

THE VOICE

Volume 16 Issue 1 October/November 2022

Stars Burning til' Dawn: Homecoming

By Maribel Barreda and Patrick Sanchez, Class of 2023

It was a memorable night at PMSA, the first dance in school after Covid restrictions during the past two years have lifted.

Homecoming is a dance that occurs within the first three months of school. A lot of people did not know what to expect for homecoming.

Welcome to the sum up of the night.

The dance was on October 15, 2022, and it started at 6 p.m., but most students arrived by 7:30 p.m. There were up to 400 students attending—PMSA students and their plus ones. Most of the alumni were on the dance floor, taking place in the lunchroom.

Other students were taking pictures by the elegant chairs sitting outside of the auditorium. Most girls wore bodycon dresses, usually blinged out with glitter or stones.

Others wore long gorgeous dresses emphasizing their beautiful face. The guys wore a dress shirt and dress pants. During the function, most of the alumni were on the dance floor and others stood around observing students dancing.

Could they have been dancing and making the celebration better? Yes, but that is beside the point.

Max Voegtle, Class of 2023, said, "I thought homecoming was incredibly fun this year! The crowd was great, and the small space made it feel packed."

Students can agree with his stance. Homecoming was enjoyable and exciting for most.

If you were wondering what people thought of the memorable night, we asked some participants.

Most were positive. They mentioned how nice it was to see everyone dressed up and having a fun time with the people they go to school with or with other students from different schools. No one was awkward during the night, and everyone was on the dance floor having a fun time dancing and singing along.

There was also food and drinks during homecoming. They thought this was quite convenient because some people did not eat before the event, so they were able to eat a quick snack.

During the night they also announced the winners of Homecoming King and queen. We asked the winners, Roberto Marquez, and Allyson Arce, their thoughts of winning and becoming the stars of the night.

(Continued on page 2.)

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Science Academy

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Allyson Arce said, “Honestly, I was so nervous before, so when they announced my name, I felt relieved.”

They were both nervous at first because they both did not think they would win. But when they won, they felt happy with the support of their friends and felt rewarded after their challenging work.

Allyson said, “I didn’t think I was going to win.”

Everyone who took part in homecoming thought the night was something special and cannot be forgotten.

Music had controversies

The music during the night had some controversies.

Everyone had their mixed thoughts about the songs and the DJ. Some thought the DJ was good and others thought he could have done better.

The DJ played a variety of music so everyone who had different tastes in music would all have a chance to have a fun time.

The DJ played the songs fully, however, leaving no time for more songs. He also replayed some songs, causing some to think there wasn’t diversity.

To be fair, he did take recommendations if you asked.

Student Adriana Flores said, “I did not like how after a good upbeat song, he would play a slow song. It killed the mood, although it did give us time to catch a break, drink water, and get fresh air.”

People definitely had mixed reviews about the music.

Overall, everyone enjoyed themselves and had an amazing time. For being the first dance in two years, it was a night to remember.

Students at the Dance

Joshua Quezada, Class of 2023

I thought homecoming was definitely a night to remember. It felt like a true high school experience. It was great to celebrate with my friends, packing the dance floor.

It was very crowded, and it made it feel like we were in a room with thousands of people. The waters and wide variety of food were great amenities, especially coming off sweating from dancing.

The only complaint was the fact that the DJ ended 30 minutes early, not to mention with the worst song ever. Some of the songs he played were outdated.

Allyson Arce, Class of 2023

I thought it was fun, especially because everyone had an enjoyable time, and it was also nice to see everyone dressed up and feeling good about themselves.

We reunited with some of our friends who were invited as guests because some go to different schools, and we have not seen each other in a long time.

I feel like even though it was fun and all, the one thing I would have changed was the music. A lot of us did not know what to do at times, other than jump.

Roberto Marquez, Class of 2023

Homecoming was all right and my management came from seeing all my friends dressed up and seeing everyone dancing and having fun.

The music was also good and there was a lot that I liked, so I have no complaints with it honestly.

Fashion Trends at Homecoming

By: Brianna McCoy, Class of 2026

If you go to this school, you know that many of our students are true fashion icons, using all opportunities to give us glamour in the halls. With homecoming still fresh in many of our minds, it's only right that we talk about the fashion that was seen that night.

Whether it be a friend, crush, or that one person you're still building up the confidence to talk to, we all know someone who absolutely shined that night.

A Night Under the Stars...

With the theme being "A Night Under the Stars" many took that as an opportunity to shine. Homecoming is one of the most hyped events of the season, so it's no surprise that students showed up and showed out this year.

While many opted for more casual styles, others did not shy away from eye catching dresses and suits. Bold and dark colors were the go-to since it matched with the theme of the dance, and you can never go wrong with a classic black suit or dress.

Blacks, reds, and blues were the colors many people went with, but a few embraced their inner Barbie and went with pink. Long and sparkly dresses were common, mainly paired with curled hair, a bun, or a classic ponytail. When it came to masculine fashion most went for a casual look with dress pants and a nice button down. Many suits also made appearances, mainly consisting of black and navy blue.

Barber shops must've been full the days leading up to homecoming, considering how fresh people's haircuts were that night.

The students attending PMSA this year truly managed to go above and beyond the homecoming's theme with excellence.



Some Interesting School Events

By Jayla Singleton, Class of 2023

Good Morning PMSA Pythons! Been too caught up in your studies to catch the latest events? Well you can count on me, your news broadcaster for today, to give you the scoop! Sit back, relax, and enjoy these super events!

Wall Decorating Contest

CO '24 created a night scene with a telescope, peering at a "24" in the constellations (bonus points for creativity), and CO '23 did a senior signature collection wall with a Jordan "23" insignia in the center! The walls can be found on the third and fourth floor hallways, and they are a testament to our students' creativity and in our school. Check them out and give the class sponsors some love (Stomp for ftw)!



Shaffer Send off

This October, PMSA unfortunately lost one of its valued staff members from the Math Department. Mr. Joshua Shaffer, a treasured mentor, leader, musician, and teacher of five years has left for bigger and better aspirations of becoming an actuary.

In his time at PMSA, Mr. Shaffer has watched many students excel in their studies and has led many students to impressive achievements, as he taught students in IB, AP, Dual Credit, and even night courses. Apart from his academic impression on the school, Mr. Shaffer additionally tutored many students in independent monetary literacy and pride through the Finance club he sponsored in the 2021-'22 school year.

Mr. Shaffer spread messages about utilizing math and any other skill sets you have toward reaching your dreams.

Personally, I remember during freshman year that he was able to connect everything we learned to a real life situation where math would be useful, which made his class more engaging and enjoyable. Other students, such as Vanessa Guillen, recounted that he was a teacher she "could actually learn math from" and that he made the subject extremely enjoyable. From all PMSA students, thank you for your years here, Mr. Shaffer, and good luck on your actuary career!



Pep Rally

Finally, the hype event for this year's homecoming celebration was the PMSA Pep Rally, run by the Class of 2023's representatives Sanyaa Thompson and Marco Moreno. This event may have been hard to miss, but we can't forget to give it its recognition! Events from this gathering included contests among classes such as bottle guessing contests, dance battles, and sponsor showdowns!



Each class absolutely showed out in their class colors, and we were able to have so much fun. The Black Student Union's sponsor Ms. Lawrence also set up a photo booth to the side, and those pictures were absolutely bomb as well! This pep rally truly conveyed the extent to which we're able to have fun at our school. Go Pythons!



Panthers Pounce Pirates in District Rivalry

By Alexander Guerrero, Class of 2023

The annual classic between cross district rivals took place on Saturday, October 22. The 0-8 Proviso East Pirates traveled to Proviso West Stadium to take on the 2-6 Proviso West Panthers. The hard-fought battle between the Proviso Township schools ended with the Panthers on top with a score of 34-26.

The Panthers looked to top the season off with a win to have their best season in more than a decade. Coming out of conference play, the juggernaut that is the West Suburban Silver, confidence was naturally high for the Panthers. However, they were told to not take the Pirates lightly who came off a couple heartbreaking losses playing out of the West Suburban Gold.

The Pirates, who were out for blood after losing on their home turf to the Panthers last year, were leading at the break. Nevertheless, the roaring crowd

fueled the comeback for the Panthers who pulled out victorious at the end.

The Proviso Bowl rivalry goes back a long time. The Panthers have won the last 15 of 18 meetings including a 10-year streak between 2009-2018. The homecoming and senior night game for the Panthers brought out a large crowd. The community seemed to rally behind the game with tailgating from the alumni occurring at the south side of the stadium.

Class of 2024 Linebacker Nana Okyere commented on the rivalry: "This is my second year competing in the rivalry and it means a lot. I know it means a lot for the community and for the players."

The game held much weight for these programs. The Panthers, greatly improved from last season, sought to capture the true extent of their progression.

PMSA Stars at Westchester School

By: Ordisi Santoyo, Class of 2023

National Hispanic Heritage month is annually celebrated from mid-September to mid-October.

Many schools celebrate this by hosting their own ceremony.

This year I participated in PMSA's yearly assembly by joining other students for the big dance group, one of many performances.

The big dance group has 30 people or 15 couples. We started practicing October 1, however, there was four couples, including me, who practiced a month prior, since we were part of a chorus assembly.

Practices took place in PMSA's music room every Monday, Wednesday, and Friday from 3:20pm to 5pm.

The dances learned were from different Hispanic and Latin music genres, such as bachata, cumbia, and huapango.

We were recently invited to Westchester Intermediate School to perform in their Hispanic Heritage Assembly on Monday, October 17 at 6 p.m.

All performances were conducted in the school's gym. They had their own stage.

Our performance was at 7 p.m., however we arrived to the school at 5pm, to be able to practice and get ready.

Bachata, Cumbia, Huapango

Besides the couples dance performing, there was a solo and quince dress dance.

The attire for the men was a black shirt, jeans, boots, and a belt.

The women's attire was black jeans, boots, belt and colored top. Every woman was assigned a different colored top.

I interviewed my partner, Ariana Lighthall, who said, "I think the parents, students, and staff enjoyed it. There was a variety of food and the performances seemed fun and exciting, since the crowd was cheering and singing along."

Free traditional Hispanic food, drinks, dessert and Spanish books were also provided

The show was produced by students and viewed by the whole school.

PMSA Storms Thurgood Marshall with Hispanic Culture

By Ximena Sanchez and Karen Ortega, Class of 2023

Viva la Cultura Hispana!

On September 28, 75 PMSA students went to Thurgood Marshall School, an elementary school, to perform for Hispanic Heritage month. The school invited us, and we got there around 9:30 a.m. The staff was welcoming to us and received us well. We performed five different acts, which lasted 50 minutes all together. The lineup was band, singer, folkloric, dance group, chorus.

Kelvin Grzelak, Class of 2023, a performing band student who participated in the chorus performance, singing multiple arrangements and parts, as well as playing the guitar, stated, "I opened up with 'Remember Me' twice, it was very beautiful. It was a nice event, everyone was festive; it made me feel really nice and I can't wait to do it again."

After the band finished, we lines up in the auditorium entrance. Sneak peeking the upcoming performer, we were all singing along; she sang so beautifully, and everyone was having a great time.

Yaretzi Lizama, Class of 2024, stated, "I sang 'Amor Eterno' by Rocio Durcal. I felt good about the song because I've performed it many times. I love it and it fits right in my range. I believe the crowd took it well, which was a nice confidence boost."

Minutes later, the dance group performed six dances.

Allyson Arce, Class of 2023, and Ares Villa, Class of 2025, performed Folkloric dancing. Allyson stated, "We danced to two songs, 'El Tapatio' and 'El Son de la Negra' and the dance was around five minutes long."

The last act was the Chorus group. They sang 'Remember Me' from Coco and 'Cantar' by Jay Althouse.

Mr. Brown, music teacher since 1996 and who has been at PMSA for 16 years, was in charge of the field trip. He said, "The goal was to give our students the opportunity to perform because we hadn't done that in a couple of years because of Covid. I think the performance went well, despite the fact we didn't have lots of performance time. The stage was kind of small, but the crowd was great. I think the energy is so much higher performing to kids because they are crazy and loud, and they scream."

This field trip was fun for everyone, and it even got people out of their comfort zones. It was a good and new experience for many of the student performers. For some, it was the first time performing in front of someone besides family, classmates or music teacher. Everyone enjoyed the field trip and had a great time performing for the children.

Editorial: COVID HIT STUDENTS HARD

By Leilani Guttierrez, Class of 2023

In 2019 we were all hit with the unexpected, COVID-19. I was almost at the end of my freshman year when we were told we would have to go remote. Being remote meant we

would be home doing work on the computer. The idea of being home, in my bed, with my pjs was something I was thrilled about. I thought the rest of the school year would be a breeze, but it wasn't. Getting up was harder than I thought. I would wake up late for class. I'd be half asleep not paying any attention. This

brought me behind on all my work; I procrastinated all the time, never turned my work in on time and, ultimately, failed some of my classes.

Coming back in person was rough. Being social was awkward for me because we were home and online for so long. Speaking to others was hard. Paying attention was also difficult.

I couldn't concentrate. My phone was glued to my hand.

Failing my classes was still an ongoing thing. After a rough first half of the school year, I finally decided to get it together and try to focus on school work, avoid my phone as much as possible.

It was in fact a hard thing for me to do, but in the end I was able to accomplish my task. For many, this was also the reality, and to this day

there are still kids who haven't fully gotten back in the habit of how school in-person works.



The left of the drawing shows a student asleep, not paying attention in class. The right of the drawing shows the student in person not having a clue on what's going on.

Student in the Classroom

Did our school take a step forward by adding school buses?

By Lindsay Lopez, Class of 2023

Melissa Rosales, Class of 2023

It is good thing because many students do not have someone to pick them up or drop them off from school. However, the buses have many stops after school, making students late for their after-school jobs or responsibilities.

Ximena Sanchez, Class of 2023

Yes, many do not have rides to and from school. It makes the parking less crowded since fewer parents are coming to pick up their kids. However, most of the pickup times are incredibly early, and many students are losing sleep.

Paola Rosales, Class of 2023

The school took a step forward. The pros are parents do not have to come and pick up their

students, making less traffic. The cons are the school took a long-time adding school buses. The bus drivers take the farthest kids first. It would be better and easier for the bus drivers to take the kids closer to the school firsts.

Cesar Estrada, Class of 2023

The school took a step forward into adding school buses. My first year I saw many people riding their bikes to school, and they ended up coming to school late. It also saves money for many parents. Having buses helps students become organized because they have to be at the bus stop at a certain time. If your friends ride the bus, you can see them in the morning. However, at certain times you can feel unsafe walking home from the bus, or waiting at the bus stop in the morning.



The Black Student Union Puts Their Best Foot Forward

By Azariah Evans, Class of 2023

At the start of the 2023 school year, the president and vice-president, Zoe Newman and Azariah Evans, Class of 2023, (that's me!) were worried because we had not found a sponsor to replace the previous teacher for our club, the Black Student Union. Luckily, Ms. Lawrence, a secretary in the office, stepped up to the plate and has been working with us to organize this amazing club.

Ms. Lawrence says, "The Black Student Union aims to educate and inspire the student body as a whole."

Fifteen members, including the presidents and sponsor, attended the first meeting in room 008 on Wednesday September 21, at 3:30 p.m. Many members presented exciting ideas for what they hope to achieve during their time in the Black Student Union.

A movie night hosted by the BSU was planned for October 21, 2022. Dressing up and bringing toys to young children is another plan being executed. They are looking for donations of new, unwrapped toys to

We will be accepting donations from November 1 through December 5. We will also plan to host fundraisers, community events, bonding activities, seminars, and many more activities.

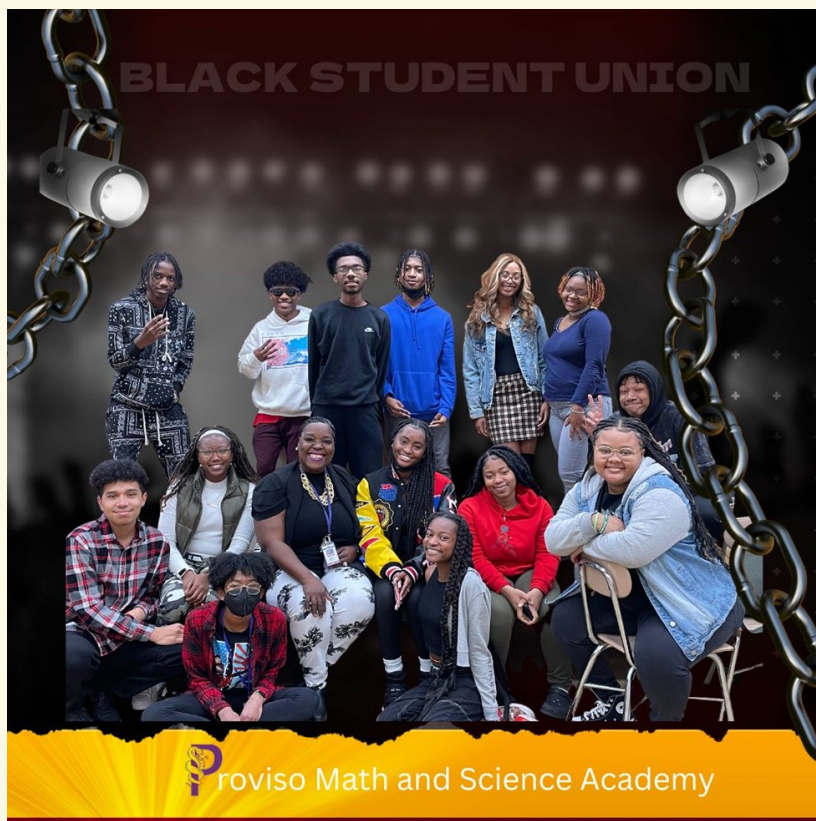
J'Niyah Taylor, Class of 2024, states, "Joining the Black Student Union allowed a voice to come out of me that I was too scared to use before. It brings me joy to join an organization that does such a good job with bringing together people of our culture and truly celebrating ourselves in

scenes that we normally wouldn't see ourselves in. I'm very proud of how successful we've been as we continue to grow."

She also made it clear that she is excited to see what else will happen in this wonderful club

Becoming a member of the Black Student Union will give students the ability to build bonds with students they wouldn't talk to otherwise. It provides a safe space for African-American students to

grow and learn. The club not only focuses on the culture and heritage of African-American people, but also on the idea that everyone has a common goal, which is to educate, encourage, and inspire one another.



Student in the Hall by Lesley Reyes, Class of 2023

What is your favorite Thanksgiving food, and what's your favorite part of the holiday?

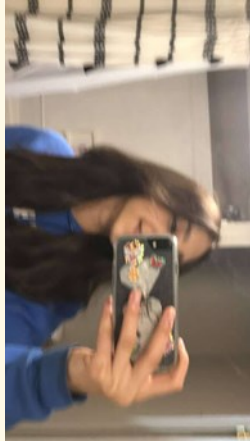
Jaslene Diaz, Class of 2026

My family usually cooks tamales, so that's my favorite food. My favorite part of the holiday is hanging out with my family and talking. I like that we have time off of school, so I relax and enjoy the day. We don't just make tamales; we also make mac and cheese, mashed potatoes, and sometimes we enjoy arroz con leche for dessert.

Tamales are my favorite food during Thanksgiving, and we always make them at home.

For dessert, we usually have banana pudding

and apple pie, which the entire family enjoys. I love that there's no school and we get to see family from all over the country. We take advantage of the time off school to go down to Arkansas, where a lot of our family lives.



Denise Herrera, Class of 2024

Amanda Quezada, Class of 2025

My favorite food is pasta. I really like the holiday because I get to spend time with family. I like turkey, pasta, and pozole, but pasta is my favorite. year.



Kassandra Lome-li, Class of 2023

My mom makes ham in the oven and it is so good! She only makes it on Thanksgiving, so it makes it extra special. I like that I get to stay home instead of going to school and stressing out. Thanksgiving break is like a mini vacation, so I'm very happy that this year we get an entire week off.

What activities are you most excited for this year?

By Lesly Reyes, Class of 2023

Elizabeth Figueroa, Class of 2023

The Asian American and Pacific Islander Assembly. I've been here for four years and I had never seen an assembly like this one. We have assemblies for other minorities, like the Hispanic Heritage Assembly, but nothing for Asian students. I liked watching the dances during the assembly last year.

Ilse Saenz, Class of 2023

I am most excited for the Hispanic Heritage Month Assembly. This is especially important to me because I am Mexican, and I really like all the music. I am also really excited for Spirit Week, since it is my last year at PMSA. I am also looking forward to the senior trip and prom, because I've heard that it is something really fun.

Lily Komperda, Class of 2023

A few things that I'm looking forward to this year is senior night for volleyball and softball. Recently, I have also become excited for Homecoming, since I haven't gone to one since freshmen year because of COVID. I'm also excited for prom. I've been looking

forward to it since I was little, especially because of High School Musical. Everyone gets all dressed up, having fun, so I'm looking forward to that.

Ibrahim Issa, Class of 2023

I'm excited for soccer. I enjoy playing soccer all year round, so I'm excited to play for the school. I am also ex-

cited for robotics, because I think it's fun. I feel like it's nice to be part of a group that is all interested in the same thing. Robotics is also nice because Dr. Wardisiani, since he is a really nice teacher.



Editorial: Can Horror Movies Harm Your Well Being?

By John Eaton, Class of 2023

It's a late Halloween night and you just finished watching a scary movie. Later that night you can't get any sleep. When you finally fall sleep, you get harassed by terrifying nightmares.

Most people would start to question whether or not horror movies are bad for mental and physical health. I know I did, so I decided to focus my research project on just this last year. I have come up with a few explanations as to how horror movies can affect the average person.

A research study, conducted in 2015 by Maria Lopez, found that horror media could produce symptoms of aggressiveness, sleeping disorders, and self-endangerment. This could seriously affect somebody with a mental illness, and most people should be informed of these symptoms before entering a cinema. A person with a mental illness can become more dangerous when the person watches something that can trigger them to do something irrational.

An experiment conducted in 2000 by psychological researcher R. Baird discovered that watching scary movies can leave children traumatized for years. Baird asked males and females around the age of 19 if they had a specific fear after watching a horror movie. He learned that they still remained traumatized. This shows how strong of an impact horror media has on people who are under the recommended age demographic.

Psychological researchers Aluja-Febregat A. and Torrubia-Beltri R discovered the nastier effects of watching a horror movie, such as severe cases of anxiety, horror of dying, and dizziness in younger audiences. The researchers recommend that you protect your children from watching horror movies until they are at a suitable age for viewing.

Nevertheless, there are some benefits from watching horror movies. Psychological researchers Berry M, Gray T and Donnerstein E., in a statement published in 1999, pointed out if children are more exposed to horror

media then they can learn to have more courage and realize that horror media is fictional.

In the end, do not watch horror movies if you are mentally unwell or if you are under the recommended age demographic.



Music Recommendations

By Vanessa Guillen, Class of 2023

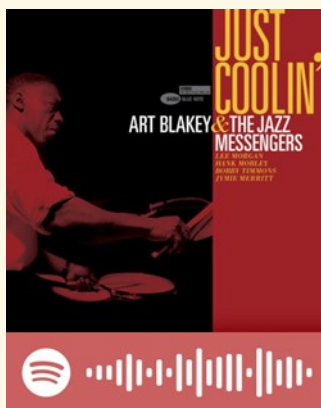
XS - Rina Sawayama

A loud guitar riff opens the song while the tune suddenly turns into catchy pop. The rings and percussion in the background remind the audience of the clinks and ka-chings of money, since the meaning behind the song is about capitalism. It references the celebrities and companies that continue to create products and buy lavish things in a world of hardships. Being able to point out capitalism and create an energetic, catchy song is something Rina was able to pull off beautifully in her album *SAWAYAMA*. If you're looking for an intellectual think-piece that you can bop your head to, Rina is the way



Hipsippy Blues - Art Blakey & The Jazz Messengers

A recognizable song to people who listen to jazz, and to those who don't know anything about it, Art Blakey is an amazing choice. Listening to jazz is especially nice in the autumn season. "Hipsippy Blues" combines a recognizable melody and a constant beat from the drums to maintain your attention and take you on a journey. In the span of six minutes, you'll hear a satisfying melody with a trumpet and saxophone solo. Calm, cool and exhilarating, "Hipsippy Blues" is a superb addition to any playlist.

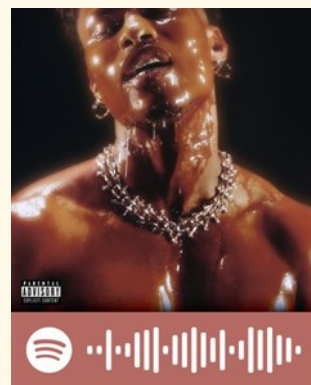


Used To Be - Lucky Daye

This masterpiece opens with 26 mystical seconds of serenity before Lucky Daye enters, setting up the theme.

Lucky Daye creates a melancholy attitude while gorgeous instruments support him.

The atmosphere is romantic and magical. It is a beautiful song in case you are looking for a new R&B artist.



Fall Anime 2022

By Aquarius Knight, Class of 2023

Mob Psycho season 3 is here!!!

The 3rd & final season of Mob Psycho is here! It released on October 5 and will release new episodes every Wednesday. It is one of my personal favorite animes and I can't wait to see it concluded. Mob is known for its whacky, but relatable characters and is a good start to get into anime.



Bleach Is Back!!!



Bleach is back for its final arc: The 1,000-year blood war (TYBW). Bleach originally ended **March 27, 2012** in the controversial (To fans) Fullbring arc. It has been over 10 years since the ending and fans have been begging for more. There have been the occasional hints to the TYBW coming back, like their final designs being on the game Jump Force, the TYBW characters in the mobile game Bleach Brave Souls, and Bleach getting a One-Shot (1 ch of a manga) epilogue. So, in **November 2021** when TYBW arc got a trailer fans lost it. It was released in October 11, to high acclaim. The art looks fantastic, the animation is movie quality.

Chainsaw Man (The new best)



Chainsaw Man Is one of the most popular mangas I've seen in my lifetime. With such a huge fan-base and memes on the manga alone, I knew the Anime was going to break the internet. With a unique but simple premise and story, Chainsaw Man is one of the best starting points for what anime is about. However, it may be a bit too much with its themes and main character for newbies.

Panthers Break Pirates Winning Streak During Last Game—2-1

By Isaac Macias and Cesar Amaya, Class of 2023

The Proviso West Soccer Team traveled to the East stadium and ruined their senior night in the very last game of the season. On October 13, the Proviso West Panthers took on the Proviso East Pirates in a game of soccer at the East stadium. This game was a non-conference rivalry in honor of the Proviso East seniors for their final home game.

First, we interviewed the head coach for the Panthers. Coach V. said, “The boys played very well, and I am very proud of their win today. This one meant a lot to the organization and for the season they were having. The team has the best talent I have ever seen from a Proviso West Soccer team in all my years of coaching. So, they very much deserved the win.”

Next, we asked him about his emotion after the game. “I felt very happy, against all odds with injuries, on the Pirates senior night, on the Pirates brand new field, to break the Pirates winning streak of four years, and on freezing temperature. We still got the win.”

A neutral, yet informed, fan watched the game. Denisse Salgado does not attend District 209, but heard about the Proviso Derby and decided to go to the game with some friends.

“I know a little about the Proviso games and how crazy they can get,” said Ms. Salgado. “I am a soccer fan and I wanted to watch a good soccer game,. The game was entertaining. You can tell both teams wanted the win badly. Every tackle was hard, every attacking opportunity was cheered on, every defensive stop was exciting to watch. It was a close game and fun to watch from a neutral point of view.”

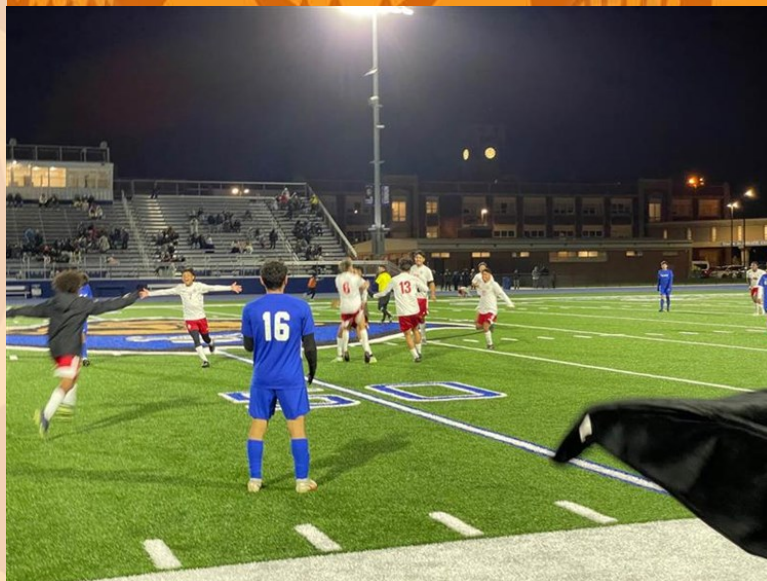
We asked her if the better team won. “Both teams were even and had chances to win,” she said. “The Panthers just took advantage of the Pirate's mistakes and capitalized. So yes, the score was justifiable, but it could have gone either way. “



A crucial player on the pitch for the Proviso West Panthers, Christopher Meraz, Class of 2023, was the starting defender and played the entire game.

Meraz stated, “We did not start off as strong, and lots of frustration was shown on our side during the half time when we were all heads down, but as soon as the second half started, we turned the game around.

“We had many more chances and we carried momentum the last 40. The game ended 2-1, which is a fair score line. We played slightly better than they did. As for the preparation, we did high intensity training, and it showed on the pitch. We worked harder than East on the field and took home the win.”



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Editorial: Stereotypes on Gender

By Andrea Avalos, Class of 2023

According to my research from last year, society is embedded with stereotypes on gender identity and sex roles. I conducted a survey, to which 32 people responded. Most agreed that stereotypes stem from cultural and social norms and traditions.

The observations of the groups or individuals in your surroundings can deeply influence how you perceive someone and the way they carry themselves. Some solutions are to: educate yourself, develop empathy, and avoid falling in the traps of society. Always remember, **YOU DEFINE YOURSELF and WE ALL BELONG.**

My drawing depicts a silhouette-type person who is being pointed at. The person represents any person who expresses

their gender identities or sexual orientations in a not “normal” way. The hands represent society judging the people who express themselves differently.

