

End of Year News

Senior Resume Activities (cont.)

each student can eat a single-serve item from the two-hour food buffet.

Coyote senior Daniel Carbajal questioned, “Is it really going to be safe going to grad night?”

English and AVID teacher Mrs. Tamara Rodriguez-Kam, who also works as the Senior Class faculty advisor, affirmed, “Adult chaperones will be present. There will be parents or teachers from Buena Park High School. Right now it is a 150 minimum.” (WHAT DOES THAT MEAN?) Mrs. Rod-Kam announced, “Currently tickets are on sale and can be purchased from PTSA at the Coyote Activities window.”

Coyote student president, Brianna Arellano added, “Due to liability reasons, students must stay (at the venue) the whole time.”

By the looks of it, the class of 2021 will experience the chance to walk at graduation this year. Senior Antonella Sanchez, the ASB treasurer confirmed, “We are aiming for the most normal graduation we can while following Covid guidelines.”

Students should expect two tickets that will allow two family members to join them. Though this manner of event signifies new rules and regulations, the directive can still change if CDC and Orange County Public Health Care Agency add new limitations or allowances.

Brianna said, “It is possible for seniors to walk this year since we are planning on having an in-person ceremony due to state restrictions loosening up.”

If there are any changes in Covid-19 case numbers, Mrs. Rod-

Kam stated, “There will be a virtual graduation similar to last year.”

“That’s all I ask for, but it is what it is.”

Senior Coyote Isela Santillanes insisted, “I would like [the graduation ceremony] to be in person. I went to my sister’s [event] when she graduated from Buena Park in 2015 and it was kinda fun, being with my entire family. I heard though, if it was in person, the students would be able to get only two tickets. I don’t like that because I want at least one more for my sister to come. Most people don’t want only two people there; they want at least a little more. That’s all I ask for, but it is what it is. As long as they live stream it as well, my sister will be able to watch.” The 18-year-old student declared, “I think it’s really important for a high school senior to walk because it proves that we are on our way out of high school. I get that the pandemic is still here, but I think students should be allowed to walk because it’s important to all of us. It makes us feel like we did it, and that all of our hard work was worth it, especially because I owe everything to my parents. I want them and my family to be there to see me walk and watch me actually graduate and get my diploma.”

Jessica asked, “Will they allow more guests at graduation if the numbers of cases drop?”

Fullerton Joint Union High School District Superintendent Dr. Scott Scambray sent out a letter

regarding graduation in which he seemed to answer Jessica’s and Isela’s questions. In it, he mentioned, “Depending on updates that occur to public health guidance, the number of attendees permitted may change. Additionally, each graduation ceremony will be live-streamed for public viewing.”

Isela also wondered, “Are we having a prom? I heard Troy High School is having one, but really, it doesn’t matter to me much, since I won’t go.”

Seventeen-year-old Katelyn Cardenas claimed, “I would want to [graduate] in person because we’ve been working hard for twelve years and should get the recognition for it.”

Jessica Pineda questioned, “Has the school received the caps and

gowns from Jostens? Back when I placed the order, one of the workers for Jostens told me the [items] would all be shipped to the school. I haven’t heard anything ever since, though.”

It still remains difficult to return to hosting each of the myriad activities that Buena Park High School allowed in previous years, but events will keep popping back onto the schedule with adherence to proper CDC and Orange County Public Health Care Agency guidelines that aim to maintain everyone’s safety. Grad Night and Graduation ought to happen unless further changes occur. Remember to stay up to date with emails to not miss any details regarding possibly changing events.



Last year, the school did its best to commemorate; this time it will do even better.

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Play It Safe.
Wear a mask.
Socially distance.

Back in Action

School Reintroduces Many Events

By: Phiyen Tran
Paw Prints Staff Writer

To some people the year of 2020 to 2021 turned into a pretty rough period of time, at least at certain points. Many things have changed during these times, these alternate perspectives and realities due to the pandemic. Lots of people stay inside a lot more; they avoid attending big events or to places where a lot of people might congregate. However, thanks to the vaccine coming out a short while ago, many schools plan to reopen for in-classroom instruction once again. Although many students have mixed feelings about the situation, Buena Park High School and The Fullerton Joint Union High School District continues to work hard to make learning an experience that first and foremost guarantees students’ safety.

Although the school plans on re-opening some activities, not everyone will attend. Jessica Labrador, a senior at Buena Park High School stated, “We are not having any in-school activities for the entire student body to attend, but some events, both Associated Student Body (ASB) sponsored and not, do allow students to come to campus. For example, sports games are beginning, although that is not an ASB event.”

Jessica added, “ASB’s overarching purpose is making sure that students have a great experience at Buena Park High School, so we do our best to do what’s in our power to organize events that will make their time here memorable.” Of course, if less strict guidelines appear next year, then students can get the opportunity to come to

in-school events. “ASB members will do their best to bring back the traditional events that many of our students missed out on in the past year,” Jessica reported. “We promote any events that we do heavily and do our best to reach out to all students from different groups on campus to participate.”

Hazel Nunz, an ASB member, indicated which sports will or have already obtained the green light to practice at Buena Park High School for on-site activities. That directive affects practices for the in-school activities of a few different sports as well. Cheer, football, softball, water polo, baseball, cross country, girls basketball, boys basketball, soccer, tennis, and dance company will all re-open to students. “ASB has ideas to safely involve students in fun games and activities throughout the year,” Hazel observed. “I currently don’t like to share those ideas, so it is a sort of surprise for everyone as the activities go along.”

Hazel added that ASB members have worked hard to try to make the high school experience a fun one for everyone, one of their motivations includes the desire for students to have fun opportunities. “We are constantly noticing how our students are stressed with classwork and homework so it definitely encourages us to try to lighten their day,” she said. “We also see how much fun our Coyote students have when they are participating in these games with their friends. It is also great to see everyone participating in our themed Thursdays and special events.”

Mr. Chang, an assistant principal at Buena Park High School, also commented on the situation. “We follow a number of guidances from the Orange County Health



The crowds have picked up in coyote sporting venues the past few months.

Care Agency to the California Department of Public Health as well as our COVID Safety Plan,” he reported. Mr. Chang added, “Making sure everything is safe and ready for the students is very important. Buena Park High School is trying its best to follow the plans and make learning experiences as close as normal as they can be, even though this pandemic has caused many changes everywhere, such as the sports seasons being adjusted.” Mr. Chang continues to put forth his best effort to educate the students, and to help them grow. “My goal,” he affirmed, “is always to provide as many opportunities as possible for all our students to grow academically, social-emotionally, and physically.”

“Sometimes it may appear otherwise, but that is our intention.”

Mr. Chang explained, “We are constantly having conversations across the district and school to do things safely and with some common sense. Sometimes it may appear otherwise, but that is our intention.” In-school activities act as a great way to make students feel more involved in high school, and to really make a memorable experience of one of their most important times in their life. Although many schools follow strict health plans, students should still remain wary of students coming to school in-person for a number of reasons. Yet, when schools reach a prescribed measure of safety, many staff try their best to encourage students to come to school in person.

Mr. Chang asserted, “The way our teachers and staff welcome and engage all students is critical as word gets around. They are

the experts in engagement and instruction, and our job is to create an environment where our staff is supported to do their best job at getting students involved. We are working to get students physically back on campus more--for classes, so they can get engaged for next year.” He explained, “We want to create that virtuous cycle, as the challenge is to have students wanting to come back. We know that right now it’s uncomfortable for students to want to come back. However, we believe it will be better for many, moving forward.”

Buena Park High School collectively continues its work to keep things safe for its students. Although some activities remain on the plan of opening, spectators cannot yet attend in great numbers those that have already resumed; this restraint reflects continued caution in the face of a seemingly waning, yet still existent Covid-19 virus. Of course, continuing practice requires everybody to wear a mask, to also maintain adequate social distance and to continue to follow the standard safety guidelines at all times.

Buena Park High School also remains on a form of hybrid format, remaining careful even as society seems to show signs of vaccine-led comfort. There remains a chance that some in-school activities might continue the wait, this situation due to the threat of fluctuations in the Covid-19 situation. Still, some activities have opened up, and some signs of life have appeared in the halls of Buena Park High School. If positive events play out as hoped, some activities ASB might re-introduce can include movie nights or drive-by events.

That light up ahead just might signal the partial opening of a more-than-a-year-long tunnel. Springtime, indeed.



Even fans of the visiting teams came out to celebrate friendly competition.

Coyote Altruism

It's Your Serve, Helpful Students

By: Jessica Pineda
Paw Prints Staff Writer

Buena Park High School has a wide variety of community clubs. The ones that will have some light shed on them in this article include the Gay-Straight Alliance, Key Club, and Social Equality Club.

Ms. Nolina Beauchamp, who teaches English and advises G.S.A., put forth some pronouns and sexual identity references. "She/her. Cisgender (identified as having the same sex as your birth sex) straight female," she said. The Gay-Straight Alliance, the club commonly known as G.S.A., allows students to experience diverse cultures through the group's regular meetings and events. Ms. Beauchamp stated, "The purpose of G.S.A. is to promote an active and diverse culture at Buena Park High School. The G.S.A. provides opportunities for students to build friendships and encourages open-mindedness and diversity within the community."

"We hope to increase awareness and tolerance by addressing the inequities that we see in society."

Mrs. Tamara Rod-Kam (Rodriguez Kam) who leads the English department and teaches various courses in that discipline, also advises the Social Equality club. "S.E.C. is a club that seeks to

educate not only its members, but society at large," she said. "We hope to increase awareness and tolerance by addressing the inequities that we see in society. We hope to do this by uniting us (all) in the common belief that we all deserve to be treated fairly and respectfully and that our diversity is something to be understood and celebrated."

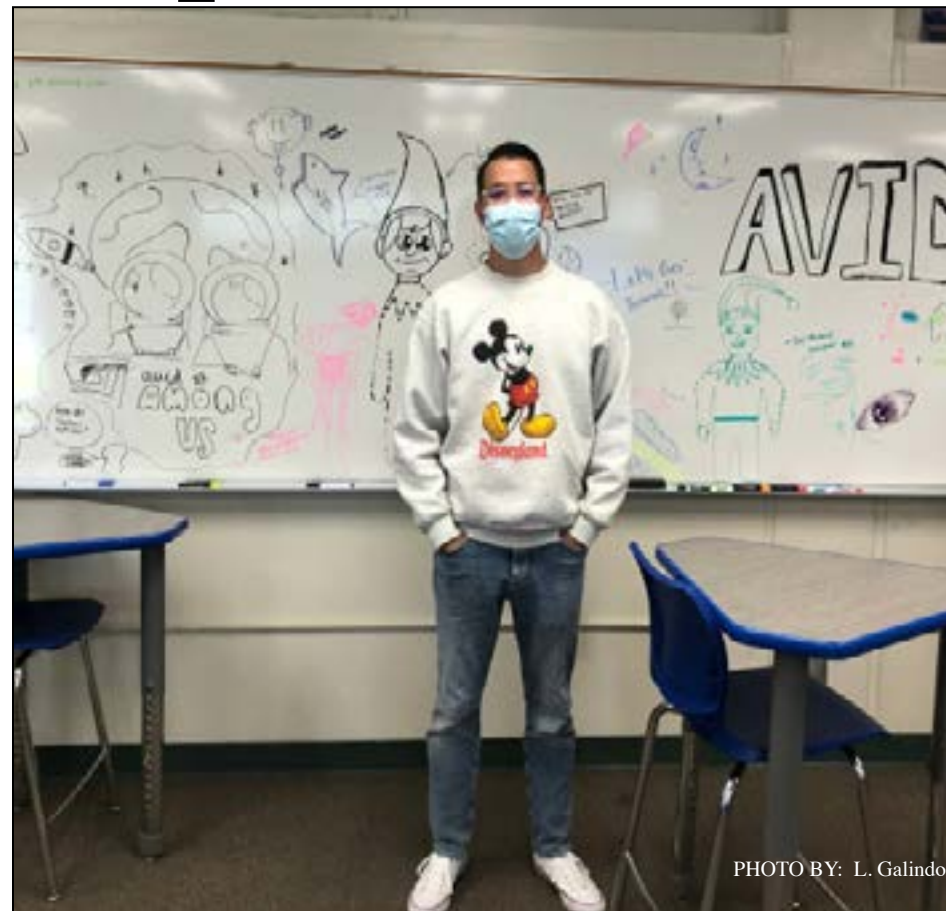
Mr. Jonathan Blea, who teaches English and advises Key Club, offered an explanation of said club by stating, "Key club is an international service organization for high school students. It helps students find more opportunities to serve and get community service hours."

Ms. Beauchamp expressed the topics G.S.A. covers by saying, "We've been focusing a lot on LGBTQ+ (lesbian, gay, bisexual, transgender, questioning and additional) history this year. We also talk about current events and how they impact our community."

Mrs. Rod-Kam explained, "S.E.C. has addressed several topics including cultural appropriation, women's empowerment, elections, LGBTQ policies, Violence against Asian Americans, Mental Health Awareness, etcetera."

Ms. Beauchamp shared a link along with the Gay-Straight-Alliance's importance to Buena Park High School: https://www.glsen.org/sites/default/files/2020-04/Gay-Straight%20Alliances_0.pdf She said, "G.S.A. groups make schools safer and more accessible for LGBTQ students. This means that LGBTQ+ students in schools with G.S.A.s have better mental health than those in schools without G.S.A.s. In short, G.S.A.s save lives."

Mrs. Rod-Kam discussed the Social Equality club's importance



Mr. Blea, otherwise known as an English teacher, transforms into Key Club character.

to the school. "I think S.E.C. is important because it creates a space to dialogue about some of the more pressing issues facing the world today, and our students will be the ones in a position to really create the change; If they start learning and talking now, they are in a better position to effect that change as adults," she explained.

Mr. Blea expressed the important aspects that Key club has to offer, saying, "[Here,] you can expect to meet really motivated, strong individuals who are looking to serve the community."

Ms. Beauchamp remembers, "I agreed to advise G.S.A. because all kids deserve to feel safe in school and have a place to belong."

Mrs. Rod-Kam revealed, "I wanted to serve as advisor for the Social Equality club because I feel that these issues are so much a fabric of the society in which we live, and I feel that our students need to be ready to engage in these conversations in order to change the world they live in. A club like this helps facilitate that change, and I like being a part of that."

Mr. Blea asserted, "I had some students ask me to lead it a few years ago and I agree!"

Ms. Beauchamp clarified her perspective involving various LGBTQ+ issues, saying, "For me, it is more of an equity thing. People should have the same rights, no matter their race, religion, gender, gender expression, sexual identity, etc."

Mrs. Rod-Kam brought forward her interest in the Social Equality club. "Any time that they want to talk about changing the norms and expectations of society, I support

it. Honestly, I am passionate about every topic they discuss. I am a fairly opinionated person...and I love hearing their opinions," she said.

Ms. Beauchamp expressed her positivity during the meetings she has held. "The feeling of camaraderie (companionship) is always nice," she said.

Mrs. Rodcam recalled that her most powerful memory came "from the field trip to the Museum of Tolerance. It was powerful in and of itself," she remembers, "but the discussions they had after the fact was the reward."

"I think it also helps students become more confident and better communicators."

Mr. Blea put forth the uniqueness of Key Club and the differences between it and other organizations. "I am not sure about other clubs," he said, "but Key club helps you learn valuable skills, including leadership, that will help you in the future. I think it also helps students become more confident and better communicators."

Now that you have more information about these clubs, you might feel encouraged to know that each wants you to join one for next year, whether you choose theirs or another at Buena Park High School!

Coyote Leadership

Associated Student Body Leads

By: Kevin Rosales
Paw Prints Staff Writer

Buena Park High School has an assortment of clubs from which to choose. The clubs that focus on Academics might interest students from Buena Park High School not just at the virtual end of this school year (2020-2021) but into the next school year (2021-2022) as well.

Arieily Padilla, a 14-year-old Associated Student Body (A.S.B.) member from Buena Park High School starts things off by explaining why she joined that particular club. The freshmen stated, "I chose to be in A.S.B. because I wanted to be more involved in school and meet new people."

Geraldine Manio, a 15-year-old freshman, attends the same club as Ariely. The Buena Park High School freshmen explains the reasoning behind joining ASB, "I chose to be in ASB because I want to help represent our school and to show our Coyotes that we all have school spirit. [I wanted] to help around with upcoming events, to become a leader, and be an example to other students."

"I also had a desire to make new friends and meet new people, which ASB made easy."

Another student from ASB named Daniel Camacho joined in by explaining his reasoning why he joined the club. The senior stated, "I chose to be in A.S.B. because I wanted to make an impact on my school's study body and be a representative for them. I also had a desire to make new friends and meet new people, which ASB made easy."

Ms. Marlisa Nordstorm, a Coyote Agriculture Department teacher and a first-year A.S.B. leadership advisor, enjoys the club. She said, "I [found I] love to work with students in leadership roles through my time as a Future Farmers of America (F.F.A.) Advisor. A.S.B. and F.F.A. are similar, and I thought it would be a great opportunity to work with students campus-wide!"

To add things to the mix, with the whole pandemic still



Associated Student Body seniors recently set up Homecoming event items before the big game to develop school spirit among fans.

going on, students pondered how Covid-19 has affected their experience in ASB this year.

A student from Buena Park High School named Ashley Franco claimed, "I wish we could have been able to do more events with the classes but, of course, the pandemic does ruin most of that."

Jessica Labrador, a four-year A.S.B. student from Buena Park High School joined in by stating about the Covid-19 pandemic, "It's really limited our capabilities. We've had to modify and adapt our events to be better fit for a digital/hybrid format and it's taken a lot of creativity and a lot of work on A.S.B. members' parts to continue doing what A.S.B. has traditionally done."

Even though Covid-19 limited A.S.B. in the organization's attempts to create many events and to execute many plans, the students and Ms. Nordstrom still worked to realize many fun activities as well.

Ms. Nordstrom said, "The Welcome back video was my favorite! It was so great to have representatives from all organizations on campus come together and share what makes Buena Park High School so great!"

Gerdine had a different response to the topic. The freshmen claimed, "I'm not quite sure, but I definitely think that getting the opportunity to set up events with new faces, and old friends is pretty fun."

Daniel jumped back into the discussion, announcing, "The coolest thing A.S.B. has done this year would have to be the Virtual Pep-Week assembly video in partnership with Video-Production.

We also decorated the main hallway with pep-week decorations." Daniel noted that it "was amazing and boosted school spirit."

The 2020-2021 school year in Buena Park High School will come to an end in about four weeks. The club members of A.S.B. see that some events they wish they could have pulled off will have to wait until at least August. Some who will graduate will have to just take a peek back at the school to see the dreams realized.

Jessica Labrador, a senior herself, stated, "I wish we could've had a full-on Homecoming." It happened in Spring this year instead of Fall, and we weren't able to plan a dance, make hallway decorations, have a Homecoming spirit week, have a morning assembly, or have a full-blown half-time show the way we've done in the past. That's usually one of our biggest, most fun events

to host during a normal year."

Another Buena Park High School A.S.B. student, Ashley Franco, had her own take on what Covid limited this school year, saying, "I wish we could have been able to do more events with the classes."

Arieily closed the discussion by claiming, "One thing I wished was to be able to get the whole experience of what A.S.B. is actually like." The good news for her: She's a freshman, with a couple years to make that whole experience happen.

Students considering joining A.S.B. can contact Ms. Nordstrom in the Agriculture area or find and talk to one or more of the students named above. If still not sure if A.S.B. membership would fit their aims, students should know that colleges look favorably upon applicants who show leadership and self-starting abilities.



Queen of the crew, Ms. Nordstrom assumed leadership of Associated Student Body.

Saying, “Well Done.”

Teacher Spotlight: Mrs. Bowers

By: Aaron Robbins
Paw Prints Staff Writer

In all schools, certain adults come in for a year or two and then leave. In all schools, certain other adults not only join an organization, they become one of the faces--part of the fabric--of the place. Mrs. Suzanne Bowers works at Buena Park High School as a science teacher. This year, she's wrapping up a whole career. You see, she has scheduled to retire within the next month. Mrs. Bowers, this article is for you, in recognition of your place over the years as one of the pillars, one of the faces of Buena Park High School.

Students and adult staffers paid Mrs. Bowers compliments in the form of truths about her. Allan Argueta, a 16-year-old junior, took a course taught by Mrs. Bowers last year. In his own words, Allan described his former instructor by saying, “She’s a nice teacher, but when she looked at me, I was like, ‘Yeah, I better do my work.’ Her ways of teaching were incredible.”

Mrs. Doria, whom students know from any visits they make to the front office, defined the professional side of Mrs. Bowers, relating that, “She’s a strict teacher and holds her students to high standards in her classes, but she truly cares for her students and loves encouraging them to learn all she teaches them.”

A fellow science teacher had a few fancy words to describe

Mrs. Bowers. Ms. Eileen Nakawga navigated a tongue twister to identify Mrs. Bowers, saying, “She is our resident ornithologist and geologist!” Ms. Nakawaga then went on to say, “Suzanne has been an integral part of the science department and a team player.”

Mr. Dustin Sober, the head coach of the Buena Park High School football program and a member of the Coyote social studies department, stated concisely and powerfully, “Mrs. Bowers is a special teacher because she goes beyond the call of duty for her students.” Mr. Sober continued his remarks, saying, “Mrs. Bowers is smart and funny.”

Mr. Kevin Fawley, also a teacher in the social studies department, agreed with Coach Sober about Mrs. Bowers, saying, “She is smart, professional and friendly, she is a very caring person.” A fellow veteran of the teaching world, Mr. Fawley said of his colleague, “I have known Mrs. Bowers for over twenty years. I really like Mrs. Bowers. She’s a pal and I’m proud to know her!”

Mrs. Doria said, “I’ve known Mrs. Bowers for over 22 years. Mrs. Bowers is a dedicated student-loving teacher who genuinely loves science.”

More students came to compliment Mrs. Bowers. Estefania Torres, a Buena Park High School sophomore, has Mrs. Bowers as her 6th period science teacher this year. Well I don’t know where to start.” Estefania said, thinking of all the positives Mrs. Bowers brings to the teaching

of science. “I think something simple will be the best.” The sophomore then explained, “Geophysics is not a simple class at all, but Mrs. Bowers is such a good teacher. She helps you understand the class as if it were the simplest in the world.”

Mrs. Doria added that Mrs Bowers “is one of the kindest, most soft-hearted people you will ever meet.”

“Has dedicated her teaching career to helping students and sharing her love of the world around us.”

Fellow sciences teacher Mr. Brian O’Neill added his perspective on Mrs. Bowers, saying that his colleague “has dedicated her teaching career to helping students and sharing her love of the world around us.” Mr. O’Neill then explained Mrs. Bowers by listing the veteran teacher’s worldly interests: “Plants and animals, Earth systems, and especially birds.”

Ms. Nakawaga then explained what has made Mrs. Bowers such a powerful teacher through the years. “Her dedication to students is amazing and she is beloved by them.”

And, yes, this dedication to Mrs. Bowers’ career would not ever go into the books properly without the mention of those darned birds. Mrs. Doria brought up the subject. “She especially loves birds and even has a recorder of bird calls to help identify their different sounds.

Mr. Fawley explained, “I really think it’s cool she loves bird watching...and is an Angels fan like me.”

We can forgive Mr. Fawley for the Angels’ remark. He has earned it through an amazing career of his own. And, he’s got sort of a Coyote family connection with Mrs. Bowers. “She loves Buena Park High School like me and has done so much for the school over the years,” he said. Then, he added a little known but quite interesting nugget. “I actually taught her brother in Advanced Placement History a long time ago.”

Mrs. Doria honed in on Mrs. Bowers’ fresh-as-day-one interest in nature. She explained, “Beyond just teaching about them, Mrs. Bowers continually studies and marvels at species, their characteristics and functions in the world.”

Coyote student Estefania Torres explained of Mrs. Bowers, “She has a lot of talent to teach what she teaches. She also

does it with a lot of passion.”

Mr. O’Neill also explained the power of Mrs. Bowers’ teaching, saying that she finds ways of conveying the wonders of the natural world. “She has been able to teach students about nature,” he said, “even through simple things like taking students on nature walks around campus.”

Estefania mentioned another positive aspect of Mrs. Bowers, saying, “She is quite accessible if A) you need help. B) If you have some external situations that do not allow you to continue the assignments correctly, or C) if you just need something as simple as asking her to help you.

As for Mrs. Bowers upcoming last day of work, her colleagues had much to say:

Mr. O’Neill expressed, “A huge thankyouandcongratulationstoMrs. Bowers. Enjoy your retirement!”

Ms. Nakawaga said, “This next chapter will allow her to do many things on her bucket list and spend quality time with her extended family. She may be ‘flying the coop,’ but I know she will always bleed Coyote green!”

All these Buena Park students and teachers who work and study at Buena Park High School delineated the values and traits they admire about Mrs. Bowers proving, in their own way, that she will truly be remembered and missed.

English teacher Ms. Christy Jimenez said she recalls Mrs. Bowers “from so many situations.” The veteran Coyote instructor said, “We both taught [courses that belonged in the] same program when I was hired. We went on field trips together and met socially in our teacher social club. After [the program] ended, we would frequently exchange pleasantries in the hallway, talking about our summer plans, about birdwatching, about our families, and so forth. It has been delightful teaching with Mrs. Bowers. She will be deeply missed!”

Mrs. Melanie Schlager, the Visual Communications teacher at the Buena Park High School site, said this about how she felt about Mrs. Bowers leaving. “Every year before Buena Park High School’s Open House event, Mrs. Bowers and I would go to Black Angus restaurant. “It was our annual date.” Mrs. Schlager then explained, “I’m going to really miss having dinner with her.”

Mrs. Bowers will be remembered in the hearts and memories of those who met her, worked with her, learned from her and had the honor of calling her ‘friend.’

Aqua y Caliente Cultura

Girls Water Polo Makes a Splash

By: Anndrea Herrera
Paw Prints Staff Writer

When COVID struck nobody knew how hard it would hit. Sports and most of the other exciting parts of high school got shut down rapidly without warning.

Now, however, there finally exists a possibility of going back to somewhat of a normal course of events at Buena Park High School. Water Polo players and coaches got to experience their season again after a year-long wait.

After the players found out water polo competition could resume and that the season would get scheduled, Kayla Hernandez, a 16-year-old sophomore Coyote player on the junior varsity squad, shared her thoughts, saying, “It was difficult to get back into playing because I had to push myself to get into shape. I had to adjust to being a waterpolo player again. I had taken a break from practices because of the Covid pandemic.”

Merari Rebollar, a 14-year old Coyote freshman who also plays for the junior varsity team, shared how her team prepared for the sea-

son of return. She explained, “We trained and practiced a lot, we swam, did stretch cords, weights, did plays, scrimmages, practiced on our shots and practiced defense.”

David Atoe, an 18-year-old senior Coyote, shared his feelings on his return to a season of true play saying, “When I heard our season was returning I was so happy because we have worked really hard this year.”

Mr. Shane LaFortune, Buena Park High School’s Aquatic coach, shared his enthusiasm about the returning season of competition by saying, “When the first game started, I was excited and happy for these kids.” He apparently has shared their experience. “As a coach you still get those pre-game jitters,” he revealed.

Merari Rebollar shared a more difficult transition. She explained that in her “first year playing water polo, transitioning to hard training was difficult,” but also told of “getting the hang of it.”

Anahi Benitez, an 18-year-old junior water polo player at Buena Park High School, detailed her efforts in “trying to swim a bit faster every single day.” It’s always good to try harder ways of being better

at your sport. Changing speed, and practicing it, too, is a good start.”

It also gets harder, but that depends on the person swimming.

Elizabeth Fowler, a 15-year-old sophomore water polo player on the Coyote squad, defined whether she feels working on the sport got harder or not. She shared that she doesn’t find it easier, but did say, “I also don’t find it more difficult. It’s, like, right in the middle of both. It wasn’t easier to play again--because of not being in the

pool for some time. However, she added that “it wasn’t more difficult because we knew what we were supposed to do.” Everyone is obviously going to have their own perspectives about whether it’s harder or not to get back into the pool competitively. What remains includes the amazement of many spectators about how these players continued to pushed through from the Covid-forced dry hibernation in order to make a splash when the new season came along.



Wet, wild, and wonderful: water polo made a welcome comeback last month.

Destination Spotlight: Mexico

By: Isela Santillanes & Johanna Penalzoa
Paw Prints Staff Writer

“Buenos Dias [Good morning] Coyotes! This is your captain speaking. During Flight 8833, we will take a journey through the colorful land of México. So, sit back and enjoy the view of the different lifestyle that is known as Los Estados Unidos Mexicanos [United Mexican States]. We will now begin our descent into what is the “Spanish Speaking Country.”

According to History.com, Mex-

ico has a rich history with many different cultures inside its 31 states and the Federal District. Much like how the American capital of Washington sits inside the “District of Columbia” (D.C.), people can find Mexico City inside the “Federal District.” It became officially known as Ciudad de México (CDMX) [Mexico City], in 2016.

Maestra [Mrs.] Maria Gamboa-Leaños, teacher of the Native Spanish and AP Spanish courses, described her experience traveling to Mexico. “I have had extraordinary experiences in Mexico,” she

recalls. “I have created the greatest memories with family and friends.” She went on to say, “One of my favorites is standing on top of the pyramids admiring the amazing views alongside my family.”

The Olmecs, Mexico’s first established society, settled near Veracruz on the Gulf Coast. The Olmecs had two major population centers: San Lorenzo, which flourished from about 1200 to 900 B.C., and La Venta, which lasted until about 600 B.C. Historians remember the Olmecs for their giant head sculptures made from native stone.

Maestra Gamboa-Leaños shared what she visited. “I absolutely love going to the mountains and attending as many cultural events as possible,” she affirmed. “Last time we went, in the summer of 2019, we visited museums in Mexico city such as La casa azul de Frida Khalo (and Diego Rivera), the pyramids in Teotihuacan and Cholula, the Zócalo, Metropolitan Cathedral and Palacio Nacional among other sites in Mexico city. In Zacatecas we never miss our visit to at least one of its museums and to the historic Center (Centro histórico) declared ‘Patrimonio cultural de la humanidad por la UNESCO’ (Cultural heritage of humanity by UNESCO).”

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From biology to bird watching, Mrs. Bowers lifted education in Coyote Country.



The red, green, and white in Mexico’s flag inspires many Coyote students.

Coyote Travels

Destination Spotlight: Mexico (cont.)

7th century, but still stands as many people believe “una ciudad magnífica [a magnificent city]” today.

Mrs. Maria Fernandez, a Math teacher at Buena Park High School, talked about her experience about Mexico, “I was born in Mexico and came to the United States when I was six,” she remembers. “I attended kindergarten there.” She mentioned her recollections of being there. “My memories of Mexico,” Mrs. Fernandez recalls, “involve having fun at school and visiting my grandparents at their house. It was always so much fun because Mexican grandparents are like another pair of parents who also love you as much, or even more, than your parents.” She thought of those times, remarking, “Since I came here, I have gone back a few times to my birthplace.” The veteran teacher added, “I have also visited other parts of Mexico and I have enjoyed all of them. Mexico makes me feel at home.”

“Diverse, colorful, and lively, inspired by ancient civilizations”

Besides the rich history that formed Mexico, the culture plays another very important role as it involves both the country’s history and its culture mix. Mexico’s culture appears diverse, colorful, and lively, inspired by ancient civilizations such as the Aztec and Maya, as well as European colonization. It has a one-of-a-kind culture, perhaps one of the most interesting in the world.

Music and dance continue to dominate Mexican culture. Mariachi music has a long and illustrious history, dating back to the 18th century. Traditionally,

mariachi bands include five musicians dressed in ‘charro’ outfits.

Ana Morano Quintero, a graduate student From Buena Park High School, explained her reasons for going south of the border. “I go to Mexico to see my family; most of the time that we’re there we can’t see all of them because of how many of us there are. My grandma gave birth to 12 kids and, well, people can imagine how big of a family we are. Most Mexicans have very big families. I mostly spend time with my family during the summer. They do festivals and they sell milkshakes, churros, candy, games, and fireworks.” Ana also explained how she feels about Mexican culture compared to what she sees in the United States today. “The culture is different from the U.S. when it comes to working. The people in Mexico start selling food, or anything they can make with their hands, to make money. I feel like people from the U.S. don’t do a lot of hard work (in a sense that it doesn’t look like it) because there’s technology and a person can work from home, but in Mexico that person has to work hard and support themselves and their family. It’s very much hands-on.” Ana talked about an event in Mexico that made her smile. “My favorite memory is when it was my birthday and my niece’s First Communion” she recalls. “During the party, my uncle had hired a mariachi band to sing me happy birthday. It made me happy but embarrassed--but I had fun because I didn’t know it was for me too, everyone in the family was there.”

Folk dancing remains popular all over Mexico. The Jarabe Tapatio (Mexican Hat Dance) continues as one of Mexico’s most popular dances, if not its actual national dance. The dance celebrates courtship and often gets performed while



PHOTO BY: J. Martinez
The courtship dance gets performed while the participants wear a sombrero.

the participants wear a sombrero.

Festivals and fiestas remain very popular in Mexico, and often get celebrated even in small towns.

Maestra Gamboa-Leaños named what stands out to her the most: The “amazing” culture. She counted them off. “Fiestas patronales” include Día de Muertos [Day of the Dead], Fiesta de los Sayones [Sayones Festivals], Carnaval de Veracruz [Carnival of Veracruz], Feria Nacional del Burro [national Fair of the Donkey], Pelea de tigres [Fight of the Tigers], Guelaguetza o Las lunas del Cerro [Mondays on the Hill] take place in different parts of the country and celebrate something different,” she said. “There are also religious celebrations that last for days. The traditional food and music are a must. They offer free concerts, performances, arts and crafts for everyone who wishes to participate.” So, which festival does Mrs. Gamboa-Leaños prefer? “One of my favorites is the international folkloric dance festival during which dance groups from all over the world participate [entertaining] in plazas at various times of the day for an entire week.”

Every culture in Mexico commemorates a patron saint with annual festivals and processions. The most isolated indigenous villages and the most affluent suburbs of Mexico City, dedicate themselves to a festival at least one day a year, and sometimes to many more. Another important thing that gets celebrated all over Mexico involves religion, and specifically, December 12th. The Fiesta de Nuestra Señora de Guadalupe [Feast of Our Lady of Guadalupe] remains a religious celebration dedicated to Mary, the Virgin of Guadalupe. To see a portrait of Mary, Catholics travel to Mexico City’s Basilica of Guadalupe. This holiday, without a doubt, holds significance as Mexico’s most religious time.

Natives will send out offerings

to the spirits of ancestors during the festival of Día de los Muertos [Day of the Dead]. Families create shrines in homes to honor deceased relatives, and participate in graveside vigils. Pan de muertos and colorfully iced sugar skulls become quite popular at market stalls.

People hold a beautiful torch-lighting ceremony, create festive dances, and participate in a ceremony on Janitzio, an island in the middle of Lago de Pátzcuaro.

Independence Day

September 16th marks Mexico’s most important date, one of the most celebrated in history. Citizens commemorate Mexico’s 1810 independence from Spanish rule during this national holiday. In the Zocalo, fireworks, music, and dancing accompany the people’s recital of The Cry of Independence, making Mexico City an ideal location for this festival. Father Miguel Hidalgo y Costilla proclaimed independence from Spain on September 16, 1810, in the town of Dolores. Agustin de Iturbide, a Spanish soldier, defected to the Mexican cause in 1821. He led troops in the capture of Mexico City and soon after, the declaration of independence followed. Although Mexicans didn’t actually realize its independence day until August 24th, 1821, they celebrated it September 16th because, during that day, the war began.

Mrs. Fernandez continued on about how going back to Mexico to visit seemed comforting to her, “Going back to Mexico always makes me feel like I belong. It feels nice to visit the place where my ancestors grew up.” She explained, “I have gone back to visit family. Lately, I take my children so they can see where I was born. They can then be more in touch with their roots and be proud of them, because being mixed is one of the best things you should be proud of!” Mrs. Fernandez explained some aspects of her life in Mexico. “I have visited

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Coyote Travels

Destination Spotlight: Mexico (cont.)

for about two weeks at a time,” she said. “One thing that always stands out to me is that Mexican culture is so colorful and beautiful.” Mrs. Fernandez also commented on certain activities south of the American border. “Some of the things that we do when we are in Mexico are visiting family (very important in Mexican culture), attending weddings (always so big and lasting almost the entire night).”

As far as more tourist-oriented activities, she listed, “Shopping (stores are very different from anything in the United States), sight-seeing (the buildings and the views of the villages or the cities are so beautiful), and eating (the food is delicious!!)” After all that, Mrs. Fernandez said, “I also just relaxed, breathed in the fresh air and enjoyed myself, since being in that country makes me feel at home.”

Ana talked about her feelings towards Mexico. “Sometimes I feel weird being over there because the air is different, the heat, even the food,” she said, “but when we go to my grandma’s village, it looks so nice and peaceful. People in Mexico don’t need to worry about strangers most of the time because everyone in the village kind of knows each other, and I like that they are kinda chill about that.”

“Mexico never fails you with anything.”

Senior Coyote Daisy Hernandez described her journeys to Mexico, “My experiences in Mexico have always been great,” she offered. “I feel like when you’re somewhere else that isn’t recognizable, you do a lot more exploring and that’s always fun to do, especially since Mexico never fails you with anything.”

Tadashi Guzman, another Buena Park High School graduate of Buena Park High School, talked about how he felt in Mexico. “My experience in Mexico was fun, exciting, and at the same time it was calming,” he said, “because it was kind of an escape from the reality of the busy United States. It’s a lot more laid back in a sense to where you can walk anywhere and everywhere.”

Mrs. Fernandez almost visited Mexico again quite recently, saying, “I wanted to go back to Mexico; I had tickets to go this past summer, but I postponed them for this coming summer because of the pandemic. I hope we can go this summer.” Mrs. Fernandez ex-



PHOTO BY: J. Martinez
Outside La Basílica, amazing yet typical of the center of many towns and cities, flowers add to the festive winter atmosphere.

plained, “One memory that I will never forget would be during a Christmas vacation when I went to Mexico, I was part of a quinceañera (a celebration of a girl’s 15 years of age and a transition from girl to woman). There I met my husband.”

Ms. Lilliana Gallo, a TOSA (Teacher on Special Assignment), and English Language Family Liaison at Buena Park High School, added what she has noticed the most about the qualities of Mexico. “What stands out to me is the incredible hospitality of the people in Mexico - especially of those in smaller towns,” she said. “My dad is from a town of about 2,000 people in Jalisco state. Whenever we drive into town, people will be sitting outside their homes and will wave hello as you go by. You can also stop by any business and talk with employees for hours as if you’ve known each other for years. I have two tios (aunts) who live in this town and, as soon as we walk through the door, some family goes into the kitchen to cook and others begin entertaining us. It is such a priority for them to take care of you and make you feel like you are at home.” Ms. Gallo went on to say, “In terms of cultural difference [between Mexico and the United States], the most noticeable one is the rich diversity of people from all over the world who live in the United States. Thanks to this, we can listen to different languages, listen to different types of music, eat different types of foods, interact with people in different ways, etc. Some of the major cities in Mexico also have this type of diversity and experience something similar. However, it is much more

of a norm throughout the U.S..”

Ms. Gallo added, “My favorite memory from visiting Mexico were the annual road trips we would take. The drive is approximately 28 hours long and it would take us about 3 days to arrive because we would stop along the way to sightsee and stay the night in different towns. I really loved to visit these places and see how people lived and spent their time. It was special to me because we would take these trips in a caravan with other family members and it was always fun to take turns and jump into the different cars to play with my cousins. To this day, traveling by road is my favorite form of travel!” Ms. Gallo ends with, “I stay at my abuelito’s and abuelita’s house and it becomes the official meeting location for all of us. We will usually cook some of our traditional family meals, walk over to the plaza for some antojitos or visit other places together. Another activity I started is to travel to different parts of Mexico each year. I have already visited half of the country and besides Jalisco and Sinaloa (my parents’ birth states), my favorites are Michoacán, Guanajuato and Veracruz!”

Welcoming People

Eighteen-year-old senior Daisy Hernandez shared her most notable experience in Mexico. “The thing that stood out to me the most was the kindness of people out there,” she remembers. “They’re very welcoming and the food is so good. In the village the thing that stood out to me was that they let people go in the back of the [open bed] truck and sit there while on the freeway or wherever you’re going. In the U.S., it is different. If you do it here,

you get a ticket.” Daisy described her usual activities in America’s southern neighbor. “While I was in Mexico we would go to parties,” she remembers. “We would do a lot of hiking, we would visit a lot of my mom’s and dad’s side of the family whom we’d never met. We’d also go down to a lot of stores and try new foods.”

Daisy offered what she holds dear. “My favorite memory is always being welcomed by my grandparents. I feel like when you’re out there, you get to experience a lot of new things. They aren’t as fortunate as we are, so a lot of the things they do--you have to work harder for.” Daisy concluded by agreeing with the teachers’ memories of fiestas. “In Mexico, there’s a lot of celebrations that happen,” she reported. “There’s a lot of gatherings and parties that occur while you’re there; it doesn’t really matter the time of year it is. It’s always fun meeting new faces and trying new food, and really just getting along with everyone there.”

Tadashi named what he saw as differences in the two countries, based upon his experience in Mexico. “I’d say the different way of living in general, the houses aren’t like ours, here. Most of them don’t have air conditioning or fully glass windows,” he said. “Most of the indies usually had metal bars over them. The streets and the city I stayed in, in general it was completely different. There were small roads and a lot of little shops around the area. Also the food stood out to me because of how different the way they season the food and how fresh everything is.” Tadashi did play tour

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PHOTO BY: J. Martinez
Many towns have great churches that serve as a cultural and social center.

Dulce and Sweets

Destination Spotlight: Mexico (cont.)

ist and remembers some of those experiences. “While I was there,” he said, “I visited many of the tourist attractions and tried many of the traditional foods that are usually made only in Oaxaca. I also went to a few parties that were happening which are very different parties than here in America.”

Tadashi explained how different the ways of Mexico seem. “The culture is very different in the sense that people that aren’t rushing anywhere,” he recalls. “During my stay, I realized how relaxed and laid back they all are. Since it was a small town, everyone there knew everyone which was not something that is seen a lot here in the U.S.A..” Tadashi added, “When we went to the city of Oaxaca, the culture showed a lot more. There is this well known store-like place that sells all kinds of meats and foods and traditional food that Oaxaca is known for. What was also being sold was insects which aren’t usually eaten here in the US but that are used in a lot of food there.” Tadashi seemed to have a soft place in his heart for a certain city. “I’d say my favorite

memory would be when we went to the main city of Oaxaca. The whole city was amazing and full of life; there were food vendors in every corner and there were little shows going on. Many people would just circle around the performances and just have fun. The ambiance of the whole trip was just a great memory,” he said.

Mrs. Gamboa-Leaños also focused on “the history of the amazing mexican culture reflected in museums and historical sites.” She definitely has ties to Mexico. “I go to Mexico almost every summer to visit my parents and family.” She had to skip this year, that due to the pandemic. “At the same time,” she said, continuing her reasons for returning to Mexico relatively often, “I instill in my children the love for their parents’ culture and language. There is no better way to do that then to have them experience it first hand. I always advise my own children and my students that ‘we, as Mexicans, and who are mixed, need to be proud of our culture and where we come from.’”

Ms. Gallo, shared her strongest feelings about Mexico. “It



The northern town of Tijuana in Baja California is a popular day trip for many.

is one of the most special and most significant experiences of my life,” she said. “Mexico is truly a part of my identity.”

“Hello; this is your captain speaking once again. We have landed in Mexico and hope that

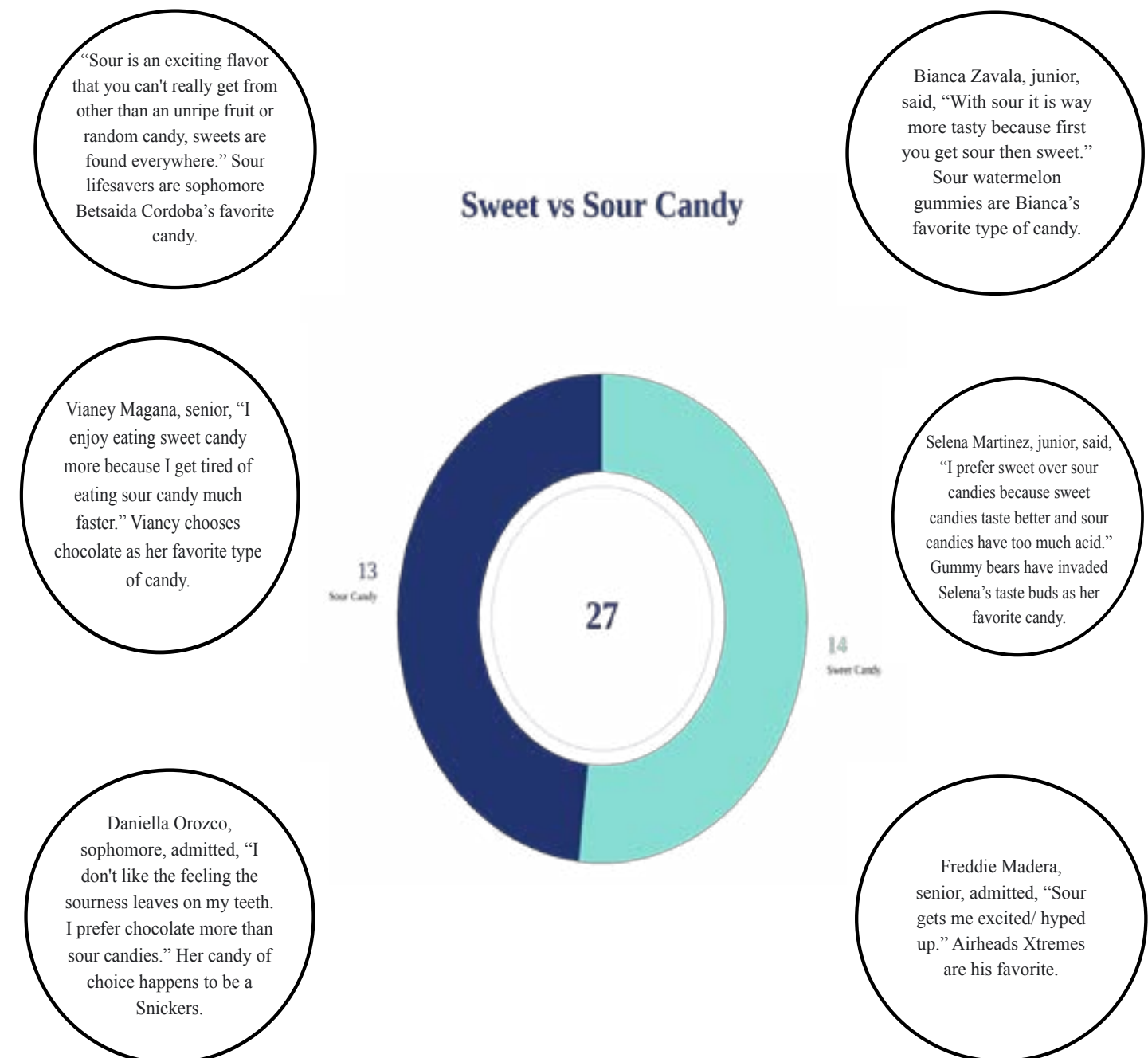
you enjoyed the recounting of these stories and facts during your time aboard flight 8833. We also hope you will enjoy your time in the celebration-loving country, and that you come to appreciate all it has to offer. Adios! (Bye!)”

The Vote: Sweet vs Sour Candy

By: Emily Jimenez
Paw Prints Staff Writer

Candy! Candy! Candy! So many different options vie for your approval, but they all taste delicious. Sour candy shocks the tongue with the intensity it provides. Sweet candy leaves your taste buds excited with the feeling of sugar hitting the tongue. What happens when you let people choose which type of candy they prefer? Buena Park High School’s staffers completed a survey revealing their favorite candy. Let the candy war begin!

Sweet candy for the win! Although the competition produced a close vote, sweet candy came in as the more popular choice with 14 positive responses while sour candy came in with 13 “Yes” nods. Sour candy, you see, had a nearly equal number of people prefer it to sweet candy, which means sour candy still has a chance to ‘rule’ at Buena Park High School. Thank you to everyone who participated in this exciting and fun candy war.



Coyote Well Being

Healthy Habits Worth Pursuing

By: Jessica Pineda
Paw Prints Staff Writer

Having healthy hobbies can improve one’s mood, self-esteem, and overall well-being. Both adults and teenagers need to have occupations that benefit their lifestyle.

Ms. Suzan Guba, a Buena Park High School physical education teacher shared “walking, playing tennis, playing soccer, and going to the gym” as a few healthy hobbies that she has practiced over the years.

Alyssa Moua, a 17-year-old Coyote senior mentioned, “One way to stay healthy is to have a consistent diet of a healthy portion of vegetables, fruits, grains, and healthy proteins. Additionally, it’s important to regularly exercise.”

Mr. Jonathan Blea, an English teacher at Buena Park High School stated, “My wife and I like to go on daily walks to get out of the house.”

Mrs. Yaneth Czech, a Buena Park High School Spanish teacher put forth her personal regiment of maintaining health. “Most of my life I have been jogging outdoors,” she said. “I like jogging and walking at my own pace. I have tried eating healthy... even diets.”

Ms. Guba described what has worked for her and what hasn’t, stating, “I love to walk either with my dog or with friends. Running is not for me...and the gym got boring.”

Alyssa revealed, “I am not an active person, but I would like to be in the future.”

Mrs. Czech described why she actually started participating in healthy hobbies, saying, “I joined mostly to hang out with my friends and to exercise. I still jog till this day.”

Mr. Blea observed, “I have always found that I can exercise when playing some sort of game. Whether it’s basketball or tennis, I can play a sport for hours. However, simply trying to run or workout at a gym does not always last long for me.”

Mrs. Czech shared her personal experiences of success and challenge, saying “What has not worked for me is Zumba or group workouts and dieting. I have tried doing Zumba a couple of times. It’s fun but it didn’t work well for me because I am very independent and I like exercising at my own pace on my own schedule. I don’t like following other people. Diets never, ever work be-

cause the idea of it is not normal to human nature. However, making healthy choices for my meals certainly has worked for me for the long term: It is a lifestyle.”

Ms. Guba mentioned that she practices her healthy hobbies daily.

Alyssa listed the healthy food she eats. “Some healthy foods that I eat include broccoli, spinach, eggs, mushrooms, bell peppers, and carrots,” she said.

Mr. Blea said, “I try to walk everyday or every other day.”

Mrs. Czech reported, “I exercise and eat healthily on a daily basis. I make exceptions on special occasions such as social gatherings or holidays. It is good to enjoy delicious, unhealthy food...sometimes.”

Ms. Guba explains how her healthy hobbies have changed, she revealed, “I am just walking now, no other [special activities].”

Alyssa described how she maintains her healthy habit while staying at home, saying, “I portion the size and prepare my meals the day before.”

Mr. Blea asserts, “I have actually been exercising and walking more often since staying at home. Since we are home all the time, we feel the need to get out of the house and exercise.”

Mrs. Czech admitted, “Now that I’m staying more at home it

has not really changed much. I just take my dog for a walk at the beach and cook the usual meals, always with a side of big green salad.”

Ms. Guba remembers, “In high school, I played lots of sports: basketball, softball, track and field, tennis, and golf.”

Alyssa detailed the challenges to staying with a healthy habit, observing, “Yes, sometimes it can be difficult to have a continuous healthy habit because sometimes, I start craving foods that may be unhealthy and I end up breaking my healthy cycle.”

High School Sports

Mr. Blea thought back and said, “Yes, I played basketball, soccer, and volleyball in high school (and volleyball was my favorite).”

Mrs. Czech recalled, “Yes, I participated in cross country and track. I was decent on cross country (mainly because I felt independent), not very good as a fast runner.”

Ms. Guba identified what has become a roadblock to many of her healthy hobbies, saying, “The pandemic stopped me the most.”

Alyssa reported that she tried to start her healthy habits in the morning.

Mr. Blea described why he stopped some of his hobbies by stating, “I usually stop hobbies because I don’t value them enough to put time into them. Recently, I have stopped playing sports due

to social distancing protocols.”

Ms. Guba has advice to students and staffers alike about staying or getting healthy. “Get outside and get moving,” she urged. “Enjoy the great California weather by yourself or with a friend (socially distanced) or with your dogs, if you have them.”

Alyssa pitched in, saying, “Some healthy hobbies that I would recommend include art, exercising, writing, volunteering, and sewing.”

Mr. Blea said, “I recommend anything you find fun that gets you off the couch and out of the house!”

Mrs. Czech shared, “I recommend not just what I do, but mainly what each individual enjoys doing. Any persons should think about what they truly enjoy (something that suits their temperament). For example, for some people, it comes very naturally to help others, and for others to write in a diary or write poetry, for others dancing to music, or simply caring for pets. Whatever, each individual enjoys or comes naturally for them will be a healthy hobby and will make their life more fulfilling.”

Having a healthy hobby comes off as something beneficial for students and adults, mentally and physically. Anyone can engage in them so, now, using the aforementioned advice and sug-



The list of recommended, most healthy activities includes a daily brisk walk. Try it at sunset for a beautiful accent to the habit.

Coyote Confidence

Gaining Self Love, Self-Esteem

By: Johanna Penalosa
Paw Prints Staff Writer

“Hey there!” Everyone deserves love not only by those around but by themselves, as well. Practicing self-love can prove difficult in many ways. Self-love does not involve becoming self-absorbed or narcissistic; rather, it defines best as a people individually getting in touch with themselves, paying attention to their well-being and focusing on their happiness. People practice self-love to push through personal and objective limits and to live life to the fullest. Take a deep breath, love, appreciate, and work it.

Self-love can take a state of appreciation for oneself and make that grow to an action that supports physical, psychological and spiritual growth. It involves also having a high regard for one’s well-being and happiness. It means taking care of one’s needs and not sacrificing individual well-being to please others.

Fifteen-year-old Symone Taylor revealed what she does to make herself feel better, “Things that [I do to experience] self-love is relax and not [dwell on] negative thoughts.” The freshman went on to explain her definition

of the idea. “I think it means to focus on yourself and like your body, your looks and [soften] your mistakes you make.” Symone said, “I love myself because I don’t listen to other people’s opinions of what they say about me. I do what makes me happy and feel good about myself.” Symone asserted, “I believe self-love is important because sometimes people listen to other people’s thoughts and they do what [those others] tell them and they don’t actually like it.”

Symone explained that people can affect her self-love, “Sometimes it can be just by hearing what people say about you and it can hurt your feelings, and it can affect you mentally. You can get insecure about yourself.” Symone gives some advice on how to love oneself, “I think some things that can help are going on long walks, talking about good things about yourself, and self-care whether that is skin, body, or even just drinking water.”

An English teacher at Buena Park High School, Mrs. Jillian Bentley, describes how she loves herself. “I take time every day to read The Bible, pray, and spend intentional time with my family.” Mrs. Bentley explained her perspective about the practice. “Self-love to me means to care for your



PHOTO BY: M. Fernandes
A good day shopping for one's self can prove healthy for a spirit needing some lift.

health and wellness, physically, mentally, and spiritually,” she said. Mrs. Bentley went on to advise, “Something you can do self-love is to make caring for your health a priority. If you don’t care for yourself then you are not able to care for others. It is also more difficult to achieve your goals.”

Fifteen-year-old Coyote Kaylee Orozco shared her views on the topic of self-love. “As a person who struggles at times with this idea, some things that I’ve discovered to help/make me love myself is just doing things I enjoy. In my case, my sports, water polo and swimming have helped me a lot.” The Coyote explained the struggles she faces daily and how she gets through them. “I currently suffer from horrible anxiety and it interferes daily, so it’s hard most times to deal with self love. Swimming is something I love; it always takes away all the stress and whatever I’m dealing with, and I actually feel happy with myself after.” The freshman also explained, “I do some other things in trying to take care of myself the most I can. For example, I eat healthy foods, make sure I’m happy, do affirmations, and make sure others around me stay happy.” Kaylee elaborated on her view of self love.

“To love yourself means you have inner peace and happiness with every aspect of yourself. You’re happy with the way you look, the things you do, you respect yourself, take care of yourself, and have love for the people around you.”

“Loving yourself affects how happy you are with yourself”

Kaylee explained the value self-love holds in relation to moral values for oneself. “Self love is something extremely important,” she said. “This is because it’s literally you loving yourself. Loving yourself affects how happy you are with yourself, how you treat yourself, how you treat family and others around you. So to conclude, loving yourself is great for your mind, body, healthy, and everyone around you.” She elaborated on how self-love shows people signs about themselves. “I believe self love does reflect on a person; it can show itself by how people treat others. It reveals whether, and how much, they respect themselves and take care of themselves.”

Kaylee offered some advice
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PHOTO BY: S. Taylor

Instead of looking to others for validation, try looking inside.

Coyote Confidence

Gain Self Love, Self-Esteem (cont.)

to others on how to love oneself. “A good way to treat others with self love can include asking them if they need help on anything, asking people how they’re doing or feeling, and just expressing kindness and humility towards others. A good way to show yourself love can involve giving yourself affirmations every day, exercising, making sure your room is clean, and making sure you’re happy.” Kaylee ended her discussion saying, “I believe not loving yourself might affect people negatively because that energy can reflect onto them, or they might end up treating others badly as a reflection of no self love.”

Seventeen-year-old Brianna Arellano shares the actions she takes in order to have self-love. “I like to do things that make me feel better about myself like using personal skin care, applying makeup, or dressing in clothes that make me feel pretty.” Brianna shares her feelings on the practice of maintaining a sense of high value. “I think self love is important because I think that, in order to be happy with life. You have to be happy with yourself and who you are, because that’s what matters most.” Brianna continued, saying, “Loving yourself is definitely hard at first, because we always tend to focus on everything we think is wrong with us rather than the good. Once we see past that or see that our flaws maybe aren’t flaws at all and are what make us who we are, it gets easier to love everything else.” Brianna explained how the idea radiates from a person who practices self love. “It does reflect on you, in my opinion, because I feel like when you’re comfortable with yourself you gain more confidence which really radiates when you’re around others.”

Coyote student Jacqueline Muniz adds her input about the subject, saying, “I believe that loving yourself is being comfortable in your own skin and



PHOTO BY: M. Fernandes

Two antidotes for self-doubt: a saltry shirt and smiling selfie in one of the many clothing shops found in southern California.

knowing that your worth is so much greater [than evident].” The Buena Park High School student expressed how much self-love can mean to someone, “Self love is very important,” she affirmed, “because your body and mind is your home for the rest of your life. You have to learn how to deal with yourself and learn what makes you happy. I stress the fact that you are living with yourself 24/7, but others are not—so why let them get the best of you?” Jacqueline also revealed whether she believes self-love will affect her and loved ones around her. “Most definitely,” she confirmed. “I feel that, by being more comfortable with myself, I have learned my morals and what I stand for. Through self love, I have learned to love other’s differences. I have learned to accept that I am part of the LGBTQ (lesbian, gay, bisexual, transgender, questioning) community; I am proud to stand for [symbolize] inequality amongst gender and racial groups, I have utilized

my outcast behavior to make others feel more included.” The senior said, “I am standing against society’s culture and am soon to strive for new change within the system. I’m currently doing research to update our current dress code to be less sexist towards women. I hope all is successful and that more is to come in the future.”

“You are happy in who you are as a person.”

Junior Lizbeth Machuca contributed to the topic, sharing her opinion on self-love. “It means that you are happy in who you are as a person,” she explained. “Also that you love yourself regardless of the things anyone says about you.” Lizbeth offered, “You can always encourage yourself to [love yourself]. Take care of yourself once in a while.” Does Lizbeth believe loving one’s self holds an important place in personal

well being? “Yes! Self love is extremely important,” she proclaimed. “It really allows you to be more confident and have a happier life overall.” The Coyote continued, saying how one treats one’s self forms or maintains identity. “Yes, self love is essentially the base of who you are,” she said. “Once you are able to love yourself, that means that you truly are happy with who you are as a person and people will notice that. It means that you have found yourself and you can now focus on other things to further develop.”

One of the suggested moves in loving one’s self includes declaring positive compliments each day. Still, self-love can mean something different for each person. Each person might do self-love differently, meaning practicing different ways to take care of themselves and even figuring out what self-love means for them. Self-love involves doing what makes people happy, and it includes focusing on themselves.

Coyote Fashion

Affordable Clothing Choices

By: Angela Hennessey
Paw Prints Staff Writer

Girly, sporty, cozy, or chic; with hundreds of varieties of styles all around Buena Park High School students, some of those ideas have and will blend perfectly with every Coyote's individual clothing taste. Nowadays, society's fashion industry has inspired diverse clothing stores customized to different groups of students' personal fashion preferences. While styles and various clothing items produce particular areas of high demand, oftentimes they get bought up and remain out of stock for weeks, or can get discovered with a deep dive into sorts, but hold price tags not quite budget-friendly to many Buena Park High School students. Some people decide to spend a good amount of money on their clothes, while others might not agree to take the budget-bursting leap.

Taking that reality into consideration, Paw Prints staff asked a few fellow Coyotes about personal style, popular (and hidden) shopping areas, personal staple pieces of clothing, and maybe certain good deals realized on a piece of clothing or two. Buena Park High school staff allowed a peek into their own clothing

styles and some even revealed places that won't have people hurting their wallets while attempting to look just as good as if they purchased items at particular name-brand stores.

Alexia Saldivar, a 15-year-old student, described her wardrobe as "comfortable, using whatever matches." She then shared her style. "I usually like to go to stores such as DD's Discount or Tilly's, since they always have good deals. My must-have clothing piece to any outfit is a jacket or sweater."

Ms. Ariel Tolman, a student teacher for College Preparatory Biology, mentioned a time she managed to hit the jackpot on a clothing find. "I used to work at the Gap," she said. "While working there, I, at one time, found a pea coat in the back room where we store all the clothes. I was looking for any clearance items to put out and I found the pea coat that I have been wanting. It cost me seven dollars when it used to be one hundred fifty dollars."

Fourteen-year-old freshman Melody Mekdad's style, the way she described, falls into the general label of "streetwear" and "grunge." She revealed, "I like to wear baggy clothes, graphic tees, or grunge style clothing. Store-wise, I like to shop in stores at Tilly's. I find it easier to shop online so, when I



Complete a nice spring outfit with the right jacket, skirt, boots, and manicure.

do, I stick to Romwe and Shein."

Seventeen-year-old Desiree Diaz, a junior Coyote, likes to keep personal clothes, according to her, cozy, yet cute. "I like to wear clothes that are comfortable, and sometimes casual," Diaz shared. She then shed light on the stores where she likes to purchase her clothes. "Many times, I shop at Ross. I usually find cute clothes at really affordable prices. Another store I go to is Forever 21. I get good deals while shopping there. For example, one time I went there, I got lucky in buying two rompers for 21 dollars,

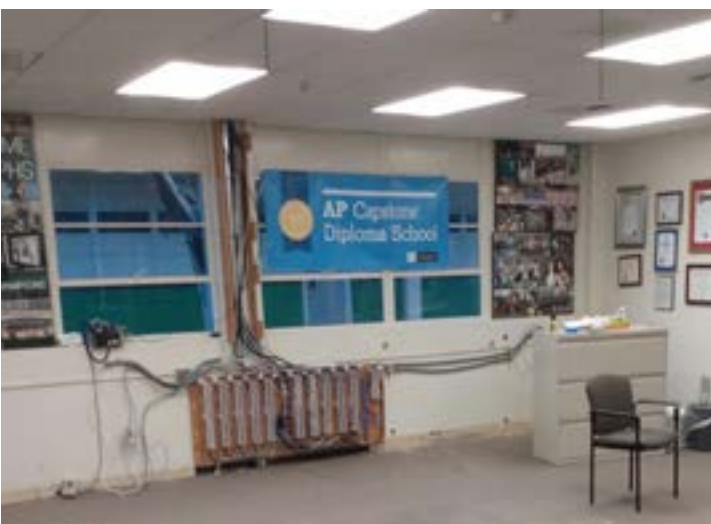
which would normally be 40 to 60 dollars for just one at other stores."

Just as there exist ways to suit one's personal fashion taste without having to break the bank there also remain other ways to stay stylish in a manner not harmful to the planet. In next month's issue, we will discuss ways a Coyote can contribute to the protection of the environment in different ways, such as thrifting. We will discuss how it benefits both the world's societies, the environment, and a teenager's closet. Stay tuned!

Xplorers

The following Buena Park High School Air Force Junior Reserve Officer Training Corps cadets competed on Friday, 16 April 2021, in the StellarXplorers national finals (virtual event):

Sophia Fanslow
Daniel Hong
Martin Morales
Andrew Palacio
Daniel Ventura
Skyler Gomez
Carlos Lopez
Brandon Ugilano
Samuel Yu
Stephanie Hong



The evolution of the school offices

Coyote Preferences

School Changes Discussed Here

By: David Gonzalez
Paw Prints Staff Writer

Various people have a definite position when it comes to how they feel about school. Some like it, some love it and some might even hate it. We asked Buena Park High School students and staff what they would change about school if they, in fact, would even want to change anything.

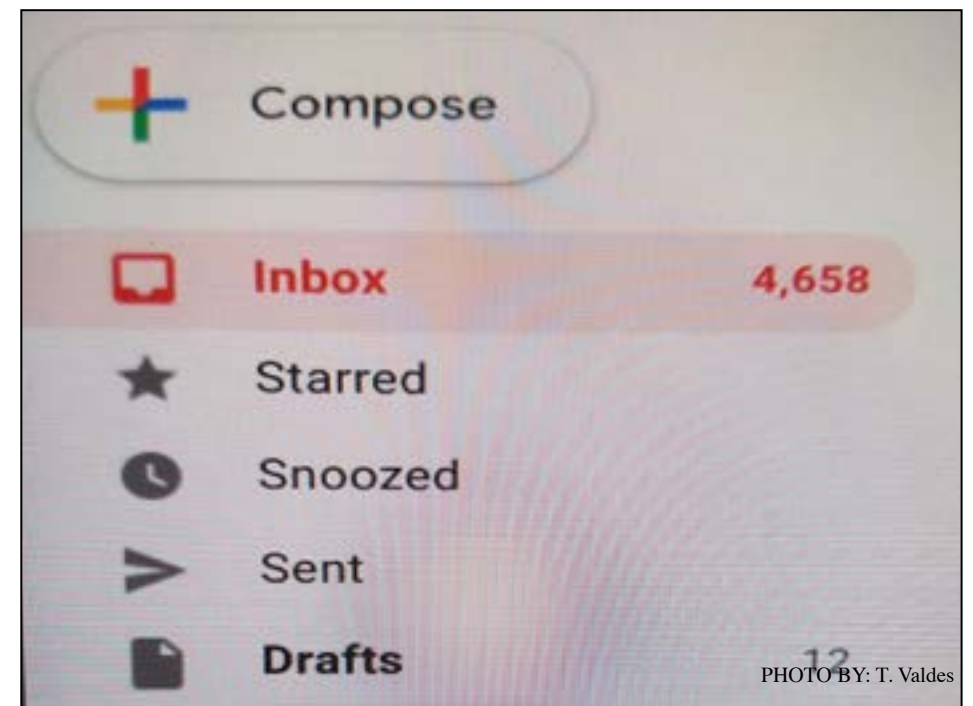
Some, such as Buena Park High School Principal Sonje Berg, wouldn't change anything. He comments, "Of course I like Buena Park High School but, not only do I like it, I believe in it! I believe it is a great institution not only for learning, but also for the overall development of well-rounded students. I enjoy the myriad programs we have here, and the continual work our students and staff put in to make them great. I love the diversity of our student body but, more importantly, I like how we are tolerant of each other's differences and that we appreciate each other's backgrounds. There is a welcoming and positive feeling around campus that continues to grow each year."

Eli Patterson, a 17-year-old senior Coyote, elaborates, "I do like the way that Buena

na Park High School is right now." She added, "I don't really want to change anything, even if I wasn't going to be graduating this year."

Mr. Dan Sage, one of Buena Park High School's assistant principals, agrees that Buena Park High School has many strong qualities, but would like to see one change. He shares, "I know that this isn't a popular idea, but I would put a nice fence around the school. I worry about our students and want to make sure that everyone is safe. I think keeping others out is the best way to do this." Mr. Sage adds how this will change if local citizens vote for a bond to pay for it. "Nice fences are very expensive," he noted.

Emily Gonzalez, an incoming freshman, has a few changes in mind both academic and somewhat in the arena of social situations. She offered, "If classes must [include] homework, the assignments should not take more than 10-15 minutes each. We have enough work [attending] school for six hours. We shouldn't come home and then have three hours of homework." Emily then elaborated on her idea of three day weekends, saying, "We feel more refreshed after a three-day weekend. The week [following three days away from school] goes so much faster, and it seems like



When it comes to making a school better, opinions run the gamut and cover all aspects.

people are more motivated."

Agreeing with Emily on the less homework issue, Sincere Brown, a 14-year old freshman Coyote, explains, "We should have less homework because [it] puts more stress on us. Seeing the number of assignments we have to do does not help." Sincere Brown then comments about changes to the scheduled breaks. He revealed that he wants "longer breaks" or "mental break time during classes." He explained that kids "don't have long attention spans" and that students have to attend "class after class."

"It feels really welcoming to everyone and it's very easy to talk to people and make friends."

Buena Park High School Junior Zach Penn, shared, "My favorite thing about BPHS is the accessibility. It feels really welcoming to everyone and it's very easy to talk to people and make friends. All I have to do is start a conversation." If Zach could make any change to the Coyote school experience, it would be school starting classes at 10:00 a.m., "I would change the start time of school," he explained, "because I often find myself too tired to focus during first period. The biological clocks of

teenagers naturally shift back, making them go to sleep and wake up later, so the extra time to sleep would really be a blessing for most students."

Zach also wishes that teachers would use similar tools in each class. He observed, "Teachers use different methods to teach; most use different computer-based tools (Kami, Google Drive and docs, and aides such as Quizlet and Kahoots). This," said, Zach, "has always made balancing all the classes a challenge, but the issue got even worse during this time of quarantine."

Agreeing with Zach that school starts way too early, fellow Coyote Johanna Penaloza, a senior, explained, "The time we go in [to first class] now is a little bit too early [because] some [students have been] awake late the night before, doing work." She would also like to see a change in "how much effort students put in. She notes the efforts of the Associated Student Body, "how they decorate the halls."

There remain so many possibilities students can dream up about how the school would change to become even better. Then again, as Dr. Berg has said, Buena Park High School has become a great place. Here, students can study, socialize, play and grow. What would you change about the school experience, if you could?



Dr. Berg wears a smile because he likes what he sees of the current Coyote crop.

Coyote Taste

Hawaiian Treats Talk

By: Nicholas Oleta
Paw Prints Staff Writer

Living in paradise is merely a dream only few have the opportunity to experience. Oahu, being the most predominant tourist-friendly island, offers the luxury of a multitude of culturally enhanced, diverse, and tasteful dishes.

“The aroma of sweet barbecue sauce permeated the air.”

My first meal on the island happened to come from the famous Zippy’s restaurant chain! With multiple locations around the island, Zippy’s caters to typical Hawaiian food preferences, with prices ranging from \$7.00 to \$20.00. After picking me up from the airport back in January, my parents ordered me Zippy’s Korean barbecue with rice and island “mac ‘n cheese.” As soon as I opened the plastic lid, the aroma of sweet barbecue sauce permeated the air. The ribs came lathered in the sweet, sweet sauce and herbs. I now occasionally visit Zippy’s for lunch and order the same meal every time. My nose will never forget the first time I experienced the smell of Zippy’s food!

One of my friends, Gabbi Knudson, happens to work as a professional shortboard surfer. Living in Hawaii as a well-known surfer on the island affords many perks! Multiple food chains and

small businesses sponsor Gabbi. One of those has become my favorite acai place on the island. Banan, a fresh acai bowl place, caters to a young and trendy crowd. The minimalist-styled location in Honolulu, which locals refer to as ‘town,’ has reopened for dine-in service with floor level seating, complete with banana leaf cushions. My friend group of six and I have the good fortune and ability to order our own acai bowls, all expenses paid by Gabbi’s sponsorship. I ordered ‘The Amazonite,’ which consists of fresh acai, finely sliced strawberries, bananas, macadamia nuts, peanut butter, and sweet honey drizzle. My order paid for by my friend’s sponsorship, comes out to \$14.50, plus tax! (I know, right?!) I would rate the bowl a 7.5 of 10 because they forgot my peanut butter. The sweet, sweet acai tastes like a fruitful blend!

After visiting the Honolulu Museum of Art (HoMA) with my friends, we found ourselves having brunch at the HoMA Cafe, located directly at the heart of the museum. The floors show beautiful tiles, the opened patio door panels let in a refreshing breeze, the greenery surrounding us brought about a sense of comfort, the nearby fountain replicated the scent of the salty ocean, and the Italian music faintly playing in the background set the perfect mood. The menu consisted of casual, contemporary meals, with the prices ranging from \$14.00 to \$34.00. I looked for something filling and meaty--and ended up ordering the garlic herb chicken and avocado sandwich, walnut pesto salad,



PHOTO BY: N. Sotela

One dessert in Hawaii has people talking... and enjoying some sweet treats.

and a virgin Peach Bellini. Once our food came out, well, I could see the steam from the garlic herb chicken ascending still. Between the sourdough buns, fresh lettuce, juicy tomatoes, and finely cut avocado sat firmly positioned. At first bite, the sandwich tasted like a small piece of heaven. My meal at the HoMA now rates as one I will always remember because of the perfect fit of the setting and the meal. I would rate it a 10/10 because the food and location made for a memorable experience. I drank my virgin Peach Bellini to the last sip while enjoying the historical art in the quad.

I happened to work at the famous Ala Moana mall’s “all you can eat” hot pot joint, Shabuya. This place offers endless veggies, meats, broth, and seafood! I often went to Shabuya with my

friends and took advantage of my employee discount. Per Covid regulations, the buffet had not yet opened, but customers could mark tallies as the quantity of how many of each item they wanted off the menu. Spicy miso broth, pork belly, corn, ramen, ponzu sauce, and black mushrooms remain my go-to combo! Despite having multiple locations in Southern California, the Shabuya in Honolulu offers a menu with more variety and seafood to cater to that island feel!

The island of Oahu fails to disappoint when it comes to pleasing one’s taste buds. As a tourist destination, the Hawaiian islands offer seemingly endless options in a wide variety of cultural foods. Do remember these suggestions when you visit Hawaii!

Guard Championship Results

The Buena Park High School Colorguard earned two bronze medals at the 2021 Winter Guard Association of Southern California Championships last week (one virtual and one in person). The event, according to Buena Park High School Coyote Corps Director Mr. Robert Shetland, equals a California Interscholastic Federation championship in the particular discipline. “We need to be especially proud of our Coyotes,” Mr.

Shetland said, “for stepping up their game this semester.” He noted the challenges faced this year by the group and added that the efforts showed “what it means to be a member of the Coyote family.”

Mr. Shetland extended appreciation to coach Rhonda Choat for navigating the various Covid-19 requirements and procedures to give what Mr. Shetland described as “an amazing experience.”

