

The Spartan Times

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Honoring Our Spartans

by Michael Alvarez



Angelo Mikalini (Senior) receiving a total of seven awards.

On Sep. 24th, LLA hosted its first Honor Roll assembly of the year to recognize students' academic accomplishments last year.

The assembly took place in the MPR during second and third period for 8th graders, and sixth period for high school students.

"Studying isn't always the most exciting thing but pushing through the boredom and putting

your nose to the grindstone is going to be what leads to you to being acknowledged in these types of events," said senior Angelo Mikalini.

The Honor Roll assembly rewarded students for their performance on the CAASPP and AP exams.

"It felt good to be recognized for the things I did," Angelo shared.

Handling Stress

by Diamond Lynch

School can be stressful. Whether it's the workload, the environment, or pressure, it can be a heavy burden on teenagers.

"I'm stressed out with the amount of work there is and the material", 10th grade student said.

Stress can affect your mental health by causing anxiety and even affecting your ability to perform. It doesn't always have to be this way; there are ways to minimize stress.

A healthy diet is crucial to your health. Eating a well balanced meal for breakfast is important because your brain needs to produce chemicals that help regulate your thoughts and feelings.

Listen to music, hang out with friends, and do the things you love. If you ever feel overwhelmed or need to confide in someone,



CAMPUS LIFE

Positive Mindset, Positive Teacher

by Michael Aguirre

As a child, Mr. Martinez was surrounded by family. His aunts, uncles, and cousins all lived close by and he would visit his grandparents every summer in Mexico.

"Growing up on the same street allowed me to have a close-knit family," Mr. Martinez states about his childhood.

Before becoming a teacher, he worked at a steel mill trying to pay off his student loans.

Wanting to start a

but stuck for hours working, Mr. Martinez looked into his Spanish major and became the Spanish teacher we know him as today.

"In this country I believe it's important to know multiple languages" When asked why he picked to teach Spanish of all the subjects, Mr.

Martinez stated, "In this country, I believe it's important to know multiple languages."

Additionally, he loves to travel, but despite having a time-consuming hobby, he

struggles a lot with time management.

"I feel like 24 hours is not enough" Mr. Martinez jokingly said.



Mr. Martinez, Spanish Teacher

family

Black Mass

by Dyanara Chavez

Black Mass, a 2015, true-crime mafia story, was a 3/5 rating. I'm not one to watch mafia movies but it wasn't bad for someone who isn't interested in them. It was pretty hooking from the start because of all the drama.



Black Mass 2015

The main character, Whitey Bulger (Johnny Depp), is the "leader" of the gang and is portrayed as a very intimidating person. The FBI (Jesse Plemons) finds out about this gang and how much danger it's causing to the city so they try to investigate and end the Mafia. The FBI finds Whitey Bulger and they end up working together so that Whitey won't go down with the others.

Throughout the movie, it switches between the story unfolding and clips of each person involved in the gang in a confessional.

This movie is directed by Scott Cooper, written by Mark Mallock, and produced by Brian Oliver. It's rated "R" due to vulgar language and gory scenes.

Even though it was a good movie, it's one I can skip out on. It was decent with plot twists and turns, but not mesmerizing.

Food for Thought

by Aurora Marquez

"October, the month when the trees all remind us how beautiful it is to let things go." - Unknown

How does the following quote make you feel? "

"Makes me feel sad," Addyson Reilly, 8th grade.

"Makes me feel like letting go is hard," Evie Russo, 9th grade.

"I think that times are changing and so is everyone else," Sofia Lazaro, 10th grade.

"It embodies that it's almost the end of the year so it's good to let go of certain problems," Eric Castillo Luna, 11th grade.

"I think it's reminiscent with fall and autumn, Alexandra Fuentes, 12th grade.