Senior David Cormier plans to dress up as a wizard for this Halloween, a Thursday this school year.

TRICKS AND TREATS

See page 2 to pick up some tips on how Sunny Hills students create their own Halloween outfits to bring to school on Oct. 31.

See page 4 to find out some spooky activities you can do now or on all Hallow's Eve.

Art by: Karen Lee
Photo by: Megan Shin
HANNAH YI
Managing Editor

October 18, 2019

TRICKS AND TREATS

Students find effective ways to save money with DIY Halloween outfits

HANNAH YI
Managing Editor

Halloween is a long awaited holiday in which people can indulge in loads of candy and experience the spooky side of life, and now it is finally the season to bring out those costumes.

For seniors David Cormier and Katie Pham, they have already crafted their own costumes for the school to see on Halloween, which falls on a Thursday in two weeks.

However, before going to school where they can flaunt their do-it-yourself [DIY] costumes, it takes a lot of planning and processing done behind-the-scenes than one would assume.

“It takes a while to fully decide on what I want to dress up as,” Cormier said. “I start to brainstorm ideas in the middle of summer break, and whichever one I like the best, I would pick and start making it about two weeks before Halloween.”

Starting from fifth grade, Cormier said he found efficient ways to save money and create unique styles from scratch with the help of his mother.

“Back in elementary school, my mom did most of the work while I just decided on what I wanted to be for Halloween,” he said. “Freshman year was when I began to do a majority of the work; my mom would step back and help me whenever I needed more than two hands.”

Rather than buying every material needed to make a costume, Cormier and Pham find products at home they can work around with.

“A lot of the times, I use items I already have at home,” said Pham, who plans to dress up Oct. 31 as a mix of scientist and gangster. “If we have some cardboard boxes, I would use them, but if I need to go out and get materials like foam core boards or styrofoam, I normally go to Michael’s Craft Store, Joann’s craft store or the clearance aisle of any retail store.”

With costumes ranging from iPads to fantasy characters, Cormier and Pham dedicate hours of labor and planning to execute the most perfect costumes.

“For example, my iPad costume that I made my sophomore year took one to two hours, while my clock costume from junior year took me at least 10 hours in total,” he said.

Also, academic-minded teenagers are already influenced to grow up faster than they need to, and to make it a crime for them to participate in one of the most memorable moments of childhood is robbing them of the opportunity to be a kid.

Yes, perhaps an age limit does exist that might be considered too old for trick-or-treating, but being a teenager doesn’t mean anything. If anything, we’re just kids in mature bodies that study hard at subjects at school but are more responsible than the 8-year-olds knocking on doors.

Also, academic-minded teenagers are always caught up with studying for Advanced Placement classes, spending late nights on homework or doing community service. We never get to find time to enjoy our lives with something special.

However, by going out to trick-or-treat with our friends, we’re set free from our responsibilities for a few hours, and we get to make memories with our closest classmates.

It also gives us an opportunity to celebrate the event without getting into trouble since it distracts teenagers out of egging or toilet papering houses.

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—by Megan Shin, photo editor

LET TEENS HAVE THEIR HALLOWEEN FUN

My friends and I were scrolling through Instagram on my bed after homecoming when we came across a photo of a Halloween costume of an angel.

“What are we doing for Halloween this year?” my friend asked.

This question remained unanswered for a couple of days until one of my friends suggested trick-or-treating during break at school.

I thought this would be odd and a little creepy because it is unusual for teenagers to show up at doors asking for candy on Halloween.

Some cities like Chesapeake, Va. or Boomsboro, Md. have made it illegal for teenagers to trick-or-treat, according to Quartz news website qz.com.

However, the more I contemplated the idea, the more attractive it became to me, especially since it would be our last Halloween together before we go our separate ways to college.

First of all, we’re still young. Teenagers are already influenced to grow up faster than they need to, and to make it a crime for them to participate in one of the most memorable moments of childhood is robbing them of the opportunity to be a kid.

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Students looking for spooky outfits to wear on Oct. 31 can check out Spirit Halloween, which opened last month and took over the building formerly occupied by Aki-Home in the Amerige Heights Town Center.

“People like to dress up as [characters from] ‘It,’ Fortnite and anything scary,” district manager Teri Perez said of some of the more popular costumes the store has sold so far. “For some reason people really like the scary stuff.”

Among the items on display is a skeleton dressed in a clown outfit and a fuchsia wig with a sign that reads, “FREE HUGZ.”

Additionally, the costume store is different from other Halloween shops because of its interactive activities.

“People come in because they love to step on the plates [in the store] and be scared, and they love it since you cannot beat it when it comes to home decorations and mugs,” said Perez, adding that the store will close on Nov. 3.

—by Megan Shin, photo editor

For more about the seasonal store like images inside, go to shhsaccolade.com/wp/feature/.

SPIRIT HALLOWEEN OFFERS COSTUMES FOR PURCHASE

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TRICKS AND TREATS October 18, 2019

CANDID Should the ASB hold a Halloween dance?

“Yes, it’s a great opportunity for students to get together and celebrate the holiday.”
Crystal Louis, 9

“No, I don’t think many people would go. If there was more to do than just dance, then possibly.”
Dylan DeSimone, 10

“It would be fun, but it’s close to the homecoming dance, so people might choose one over the other.”
Meagan Kimbrell, 11

“Yes, it would be nice to make new memories since October is the buildup to the holiday season.”
Albert Lee, 12

PROS

Oct. 31’s for trick-or-treating

By mid-September, stores already display Halloween-themed decorations such as pumpkins, witches or costumes. Some families begin to decorate their front yards with spooky knickknacks on their front lawn. Students get in the holiday spirit by dressing out in their desired costumes if Oct. 31 falls on a school day.

Based on these situations, October already has enough Halloween spirit to go around, and if Sunny Hills students were to add on to that by asking the ASB to organize a costume-themed dance, they would just be wasting their time.

Having such an event is too cliché because most media content that teenagers view such as Mean Girls, Fun Size and Casper seem to feature one around the last week of October and it’s unnecessary to have a Holiday-themed party.

Furthermore, a Halloween dance would just be like Stag but with people dressed in costumes and orange lights displayed throughout the quad or gym. So why shouldn’t we just wait for Stag in December?

Adding the Halloween party in place of a Stag would not only be tedious, but it would be a waste of money.

To dances like homecoming or prom, many students get asked out to go with dates but having a Halloween-themed party doesn’t allow for people to ask one another. People would have to dance in large crowds with their heavy costumes bumping into one another, and it wouldn’t be a nice environment to dance in.

Halloween can be celebrated in different ways, but another school dance is not how students would want to be celebrating a holiday full of mysterious cheer and tasty sweets. It’s best that our ASB keeps its traditional costume contest in the quad during break.

ERIN LEE | theaccolade

CONS

Let’s do the ‘Monster Mash’

Most students gravitate toward our stag dances; the fun ambiance, flashing lights and loud music create an immersive atmosphere.

But time after time, it’s the same old routine – dance, drink water, dance again, drink some more water and so on.

Although the ASB gives us spirit themes for each stag, a majority of students go so they don’t tend to think twice about the theme.

Our ASB holds four stag dances throughout the school year so why not replace one with a meaningful Halloween theme, especially if Oct. 31 falls on a school day?

Our student body does not exhibit Halloween spirit and sadly, our ASB does not provide us with a “Halloween spirit week.”

In classrooms, some teachers might decorate their instructional space with an occasional pumpkin cutout or two, but I don’t see much else on campus in terms of Halloween spirit.

To me, the last day of October is more than just a night out to dress up, wear a mask and get candy.

Though the ASB organizes a costume contest during break when Oct. 31 falls on a school day, it can incorporate that event as part of the dance program. That would take care of the repetitive stag dance routine I mentioned earlier.

When speaking to my peers in Advanced Placement Psychology, they agreed that a Halloween-themed stag would be quite intriguing and worth paying the money to go to. We can imagine ourselves dancing to such Halloween classics as “Monster Mash” and “Thriller.”

I’m quite certain that the ASB would see an increase in student participation at a Halloween stag dance.

Hopefully, the ASB won’t but this idea away.

ERIN LEE | theaccolade

Compiled by Michelle Buckley
HANNAH JEONG

**PARANORMAL ACTIVITY:** A priest (left) leads an exorcism during "Evil’s" Halloween episode.

Evil takes on a new definition as CBS's latest horror TV show delves to answer unnerving questions about the roots of corruption.

Premiered Sept. 26, "Evil" plays on the thrilling idea of supernatural forces as Kristen Bouchard, (Katja Herbers, "Westworld") a skeptical psychologist, Daniel Acosta, (Mike Colter, "Luke Cage") a priest-in-training, and Ben (Aasif Mandavia, "Series of Unfortunate Events"), a blue collar contractor, investigate assignments from the Catholic church ranging from "miracles" to "demonic possessions."

"Evil" is different from other horror shows on the market because they tread on the border of science and religion to investigate the Catholic church's backlog of cases to assess whether or not something supernatural is at play. At the same time, its cast has a similar concept as Fox's "The X-Files."

Nevertheless, it's refreshing to see a show that is not another basic crime series. Rather, it involves paranormal activities to provide new storylines and perspectives. Within the first 10 minutes of the first episode, the show effectively hooks the audience with the creepy performance of the "possessed" homicide suspect (Darren Pettie, "New Amsterdam"). Its unsettling smile and charismatic acting keeps viewers on edge.

The show also successfully employs jump-scares, a must have in horrors. One well-shot scene is when Bouchard interrogates the killer, and he suddenly pounces onto the table toward her when she starts reciting the Lord’s Prayer.

As Bouchard works on the cases, she starts having night terrors featuring a demon named George. Their conversations are extremely disturbing when George interrogates Bouchard with invasive questions and even threatens to kill her children.

Airing Thursdays at 10 p.m., "Evil" is a must for horror enthusiasts, especially since this year Oct. 31 falls on a Thursday. The past four episodes of "Evil" can be streamed on cbs.com but with ads.

Overall, I'd go back again with tickets ranging from $25-$33 for regular tickets and $31-$40 for VIP tickets, which enable buyers to skip the line.

For future "inmates," my only recommendations would be to wear contacts or leave glasses at home and possibly wear earplugs to drown out some of the noise.

"Almost every kid freaked out when the lights shut off in the elevator to the ride."

-Cole Sass, 9

"It is a story-telling ride. I prefer a thrill."

-Emily Nhan, 10

"My little brothers [cried] because they didn't want to go on it."

-Mia Tafolla, 11

"My favorite memory was seeing the Jack skeleton."

-Keith Yeon, 12

"I loved the ballroom scene with the banquet and everyone dancing."

-English Teacher

Suzanne Boxdorfer

"My favorite memory is seeing [my kids] check it out for the first time."

-Social science teacher

David Fenstermaker

Compiled by Aaliyah Magana
Sunny Hills students and staff are finding themselves victims of the recent Orange County invasion of two species of mosquitoes — the Asian tiger and yellow fever — with one classroom being supplied with insect traps.

"All the bites that I’ve had from this past summer have swollen up a lot," said senior Katlin Keeffe, who has as of this week sustained 14 bites below one of her knees. "It’s weird because normally, mosquito bites don’t swell up." Advanced Placement Government teacher Greg Del Crognale also mentioned the bug attacks to his students in his fourth period class during the second week of school. "The mosquitoes harmed my wife more than me," Del Crognale said. "The itching from the bites was unbearable for her, and we purchased many different products, hoping the pain would decrease."

The Orange County Mosquito and Vector Control District reported that these insects are known for being an invasive species that came from a container ship from Asia and South America, according to ocregister.com. They usually bite mostly below the knee, hence the term used to describe them, "ankle biters."

"The mosquitoes only need a little bit of water to breed, so we put screens on all our drains and have a monthly service to pay [an exterminator]," Del Crognale said. "The best thing to do is to make sure every body in your neighborhood has no standing water, which will make it harder for the mosquitoes to breed."

As evident in Del Crognale’s home, the mosquitoes are able to breed in a body of water as small as a water bottle cap, unlike other mosquitoes that need a large body of water to thrive, according to the California Department of Health's website. "The mosquitoes harmed my wife more than me," Del Crognale said. "The itching from the bites was unbearable for her, and we purchased many different products, hoping the pain would decrease."

In addition to their unique qualities, the Aedes mosquitoes can also suck blood from their prey in full daylight while native mosquitoes to breed. "The best thing to do is to make sure every body in your neighborhood has no standing water, which will make it harder for the mosquitoes to breed."

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In addition to their unique qualities, the Aedes mosquitoes can also suck blood from their prey in full daylight while native mosquitoes to bite during the nighttime.

Some students have experienced these attacks on campus. "I was walking across the grass near the parking lot at school, and I literally caught a mosquito sucking on my knee," said senior Patrick Ordoñez, who has five bites so far. "I was so shocked because it was so bright outside."

Not only can one find these in the help of sunlight, but one can distinguish these quarter-inch bugs by looking at their distinct black and white stripes and long tails. "To fight these blood-suckers on campus, administrators contacted the Orange County Mosquito and Vector Control office to limit mosquitoes by using water-based public health mosquito control products, principal Allen Whitten said."

In addition, the district's exterminator, Pest Options Inc., installed on Tuesday two Gardner Fly Web Fly Traps in Room 138, where Tommy Li teaches his English and journalism classes. Each "trap" is a device with a light that attracted the bugs, administrators contacted the Orange County Mosquito and Vector Control office to limit mosquitoes by using water-based public health mosquito control products, principal Allen Whitten said."

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I witness my own helplessness as a mosquito — smaller than a pin-head — sucks the life out of me on the back of my left thigh. Unfortunately, I slap it off too late.

It was a hot day earlier this month when I was sitting in the dining room of my home, barely noticing the insect on my leg. I panicked silently and hit it off immediately.

The tiny bug returned shortly after, ready to attack me the second time, and it succeeded.

From that same insect I received four bites, and I don’t know if I killed it or not, but the back of my left thigh experienced the worst of it.

What started off as a little bump soon became a welt the size of a football within one night, and I found the culprits were none other than mosquitoes.

Initially, I didn’t think much of the bite (or the bug for that matter) until I heard about the invasive mosquito species from my journalism teacher.

Thinking more about it, I realize that a welt of that size usually only happens during camping trips. But more recently I’ve been noticing bites at home, school and the market. No place is safe.

Over the last two weeks, I have been bitten 12 times on my arms, legs and feet, helplessly subjected to these mini, demon-like insects.

Practical methods to “defeat” them have been futile. After finding these bites, I’ve tried wearing longer pants, staying in the house more often and keeping my eye out for them, but none have been successful. They’re everywhere.

I would have used bug spray, but I didn’t want to flood my room with its fumes before I went to sleep.

To be honest, I didn’t bother to use bug spray, but I know from experience that you have to spray every inch of your body to effectively repel mosquitoes. No, thank you. I weighed the benefits and chose to breathe over killing the bugs.

Since the option of bug spray was out, it became harder to combat these minuscule demons.

So far, the mosquitoes I’ve seen have been smaller than the typical mosquitoes I am used to. My best guess — the Asian yellow tiger, also known as Aedes albopictus — is one of the two invasive species that came from a container ship from Asia and South America, according to ocregister.com. They usually bite mostly below the knee, hence the term used to describe them, "ankle biters."

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eSports hits the big leagues

League of Legends games now part of California Interscholastic Federation

SYDNEE TALLANT
Staff Reporter

The California Interscholastic Federation (CIF) and PlayVS have agreed to a three-year term, allowing PlayVS to be the official eSports provider for CIF League of Legends games and establishing competitive gaming as an official high school sport.

“We have a very strong eSports team, and I love the increased recognition and opportunities this will bring,” principal Allen Whitten said.

As a result of this Sept. 18 announcement, the Sunny Hills "League of Legends" eSports team is preparing for CIF.

"Most of our team plays League of Legends," said Gavin Sass, eSports club president who has been on the school’s varsity League of Legends team for three years. "Rocket League and Smite are also two games that qualify for CIF, but we currently don’t have an official team for those two."

The club trains twice a week and practices based on upcoming competitions and schedules that coach Casey Mcdonald and adviser Myra Deister have planned.

"The teams often train from home several times a week," Deister said. "Some of the teams can practice at school, too."

In hopes of deterring any temptation to cheat and summon non-student players, high school teams must play on school grounds with at least one adviser.

The League of Legends team currently holds six varsity members as Oct. 22 will mark the last match of the pre-season. Once the season begins, the players will travel by bus to the competing high school for games.

As a result of CIF establishing the eSports program, League of Legends matches, which were usually played in the second semester, are now played in the first semester, creating a major time crunch.

“We are trying to take practice more serious, especially since CIF is around the corner," said goalkeeper senior Serena Lee. "I feel excited since the competition is closer."

"We haven’t started practicing with the whole team yet, but we will be starting soon," Lee said. “This time crunch is both good and bad, but hopefully it helps us stay organized and stay on top of our game.”

Once the CIF season begins Oct. 29, every Tuesday matches will be played, and if the team is doing well up until December or January, then it will advance to CIF play-offs.

No information has been released as to whether Sunny Hills’ eSports team will be able to play for CIF while also training for other leagues, "Sass said.

But one thing is for sure: The Lancer eSports team will have uniforms like other CIF athletes.

"Right now, we have our varsity jerseys from last year, but the district will be designing new ones for our team," Sass said.

Last year, during the last day of finals matches against Troy when we won first and became the No. 1 League of Legends high school team in the country.”

As of now, only the League of Legends team carries an NASEF jersey. In the future, the club is hoping to create a jersey for all club members regardless if they are on a team or not.

When the team competes in CIF competitions, no team can win money from these tournaments, but Sass is hoping competitions outside the CIF season might allow the club to earn financial compensation.

"For eSports, it is a great advantage to be able to play for CIF while also training for other leagues," Sass said.

Even though the eSports team has to switch gears and start its gaming mindset now, club leaders and members are still thrilled to have been given this opportunity to be a part of CIF.

"It gives more recognition to eSports," Sass said. “We are all very grateful and excited.”

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RELATED STORY
Read more about gamer girls — the few who play eSports at Sunny Hills and how they are breaking gender barriers in the male-dominated sport.

See Feature, page 11.
ELD class returns to Sunny Hills

ALICE SHIN  Staff Reporter

After a four-year absence, the Fullerton Joint Union High School District has decided to bring back to Sunny Hills the English Language Development (ELD) program to help students whose primary language is not English.

The last ELD classes that Sunny Hills offered was during the 2015-2016 school year before sending the ELD students to Buena Park High School.

At the time, Korean newspapers mentioned Sunny Hills in advertisements as the high school of choice for overseas South Korean parents to send their children to.

"The numbers [of ELD students] were growing again, big enough that the district could split up what had become a much bigger program than BPHS needed to have," said English teacher Suzanne Boxdorfer, who has been assigned to teach four girls — three freshmen from South Korea and one sophomore who is Korean but came from Japan — in her ELD 1 and 2 class in the same periods (first and third).

Among all four ELD students, freshman Minseo Kang has been in America for the shortest amount of time.

Kang wanted to come to Sunny Hills, but at the time, the school did not offer ELD classes, so she had to attend Buena Park.

"America is really free, compared to Korea where people are self-conscious about what others think about them," Kang said in Korean.

Similar to her ELD peers, when Kang first came to California, she said she took the English Language Proficiency for Aeronautical Communication (ELPAC) test to determine which ELD level she should be enrolled in.

Because the girls were new to English, they did not pass the ELPAC test and had to take ELD, but Sunny Hills did not offer the class until this year, so they had no choice but to go to Buena Park and take it instead.

"English is still a brand new language to them, so we work through the basics of the English language, [such as] grammar, getting used to hearing and speaking English and things like that," she said.

Approximately six years ago, Boxdorfer said the schools in the district had very few ELD students, so the three "chosen" schools to keep their ELD programs were La Habra, Fullerton and Buena Park high schools, Boxdorfer said.

However, over the past few years, the district had an increasing number of ELD students, she said.

Since the program was getting too large to handle with the three schools alone, it was necessary to divide the program from three schools back to all six schools in the district, the ELD teacher said.

Since the program has been successful in years past with Boxdorfer teaching the students, school officials decided that she would teach this year's class as well.

"We didn't have a lot of notice that we were going to be offering [ELD], so there wasn't a lot of time to train a new teacher on curriculum or class protocols or all the other things that come with ELD," said Boxdorfer, who taught periods zero to four.

She taught periods zero to four forero, and fourth periods with Boxdorfer teaching the girls.

COMING TO SUNNY HILLS: Freshman Chaehua Kim (left) and Minseo Kang, originally from Buena Park High School, are among the four new students in Suzanne Boxdorfer's new ELD class.

ATLANTA ACADEMY

ELIJAH JHEE  Asst. News Editor

Following a committee’s evaluation of Sunny Hills’ progress in the spring semester, the Western Association of Schools and Colleges [WASC] granted the campus a six-year accreditation term — the best outcome an institution can receive from the organization.

“It was a source of pride to be able to review our progress and present our self-assessment to a WASC committee,” principal Allen Whitten said. “I’m proud of the Sunny Hills community and [our] ability to have great leadership to come together and write a report.”

The WASC team informed Whitten of the accreditation through a May 21 email, followed by a July 15 mailed certificate confirming that the school did not need another official visit for six years.

English teacher Suzanne Boxdorfer said the yearlong process in preparing for the March visit promoted unity among the staff.

Sunny Hills earns accreditation

"I felt very proud of the school because we came together and pulled together something so enormous," Boxdorfer said.

Several students were chosen by the school and WASC committee to participate in small group discussions and answer WASC committee questions regarding Sunny Hills’ learning environment, she said.

Senior Katya Wang found out about the WASC result from her mom, who is the Parent Teacher Student Association president.

“I’m pretty happy about our score because since I’m a senior, if we got a low score it might have hurt us going into [college],” said Wang, who participated in the School Culture and Support for Students Personal and Academic Growth group.

In accordance with a six-year accreditation term, Boxdorfer said she will work on producing a mandatory interim report to WASC in 2023 to ensure that Sunny Hills is following the guidelines stated in its report.

PEST INVASION

attracts insects; the bulb is attached to a sticky substance that prevents bugs or other critters from escaping.

“They seem to be a good deterrent so far, as neither I nor any of my two daughters who come to school here have experienced any more bites since they were plugged in to an outlet,” said Li, who reported the problem of mosquito bites in his room Oct. 3. “I’m so glad that the district was able to respond to my concern so quickly.”

Freshman Evan Kirkland has also taken to putting on insect repellent before coming to campus.

“I think it’s better to be safe than sorry in this case,” said Kirkland, who has eight girls.

Besides such measures, Vector Control officials say that another possible chance for these ankle-biters to go away would be cooler weather.

"Nothing annoyed me more than having five swollen mosquito bites at a time," Ordonez said. "I wish winter would come faster so that they go away, hopefully."
SH needs mental health program

Accolade editorial board vote count: 11-0 in favor of the need for a mental health program or center at Sunny Hills.

In 2017, the National Institute of Mental Health reported that suicide is the second leading cause of death among individuals between ages 10 and 34.

With such a staggering statistic, it’s more urgent than ever for teens to have some place to go for help.

This issue hit close to home last school year when, according to online social media postings, a Troy freshman committed suicide.

According to a Sept. 3 Troy Oracle newspaper article, the campus has implemented a mental health program in which a therapist will be available daily. At Sunny Hills, a school psychologist is only available based on recommendation from the office or a supervisor.

The Accolade’s online news website asked its readers, “What’s the next “center” that the school should open?” Three options were given for the poll: “Mental Health center, Academic Tutoring center, Life Skills center.”

Of the nearly 90 respondents, 40 percent wanted the first option.

Though the decision to open a mental wellness center may be more of a district level decision than a campus one, we would like to encourage discussion about establishing a center on campus to help those not only who are considering suicide, but are also overwhelmed by the challenges they face in the 21st century.

Members of the ASB or the Student Senate, for example, could take the lead and talk to school administrators about the value of hiring a full-time therapist or two who are available to meet with students throughout the school day.

They can also discuss the value of holding regular, before or after school counseling sessions in which students can share their emotions and concerns to calm down in the midst of their hectic lifestyle.

Finally, it’s important to remember the cliché: the numbers don’t lie. Though our campus has created a safe environment for students to talk to teachers or staff about their problems and offers referrals to places like the Phoenix House — an off-campus service for those suffering from emotional trauma like a sudden death in the family — no one can guarantee that it’s going to be enough to prevent what happened to that Troy freshman from happening to a Sunny Hills student.

A mental health center or program doesn’t guarantee that prevention either, but we believe it’s a much needed step nevertheless.

The Accolade editorial board is made up of the top editors and section editors on staff with the guidance of adviser Tommy Li.

If you have a question about the board’s decision or an issue for the board to discuss and write about, please send an email to theaccolade6hhs@gmail.com.

My middle name presides over first

To the students
I’ve had classes with before: you’ve probably heard me tell the teacher on the first day of school that I don’t go by my first name, Karissa, but rather my middle name, Michelle. And to the teachers whose classes I’ve been in: you may have wondered why that is.

I constantly receive this question from fellow classmates and friends as to why I don’t go by Karissa, and in my first couple of years of high school, I didn’t really have an answer. All I knew was that because my father goes by his middle name, Scott, instead of his first name, Michael, my parents wanted my name to follow the same pattern.

However, after asking my dad why he goes by his middle name, I found out the story behind it. My grandmother named my father after his uncle, Michael Blum, and gave him his middle name, Scott. My father used to go by Michael up until his uncle had a falling out with the family. Because of that, my relatives did not want to be reminded of uncle Michael when speaking to my dad, so they started calling him Scott.

Now, fast forward years later to my parents thinking of a name for me. Since my father no longer went by the name of Michael, he wanted his daughter to bear a similar name — Michelle. Both wanted me to have a middle name, so my mom decided on Karissa, a name that she had in mind for a daughter before I was born that means in Greek “grace” or “beloved.”

However, after thinking it over, Michelle Karissa Buckley didn’t flow smoothly when my parents said it out loud. As a result, they decided to make my final name Karissa Michelle Buckley.

It’s hard explaining this whole backstory to those who ask why I don’t go by Karissa. Although I love the name Michelle, it can be tough when going by that name.

It’s difficult on days when a substitute calls for “Karissa Buckley,” and my friends begin to say, “I forgot your first name is Karissa! Why do you go by Michelle?” It’s even embarrassing at the doctor’s office when the nurse calls for “Karissa,” and it takes me a couple of seconds to process that I’m the one being called for.

Overall, although it’s tough having to explain why I don’t go by Michelle at times, I don’t mind it that much. Maybe in the future, I’ll continue the pattern and call my possible children by their middle name.

ERIN LEE | theaccolade

KATHERINE KIM | theaccolade
Impeachment benefits no one

“Help! The Democrats need to be sent to the hospital!”
“Why?”
“They have the Trump Derangement Syndrome.”
“What’s that?”

“It is a psychological disorder in which a person gets excessively furious and makes irrational statements about anything regarding President Trump.”

For the past three years, they seem unable to cure themselves from this. Starting from Russia, Supreme Court Justice Brett Kavanaugh, actress Stephanie “Stormy” Daniels to now Ukraine. With one scandal after another, most Democrats cannot escape their obsession to find every possible excuse to get rid of the man who won majority of the electoral college votes in 2016.

Now, this battle between Trump and the Democrats seems to have finally reached its pinnacle. On Sept. 24, House speaker Nancy Pelosi announced that the House of Representatives will officially enter impeachment proceedings after allegations that Trump requested the Ukrainian president, Volodymyr Zelensky, to investigate former vice president and 2020 Democratic presidential candidate Joe Biden so that Trump can improve his chances of winning the presidential election next year.

In the past few years since 2016, Pelosi refused to begin an impeachment inquiry while radical Democrats continued to pressure her to do so because she believed it would not be politically beneficial at the time and would result in catastrophe.

But when some of Pelosi’s colleagues raised the concern of quid pro quo (Latin for a favour for a favour) stemming from that conversation with Zelensky, it was a game changer for the northern California legislator.

While the House speaker struggled to find the “smoking gun” to impeachment, Trump unified almost all of the Republicans to support him.

How can any of the 53 Republican senators even dare vote him out of his office? We cannot forget impeachment is not just a legal problem but also a political issue.

Besides, even if Pelosi’s statements on Trump are true, it is highly unlikely Republicans would trust what she said because many believe Democrats are diagnosed with the Trump Derangement Syndrome.

Although I’m not a Trump supporter, for one always take Democrats’ allegations against Trump with a grain of salt because Robert Mueller did not have enough evidence against collusion, and the FBI concluded Kavanaugh did not sexually assault Ford. So in many attempts for them to take a jab at Trump, it failed.

Democrats attempt every day to attack and lower the president’s public approval ratings, and they have failed to initiate impeachment proceedings against him for three years, so many like me would obviously express doubts when they come forth with another allegation.

Pelosi facilitated a political civil war the day she cast her lot into the impeachment inquiry process. This battle will not end until one side completely topples the other and that could only lead to even more division among Americans.

Whoever wins, no one gains anything but bitterness and hatred.

Democrats, please come back to your senses and cure yourself from Trump Derangement Syndrome.

Letters to the editor

I was hooked on “The Accolade aims to benefit students and staff,” which appeared in “Special Sections” page 2.

I am grateful that the writers are acknowledging that not all of us, especially those without access to social media such as Instagram or TikTok, know what is up to date, what new trends are emerging or old trends declining.

— Remy Garcia-Kakebeen, freshman

One of the most interesting topics was “How to speak Journalese” on page 4 in “Special Sections.”

While reading and learning the meanings of different terms used by The Accolade, I recognized some phrases that I never knew had such historical backgrounds.

Overall, I think adding this topic to the paper was a great idea and introduced many readers to common phrases used by The Accolade.

— Lauren Angelus, sophomore

In response to the News story on page 7 titled, “College Board renovates Landscape,” I, too, feel that the College Board's new “Adversity” or “Landscape” score is unfair by ranking the quality of people’s lives with a number.

This relates to the cliché, “One step forward, two steps back.” It is a step forward in that our society began to allow all students into colleges and outlaw discrimination, but it is a step backward because studies have shown that colleges are more likely to admit students of a certain race.

The “second step back” is that people are assigning numbers to people without fully assessing their life story.

— Jaden Hom, freshman

“Law & Order” on page 6 of the News section was particularly intriguing because it educates us on laws that affect students like us in California.

These days, with all the pressures of school and extracurricular activities, most students simply do not have the time to read up on the latest laws and bills that will be passed.

But thanks to this section, students are able to get a quick summary of anything that might concern them.

— Krishna Thaker, sophomore

I do not agree with the page 9 Opinion article, “Free Lancers from locker fees.” Although the $25 fee is a bit excessive, it is necessary to fund for locker cleaning.

A solution could be lowering the price, but the school cannot trust students to be responsible and clean out their own lockers.

— Ashley Kim, sophomore

The Accolade welcomes signed letters to the editor with full name and grade level emailed to theaccoladesths@gmail.com. The staff reserves the right to edit.

For the record

The Accolade regrets the following errors from the Sept. 27 issue:

In a page 6 News infographic for the story, “2,346 enrollment surpasses statistic from 2012-2013,” the title should have been “Years when Sunny Hills student enrollment went over 2,300.”

In a page 9 Opinion article titled, “Free Lancers from locker fees,” the playing of music during passing periods actually originated from Sunny Hills principal Allen Whitten. The article also should have mentioned that the PTSA uses the collected $25 locker fees to provide other amenities for the campus such as tables with umbrellas.

In a page 16 advertisement, the name of Accolade graphics editor Erin Lee’s father should have been listed as Kang (Kenny) Lee.
Born and raised in Fullerton, she originally went by Megan DeSales. By the time she was a senior at Sunny Hills High School in 1993, the Helios yearbook’s index lists DeSales being a part of six organizations on campus, ranging from the ASB to girls varsity soccer to National Honor Society. Ironically, The Accolade school newspaper was not among that list.

But nearly 25 years later, Megan Colarossi (her married name) became a co-anchor on Fox 11 News’ “Good Day LA,” where she continues to work as a television reporter who not only reports the news from the set but also goes on location to produce the “School Standouts” feature.

In September, the 44-year-old broadcaster and cameraman from Fox 11 returned to her alma mater to shoot footage of Dance Production member, sophomore David Burn, for the “School Standouts” segment that eventually aired Sept. 19.

The Accolade then contacted the Lancer alumna for an interview to reflect on her high school memories along with how she ended up in the journalism business.

Q: What are your favorite memories at Sunny Hills?
A: I played varsity soccer all four years, and I have such fond memories on and off the field. The workouts were tough (especially running miles before practice), but our team was super close. I also loved Friday afternoon pep rallies, football games and the Stag dances. I don’t know if you still have dances in the gym, but we had so much fun (I don’t think the parent volunteers did though).

Q: What is one thing you miss the most about Sunny Hills?
A: I miss my friends and the simplicity of life. Although it all seemed so stressful at the time, trust me, it’s not. Enjoy every moment of high school. Life gets much more complicated as you get older.

Q: What brought you to become a news reporter? Were you interested in journalism since high school or did that come about after you graduated?
A: I was drawn to broadcast journalism in college at Vanderbilt University. I got an internship at the local ABC affiliate in Nashville, and I was hooked on the first day. I went out on stories and wrote news copy. It was so interesting. The best part is that no two days are the same in TV news. It’s never boring.

Q: What advice would you give to aspiring broadcasters?
A: Learn everything about the business. From writing, researching, editing and reporting, it is smart to know how to do everyone’s job because you are not only more knowledgeable, but you become more valuable.

Q: What’s the hardest part of your job?
A: You have to know a lot of different subjects. News is about covering your community, your country and the world. Whether it’s politics or pop culture, make sure you are up on current events. Read anything and everything you can every single day.

Q: What’s the easiest part of your job?
A: The easiest and one of the nicest perks of my job is that I don’t have to do my own hair and makeup. As a single mom, I barely have time to brush my teeth so thankfully, we have talented folks who make sure I look decent on the air.

Q: What are your professional goals — short term and long term?
A: My long-term goals are to raise strong, brave and confident daughters who know that they can do or be anything in this world. As for short term, I want to keep telling interesting stories and possibly write another book about starting over in life.
Girls in eSports enjoy the game despite stereotypes

HANNA OLTMAN
Asst. Opinion Editor

After a long day of lecturing and grading papers, most teachers head home to get well-needed rest. However, Sunny Hills math teacher Amanda Morris puts on her running shoes, grabs some water and hits the trails.

Her training has just begun, and she’s determined to run 26.2 miles in under four hours.

Before Morris started teaching Geometry and Honors Pre-Calculus at Sunny Hills five years ago, her love for sports motivated her to run.

“I used to play soccer from ages 4 to 16, and then I swam at Diamond Bar High School and Chapman University [until I was] 22,” Morris said. “Once I graduated, I couldn’t swim anymore [because] I didn’t have a pool, so I picked up running.”

Running first started off as a hobby, but after four months of training, she decided to challenge herself and enter her first marathon at Long Beach in 2013.

“I did my first marathon because I wanted to challenge myself, and I ended up [getting a time of] 3:40,” Morris said. “I really loved it so I continued.”

Since then, she has participated in seven long distance races — two of which she ran with her fellow SH teachers, Jennifer Papageorge and Lindsay Safe.

“We trained for the whole summer, [and] we would get together on the weekends to do a long run together,” said Papageorge, who teaches AVID and algebra. Although they were reluctant at first, the teachers ended up participating in the 2018 and 2019 Ragnar So Cal running event.

“I didn’t train well, [so it] was not fun,” said Safe, who teaches AVID and yearbook.

“I think [the course] is boring.”

Now, almost seven years later, Morris qualified for the 2020 Boston Marathon next April with a marathon time of three hours and 25 minutes.

“It took me four years to achieve my goal of qualifying for Boston,” Morris said. “Don’t get discouraged if you don’t achieve a goal right away; it takes time.”

After all her hard work, Morris will fly to Boston where she will pay for her own expenses but receive clothes and a medal after her race.

“I wish the trip was paid for! That only happens with the professional athletes, [but] I’ve worked extremely hard over the years to get where I am,” Morris said.

For the next six months, she runs 25 to 45 miles a week after school along the Fullerton Loop trail or in Brea, and she goes to the gym twice a week for strength training and yoga.

“I’m proud of what I’ve accomplished in terms of how far I’ve come in my running,” Morris said.

While balancing her teaching responsibilities and training, Morris says it is important to always push to be better, no matter how tough a situation may be.

“Set small goals along the way, and know the steps you must take to achieve each goal; reflect on your progress along the way,” Morris said. “Always work hard, and once you reach your goal, don’t get lazy; always push yourself to be better.”

ANNIE BANG
Sports Editor

At the first eSports club meeting of the year, eSports multimedia manager senior Serena Lee listens attentively among a sea of male gamers while taking photos of the Google Slide presentation.

Lee is one of very few girls who are involved in the male-dominated activity of eSports.

“[The gender gap] never really crossed my mind,” she said. “It was to be expected as none of my [female] friends played any games.”

Out of the 150 students in the eSports club, only 11 are female according to the club’s roster.

Lee began gaming at 6 years old after growing up with two older brothers who influenced her into playing video games.

Similarly, freshman Hannah Yaros began gaming at the age of 5 after following her father to gaming stores, where she would play on the test consoles.

“I love to play games because it is a bonding experience with friends and family,” Yaros said.

Despite several online articles about the gaming industry’s notoriety for its sexist culture and stereotypical views on women, none of these 11 girls felt that at Sunny Hills.

“There are so many girls that just want to enjoy video games for the same reasons [as guys],” Lee said.

Science teacher Walter Haberaecker, one of the three advisers of the club, already sees more gender balance within the gaming community here.

“We already have female members on both of our varsity and junior varsity teams,” Haberaecker said. “And if you look at the industry, [talented] female players are becoming more prevalent.”

Lee has high hopes for the future of females in eSports.

“Although there are a lack of professional female gamers to get inspiration from, I believe more females will be confident in their gaming skills in the future,” she said.
iPhone 11 takes step back than forward

KATHERINE KIM
Staff Reporter

After two years since the release of the iPhone X, Apple released its long-awaited iPhone 11, which not surprisingly, received many mixed reviews among social media users.

Like the X, Apple released three different versions: the iPhone 11 ($699), the iPhone 11 Pro ($999) and the iPhone 11 Pro Max ($1,099) on Sept. 20.

The 11 is definitely the best price, especially since the iPhone X’s original cost equaled the 11 Pro.

New additions include a different camera system that includes better camera quality, which features an LCD “Liquid Retina” panel with a 1,792 by 828 resolution; whereas, the iPhone X features an OLED display with a resolution of 2,436 by 1,125. Consumers can also pick from multiple new colors such as purple, green and midnight green, which has gained many positive remarks from social media platforms.

The 11 alone has just two lenses, which is bearable since previous iterations only had one.

But adding just one more makes the back of the device too unappealing.

In a human sense, we are used to faces with two eyes. Looking at three circles and smiling and saying, “Cheese,” is a bit more uncomfortable.

Scratches on the edges and on the front glass have also appeared among the early buyers, according to some social media posts.

But as of this week, no reports have been released as to what, if anything, Apple will do about it.

For Android users, it’s better to stick with their own products.

The Samsung Galaxy S10, for example, has better features, such as a higher resolution with 550 pixels per inch while the iPhone has 458 pixels per inch. The S10 weighs lighter, coming in at 157 grams while the iPhone 11 weighs 188.

It also offers features such as an in-screen fingerprint reader and the reverse-wireless charging (allows the charging of accessories like wireless earbuds), which the iPhone 11 does not offer.

“Tap to Wake,” “water resistance,” “dark mode,” “QuickPath typing” and “wireless charging” were created before Apple came out with the same features.

Other than offering more colors, it’s clear that Apple is running out of ideas.

### 88rising’s new album stuck in the clouds

HANNAH JEONG
Asst. Feature Editor

The Head in the Clouds II compilation album that came out Oct. 11 is the successor to 88rising’s first compilation album of the same name. This latest work, though, is disappointingly subpar and does not meet expectations set by the success of its predecessor.

88rising gained popularity with its first album among Western and Asian audiences as an American “hybrid management, record label, video production and marketing company,” as founder Sean Miyashi calls it in one 2017 Bloomberg interview. The ten-member group earned its reputation as a musical platform and label primarily for Asian and American artists releasing music in America.

Unlike the first album, most of the songs this sophomore releases is not as iconic as the first.

For example, the three minute 20 second long “La La Lost You” featuring label member NIKI is a decent song, but it lacks a catchy chorus and fails to catch listeners’ attention.

Another failure is “Just Used Music Again” by guest singer RHYME SO. This three minute and 38 second tune repeats the line “I just used music again” about 50 times and buries the eight other verses, making it quite confusing to figure out its meaning.

However, one thing the band does improve upon in this album is “These Nights,” which fits with the 1980s vibe of the song.

Rich Brian and Chungha’s “These Nights” is also memorable as it is a collaboration no one expected. Here, Brian tones down his rap and instead harmonizes with a highly auto-tuned voice, which fits with the 1980s vibe of the song.

Overall, this album is worth a listen only for those who want to see more Asian representation in the music industry. But don’t expect it to become a favorite. Perhaps the members of 88rising will need to get their heads out of the clouds to produce more music friendly songs for their third album.
‘Breaking Bad’ sequel offers fans closure

ANDREW HONG
Entertainment Editor

The “Breaking Bad” Netflix sequel, “El Camino,” brings fans the closure that they have been seeking since the last episode of the award-winning show aired six years ago.

Director Vince Gilligan, (“Breaking Bad”) provides a 122-minute film following Jesse Pinkman (Aaron Paul, “Need For Speed”) and his journey to living a peaceful life.

Fans are left with a cliff-hanger in the original show’s last episode, “Felina,” after one of the main characters, Walter White (Bryan Cranston, “Trumbo”), dies from a bullet piercing his stomach and Pinkman driving off in a Chevrolet El Camino.

The film, released on Netflix Oct. 11, provides the audience with flashbacks of Pinkman’s previous history as a crystal meth cook with high school chemistry teacher White.

The sequel begins with Pinkman driving off from the Neo-Nazi’s crystal meth laboratory and escaping to Skinny Pete’s (Charles Baker II, “The Neon Demon”) house.

The film utilizes flashbacks to remind viewers of the horrible situations Pinkman experienced as a drug dealer.

For example, when he showers in Pete’s home, the water splashing on his back reminds Pinkman of the Neo-Nazis that abused him by continuously spraying a hose at his body.

HE’S BACK: Jesse Pinkman enters Skinny Pete’s home while the police search for Pinkman.

The sequel also provides a nostalgic experience for diehard “Breaking Bad” fans by portraying many familiar characters seen in the original show, such as Ed Galbraith (Robert Forster, “Olympus Has Fallen”) and Junkyard Joe (Larry Hankin, “Barry”).

Joe’s brief depiction in the sequel’s trailer gave fans the assumption that he had a major role in this film. But in the film, Joe is only briefly seen towing the El Camino away and quickly driving off after detecting a GPS on the car.

Surprisingly, Galbraith plays one of the biggest roles in the sequel as he supplies Pinkman with an entirely new identity at the end of the film.

Although the scenes are not the high stakes situations that fans are used to seeing in the original show, the directors add subtle climactic situations, such as when Pinkman sneaks into one of his Neo-Nazi’s apartment.

The plotline does not drift away into scenes that are unrelated to “Breaking Bad,” which ensures that the film focuses on Pinkman’s end goal: peace.

Although the sequel ends with Pinkman driving off into the distance, viewers remain satisfied with the assurance that he finally finds peace in his life.

The Source remains unfinished, offers mediocre entertainment

After 16 years of living in the same neighborhood with the same shopping plaza and same restaurants, life can get a bit repetitive.

However, among conventional shopping centers such as Brea Mall and Irvine Spectrum, one shopping district in Buena Park differentiates itself: The Source.

Amid the rise of Korean pop, The Source, located on 6940 Beach Blvd., serves as an outlet for an immersion of mainly modern and traditional Korean cultures.

The Korean-themed mall boasts dining and shopping options, a movie theater and outdoor venue for various events.

Because of its close proximity to our school and the high population of Asians here, The Source is an accessible option for students looking for a quick bite or entertainment.

As a Korean myself, I am proud that the Korean culture is being widely represented in my community, but The Source is a bit overrated.

Even though it has been nearly three years since the mall’s construction, many sections of the buildings remain bare and often lead to dead-ends. In addition, many of the dining options I personally have tried at The Source have been antichlimactic.

As someone who grew up eating Korean food, I was excited to try food at a place that obviously specialized in Korean culture.

Unfortunately, the food I ordered at School Food was mediocre, and while I expected an accurate representation of traditional Korean street food, the $9.99 egg spam roll and $9.99 carbonara topokki were flavorless.

On the other hand, the unique CGV cinema movie theater at the Source boasts four-dimensional screens and shows American and Korean movies.

My experience at this theater was pleasant overall. I was happy to be able to watch a Korean movie in a movie theater, but the seats were less satisfactory than the reclining seats offered at AMC cinemas.

When evaluated as a whole, The Source is not as compelling as it could be. I guess I could say The Source is underwhelming.

DIVERSITY: The Source provides a multitude of Asian dessert and beverage stores, such as Okbingsul and Ding Tea.
Lancers deserve mascot

For years, one critical feature has been missing from our Sunny Hills sports games. We’ve had ankle breakers, CIF titles and top athletic recruits, but our sidelines have lacked one key aspect — a mascot.

These mascots rile the crowd up and improve school spirit at our sports games. Although Sunny Hills football games used to have Winston Creel, a former Sunny Hills parent, ride his horse around Buena Park High School stadium, Creel has been unable to continue his Friday night tradition from several years ago.

Our student section at sports home games should have a new person (or animal) to rally the crowd and support the team during tense battles against league rivals. In a Nov. 9, 2017, Accolade staff editorial, we suggested that someone take Creel’s place, but that idea fell to deaf ears.

In an online survey on The Accolade’s news website, the sports section asked what our readers would want for a new mascot. Of the 181 voters since the survey was first posted Oct. 2, 64 votes went to someone dressed as a sun followed by 59 nods for someone dressed as a Lancer knight. Fifty one respondents chose an animal from the school’s Agriculture Department, and seven opted for someone dressed as a super fan.

I do not agree with these results. Though we are called “Sunny Hills” and our yearbook is named after the Greek sun god, such a mascot would look silly. How are we supposed to look fearsome and intimidating to our opponents if we were to have someone look like the image on a bottle of Sunny D? A Lancer knight seems like a sensible option, but who is willing to run around in a metal suit for more than two hours?

A live animal mascot can do that job for us. We have a wide selection of fierce creatures from our Agriculture program —

Girls volleyball beats Fullerton

The Sunny Hills girls volleyball team kicked off the final week of Freeway League play with a dominating 3-0 victory Monday over Fullerton High School.

“Because we had a rough [first] game with Fullerton, [we] wanted to play even harder and because it was senior night, everyone wanted to win,” outside hitter and right side hitter senior Kayla Cho said.

The girls are proud of themselves for winning on their senior night, and they followed that up with another win against Troy Wednesday. Details of that match were unavailable at press time.

Head coach Amanda Donaldson was proud of her girls for their win.

“[Kojonroj] played really well against me, hitting the ball as strong but also accurate as she can,” Crystal Kim said. “I enjoyed our game, and I hope we will have another enjoyable match.”

Instead of going to Troy, Crystal Kim said she chose to join the Lady Lancers “because I heard that they had a decent tennis team.”

The Lady Lancers captain senior Emily Kim commends her team-mate’s efforts so far this season.

“She always goes into her matches with the mindset of winning,” Emily Kim said. “She is a passionate, driven team player.”

Freshman looks to ace tennis season this year

Freshman Crystal Kim surges to new heights as a varsity tennis player at Sunny Hills High School.

Kim began playing tennis at the age of 5, and according to Tennis Recruiting, she is now ranked No. 178 nationally.

“I started playing because my dad was a national tennis player in Korea, so I [was] inspired by him,” Kim said, who only lost one match so far this season. “I feel a bit pressured from time to time, but I try to do my best while practicing with him.”

Her father, Andy Kim, trained her in tennis, passing down his knowledge as a player for the South Korean national team. During Kim’s junior years, he was ranked No. 1.

Although his daughter suffered an injury two weeks ago, she still continues to play her game.

“I overused my wrist and sprained my ankle in a private tournament,” Crystal Kim said. “I couldn’t run during the games, and I had to just bear the pain and play to the best of my abilities.”

Though she may be portrayed as a flawless player by many of her fellow teammates, she also points out her weaknesses — one of them being her backhand.

“I try to improve by doing drills and practicing a lot,” the freshman said. “I would do more ground strokes for my backhand.”

Sunny Hills played against Troy High School Oct. 8, and Crystal Kim beat her United States Tennis Association SoCal doubles partner, freshman Nadia Kojonroj 7-5.

“[Kojonroj] played really well against me, hitting the ball just as strong as me,” Kim said. “I enjoyed our game, and I hope we will have another enjoyable match.”

The Accolade
Weightlifter ‘snatches’ gold medal

Freshman competes in tournaments in hopes of reaching summer Olympics

ANDREW PARK
Staff Reporter

Freshman Julian Malone knows what it’s like to win gold medals — he’s aiming to lift an Olympic one some day.

At the Oct. 4 Masters World Cup of weightlifting in San Diego, Malone won three gold medals in the 67 kilogram weight category by placing first in Snatch and Clear & Jerk, two different methods of lifting the weight.

“I felt really good about winning gold in the competition,” he said. “Weightlifting is something I have a great passion for so placing first means a lot to me.”

Malone recently began competing in national tournaments, participating in his first one at the 2019 USA Weightlifting Youth Weightlifting Championships on June 24 in Anaheim.

Although Malone is now an award-winning weightlifter, he had to overcome a recent hurdle to make it this far.

Three weeks before the June 24 contest, he suffered from trauma following a mild whiplash after a car accident in which another driver passed a red light and broadsided the vehicle Malone was a passenger in.

“I thought I was never going to compete again,” he said.

Nevertheless, Malone returned to training two weeks after the accident.

“I overcame the accident with persistence,” he said. “I kept working out after the accident and would try to recover from the trauma.”

Monica Malone is proud of her son’s accomplishments.

“To see my son have the mental fortitude and focus to execute clean lifts in competition under pressure is a reassurance that he has the basic skills to face life’s obstacles.”

FROM PAGE 14

MASCOT

Snorting pigs and mooing oxen — all of which could boost the school spirit among the crowd in our student section.

Even though animals are not part of our official school name, they still represent a prized program at Sunny Hills and can embody the winning spirit that many of our sports teams have. These lovable animals will easily grab our attention as fans and bring more students to the games, and in turn make more money for our school and its teams.

Let’s supplement our student section and cheering crowds with a final supporter—and it might just be a 200 pound hog.

**FOOTBALL**
- Overall record: 6-1
- League record: 2-0
- Tied for 1st in League

**GIRLS TENNIS**
- Overall record: 10-5
- League record: 6-1
- 2nd in League

**BOYS WATERPOLO**
- Overall record: 3-14
- League record: 1-3
- 5th in League

**VOLLEYBALL**
- Overall record: 14-11
- League record: 6-3
- Tied for 2nd in League

**BOYS AND GIRLS CROSS COUNTRY**
- Boys Varsity: 9th in League
- Girls Varsity: 1st in League

**GIRLS GOLF**
- Overall record: 9-9
- League record: 7-3
- 3rd in League
‘TRADITION NEVER GRADUATES’

Girls volleyball, girls soccer start and keep routines

HOPE LI
Staff Reporter

Although Sunny Hills’ alma mater is not well known, its popularity is just beginning, thanks to efforts by the ASB athletics commissioner.

Junior Jenna Beining, also a girls varsity volleyball player, started a tradition this season to revive the alma mater by singing it after football and volleyball games.

She was inspired by an opposing team and its audience that sang its alma mater after winning a pre-season game.

“I really liked the school spirit that it brought, so I wanted to do the same at our school,” Beining said. “It was a super cool way to show school unity [since the audience] was excited when they sang it.”

She first saw the alma mater on the gym walls at her older sister Melissa’s 2015-2016 volleyball games, but it was not repainted after the remodel in 2017.

So when she attended this year’s ASB summer meeting, she introduced the idea of singing the alma mater and later met with athletics director Jon Caffrey and principal Allen Whitten to finalize a new alma mater design.

 “[Beining] said, ‘Hey you remodeled the gym, but you took down the alma mater,’” Whitten said. “And I said, ‘Hey, you’re right. If you’d like to put it back up, [you should] design it. I’ll connect you with a painter, and we’ll paint it back up there.’”

The song impressed girls volleyball head coach Amanda Donaldson.

“The girls put a little twist on the way we sing it, which is very volleyball individualized,” Donaldson said. “Jenna got the ball rolling [by] getting the [team] to practice the words, [and] then [junior] Elyse Yoon added our little twist to it, and now it is a staple.”

Football games have also adopted the loud twist, which is at the end of the song.

“When it gets to the ‘Sunny Hills’ part of the song, they go out of tune and yell, ‘Sunny Hills,’ at the top of their lungs in a specific chantlike way,” Donaldson said. “It makes it unique and gives it more hype than just the slow, swaying melody.”

The girls soccer team’s staple is in its slogan since 2001, “Tradition Never Graduates,” which represents the goal: a CIF championship.

“Even though we graduate great players every year, the next team will carry on the championship tradition,” Gordon said. “And also, we play for those who came before and set the standard for those who follow.”

Beining hopes the alma mater tradition will continue even after she graduates, but meanwhile, her vision for the alma mater is already coming true.

“I’m definitely happy about what’s come of it … and can’t wait to see where it goes from here!” she said.

**TOGETHER WE STAND:** Members of the girls volleyball team band together while singing the alma mater following their final home Freeway League game Monday against Fullerton.

PAUL YASUTAKE | theaccolade

SH football deserves our praise

Black and gold flags proudly flap in the wind. The overwhelming sound of aggressive drums and vigorous trumpets flood the ears of energetic students. They powerfully stomp on the metal benches as the brown football lands into the hands of a Lancer clad in football pads — touchdown.

A school’s football team is a major aspect of its culture and pride, and Sunny Hills High School is no exception. “Boring” is the last word a spectator would call our student section during these games, and to be honest, it has become a driving force of spirit for our school.

With a 5-1 record so far this season, the football team has transformed from an up-and-coming program when I was a freshman to a prominent force in the Freeway League now that I’m a senior. In fact, in 2012, the Lancers finished with a 2-7 record. Six years later, the Lancers made an astounding growth and boasted an impressive 8-3 season.

This year, I’m certain that the team will reach new heights, and I’m not the only one on board. In a promotional video for Lancer football on YouTube titled “Camp Chronicles: Sunny Hills Football 2019,” quarterback senior Luke Duxbury commented on how in the past, a student looking to play football at Sunny Hills was unrealistic.

“When I was in eighth grade, it was like, ‘Oh you’re going to Sunny Hills to play football like, why would you do that?’” Duxbury said. “We really feel that we can come out this year and show everybody that Sunny Hills has been getting better, but we’re not just a good program — we’re really looking to be great.”

Still not convinced? Data released by the CIF-Southern Section says otherwise. According to its weekly poll, it ranked the Lancers in second place in Division 8 football as of Oct. 8, only falling behind Aliso Niguel, our only lost of the season.

So if any students are still skeptical on coming out to the games and supporting our players, they should realize that they’re missing out on a truly memorable team that could make history.