

CENTURION SPOTLIGHT

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Sports Signings Show Strength of CHS Athletics

By Reid Hulst, Staff Writer



Cypress brightest athletes prepare to go to their dream college (Photo Credit: Anelina Alegre, Editor-in-Chief)

February 1st, 2023 was an exciting day for Cypress as the best and brightest athletes officially signed their letters of intent for their respective colleges. The lineup included beach volleyball player Zoey Henson, Volleyball player Tarin Rueckert,

Golf star Cristen Legaspi, softball player Chloe Shuff, football player Trevor Monteleone, baseball player Abbrie Covarrubias and baseball player Matthew Morrell. The event was held in the Cypress media center and many proud parents and

fellow students were in attendance.

Cypress's volleyball prospects, Henson and Rueckert, credited their success to "lots of family support as well as a healthy passion" for their respective sports in both cases. Henson will be attending the University of Washington and Rueckert will be attending Cal Lutheran this coming fall semester.

As for Cypress girls golf captain, Legaspi, she aims to take her talents to the Hawaii Pacific University following her final tournament of her high school career where she finished 32nd in the state. Softball also made its acquaintance during the signings as girls softball player Chloe Shuff is headed to Missouri Valley College.

Cypress Football player Monteleone came off an eventful season as the Centurions reached the CIF finals for the third time in 15 years. The skilled wide receiver is heading to Western Colorado

University "I thought about this ever since I was small, back when I first started playing." He added, "It's good to know that all my hard work has paid off."

Ending with the pair, Covarrubias signed with USC with the goal of playing baseball for them. He's been a four year varsity member, league MVP, and gold glove winning athlete. Also signing for baseball is Morrell, also known for his talents in football. Morrell aims to take his talents to Oregon State University to pursue his love for baseball. When asked if he had any advice to any upcoming talents he said: "Chase your dreams. Don't let other people tell you you can't do something you're driven to do. Believe in yourself."

Following the introductory celebrations, each of Cypress's brightest student athletes signed the letters of intent, and are ready to compete next year.

Dancing Under The Lanterns at Winter Formal!

By Deborah Son, Student Activities Editor



The aura of the colored lights at the Disneyland Hotel created a magical vibe at for students to dance to. (Photo Credit: Anelina Alegre, Editor-in-Chief)

The 2023 Winter Formal took place on Saturday, February 4th, from 7-11 pm at the Disneyland Hotel. To get into the dance, students had to have their Student Photo ID Card in hand because no other form of identification would be accepted.

The doors to the check-in line opened at 6:00 pm and the ballroom opened at 6:15 pm. If the students came earlier, they had a chance for a special photo opportunity, which was posing with Mickey and Minnie. Every

table had 10 seats available and "holding" chairs was not allowed, as every seat needed to be filled. The final check in time was 9 pm and dinner was not guaranteed if you came later.

For parking, students were directed to park in self parking at the Disneyland Hotel, but carpooling was highly encouraged.

Dheeraj Koppu, a sophomore at Cypress High School said that being with his friends was the

best part but the DJ unfortunately was not able to get the crowd active. "I'm glad that Cypress High School gave us the opportunity to have this wonderful memorable experience that will last a lifetime," he said.

ASB said that they decided on the venue because Ms. Binford had connections to Disneyland and it was a good place to hold the event because the venue was nice, food was gourmet, and it was spacious. The hardest part of planning the Winter Formal was thinking of ideas for Spirit Week. To select the theme, ASB brainstormed ideas and cut it to "Tangled" because of the aesthetic.

David Chun, the ASB senior class President said, "Try to wear with the theme but wear what makes you look good and feel confident."



The main course of the night was chicken with gravy and cooked vegetables. (photo by Deborah Son)



The meal portion of the night finished off with a dessert that many students loved. (photo by Deborah Son)

Speech and Debate Club

By Zoe Chung, Staff Writer

Cypress High's Speech and Debate Club participated in a debate tournament, OCSL Novice, on October 8, 2022. Their topic was "The United States ought to implement a single payer universal healthcare system." Gavin Tan, a participant of the tournament and a member of the team, explained the different aspects of being a part of the club and being in a debate.

When asked how he would prepare for speech and debate competitions, Tan said, "First, you have to make your case, which consists of quoting. You have to quote authors and sources. We call those cards, when you quote a website to make your speech. Then we also practice debating between ourselves, following the Lincoln Douglas guidelines."

Competitions were shifted to online following the pandemic, and there tended to be technical dif-

ficulties at times. They start off with the person who affirms the resolution giving a speech of six minutes, called aff cross. Then the person who negates the resolution will ask questions. This is followed by the person who negates giving a four minute speech, and the person who affirms asks the person who negates questions, called negcross. There are three speeches, aff neg aff.

Tan described the arrangement of debates. "In order to join a debate, you need to have a judge." He further explained that if two people from Cypress wanted to join a debate, they would require someone to go and judge their speeches and debates. "You don't get to pick your own, you give your judge to the NSDA. The NSDA will release debate topics and due to Covid, we will do the debates on tabroom.com. Usually, we go to colleges, sometimes Fullerton, sometimes Long

Beach." The results come out around 3:00-4:00pm on the day of the tournament, where they announce the top 10. Competitions occur around once a month, depending on the divisions.

When participating in the tournament, it's easy to get nervous and scramble when finalizing your preparations. "It can be hard to keep your composure, especially when your opponent is 'attacking' you. But it is fun when you're in the moment."

Speech and Debate begins with ice breakers before splitting into groups, which is followed by improv and debating with one another. After learning the areas in which you can improve on, the debate captains will focus on the feedback from the judges through exercises such as listening to other people's cases in order to try and find areas to attack.

Tan recommends joining Speech and Debate because "you get to practice your public speaking skills. 'Originally, I was a very shy and socially awkward person, but

after joining Speech and Debate, I've learned how to be more assertive. I've also gained skills in digital literacy and analysis." Those who struggle with those skills should join Speech and Debate and experience growth with a community of like-minded people.



Speech and Debate celebrates their president Becca Choe, who won fourth place in Improvmtu speech at the Jack Howe Tournament. (Photo Credit: Anelina Alegre)

FBLA is Business For The Future!

By Benjamin Viveros, Staff Writer

FBLA or Future Business Leaders of America is a club for students who want to better prepare themselves for the business world. They learn and compete in conferences that fall into three different categories: individual, team, and chapter. There are a lot of events you can participate in ranging from Broadcast Journalism to Graphic Design.

Every club needs an adviser and FBLA is no different. Mr. Jay King is the adviser for Cypress' FBLA and has been for over ten years. He tries to "set these students up for success." For the last ten years, Cypress has placed eight times. King

said, "I'm just here to help students do what they want to do."

Cypress High School FBLA's most recent achievements were in 2022, in Intro to Event Planning, they got 7th place in the nation. In 2021, in Intro to Public Speaking, they placed 3rd in California. Finally in 2020, in Economics, they got FIRST in the NATION.

Co-President Adrian Lau said, "I organize different club meetings and find scholarship and internship opportunities for my club members to better prepare them for the business world" He also said FBLA helps students compete among others in not only California, but also the nation. Lastly he pointed

out, "It helps us be more successful in the business industry."

Second Co-President Omkar Katre believes that FBLA is a unique, fun

club. He says, "anything having to do with business is something we can compete in. That's why I love FBLA because it is so diverse."



Cypress High School's FBLA is moving towards state! (Photo Credit: Deborah Son)

Happy Lunar New Year Cypress!

By Lauren Kim, Staff Writer



Happy New Year Centurions! (Photo Credit: Lauren Kim)

"Happy New Year!" Lunar New Year is a celebration of the arrival of spring and the beginning of a new year on the lunar solar calendar. Now, let's see what the people

at Cypress say about the Lunar New Year.

Ms. Vu, a math teacher at Cypress High, tells us how she celebrated her Lunar New Year. On this day, she usually goes to church where they hold a lion dance and receive "good luck money," which shows honor to the elders. When she gets home from church, she has dinner with her family, and soon after that, they say their good luck wishes for the new year. Typically, you would have to grant your wishes to the elders, such as mothers, fathers, aunts, uncles. When you grant the wish, the elders would

give back a red envelope filled with money which is called "li xi" in Vietnamese. After granting wishes, they play a fun little game with dice and pictures involved, and betting a little bit of money. Some foods she typically celebrates which are "bánh trưng" "bánh tét" "đũa món"; these are some of the traditional foods she eats during Lunar New Year. "I think it's cool that we live here and that we get to do both. You know, we have the American New Year, and as soon as it's 9:00 P.M. we got to sleep, so I think it's cool that we can do both," says Ms. Vu.

Traci Nguyen, a current sophomore in Cypress High, celebrated her Lunar New Year as well. This year, she went to the temple with her family. The tradition she celebrates each year is called "áo dà", and eats viet foods such as "thịt kho." She celebrates January 1st and Lunar New Year, but typically, she doesn't celebrate January 1st as much as the Lunar New year.

FEATURES

Love Is In the Air With These Cookies

By Brianna Naranjo, Student Activities Editor



These are great treats for any occasion. (Collage credit: Carly Pedroza.)

Love is in the air and pretty soon everyone will start to feel it. As February approaches, so do new recipes. Below are two wonderful and simple recipes that you should definitely try making as a gift to loved ones.

First up is the Heart Thumbprint Cookies. This recipe takes regular sugar cookies to a whole other level by adding a heart in the middle filled with jam of your choice. These cookies have the perfect amount of sugar since they aren't too sweet, but are still enjoyable and scrumptious.

They are very easy to make and turn out absolutely delicious. Here is the recipe provided by baker Catherine Zhang

Ingredients:
- 15g (½ cup) Unsalted butter, room temperature
- 60g (½ cup) Icing/powdered sugar

- 1 Egg yolk
- ½ tsp Vanilla Extract
- 140g (¾ cup or 2 tbsp) Plain flour

- 15g (2 tbsp) Cornstarch
- Jam (any flavor)

Directions:

Preheat oven to 350 F

Cream butter and icing sugar until light and fluffy

Add egg yolk and vanilla extract, beat until well combined

Mix in flour and cornstarch, stir until just combined

Roll into 12 balls and create a heart shape in the center of each ball using two thumbprints joined at the bottom

Fill the thumbprint with jam of your choice

Bake for 10-12 minutes, or until lightly golden brown

Another amazing recipe is Pink and Red Chocolate Chip Cookies. These cookies are absolutely mouthwatering and will leave you wanting more. They will make a perfect, yet delicious gift that will provide a simple moment of joy. They are a mix of pink and red M&M's, or you can change them to regular ones. Here is the recipe provided by Kleinworth & Co:

Ingredients:

- 1 stick of butter (½ cup) – room temperature

- ¼ cup margarine

- ¾ brown sugar

- ¼ granulated sugar

- 1-½ vanilla extract

- 1 egg

- 2 cups all-purpose flour scooped lightly

- 1 box of instant vanilla pudding – not cook & serve

- 1 tsp baking soda

- ½ tsp salt

- ¾ cup semi-sweet chocolate chips

- 1 cup of 1 white chocolate chips

- 1 cup of Valentine M&M's

Directions:

In a mixer bowl – beat butter, margarine,

sugar & brown sugar together until fluffy. Add egg & vanilla – beat well.

Add in flour, pudding mix, baking soda & salt – slowly stir first & then beat until all ingredients are completely incorporated.

Slowly stir in chocolate & white chocolate chips.

Fold in 1/2 the M&M's.

Remove the beater, cover & refrigerate overnight (extremely important that you do this).

The next day preheat the oven to 350 degrees.

Roll dough into balls – it will be firm & you will need to press it all together.

Place the dough balls on a baking sheet & bake cookies for 9-12 minutes (some are perfect at 11).

Remove & immediately top each cookie with a few extra chocolate chips, white chocolate chips & M&M's before they cool. Leave cookies on the baking sheet to cool.

Repeat this process with remaining cookies. Use 3-3/4 baking sheets for all these cookies.

Store in an airtight container at room temperature

These sweet treats are a perfect way to show your love and appreciation for those close to you!

Student Don't Have To Fear No More Over Service Hours

by Carly Pedroza, Staff Writer

During their high school career, students are required to obtain at least 40 service hours to graduate. As the school year comes to an end, students start to stress out about service hours. Some worry that they don't have all 40 and some may worry they won't turn them in on time.

Many students struggle to obtain all 40 hours, because they don't know where to go to volunteer. What many students don't realize is that you can get your hours in many ways. There are animal shelters, soup kitchens, food shelters, churches, beach clean ups, tutoring, babysitting, hospitals, retirement homes, helping coach youth sports, charity races, bake sales and even helping set up for school events. There are so many ways you can obtain all your

hours.

Once you find a place to volunteer, it tends to be difficult to submit the hours online. Many students aren't familiar with Thrively, which is where you submit your hours. It may be difficult to submit hours, which can cause students to procrastinate. It also tends to get frustrating when you can't remember how to submit hours or even if you don't know how to submit them and you have to ask for help. You can't depend on friends or classmates or even teachers to help you all the time, especially if they're in the same boat as you.

Some students may find it difficult to obtain hours during school weeks or school time. Students are always jam-packed with homework even on the weekends

which makes it hard to find time for service hours. Although summer, spring, winter and fall breaks are times to relax and forget about school, that may be the best time to take care of your service hours. During the winter and fall many places look for help to package and hand out food to people, so that is one way to help the community and get your hours done.

Overall, 40 service hours is not too much to complete and with a little bit of courage and help from those around you, you may be able to knock them out in a breeze. Thrively may be a little complicated but after a while it will get easier to navigate and submitting hours will be a breeze!



Easy ways to obtain service hours are not too hard to find! (Collage Credit: Carly Pedroza)

Welcome To Cypress High Mrs. Campos!

by Millie Damasceno, Staff Writer



Mrs. Campos is the latest new administrator at CHS this year. (Photo Credit: Mrs. Campos)

There's a new assistant principal substitute on campus, and she's been actively productive and helpful throughout our school days and events. When asked how she likes working at Cypress High so far, she said "it's been great, the students are respectful and the staff has been great and very welcoming."

An issue she didn't know she'd encounter here at Cypress is the amount of littering on campus. "I get a lot of students complaining

about birds doing their business on them, but they don't seem to realize the birds are only here because of the trash people throw on the ground."

Calling students out when they break the rules is part of being an assistant principal. Luckily, students have not been giving her trouble. "Most students have been really understanding when I call them out for beanies, hats and dress code violations," Campos said.

Lastly, it's important to make sure Mrs. Campos has a welcoming experience while she's subbing here at Cypress, and to be on our best behavior as a community.



Adorable Valentine's Day Activities

By Mia McMurray, Staff Writer

Valentine's day is a beautiful time to show appreciation for that special someone in your life. What better way to show that appreciation than by taking them out to do a lovely Valentine's Day activity? This article lists three fun Valentine's activities that you can do with your significant other, or even with your closest friends for Galentine's.

Color Me Mine

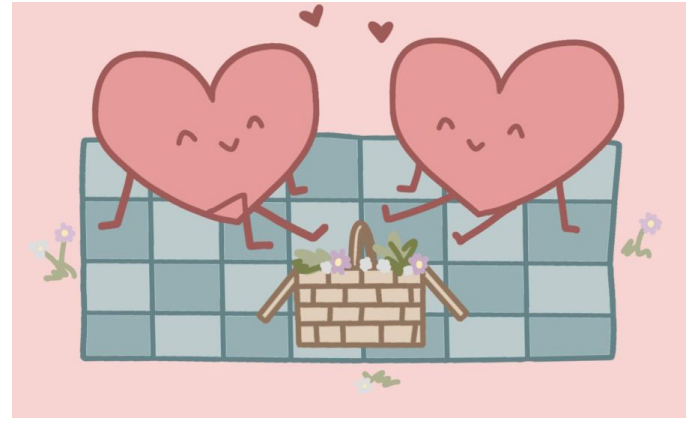
Painting adorable pottery is a fun, crafty way to spend your Valentine's. Color Me Mine offers a large variety of Valentine's Day-themed potteries that you and your S.O. can decorate together. They have locations in Long Beach, Brea, and more where you can spend a day of memories creating beautiful pottery with a loved one.

Stargazing

Ever been stargazing? If not, Joshua Tree is the place to do it. Joshua Tree National Park, located in the Mojave Desert, is said to have incredible stargazing opportunities. "It's truly one of the best places in the world to spot the stars," said The Discovery Of in their article 'Stargazing in Joshua Tree: A Complete Guide' on January 7, 2023, "Joshua Tree boasts some of the darkest skies in the U.S. It owes its darkness to the fact that it lies in the High Desert Region, roughly 3000 to 6000 feet above sea level." Of course, one could always stargaze at home, but where's the fun in that?

Picnic

Picnics give you and your partner



Love is in the air! Spending time with a loved one is the perfect way to show your appreciation. (Original art credit: Mia McMurray)

a beautiful nature-filled day with fun food and crafts. Valentine's picnic foods are heart-shaped pizzas, chocolate strawberries, and charcuterie boards. Top this off with a (nonalcoholic) drink of choice, and voila, it's your dream picnic date.

These activities will ensure a memorable Valentine's Day with

your partner or friends. These are just a handful of the many ways to show your love and appreciation to your special someone on Valentine's Day. So get out there, have fun, and have a happy Valentine's day.

Student Teachers of Cypress High

By Jayden Kay Linayao, Video Editor

How do teachers become teachers? Of course, they aren't born with a ruler and chalk in hand. All soon-to-be teachers must go through a process called student teaching. Two outstanding student teachers at Cypress High are preparing to become the next generation of educators. How do they do it?

How do student teachers manage the stress of both their schoolwork and teaching work? Ms. Kim, a student at the University of California Irvine (UCI), believes that it's "really helpful to make friends. . ." so that the stress doesn't

take over. Kim is currently student-teaching in room 238. When she was in high school, art made her feel, "really safe and free to be able to create and be myself." She became a teacher because she enjoys art to the fullest and wants to "keep doing that and share it with other people" and wants "art to be a safe space for everyone."

Mr. Ahn, former CHS journalism staff writer, teaches fourth and fifth period freshman English classes in room 325 where he once was a student. He believes that there are many pros and cons to becoming

a teacher. "I really do enjoy working with the students. The experience of teaching is something that I really enjoy doing," Ahn explained. "Of course there are things about teaching that I don't like as much, like grading. . ." He is in the Master's program at UCI that leads to a Master's degree in teaching and a CA teaching credential.

Overall, before they become teachers, they must go through a long process of learning from the masters so that they can finally reach their dreams of educating the future of our generation.



Student teachers, like art teacher Ms. Kim, have to teach under the supervision of an established teacher. (Photo Credit: Jayden Kay Linayao)

STUDENT ACTIVITIES

UNICEF Club Becomes the Voices of Children Around the World

By Grace Kim, Staff Writer

UNICEF Club gathers to play fun games, do fundraisers, talk about important issues that are happening, and search for ways to help.

Hayat Shaikh, the founder and President of the club, finds UNICEF Club very unique.

"We don't have anything like this at our school. We have clubs like the Red Cross that raise awareness for medical and health conditions around the world, but we don't have a UNICEF Club that talks specifically about children."

Through the club, you could broaden your understanding of the world and people around the world

outside of where we live and who we know.

"It's a great way to stay active in your community, you also get volunteer hours through our events, and it's just a great way to make an impact," says Siya Patel, the Vice President of the club.

UNICEF club is looking forward to becoming world leaders in becoming the voices of young children. Although there are inevitable moments that may feel disastrous in life, it is UNICEF Club's goal to become the reminder that there is always a helping hand that is glad to help.

Like the recent earthquake

that shook Turkey and Syria to pieces, there are many happenings in our world that even we aren't quite fully aware of. From wars, bombings, and natural disasters, every day there are children in this world who are battling inside a battlefield. UNICEF Club at Cypress High School holds the purpose of raising awareness for humanitarian disasters related to children and providing resources for people on how to help.

Patel explains that being in the club is a reminder that anyone can be a helping hand to the world.

"It's the fact that you get to update people on what's going on in the world because a lot of us don't

know what's going on outside of America. You teach people about what's going on--you're more aware of it and you know how to help. It feels like actually making an impact on the world through it."



UNICEF Club holds meetings every Friday during lunch in Ms. Rubio's classroom in room 102. (Photo Credit: Grace Kim)

Academic Decathlon Members Give Competing Their All

By Kylie Madrid, Staff Writer

A somewhat overlooked part of Cypress life is the yearly scholastic competition that groups students of different GPA ranges and abilities into a team. This year, despite having limited access to study materials, Cypress High still decided to compete in this year's Academic Decathlon.

Students who placed in their respective categories included:

*Miranda Chen – 4th Art

If you're unfamiliar with the structure of Academic Decathlon, each year has a specific theme, a total of ten events, and an assigned book which ties into the literature portion of the event. The theme for 2023 was the American Revolution, meaning that all of the academic subjects (math, science, literature, economy, music, art, and social studies) would be somehow linked to America's early years. The other three categories are prepared/impromptu speech, an essay on one of three chosen topics, and a brief interview portion where a small panel of judges asks the interviewees questions about their personal lives.

The sudden departure of

the club's adviser sent the club into a tailspin, until Ms. Tanara graciously stepped up and saved the day, offering to act as the club's adviser.

"I didn't even know Academic Decathlon was a thing before I agreed to advise it. It's cool to see the kind of things that kids do outside of school. I think a lot of the time people think 'why would you do something extra,' but it's awesome because we had so many people signing up, especially at the beginning!"

Cypress made history last year by being the first Cypress team to qualify for advancement to California's statewide competition. Unfortunately, Cypress was not able to compete due to schedule availability. Digital study packets are \$700 for a full set, which hindered this year's progress. However, we should still expect notable victories from our team in the near future, they have done their best to prepare for the tests, even without study materials. This year's club features more returners than usual, many of which are in this year's graduating class. The lessons that they learned in Academic Decathlon will no doubt

follow them for years to come.

Miranda Chen, Academic Decathlon president, said, "Academic Decathlon has taught me to rely on other people. I struggled a lot with the administrative burdens of being President, to the point where I nearly gave up on renewing the club this year. Being able to share responsibility with my board members released a lot of stress and made the club ultimately successful."

Ash Hartwig, a returning Academic Decathlon member

(2nd year), believed it changed the course of their life, "I'd say that it has improved my life, I've met a ton of lifelong friends that I probably would not have even talked to otherwise." Hartwig has also discovered their passion for impromptu speeches.

Whether you join to feel a part of something, make new friends, or simply because you want to learn something new, there's a little something for everyone in AcaDeca.



Decathletes did especially well this year in Math. (Photo Credit: Kylie Madrid, staff writer)

Black History Month and BSU at Cypress High

By Juliana Dubois, Staff Writer

February is the host of many holidays, the most common being Valentine's Day, and President's Day. Many people celebrate by buying candies and roses for that special someone, taking a day off for a vacation, and even traveling. In 1976, America gained yet another holiday for February, that would nationally recognize the African American community. Black History Month is the first ever POC holiday in America. The rise of African American history deserved to be recognized worldwide, celebrating the birth of freedom and rights to the African American community.

Here at Cypress the Black Student Union (BSU) is just one of the many POC clubs. BSU is a student run-Black empowerment club, focusing on Black culture, and education of Black History. Mahogany Stover is a member of BSU and when asked why she joined the Cypress Black Student Union her response was, "it was a great way to connect with people who are just like me, and to educate people on our culture and spread awareness

and the culture of African American people to the rest of the students at Cypress High School."

Lamuir Metoyer, another member, said "BSU does a good job telling people what is left out of history or what's not in the textbooks, like the Egate Experiment, informing them of cultural appropriation so I think BSU does a great job and gives more info they wouldn't necessarily read online or that doesn't get talked about today so BSU does a good job."

A concern in the African American community regarding afro hair, and how they style and wear it. Some students find themselves educating teachers on this topic. London Coulter states "Recently it has been about curl patterns and protective hairstyle", she explains to her teacher that having braids is a protective hairstyle and that "slaves used to braid food and used to braid their hair in a certain way as a trail pattern to get out the plantation as a slave."

When asked about Black History month Chinaza Izuakor said, "You can kind of see Black

History Month all over the media or the outlets, that really helps with getting to be informed, She added. "I think Black history month is really important because many times we face many racial things from many different types of things, and I think Black History Month really Honors the Black people and the Black community and things that they have done, I feel like it's a re-

ally big appreciation month but I feel like it should be longer...." One month is not enough."

Black history month is not just a holiday for the African American Community, it is a worldwide Holiday that recognizes Black History and the purpose of having Rights, and celebrating a month of recognition, joy, and freedom as a whole.



Black History month is a month that celebrates recognition, joy, and freedom as a whole. (Collage Credit: Juliana Dubois)

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UNICEF Club holds meetings every Friday during lunch in Ms. Rubio’s classroom in room 102. (Photo Credit: Grace Kim)

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it and you know how to help. It feels like actually making an impact on the world through it.”



ENTERTAINMENT

65th Annual Grammy Awards Crowns Beyonce

By Brianna Naranjo, Staff Writer



The 65th annual Grammy Awards featured favorites such as Taylor Swift, Harry Styles, Bad Bunny, and Beyoncé. (Collage Credit: Carly Pedroza)

The 65th annual Grammy Awards took place in the Crypto Arena in Los Angeles on February 5 and was hosted by comedian Trevor Noah. It brought lots of tears and joy to the nominees, winners, and spectators as it does every year.

The Grammys never fail to entertain, including those in the live audience. The performances were astounding and made other singers want to dance like Taylor Swift, who was dancing to Bad Bunny’s performance “Después de la Playa” that blew everyone away. Bad Bunny, was nominated for Best Música Urbana Album and won with his album, *Un Verano Sin Ti*. He even opened The Grammys with a song from this very album titled “El Apagón.” He was nominated for Album of the Year and this was very impressive since it was the first Spanish-language

album to be nominated for this Grammy.

Another artist that made history this year was, of course, Beyoncé. She broke the record for most Grammy wins in history and received four Grammys this year. She now has 32 Grammys in total. Beyoncé finally received the recognition she deserved.

There were also many winners that deserved recognition for their exemplary work. Adele won Best Pop Solo Performance for her song “Easy On Me.”

Harry Styles won Album of the Year with his album “Harry’s House.”

Lizzo won Record of the Year with her song “About Damn Time.”

Bonnie Raitt won Song of the Year with her song “Just Like That.”

Sam Smith and Kim Petras won Best Pop Duo Performance with their song “Unholy.”

Rubén Blades and Boca Livre won

Best Latin Pop Album with their album “Pasieros.”

Taylor Swift won Best Music Video with her music video “All Too Well.”

This year provided great entertainment for those who got the opportunity to watch it. The Grammy awards this year were very fair and will hopefully be the same the years to follow.



Beyoncé made history at the 65th annual Grammy Awards. (Collage by: Brianna Naranjo)

Cypress Wrestling Finishes First in Empire League; Beckel Goes To State

By Benjamin Viveros, Staff Writer

Cypress' wrestling season has come to a close. Cypress finished first in the Empire League with a record of 4-0. The boys team placed 2nd with 158 points in the CIF SS Boys Individuals Northern Division. The girls team placed 5th with 123 points in the CIF SS Girls Individuals Southern Division.

For the boys, five placed in CIF. Tyler Thiengern got 1st, Jimmy Romero got 3rd, Vince Partington got 3rd, Andy Perez got 2nd, and Fares Sabe got 7th.

For the girls, four placed in CIF. Jeszika Spraglin 4th, Vida Beckel 2nd, Ariel Penaloza 3rd, Keye Osede 3rd. Beckel also placed 2nd in Masters so she will be heading up

to state. She is the only wrestler this year who made it to state. She says, "State is like any other tournament, just a harder one. I'm glad I get to experience it."

Throughout her wrestling career, Beckel's work ethic has grown significantly. "The people I met and the coaches really pushed my work ethic to make it better than it was before," she says. On Feb 22, 2023, Beckel defeated the #1 ranked 160 lbs girl wrestler in California in overtime 7-5.

Cypress is proud of their student athletes for bringing in a successful wrestling season.



Vida Beckel defeated the #1 seed at State on Feb. 23, and followed that feat by pinning her next opponent. (Photo Credit: Coach Lundberg)

Girl's Water Polo Secures First Place In League For The Fourth Year In A Row

By Emily Galvan, Staff Writer



Cypress's Girls' Waterpolo team returns yet again to victory. (Photo Credit: @cypresssaquatics on Instagram)

This year, Cypress girl's water polo has an overall record of 15-8, with a home score of 3-1, away 5-6, and neutral of 7-1. Coach Reihle Saldana's proudest moments as coach of this season was "taking third place in two tough tourna-

ments. The girls played hard and came out victorious against other highly ranked teams. However, my proudest moment of the season by far was finishing 1st in league for the fourth year in a row. The most challenging thing this past season

was competing in Division 3. This is the highest division Cypress Girls Water Polo has seen in several years and competed against other great teams."

Alexandra Potter, a junior, has been playing for five years. Potter can't imagine spending her time doing something else, as the sport gives her many opportunities and lets her meet many amazing people. Potter said she's "improved so much. Getting both mentally and physically stronger. Water polo has served as my outlet to relieve stress and anxiety since I started playing."

One of the concerns that comes across one's mind when opting to join a sport can be time management, so Potter shares her situation when it comes to that. "Managing my time can be really difficult at times since juggling school, ASB, and sports can be a lot to focus on. The greatest time management skill for me has been communicating to my coaches, teachers, and parents what is going on so everyone can be prepared and caught up."

Potter credited her older brother Garrett for motivating her

to play water polo, and after years of watching him play, she finally decided to follow in his footsteps. Potter urges students to join water polo because "It is an amazing sport. Not only the game but also the team cannot compare to anything else. It is genuinely one of the most interesting and challenging sports, yet many people don't know much about it. The teammates and coaches you get to work with along the way make playing so worth it."

Potter thinks that this season has been so great so far! "Keeping up our league champion record has been a really amazing accomplishment and getting the chance to practice and play with my amazing teammates every day is so much fun." Her favorite game of the season so far was the most important league game against Valencia. That game determined whether or not they kept their league championship streak running and she feels as though the whole team came together and played as a whole.

Girls Soccer 2nd in Empire League, Progressing to CIFs

By Anelina Alegre, Editor-in-Chief



Cypress fights a hard battle in their game against Valencia. (Photo Credit: Cypress Yearbook)

In this spring season of sports, Cypress's Girls' Varsity soccer team is ready to bring victory

and pride to the Cypress name.

On January 23rd, the girls opened their season with a 4-1 win

over Valencia. On January 25th, they celebrated a victory against Kennedy, winning 6-1 with goals by Ava Huisinga, Kayleigh Works, Rosa Cho Addison Osborne, Olivia Veloz, and Giselle Orozco. They also won their away game against Tustin 3-1 on February 1st.

The team's record this year was 7-2-1, putting Cypress in second place for Empire League.

Senior and varsity captain Alexandra Torres is proud of her team for winning their very first tournament together at the season's beginning. "I am tremendously proud of how well we did and how hard we worked to maintain the number 2 spot," Torres says. "I feel like it really sparked the team's chemistry along with confidence in

the way we play."

In a Cypress Sports Weekly interview, varsity captain Kayleigh Works says that her best leadership quality is lifting up other players because she knows it's easy to get down on yourself for making a mistake on the field. "It's just important to me to make sure that my teammates know that it's not the end of the world," she says. "As long as you learn from it then that's all that matters."

On February 8, the girls played their first CIF round at an away game in West Torrance. The final score ended as 0-0, with Cypress losing 5-4 in penalty kicks. Cypress wishes them luck as they continue their journey in CIFs!

Trevor Monteleone Signs With Western Colorado

By Alex McDevitt, Distribution Chief



Trevor Monteleone signed with Western Colorado State. (Photo Credit: Alex McDevitt)

The college signing is an important part of an athlete's path toward becoming a professional athlete. Senior Trevor Monteleone is an amazing Cypress football player and who has signed on to Western Colorado University to continue his journey as a football player. Monteleone has been working on this goal for a long time. He said, "it feels good knowing that all the work I've put in is finally paying off and that my goal of playing at the high level that I'm capable of is very exciting for me."

He will be joining the Colorado Mountaineers and playing against tougher and faster teams. He is excited to go to his new school, "Meeting new people and experiencing a different environment is really exciting to me as well as building relationships with new teammates and

coaches." And with his new coaches and new teammates he mostly looks forward to playing football with them because football is his passion. But he will be missing his family and close friends and coaches when moving from California to Colorado. Monteleone will be missed if he carries on the bonds and Centurion pride he made at Cypress and it will lead Trevor and his new team to victory.

Trevor Monteleone is a great athlete loved by his teammates and coaches, who will miss him so much. Head Coach Rick Feldman said, "he was a great leader on the team and no one can replace him." Monteleone helped his team so much by playing offense and defense, which not many players can do. Monteleone was a very important player on the team. Feldman said, "we had three most valuable players and he was one of them. He was all-county and all-CIF Defensive Player of the Year in our league. Very valuable."

Trevor Monteleone is a promising young player making Cypress proud to call him a Centurion.

Trevor Monteleone is a promising young player making Cypress proud to call him a Centurion.

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