

The Vasquez Post

Veritas, Aequitas, Spiritus

Advice for Incoming Freshmen

To our amazing incoming freshmen, here are some words of advice to start off the year strong!

Make sure to ALWAYS check your grades on Aeries and Google Classroom, especially if most of your assignments are online! It will really help you if you're planning on graduating with honors or trying to get into a good college.

Take advantage of the sports that Vasquez offers! Even if you don't join any this year, make sure you at least join one. They look fantastic on your college application and could even get you a scholarship. For boys, Vasquez offers a wide variety of sports such as Basketball, Baseball, Cross Country, Football, Soccer, Track & Field, and Volleyball. For the girls, Vasquez has a similar variety of sports as the boys such as Basketball, Cross Country, Flag football, soccer, softball, tennis, track & field, and Volleyball. Luckily, Vasquez sports are only played during their season. Which means you can play 3 sports or more per school year.

Make sure you are talking to your guidance counselor REGULARLY.

Continued on the back side

Meet Our New Principal, Dr. Smith!

How long have you been in this district?

I have been in this district for 2 years, 10 years ago. I came back recently and have been here for 2 months.

Do you have any kids of your own, if so how many?

I have 2 kids, a 2 year old boy and a 7 year old girl.

Have you always dreamed of being a principal, why or why not?

Yes, because I'm bossy haha! I have been since I was a kid, but I used that trait for good and made it into a leadership skill. I also enjoy helping students and I feel that education is the key to success. It was for me!

Continued on the back

"Let's Roll" A 9/11 Story

Most of us know what occurred on 09/11/2001. Terrorists hijacked the two planes that they then flew into the two World Trade Center towers, killing 2,977 people. This attack devastated not only the United States of America, it effectively shocked the world. But do you know about what happened with the *other* two planes that were hijacked that day? Did you know that one of the planes was flown into the Pentagon? Did you know that one of the planes was heading to the White House or potentially the Capitol building?

Flight 93 left Newark Liberty International Airport in New Jersey, heading to San Francisco when it was hijacked by four terrorists. The terrorist's goal was to crash this passenger plane into either the Capitol building (which was in session at the time) or the White House. Arguably, if the terrorists had hit their objective (either of the two), the outcome would have been much worse than it already was with the destruction of the twin towers and the damage done to the Pentagon. It would have been a successful attack on our country's government.

Instead, what happened is that a group of passengers decided to take back the plane. One of the passengers was actually on his cell phone, speaking with a 9-11 operator, explaining to the operator what was happening. The passenger spoke with her for a few minutes, and then made a decision with fellow passengers that they would attempt to attack the terrorists and take back the plane... and they did.

There was no one left to fly the plane once it was taken back from the terrorist, as the terrorists had killed the pilots. This still left a potentially deadly plane in the sky above our nation. The passengers then decided the only thing left for them to do was to take that plane and find an empty field on the ground to crash the plane in, effectively sacrificing themselves for the lives of others. The plane went down in a field in Pennsylvania. These heroes must never be forgotten for what they selflessly did.

As the man who was speaking to the 9-11 operator put the phone down to confront the terrorists with his small band of modern-day superheroes, he said these last words that the operator could overhear... "Let's roll..."
Never Forget.

Article by Mr. Mangel

All artwork done by Sofia Hernandez



New Year, New Phone Policy

Vasquez has a massive problem, cell phone usage. Whether cell phones can be used on campus or not has been a very controversial topic. Phones are very useful and almost every high schooler has one but they have become a safety hazard for students. That's why we have our cell phone policy. Every time a teacher sees your phone out, it will lead to an offense. Offense number one will require the teacher to ask you to put it away. Offense number two will result in the phone being taken away for the rest of the period. Offense number three ends with your phone in the office waiting for your parent to pick it up. Also, make sure to remember that all teachers are supposed to take your phone if you are going to the bathroom. In the past we've had fights break out. Fights that are organized with the help of phones. Thanks to our new rules from the cell phone policy, we are starting to see a decline in the amount of fights and other negative things that can happen when using your cell phone on campus.

Fighting isn't the only thing cell phones can cause. Cheating on tests, class work, homework, ect. Cheating will only make things harder for you in the long run. Just remember that if you are caught cheating it is an immediate fail for you in the gradebook. Because there will always be students who feel inclined to cheat, we have to have our cell phone policy in place. This may not stop the cheating but it has definitely slowed it for now.

Everyone should know that the governor has said it's okay for all school districts to put an entire ban on phones. You can thank Vasquez for being nice because they are allowing students to have them on campus. The cell phone policy has not always been this strict but as of last year it's been a real problem. So far, in this school year, we've had very few occurrences where a student has refused to put away their phone and we hope to keep it that way. In summary, cell phones are very helpful to all students but it just isn't safe for them to be out on campus for our students here.

Continued on the back side

Horoscope

It's the month for the Virgos. This month love and luck are on your side, Virgos. You might find yourself feeling close to someone special. Small gestures of kindness can strengthen your relationships. Soon you might experience some luck in your life. Trust your instincts and be prepared for an abundance of love and luck coming your way.

Article by Yaila Cruz



Weather

Make sure to bring a water bottle or something similar to keep you hydrated during school, as we are looking at the low 90's to 100's for the next few weeks. It is very sunny here in Acton and it's not too hot, nor too cold. This makes it a great opportunity to be outside during the day. Still though, we recommend that you wrap up and bring a sweater for those cold mornings due to the higher altitude that doesn't protect us from the high winds or cold weather that our school sits at. As the seasons are beginning to change we will have some unexpected weather during the week. Which means we will be seeing days where it's freezing cold and days that will be really warm. The wind will be starting to pick up around campus very soon. So, make sure to watch out for those high winds and protect your eyes from flying dirt!

Article by Adam Hernandez



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Advice continued from the front page

Make sure to ask questions! Whether or not you are in any honors classes, asking questions will help with so many future assignments and even tests. If you're afraid to ask if you are behind on an assignment or you don't understand the material, ask them privately through email, during lunch, or even after class.

Take advantage of the opportunities at hand. You have access to great sporting events now. You have access to clubs all around the campus. You have teachers who want to help you in any way they can. You have a fantastic counseling team between Mrs. Salsedo and Ms. Quezada that can get you into the right classes and help you with planning for when you are done with high school

Article by Lina Rodriguez

Sports

The Varsity Volleyball girls team pulled out a win against Riverside prep winning 3-1 on August 19th while the JV team swept Boron in just 2 sets and both Jv and Varsity Swept AV high school while at home. The Mustangs Varsity football team put forth their best efforts, but couldn't scrape by with the win against Trinity High school. Also lots of sports practices are starting such as Tennis, Swimming and JV Basketball. Boys Varsity Basketball will have their first season game on September 18th being an away game against P Knight High school while the boys football team has a game on the 13th against Beverly Hills High School. Lastly, Girls flag football will have their next home game on the 9th against Little Rock High school.

Varsity Football boys times:

Fri 8/30: Beverly Hills 7:00 PM
Fri 9/13: Nordhoff 7:00 PM
Fri 9/20: VS SJD LCS 7:00 PM
Fri 9/28: SJVA 7:00 PM

Varsity Volleyball girls times:

Thurs 8/29: Rosamond 5:00 PM
Tus 9/3: VS LBHS 5:30 PM
Wed 9/4: VS GLCAV 4:30 PM
Thurs 9/5: TPAA 5:30 PM

JV Volleyball girls times:

Thurs 9/12: DCHS 4:00 PM
Thurs 9/19: VS TCA 4:00 PM
Mon 9/23: SCCHS 5:00pm

Sports provided by Liam Byrne and Gerardo Pelayo

Interview continued from the front page

What's the best part of being a principal?

The best part about being a principal is that wonderful moment when I see students realize that education is the key to being successful in life and that I am trying to help them reach their full potential.

What are some helpful tips for the future graduates of 2025?

Some helpful tips are to look at what you are skilled at instead of what you're passionate about. I know this sounds terrible to say but it will help your future, and maybe you will start to like what you're skilled at. But of course I'm not saying to not have a dream.

Do you travel, if so where have you been?

I've been almost everywhere! After I got married I started to travel. I've been to China, Japan, Greece, Turkey, Britain, Ireland, Scotland, Argentina, Brazil, Spain, Prague, Germany, and there are more but I can't remember. Traveling was my life goal and I reached it!

Do you have any hobbies, if so what are they?

I like to paint! I like to paint people and animals. I'm very passionate about art.

If you could choose any type of super power what would it be, and why?

I would like to be invisible sometimes because I'm actually really shy. I know I'm principal and I'm always talking to people, but sometimes I'd just like to be invisible and alone.

What was High School like for you?

When I was in high school, I didn't involve myself very much and I didn't play any sports which I regret. I really only engaged in art. Although I would've loved to involve myself in other activities. Otherwise high school was tame and lowkey.

If you could describe yourself in 3 words, what would they be?

I'd describe myself as creative, compassionate, and determined.

How many schools have you worked for?

I have worked at Auga Dulce, Albert Einstein, Sundown, Joe Walker, Del Sur, Rancho vista and now Vasquez high school.

Why did you become a principal?

I believe in the power of education and helping young adults improve.

What are your thoughts on Vasquez high

The students are very good kids. They are sweet and respectful compared to other schools despite their being a few troublemakers.

Where are you from?

I was born in Mexico and moved when I was 6 years old.

Interview conducted by Alexandria Van Blarcom and Mikayden Matson

A	Z	A	H	H	G	W	A	R	M	W	P	C	E
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SUMMER
WELCOME
WARM
CHANGE
FALL
BREEZE
SCHOOL
EXCITEMENT
SPORTS
ORANGE
CLASSES
LEAVES
SEASON
NEW
ADVICE

Inspirational Quotes

"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence." - Helen Keller

"Your work is going to fill a large part of your life. And the only way to truly be satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it." - Steve Jobs

"Success is piece of mind, which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable." - John Wooden.

"Stay away from those people who try to disparage your ambitions. Small minds will always do that, but great minds will give you a feeling that you can become great too." -Mark Twain

"Nature has given us all the pieces required to achieve exceptional wellness and health, but has left it to us to put these pieces together." - Diane McLaren

"Others sang your life But now is your chance to shine And have the pleasure of saying what you mean Have the pleasure of meaning what you sing" -Morrissey

"Accept no one's definition of your life; define yourself." - Harvey Fierstein

"The secret of change is to focus all of your energy, not on fighting the old, but on building the new." - Socrates

"You may not control all the events that happen to you, but you can decide not to be reduced by them." - Maya Angelou

"He who conquers others is strong; He who conquers himself is mighty." - Lao Tzu

Quotes provided by Cailin Perdomo and Shoned Carr