

October 2nd, 2026. Vasquez Post Volume V, Edition II
Above Artwork by Amy Wang

VASQUEZ POST

MUSTANG'S LATEST



The Agua Dulce Fair & Parade!

Small town spirit showcased throughout a night of fun!

This past weekend our local community came alive, with the annual Agua Dulce Fair and Parade taking place on Saturday the 19th. This year's theme was "Country Skies, Family Ties," a perfect tagline to capture our proud hometown spirit. The main lot on Agua Dulce Canyon Road lot was filled with an array of all sorts of activities, food, treats, and games for all the attendees of all ages! This year, our revered and dedicated Acton Women's Club hosted the event, with the committee putting in their best effort to make a special and memorable event for all our residents of Acton and Agua Dulce!

The event started off early in the afternoon, with the craft vendor shopping beginning at 2PM. There were vendor booths with various homemade crafts and goods to be purchased. A "make-your-own" trucker hat area, a place for handcrafted sourdough bread, jewelry, plushies, crochet goods, and all sorts of crafts made from the heart!

Shortly after the shopping began, the parade everybody had been looking forward to began at around 4PM. The parade featured all sorts of displays of our Acton & Agua Dulce pride and traditions, with equestrians mounted on horses, classic cars, and a sea of patriotic American flags! As per usual, our town put on quite the unforgettable parade.

And of course, no fair would be quite a success without exceptional food! A few diverse food trucks from all around came to share their delicious cooking with the attendees! As well as a few tents serving Mexican lemonade, and a place to get some handcrafted popcorn bags, there were sweet treats all around for anyone looking.

And as soon as the sun began to set, the crowds couldn't help but direct their attention to the main stage. Everyone in the audience was excited to hear the live music of this year's band, ORB. They played front and center, performing their own unique covers of classic rock songs. As the music played throughout the fairgrounds, some guests were able to sit down and immerse themselves in the music, winding down and relaxing. Though a few other guests chose to continue through the night, using the band as a soundtrack to continue whatever one of the many fair activities they were absorbed in doing.

All in all, the event was quite the success! I'm sure everyone in Acton and Agua Dulce are excited to see how the event will be topped next year!

Article by Charlotte Hernandez



*Seniors, Jasmine Arrellano and Wilmer Diaz, dissect a sheep brain, in PLTW Human Body System class.
Photo by Oliva Moran*

Advice Column: How to Stay on Track with School

With the first progress check just having passed, it's important to remember to stay on track the first quarter of the year. Here are some tips from someone who absolutely sucked at it once.

As we slowly approach the end of the first quarter, classes start to become more difficult, and the work quickly piles up, especially in advanced classes. Sometimes it seems like there's just a never ending list of things you have to do that's cartoonishly long. When you've got six classes, a sport or even two, extracurriculars, clubs, leadership positions, maybe even a job outside school, and other responsibilities of all kinds, you can easily be overwhelmed. However, there are some simple tips (not overused cliches like "make a schedule" or "set ten minutes aside to do ~~z~~" I swear) that can make your life a little easier- lighten the load a bit.

- **Befriend your teachers-** a handful of smiles and a few nice comments once in a while go a long way. The teachers at Vasquez are often willing to help you beyond what teachers at other schools might. Because of how small Vasquez is, it is easy to build a good, or at least casual and respectful relationship with your teachers. Gaining a teacher's respect can be very beneficial for you, lenience often accompanies earned respect and a good reputation. Plus, most teachers are willing to help if you just ask for it, and many are flexible when it comes to things like assignment deadlines. If you're struggling with your workload, it won't hurt to ask for some grace. The worst they can say is no.
- **Befriend your classmates-** the classmates you might find annoying or intimidating at first could actually be the smartest, and nicest, people you'll ever meet. I can't count on both hands how many times group homework sessions with my friends and classmates saved my grade in AP chemistry, and though we didn't end up using it, I made some of the best memories I've ever had on a group hike in which we were trying to film a video for our final project for english. Befriending your classmates will do more than gain you the high school experiences you always dreamed of, it will benefit all of your grades with people to study with, people who can give you notes when you miss a day, and people who can help you with your homework at the last second. (Note that as an organization we do not condone or encourage plagiarism).
- **Learn how to multitask-** you'll be saved a lot of stress when trying to get a dozen assignments done last minute with the ability to multitask. Once, I was missing three compass lessons in my advisory and used split screen to do every single one at the same time while scrolling reels with the other hand. If that's not efficiency, I can't say what is. As I type this with one hand, the other is writing definitions for another class. Save yourself the time and energy- learn how to do multiple things at once.

Continued on pg 2

Student Approved - The Best Teachers at Vasquez

Students from all grades share their favorite teachers.

- Myah D Saba-Freudiger (9)

Myah's favorite teacher is Ms. Heather Lundquist. She says, "She's kind and genuinely interested in her subject. She cares about her students and she makes class enjoyable for me." This shows that Ms. Lundquist enjoys teaching and makes it enjoyable for her students as well, and Saba-Freudiger thinks that these are the qualities Ms. Lundquist possesses that make her a good teacher. Myah says that Ms. Lundquist is kind, hardworking, and sweet.

- Laelah Pardue-Ahnee (10)

Laelah Pardue-Ahnee's favorite teacher is Ms. Jamie Otteson. Pardue-Ahnee says, "She makes everyone feel welcomed and makes sure they understand the work at all times." She tells us that Ms. Otteson wants her students to succeed in her classroom, and wants everyone to be comfortable with participating and fitting in. "She's very helpful, kind, and supportive."

- Carole Arias (11)

Carole Arias's favorite teacher is Mr. Joshua Park. "He is very lively, making reading as a class fun." Says Arias. The three words Arias would use to describe Mr. Park would be lively, funny, and kind. Arias shares her thoughts on what qualities a good teacher should have, which is being helpful and giving advice to students when they are struggling.

- Everett Blaha (12)

Everett Blaha considers Ms. Shadi Moghaddas as his favorite teacher. Blaha says, "She is fun to talk to and makes sure her students are learning and on track." This shows how Ms. Shadi cares about her class environment and helps her students to stay focused on what they are learning. Blaha also shares that a good teacher should be willing to help their students learn and make it easy to understand. Blaha says Ms. Shadi is "Realistic, helpful, and funny."

Article Written by Ailen Cabrera



Artwork by Amy Wang

Lets Face it, Lunch and Break are Everyone’s Favorite Periods.

This week we sent out a cafeteria poll and your answers have been heard.

Break and lunch are some things people definitely look forward to during the day, whether it's for being able to finally catch a break from classes, or being able to talk to your friends, or getting to eat. With that being said, what do people REALLY want to eat during lunch? Let's take a dive into the replies. The first question on the pole was “What's your favorite meal?” From the graph, we can see that other than “other,” cheeseburgers won the vote for the favorite meal.

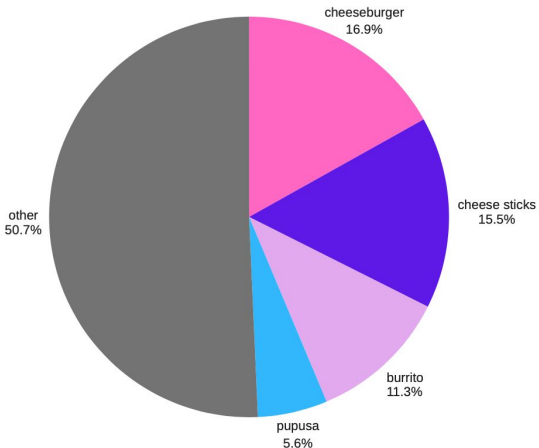
Alissee Santillan (12) picked cheeseburgers, saying they’re her favorite because they are juicy. Another student, Dylan Higdon (?) rated cheeseburgers as his favorite, stating, “I really like burgers and all the other food options get very repetitive.” On the other hand, a few don't like the cheeseburgers. One of these people was Emma Hilliard (11), who said “...the meat does NOT taste like real meat and the buns are so dry and gross.”

Another question we asked was “What do you wish they had more often?”

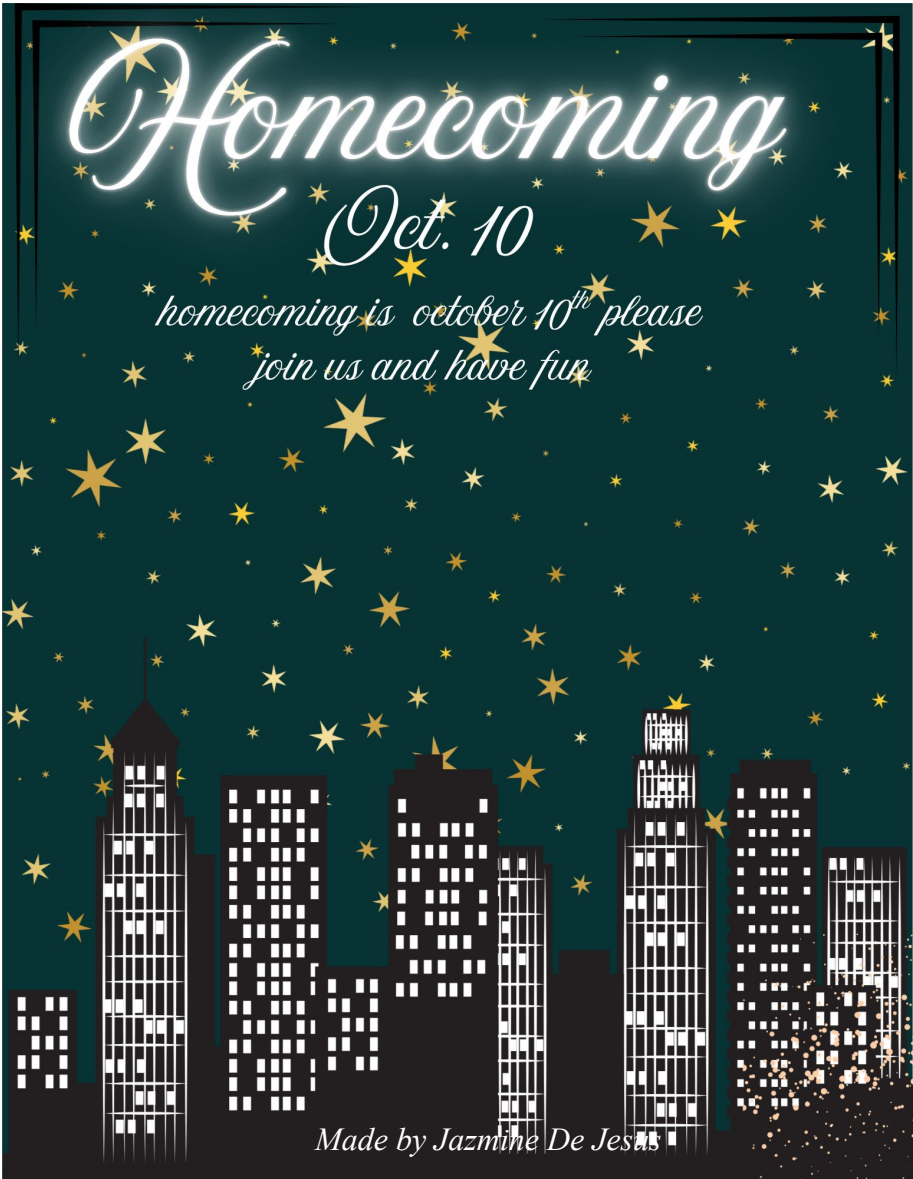
Leila Jimenez (9) said “I wish they had more of the breakfast foods for lunch.” Zachary Milton (11) said “Sweet potato fries are just a bit more crunchy because they are always soggy.” Kylie Figueroa (10) stated “Uncrustables” because she likes them. Alexsa Hernandez (10) said “cheese sticks” as they are her favorite thing at school.

With that being said, one of the last questions was “What is one thing you would change about the cafeteria policy and why?” Some of the students claimed they wouldn't change anything as they like everything just how it is. However, others had a few inputs to share. Manny Rizo (11) “Give us seconds and thirds every day.” Quite a few students shared the same sentiment as Manny, as they don't feel satisfied with the amount of food they have gotten, and feel in order to function well for classes the rest of the day they should get the appropriate amount of food.

Article by Ani Hounanian



Art by Hallie Heggem



Continued from pg 1

Some excellent, life altering advice from students on campus

- “Never be chud.” -Charlotte Q. Hernandez (12)
- “Don’t dream, it be it” -Amy Kaz Wang (12)
- “Be nonchalant.” -Anonymous (12)
- “LARP IT TILL YOU MAKE IT!” -Alyssa Arias (12)
- “Always have a phone out to clip your friends when they look terrible and screenshot all the stupid things they say in the group chat to use at their wedding one day.” -Jenna Dematteis (11)
- “Surround yourself with people that help you become someone that you’d want to be around.” -Lina Rodriguez (11)
- “Don’t suck, do better.” -Ivy Hamburger (11)
- “No one knows what the outcome of your decision will be, so choose whatever you’ll regret the least.” -Bella Gabb (11)
- “Failure isn’t determined by your grades. It’s determined by your effort.” -Rebekah Bullard (12)
- “To be cringe is to be free.” -Myla Adeleye (9)

Article Written by Jenna Dematteis

September’s New Movies

Top 10 new movies as of September 2026!

1. Resident Evil (2026)

2. Practical Magic 2

3. The Odyssey

4. The End of Oak Street

5. Mayday

6. Shaun The Sheep: The Beast of Mossy Bottom

7. The weight

8. The Uprising

9. Hope

10. By Any Means

Made by Zoey Charcowski-

Local Autumn Events and Treats

How to get into the spirit for the best season!

Fall is arguably the best season in America, with the constant changing of weather, the trees leaves changing to cover the earth in such beautiful colours from red to a beautiful golden brown. As summer fades people start looking forward to the popular holidays such as Halloween and Thanksgiving, which have their own special history on how they're created and turned into traditions in America for many families.

In Acton and Agua Dulce areas, there are fun activities that get many into the fall mood. The annual Pumpkin Patch picking in Aqua Dulce, the fun Halloween themed activities they host, Vasquez High’s annual “Fall Festival,” and so much more! Local areas such as Magic Mountain/Six Flags hold their “Fright Fest,” which consists of scary live actors, the visuals of the park turning into a halloween themed fright, and the park even making their rides go backwards to add to the fright!

People typically personally decorate their homes with cobwebs, lights, inflatables, animatronics and even mini graveyards!

Not all of Fall is scary though, it can also be comforting. Many people find comfort in the cold chill in the air, the dark quiet nights, and pumpkin themed foods! Which consist of so many interesting, creative seasonal treats for all ages!

- **Dirt Of The Dead** - A oreo crushed treat, chocolate pudding, topped with thin spiked green frosting and gummy worms! A treat for all ages.

- **Pumpkin Spice Chocolate Chip Cookies** - Exactly how it sounds! A typical chocolate chip cookie with a nice pumpkin twist.

- **Bleeding Cupcakes** - Cupcakes filled with an oozing green or red glaze, typically strawberry to make it look like it's bleeding! Topped with whipped cream icing!

Beyond all the treats, family and friends. There's also much more calm, relaxing ways to simply stay in the fall spirit without needing all of the decorations and food. Students can stay at home watch some heartfelt horror classics and bundle up with the chill in the air. Break out casual outfits that match the season. Doom Scroll fall creations and ultimately enjoy the fall cozy heart warming aesthetic.

Acton and Agua Dulce are special, we live a way a lot of people don't have the privilege to have. With mountains surroundings us and the small town feeling of being one big family. So whether you're lounging alone with the awakening ghosts, hanging out with family or friends while planning halloween costumes, baking or going to get a frightful scare. Fall is a special time of year, let's make the most of it and ride on Mustangs!

Article by Tiana Covert



Comic by Amy Wang

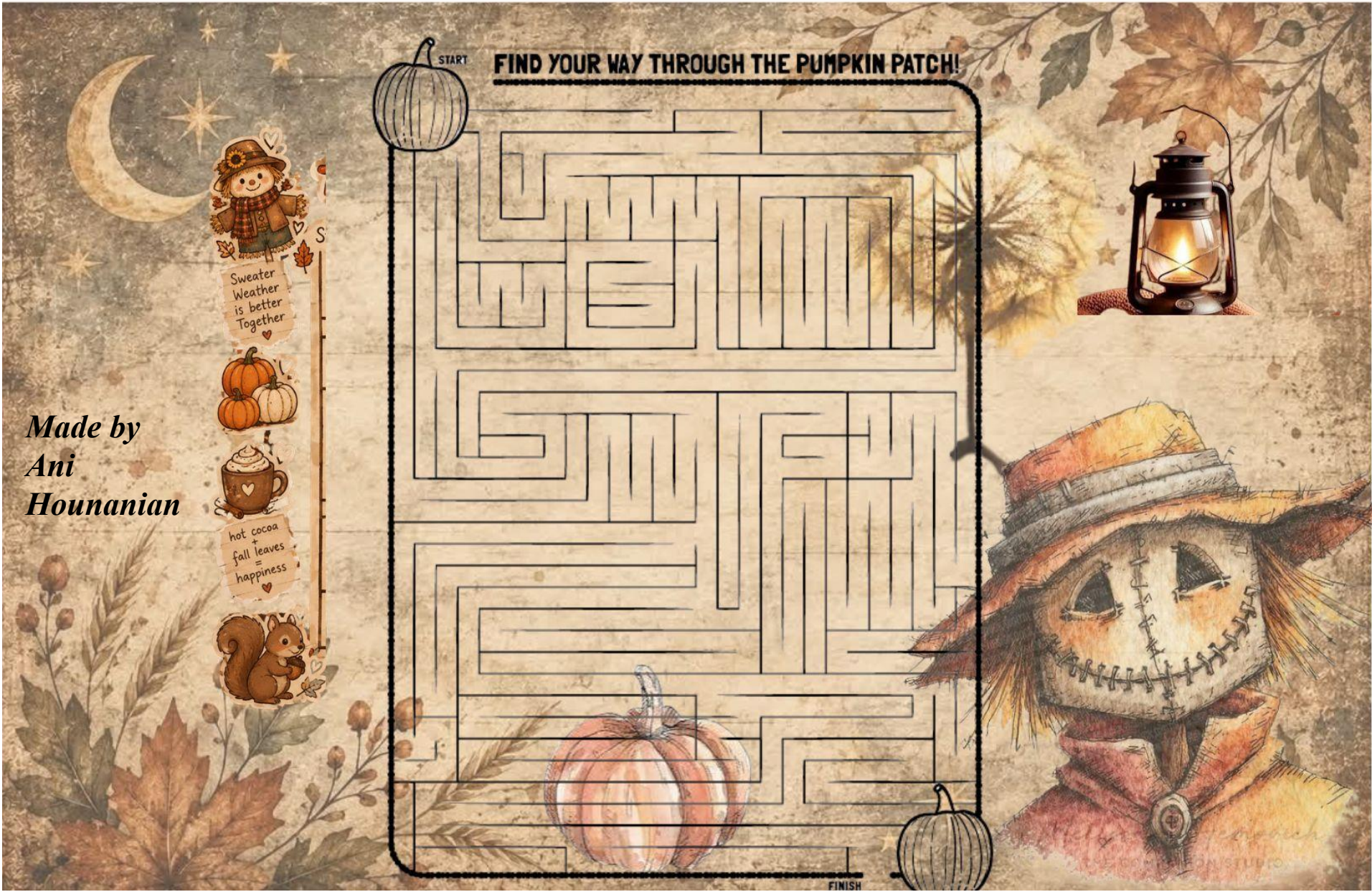
Serving Up Success

Vasquez Girls Volleyball Team’s Serving Up Success This Season

The Vasquez girls volleyball teams are serving up success this season with a lot of improvement and success so far and much more to come. The girls have been working all summer and this volleyball season, showing determination and showing off their skills. Games have been exciting and each team has shown such hard work and dedication through their playing.

The varsity team is fighting for their spot at the top doing very well this season so far. Esther Rivas (sophomore) a middle blocker on the varsity team favorite thing that has happened this season is “the progress we made from last year to this year, and having new people on our teams.” Brooklyn Marino (Junior) who is a DS on the varsity team favorite thing about this season is “being able to see how well our team has been playing and performing, and just seeing us all play to

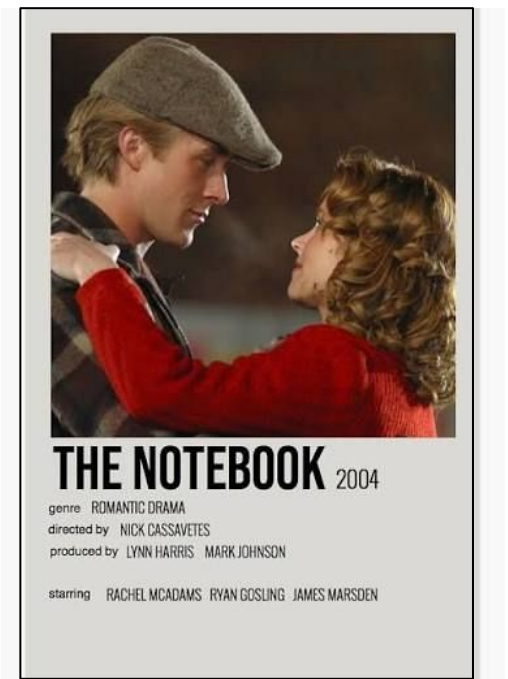
Coninued on pg 6



Made by
Ani
Hounanian

Movie of the Month:October
The Notebook

This month’s Movie of the Month is The Notebook! This movie came out in 2004 and is rated PG-13. The movie stars Ryan Gosling, Rachel McAdams, James Garner, and Gena Rowlands, and it was directed by Nick Cassavetes. To watch it, try Pluto TV, Fandango, Youtube TV, Apple TV, and Amazon Prime; plus it can also be rented or bought on other streaming platforms!



The Notebook is about Noah and Allie, who fall in love but face many problems throughout the way. The movie shows their relationship as they get older and face more obstacles along the way. The movie has an IMDb rating of 7 out of 10. Evelyn Villegas (9) says she likes The Notebook because “It is such a cute movie and it did make me cry.”
The Notebook has become a popular romance movie and is still watched by many people today.

Article by Olivia Bacon

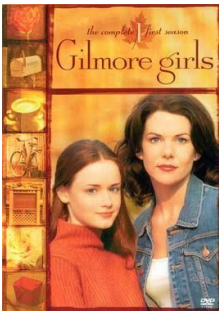


What's Your Comfort Show?

Students share the shows they turn to for comfort and good memories.

Everyone has a show they can turn to when they want to relax, laugh, or feel comfortable. From familiar childhood cartoons to favorite dramas, comfort shows can bring back memories and help people unwind. Vasquez students shared the shows they love and why these shows have become special to them.

Amber Moore - (9)
For ninth grader Moore, Gilmore Girls is the perfect comfort show, especially as fall approaches. She enjoys how the show makes her feel peaceful and relaxed while reminding her of her close relationship with her mom. Amber says it is a “perfect show to celebrate the upcoming fall season.” She also believes the show is something “everyone can relate to in high school and beyond.”



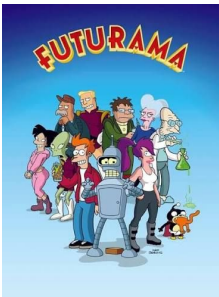
Myah D. Saba-Freudiger - (9)
For ninth grader Fruediger, The Amazing World of Gumball is a favorite because it brings humor while also reflecting real life. Freudiger has watched the show since she was little and still enjoys its characters and themes. She describes what she likes most about it as “how it reflects the real world and makes me laugh.” She also says “it's a show anyone can enjoy.”



Sayne Baxter - (10)
Tenth grader Baxter chose Lucifer as their comfort show because of its funny, adventurous, and mysterious storylines. Baxter especially enjoys how the characters each have their own unique personalities. When asked what they like most about the show, Baxter said, “I like that all the characters have personas.” Baxter also recommends the show because “it is good overall.”



Easton Vouniozos - (10)
Tenth grader Vouniozos chose Futurama as one of his favorite shows because of its funny and random episodes. Vouniozos especially enjoys how each episode is different and unpredictable. When asked what he likes most about the show, Vouniozos said, “it is funny and each episode is random.” Vouniozos started watching the show because his parents watched it and recommended it to others because “it's funny.”



Article Written by Amy Mora

Carole Arias- (11)
Eleventh grader Arias chose Chiikawa because she likes how cute and fun the show is. Arias said, “I like how the characters are cute little things.” She also likes the simple life lessons in the show, such as never giving up and helping others. She would recommend it because “it's a very fun show to watch and there is always something going on.” Arias rates this show a perfect 10/10.



Elijah Hernandez - (11)
Eleventh grader Hernandez chose Game of Thrones as his comfy show because he enjoys the medieval setting and their story. Hernandez especially likes “medieval theme things” and finds it interesting that “most of the main characters have no plot armor.” Hernandez recommends the show to others and rates it a 10/10, calling it a masterpiece.



Clark Quigley - (12)
Twelfth grader Quigley chose Malcolm in the Middle as his comfort show because “it's funny and entertaining.” He especially enjoys the family dynamics and their humor throughout the show, which makes it enjoyable to watch. Quigley would recommend the show to others “if you like comedy and family shows” because he believes people who enjoy those types of shows would find it entertaining.



Sofia Gutierrez - (12)
Twelfth grader Gutierrez chose Spongebob as her comfort show because she grew up watching it and finds it entertaining. Gutierrez said, “it's very funny with the words they say,” showing that the humor and dialogue are some of her favorite parts of the show. She would recommend Spongebob to others because “everyone should love it.” Gutierrez thinks the show is something people can easily enjoy and rates it a 10/10.



SPOTIFY TOP 10

1

BBY WOW - BY JUDELINE, KAROL G, AND RUSOWSKY

2

NICOLE KIDMAN - BY ADÉLA

3

AIN'T IN LA - BY ADÉLA

4

EARRINGS - BY MALCOLM TODD

5

BEAUTY AND THE BEAT

6

SELF AWARE - BY TEMPER CITY

7

THE ONE THAT GOT AWAY - KATY PERRY

8

THE CURE - BY OLIVIA RODRIGO

9

IRIS - BY THE GOO GOO DOLLS

10

LOSER - BY TAME IMPALA

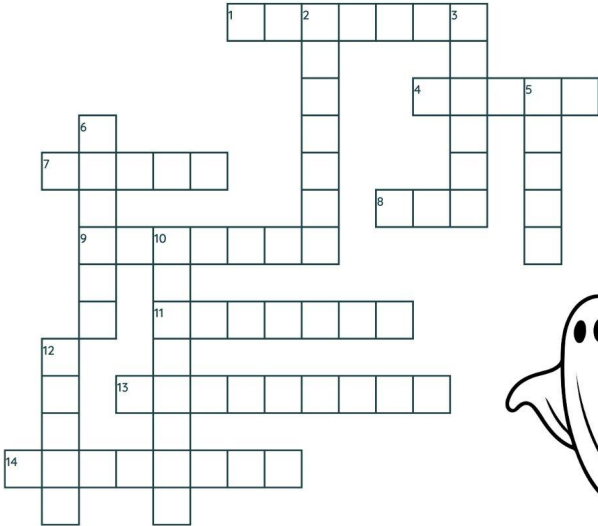
By Ryan Alaniz



HALLOWEEN

Crossword

Read the clues and complete the crossword below.



- Across

1.

Halloween gatherings where people dress up, play games, and have fun.

4.

The dark time where halloween celebrations happen.

7.

What a witch is often shown flying on.

8.

A flying animal commonly associated with halloween.

9.

A spooky creature with fangs, often associated with bats and nighttime

11.

A famous fictional vampire

13.

A scary dream

14.

Something spooky that seems connected with ghosts
- Down

2.

Getting back at someone after a spooky prank or trick.

3.

A ghost or supernatural being.

5.

For a ghost to stay around a place.

6.

Places where dead people are buried.

10.

Twelve o'clock at night, when spooky stories often take place.

12.

The sweet you hope to get when you go trick-or-treating.

Made by Amy Mora

What’s Cooking in Culinary?

At our school here at Vasquez, we have a culinary arts elective, both beginning foods and advanced, taught by Kristina Wagner. In these cooking classes, the students have a chance to learn various life skills and the typical basics of cooking. Providing the students with knowledge for when they are off on their own living their own lives. This elective is one that is suggested by many as it is both educational and fun to participate and learn about as the students get a chance to make new dishes constantly while also learning the importance of measurements, sanitation safety, and kitchen safety. It is a priority in this class to make sure all students are set up for success when it comes to cooking.

Beginning Foods is the first step when you are starting in culinary class, it starts you off on the right path, surely getting you to be more prepared and confident when in the kitchen regardless of what role you will have. Since the first week of September, we have begun cooking up dishes such as pancakes,

churro French toast, crepes, and mashed potatoes. Each of the labs are brought up throughout the week where we are introduced to different versions of the dish, cooking techniques and the proper steps that are needed to make the dish by Friday. By taking beginning foods, this will allow you to go into advanced culinary classes for the next year. Advanced Culinary is the next step after Beginning Foods. In advanced culinary, you get the chance to start cooking earlier than Beginning foods because they already know the basic knowledge of cooking safety. They’ve started the year off by preparing a dessert for a teacher of their choice, having all the students make a variety of items. They also got to take part in a pancake challenge where they made them with different ingredients and got a chance to present them to the class.

For this fall season, the Advanced Culinary class will be making cakes for the Fall festival this Saturday, October 3rd. Culinary will also have the opportunity to do a pumpkin carving contest as well as making pumpkin inspired dishes such as churros and cookies.

Being in Culinary for the full 4 years in high school can give you many opportunities and benefits. Students who go through culinary arts from beginning to advanced will get recognized at graduation with cords as it is a part of the pathway program. If you have an interest in culinary even after high school, our school has an affiliation with Mission College so you can enter into their basic class with credit from what you have done in Mrs Wagner's classroom. But you don’t just have to wait until you’re out of high school to have any benefits that could help you. In fact juniors and seniors can be part of this program called CCAP. CCAP is a cooking competition where you compete against other high school culinary students and winning in this could result in you winning a scholarship, cash scholarships and partial scholarships for any Culinary school. Culinary here is not only just a fun elective but it also that can help you throughout your life and is something that will stick with you always.

By Arely Esteban Sena



Recipe of the Week!
Cookie in a Mug

Ingredients

- 1 tablespoon unsalted butter
- 1 tablespoon granulated sugar
- 1 tablespoon packed brown sugar
- 1/2 teaspoon vanilla extract
- A pinch of salt (optional if you can handle “too sweet”)
 - 1 egg yolk
- 3 tablespoons all-purpose flour
- 1 to 2 tablespoons chocolate chips of your choice

Instructions

1. Place the butter into an 8-ounce microwave-safe mug and microwave for 20 to 30 seconds until melted.
2. Stir in the sugar, brown sugar, vanilla extract, and salt with a spoon or fork until combined.
3. Add the egg yolk and stir until smooth.
4. Mix in the all-purpose flour and MOST of the chocolate chips until a dough forms.
5. Sprinkle the remaining chocolate chips on top of the dough.
6. Microwave on high for 40 to 60 seconds (do not do more than 1 minute) until the center is puffed up and looks dry.

VHS Weekly Weather Forecast
Mon, 9/14 - Fri, 9/18

Monday	Tuesday	Wednesday	Thursday	Friday
98° 	98° 	97° 	96° 	92° 

Flowers

D F O H D G J B H U R W G M D
K Z K C I A J U E T G L P M U
D T D N A B H A B Y N J E A R
K L X T F R I L S R C S O R O
N H A J X V N S I M O Y N I S
S T O V O G R A C A I J Y G E
C U S H E M H W T U A N F O S
N E N P K N N F D I S Y E L T
Z P P F W H D I A L O F A D U
M I A B L N C E D L I N R H L
D P T N V O B T R K R C S A I
A U Z U S Q W H H R I H V B P
I L O Y Y Y I E Z K S N D U S
S G R Z V T X Y R N L I L Y P
Y I H L T A H P I U L F M I Z

Carnations	Sunflower	Lavender	Lily
Marigold	Hibiscus	Jasmine	Iris
Dahlia	Tulips	Roses	
Daisy	Pansy	Peony	

Vasquez Students Not Getting Enough Sleep?

What Vasquez High School students' sleeping habits are looking like.

Did you know that teenagers naturally go to sleep and wake up late? I’ve gathered 50 survey answers from the students attending Vasquez Highschool to see what their sleep schedules are like. These results might just demonstrate that fact, and phones may be the cause of students not getting enough sleep.

6% of students surveyed are up until 2-3AM, they definitely need better sleep. That’s 3 students out of the 50 that took the survey. A majority of students (54%) go to sleep at around 10-11PM. The second most common bedtime is 8-9PM at 30%, that’s 15 students. The remaining 10% are going to bed at 11:30PM-12:00AM. Anyone going to sleep at midnight is only getting 6-7 hours of sleep, depending on what time they wake up. The healthiest time to go to sleep is at 9-10PM, as high schoolers should be getting 8-10 hours to be fully energized.

But what are they up doing? The majority of the students who took the survey are up watching videos on apps such as Tiktok, Youtube, ect. “I watch shows or Tik Tok until I sleep,” - Mia Arellano (9th). “ I scroll on my phone, watch tv, and do homework,” -Angel Arriaga (9th).

The second biggest reason these students are staying up is they are catching up on homework. “Usually, I do homework and then I shower, then I don’t have enough time for anything else.” - Emma Lucille (9th). “I stay up doing some of my homework that is due the next day and I stay up watching videos to help me sleep.” - Evelyn Villegas (9th). A lot of students answered saying they are watching TV. According to 9th grader Seth Beaumont, “I watch TV because it’s interesting.” Here we have another quote from 9th grader, Alejandro Nolasco, stating they are up “watching Youtube” before bed. It seems it’s common here that the students at Vasquez Highschool watch TV, use social media, or catch up on their work before bed. The students were also asked if they nap earlier in the day. Only 17% of students nap, that’s only 8 students. Hopefully they aren’t the ones staying up late, sleep debt is a very real and very serious thing.

Getting enough sleep is extremely important, especially for teenagers with school in the morning. Not enough sleep can lead to dropped grades and fatigue. To prevent this, some tips that I recommend for not staying up too late are to try exercising during the day so that you’re more sleepy at night, and turning your brightness down and toggling night shift on your phone before bed. Make sure to get enough sleep, it’s as important as drinking water. Without sleep, your brain cannot function right. The brain starts malfunctioning only after one day without sleep, and over two days of no sleep is extremely dangerous. Make sure to get at least eight hours of sleep, your body and brain needs it!

Article by Zee Charkowski

October Sports

- 10/1 – Cross Country. Boys VR @ Desert Christian/Lancaster – Heritage League Cluster #1 @ Pelona Vista – 3:30
- 10/1 – Cross Country. Girls VR @ Desert Christian/Lancaster – Heritage League Cluster #1 @ Pelona Vista – 3:30
- 10/1 – Volleyball. Girls JV vs St. Monica Academy – 4:00
- 10/1 – Volleyball. Girls VR vs St. Monica Academy – 5:30
- 10/1 – football (11 Person) VR @ Webb – 6:30
- 10/5 – Tennis. Girls VR @ Littlerock – Away @ AVCC – 3:15
- 10/6 – Volleyball. Girls JV @ Faith Baptist – 3:30
- 10/6 – Volleyball. Girls VR @ faith Baptist – 5:30
- 10/8 – Senior Night CVB Volleyball. Girls VR – 3:45
- 10/8 – Volleyball. Girls JV vs Lancaster Baptist – 4:00
- 10/8 – Volleyball. Girls VR vs Lancaster Baptist – 5:30
- 10/9 – football (11 Person) VR vs Whittier Christian – 7:00
- 10/10 – Baseball. VHS @ CHS 11a Baseball VR – 11:00 AM
- 10/10 – Baseball. VHS @ CHS Varsity 11a JV – 11:00 AM
- 10/10 – Homecoming – 7:00 PM
- 10/12 – Volleyball. Girls JV @ Palmdale Academy Charter – 4:00

- 10/12 – Volleyball. Girls VR @ Palmdale Academy Charter – 5:30
- 10/13 – Tennis. Girls JV @ Quartz Hill – 3:00
- 10/13 – Volleyball. Girls JV @ Trinity Classical Academy – 4:00
- 10/13 – Volleyball. Girls VR @ Trinity Classical Academy – 5:30
- 10/14 – Baseball. VHS @ AVCC VR – 6:00
- 10/15 – Cross Country. Boys VR vs Desert Christian/Lancaster – Heritage League Cluster #2 @ South Fork Trail – 3:30
- 10/15 – Cross Country. Girls VR vs Desert Christian/Lancaster – Heritage League Cluster #2 – 3:30
- 10/16 – football (11 Person) VR @ Riverside Prep – 7:00
- 10/17 – Baseball. VHS @ CVHS Varsity Baseball VR – 10:00 AM
- 10/17 – Baseball. VHS @ CVHS JV Baseball JV – 1:00 PM
- 10/23 – Cross Country. Boys VR @ Desert Christian/Lancaster – Mt. SAC Cross Country Invitational – All Day
- 10/23 – Cross Country. Girls VR @ Desert Christian/Lancaster – Mt. SAC Cross Country Invitational – All Day
- 10/23 – football (11 Person) VR @ Notre Dame/Riverside – 7:00
- 10/30 – football (11 Person) VR vs Arrowhead Christian – 7:00

Made by Ailen Cabrera

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our full potential and get wins against teams we haven't been able to win before.” Showing how much these girls have been working to improve and earn their spot at the top, with determination and effort they have put in this season. The JV girls have been putting in just as much effort Avery Puett (Sophomore) a middle blocker for JV said “I think we’ve improved a good amount, a lot of our back row has improved and our freshmen have improved.” The JV girls have been doing so well and improving with each game with their determination and hard work showing through. The girl’s volleyball teams have worked so hard this season and have shown such skill and diligence, with much more in store for each team and will continue to show their hard work and skills at the upcoming games they have through October.

Article by Makena Burton