
Kevin A.P.	02/11
Alex A.	02/13
Zion G.	02/13
Alexa M. L.	02/13

Jayden F.	02/14
Melissa O.G.	02/15
Beautiful T.	02/15
Jonathan R.O.	02/15
Jason A.L.	02/19
Jaden R.	02/19
Santino E.	02/20
Elly G.	02/20
Jeremy N.R.	02/20
Frankli I.M.	02/25
Kimberly F.	02/27
Rosa P.N.	02/27
Jasmine G.C.	02/28

Happy Birthday

M arch

Dominique K.	03/02
Maynordino C.P.	03/03
Kaitlyn D.	03/03
Alan M.	03/05
Lose K.	03/07
Daniel V.	03/07
Armando F.	03/08
Ashley F. G.	03/09
Isaias P.	03/10
David R.	03/10
Rahsaan G.	03/14
Jeronimo C.	03/15
Christopher V.M.	03/15
Ignacio M.L.	03/16
Sarai A.	03/17
Wyatt B.	03/17

Zach M.	03/18
Cynthia O.	03/18
Pedro O.	03/19
Rose P.	03/19
Kai H.	03/20
Mason D.	03/21
Ms. Wimmer	03/23
Ms. Anna	03/24
Jason G.	03/26
Felix C. Q.	03/26
Ms. Shirley	03/26
Joanna R.Z.	03/27
Jamayner Z.H.	03/28
Kesaia U.	03/29
Ronnie C.	03/30
Marley G.	03/31
Mr. Giordano	03/31

A Daily Dose of Observances

This month is packed with national and global observances, where each day is dedicated to celebrating someone or something! From honoring everyday objects to appreciating the little joys in life, these recognitions give us the perfect excuse to smile, take a break from routine, and engage in fun activities! Whether you're looking to add some humor to your day or learn about people to celebrate across the country, this calendar will bring a daily dose of amusement and joy!

BY LESLIE SANCHEZ SANCHEZ

February 2025

SUNDAY

MONDAY


























TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

						National Dark Chocolate Day  1
National Brown Dog Day  2	Bubblegum Day  3	Sweater Day  4	World Nutella Day  5	Valentine Shopping reminder  6	National Send A Card To A Friend  7	National Fly Kite Day  8
National Pizza Day  9	Teddy Day  10	National White shirt day  11	Lost Penny Day  12	Super Chicken Wing Day  13	Valentines Day  14	Annoying Squidward Day  15
National Almond Day  16	Random Act Of Kindness  17	Thumb Appreciation Day  18	National Lash Day  19	Thermos Bottle Day  20	Pancake Day  21	Walking The Dog Day  22
National Toast Day  23	National Tortilla Chip Day  24	National Lets Eat Right Day  25	National Set A Good Example Day  26	National Strawberry Day  27	National Chocolate Souffle Day  28	