

The Spartan Times

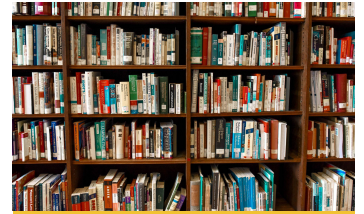
Included in this issue



Who is Mrs. Sujulle?



Teens and weight loss drugs - why?



Taking it indoors

Back to Bell Bottoms

By Jennifer Perez

As of last year, 70s fashion has made a comeback in daily wear and overall style. While this is most popular with young women and girls, that doesn't mean it hasn't come back for society's overall fashion.

Bits of 70s fashion like bell bottoms, tied and cropped shirts, platform boots, and colorful patterns have become more popular with celebrities like Taylor Swift, Dua Lipa, Selena Gomez, and Bella Hadid. Other celebrities like Sabrina Carpenter and Chappell Roan are bringing back popularity of the platform boots by using them in their shows and overall aesthetics.

This fashion trend dates back to 1970s America, when early 70s fashion was built on the hippie style of the 60s. The style was made up of handmade items, flowy silhouettes, and natural materials, while incorporating disco and glam rock. With the increased availability of synthetic fabrics, this era focused on self-expression, leading to the style of the '70s.

While celebrity influence has helped revive these trends, most people claim that the style is much more comfortable as well. The modern style includes teens use of wide legged or baggy pants and simple yet colorful patterns. Most students at Lakeview love the style for its comfort and casual look.

Perla Carreon, 7th grade student, said "I just really like the look and it's very comfortable". Students also think that styles from other eras like the 2000s should make a comeback. This style of casual yet dazzling clothing seems to be a big hit with teens and might be the next era to make a comeback in 2026.

You and the First Amendment

By Asher Rodriguez Guillen

According to the National Congress Website, the first amendment guarantees the freedom of religion, press, and speech, while also guaranteeing the right to protest and to petition the government. The amendment was added due to the founding fathers seeing the effects of a government not allowing those freedoms, and refused to see it happen in our country.

Today, the freedom of speech has been the most important and discussed right in the first amendment. And this was reignited recently with the Jimmy Kimmel Show being temporarily removed from the air due to comments about Charlie Kirk. But, the show was taken down because Federal Communications Commission chairman threatened ABC and Disney that their licenses would be revoked if they didn't punish Kimmel.

And while students have differing opinions on the situation, junior Giselle Baltazar said, "I don't think it's right because people should be able to say whatever they believe."

The freedom of speech has always been a center of discourse around our constitution. However, sometimes students don't realize that they can use the freedom of speech even now.

When asked about how students can use their first amendment rights, Ms. Burke said, "I believe that students can definitely...talk to teachers or administration about how they're feeling about different issues."

SCHOOL LIFE

LLA's MVP

By Julieta Fuentes

Mrs. Sjullie, our mental health clinician here at Lakeview always knew she wanted to do something that would help people. She would spend her school days with her mom in the counseling office, and felt that it was her calling.

Although Mrs. Sjullie grew up in Pennsylvania, when she attended UC Santa Cruz and Loma Linda University in California, she decided to stay. She mentions that although she's away from family, she knows the work she's doing here is helping students feel like they belong and are not alone.

Mrs. Sjullie expresses her love of being able to work with students one-on-one and hopes that the students at Lakeview "remember all the people that helped them- and give that back to the world."

Moreover, Mrs. Garcia, a history and Peer Counseling teacher, explains that Mrs. Sjullie "is very compassionate and understanding," and is "always willing to help and jump in whenever she's needed."

Additionally, when Mrs. Sjullie isn't helping students in the mental health room she fills her time playing online games or outside in nature. She sheepishly admits that she has accumulated an "online group with 4,000 members of Pokemon Go players." She also expresses her love for nature hikes, explaining that they bring her peace.



Wegovy for teens: Why?

By Nicky Atwell

To combat obesity, teens are prescribed weight loss drugs because of a problem where they aren't able to lose weight in other ways. If you do not have any medical conditions that prevent weight loss, "A healthier way to lose weight is going to the gym and eating healthier" says Jacob Holt, 9th grade student.

Wegovy is a weight loss drug that is now being



to teenagers. This drug releases the dopamine we get from eating, causing a smaller appetite. But there are healthy methods to lose weight other than taking drugs for it.

"Simply going for a walk can really help", says Dey'vion Wright, 11th grade student.

Side effects for taking weight loss drugs can include nausea, vomiting, and headaches. Long term effects include low self-esteem and eating disorders. Though Wegovy is not considered addictive, it is possible to grow emotionally attached, so consider the effects before choosing drugs.

Taking It Indoors

By Firstlee Thoebhakh

According to the National Institute of Mental Health (NIMH), staying active during colder months can help prevent winter weight gain, boost mood, reduce stress, and even fight Seasonal affective disorder (SAD).

As winter sets in, many students are looking for ways to stay healthy and active indoors through different exercises and sports.

P.E. teachers at school also remind students that indoor options don't have to be complicated. Ms. Lealofi, PE teacher said, "There's a lot of things you can do at home during winter. You could play

pickleball and basketball indoors."

The CDC also recommends simple bodyweight exercises such as squats, planks, or yoga to maintain strength and flexibility during winter. They also encourage fun cardio options like dancing or stair climbing, as well as online fitness classes for variety.

These exercises help many people as they go through winter time, with only a limited amount of time you have you only need to do a couple of exercises that help you to stay healthy and fit to come back from winter break.