

CENTURION SPOTLIGHT

Construction at Cypress High School began in 2017, and is expected to last until 2020, but the changes are already apparent in our newly remodeled campus. The entire school has been modified, restructured, and revamped to form a much more spacious, appealing arena. Walls have been repainted, the grounds repaved, and aesthetic as well as purposeful designs added. The staff members and students alike are enjoying their new campus. "I think the newly remodeled school looks neat and modern," Samantha Wong (11th) states. "It's nice to have shade over the tables and a little more seating in general."

In fact, several students had much to say about our newly remodeled campus. Silvana Mansour (11th) believes the changes have brought about a more pleasant, inviting atmosphere. "I feel like the school has evolved for the better," Mansour states, "The inclusion of more tables, more vibrant colors, and increased shade have been great aspects of the construction results. Also, the stage is a really nice addition to the quad. It gets a lot of students involved."

Indeed, many students are enjoying the changes in the quad. However, there is still room for plenty of criticism. "The construction could have been done faster," Grace Lee (11th) states, "and they should probably take out the water from the pool. It looks disgusting." While there are practical critiques such as these, there is also aesthetic criticism from many students on campus. Anusha Lingampally (11th) had one such piece of criticism. "I think that we could use a bit more color on campus. We could use something like a mural to show school spirit and also add a bit of vibrancy to the campus."

Ramya Sridhar
Student Activities Editor

The students and staff present last year experienced the then ongoing construction of the central areas of the campus. As many of them can attest, areas were barred off with yellow tape, new routes were configured across campus, and large numbers of students and staff alike were forced to squeeze through narrow passageways. Still, many students claim that the wait was very much worth it. Tobie Atanacio (12th) believes the construction brought worthy results. "In my opinion, the construction was worth it, as we now have more room and space on the campus. The area also feels more liberating and the campus itself looks better than what it was before," said Atanacio. Truly, our new and embellished campus reflects the spirit of our school and the dedication of our Centurions.

The new renovations on campus include the newly added streetlamps, quad stage, and Centurion flags (photo courtesy of Ramya Sridhar)

SENIOR LUAU: Aloha Class of 2020

Avylon Kemna-Berg
Editor in Chief

The first event for the senior class of 2020, Senior Luau, was held in the newly renovated Cypress High School quad on September 11 from 6 p.m. to 9 p.m. Students gathered to hang out with close friends and create memories that will last a lifetime.

Students enjoyed a delicious Hawaiian dinner of fried rice, teriyaki chicken, and sweet and sour meatballs with salad. For dessert, a Kona Ice truck came to campus and students had a variety of snow cone flavors to choose from, including pina colada, watermelon, blue raspberry, tiger's blood, and more.

Seniors had a blast taking silly pictures together at the pop-up palm tree-themed photo booth, where various props were provided. After sunset, several students participated in a limbo contest that hyped

up the crowd.

After dark, a local dance group performed traditional Tahitian and Hawaiian dancing accompanied by drummers and live ukulele music. The Tahitian dance club also participated in the show and performed several different routines. The most highly anticipated performance of the night was the exceptional fire thrower who wowed the excited crowd with

his daring and rhythmic moves.

"My favorite part about senior luau was all of the engaging activities like the photo booth and the interactive performances were very intriguing," said senior, Rei Perry.

Planning Senior Luau takes hours of hard work and the fun activities make the night unforgettable and exciting. "Senior Luau was several weeks in the making, with hours spent brain-

storming with Ms. Binford and my treasurer Jarrett. There was no specific process, it was really just like 'Hey, I think this would be cool, can we do it?' and then figuring out how we could make it happen. Jarrett, Ms. Binford, and I planned the activities, with some input from the other seniors in ASB," said Senior Class President, Kapreece Venzor.

"Senior events are important because they're a celebration of all the hard work and time we've spent in high school working towards graduation, and it's our last chance to make some good high school memories with the people who made high school special for them," said Venzor.

The night ended with an epic and colorful dance party. Many students had a blast dancing to "I Want It That Way," by the Backstreet Boys and "Truth Hurts" by Lizzo. Senior Luau was a huge success and it was a great way to kick off the year for the senior class of 2020.



Seniors pose for a group photo at Senior Luau (photo courtesy of Avylon Kemna-Berg)

BEST BUDDIES

Audrey Sims
Distribution Chief

"Best Buddies is an international organization dedicated to creating opportunities for one-to-one friendships and an inclusive community for individuals with intellectual and developmental disabilities." (BestBuddies.org, 2019)

Along with building friendships internationally, Best Buddies is dedicated to raising money for programs that allow people with special needs to participate in integrated employment, leadership development, and inclusive living. Every year there is a Friendship Walk. Forty thousand walkers across the nation walk in support of making the world more welcoming to those with disabilities.

Here at Cypress High School, our Best Buddies Club is focused on creating friendships for everyone, no matter

who they are or what they are capable of. Meets on Thursday at lunch time in room 108.

They have monthly picnics, off campus events, lots of

exciting activities planned for this year. This includes our annual Mini-Prom! It is the end-of-the-year

and dance where students and their families come together to celebrate the wonderful year they had. It's a night filled with music, dancing, and so much fun! "The best part of Best Buddies is that everyone is friends and no one feels left out because everyone can do everything," says Alize Conchas.



CHS Best Buddies board
President: Angel Espinoza
Co-President: Andy Nuygen
Vice President: Charlie Speer
Secretary: Audrey Sims
Not pictured Treasurer: Annie Barnes
(photo courtesy of Best Buddies)



Science Olympiad

President: Chanah Park (photo courtesy of Ji Min An)

Science Olympiad is an American team competition, in which students compete in events pertaining to various scientific disciplines. The club prepares a team of students to compete at competitions, that will train themselves through various study sessions and coaching lessons. Science Olympiad hopes to win medals at regionals, and possibly at state and nationals. Science Olympiad meets on Mondays during lunch in Mrs. Doherty's room (room 216).

Ji Min An
Layout Editor

Student Association of Free Speech

President: Keith Fouch (photo courtesy of Ji Min An)

Student Association of Free Speech's goal is to bring students with different backgrounds and opinions together. They aim to correct political ignorance by discussing and learning different viewpoints on currently controversial events and long-standing political differences. The club hopes to have more people involved in politics and to have their club members participate in local rallies. Student Association of Free Speech meets on Fridays in Ms. Fawley's room (room 413).



DECA (Distributive Education Clubs of America)

President: Sara Jubboori (photo courtesy of Ji Min An)

DECA is a career and technical student organization aimed to help high school students comprehend financial literacy. Students will learn how to take care of their finances outside of high school, including for colleges, scholarships, jobs, and investments. Meetings are held on Fridays during lunch in Mr. Case's room (room 324).

Model UN

President: Tran Pham (photo courtesy of Ji Min An)

Model UN is a club based on the actual United Nations conference. The club holds discussions as to how to solve real world issues, financial aspects, and international security, as well as simulate real conferences. Their goal is to win competitions and ultimately attend the National Model UN conference in New York. The club meets on Tuesdays from 3 p.m. to 6 p.m. in the Media Center.



The Gallery

President: Dassel Jheong (photo courtesy of Ji Min An)

The Gallery is a platform for artists and art lovers on campus to interact with each other, and share the art they create and enjoy. Students will be able to learn about the various forms of art, as well as showcase it to other students. The club aims to recognize and celebrate creativity at Cypress High School.

The Gallery meets on Tuesdays during lunch in Mr. Case's room (room 324).

Girl Up

Presidents: Eunice Lee, Riya Patel (photo courtesy of Ji Min An)

Girl Up supports and encourages girls to enter the STEM field. Students get the opportunity to tour STEM related companies, be able to talk with female mentors, and hold fundraisers to help adolescent girls in developing countries to receive an education. Girl Up meets on Wednesdays during lunch in Mrs. Monera's room (room 103).



Cypress Film Club

Presidents: Richard Kim, Theresa Phung (photo courtesy of Ji Min An)

Cypress Film Club teaches students on campus how to make their own films. Students learn about basic script writing, camera angles, and editing. The club's ultimate goal is to participate in the AUHSD Student Film Festival. Meetings are on Mondays during lunch in Mrs. Monera's room (103), as well as on Thursdays during lunch in Mr. Delgado's room (room 318).

National Beta Club

President: Anthony Kim (photo courtesy of Ji Min An)

National Beta Club is a prestigious volunteer association that helps to provide scholarships for students. The club coordinates and participates in volunteering events such as food drives, beach clean-ups, festivals, and civic projects. National Beta Club serves to create a lasting impact on their community and city. Meetings are held on Tuesdays during lunch in Ms. Shin's room (room 201).



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WATCH:LISTEN:DO:READ

Watch: *Euphoria*

HBO's hottest new TV series, *Euphoria*, shows the uncensored reality of addiction, mental health, and drama in the life of high school students and their families. Zendaya Coleman stars as Rue, a 17-year-old drug addict struggling to readjust to life after rehab. Viewers see endless feelings of love and regret as Rue breaks her clean streak from drugs with her brand new crush, Jules, on her first day back home. The story follows Rue's journey back to recovery along with her high school friends and family who are all going through struggles of their own. Not only does *Euphoria* cover the impact drug abuse has on teens, it also covers issues such as toxic relationships, the dangers of the internet, self confidence and sexual identity. There are undoubtedly teenagers in the real world struggling with the same things as these characters.

Many TV shows have the problem of glorifying these issues. For example, Netflix's *13 Reasons Why* romanticizes suicide by showing that Hannah Baker, after committing suicide, never gets forgotten by the boy who loved her or by her friends. It fails to show the negative aspects of suicide. This can be dangerous to a vulnerable audience because any kid can assume that if they copy Hannah Baker, the same would happen to him/her, but it's far too unrealistic. In contrast, *Euphoria* successfully shows the very real, harsh consequences of addiction and depression and how undesirable they are, which is espe-

cially important for a teenage audience. "I think it's important to teenagers because it shows things that other shows try to censor out. But instead of flat out telling us it's bad, they show it through an interesting



Nickolas Biolchino plays pinball at home (photo courtesy of Nickolas Biolchino)

Author Michael Poore (photo from michaelpoore.live)

Rivers Cuomo performs at a Weezer concert (photo from Winnipeg FreePress.com)

Zendaya stars as Rue Bennett in HBO's Euphoria (photo from HBO.com)

story," says Cypress senior, Isabella Valdez. The air date for season two has yet to be announced, but it was confirmed. While many feared it would be the end of the series, the season finale made it clear that Rue's journey to recovery isn't over.

-Jasmine Coquia

Do: Pinball

Pinball is an arcade game invented in 1931 by the Bally Ho Company. It was not officially named "Pinball" until 1936. According to the New York Times, pinball was actually banned in New York in the early forties because it was thought to be stealing money and damaging to the brain of children.

Pinball is an awesome game that is so much fun. You hit a ball using flippers on each side. Then you try to hit different obstacles with the metallic ball to get points, all under a glass panel. Each pinball

machine has a theme. Most of the time its from a movie. People enjoy playing because they really like getting the highest points possible. The game stimulates all the senses. Each game has lights, sounds and some even encourage you to do better. My family owns multiple pinball games but my all time favorite is the Jurassic Park themed game. Pinball is exciting. It is a game anyone can play. You can compete with yourself or with other players.

-Nickolas Biolchino

Listen: Weezer

Weezer is an alternative rock band that went from a bunch of nerds playing songs in their garage to a household name almost overnight. They have very memorable songs such as "Say It Ain't So," "Undone- The

Sweater Song" and "Buddy Holly" from their most popular album Weezer (The Blue Album, 1994).

In fact, the album was such a success selling over 35 million albums worldwide. So successful that they had become a household name and received critical acclaim. Some fans even go as far to name their own dogs after band members such as Rivers Cuomo, the lead singer/lead guitarist. However Weezer is far from a one hit wonder. They have many amazing songs in other albums too. Their 1996 album *Pinkerton* has greats such as "El Scorcho" and "Pink Triangle." The song "Pork and Beans" off of Weezer (The Red Album, 2008) and "Island in the sun" off of Weezer (The Green Album, 2001) are also fantastic. Most Weezer album names are based on colors, and all of them are worth listening to.

Weezer has been highly influential on music as a whole and the image that rock stars have. If you're a fan of alternative rock Weezer may be for you. But, they are still an awesome band and you should check them out.

-Sherald Mitz

Read: *Reincarnation Blues*

The book "Reincarnation Blues" by Michael Poore is an innovative and imaginative book about the meaning of life, death, and everything about the universe. The book tells the tale of a soul named Milo and his many different lives, stories, and adventures as he is reincarnated over and over trying to get the ultimate goal of becoming perfect and joining the oversoul, the living embodiment of perfection in the world of Reincarnation Blues.

The book shows a very casual approach to ideas and events typically seen as very important. It's a very new and well-needed take on many aspects of life. In a sense, the entire time you read the book you feel as though you're hearing a story of a wise old man. "Reincarnation Blues" also teaches you life lessons applicable in most lives. Michael Poore is very good at describing and painting a picture of how everything looks in your mind. You can really see everything existing and with it's casual style it's easy to imagine how everything looks.

With a story about many different

lives, it may seem difficult to become emotionally invested and attached to the story, but each life is familiar enough to keep emotional attachment and different enough to be seen as its own story and it's own life. Each time Milo is reincarnated, you root for him to find the way and each mistake he makes makes you and question why he would do that.

This book is very much like the saying "Before you judge a man walk a mile in his shoes." The book gives you the story from Milo's many perspectives making you capable to understand the actions that he's taken. You really feel like you're one of the many ancient voices in his head watching things play out unable to do anything about how the story moves forward, but able to react to it just as many of the voices do throughout the book. If you like introspective books that really make you think about life, then this book is definitely for you.

-Sherald Mitz

MEET THE NEW MATH TEACHER, MISS PHILLIPS

Yolotzin Martinez
Business Manager

This school year has welcomed a number of new changes, from the new parking lot to the new campus. Most importantly, is the number of new teachers Cypress has welcomed onto its campus. Ms. Phillips is the traveling math teacher, with her decorated blue cart who bounces from classroom to classroom. Miss Phillips is spreading her math knowledge to her students. Even though she's new to Cypress, Miss Phillips isn't new to teaching; this is her 4th year. When asked about how she is liking Cypress she said, "I really like

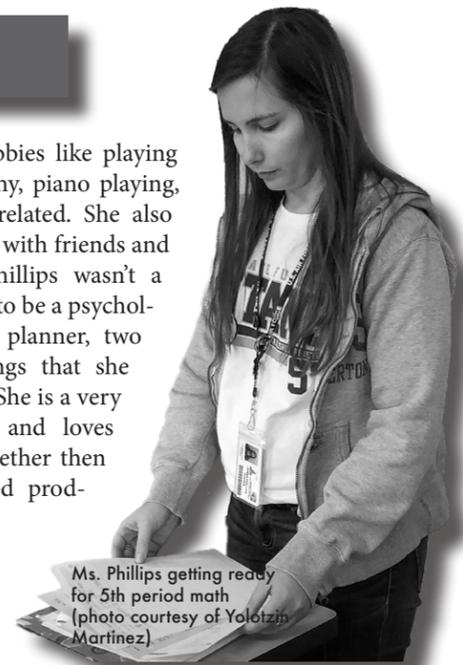
all of the staff and students and the environment and how welcoming everyone is."

She was in the Tustin School District for two years before she transferred to Savanna High School in the Anaheim Union High School District last year. The reason Miss Phillips transferred to Cypress was because enrollment was down at Savanna while here at Cypress, there weren't enough teachers for the growing student body.

It was always clear for Miss Phillips that she wanted to be a teacher. Even in high school she would tutor her fellow classmates, especially in math. From there, she went to Cal State Fullerton for her undergrad and the teacher credential program.

Outside teaching, Miss Phillips en-

joys her many hobbies like playing sports, photography, piano playing, and anything cat related. She also enjoys hanging out with friends and family. If Miss Phillips wasn't a teacher, she'd want to be a psychologist or an event planner, two very different things that she very much enjoys. She is a very organized person and loves putting events together then seeing and finished product.



Ms. Phillips getting ready for 5th period math (photo courtesy of Yolotzin Martinez)

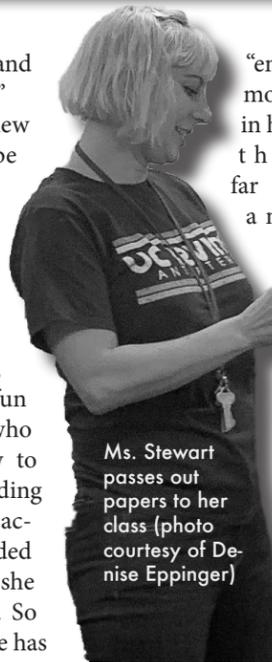
MEET THE NEW ENGLISH TEACHER, MISS STEWART

Denise Eppinger
Copy Editor

Getting a new teacher is always fun, especially when you are in a new school and you get to see a familiar face. That's why many students are excited that Ms. Stewart has come to Cypress. Marianne Noel Stewart was a teacher at Lexington Jr. High School for 15 years before she began teaching for the first time here at Cypress High School in August 2019. Ms. Stewart decided to start teaching high school students because she wanted to see what students did after middle school. She stated, "I taught Jr. High for so long I wanted to see what students do after Lexington, how they grow, how

they become adults, and see how great they are."

Ms. Stewart knew that she wanted to be a teacher in her last year of college at UC Irvine, "My last year of college I had an amazing teacher, I started to work in schools in Santa Ana, and I saw how much fun it was to see kids who wanted to know how to read or didn't like reading find books that they actually liked." She decided to teach English so she could learn and grow. So far Ms. Stewart said she has



Ms. Stewart passes out papers to her class (photo courtesy of Denise Eppinger)

"enjoyed seeing old faces" and having most of her students she had last year in her English class again. Her favorite thing about Cypress so far is her students, old and new ones, "They make me laugh, they're kind to me and patient with me."

Outside of the classroom Ms. Stewart enjoys reading, writing poetry, cooking, and singing. If she had to describe herself in four adjectives she'd say she's "nerdy, booky, stubborn and mischievous." When asked what the hardest part of teaching today she said, "I want to help my students and they're all so different from each

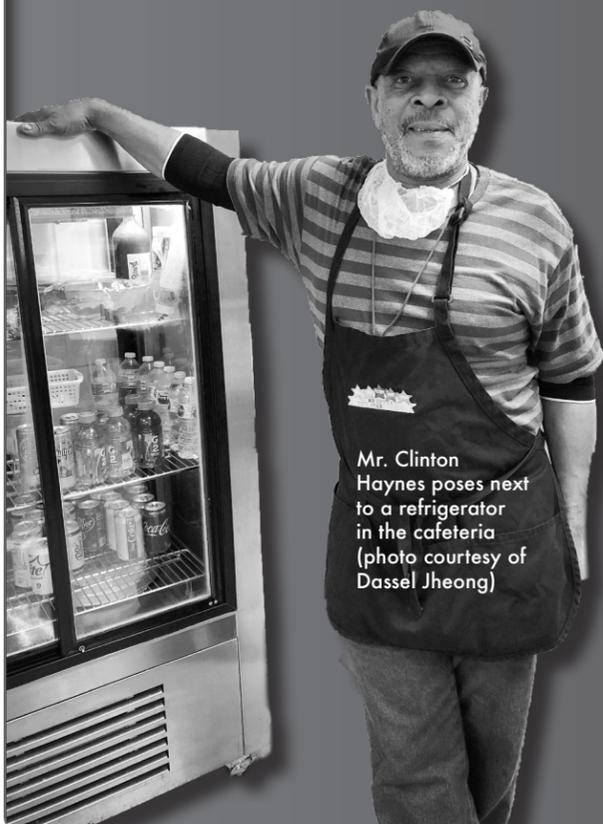
other and they're all so different from me, you know? I didn't grow up with a phone, I didn't grow up even watching much TV, so I need to try and understand them, so I can help them.

Ms. Stewart isn't the only one who is excited to see old faces, so are the students. Freshman Hailey Ybarra said, "I'm really glad we got to have a familiar face as our teacher heading into the new school year," and another freshman, Kaley Chung said, "I'm so glad that Mrs. Stewart is my teacher because she was my teacher last year. I can predict the amount of homework she gives and how she feels about certain subjects. I thought I need to understand the rules of a new teacher in the beginning of the year, but I'm happy about how things turned out now."

Dassel Jheong
Assistant Editor

MEET STAFF MEMBER, MR. HAYNES

Behind the Scenes, Mr. Haynes works hard in the cafeteria to ensure that students have healthy and nutritious food to keep them energized throughout the day.



Mr. Clinton Haynes poses next to a refrigerator in the cafeteria (photo courtesy of Dassel Jheong)

During the final month of the last school year, Mr. Clinton Haynes came to Cypress High School as the newest Food Substitute and cafeteria worker. He is often seen during lunch at the food carts outside selling snacks and nutrition, or facilitating the lunch lines in the cafeteria to create a respectful and anti-stealing environment. Most importantly, Mr. Haynes makes sure that students are getting the food they need. However, there is much more to the role that Mr. Haynes plays than what meets the eye.

In the morning, the cafeteria workers begin preparation for a healthy lunch a day prior so that it is ready to be put in the

oven and distributed hot and delicious. Depending on the type of meal, they also prepare sides and condiments such as tater tots and mashed potatoes to compliment the lunch with extra nutrition. Efficiency is key with the early lunch production because there are so many hungry high school students who need to be fed properly, so Mr. Haynes works quickly to complete anything that is needed with his co-workers. After lunch is finished, the cafeteria staff come back in, clean up, and get ready for the next day. Mr. Haynes is also trained as an emergency medical technician, so he brings an extra level of safety to the cafeteria and school.

Although there are

complaints about the school food system, Mr. Haynes believes that "the students in school eat much better than before when [he] was in school." The district provides recipes and blueprints of healthy food to the cafeteria to prepare for the students. On top of that, Mr. Haynes wants students to know that he and the other staff members care about them. They strive to deliver a balanced meal with enough choices of fruits, grains, juices, and meats that comes hot, good, and delicious. "At this point," Mr. Haynes says, "We just have to follow the instructions of the district, and bring to the students' attention that they have choices to eat well."

Entretimiento en Español-Spanish Entertainment

Joaquín Jaimes -Alvarez
Photo Editor

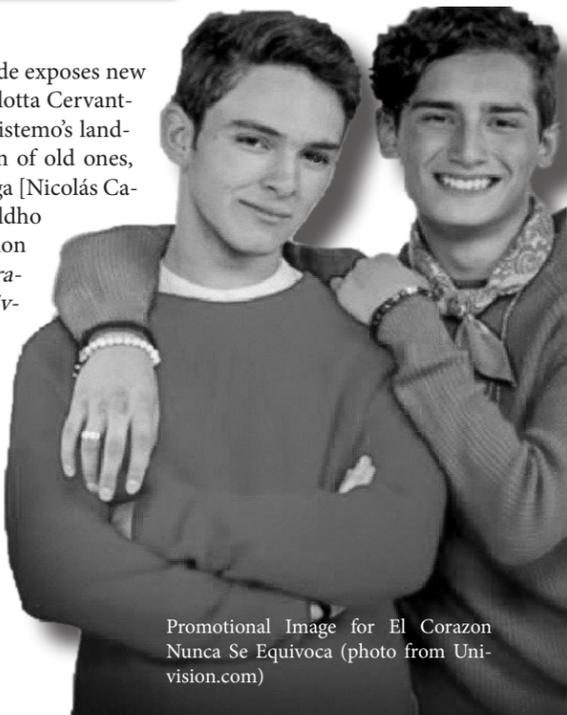
This Spain-based Teen Drama centers around the investigation of the supposed murder of Marina [Maria Pedraza], a high-class student at Las Encinas, a prestigious school in Southern Spain. Coincidentally, before her death, three lower-class students were admitted into Las Encinas after their school, San Esteban, collapsed



due to a structural failure of the building. Samuel Garcia [Itzan Escamilla], Christian [Miguel Herran], and Nadia [Mina El Hammani] are now prime suspects of Marina's death. Via the show's Instagram account (@elitenetflix), Netflix announced the release of the show's second season, which premiered September 6, 2019. *Elite* is available for streaming with a Netflix subscription.

El Corazón Nunca Se Equivoca is a spin-off mini-series based off *Mi Marido Tiene Más Familia- My Husband has More Family*, where Aristóteles 'Ari' Córcega [Emilio Osorio] and Cuauhtémoc 'Temo' López [Joaquín Bondoni], gained such popularity with fans of the show across Latin America and Univision's Latino audience in the U.S., that Televisa, Univision's parent company, announced in mid-June 2019, that Aristemo (The ship name fans created for the two characters via the #Aristemo on Twitter and Instagram) would return to Univision in early fall 2019. Televisa and Univision announced Aristemo's return via Twitter and Instagram. Univision later announced an official release month for early August, and on August 13th, Univision premiered the first episode of *El Corazón Nunca Se Equivoca* at 9

p.m. The first episode exposes new characters, like Carlotta Cervantez [Ale Müller], Aristemo's landlord, and the return of old ones, such as Diego Ortega [Nicolás Caballero], Temo's childhood friend. Univision stated that *El Corazón Nunca Se Equivoca* would count with other actors who return to Televisa, including, Sergio Sendel, who plays Ubaldo, Diego's father, Arath de La Torre, who returns to play Francisco 'Panchito' López, Temo's father.



Promotional Image for *El Corazon Nunca Se Equivoca* (photo from Univision.com)

Spotlight Staff

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Layout Editors: **YeJi Jong**
Ji Min An

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CYPSPOTLIGHT Manager: **Zac Milam**

Staff Writers: **Nguyen Pham**
Nickolas Biolchino
Kristy Takacs

Faculty Adviser:

Comments or editorial opinions expressed are those of the staff.

Letters to the Editor can be submitted to room 325 or to cypresshighnewspaper@gmail.com

Room 325 on
9801 Valley View Street, Cypress CA 90630
(714) 220-4144

THE POWER OF TAYLOR SWIFT & LANA DEL REY

Zac Milam
CYPSPOTLIGHT Manager

In the last week of August, Taylor Swift and Lana Del Rey took over the world with their new music. The release of Swift's seventh studio album, *Lover*, and the release of Del Rey's sixth studio album, *Norman F***ing Rockwell*, have set us to an alternate reality. Both artists are on top of their games right now.

On August 23, Swift took over media outlets and popped up as trending on Twitter, and reigned on top in Google search engines. After her 18-track album was released, people couldn't help but fall in love with the idea of love.

In the matter of three months--the time it took her to start and finish the album--she revealed many personal events about her life, which definitely isn't the first time. On "Cornelia Street," she details what it'd be like for her if she and

her current boyfriend of three years, Joe Alwyn, ever broke up. "On The Archer," she explains how she struggles with herself when it comes to love. On "Miss Americana and the Heartbreak Prince" she uses a metaphor that compares high school to our government to portray the disillusionment we have with it and the chaos that ensues within.

"The diversity of emotion" was the best part of the album, said senior Charlie Speer, but in her opinion, it didn't live up to the standard of Swift's other albums, as the nostalgia isn't

as present as it is with her other works. Out of all the songs Speer would replay, it would be the opening track *I Forgot That You Existed*.

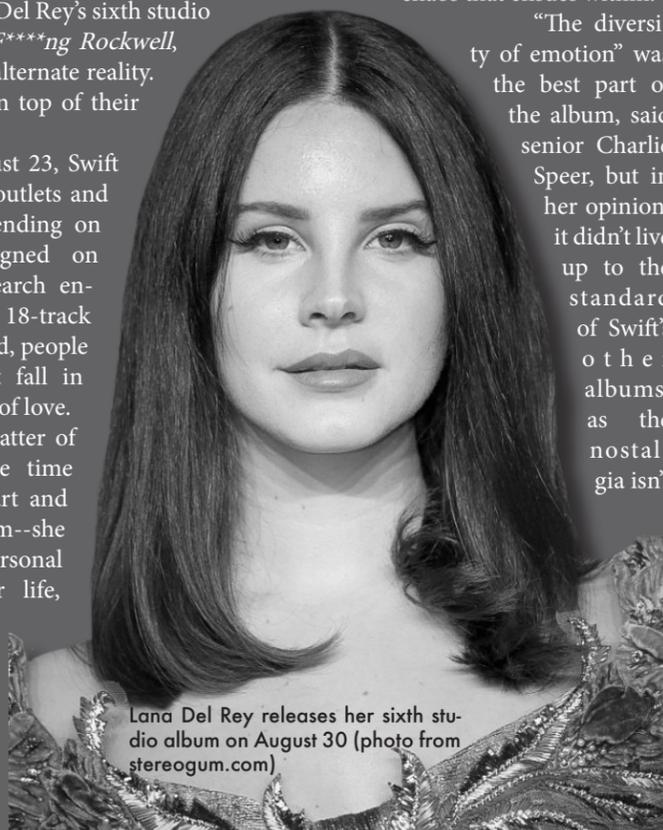
Del Rey is known for her somber sound, so fans were excited to hear her latest development *Norman F***ing Rockwell* on August 30.

The album's taste was teased with the single *Mariners Apartment Complex* a year before its release, on September 12, 2018. Several more singles were released, all the way up to a week before its release date.

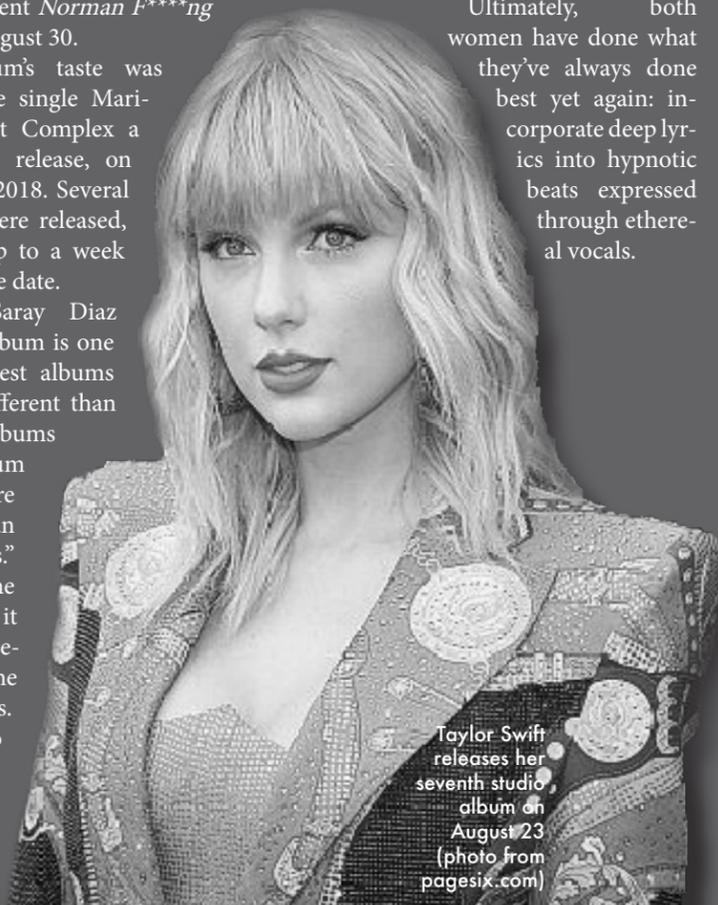
Senior Saray Diaz said that this album is one of Del Rey's best albums because "it's different than her first albums and this album is much more personal than her other ones." She enjoyed the summer vibe it gave off, especially with the music videos. According to Diaz, Del Rey deserves to receive nominations for

best album because it's "different than everything else that is out there, as she's a lyrical genius." Plus, "This album has much more of an emotional range, giving it a different genre. Some are sad, and some are cool."

Ultimately, both women have done what they've always done best yet again: incorporate deep lyrics into hypnotic beats expressed through ethereal vocals.



Lana Del Rey releases her sixth studio album on August 30 (photo from stereogum.com)



Taylor Swift releases her seventh studio album on August 23 (photo from pagesix.com)

THE DRESS CODE DILEMMA

YeJi Jong
Layout Editor

Cypress High School's dress code tends to punish marginalized groups and promotes a patriarchal culture. Students have dress codes enforcing how much of their legs, chest, stomach, and even shoulders they can show. Although the rules for the dress-code are supposed to be "gender-neutral", it harms mostly the female population at Cypress.

First, the double-standards are extremely prominent. Ji Min An, a senior at Cypress High School pointed out multiple incidents.

"Last year at Halloween, a boy wore a Snow White costume that included a mini-skirt and off-shoulder top. He walked around the whole day wearing that, but no one said anything. Another time, a group of boys wore tutus and tube-tops but they didn't get in trouble."

Why can boys wear the same outfits that girls wear, but not get dress coded? Why are the authorities more lenient with the boys? It seems unfair that the male population is above the rule while the female population is under constant scrutiny.

Second, enforcing rules that dictate a young girl cannot wear skirts and shorts above mid-thigh or tops that display "any portion of the mid section, side, and/or back or reveal an excessive area of the chest" tells her that she doesn't determine what's appropriate about her own body and if she distracts/acquires unwanted attention it's her fault. These policies give the message that certain female body parts must be covered because they are "shameful" or "bad" to show. Telling a female student how to cover her body is blatantly reinforcing a gender-biased culture and body-shaming in Cypress High School.

Students coming forward with

their experiences with dress code state they've often faced inappropriate comments from faculty.

Tran Pham, a sophomore at Cypress High School stated that a female faculty member berated her by making comments such as "Cover yourself. How dare you represent Cypress High School!"

When "dress-coded", female students often face humiliation and body-shaming from their peers, and it further fosters a toxic environment. So what is the point of dress code?

The school claims the dress code's purpose is to prevent any distractions and provide a "professional and clean" environment, but in reality it does the opposite. Everybody is distracted by their peers no matter what policy is enforced. Rather than a "professional and clean" environment it claims to promote, it normalizes predatory behavior and toxic victim-blaming where girls become objectified.

The dress code gives an implicit message that girls are responsible for how others see them or what others do to them. These lessons that students learn continue the cycle of sexual assault victims often being asked "what were you wearing?" to excuse the perpetrator by blaming their clothing choices. The blatant flaws in dress code continue systematic sexism while oversexualizing female students.

"If the school is so worried about boys being distracted by outfits, they should teach mutual respect and to not sexualize other people's bodies," Jasmine Coquia, a senior at Cypress High School stated.

Cypress High School ought to make changes to dress code. When you interrupt a girl's day at school to force her to change clothes because they're "too revealing," you are telling her that hiding her body is more important than her education.

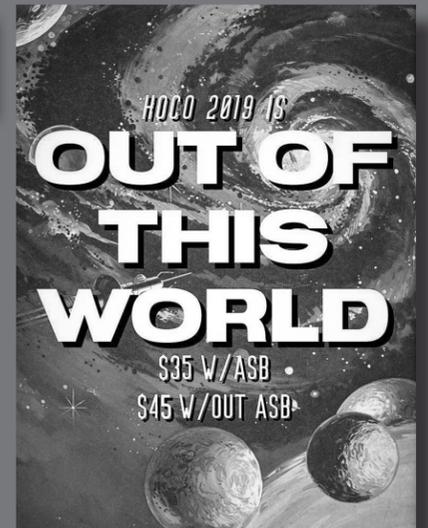
HOMEcoming 2019: OUT OF THIS WORLD

Isabella Valdez
Entertainment Editor

You may have heard gossip around campus about this year's homecoming dance; is it really going to be in our practice gym? Will it be just like the homecoming dances from previous years? ASB President, Evann Oswald, promises that this dance will "be a lot different than the past [homecoming dances]" in the best ways possible.

Cypress senior Jasmine Coquia contemplates attending, expecting the dance "to be really crowded and uncomfortable." Coquia voices the worries that plague many of us who have heard rumors about the location. How will ASB comfortably accommodate the whole school in the practice gym? Senior Zacary Milam has "lower expectations" for the homecoming dance this year mainly due to the fact that students are "used to having the dance at a venue, so for it to be at school, it seems like it would be a downgrade from previous years." On the other hand we have students excited for what's to come like senior Eman Sharkasi is looking forward to the dance "because space is cute."

When word first got around that homecoming was going to be in the gym, many students were shocked. This year's dance is Out of This World themed, and Oswald reveals that the practice gym will serve as "a blank canvas" that ASB can transform, since not much can be done to ensure that a venue like Boomer's will truly capture the essence of the homecoming experience that ASB wants to provide for



us. Because of this, prices for the homecoming dance will be \$35 with ASB and \$45 without it. ASB Club Commissioner on homecoming committee, Mal Osman, noted that they will be "taking all that money that [they] would usually spend on a venue" and putting it towards more exciting activities and "better food." Students can expect a more interactive and engaging event. Mal Osman states that "most of the stuff will be outside [of the practice gym]" and "it's just going to be the DJ inside." For those who aren't big fans of the dancing and excitement that will be happening inside the dance, there will be plenty of activities to participate in outside in the cool air.

So for only about \$40 (or less with ASB!), you'll have an experience that will be out of this world, filled with sparkling lights, CO2 cannons, delicious food, and fun with friends. With all of the promises made and expectations held for this dance, you definitely will not regret going.

FREE College? Is That Even Possible?

Eman Sharkasi
Opinion Editor

Currently, in our nation alone, about 45 million Americans have student loan debts; that's roughly \$1.6 trillion. This event isn't simply a crisis for young people who are currently or soon to be in college debt, but to more than three million older Americans still paying off college loans. Many of the 2020 Presidential candidates find this an important issue that needs a solution. One of these candidates, Senator Bernie Sanders, finds this as a "national disgrace". "You are not truly free when you graduate college with hundreds of thousands of dollars in student debt." ("Free College, Cancel Debt." Bernie Sanders)

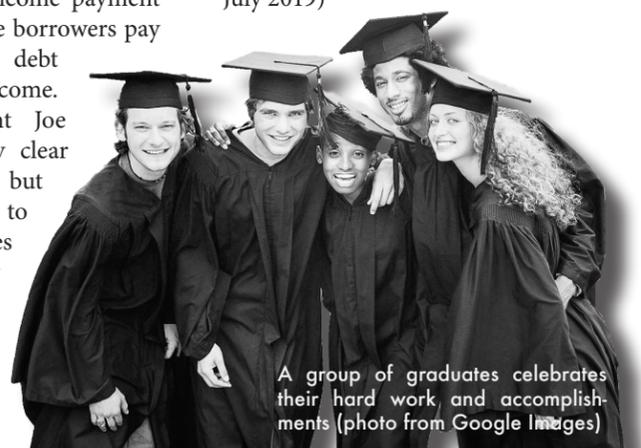
His solution on this topic would be to pass the College for All Act that would provide at least \$48 billion per year to states to eliminate tuition and fees for two and four-year public colleges and universities. His plan to pay for all of this is to tax a fraction on to Wall Street speculators, "It works by placing a 0.5

percent tax on stock trades — 50 cents on every \$100 of stock — a 0.1 percent fee on bond trades, and a 0.005 percent fee on derivative trades." ("Free College, Cancel Debt." Bernie Sanders) Another candidate with the same ideas is U. S Senator Elizabeth Warren, whilst giving a speech to supporters in Memphis, Tennessee on March 17, "higher education opened a million doors for me," "It's how the daughter of a janitor in a small town in Oklahoma got to become a teacher, a law school professor, a U.S. Senator, and eventually, a candidate for President of the United States. Today, it's virtually impossible for a young person to find that kind of opportunity." ("Elizabeth Warren's \$1.25 Trillion Education Plan Aims to End the Cycle of Student Debt-Here's How." CNBC, CNBC, 23 Apr. 2019) Her plan is fairly similar to Sanders's plan but Warren suggests a broad debt relief cap on households with incomes over \$250,000, and her plan for covering the costs would be with her proposed Ultra-Millionaire Wealth Tax which would tax the estimated 0.1% Americans with over \$50 million in assets.

Donald Trump's top economic advisor came out hard against plans to ease the burden of student debt carried by Americans seeking higher education, but the Trump administration's proposal suggests repayment options: the government would offer a ten-year fixed plan, and one income-driven repayment plan.

There are also many other candidates who follow in the same path for free college tuition with similar plans as Sanders, Julián Castro, who says his plan is to "tweak" current income payment systems to basically have borrowers pay a percentage off their debt according to their income. Former Vice President Joe Biden hasn't made any clear statements on the topic, but said he'd support a plan to make four-year colleges free. Senator Cory Booker hasn't come out with any detailed plan but has sponsored the Debt-Free College Act. Under Mayor Pete Buttigieg's plan,

middle-income families would pay zero tuition on public college. Representative Tulsi Gabbard has supported the idea of free college and has even co-sponsored the House version on Sanders College for All Act. Senator Kirsten Gillibrand proposes that Americans who commit to one year of public service would receive two years worth of college tuition, and if committed to two years would have four years of college paid for. and College Affordability." MarketWatch, 30 July 2019)



A group of graduates celebrates their hard work and accomplishments (photo from Google Images)

FOOTBALL BEATS CAPO IN A THRILLER TO GO 5-0

Jacob Fisk
Sports Editor

Varsity Football has dominated their opponents so far this season, as Cypress outscored their opponents 139-23 in their first four games. The Centurions so far have never given up more than one touchdown in a game, and have scored nearly a touchdown for every quarter they have played. Their closest game so far was against last seasons CIF Division 11 runner-up Peninsula Panthers, which the Centurions won 28-9 at Handel Stadium on opening night.

The Centurions success is being led by two sophomore quarterbacks, Logan Lemonnier and Dylan Eldredge. As they fight for the same position as a starter, they push each other to become better. Head Coach Feldman commented, "I think it was a really smooth transition, whenever you add two quarterbacks onto the same team you normally think that there would

be "some friction," but they've both been helping each other and both have been playing. Everyone wants to be "the man" and play the whole game, but what we (as a team) want is to win football games."

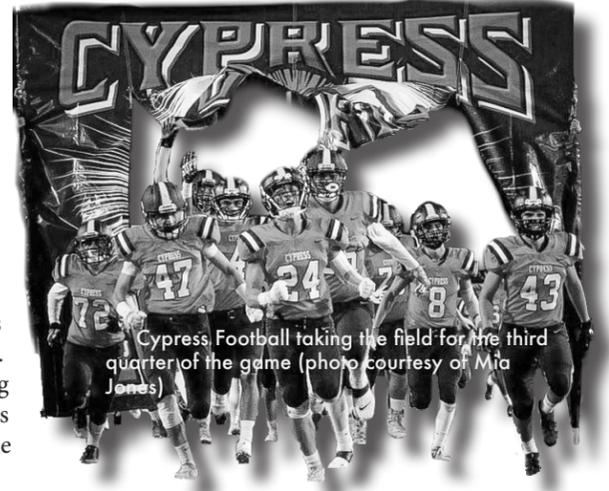
Despite starting off 4-0, Coach Feldman was still focused on beating the Cougars. "It is a good start for us, but starting with our next game against Capistrano, it gets a lot tougher. Our main motivation is knowing Capistrano is as good as any team, and we haven't beaten them in the last three years."

On September 27, 2019, the Centurions took on the Capistrano Valley Cougars at Handel Stadium. Cypress immediately took the lead on their first drive, with Eldredge throwing a pass to Luke Porteneuve, for the first touchdown of the game with 8 minutes to go in the first quarter. Then a few minutes later Eldredge threw another touchdown pass to Elijah Vaielua to make it 14-0. Hurtado would force his way into the end zone twice to make the lead 28-0, but the Cougars would not end the half quietly, as they would score a 33-

yard touchdown to make it 28-7 at half time.

When the third quarter started the momentum shifted over to Capistrano. 49 seconds into the third quarter they scored a 40-yard passing touchdown and a few minutes later scored another a rushing touchdown. Eventually the Cougars tied the game with 6 minutes left in the fourth quarter. However, Hurtado from the Cypress's own 48-yard line, caught a short pass from Eldredge and ran it all the way to the endzone to take the lead back for the Centurions. The Cougars would get one last chance to tie the game up, but Tyler Jones intercepted a Cougars pass to give Cypress the ball. Hurtado got a 7-yard rushing touchdown to seal the deal, as the Centurions won the game 42-28 in a thriller matchup.

Cypress started off 5-0 for the first time in nine years, and although they beat the Capistrano Cougars, they still have more football to play. The Centurions will begin league play and their road to win the league championship on Friday October 4th, which will be a Rivalry Homecoming matchup against Kennedy.



Cypress Football taking the field for the third quarter of the game (photo courtesy of Mia Jones)

WATER POLO MAKES A COMEBACK

Luis Ortiz
Sports Editor

The 2019 Boy's Water Polo season is upon us with the matchup against Buena Park High on September 5th marking the beginning of the campaign. This is the first game since the departure of the long-serving Coach Poole who announced he would leave the team during summer. "The whole Water Polo team fell into disarray once the coaches left, especially after not having a pool to use at school," Ben Martinez, junior wing player, stated. The aquatics pool was closed in the winter of the 2018-19 school year due to the presence of

asbestos which forced all Cypress aquatic sports to practice at Kennedy High School, with all of its inconveniences. "We have to constantly fit into [Kennedy's] schedule and find rides because our parents aren't always available," says Varsity player Jin-Ho Park.

But there is always a silver lining during times like these where certain people step up to lead the others. That person for Water Polo was junior Nicholas Ng who was constantly organizing practice, and took a key captain role for the team. "This period of time is where the team grew a lot closer together with each other which really helped us as a whole," he said. Of course there were questions of who was going to fill the position once the

aquatics coaches left. After a long summer of decision making, Reihle Saldaña was hired for the job.

The players now have the responsibility to readjust to the new attitude and style of coaching that Coach Saldaña brings to the table.

Currently Boy's Water Polo is in a transformational period. There was a considerable amount of players who left last year, and more will leave next year, which brings more focus onto the two other levels of the sport. "Each day of training is a chance to get better with every aspect of your



The Water Polo team practices at Kennedy High School while Cypress High School's pool is under construction (photo courtesy of Luis Ortiz)

game and our teammates need to take advantage," said varsity vice captain, Alex Kimbrell. Although the team has a new coach, they will strive to maintain the same amount of perseverance.

VARSITY VOLLEYBALL REMAINS VICTORIOUS

Nguyen Pham
Staff Writer

Alex Griffiths, is the past head coach of Cypress boy's Varsity Volleyball, and currently the head coach of girl's Varsity Volleyball. She won the boy's Varsity Volleyball title at CIF two years ago, and is coaching girls. They practice five days



Varsity Volleyball (photo courtesy of Nguyen Pham)

a week from 2:00-3:30pm. "We would practice being balanced and consistent and expect all girls to try their best," she said. "This year we are striving for CIF," Coach Griffiths continued, like the other times the girls took semis twice!

So far this season, girl's varsity volleyball triumphed

over Northview, Millikan, Burroughs, Gahr, Woodrow Wilson, Carson, Saint Joseph, and Cerritos. Recently on August 29, 2019 they faced St. Anthony, losing 2-3, after leading 2-0 sets but St. Anthony turned around their game. Cypress rebounded in their match against Villa Park by winning 3 to 0 sets on September 12, 2019.

CROSS COUNTRY SPRINTS TOWARD SUCCESS

Armen Gamil
Features Editor

Cross Country coach Matthew Tweed has been coaching Cross Country for three years at Cypress and he's enjoyed every year. Last year, Cross Country boys were able to place third in the Empire League and Rebecca McDewitt from the girl's team qualified for CIF. Coach Tweed's goals this year are to win the Empire League with his boy's team and have his entire girl's team qualify for CIF and luckily he has 11 new freshmen to help him achieve that goal.

There are fifteen more runners

this year than last year and they're all pumped up for a great season of cross country. "Personally what I like about Cross Country is the rush and satisfaction of running in races," said Brandon Para, senior team manager and mentor for the cross country team.

With so many new freshmen joining, there are many new runners trying to keep up with the seniors, but not Vincent Ngo. According to his teammates, Ngo is one of the fastest freshmen on the team. "I really love running and I'm doing well, which makes Cross Country more enjoyable for me," Ngo said.

It's not just the running, people also make friends when they join cross

country. Pulkit Goyal said, "I enjoy running and talking with friends while I'm running."

Coach Tweed trains his athletes by putting each of them in separate groups based on how far and efficiently they can run. Every so often Coach Tweed gives the runners what he calls "repeats." In repeats, runners have to run one-mile, then get a 3-minute break, then they repeat that four more times. It's tough, but most of the runners enjoy the challenge and it makes them faster every time



The Cross Country runners are pumped and ready for another great year of running (photo courtesy of Armen Gamil)

they do it.

If the runners run well in the Empire League, they will qualify for CIF.