

CENTURION

SPOTLIGHT

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Graphic Communication's Newly Made Stickers Are Now On Sale!

WRITTEN BY: ADAM HAWARI



The Graphics Communication class made their own sticker designs for class of 2022.

The AP Graphic Communication class, led by **Mrs. Sunny Chang**, has created some new stickers and posters.

The stickers come in two forms: custom made or a premade redesign of Cypress High School's mascot and logo. In addition, the class created posters that portray the message "Pop out the Pods," (a reference to usage of air pods in class) which can be found all over campus today. Stickers made by the Graphic's Communication class have already been sold on campus.

There were a total of 270 stickers made, and they recently went on sale. The custom made stickers, posters, and premade stickers prices vary. For custom made stickers, the price generally goes to five dollars, posters go for a dollar, and premade sticks are two for one dollar. Sales first began in February, and posters were the first products to be sold. At first, poster sales were low, but popularity skyrocketed and, ultimately, more posters were sold than stickers. People went class to class to sell posters, which is why poster sales skyrocketed. The posters that are on sale for a dollar, have the written saying "Pop Out the Pods," on them and are hung throughout classes in the school.

Although the sales were mostly from the posters, the stickers are all incredibly well made, and deserve more recognition than what was originally perceived. After all the sales, Mrs. Chang says that the "The money would go to more sticker sheets, vinyl stickers for mugs, and later products." But, because of the things needed to make stickers, the profit gain is unfairly low. Several students worked together to design the products, including **Alison Kim** and **Rae Walker**. They said that redesigning the mascot and logo into something different was difficult, but the final outcome of the stickers were said to be satisfying.



The posters that are on sale for a dollar, have the written saying "Pop Out the Pods," on them and are hung throughout classes in the school.

Choir Steals The Stoplight

WRITTEN BY TALANIA WILSON



All Three Choirs Shined At The Voice of the
Legion Spring Dinner
Photo by: Talania Wilson

The Voice of the Legion Spring Dinner show happened May, 13 2022 in the Cypress High school theater. This show had songs from their old performances and new stuff that they have never performed before. **Jonathan Ulrich** said, " I'm very excited for this show."

The show started off with the Mass Choir singing *The star spangled Banner, Cypress high school, Lift Every Voice and Sing*. One Choir member said," I'm very excited because we get to put all of our hard work on stage. So everyone can show off all the hard work they put into the show, because I just want everyone to be happy." The Class of 2022 sang a song called *I Lived*.

The Decanus Bass Ensemble had nine boys, **Medrian Bacareza, Cody Flores, Jayden Han, William Mack, Alex Miranda, Anthony Rodriguez, Ben Taylor, Nathan Rodriguez, and Giovanni Weedon**. They sang and performed 8 songs. Although it was a small group of guys they did an amazing job using the whole stage and singing well. The songs they sang to were, *Sing for Joy!, Wayfaring Stranger, Nisking Banja, A Little Less Conversation, Sixteen Tons, Hound Dog, Can't Help Falling in Love, and Back to the Fifties*.

Optios Treble Ensemble had 29 girls singing and performing, **Lulu Zamarripa** had a solo in *We Both Reached for the gun* and to prepare she "drinks a lot of water, eats a healthy breakfast, and just go with it." Many of the performers weren't nervous because this was their second time performing these songs for an audience. **Lizzy Burke, Julie Dubois, August Huey, Ireland McMillan, Mia Rendon and Leila Rodriguez** did the choreography for *Roxie*.

Prime Advanced Choir, sang 11 songs, *Cantate Domino, Awit ng Paghahangad, Hands are Knockin, He's the Wiz, Ease on Down the Road, You Can't Win, Mean Ole Lion, Be a Lion, Don't Nobody Bring Me No Bad News, So You Wanted to Meet the Wizard/ Y'all Got It, and Home*. The Advanced Choir had many soloists, **Patrick Diam, Yana Felice, Peyton Flansburg, Amber Galante, Isabella Bowers, Clarissa Molina-Rodriguez, Bonnie Koo, and Sal Cervantes**.

After all their hard work, practicing, and late nights payed off because they had an amazing show.

Met Gala 2022: Is All That Glitters Gold?

WRITTEN BY ANELINA ALEGRE



Blake Lively's 2022 Met Gala gown went through a stunning transformation halfway through the event!
Photo credit: Hello Magazine

The Met Gala, also referred to as “fashion’s biggest night out,” takes place annually at the Metropolitan Museum of Art. It is an exhibition where celebrities have the chance to show off bold or eccentric fashion statements, designed by the brands that sponsor them. To receive a Met Gala invite is a great honor, since the event is considered the world’s most prestigious fashion event. Each year has a different theme that inspires the design of each outfit, and the Gala is known to be extravagant and memorable.

This year’s highly anticipated Met Gala featured the theme Gilded Glamour, asking the attendees to “embody the grandeur of Gilded Age New York.” So what exactly does Gilded Glamour mean? According to Wion News, the theme refers to the Gilded Age, a period of time between 1870 and 1900 characterized by excess, opulence, and wealthy exhibition.

This year’s highly anticipated Met Gala featured the theme Gilded Glamour, asking the attendees to “embody the grandeur of Gilded Age New York.” So what exactly does Gilded Glamour mean? According to Wion News, the theme refers to the Gilded Age, a period of time between 1870 and 1900 characterized by excess, opulence, and wealthy exhibition.

One celebrity that exuberantly honored the Gilded Glamour theme was Blake Lively with her New York inspired dress. She captivated everyone on the red carpet with not just one, but two extravagant gown designs. Her dress transformed halfway through the event from a shimmering rose gold to a shiny blue skirt. (see featured image)

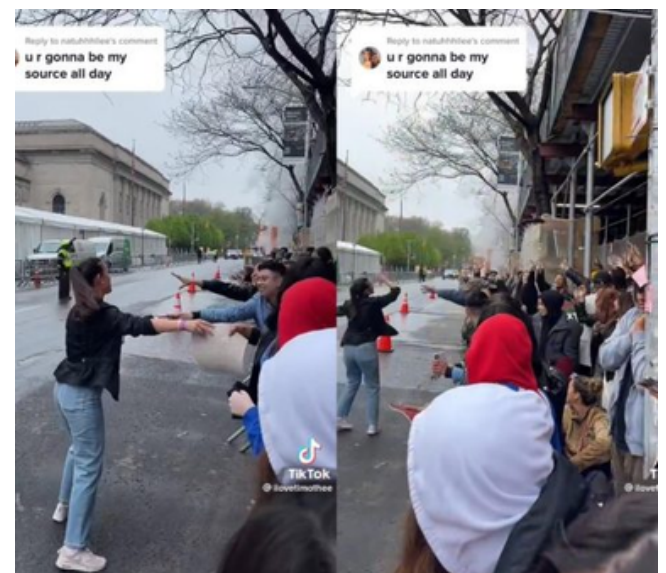
“I thought instead of looking to fashion to influence the dress, I looked to New York City architecture and the classic buildings,” Lively told reporters on the red carpet that day. Her dress represented the Statue of Liberty, with her costume change reflecting how the Statue’s shiny copper had oxidized over the ages into its now green color. Lively’s crown also has seven tiers, a tribute to Lady Liberty’s seven sun rays.

However, wealthy glamor isn’t the only aspect of the Gilded Age. The term “gilded” refers to something shiny and gold on the outside, but rotten on the inside.

There is one characteristic about the Gilded Age that goes overlooked in this year’s Met Gala theme: wealth inequality. The Gilded Age’s rapid industrialization led to a massive gap between the rich and poor. Ironically—in alignment with this Met Gala’s theme—a study according to CBS news shows that “the gaps in wealth between rich and poor Americans ‘are close to those observed at the beginning of the 20th century.’” Just like the Gilded Age, the economic disparity in wealth classes is just as large as it was a century ago.

A humorous example of the massive wealth gap can be seen in a video circulating TikTok by user ilovetimothee. In the video, Met Gala employees were tossing scraps of the red carpet to a gathering crowd, with people lining up and camping outside the Met Gala venue just to snag a piece. Users in the comments point out the fact that these people were so eager to have a piece of ground that celebrities walk on is very reflective of the class divide during the Gilded Age. One user commented, “the irony is hilarious, but also really concerning.”

The 2022 Met Gala will undoubtedly be remembered not only for the celebrities’ extravagant fashion, but also for its theme’s references to America’s epochal history, the Gilded Age.



Scraps of the red carpet being “generously” handed out to an eager sidewalk crowd
(photo by @ilovetimothee via TikTok)

Doctor Strange: Multiverse of Madness Review ((SPOILERS!!!))

WRITTEN BY: ANISH ASHOKKUMAR



Marvel poster of Doctor Strange: Multiverse of Madness
Credit: Google

Released on May 6, 2022, *Doctor Strange: Multiverse of Madness* is part of the Phase 4 Marvel cinematic universe, which was written by Michael Waldron and directed by Sam Raimi. To understand this movie, you must watch *Spider-Man: No Way Home* first. The main actors, Benedict Cumberbatch (Doctor Strange), Elizabeth Olsen (Scarlet Witch), and Xochitl Gomez (America Chavez) did a good job on keeping the movie believable.

In the *Multiverse of Madness*, Strange is living his life after the events of *Spider-Man No Way Home* until a multiverse traveler named America Chavez accidentally comes through a portal chased by an interdimensional octopus-like creature. Strange learns that a mysterious person is trying to get ahold of America Chavez's power and she has met a lot of Stranges throughout the multiverses, but they all eventually betrayed her. There is a mistrust between the two, at first, but nevertheless, Strange goes to get help from Wanda Maximoff (also known as Scarlet Witch) but then he discovers that she is the mysterious figure going after America Chavez. After Strange tries to reason with her, but fails, there is a long chase between the Sorcerer Supreme and the Scarlet Witch.

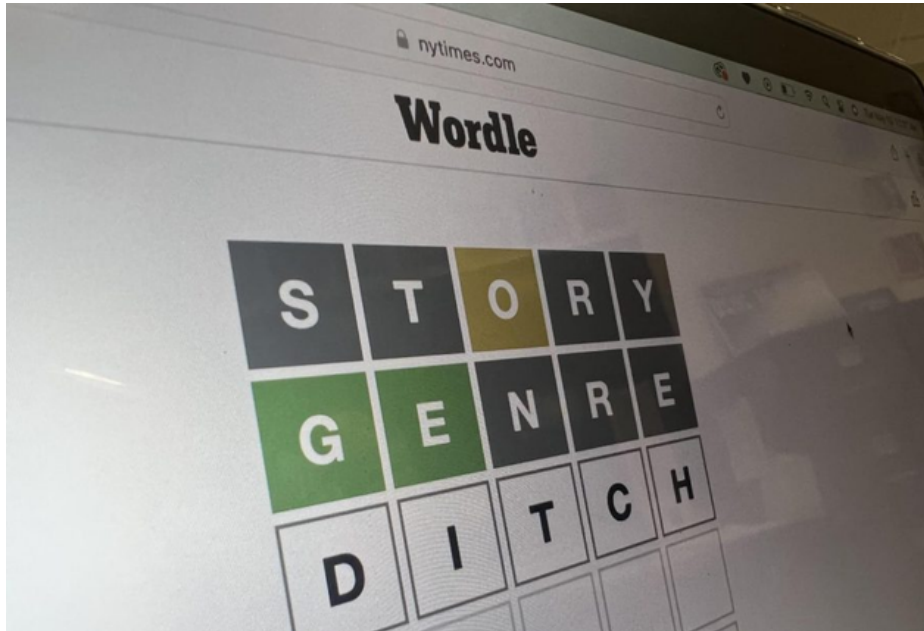
Compared to the first *Doctor Strange*, the second *Doctor Strange* would fall in 2nd place because the first one did a better job of explaining the back story, and what events were taking place, unlike the current film, where they just throw you right into the action, possibly without knowing what is actually happening.

The film should have explained more of the lore of the movie. Some viewers might feel as if everything was just all of a sudden. The CGI in the movie was unimpressive. In addition, there was not too much of Wanda in the movie and whenever she did appear, they did not really use her to the fullest potential.

Overall, *Doctor Strange Multiverse Of Madness* is an essential movie, because it adds on to what happened in *Spider-Man No Way Home*, but the direction could have been better. The movie should be a "go to" if you are a Marvel fanatic, but if you are not, then it may not be worth it.

Wordle World Domination

WRITTEN BY: RUBY MILBURN



The NY Times Wordle game is taking over students and staff at Cypress.

The “Wordle” craze has swept the internet over the past couple months and has people sharing their results all over social media, with new variations of the game on the uprise. Wordle is a daily word game where players have six chances to guess a random five letter word. Players can share their results with friends, causing heated competition within the game. Creator Josh Wardle initially invented the game for his wife who loved word games. The game was eventually picked up by New York Times and is now a nationwide activity that players look forward to each day. The game is only able to be played once daily, providing a new word at twelve A.M. nightly.

Since the increase in Wordle’s popularity, new websites have begun creating their own variations of the mind bending challenge, trying to replicate the satisfaction of completing a daily puzzle. Some of these games include “Quordle,” a four word version of Wordle, “Heardle,” where players guess songs, and “Framed,” for movie lovers. There is also a math game called “Nerdle,” as well as “Worldle,” in which players are given the shape of a random country and have to guess what it is.

Although these games provide some variety in the online word-game world, none have gained quite as much popularity as the classic Wordle.



Student and minion diligently try to guess the word for the day.

Cypress senior, and avid Wordle participant, **Olivia Weber**, states, “I like the challenge and...beating my friends’ scores.” Weber plays the game regularly, though not every day due to a busy schedule. She says the game gives her a “sense of accomplishment” when figuring out the word, and something to look forward to every day. English teacher Ms. **Pamela Lightner** enjoys playing the game for the puzzle, and it reminds her of a game she used to play called Mastermind. “That was a nice similar memory for me, I like those puzzle type games,” she explains.

A recent game of Wordle had many competitors confused, as the answer to the puzzle was changed in the middle of the day. On Monday, April 9, 2022, the word was originally supposed to be “fetus,” but was changed to “shine” due to the recent Roe V. Wade controversy. Similar events have taken place in the past, such as a glitch where players were getting different words as their answers. This may pose the question: is Wordle a reliable game? These mistakes don’t seem to phase many Wordle players, however, as the game continues to maintain loyal supporters and participants.

Soundtrack To: Class of 2022's Summer

WRITTEN BY: ANNA NGUYEN



Nothing says summer better than a perfectly curated playlist to capture what this year's sunshine-filled months will sound like. On your list of things to do this summer before college" check off having: the ultimate summer playlist.

Here are 22 songs for Cypress' class of 2022 to represent the summer of our lives—from what the end of the school year feels like, to driving down PCH every day, to pool days, and to the bittersweet end before we start the next chapter of our lives.

Section 1: Out With the Old

1. Hug All Ur Friends - Cavetown (5:35)

Hug all your friends, don't let them go! This could be the last time you see your classmates. Make sure to take in and treasure these final moments.

2. See you Soon - beabadoobee (3:27)

We could all definitely use a break so see you soon, let's take some time to ourselves and breathe.

3. All That's Left Behind - Greer (4:00)

Say everything you want to say before you lose the opportunity to. Don't leave anything left unsaid, this is your time.

Section 2: The Lead-Up

4. It Gets Better - Rex Orange Country (3:33)

Applaud your accomplishments and look at us now! And there's still so much to come, it does get better.

5. Heat of the Summer - Young the Giant (3:31)

Senioritis. It gets the best of us, but with summer just around the corner, you'll finally be able to do whatever you want. You're almost there!

6. 22 (Taylor's Version) - Taylor Swift (3:51)

Let's forget about the deadlines and ring in summer, a time for us to be happy and free (and probably confused too).

Section 3: This is What Summer Sounds Like

7. Red Flavor - Red Velvet (3:11)

What I like the most about summer is Red Velvet, the good feelings of summer are more than what I imagined.

8. Cabin Fever - Jaden (3:15)

Summertime might mean falling in love, and now there's all the time in the world to think about your special someone.

9. Summer Feelings - Lennon Stella ft. Charlie Puth (2:40)

Sink into a beach chair this summer, there's nowhere better to be.

10. Sunroof - Nicky Youre and Dazy (2:43)

Blast your favorite tunes (and maybe this playlist) out your sunroof every night while you're driving down the freeways.

11. Tacones Rojos - Sebastian Yatra (3:09)

Get on the dancefloor and dance the night away!

12. Time of Our Lives - Pitbull and Nayo (3:49)

While you're working at your summer jobs, don't forget this is meant to be the time of your life.

13. Live While We're Young - One Direction (3:20)

Can you believe we're adults (or soon to be)?! There are so many memories to be made while we're still young, go crazy!

14. Summer - Calvin Harris (3:43)

Summer would not be complete without this song, it's a staple for our crowd.

15. Honey In The Summer - PUBLIC (3:20)

Spend quality time with your honey in the summer and all your loved ones.

16. I'm Good - The Mowgli's (2:47)

Make the most of this summer and continue finding who you are. Don't live life with any regrets, you only live once.

17. Best Friend - Foster the People (4:28)

No matter what, or where you are, be there for your friends, and make some new ones along the way.

18. Disconnected - 5 Seconds of Summer (3:30)

Untangle yourself from the web of social media and disconnect from the world of technology. Enjoy everything summer has to offer to the fullest.

19. Summer - Simpson (4:02)

If there's a perfect time to try new things, it's summer. Make it an unforgettable one.

Section 4: In With the New

20. Summer Ending - NEIMY (3:19)

After a great summer, it, unfortunately, does come to an end. I wish summer could last forever.

21. October - Alessia Cara (4:01)

The weight lifted off our shoulders during summer is something I will miss. Once October hits, summer will be a painted picture in my brain.

22. Gotta Go My Own Way - Zac Efron and Vanessa Hudgens (from High School Musical 2) (3:42)

2022 Retirees Have Centurion Pride

WRITTEN BY: TALANIA WILSON



2022 Retirees say good bye to CHS
Photo Credit: Kristy Takacs

At the end of the school year, **Mrs. Kim Rocha**, beloved CHS Art teacher, and **Mrs. Doreen Ponce**, our long time Cafeteria Manager, are both retiring. Rocha has been working here 21 years and Ponce has been working here for 16 years. A third teacher, **Mrs. Tracy Mills**, from the English department, is also retiring (see our accompanying article.)

According to Art teacher **Mr. Ross Geerdes**, Mrs. Rocha is a “very kind and nice teacher who wants her students to succeed. She is a very talented art teacher who gives the best for her students.

Rocha has taught Art 1, 2, and 3. Rocha will definitely miss the students the most because, “there are so many great students here, who are very motivated.” There are so many students she never forgot, some of whom have gone off and pursued art and some who were just so interesting that she’ll never forget. She loves doing art and will miss teaching and sharing what she knows with students, Rocha said, “It’s really amazing that I get to share things with students that I really enjoy and love.”

Something that Rocha is looking forward to is not having spring break, and all the other breaks since, “Retirement is weird, it’s like every day is a kind of a vacation.” In her free time she plans on doing a lot of artwork, like painting and yarn work, but painting is her favorite. Rocha is very appreciative of the staff here and how kind and welcoming they are, and is really going to miss them.

Ponce, the Cafeteria Manager, has worked here for 16 years. She is going to miss her coworkers in the kitchen, and many of the students as well, especially those who worked in the cafeteria because Ponce and the other ladies really get to know those students. She is going to miss being busy and cooking. Ponce also really likes to cook at home for her husband. She mostly cooks Mexican and Italian food, because she’s Italian and her husband is Mexican. Some of her best memories at Cypress are interacting with the kids here, and hearing talk about how interesting their lives are. She plans on spending her retirement cooking and hanging out with her grandkids.

Mrs. Ponce and Mrs. Rocha have invested much hard work and time here, and they will definitely be missed.

The Future of Roe v. Wade

WRITTEN BY: YEJI JONG



Thousands of Americans all around the world protest to protect Roe v. Wade

Photo Credit: Encyclopedia Britannica

Recently, Politico broke the news that there were draft opinions circulating in the Supreme Court to overturn Roe v. Wade, a Supreme Court ruling that protected abortion rights. This caused massive upheaval all around the country, with women protesting that their bodily autonomy and rights were infringed upon. Most importantly, many people speculate that the overturning of Roe v. Wade sets precedent for overturning other issues like same-sex marriage.

POLITICO reports that, “In a 49-51 vote, the Senate rejected the Democratic legislation, with Sen. Joe Manchin (D-W.Va.) and all Republicans voting against the measure. While the outcome was no surprise (and mirrored a similar vote on abortion protections the Senate took in February), Majority Leader Chuck Schumer suggested the court’s draft opinion, published by POLITICO last week, had “raised the stakes.”

The failed vote shows a few things. First, it’s an example of the constraints Democrats face in a 50-50 Senate. It requires all Democrats to fully unite on pressing issues, regardless of their liberal political spectrum. Second, it calls for the question of the filibuster. While the possible reversal of Roe has some senators calling for an end to the filibuster to pass abortion rights legislation, there’s zero chance of that happening as shown from Manchin and Sinema.. Further, even if they could kill or amend the filibuster, Democrats still don’t even have a simple majority.

Many Senators claimed that despite their support for abortion, they felt as if this legislative bill was too expansive.

POLITICO states, “Both Sens. Susan Collins (R-Maine) and Lisa Murkowski (R-Alaska), who support abortion rights, opposed the Democratic bill. They see that legislation as too expansive and are instead pushing a narrower alternative that would codify the Roe and Casey decisions the Supreme Court is expected to overturn.”

This political and judicial battleground is high stakes and extremely controversial and polarized. The future of Roe v. Wade is up in the air, leaving millions of Americans teetering on their seats.

Cypress Track Breaks Through

WRITTEN BY: DEBORAH SON



"We had a few people qualify for CIF finals and won league championships" - Justin Singer

Photo Credit: Kiera Groen

Cypress High School's track team is wrapping up their season with a victory and satisfied runners.

McCovey Brett Ray Charles Sidney Jackson is on the frosh track team at Cypress High School. His biggest accomplishment is running one mile in 5:04 as well as achieving 9th place at prelims. Something that he wants to work on is getting faster and he is planning to do that by getting out to practice more.

Kiera Groen is on the varsity track team at Cypress High School. Her favorite part of track was the hype after the team won the league finals. During the race, everyone cheered each other on and said encouraging words to one another. Something that she is proud of is that she got 6:10 for her mile and 2:44 for her 800-meter run. She is planning to attend the summer cross country camp to push herself to do better next year.

Hector Castellanos is on frosh at Cypress High School and his main event is sprinting and short distances. His fastest time for his 100 meters is 11.56 and his 200-meter race is 24.05 seconds. His advice to future runners is, "Practice comes improvement, improvement comes from experience."

Megan Na is on the frosh track team at Cypress High School, doing long-distance running. Her main events are the 800 meters and the mile run, making it into the League Prelims. Even though it gets tiring, she remembers that it is only a few minutes of her life and pushes through. Megan's motivation is her mom because she goes through challenges and supports her the whole way. Being part of the team has helped her "stay consistent and don't give up."

Jibin Joseph is on the frosh team at Cypress High School and he made the 1600-meter race in 5:55 his goal for next year is to get 5:30. His advice to future runners is "never stop and keep going, don't look back." Even though sometimes he doesn't want to run, his friends and family help him along the way. Running helps him get rid of his stress and feel comfortable.

The runners practice every day and still continue to push themselves after their season to become better.

Broth Shabu Shabu Review

WRITTEN BY: JAKE HARRIS



Broth Shabu Shabu's assortment of the different foods you can eat in your hot pot. Photo Credit: brothshabu.com

If you're looking to splurge on a quality Japanese hot pot place, BROTH Shabu Shabu is the place for you. BROTH Shabu Shabu is located in Cerritos and was established in 2017 with the purpose of "sharing our love for food with the City of Cerritos and the surrounding communities."

If you are unfamiliar with what shabu-shabu is, it is a Japanese nabemono hotpot dish of thinly sliced meat and vegetables boiled in water and served with dipping sauces. The name was created from the sound "swish swish" that is made when the ingredients are stirred in the pot. Although the price may seem expensive, for shabu-shabu it is a very good price, and on top of that, the food is all-you-can-eat, which is an amazing deal that you don't typically see. Going for lunch rather than dinner is the best alternative because it is basically the same experience for a cheaper price where you only miss out on a few meat options that are not necessary for the best meal.

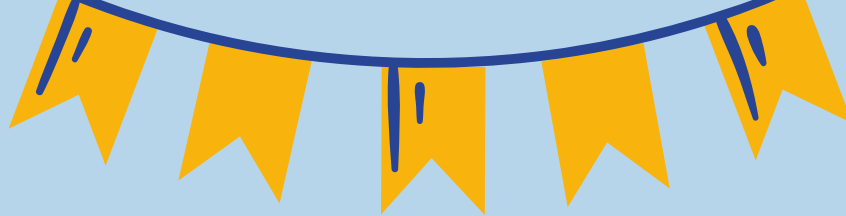
When you get to the restaurant, you first order your type of broth to cook everything in and then pick a few meats to eat. For someone who is new to shabu-shabu, the original house broth is recommended because it is delicious for everyone, but a house favorite is the spicy miso broth. One of the best meats is the beef toro, however, when you are eating to get your money's worth all the meat starts to taste the same, except for the chicken (which is not recommended at any type of shabu-shabu place). Additionally, you can also order appetizers, and a must have is the soy glazed chicken karaage; it is so tasty. As you wait for the broth to boil and for the meat to come out, in the center of the restaurant there is a salad bar type display containing different vegetables, fish, and noodles you can also put in your broth. There are also different sauces you can dip your meat in for your personal preference.

This restaurant is a favorite for the citizens of Cerritos and it is constantly busy for those who want to eat their hearts out. It is located at 11221 183RD STREET, CERRITOS, CA 90703, and is open from Sunday to Thursday from 11:30AM to 10:00PM and Friday to Saturday from 11:30AM to 11:00PM. It is not for a casual dining experience and is a place you have to be very hungry to go to in order to get your money's worth. There are so many options that even picky eaters and people trying shabu-shabu for the first time can find something to enjoy from the vast array of food.

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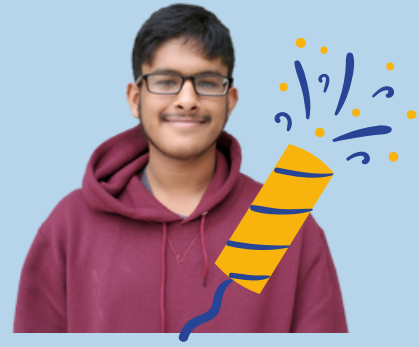
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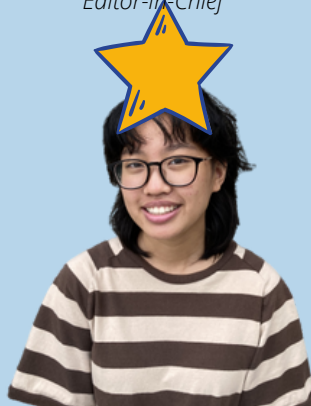
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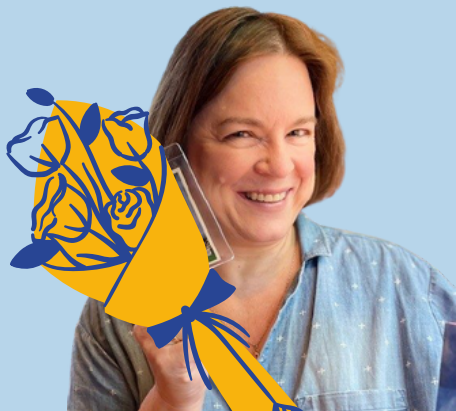
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