

NEWS

DANCING WITH THE STAFF, PG. 3

Student performers and faculty prepare for annual event.

FEATURE

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SH alumna recalls experience leaving an evangelical cult.

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CLIMATE ACTIVISTS, PG. 15

Is civil disobedience justified when protesting climate change?

ARTS & ENTERTAINMENT

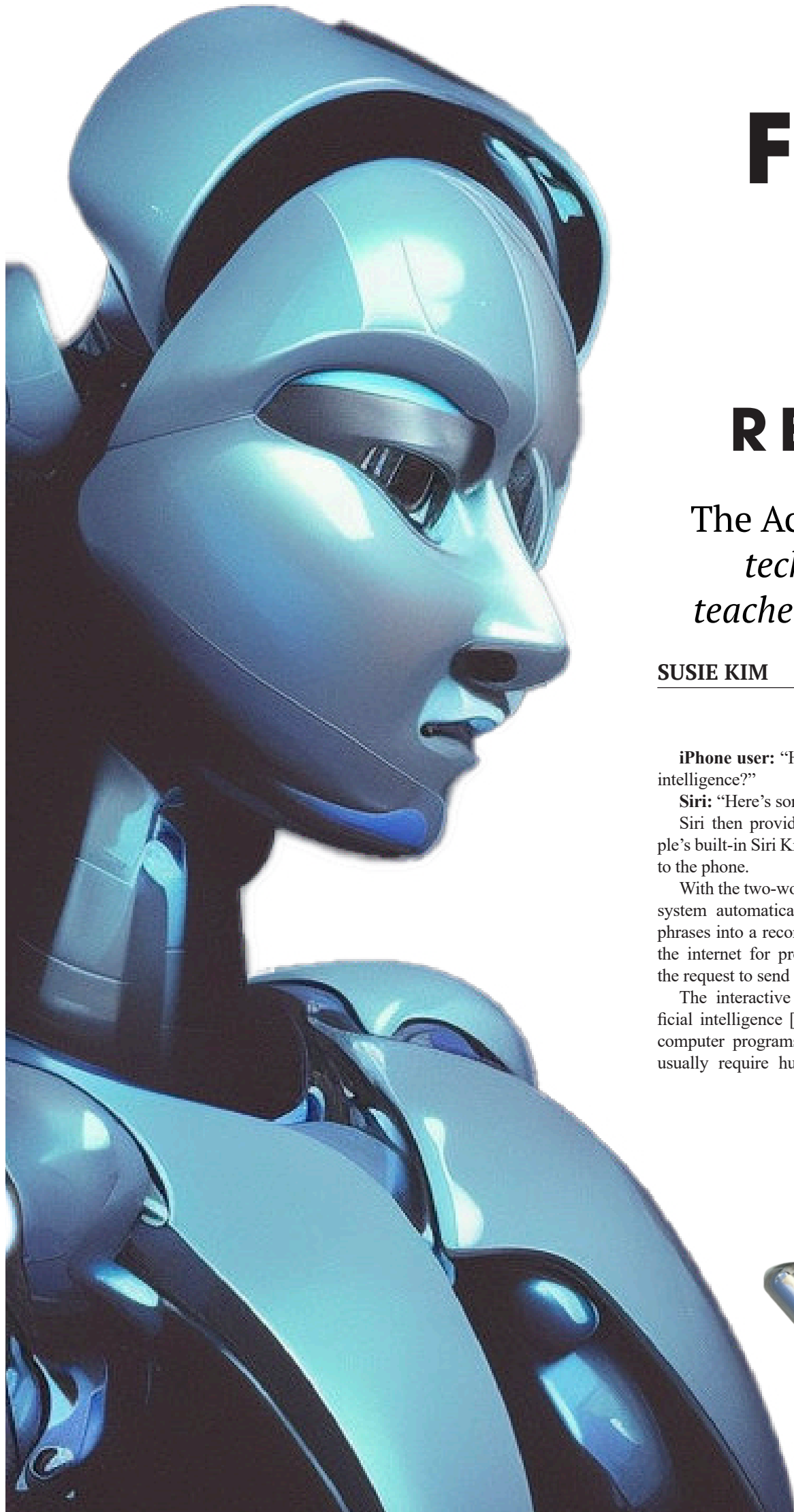
BLACK PANTHER TWO, PG. 18

The sequel "Wakanda Forever" keeps the series alive.

SPORTS

SOCCER COMMIT, PG. 20

Senior signs to her dream college, SFSU.



READY FOR THE AI REVOLUTION?

The Accolade *investigates how recent technology will affect students, teachers and our 21st-century society*

SUSIE KIM

News Editor

iPhone user: "Hey Siri, what is artificial intelligence?"

Siri: "Here's some information."

Siri then provides one source from Apple's built-in Siri Knowledge and sends links to the phone.

With the two-word trigger "Hey Siri," the system automatically stores the following phrases into a recording that passes through the internet for processing, which reviews the request to send a relevant output.

The interactive voice incorporates artificial intelligence [AI], the development of computer programs to complete tasks that usually require human reasoning, percep-

tions and learning, to interpret each vocal input. The program relies on AI's various subsets including natural language generation and machine learning to improve responses based on user experience and general habits, according to a Nov. 23, 2020, article from *IT Chronicles*.

While these features have come to be known as digital home assistants, some in the AI industry have gone as far as incorporating such advancements into a humanoid robot similar to the ones portrayed in sci-fi movies like "Blade Runner" and "Terminator."

Tesla founder and the world's wealthiest man Elon Musk, for example, has introduced "Optimus," the company's moving prototype for a humanoid robot. These advancements have caused many to lump digital assistants with robotics into the same category as AI.

ARTIFICIAL INTELLIGENCE >> Page 14



The images on the left and right were generated within 20 seconds by AI-powered art websites, Playground AI and DALL-E, respectively.

TIKTOK INFLUENCERS

The Associated Student Body and yearbook are gaining views on their new social media accounts

GRACE MIN

Sports Editor

In response to a Fullerton Joint Union High School District push to improve social media presence for each school site's programs, the Associated Student Body [ASB] and the *Helios* yearbook staff have created TikTok accounts.

"[District officials] wanted the school to have a bunch of social media accounts, and I think part of it is that they want to reach out to the community about what's happening at Sunny Hills," ASB adviser David Fenstermaker said.

TikTok, the current powerhouse of trends among students, attracts about 1 billion monthly active users, according to an article on Sprout Social.

And that explains why these programs have added TikTok to their social media handles.

"The decision to use TikTok was part of the district's request and part our request because less

and less people are on Twitter and more and more people are on other social media avenues," Fenstermaker said. "Obviously, we have Instagram, so this is just an extension of that."

The ASB posted its first TikTok video on Aug. 24 to publicize the beginning-of-the-year stag dance, and it reached nearly 3,000 views. It also served as a 17-second long teaser for the event, presenting the dance's theme, date and ticket prices.

Since then, the ASB has uploaded 27 informative but humorous videos about student events such as football games, spirit days and sports rallies.

"It's a new way we can promote our school and the ASB, and it's been very successful," ASB athletics commissioner senior Camila Perez said.

As of Nov. 17 the account has 812 followers while its most viewed video with information about the location of the homecoming dance, its indoor arcade and coat check, garnered over

76,800 views and 13,800 likes.

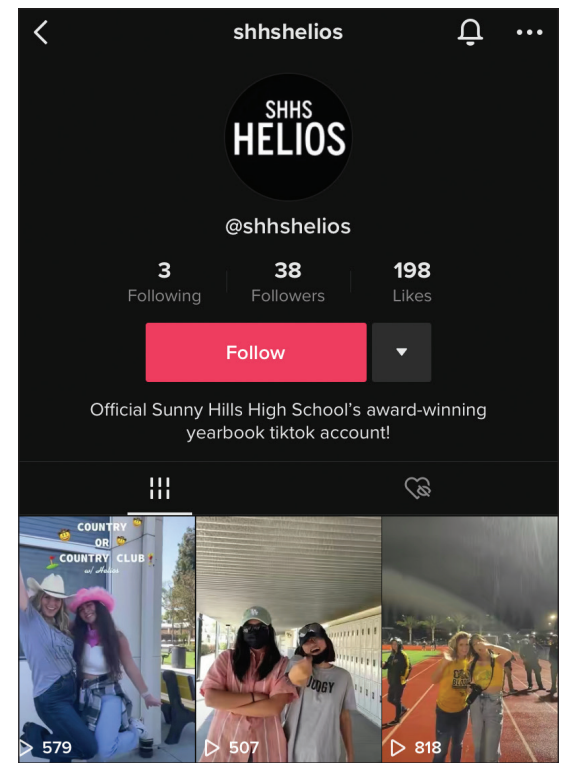
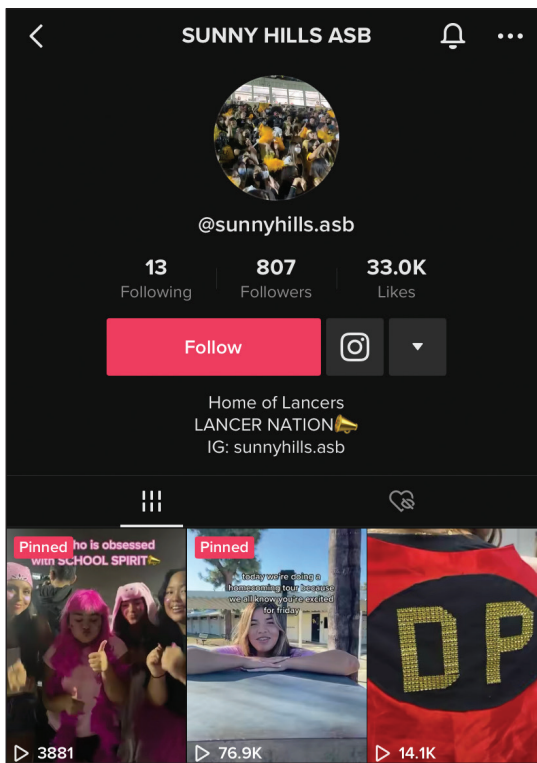
"I think students become more aware of [school events] because of our videos rather than the daily announcements since not everyone may be listening," said ASB social committee member senior Lauren Yamane, who was featured in the most viewed homecoming video.

Yamane, who manages the account, said she believes all eight of the ASB videos publicizing the Oct. 1 homecoming dance helped sell more tickets than in the past.

Likewise, ASB technology committee member sophomore Liam Weinreich agrees that the videos played a role in the record-breaking homecoming ticket sales, which peaked at 1,550.

"I feel like it really boosted ticket sales for homecoming because the ASB really put a lot of work and effort into that whole campaign," Weinreich said. "As you saw, we reached record-breaking sales which is pretty cool."

Though the ASB refrains from



Source: @sunnyhills.asb@shhshelios

FOR YOU: The Associated Student Body and Helios' TikTok profiles showcase their recent viral videos as of Wednesday.

NOTABLE NUMBERS

After the ASB created a TikTok account, its most viral video posted on Sept. 27 accumulated the following interactions:

- 77.0K views
- 13.8K likes
- 61 comments
- 308 saves
- 94 shares

Source: @sunnyhills.asb
Compiled by Susie Kim

posting on a set schedule, it stays active on TikTok and Instagram per the district's request, Fenstermaker said.

Meanwhile, *Helios* posted its first and most viewed TikTok on Sept. 10 and fostered over 800 views, documenting the yearbook's coverage of the September boys football home game against Brea Olinda. The account holds only 38 followers as of Nov. 17.

"I think TikTok can be useful but as of right now, I think it's better that we [utilize our Instagram] since we have a larger following as opposed to a small following on TikTok," said yearbook adviser Lindsay Safe, who requires her staff to post daily on social media – either on TikTok or Instagram. "We need to utilize [social media] for the fun of it, but it also needs to be utilized to promote deadlines."

In contrast to its TikTok account, *Helios* has gathered 798 followers on its Instagram page through the help of social media manager senior Ellen Chun.

"Right now I'm very inconsistent on TikTok because I'm so used to posting on Instagram," Chun said. "I don't really have hopes of us getting famous, but through our videos on TikTok, I want our audience to know that *Helios* is not just solely work – it's more like family."

Meanwhile, principal Craig Weinreich said neither the school nor the district has any written parameters about what can or can't be posted on social media by school programs.



theaccolade file photo

BUSY BILLS: In honor of the annual Minutes of Hope fundraiser, math teacher Kari Morita collects then-senior Sharon Choi's donation November 2021.

ASB plans for yearly fundraising activity

DAVID KIM

Staff Reporter

Continuing its six-year tradition, the Associated Student Body [ASB] hopes to surpass last year's \$1,600 record through its annual Minute of Hope fundraiser on Dec. 15 during period two.

"Last year we raised a little over \$1,000," ASB adviser David Fenstermaker said. "So at any given time, you figure \$20 a class could lead you to a total of \$1,500 or \$1,600."

The proceedings will continue to be given toward Pathways of Hope, which will use the money collected to help benefit the needs of the homeless and low income families throughout Fullerton.

"It's a Fullerton specific charity, and we

hope that they use the money to go to food banks to provide fresh food for people in our community," Fenstermaker said. "The ASB and [Parent Teacher Student Association] have had a couple of different versions of this charity, and they've always been Fullerton-specific — Pathways of Hope is a part of that."

The ASB adviser said it will also accept physical item donations such as canned goods, which will help contribute to those in need.

"I am thrilled to be planning the next fundraiser for Sunny Hills," said ASB community affairs senior Jaden Michel, who also helped coordinate the Miracle Minute fundraiser on Oct. 14. "Hopefully, there will be even more participation from the students in the classroom funds collection."

DANCING WITH THE STAFF (UNMASKED EDITION)

For the first time since the COVID-19 pandemic, performers will not have to wear face coverings on stage

EUREE KIM & DAREEN HAGEKHALIL

Staff Reporter & Cub Reporter

For the first time since 2019 before the COVID-19 pandemic, those performing on stage for Dancing With the Staff [DWTS] next month will not be required to wear masks.

“Dancing without masks are the final connections to the audience that we were missing [before], so I’m so excited that performers can connect in that way,” said Dance Department director Leiana Volen, who’s organizing the Dec. 8-9 fundraiser in the Performing Arts Center. “It’s obviously the expression through movement and facial expressions that I’m excited for.”

Those in the audience will also be able to enjoy watching each others’ facial reactions to the performances as the COVID-19 pandemic forced everyone indoors to remain masked until earlier this March.

The end of such indoor mask restrictions have also benefited the

rehearsal times for performers.

“It’s super fun seeing my students teaching other teachers how to dance,” Volen said. “I love the reversing of roles and the opportunity for my Dance 3 and Dance Production [DP] students to teach, so it is a great experience.”

DP members, teachers and administrators will perform a two-night show from 7-9:30 p.m., showcasing their talents outside the classroom in three-minute trios choreographed by DP and Dance 3 members.

In contrast with the eight staff participants last year, 13 will perform, including three returners from last year: math teachers Christian Bueno and Mariam Tan and athletic director Paul Jones.

“I think [DWTS] is great, and I like it,” said principal Craig Weinreich, who will be participating in this event for the first time. “[DWTS] is a great way to be part of the campus and show students another side of you.”

DP member sophomore Lauren Bromley, who partnered with assistant cheer coach Jessica Espinoza, said her current biggest struggle involves discovering



SUMMER SUEKI | theaccolade
HATS OFF: Junior Ashley Hong (left), athletic director Paul Jones and senior Jaden Michel incorporate a hat and chair for their prop in their Dancing With the Staff rehearsal Thursday.

the adults’ talents in dancing and finding out what skills they can emphasize in their choreography.

“It’s definitely different being a teacher instead of a learner,” Bromley said. “It’s hard for us to make their dance moves suit their style.”

Jones, who placed first as last year’s fan favorite winner, said he’s striving to win another title this year.

“Since my world is mostly full of athletics, I enjoy meeting and working with students who are involved in other areas on campus,” said Jones, who chose to team up with the same student dancers as last year, DP co-captains senior Jaden Michel and junior Ashley Hong. “It was fun winning fan favorite and [being] runner-up [of

the whole event] last year, so I am looking forward to working with our team to attempt to place again.”

Last year, theater teacher Christian Penuelas won the first night of DWTS followed by Bueno the next day.

“I will most likely be watching DWTS this year, and I am hoping they let me judge this year,” Penuelas said. “To all the teachers who are participating: good luck and remember to just have fun, practice and don’t forget to stretch — trust me.”

With a familiar background in cheer, Espinoza said she’s excited about her first DWTS appearance since her life has been dedicated to dance up to this day.

“I’m really enjoying working with my assigned dancers,

and they put a lot of hard work in their routines,” she said. “Our whole purpose is to showcase all of our hard work and to have fun with it all.”

Michel said she’s looking forward to what Jones and Hong can bring to the stage again.

“It feels pretty great to have the roles reversed, and in all honesty, it’s kind of satisfying just to have a voice over what the teachers do,” she said. “It also is a wake-up call to myself that teaching is not the easiest thing in the world, and they actually have a pretty hard job.”

Starting Dec. 1, DP students will sell tickets in front of Room 130 during lunch and break for \$12 with an Associated Student Body Gold card and \$15 without.



DANCING KINGS AND QUEENS

Math and science teachers have dominated the stage during Dancing With the Staff shows from 2016-2019.

2016



Agriculture teacher Brian Kim (and 2017) Former math teacher Dawn Bova



2017



Math teacher Cristian Bueno

2018



Math teacher Mariam Tan (and 2019) Former science teacher Jack Adams



2019



Science teacher Chris Ghareebo

Source: Leiana Volen
 Compiled by Susie Kim
 theaccolade file photo

Sunny Hills chosen again for international assessment

52 random students earn \$25, service hours for taking Nov. 9 exam

IRENE PARK

Cub Reporter

A total of 52 students — most of whom were sophomores — were randomly selected last week to take an international exam in the library that covers math, reading and science literacy.

For agreeing to participate in the Program of International Student Assessment, the Paris-based Organization for Economic Cooperation and Development [OECD] — which sponsors the test — gave each exam-taker a \$25 check along with a certificate recognizing them for completing four hours of volunteer service.

“All I was thinking was what food I should buy first,” Caelyn Halliday said. “I thought to myself that I should treat myself for all my hard work and save the rest of the money for later.”

After finishing the test, sophomore Elijah Duong said it contained straightforward questions rather than more challenging concepts.

“It felt like the exam was supposed to be grade level,” Duong said. “I think it really was a check for understanding; it wasn’t trying to trick us.”

Duong and sophomore Elisa Barjas acknowledged facing several academic challenges during distance learning and felt that the results for the exam may generally be lower this year.

“I think we all had our challenges during distance learning, and I think that cut us off a year back,” Barjas said. “So I think the grades are going to be lower because we

NOTABLE NUMBERS

The Organization for Economic Cooperation and Development has for the second time selected Sunny Hills students to take its international exam. Here are some other stats:

- 651 qualified Lancers
- 52 tests administered
- Randomly selected students born between July 2006 and June 2007

Source: Genesis Perez, college and career guidance technician
Compiled by Susie Kim

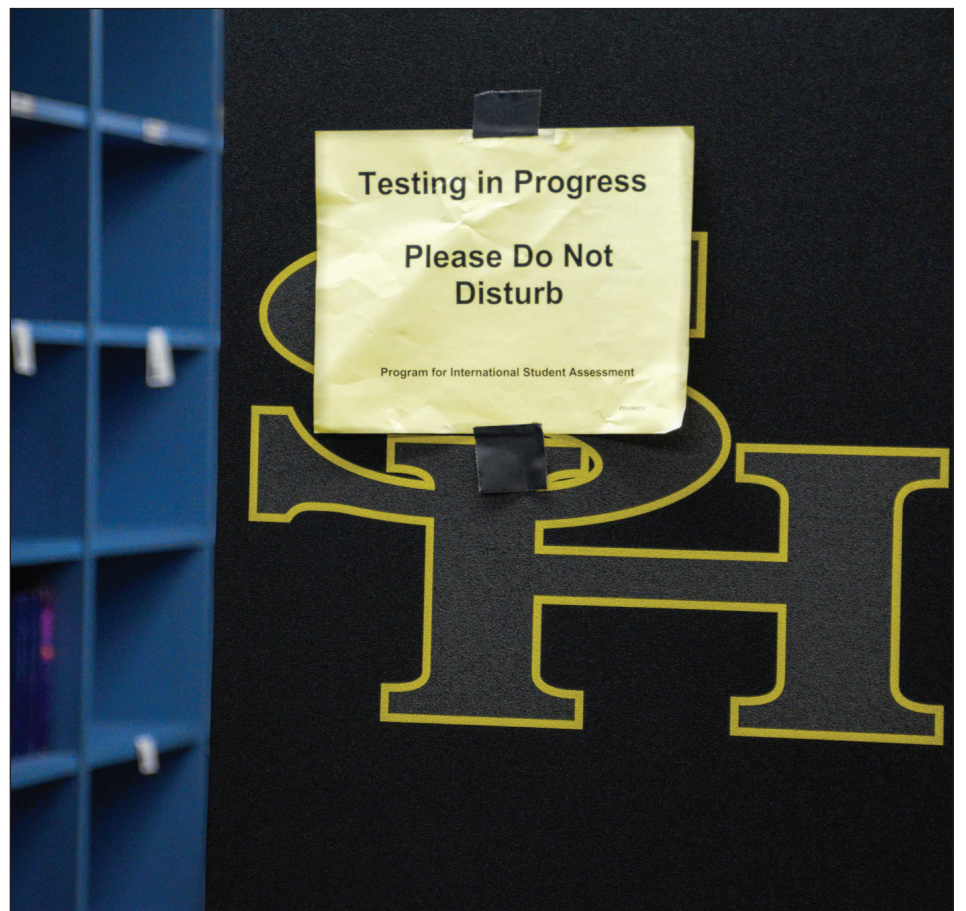
just lost the whole year.”

The Nov. 9 exam was the second one that a select number of Sunny Hills students took — the last time being in 2018. Like with the previous test administration, the international organization randomly selected Sunny Hills among over 80 schools around the globe to participate.

After school officials provided the program with a list of 651 eligible test-takers — those born between July 1, 2006, and July 7, 2007 — test organizers narrowed that number down to 52, said guidance counselor Genesis Perez, who organized the assessment.

“It’s a good way to kind of show off what we do here and see our ranking and represent the United States,” principal Craig Weinreich said. “It’s something they can put on a resume that they participated in this testing and is an internationally known indicator of how successful their school is.”

Last week’s exam began with two topic-specific sessions — each an hour long — and ended with another hour-long questionnaire to gather information on how the



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KEEP QUIET: School officials close one section of the Lyceum Nov. 9 so randomly selected students can take an international assessment.

students felt about Sunny Hills’ approach to education, Caelyn Halliday said.

“Students do not receive their scores,” Perez said. “We’ll just get an understanding of how the school is doing compared to the other schools and students that participated.”

Though this international exam is administered every three years, it was postponed to accommodate the complications of the COVID-19 pandemic, according to

OECD.

In 2018, SH students ranked top 10 in the reading, science and math categories, including a tied first place title with provinces of China and Singapore for reading.

Weinreich said he feels confident that this year’s group of test-takers would produce similar outcomes for the school.

“We tend to test pretty well, so hopefully we will do the same this time,” he said.

PTSA enacts new engagement award

Teachers obtain opportunity to recognize students overlooked for their hard work

STACY KIM

Staff Reporter

E³.

That’s the shortened version of the new Exceptional Effort and Engagement award sponsored by the Parent Teacher Student Association [PTSA].

But instead of another honor to recognize student academic success, PTSA officials said they aim to show appreciation to those who shine in other areas of campus life.

“Through a PTSA meeting [at the beginning of the year], we talked about wanting more of an emphasis on the non-academics of the school such as the character building aspect for students,” said PTSA executive president Joanne Cho, who introduced the idea last year.

“There are so many awards rewarding academics, sports and such, but we wanted to recognize those kids who contribute on campus but nev-

er get praised.”

Though the PTSA originally named the honor the Exceptional Effort award, principal Craig Weinreich suggested the nickname, “E cubed,” adding the “engagement” aspect to make it easier to remember, Cho said.

In a Nov. 4 email, Weinreich informed teachers about the new PTSA award as well as the Nov. 18 deadline to nominate students.

“The hope is that this award will provide opportunities for the recognition of Lancers who may not always be noticed and acknowledged for their hard work and dedication within our classrooms or across our campus in ways that are not necessarily determined solely by their academic achievements,” Weinreich wrote in the email.

E³ will be distributed quarterly and given to those who exemplify one or more of the three qualities listed on a state-required School-wide Learning Outcomes post-



Image used with permission from Tharwa Ahmad
OUTSIDE THE CUBE: The PTSA offers a new award to recognize students beyond their academics.

er that should be displayed in all classrooms, the principal said. Under the title, “Sunny Hills Mission Statement,” the sign states that a Lancer ... “pursues knowledge, creates and innovates and builds community.”

“Our plan was to tie [the award] into the mission statement and the key aspects of it with pursuing knowledge, creating and building a

community,” Weinreich said. “It’s good to recognize kids outside of just grades.”

Any staff member can nominate as many students they feel deserve the award through an online form on the PTSA website, sunnyhillspsta.org/exceptional-effort-engagement, and members of the PTSA executive board will review each submission.

With the novelty of the award, English teacher Tom Wiegman is still considering who to nominate for this quarter.

“I think it sounds like a good idea because most of the time, the top honors students with top grades are the only people we look at,” Wiegman said.

Some students said they appreciated the PTSA for thinking outside the academic box in creating this award.

“I feel like I put a lot of effort into all my classes and clubs, but I never feel like I’m doing enough to be recognized,” junior Nestor Lara said.

E³ award-winners will receive a PTSA meeting invitation to obtain the certificate on Nov. 30; they will also be recognized during a second period morning announcement and the principal’s weekly digital newsletter.

The PTSA will send an email to the respective parents to notify selected students and instruct them to receive their award in the Lyceum with the opportunity to hear why the staff member chose them.

“We wanted to do something different this year and put a new focus for the school year,” said PTSA executive vice president Tharwa Ahmad, who contributed to creating E³. “This was a priority for us to make it happen.”

West parking lot in need of resurfacing, repainting

Upgrade to net 5 extra spaces for students to leave their cars; staff slots stay the same

KAYLA MARTINEZ & TROY YANG
Staff Reporter & Cub Reporter



SUMMER SUEKI | theaccolade

FADING AWAY: Barely visible between vehicles, the staff and student markings on the west parking lot awaits restoration at an undetermined time.

While the parking lot near the Performing Arts Center has undergone resurfacing and repainting last year to designate which spots belong to staff, the other side of campus has yet to see the same upgrade.

Many of the slots indicating “STAFF” and “STUDENT” on the west parking lot outside the odd-numbered wings have faded away because of age.

That has prompted student motorists to view the area as a free-for-all when they look for parking spaces closest to their first period class.

“There shouldn’t be an assigned parking spot for teachers and students — it should just be first come, first serve,” said junior Larry Alvarez, whom campus supervisors have issued verbal warnings for parking in staff slots as a consequence.

Continued violation could lead to a meeting with the assistant principal, a Saturday school and an eliminated parking permit, school officials said.

Science teacher Andrew Colomac, who also parks in the west lot because his classroom is nearby, is among some of the staff who have observed a similar issue.

“The parking lot is crowded and too

many people park on the west side, and if you don’t get here early, then you don’t get a parking spot,” Colomac said.

Meanwhile, assistant principal Sarah Murrietta with the help of campus supervisors have come up with a plan to redesignate certain sections of the west parking lot once the area can be resurfaced and repainted, which could only occur when school is not in session.

“This could be [during] Christmas

[break], spring break or summer,” Murrietta said. “We have not received confirmation as to when it will be able to take place.”

Once the lot is upgraded, student drivers will gain five new designated slots — 91 instead of the current 86. In addition, all 31 slots closest to the 10s, 30s and 50s wings would be marked “STUDENT” compared with the current number of 17.

That means the middle section of the

west parking lot closest to the 70s, 90s and 100s wings would all be designated “STAFF.” Currently, nine spots are designated as “STUDENT” on the side close to the wall separating the school from the Amerige Heights homes.

The third and final section that leads to the dead end will remain the same except to keep staff designated slots at 82, five new spaces will be created.

Currently the area closest to the tennis courts has signs that say no parking and another one that says parking for the athletic director.

“Those signs will be changed” to allow for staff parking, Murrietta said.

No matter what, senior Sarah Chong doubts clearly marked staff and student stalls will change anything.

“Some students simply do not care enough to park where permitted,” said Chong, who has followed the parking guidelines and parks in student lots.

Junior Chloe Chang, who has received a verbal warning before for parking in a staff-marked slot, agrees with Chong.

“I feel that students don’t care as much, and we park wherever is open,” Chang said. “We’re students trying to get to class and don’t want to park somewhere far away.”

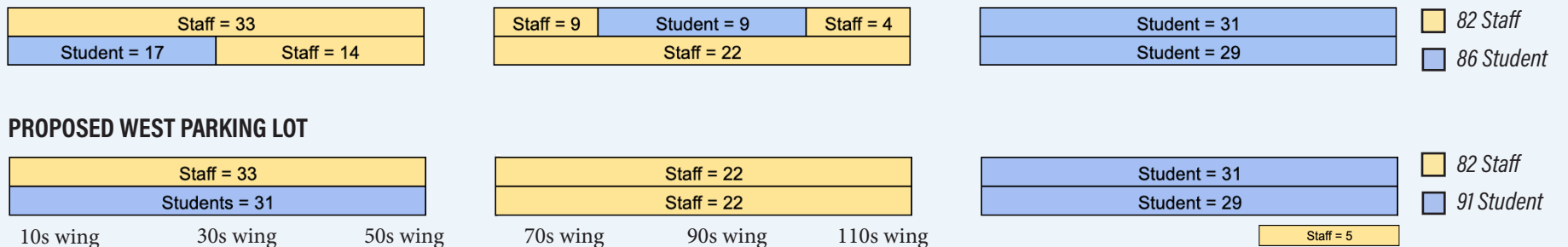
Science teacher Mike Schade, who also uses the west parking lot, said he hopes student drivers will make the right choices.

“I think the only thing that will help is when [school officials] go back to ticketing and/or removing parking privileges,” Schade said.

Administrators provided the following diagram regarding the west parking lot of campus:

Amerige Heights Wall

CURRENT WEST PARKING LOT



PROPOSED WEST PARKING LOT



SHEILA NERI | theaccolade

GOING CASHLESS: Senior Emily Zacarias uses Apple Pay to purchase snacks from the vending machines Thursday.

Students disfavor cashless payment

ALEXXA BERUMEN
Feature Editor

Since the first vending machine break-in during mid-October, the snack and beverage dispensers only accept Apple Pay, debit and credit cards without an option for cash payments.

“Our machine vendor, Conventional Vending Inc. [CVI], shared they have had many break-ins across the schools they service,” said campus supervisor Leslie Rains, who recalled several other vandalism instances last year.

Since this new restriction has been placed, Rains said she had not seen another break-in on campus.

“The break-in it impacts students because they cannot get anything to eat,” principal Craig Weinrich said. “And from my personal experience, it’s not students van-

dalizing; it’s outside people trying to get cash.”

In addition to the cashless payment modification, school officials also implemented timers for the snack and beverage machines in March to prohibit student purchases during class time.

“It was really inconvenient when they closed them down during class times because some teachers would let students go,” junior Katie Larson said.

Students often expressed frustration from the excessively long lines during lunch and break. However, the new cashless protocol helped alleviate the waiting time for some students.

“I have noticed the lines are shorter than they were before,” said senior Roxana Rojas, who relied on cash to buy chips at least once every week.

Students such as sophomore Jacob Kudler, who typically used cash as their form of payment, noticed the new guidelines were inconvenient.

“It’s affected me a lot,” Kudler said, who purchased snacks from the machines multiple times a week. “It’s really annoying because not everyone at this age has a credit card, and most people only rely on cash.”

For students who don’t own a form of a card, CVI provides an app called USConnect that uses wireless transactions if they forget their physical payment, Rains said.

“The vending machine company has an app that students can load with funds, and useful information on how to use it is posted in front of the machines,” she said. “This is a great alternative to having to use a credit or debit card.”



THANKFUL TO GET OUT

SH alumna's TED Talk about her escape from a religious cult has reached over 3.8 million views; one of the artists behind the breezeway mural tells The Accolade about how she ended up with the offer of a lifetime to tell her story

Image used with permission from ©TEDxNatick/Leah LaRiccia Photography

TED TALES: SH alumna Dawn Shanks gives a TED Talk to an audience in Natick, Massachusetts in January of 2018. TEDx Talks channel posted her talk March 6, 2018, and the video went viral. In the talk, she speaks about her experiences leaving an evangelical cult, which she grew up in.

SUSIE KIM

News Editor

Just before the end of the 1995-1996 school year, around five students participated in a mural-painting project between the main breezeway here on campus.

Now, 26 years later and with Thanksgiving approaching next week, Dawn Shanks looks back at the time she spent with her fellow art club members as a safe haven from her traumatic past — as a member of an evangelical cult.

Shanks said her father, Timothy Gefatakys, and grandfather, George Gefatakys, formed a small Fullerton cult in 1970 called The Assembly, which forbade her from various everyday activities, such as painting her nails, listening to pop music or watching television.

“It’s interesting because when you’re really young, you don’t know the difference,” she said. “For a while, I didn’t know all the things that we were living without.”

They highly disregarded feminism, and women never had the same rights as men, she said. Men always placed women at fault for meticulous details, such as not wearing their religious dresses long enough with several layers underneath during prayer meetings every Thursday night.

“Because of how we were raised, we didn’t believe in just trusting people, and we thought the government was out to take us away from our parents,” Shanks said.

Online reports about The Assembly showed that the founder, Shanks’ grandfather, died on Aug. 10, 2014. Shanks was unable to provide any contact information for any Assembly members who are not part of her family if the group still exists.

She attended a local cult school called Cornerstone Academy, which enrolled less than 100 students from the evangelical group, until ninth grade when the group lacked competent teachers to teach higher education.

“Everyone in the cult were kind of living in this tiny little world, and then we were dropped into public high school; that was really the first time I interacted with the real world on a regular basis,” said Shanks, who still remained in The Assembly after entering Sunny Hills. “I think that’s when I really started getting curious about the world.”

During her four years at Sunny Hills, Shanks said she ended up engaging in many on-campus activities with friends outside of The Assembly, such as painting that mural, which still stands between the main breezeway, and earning a \$1,000 scholarship. Gradually, she broke away from cult traditions, deviating from her parents’ expectations.

In December 2002 at age 23, she said she made her life-changing decision: “It was time for me to leave. I could not be in a group that sacrificed women and children so that a few men could stay in charge.”

Leaving took her a lot of courage since she was afraid everyone in the cult would shun her completely, Shanks said.

The transition was difficult, and Shanks said she sought food stamps for financial support to help feed her two children.

“It took a while for me to kind of work through all the things that I had been brainwashed to believe,” Shanks said. “That took me a while, but it’s a slow process, and leaving was the first big step.”

Now, her parents frequently visit to spend time with Shanks’ children but are

prohibited from mentioning religion to them, she said.

Learning to grow out of her brainwashed beliefs was a long process, but Shanks said she began to dream of career aspirations and overcome cult values, such as undermining the impressionist movement and viewing everyone through the lens of holding incorrect spiritual beliefs.

“As my circle widened, and I started getting friends outside of The Assembly, I started building a life outside The Assem-

“

I found myself walking between these two worlds that don’t mix at all and trying to balance them both.

- SH alumna Dawn Shanks

”

bly,” she said. “I started seeing how small my world had been.”

Shanks kept her traumatic history as a secret among her friends but opened up for the first time in September 2017 during a five-minute presentation for The Moth, a non-profit organization dedicated to the art and craft of storytelling.

Among the listeners were curators of TEDxNatick — a subcategory of TEDx located in Natick, Massachusetts — Steve Gullans and Stenie Gullans.

“We were both fighting about who’s going to try to recruit her for a TED talk,” Steve Gullans said. “We were mesmerized because she was such a fresh spokesperson for something that most of humanity is ignorant about — being born into a cult.”

He offered Shanks an opportunity to work with TEDxNatick to retell her story at The Moth event but said she showed signs she had some reservations at first.

Following the September event, Steve Gullans and TEDxNatick curator Rosemary Driscoll held meetings with Shanks to share her stories other than being in a cult over a course of several weeks.

“We were fascinated by how resilient she was, how well spoken, how smart and capable she was — just fascinated by her ability to have processed that life for so long, and how she was able to take lessons from that and thrive, both personally and professionally,” Driscoll said.

Shanks gave her first TED Talk in January 2018; however, the video wasn’t posted on the TEDx Talks channel until March 6, 2018, blowing up instantly.

Now, the talk titled, “Why I Left an Evangelical Cult | Dawn Smith | TEDx-Natick,” has over 3.8 million views.

Shanks now works as a freelance writer and recently participated in a TV writing fellowship with Imagine Entertainment.

“Life is wonderful now,” she said. “I currently have general meetings with various studios and producers, and I am trying to get a TV writing job.”



For the full story, go to shhsaccolade.com

PANSORI PRINCESS

Senior returns from a 2-week program studying traditional music in South Korea

ANGELINA JEONG

Cub Reporter

THE PANSORI LOOK

Slicked back hair to emphasize calamity

Traditional han-bok used for special occasions

Hand fan that represents the personality of the sounder

IMAGE USED WITH PERMISSION FROM ELLIE KIM
KEEPING THE TRADITION: Senior Ellie Kim performs at a pansori competition on Sept. 19 2022.



Two weeks away from her family and friends.

Two weeks missing school and having to make up all that work.

Two weeks living overseas in an island city southwest of South Korea.

Those were the kind of arguments senior Ellie Kim came up with to stay at home instead of accepting an offer to further her skills and interest in Korean traditional music.

On top of that, Kim said her parents would have to pay for her own round-trip transportation to Jindo Island, departing Southern

California from Oct. 9 and returning Oct. 23.

“I wasn’t really excited because I knew that I was going to be surrounded by people I don’t know,” she said. “I was more scared.”

Kim’s invitation to travel overseas came in the form of a September letter that she received from the National Gugak Center. Written in Korean, the correspondence offered her and her 13-year-old brother a chance to pursue their interest in pansori, a type of traditional Korean musical storytelling of old Korean tales composed of a drummer and singer.

“To be honest, I didn’t want to go; I didn’t want to be behind on my studies or leave my house for more than a week,” said Kim, who started learning pansori around the age of 7, influenced by her dad’s interest in Korean traditional culture. “But it was an opportunity that may not come back.”

So after some mulling over, Kim, who has traveled to Seoul before but never Jindo Island, said she decided to accept the offer.

“It took about a month or so to decide whether my brother and I wanted to go to Korea,” she said. “We had to consider the fact that we were going without our parents and that we were going to miss school among other factors.”

When the two arrived at the Incheon airport, west of Seoul, Kim said she boarded a bus with 16 others also heading for this learning experience for a four-hour ride to the National Gugak Center, where they would dorm for the next two weeks.

“The center was nice; it was modern, but the island was rural with nothing around it,” Kim said. “Just farm and the ocean.”

The pansori group of students followed a regimented schedule, practicing from 9-10 a.m. and attending nanta – a Korean traditional instrument that plays along with pansori – and pansori lessons from 10 a.m.-6 p.m. On the weekdays, Kim said she attended three periods, two of them being nanta and one that focused on pansori.

“In the beginning, it was pretty hard because of the time difference and new schedule,” said Kim, who does the singing as well as her brother.

Ironically, neither took any pictures of their time at the center or during any of the times they toured the island.

Kim said she remembers feeling honored to learn a challenging Korean pansori song from her teacher.

“This trip made me appreciate and be proud of Korean culture,” she said.

The overseas trip also gave her an opportunity to form new friendships – surprisingly from a group of Hungarian students.

“They were so proud of what they were doing with the Korean culture even though they were not Korean,” Kim said. “They were so supportive and encouraging, so I was able to work harder.”

From her freshman to junior year, Kim has also been the leader of the pansori subgroup in the Korean Culture Club [KCC].

“She was very talented, ... and I wish we could have continued [with her],” KCC adviser Esther Lee said.



For the full story, go to shhsaccolade.com

Non-Asian student wins grand prize for Korean essay

NATHAN LEE

Staff Reporter

When then-eighth grader Hannah Yaros first met Korean teacher Esther Lee at Open House, she would have never dreamed of winning the grand prize four years later from a Korean essay contest — a free trip to Korea.

“After putting in all this hard work over these years [in Lee’s Korean classes], it makes me feel happy that the hard work is paying off,” said Yaros, now a senior. “My younger self would never have thought I would learn a foreign language in the first place.”

Since middle school, Yaros said she had already set her mind on choosing Korean to fulfill her world language graduation requirement because of her interest in K-pop and Korean history.

Beginning her Korean studies, the senior said she read multiple

Korean newspaper articles every day and watched Korean broadcast TV shows to broaden her range of vocabulary words.

“Probably halfway through the year, I started to really grasp everything at once when I learned the definition of unfamiliar words,” the senior said.

During freshman year, Yaros said she decided to express her passion for Korean culture by signing up for the Korean Culture Club [KCC] and eventually became the sophomore and junior president of the club.

However, last August, she was able to extend her knowledge about Korean history through a contest held by the Korean Consulate General in Los Angeles.

This international competition accepted essay applications about the dispute between Dokdo and the East Sea, which covers the struggles of Korea’s claim to the East Sea against Japan.



Image used with permission from Hannah Yaros
AND THE WINNER IS ... : Senior Hannah Yaros holds her essay “Dok-Do and Donghae,” which won the grand prize on Oct. 25. Two of the three certificates shown were given by officials from the Korean Education Center in Los Angeles for recognition of her leadership and dedication to sharing Korean Culture within Sunny Hills and surrounding communities.

Yaros said she learned about this competition from a poster advertised in Lee’s Korean class.

“I was a bit hesitant at first, but Miss Lee pushed me to join the contest,” she said.

The top 100 writers who qualified for this international competition were given the chance to go to South Korea on a fully paid schol-

arship and a one-week program in there that taught Korean culture. However, Yaros said she could not go as she did not have a passport.

During an Oct. 25 awards ceremony, Korean officials recognized her efforts with two certificates.

Lee said she praises her former student’s efforts.

“She’s not Korean-related,

she is an American,” the Korean teacher said. “But she has a lot of respect for our Korean historical heritage.”

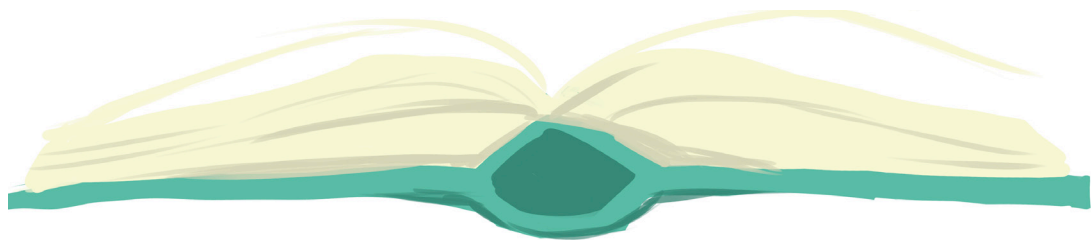
Whichever college she ends up at, Yaros said she plans to take a break from studying Korean.

“[Instead], I want to become a physician assistant or a family medicine doctor.”

TEACHER LEISURE

BROADY'S BOOKSHELF

English teacher by day, writer by night: Regina Broady reflects on her COVID-19 experiences that prompted her to produce her first literary non-fiction book, Shackle Free



DAHEE KIM | theaccolade

Teacher Leisure explores Sunny Hills instructors' hobbies. What impacts have they made not only on students' education, but also the outside world? If you know of a teacher or staff member for our next Teacher Leisure, email us at theaccoladeshhs@gmail.com.

KATE YANG

Editor-In-Chief

Published Jan. 11, the 334-page work — available on Amazon for \$29.95 paperback — centers on the struggles English teacher Regina Broady experienced throughout the 2020 COVID-19 pandemic and the overwhelming victory greeting her at its closure.



Regina Broady

Broady published her literary non-fiction work within her own publication company, Broady's Bookshelf.

In an interview with *The Accolade*, the English teacher shares her insight into the challenges and the gratifications of self-publication. (Answers have been edited for length and clarity.)

Q: Why did you choose to self-publish a book about this occurrence specifically?

A: The thought occurred to me to document my experiences during the COVID lockdown. Startling/unpredictable things were happening both in the world and in the spiritual bubble I initially felt trapped in. I had to share it; it felt like an assignment I needed to carry out. I've since learned that many people explored their creativity during that time. I'm not sure if it is the norm, but outside publishers were not responding in a timely fashion. One, for example, held onto the manuscript for over five months. It was important to me that I share in writing about a widespread phenomenon that is often pushed under the rug. The poem "Go Run" from my second book captures the inspiration to write about it.

Q: What was the writing process like establishing Broady's Bookshelf, your publication company?

A: I researched the process of starting a sole proprietorship and sought the support of Legal Zoom to complete the steps. Part of the process of self-publishing called for registration, upload of a near-completed manuscript to The Library of Congress, legal consult, copyright and purchase of UPC codes. The branding process is something I'd grown familiar with, so I hired freelancers to design the vision, create the cover, etc. It was super-duper cool to watch the finished product come into fruition and to finally hold the actual book in my hands. That was a happy day for me! I felt relieved to complete the project and grateful that people were taking the time to read it though not many get to the process of reviewing it. The advertising and marketing process is a whole new ballgame.

Q: What challenges came with publishing your own book and how were you able to overcome such obstacles?

A: Self-publishing has its advantages and disadvantages, for sure. There's more control for the self-publisher, but there's also more room for error, especially the first time out the gate. I made a few mistakes that were minor in terms of cost and time, and have since recuperated and applied those lessons to the process of publishing my second book.

Q: For any students aspiring to be future writers, what advice or words of wisdom would you offer them?

A: Set aside ample time to complete the project. Read literature of a similar genre or purpose and become familiar with related verbiage. Choose a topic that you're passionate about and pinpoint that purpose.

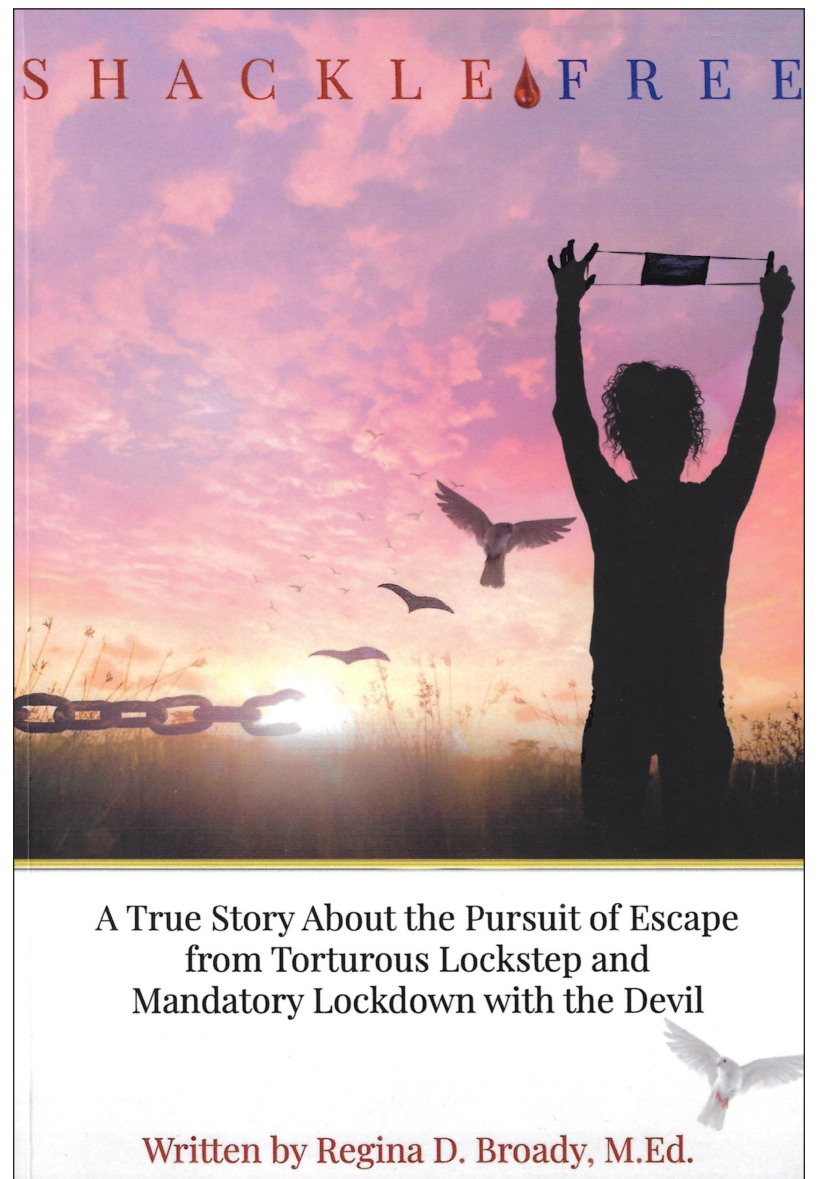
Continue to make it a focal point. Be selective about the graphics/number of pictures and coloring to be included in your content — expensive options. Format with care. Organize your text into sections. Outline chapter topics and fill in the details. Edit through your own work multiple times on various occasions as your moods change. Invite criticism, and be open to words and writing styles that are typically foreign to you. Seek professional input including legal counsel. Adhere to the rules of plagiarism. Join a writers' club and/or seek the input of a variety of editors, both young and old. It is a privilege and an honor to write something that others may someday read and hopefully benefit from.

Q: How did your career as a writer come about?

A: I started writing a variety of books of all types throughout the years but never finished them. I felt a sense of urgency to get this story in print. It was an incredible time in my life. Soon, both books will be available in print form.

Q: I heard you're working on a sequel. Can you tell us about it?

A: It's a poetry selection that should be on the market by the time this article prints. Those who actually finish the 334-page book ask similar questions related to the outcome of my experiences. I wanted to shed some light on that and share the positivity that came about after the test.



A True Story About the Pursuit of Escape from Torturous Lockstep and Mandatory Lockdown with the Devil

Written by Regina D. Broady, M.Ed.

Image used with permission from Regina Broady
DEBUT AUTHOR: English teacher Regina Broady self-published her first book *Shackle Free* on Jan. 11. The book is available for readers on Amazon.



Image used with permission from Regina Broady
THE STORY CONTINUES: English teacher Regina Broady is working on publishing her second book, a poetry selection she has crafted. Though it has not been published yet, Broady shared a preview of the cover.

ELECTRIFYING: Auto students to build plug-in car from \$50K kit

KAYDEN KIM

Cub Reporter

For over a year, a stack of new metal and wires collected dust in a corner of Room 131.

However, when Regional Occupation Program automotive teacher Jesse Munoz took a closer look, he realized that those materials originated from a \$50,000 kit to build an electric car.

Munoz said he then decided to put the kit — and another one he found — to use with his students, who would begin working on a functioning 108-horsepower vehicle running on electricity and high-polished steel wheels, he said.

Senior Drake Cortez from Munoz's second-period Advanced Automotive Tech class said he anticipates getting hands-on experience in car building, especially because he sees it as a potential career path and an escape from monotonous teacher lectures.

"It's something that we always thought we were going to do last year but never got to start, so I'm really excited to start it this year," Cortez said.

Munoz said he plans to have his classes begin building one of two \$50,000 Switch Lab electric cars after Thanksgiving break for use in future classes.

Each three-wheeled automo-



GETTING READY FOR THE BUILD: Senior Hayden Escobar (left) and junior Brian Lemus inspect the frame of an electric car Wednesday in their second-period Advanced Auto Tech class in Room 131. New auto teacher Jesse Munoz plans to

bile, designed so students can put it together from scratch while seeing the vehicle's structure, has features such as LED tail lights and LED license plates.

Through this project, the instructor said he hopes to prepare his students, who may have to work with car models in the future, for potential career paths in mechanical engineering.

"If our kids don't know how to work on those cars, it's just going to put them behind the curve," Munoz said.

Furthermore, those working on the assignment will be graded on their willingness to participate in the construction, and students will alternate between learning in class and hands-on building to encourage engagement, said the instructor, who is in his first year at Sunny Hills upon transferring from La Habra High School.

"That way, you're not just stuck in front of a book reading about this stuff," Munoz said. "So we're going to read and apply and read and apply repeatedly." Only

CHLOE KANG | theaccolade

those who prefer a more hands-on assignment will be able to work on the kit, he said.

Other students besides Cortez said they are also looking forward to what the electric car project has to offer.

"I really look forward to it," said sophomore Brody Jahn, who signed up for the period two elective because of his interest in cars.

Advanced Automotive Tech classes will deal with complex high voltage, electronics and wiring, while the introductory course

students will build simpler acceleratory items, such as steering and braking systems, Munoz said.

"I look forward to working with the batteries," Cortez said. "I'm looking forward to putting it all together since we got the car piece by piece."

Students will also be able to learn the bits of computer programming that are required to build an Android tablet interface that shows internal signals, such as the charge state or the fuel gauge.

Munoz said he hopes to complete the vehicle by the end of the school year for next year's Auto Tech students, while still making it interesting.

"I wanted to continue to inspire from a younger level, and it's something I'm excited about," he said. "I know not everybody is excited about cars and automobiles, but I try to make it as exciting as possible for them."

After the project's completion, students in following school years will construct another car using the other kit.

They will also deconstruct the previously built one, the auto teacher said.

Munoz said other future projects for his students will involve a competition at the Orange County Automotive Dealers Association.

"I can't wait," he said.

Junior transfer from Ukraine to celebrate 1st Thanksgiving

NICOLE PARK

Cub Reporter

Nov. 24 will be junior Constantin Nasonov and his family's first Thanksgiving holiday in the United States.



Constantin Nasonov

Normally, Nasonov and his family would be in their native Odessa, Ukraine, where the closest to a Thanksgiving celebration occurs Sept. 21 during a harvest festival called the Nativity of the Blessed Virgin Mary.

"On this day, the Mother of God was thanked as the giver of all prosperity and the patroness of the family. ... Fairs with harvested crops are organized everywhere," he said.

Because of the Russian invasion of Nasonov's homeland last February, neither he nor his family have been able to celebrate that occasion.

Fortunately for the junior, he was attending school in Lindenberg im Allgäu, Germany, when Russian leader Vladimir Putin

first ordered his troops Feb. 24 to seize various Ukrainian cities, including Odessa.

"Try to imagine that you are sitting at 3 o'clock in the morning and watching the news, watching behind all the atrocities of the invaders on your native land, how they destroy your civilian population, how they wipe your cities off the face of the earth, how they try to destroy your culture," Nasonov said.

Since he was going to be on break from school later that February, the Ukrainian citizen said he had planned to return to Odessa on Feb. 24. That was also when the Russian attack started in key areas of the Ukraine, so his parents then advised him to go to the United States, where they had made plans to join friends living in Newport Beach.

Initially, Nasonov said he was hesitant to do this since such a move would take him even farther away from his friends.

"It is difficult to say, very mixed [feelings]," he said. "On the one hand, my parents and I would be safe [in the United States]; on the other hand, I have moved even more away from my

homeland and loved ones; once again I left my friends."

Eventually when the 2022-2023 school year started for California schools, Nasonov was enrolled into Sunny Hills a few weeks after the first day of classes.

"We are very grateful to the U.S. government for its comprehensive support and assistance in countering Russia and our American friends who gave us shelter upon our U.S. arrival," his father Yevgen Nasonov said.

For their first Thanksgiving on U.S. soil, the father said his son and his wife will be able to celebrate the holiday.

"As for me, I will fly out to Ukraine on Nov. 23 and come back on Dec. 10," he said. "Constantin with Mom, Rodica, will celebrate Thanksgiving Day together without me."

Meanwhile, Constantin Nasonov said he is optimistic about what's happening overseas since the Russians have been withdrawing from several key areas of his motherland.

"I want to thank those countries and citizens of those countries that provide invaluable assistance to our refugees by providing them with housing

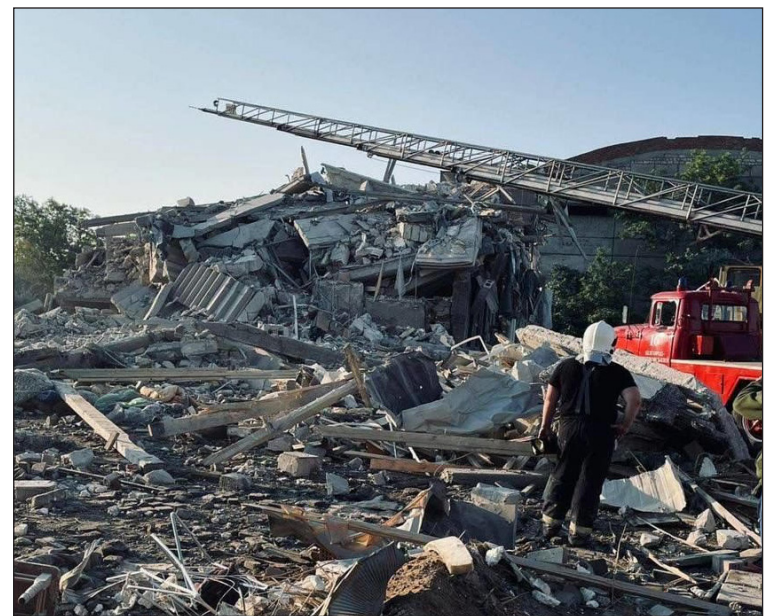


Image used with permission from Constantin Nasonov
AFTERMATH: A fallen apartment in junior Constantin Nasonov's hometown can only be recognized by its debris. An onlooker stands to see the ruins of the apartment complex amid the Russian attacks against Odessa, Ukraine.

and work," the junior said.

Nasonov also appreciates the foreign volunteers and the people of Ukraine who are fighting against Russia at the cost of their lives to have a bright and independent future.

"I can't do anything equivalent to thank them. We know the price of our freedom, and I am incredibly grateful to those who

paid it," he said.

Nasonov said he believes that the war has changed him and his fellow Ukrainians for the better.

"We realized how wonderful our country is and that it has no equal because this is our only home," he said. "The enemy thought he was dividing Ukraine, but on the contrary, he united it — united our people."

TIME TO GO CLUBBING:

*The Associated Student Body approved the following new groups for the 2022-2023 school year**

AMERICAN SIGN LANGUAGE

"Students should join because it helps them exercise their brain in really cool ways," club president freshman Abigail Veyna said.

Meetings held in Room 55 every other Tuesday

— Natasha Niazi, Cub Reporter

C.A.R.E

"Students can get volunteer hours and prior experience in the medical field at nursing homes," co-club president junior Yeavit Kim said.

Meetings held in Room 14 every other Friday at lunch

— Teo Jeong, Cub Reporter

GENERATION UP

"If you're interested in politics, legislation and making an impact in your community, then join our club," club president junior Sue Oh said.

Meetings held in Room 96 every other Wednesday at lunch

— Samantha Apolinar, Cub Reporter

JAPANESE CLUB

"If you are interested in learning about a new culture and language, you should join," co-club president sophomore Nalani Reed said.

Meetings held in Room 106 every other Tuesday at lunch

— Aashna Dialani, Cub Reporter

MEDICAL INTELLIGENCE & INNOVATION

"Students should join because technology and medicine are two things that affect everyone's lives and health," club president senior Kate Yang said.

Meetings held in Room 48 every Tuesday at lunch

— Kevin Lee, Cub Reporter

OVER-DRAMATICS & ACTING FANATICS

"It's a good way to learn how to express yourself in different ways and a fun place to come and meet new people," club president junior Kayla Beining said.

Meetings held in Room 26 every Monday at lunch

— Claire Lee, Cub Reporter

STEMUP4YOUTH

"If they're interested in STEM, it's a good opportunity to apply what they know and serve those who don't get the same chances," club president junior Susie Kim said.

Meetings held in Room 44 every other Tuesday at lunch

— Justin Shim, Cub Reporter

BEACH VOLLEYBALL

"Students looking to learn, play beach volleyball and have fun should join our club," club president sophomore Karina Saab said.

Meetings held in Room 67 every Wednesday at lunch

— Hailey Kim, Cub Reporter

CAR

"Students learn about cars, get help with any auto-related issues and make new friends," co-club president junior Jimmy Kayani said.

Meetings held in Room 131 every other Wednesday at lunch

— Teo Jeong, Cub Reporter

GENDER & SEXUALITY

"GSA is a safe place for LGBTQ+/straight students, who want to learn more about these topics and advocate for social justice," club president junior Chloe Chun said.

Meetings held in Room 34 every Wednesday at lunch

— Samantha Apolinar, Cub Reporter

LEUKEMIA & LYMPHOMA

"We teach about the causes and effects of leukemia, lymphoma and how to prevent it," co-club president junior Ishnaa Sachdev said.

Meetings held in Room 22 every Tuesday at lunch

— Aashna Dialani, Cub Reporter

MINI VIDA

"If you're interested in animals, you can experience helping them and getting them adopted with us," club president sophomore Jin Son said.

Meetings held in Room 105 every Wednesday at lunch

— Dareen Hagekhalil, Cub Reporter

PROTECTING PEOPLE'S LANGUAGES

"Not a lot of people know that it's very important, but the loss of languages also means the loss of culture and history," club president junior Zoe Kim said.

Meetings held in Room 181 every other Tuesday at lunch

— Claire Lee, Cub Reporter

WORLDBUILDING CLUB

"You should join because it is very educational, especially for those looking to do work in social science or science," club president senior Jaden Hom said.

Meetings held in Room 52 every Monday at lunch

— Justin Shim, Cub Reporter

BOOKWISE

"Bookwise allows members to learn about literature and share the love of reading," club president sophomore Sienna Shah said.

Meetings held in Room 64 every other Thursday at lunch

— Lindsey Um, Cub Reporter

CREATE, CODE, CONSTRUCT

"Students should consider joining because we focus on broadening the younger generations," club president sophomore Celine Huh said.

Meetings held in Room 402 every other Wednesday at lunch

— Jenna Kim, Cub Reporter

HELPING HANDS

"Helping hands is a place to help the community through various types of volunteer work," club president junior Nadia Jurequi said.

Meetings held in Room 64 every other Tuesday

— Justin Park, Cub Reporter

MAKING AN IMPACT

"Students should join because it's a fully student-run club service hours; it's also fully student-run," co-club president senior Noah Choi said.

Meetings held on Saturdays around Fullerton 8-10 a.m.

— Julie Jung, Cub Reporter

ORIGAMI

"Origami is beneficial for improving motor skills, and it's fun to share with others and brings people together," co-club president senior Caitlyn Alba said.

Meetings held in Room 66 every Wednesday at lunch

— Anik Jayasinghe, Cub Reporter

SPIKEBALL LEAGUE

"Spikeball is a competitive game that is super easy to learn and a fun break for students from academics," club president senior Kenneth Nim said.

Meetings held in Room 97; no set meeting schedule

— Troy Yang, Cub Reporter

YOUTH MEDICAL HEARTS

"Students should join this club if they enjoy tutoring elementary students and want to earn community service hours," club president junior Prysilla Ahn said.

Meetings held in Room 73 every other Thursday at lunch

— Kevin Lee, Cub Reporter

BTS

"BTS is a chance for students to use the talents they have or discover their talents and help the community," club president freshman Ashley Moon said.

Meetings held in Room 92 every other Tuesday at lunch

— Lindsey Um, Cub Reporter

CRYPTO

"People should join to learn about this rapidly growing industry and the future of finance, in an interactive way," co-club president Garv Jain said.

Meetings held in Room 85 every other Thursday at lunch

— Jenna Kim, Cub Reporter

INTERNATIONAL RESCUE COMMITTEE

"Students should join to spread awareness for refugee relief, starting with clothing, food and other drives," club president junior Radiyah Ahmed said.

Meetings held in Room 23 every other Tuesday at lunch

— Justin Park, Cub Reporter

MARCH FOR OUR LIVES

"Since a lot of the people being affected by gun violence are students, it's important for students to help," club president sophomore Sloane O'Connor said.

Meetings held in Room 85 every other Tuesday at lunch

— Dareen Hagekhalil, Cub Reporter

OVERALL FITNESS

"Students should join to learn about nutrition, proper dieting and exercising correctly," club president senior Aadil Siddiqui said.

Meetings held in Room 53 every other Friday at lunch

— Anik Jayasinghe, Cub Reporter

SPIRITUALITY FOR HUMANITY

"Students should join to learn more about spirituality and be a part of a welcoming community," club president junior Lauren Sung said.

Meetings held in Room 66 every Monday at lunch

— Troy Yang, Cub Reporter

*The new clubs were based on the ASB's website for 2022-2023 groups; if we missed yours, contact the ASB to update its list.

EDITORIAL

AI POWERS NEW AGE OF TALENT

IRENE SHEEN

Special Sections Editor

Neon green braids, face tattoos, gold chains and grillz — although he embodies the physical traits of a stereotypical American rapper, he is quite literally detached from the human world.

Powered by artificial intelligence [AI] technology, rapper FN Meka from a VR company, Factory New, emerged in the industry as the first virtual, non-human artist that signed with a major label — Capitol Records.

FN Meka's significant social media presence and 10M TikTok following exceeded that of established names in the field, including singers Dua Lipa and Halsey.

Although on track to becoming a pioneering artist, inappropriate depictions of police violence and the repeated use of the N-word prompted major backlash, especially upon knowledge that founders, Brandon Le and Anthony Martini, weren't Black. Just a week later, Capitol Records issued an apology statement and suspended all activity with the VR company's once-promising project.

From this, we learned that enforcing harmful cultural and racial stereotypes won't induce the warmest of welcomes. But it's no surprise that despite this considerable flop, more and more entertainment companies are striving to integrate advanced technology into their content — a revolution that may change the industry for the better.

In fact, applications of AI in entertainment are thus far, relatively common means of enhancing user experience. From subtitle generation to content personalization, these familiar media features all rely on AI algorithms. According to a 2022 report published by Grand View Research, the global AI in media and entertainment market size is projected to reach \$99.48 billion by 2030.

Sure, these forms of technological advancements aren't manifested as robots like what typical dystopian films suggest, but increasing numbers of artists are taking unconventional measures to fuse technology with their content.

With dozens of engines like EMI, OpenAI and AIVA that analyze music patterns to compose tracks and lyrics, musicians can explore these collaborative avenues to eliminate concerns over time constraints and royalties.

Take for example musician Holly Herndon — a spearhead in avant-garde music movements. With a doctorate from Stanford University's Center for Computer Research in Music and Acoustics, Herndon has a long history of collaborating with machine learning in her tracks. Alongside her partner Mathew Dryhurst, she created an AI device named

Spawn, capable of transforming human-voice inputs into various tunes.

She first introduced this program in her 2018 single, "Godmother" — a collaborative piece that features electronic musician Jlin as well as the AI device.

Made up of some seriously unsettling and incomprehensible blasts, this terrifying track sounds just about right for a machine-powered piece. But the level of innovation employed in her music-making process is undeniable. Herndon is blurring the lines between man and machine to deliver unique and one-of-a-kind performances.

In 2021, Herndon announced her new project, Holly+, an AI deepfake that will turn any audio into a piece sung in her voice, and we've noticed that quite similar applications of such AI also exist in the world of cinema.

In the Disney+ Star Wars series, "Obi-Wan Kenobi," Ukraine-based AI firm Respeecher, generated 91-year-old actor James Earl Jones' iconic Darth Vader voice, using an algorithm that examines archival recordings.

In this sense, AI creates a direct bridge between time and content in which filmmakers can produce movies and shows without actors present in real-time. This also includes reproductions of late celebrities.

This expansive technology, however, requires an extensive database, and it naturally poses an ethical concern over security and copyright issues. If these programs possess the ability to almost perfectly replicate and manipulate images and sounds, can deepfakes of people float around the internet? Can AI copy the work of another artist under the guise that it's original?

From what we already know about AI, its benefits for the industry far outweigh its drawbacks.

It's also safe to assume that AI will not be replacing human artists anytime in the near future. Rather than employing AI at the expense of human involvement, such advanced technology exists as a collaborative forum that cannot exist without either party. What that means is that at the high school level, don't expect to see bots taking over the stage.

"I think there will always be a demand for human people to play these roles," theater teacher Christian Penuelas said.

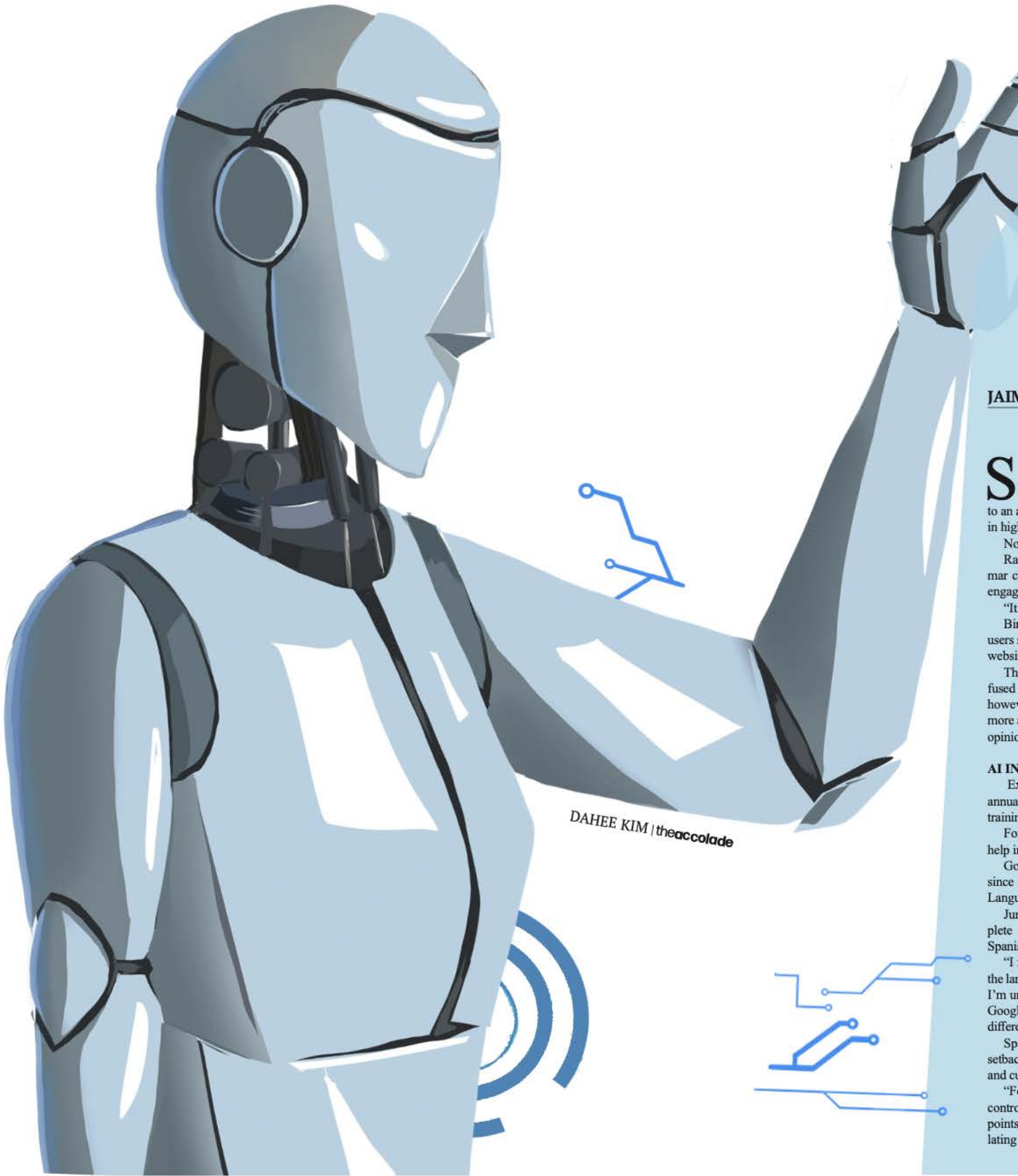
While FN Meka was one example of a faulty attempt at incorporating artificial intelligence with music, continuous changes in the consumption and production of entertainment call for increasing demands for innovative content.

That means AI is here to stay.



JINA HAN / theaccolade

SUNNY ☉ R SHAD



DAHEE KIM | theaccolade

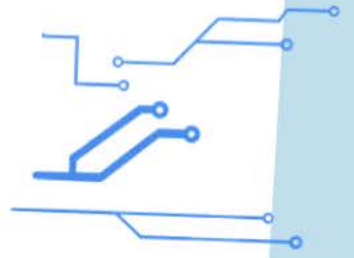
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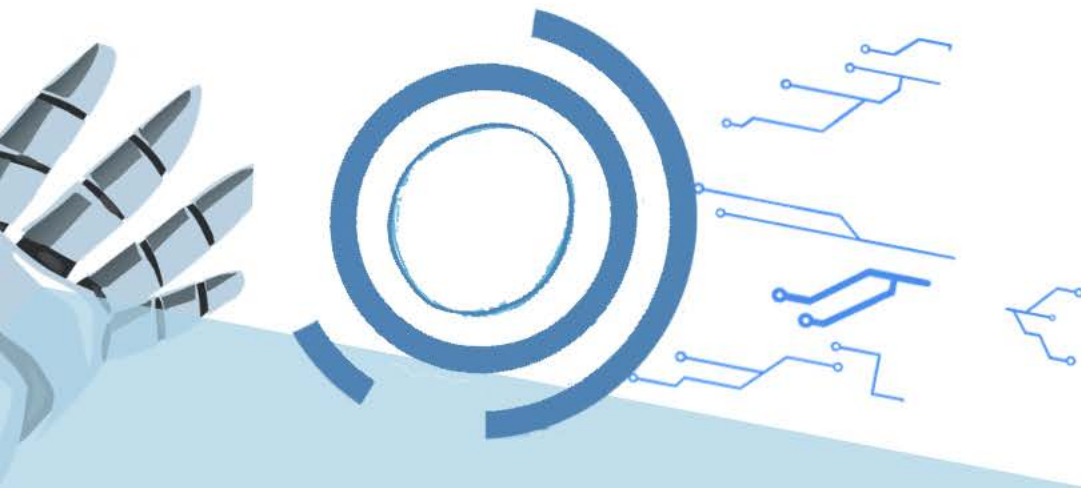
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BY: STUDENTS, STAFF REFLECT ON AI'S IMPACT WITHIN EDUCATION



ME CHUN

Managing Editor

Senior Simran Bimb types the last word of her admissions essay for the University of California. Without a moment of hesitation, she highlights her 350-word essay and turns to her assistant that has accompanied her since her freshman year of high school.

"It's not a teacher, tutor or friend.

Instead, it's a free artificial intelligence [AI]-powered grammar checker called Grammarly, which offers feedback such as grammar and clarity for improved writing style.

"It's a very helpful tool I'm always grateful for," said Bimb. Grammarly is not alone; in fact, Grammarly has amassed 30 million users since its creation in 2009, according to the company's own website.

Other advanced grammar checker is one of the several AI-integrated programs that students and teachers have come across; however, as systems that mimic human intelligence become more accessible and prevalent, teachers and students have mixed opinions on the extent AI should assimilate into education.

AI IN THE CLASSROOM AND AT HOME

Experts predict that the use of AI in education will have an annual global growth rate of approximately 45%, according to Statista.com.

For many students here, AI has been their go-to source for help in many of their classes.

Google Translate, for example, was introduced in 2005, and even though students don't hesitate to use the app for their World Language assignments.

Senior Lara Martinez said using AI translators help her complete her homework questions correctly, especially because English is not her first language.

"I never copy off translators because I want to actually learn the language," Martinez said. "But when I want to make sure that I'm understanding a question correctly, I would just plug it into Google Translate before wasting my time solving a completely different question."

Spanish teacher Maria Torres said such translators have their limitations, especially since the AI cannot recognize the nuances of culture associated with a language.

"For the younger students, it's difficult if they are not able to understand and see the limitations [of AI]," said Torres, who docks off the assignment if she recognizes students' use of translation services. "They don't understand that what they are look-

ing at is not the accurate word, so I see it more as a negative thing and not necessarily as something that helps students."

Students in English classes have also taken advantage of what AI has to offer, especially when it comes to writing assignments.

"When it comes to technology in their writing, I definitely think that AI can be an asset, but the student has to know how to use it correctly," English teacher Jennifer Kim said.

Freshman Aaron Green said he chooses not to use Grammarly for any of his writings since his middle school teachers prevented their students from using online proofreading extensions.

"I kind of forgot Grammarly existed because I just got out of the habit of doing it," Green said. "In English, I think it helps you learn more if you just learn the proper grammar and conventions yourself."

Though Kim doesn't stop her students from using virtual writing assistants for her assignments, the English Language Development and English 1 Honors teacher said she tries to promote refraining from these AI filters during her class time.

"I'm a big believer in pen to paper," she said. "Most of their worksheets are done by hand because I want them to think and not rely on technology to do their work."

Recent AI-driven websites, such as Good AI and EssayGenius, have developed into writing essays for students who just have to provide a tone, word count and prompt. Though Kim said she wasn't aware of these functions, she said she will discuss ways to restrain these issues during future English Department meetings.

"We have not discussed that type of technology yet," said Kim, who was not aware of these sites. "It always kind of seems as though we are a step behind that. I think [students] just hurt themselves [using these sites], so I would hope that the kids don't rely on things like that for their future."

Math teacher Mariam Tan said math-focused AI sites, such as Mathway, could help students during after-school hours. Nevertheless, she said these math chatbots can potentially be another way to cheat through assignments.

"I know that it happens or at least suspect it's happened because when a student does all of their homework with no corrections, and then they leave very similar questions blank on tests and quizzes, I think it's an indication that's what's happening."

For her Honors Algebra 2 class, Martinez said she uses about three times a week an app called Photomath, which instantly scans, accurately solves and intuitively explains math problems to users through step-by-step explanations.

"I think AI is definitely something that will advance and really help our society," Martinez said. "Photomath does offer to teach you, so if you regulate how much you depend on it, it's fine."

ART OR NAUGHT?

AI has also targeted a specific niche of student interest: art.

Though it's not a novel topic with the first AI piece dating back to 1973, digital drawings have now become advanced enough so that amateur artists can produce almost indistinguishable quality of work.

With AI companies developing models, such as DALL-E, which uses machine learning to generate digital images from solely a written description, Conservatory of Fine Arts director and Art Club adviser Brian Wall said he has conflicting opinions about the future of art fused with AI.

"You'd be pushing the boundaries though of [Advanced Placement Art]," Wall said. "Let's say if you decide to have an AI base your AP [Advanced Placement] portfolio, you would have to do a lot of contextual write-up to explain and justify how that was your art."

Freshman Eugene Lee said he will continue to stick to pencil and paintbrush.

"I feel like AI art right now feels uncanny, like sometimes AI might make a background or face that is distorted," Lee said. "But humans have much more control."

However, as these AI art platforms become open to the public, Wall said he foresees AI artwork becoming a unit of the art curriculum taught in the classroom.

"I don't think there will be a whole class called AI Art — I hope not," he said. "But there will definitely come a time when an AP or an IB student is gonna say, I'm gonna make my art using AI, and I'll back it up with written rationale; I can see that happening like very in the recent future."

EXPLORING AI

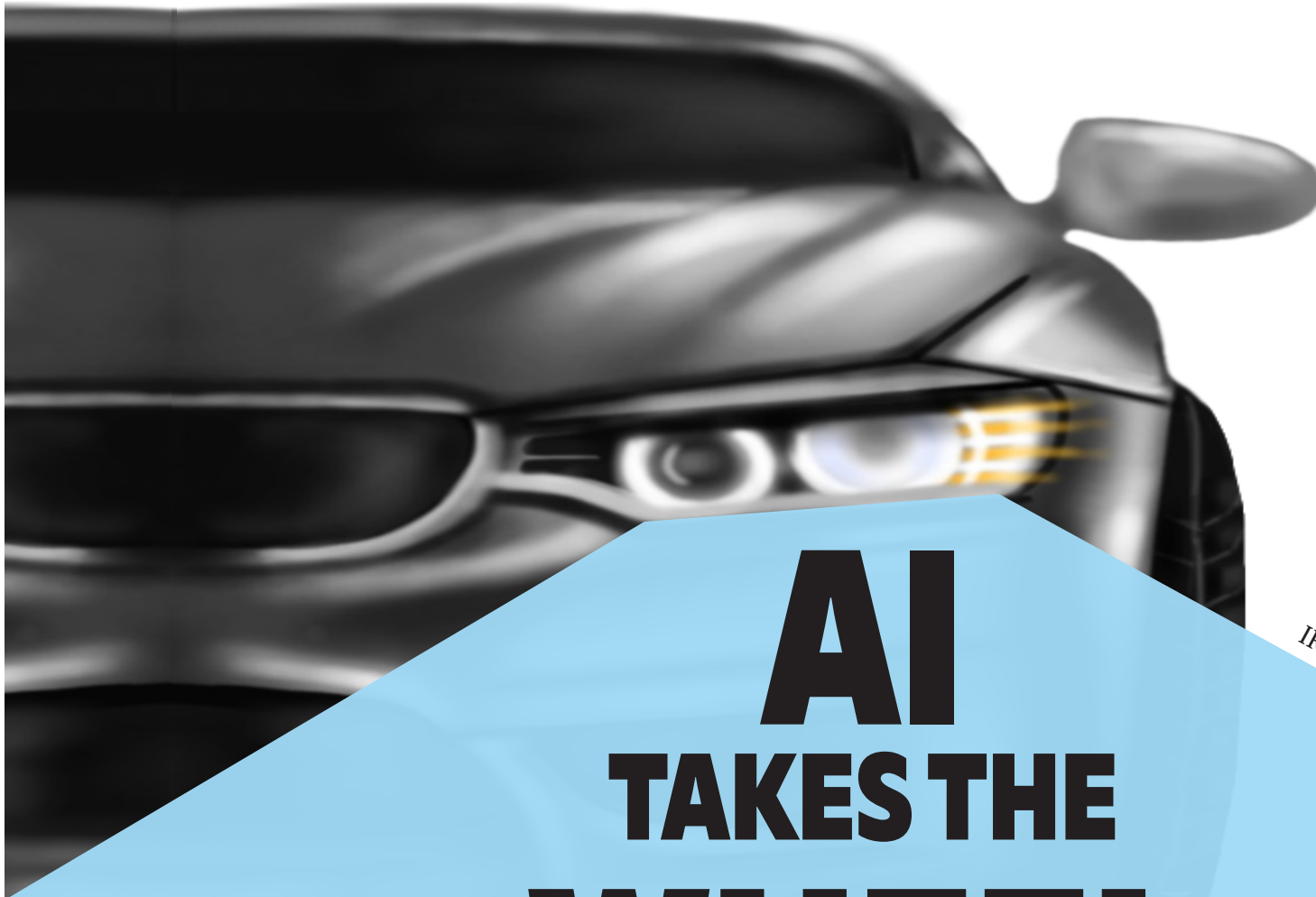
Some students like senior Jeffery Keem have developed a deep interest in the AI development field.

Since he first learned about AI through online courses he took during the summer before his freshman year, Keem has been developing a program that utilizes AI to analyze societal trends, such as political ratings. He also aims to teach how to code AI to the members of his Data Science Club.

"You have self-driving cars, which will take in a lot of data, like traffic science, which AI also identifies, so it's definitely improving the overall quality of life," Keem said.

Bimb said she also anticipates learning more about the applications of AI through her internship with Amazon AHEAD x TKS. Despite the usefulness of AI, Bimb said she hopes the technology doesn't replace the human aspect of society.

"My perspective on AI is that it's OK as long as it's helpful to humans, but it can't replace human connections," she said.



AI TAKES THE WHEEL

IRIS KIM | theacco-

Foot off the pedal. Hands barely touching the steering wheel. These are the latest features of Tesla's self-driving mode in beta form.



Aiden Park
Entertainment
Editor

Its autopilot system is considered a Society of Automotive Engineers level 2 feature, according to the National Highway Traffic Safety Administration's [NHTSA] standards.

NHTSA's definition says the "vehicle has combined functions, like acceleration and steering, but the driver must remain engaged with the driving task and monitor the environment at all times."

Powered by artificial intelligence [AI], this feature surveys a driver's surroundings to navigate traffic. While it's not promoted as hands-free driving, these advancements naturally raise the question to whether AI-powered

self-driving technology can better handle a car than us humans.

While such driver-assistance innovations may not seem impressive to many people, I see the potential in this concept of autonomous vehicles.

Although I considered myself a so-called skeptic of this seemingly underdeveloped technology, a 10-minute ride home in a Tesla Model Y with the full self-driving mode on was enough to convince me of its reliability.

With the most recent autopilot feature, this Tesla Model Y drove me home from school with the driver barely having to do much work; could this be the future of vehicle transportation?

As a 16-year-old who is eligible to drive, such features greatly benefit novice drivers who need more practice with their maneuvering skills.

Although Ford dropped its effort to develop a fully self-driving car, I believe that more automobile companies should implement AI-powered self-driving technology as it will improve the lives of the younger population.

Some argue that the constant reliance on this function may lead to idleness.

But with built-in safety mechanisms that force drivers to physically keep their hands on the steering wheel and automatically disable the autopilot mode when misused, student drivers can steer clear from dangerous car accidents.

According to the National Center for Health Statistics, car crashes are the leading cause of death among teenagers ages 15-20.

By controlling the car's acceleration and scanning surroundings, this AI technology can help teenage drivers avoid accidents caused lack of experience.

But it not only benefits the younger population. It proves to be just as favorable for the elderly who are in constant need of transportation aid.

AI advancements and driving technology will better our lives in the long run, so I urge all teenagers to stay on the lookout for these surging innovations.

And with a bit of time and patience, we may see a future filled with entirely autonomous automobiles.

FROM PAGE 1

ARTIFICIAL INTELLIGENCE

Based on a poll from *The Accolade's* online website, 23% of 111 total responses say they know the difference between AI and robotics while 60% of people sometimes have a hard time distinguishing between the two. Though AI often accompanies robotics, the two function independently from one another in entirely different fields according to a Nov. 26, 2021 article from AI Business.

Robotics refers to the creation of robots without further additions, but AI enables the mechanism to perform normally human-required tasks such as serving in restaurants or spell-checking in essays.

Sunny Hills staff and students believe that AI continuously appears as a powerful technology that maintains its benefits, but hopes for a limit to its uncontrollable developments.

"I think that the field of AI and machine learning has already done a lot for society in many different areas," said Coding Club president senior Kaneiya Desai. "The use of AI and machine learning can be really valuable to identify someone's condition based on patterns that we've seen else-

where, and that information can be used to gather data for the future as well."

Desai said the Coding Clubs members have yet to express interest in learning about the programming behind AI; however, he hopes to incorporate its concepts during meetings if students begin to show interest.

According to a March 3, 2021, article from the Stanford Institute for Human-Centered AI, since the COVID-19 pandemic, the total global investment in AI has risen 40% from 2019-2020 compared with only a 19% increase from 2018-2019.

"I think mechanization is more of following the route of pure circuitry following direct input-output rules," senior Thaddaeus Kiker said. "Whereas semi-autonomous robotic systems fonder more [AI] and maybe some fluid combination of knowledge-based and learning systems."

However, according to an article from TeamStage, AI-generated robots continue to take over 1.7 million manufacturing jobs previously occupied by humans. Thirty-seven percent of young Americans between ages 18 and 24 worry about job loss from automation, and TeamStage predicts that up to 30 million jobs can be lost by 2030 because of robots.

Desai doesn't believe it's as bleak as it sounds.

"AI will take jobs, but AI is also going to be creating jobs," he said. "While simple human jobs are being replaced by these computers that can perform the tasks equally as well, if not better, there are going to be openings in the AI field and there will be tasks that can't be performed with AI, at least not with our current technology."

Seeing the first stages of AI-based education with services such as Khan Academy, Desai believes these systems work toward tailoring for specific students, compensating for bigger class sizes in schools.

"In an educational setting, I think AI is very valuable, but I don't see it taking teachers' jobs because there is always going to be a necessity for teachers," he said. "I think that AI can be very valuable for students, especially in their independent studying outside of the classroom, and I think it's much more of a supplement than it is a replacement."

Similarly, English teacher Tom Wiegman hopes to see essay-grading AI systems in the future, but doesn't believe they will completely replace jobs in schools.

"There are some services that can do some, but they haven't gotten as sophisticated as they need to be," said Wiegman, who regularly reads about AI in the news. "They work for some students but usually not as well for higher level students that have more complex thinking essays."



JINA HAN | theaccolade

SEOWON HAN

Copy Editor

Smearing cakes on da Vinci's "Mona Lisa." Splashing tomato soup on Van Gogh's "The Arles Sunflowers." Pouring mashed potatoes on Monet's "Les Meules."

To combat the global climate change crisis, protesters from Just Stop Oil, an environmental activist group in the United Kingdom working to ensure that its government stops the production of fossil fuels, attempted to vandalize historical art in Europe starting April 2022.

While it seems like a reasonable cause in a good attempt at publicly demonstrating its passion for the environment, it's a potentially destructive exhibition that distracts from the main point of the protests.

As part of its campaign to

'Just stop' vandalistic climate change protests

Activists from the group Just Stop Oil participating in acts of nonviolent civil disobedience to garner media attention does more harm than good

demand that the government halts new oil and gas licensing, members of Just Stop Oil deflated the oil trucks' tires and directly stopped the trucks' way at Kingsbury Oil Terminal in England Sept. 14. Moreover, the group continued its string of public demonstrations on Nov. 7 by disrupting the M25 motorway — one of the busiest roads in London.

"The U.K. government's policy to allow new North Sea oil and gas results, as the

United Nations has pointed out, in there being 'no credible path' to remaining at or below 1.5 C of heating," wrote Just Stop Oil in its Nov. 7 press release. "This will result in the collapse of ordered civil society, the loss of our rights and freedoms and the death of countless millions of people. We will not stand by and allow this mass murder to happen."

However, just stopping oil is not practical, and it doesn't work. Yes, fossil fu-

els are the largest contributors to global climate change that result in greenhouse gas and carbon dioxide emissions, but if they increasingly stop oil distribution, a sudden loss of oil supplies would make it impossible to meet world energy demands.

Although the group's performative campaigns to block the road or throw food on the paintings may seem nonviolent, they still harm others.

Because of this, its acts

seem to stray from its point to focus on garnering attention for climate change.

Additionally, by arguing that they're implementing such methods to let the public acknowledge the issue, they alienate ordinary people.

Organizations should find other ways to promote its beliefs, such as spreading awareness through social media posts or going on marches to lead legislators in creating policies that can help reduce the factors of climate change.

Having more people engaged in spreading the word will help them gain more participation in lobbying local politicians to support its cause.

We need to stop rewarding radical ideas but instead advocate and incentivize effective political ideas.

We can't just stop oil.

'Quiet quitting' loudly enters the school system

GISELLE SUASTEGUI

Feature Editor

Lessening rigorous courses.

Lowering the passing grade.

Leaving students underprepared.

According to [gallup.com](https://www.gallup.com), an increasingly popular trend has surfaced in the work force in which 50% of workers do not go beyond what their job description entails and doing just the bare minimum to avoid getting fired: quiet quitting.

The core idea behind this trend consists of putting minimal effort and avoiding overworking oneself. Yet, quiet quitting is not only seen in the workforce but in schools as well.

As the academic competition rises among students, more are required to participate in more school activities while maintaining high grades in order to stand out.

Burnout from the unmanageable workload and the lack of compensation for their work has led students to find themselves struggling to balance their extracurriculars while fully understanding their class curriculums — eventually, causing students to give up the hustle and work simply to pass the class.

Because this trend stems from fatigue, teachers should work on making their curriculum more relatable and meaningful, such as planning more hands-on projects and discussions, so that students



IRIS KIM | theaccolade

want to learn the material instead of just doing the bare minimum.

Additionally, in order for students to feel energized, teachers need to build personal connec-

tions with each individual student, constantly giving them feedback about their work and motivating them to continue their academic pursuits.

Students should not work with grades as their only form of validation either; instead, a purposeful line that promotes a healthy relationship between the student and schoolwork must be created.

Others may argue that at least they are not giving up on school, but [cnbc.com](https://www.cnbc.com) states that bad qualities such as lack of motivation, flexibility and underdevelopment of skills can be adapted from quiet quitting, which is also a product of forsaking school responsibilities.

Establishing a positive relationship ensures that students will not regret not reaching their full potential and miss out on opportunities.

Quiet quitting leaves loud, negative effects on students.

STAFF EDITORIAL



JACOB KIM | theaccolade

GIVING THANKS: *With the holidays approaching, The Accolade shows appreciation to our supporters at school*

The 2022-2023 Accolade Editorial Board unanimously voted that we are grateful for the support from SH administration.

Thanksgiving is a time of feasting and spending time with family and friends. But most importantly, as the holiday name suggests, the day is about counting our blessings.

So *The Accolade* Editorial Board felt the need to show gratitude to those who have supported our publications program since its inception on March 31, 1960.

The most notable appreciation we want to show is toward our school administrators.

After a significant decrease in funds from the usual \$5,000 to \$3,500 during the COVID-19 pandemic, assistant principal Hilda Arredondo (who is now an administrator at La Habra High School) decided to allocate \$6,500 to our budget, going beyond the standard amount by \$1,500.

That difference has helped us manage the increased cost of publishing our newspaper issues because of inflation.

We also want to thank assistant principal Sarah Murrietta for allocating funds to pay for an upgraded camera and wireless mic equipment costing more than \$1,300.

That has made it much easier for our one-man videography team to produce clips for our online news website as he doesn't have to deal with an outdated camera and mic system anymore.

Finally, we want to show gratitude to the campus adult sources whom our staff has interviewed throughout this se-

mester.

They were willing to take the time out of their precious lunch period or after school to answer the usual plethora of questions from our reporters.

So thank you to all of you.

The *Accolade* Editorial Board is made up of the top editors and section editors on the new 2022-2023 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 theaccoladeshhs@gmail.com.

Letters to the editor

Jiwoo Han's Spotlight article "TRICK' or TREAT? leave it on the street" really stood out to me because it helped spread awareness of the rising numbers of the distribution and consumption of candy with drugs such as fentanyl in them.

This article has made me more careful about what candy I eat, especially the rainbow kind.

— Mahathi Prabhu, freshman

I really enjoyed reading Henry Lee's News article,

"QUEEN KANG." Reading about our Associated Student Body vice president Lindsey Kang put a smile on my face because of the things she's done for our campus.

I wish I had gotten to know Lindsey Kang sooner as she is such a role model to me, but I wish her nothing but the best in her next chapters after her senior year!

— Jade Pham, freshman

Kayla Martinez's "Time to BeReal" Feature article efficiently educated me about the new social media application

BeReal and its impacts on students' lives.

I think it's really good to hear that students are using this app to connect with other classmates and teachers.

— Nathan Park, freshman

I greatly enjoyed reading Jaimie Chun's Feature article, "Waving' goodbye to ocean pollution."

It was truly inspiring to read about a teacher making a local and meaningful difference.

— Gwyneth Morrell, freshman

the accolade

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For the record

The Accolade regrets the following errors from the Oct. 14 issue:

In a page 3 News article titled, "Stop the clock this winter," the season in the headline should have been "fall."

In a page 22 Sports article titled, "DANCING with the BOYS," the first paragraph description was inaccurate as the joint baseball and Dance Production workout features more aerobic moves and stretches.



HEAD TO HEAD
THANKSGIVING MEAL:
 Which do you prefer?

JACOB KIM | theaccolade

PRO: It's all about turkey in my home on Thursday

Every year, the tenderest of poultry meats covered with glistening, golden-brown skin lies in the middle of my Thanksgiving table: turkey.

Many conclude that even the pilgrims ate turkey meat to celebrate, as it was prominent in the area. It only makes sense for people to keep the tradition running.

This winged creature contains many vitamins and minerals. According to HealthCentral, turkey can prevent the development of breast cancer by 15% since it is a rich source of selenium. Not only that, it is also relatively cheap and does not contain any carbohydrates; thus, it serves as a great alternative to those who prefer healthier food options.

Unlike the fresh white meat of fowl, ham is processed, cured meat, meaning that it contains both whole cuts of meat and even parts that have been mechanically formed. Therefore, ham contains much more sodium and is overall significantly unhealthier.

Additionally, a golden-brown fowl is much more visually appealing than that of pink processed meat.

Ham, prepared and grilled, simply looks like a circular pile of food with a bone sticking out while a beautifully roasted whole turkey embodies the entire visual of the animal and is therefore more attractive than ham.

Critics may argue that the white fowl meat is outdated and isn't as flavorful as ham, as it can be considered dry to certain individuals.

However, I don't think the taste of processed pork is pleasing to every consumer either. Ham has a strong taste that may not be palatable to several individuals, so poultry meat is a safer option that is bound to please more people.

When my family sits by our Thanksgiving table, we like to put many different food items on the table, not only for visual purposes, but also for a combination of tastes. Ham, because of its heavy, salty taste, is in contrast to turkey not that great of an option in this sense.

Because turkey is fresh, classic and healthy with a very unique and delicate taste, this meat proves as the best option to pair with other festive foods such as gravy and salads.

For this Thanksgiving, I am excited to celebrate this festivity with my family while eating delicious food. Turkey it is for this year as well!



Jiwoo Han
Sports Editor

CON: Ditch the bird; ham offers the satisfying bite

Though the Thanksgiving turkey rests on my dinner table, picture-perfect and untouched, next to it lies an empty plate of what used to be filled with delicious ham. Whenever turkey makes its way



Chris Lee
Staff Reporter

onto my family's table, it barely gets eaten whereas ham is deliciously enjoyed.

But my family is not the only one who prefers pork meat over poultry meat.

According to a recent *The Accolade* online poll with 81 respondents, 42% of voters also favored ham as their favorite Thanksgiving food.

Meanwhile, 14% prefer turkey, 10% prefer beef and 34% of voters selected "other" or that they do not celebrate Thanksgiving.

Realistically, turkey is just an extravagant and glorified chicken. Admittedly, it does look more appetizing than the pink pork meat, but one should never judge a book by its cover.

After I tasted the white fowl, I could not bring myself to enjoy the dehydrated and bark-like texture of the dish.

On the other hand, I always look forward to the honey-baked pork served to

me each November. Ham tastes superior and yielded the succulence turkey lacked.

Other than taste, ham also takes less time and skill to prepare. Unlike the white poultry meat, which must be cooked to a perfect golden-brown, ham usually comes precooked. Dinner hosts no longer have to stress about disappointing their guests with an over or under-cooked turkey.

Additionally, the flexibility of ham suits my typical Asian family, as the pork can easily be used in other food to prevent waste. Every Thanksgiving, I always see leftover bits of ham in my meals, and it brings me back to the delectable dinner I ate during Thanksgiving.

But when my family eats turkey for Thanksgiving, we always find ourselves with excessive leftovers that inevitably end up in the trash.

Unlike ham, turkey possesses little to no place in other foods.

As an uncommon meat, it taints most meals with an unfamiliar and unlikable taste, making it difficult to incorporate leftover meat into meals following the Thanksgiving dinner.

Rather than clinging to antiquated and false beliefs that turkey is traditional and therefore superior, it's time to branch out into the better Thanksgiving meat: ham.

Anna May Wong coins the term 'Asian-American pioneer'



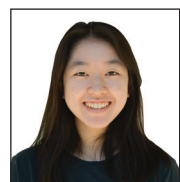
IRIS KIM | theaccolade

From the onset of her career, Anna May Wong refused to tread lightly.

The Chinese-American film star, with over 60 works under her name, challenged the stereotypical roles offered to her by the American entertainment industry's giants and constructed a mold separate

from what the discriminatory Hollywood directors asked of her.

Wong's legacy for U.S. citizens of Asian descent, whether Chinese or not, endures even 61 years past her day of death.



Kate Yang
Editor-in-Chief

I recognize the actress as a pioneer for diversified representations of the Asian community within the entertainment industry: Wong is further recognized as the first Asian American to be featured on a coin.

The U.S. Mint launched the Wong quarter Nov. 4 nationwide — a monumental step toward expanding the recognition of Asian Americans as a part of our society.

Asian Americans in the U.S. endured a copious quantity of racial remarks throughout the COVID-19 pandemic, which brought the Stop Asian Hate campaign in the limelight. Such anti-Asian sentiment, though, has long existed — Wong even acknowledged it in a 1933 magazine interview.

"Why is it that the screen Chinese is nearly always the villain of the piece... murderous, treacherous, a snake in the grass," Wong said. "We are not like that."

The coin, though long overdue, reflects Wong's advocacy for greater representation of Asian Americans within film and media.

Asian Americans should no longer be typecast as the quiet mathematician or the sneaky villain: with Wong's 25-cent coin, I anticipate a transformation in the climate of the United States.

So maybe the next time my fellow Asian Americans receive any quarters in change, be on the lookout for Wong and be proud of what we have accomplished.

Black Panther sequel artfully claws at somber subjects, clash of powers

CHLOE CHUN

Asst. Entertainment Editor

With their hands curled into fists, their arms fold over their chest into an x-formation. Then, the two simple words that exemplify strength, hope, loyalty and determination are uttered.

“Wakanda Forever!”

“Black Panther: Wakanda Forever” uses poignant plot and realistic character development to artfully paint a raw story about healing and moving on while stunning viewers with thoughtful character work and breathtaking scenery inspired by African and Ancient Aztec culture.

In the sequel directed by Ryan Coogler (“Black Panther”), Queen Ramonda (Angela Bassett, “Gunpowder Milkshake”) and Princess Shuri (Letitia Wright, “The Silent Twins”) protect their country Wakanda from the powerful mutant king of the Tolakan civilization, Namor (Tenoch Huerta, “Madres”), after King T’Challa’s (Chadwick Boseman,

“What If . . . ?”) death.

The film perfectly continues Marvel’s Phase 4 plan of forging new paths for heroes while respecting the past ones, particularly for the late actor Boseman, who passed away in 2020 and reeled Marvel Cinematic Universe (MCU) fans and directors with the sudden loss.

In most cases where an actor playing a significant character passes

away, computer generated images (CGI) is used to paste their face onto others. For example, directors chose to use CGI to overlay Paul Walker’s face onto his two brothers, Caleb and Cody, and actor John Brotherton in “Fast & Furious 7.” In other cases, directors simply recast the character like what was done for Richard Harris, who was replaced by Michael Gambon in “Harry Potter and

the Chamber of Secrets.”

Instead, Coogler had the screenplay writers overturn the entire script for the sequel and start from scratch, delaying the film for four months past its scheduled release date.

However, this decision fully paid off, and audience members that have experienced the death of a loved one can especially appreciate how Coogler did not gloss over Boseman’s death and instead made it the driving point of the film, acknowledging the unshakable reality of life.

The huge effort shows in every detail of the movie, including the classic Marvel logo. In place of where different MCU characters are depicted in the white letters, it only features Boseman’s Black Panther.

The actors’ astounding performance beautifully shows the searing pain loss can cause and how everyone deals with grief differently, adding depth to their characters.

Shuri shuts down her emotions and chooses to drown herself with work.

Black Panther >> Page 19

Enola Holmes returns to crack another case

2020 Netflix sequel offers engaging plot

HANNAH LEE

Opinion Editor

Charismatic Enola Holmes (Millie Bobby Brown, “Stranger Things”) is back with another engrossing adventure that’s worth following as she once again takes viewers with her as she skillfully works to decode the mystery of a young girl’s sudden disappearance.

“Enola Holmes 2” starts calmly as the title character struggles to find work after opening her own detective agency.

Unable to build a name for herself apart from her famous older brother, detective Sherlock Holmes (Henry Cavill, “Batman v Superman: Dawn of Justice”), Enola struggles to step out of her sibling’s shadow as customers often ask her to redirect them to him instead.

Eventually, Enola manages to be hired

for one case: the disappearance of Sarah Chapman (Hannah Dodd, “Find Me In Paris”), an employee at a match factory.

However, things soon escalate as the young detective finds herself entangled in a serious conspiracy involving the match company’s corrupt affairs and imprisoned as a murder suspect in the process.

The plot is packed to the brim with action scenes including a prison break, a bomb attack and multiple discoveries of corpses throughout the movie’s two-hour-and-eight-minute runtime.

Even while solving such an extreme case, the witty detective manages to find time to progress her romance with Viscount Tewkesbury (Louis Partridge, “The Lost Girls”), the Marquess of Basilwether and Lord in the esteemed House of Lords.

Enola Holmes 2 >> Page 19



Image printed with permission from Netflix
ON THE RUN: Millie Bobby Brown plays young detective Enola Holmes, who tries to get out of the shadow of her older brother, the famous Sherlock Holmes, in the Netflix film released earlier this month.

FROM PAGE 18

ENOLA HOLMES 2

The pair's romantic tension grows as he teaches her how to ballroom dance in a bathroom and Enola teaches him how to fight in a carriage, culminating in an awkward exchange of love confessions.

Additionally, Enola strengthens her familial bond with Sherlock, and the two fiercely independent siblings learn to become reliant on each other.

Likewise, her relationship with her mother Eudoria Holmes (Helena Bonham Carter, "The Crown") strengthens throughout the film as Eudoria plays a significant role regardless of the decrease in her screen time compared to the prequel.

But despite how entertaining and adrenaline-rushing this sequel appears with its quick action and humor, the plot is actually a successful disguise for its crucial historical commentary on the inhumane work conditions of 19th-century Britain.

"Enola Holmes 2" ultimately revolves around the true story of the 1888 Matchgirls' Strike in London, where activists fought for 19 days for better working conditions in the Bryant & May company. The movie accurately depicts the fatal consequences of the working factory girls' everyday exposure to the toxic, white phosphorus material used during match production. Unfortunately, companies would turn a blind eye to this for the sake of profit, according to historic-uk.com.

Though the buildup to the revelation of the culprit's identity could definitely be better developed with more foreshadowing, the plot twist is still most likely one that viewers will find riveting to watch.

Along with impressive acting from the cast, the movie's integration of a real historical event enriches the film with themes of social revolt, feminism and classism, producing a thought-provoking mystery movie worthy of popularity and rewatches.

The series fortunately doesn't end there, and its post-credits scene shows Sherlock opening the door to a potential roommate named Dr. John Watson.

Avid readers and fans of the original Sherlock Holmes book series by Arthur Conan Doyle can recognize his iconic sleuthing partner, and the scene nearly guarantees an "Enola Holmes 3," leaving the audience desperately awaiting the next addition to this stellar Netflix series.



Image printed with permission from Julieta Cervantes
GOING TO TRIAL: Richard Thomas plays Atticus Finch, an attorney who agrees to defend a Black man accused of sexually harassing a white woman in the stage adaptation of Harper Lee's novel, *To Kill a Mockingbird*.

SCOUTING THE STAGE

Broadway brings *To Kill a Mockingbird* to life

JUSTIN PAK

Copy Editor

Harper Lee's *To Kill a Mockingbird* has faced controversy in recent years, especially during the Black Lives Matter movement.

The novel about an Alabama lawyer — Atticus Finch — defending a Black man accused of raping a white woman has been removed from some public schools' English curriculum because of Harper Lee's decision to use the language of the prejudiced South in the 1930s.

Despite this, English 1 Honors teacher Jennifer Kim continues to teach her classes the novel.

"I choose to teach it because I think it has really important themes that I think are important for my students to learn," Kim said.

Now, the 2018 play adaptation of the novel with a new cast will arrive in

Seegerstrom Hall, a theater in Costa Mesa, with performances from Dec. 27-Jan. 7. For those who want to catch it during Thanksgiving break, it's currently playing in the Pantages Theatre in Los Angeles until Nov. 27, offering a \$29 per ticket deal for students who show their IDs.

Having taught the novel for over 10 years, Kim said she found out about the play through her subscription to Seegerstrom and plans to view it there in December during winter break with her daughter, a Class of 2021 graduate.

"I don't know what to expect from the play," she said. "I'm going to go see it with high hopes, but usually I find that the book is better than any sort of rendition."

Junior Karen Kim, who previously had Jennifer Kim as a teacher for her freshman honors English class, also plans to catch the stage version next month.

"I really liked the moral lesson of *To Kill a Mockingbird*, and the plot was interesting, too; there were a lot of twists

and turns," said the junior, who spotted an advertisement about the play while scrolling through her Instagram feed. "I really liked the characters, especially the dad [Finch] because I think he set a good role model for me, especially in the world today."

Likewise, freshman Aaron Green, who recently finished reading the novel in Jennifer Kim's class, enjoyed the book and considers watching the performance.

"I thought it had some good comments about the racist points of view in the 1930s," Green said. "It showed characters growing up pretty well."

English teacher Suzanne Boxdorfer said she watched the play in New York in 2018 during its first run on Broadway and recommends others to watch it.

"I really enjoyed it," said Boxdorfer, who has consistently taught the novel whenever she taught freshman English. "It was really thought-provoking and very different from the novel."

FROM PAGE 18

BLACK PANTHER

Okoye (Danai Gurira, "The Walking Dead") loses her king, queen and her rank as general of the Dora Milaje, the elite all-female Wakandan special forces.

Even Namor deals with his parents' and people's death to the hands of colonizers.

Despite these sorrowful scenes, Coogler doesn't sacrifice the film for sentimentality, and delights audiences with incredible scenery and delightful music from artists such as Rihanna, who returned to the music industry after six years of inactivity.

Inclusions of wonderful scenery and incredible CGI skills add another aspect to be admired which particularly shines in the underwater Tolakan kingdom,

where the mysterious blue waters dance across the ancient-Aztec inspired people's marine home.

Coogler also continues the recent trend of morally gray antagonists with Namor, causing audiences to debate if Shuri or Namor is truly in the wrong, paralleling T'Challa and Killmonger in the prior film

Not only this, but Coogler drops incredible news for the MCU by introducing Riri Williams (Dominique Thorne, "Judas and the Black Messiah"), Ironman's (Robert Downey Jr., "Sr.") successor and title character of the upcoming Ironheart Disney+ miniseries, and teasing the possibility of introducing the X-Men into Marvel.

Although the film amazes, the time spent exploring the Tolakan scenery was lacking as the movie had to cram an entirely new

world that most MCU works would take hours exploring into less than a third of its two-hour-and-55-minute screen time.

Despite this small flaw, the movie topped box office charts in its opening weekend and earned over \$400 million in eight days, beating out DC's "Black Adam" starring Dwayne "The Rock" Johnson, which raked in over \$352 million in a month.

Through breathtaking emotional awareness, showstopping acting and poignant storyline, *Black Panther: Wakanda Forever* pays a beautiful tribute to Chadwick Boseman and opens up a new realm of possibility for superhero films with its vulnerability and fantastic characterizations.

Rest in power, Chadwick Boseman.

Wakanda Forever.

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⚽ Game Ball ⚽

Senior scores scholarship at SFSU

Girls soccer captain Cheyenne Dohan finds her college match where she'll pursue academics and soccer



Image printed with permission from Cheyenne Dohan

GO FOR THE GOAL: Girls soccer captain senior Cheyenne Dohan kicks the ball at the Parks Junior High field at a Fullerton Rangers club game on Sept. 11.

CHRISTINE YOO

Cub Reporter

Even after a devastating loss in the CIF-SS Division 2 Quarterfinals her sophomore year, senior Cheyenne Dohan persevered and decided she won't give up on her sport, even after high school.

"Ever since a young age, I realized how important soccer was to me and how it was my life," girls soccer captain Dohan said. "I started to get good at it, which made my decision to play soccer in college easier than it had to be."

Dohan, who started taking soccer seriously around 8 years old, committed to San Francisco State University [SFSU] in May after being scouted and offered a scholarship.

John DeMartini, the head coach of women's soccer at SFSU, met Dohan at a college identification camp in 2020 during her sophomore year, which became a big factor in her decision to commit.

"I just really liked the environment of the school and the coach, because he played a big part in my decision," Dohan said. "He cares about the players and their personal lives too, deeper than just soccer."

After the camp, she said she kept in touch with DeMartini through text and email, while also joining Zoom calls with him and the other recruits.

"I felt very proud of getting a scholar-

ship because it was one of my main goals ever since I played soccer when I was little," Dohan said.

Regarding academics, she is not yet fully sure of her major but has thoughts of becoming a dermatologist or therapist.

Dohan began playing soccer when she discovered a talent for the sport as a kid, playing for the Fullerton Rangers club since she was 4 years old. Ever since, she remained in the club led by coach Demian Brown, because of its close proximity to her home.

From age 3, Dohan was a fan of soccer, and her stepfather who played soccer in college influenced her a lot, Dohan said.

In 2017, Dohan became a team captain in the Fullerton Rangers club, and she's kept this position for the past five years.

Her club won the state cup this year, and to continue this success, she always strives to improve her team both on and off the field.

Former Sunny Hills girls soccer head coach Jeff Gordon shows excitement for Dohan's future career in her sport.

"A lot of talented players set playing college soccer as their goal when they are young, but few have the drive or interest to see it through," Gordon said. "I am confident [Dohan's] college soccer future will be a success."

Gordon, who coached Dohan in her first three years of high school, has seen Dohan's skills and character develop.

"Cheyenne is so deserving of her scholarship," he said. "She has scored some of the biggest and most impossible goals that I have seen, and she is also a leader on the field, making sure her teammates play at their highest level."

The girls soccer team lives and plays by

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I just really liked the environment of the school and the coach, because he played a big part in my decision.

- senior Cheyenne Dohan

”

a team motif coined by Jeff Gordon: tradition never graduates.

"The phrase means that the program is always the same no matter what players graduate or leave," Dohan said.

Dohan said this motto impacted her relationship with the team, nurturing their family-like bond and team motivation.

"It's something the program holds so highly," she said. "We're just a family and it will never end."

Among her supporters of coaches, family and friends, Dohan's teammates also became contributors to her success as they've seen her grow throughout her high school years.

"I have grown up with Chey my whole life from elementary to now, so I have seen her passion start and continue to grow," girls soccer co-captain senior and childhood friend Isabella Ramirez said. "Chey has pushed me to be a better player and a better leader in so many ways."

Dohan, having played different positions throughout her career at Sunny Hills, has had many memories that have stood out, but one sticks out the most.

"My favorite memory was when I scored the game winning goal to win the Best in the West tournament for my team," she said.

As Dohan heads into her last season as a Lady Lancer, she said she'll never forget the valuable lessons the experience has taught her.

"Soccer taught me a lot on and off the field about being disciplined and hard-working," she said. "Nothing comes easy, and you always have to work for something that you want."

Now with a new perspective, Dohan is ready for her future in college soccer.

"I'm super excited for this opportunity that God has given me," the athlete said. "I want to create and have the biggest impact I can in San Francisco."



NEXT FOUR: Cheyenne Dohan poses in front of a Fullerton building in her San Francisco State University [SFSU] shirt for commitment pictures that she posted on her Instagram on May 20.



MAKING IT OFFICIAL: Cheyenne Dohan signs her SFSU commitment papers on Nov. 9, athlete's National Signing Day, in her home in Fullerton.

Images printed with permission from Cheyenne Dohan



THEY CALL ME AJ

After serving 10 years in the soccer program, Antonio Arenas — Class of 2009 — becomes the new head coach for the Lady Lancers



REBEKAH KIM | theaccolade

PRACTICE MAKES PERFECT: *The new girls soccer head coach Antonio Arenas talks to his players about game tactics the team can use as they prepare to play a practice game during their team practice on Monday.*

JIWOO HAN

Sports Editor

Antonio Arenas knows he has not big, but legendary shoes to fill.

Heading into the winter sports season, Arenas takes over as head coach for girls soccer, following social science teacher Jeff Gordon and, prior to him, Gordon's father, Kenn, who collectively led the Lady Lancers soccer program for 41 years.

"I found out near the end of finals last term, and I was ecstatic," said Arenas, who has been coaching the junior varsity [JV] girls soccer team the last four years and was promoted in May of the 2021-2022 school year – a month after Gordon had announced his retirement from coaching. "I felt very honored to have the opportunity to continue what Jeff Gordon had done for 32 years and what his father had started before that."

Jeff Gordon sees the new hire – also known by players as "coach AJ" (he's actually Antonio Arenas Jr.) as a score for the school and the program.

Even though she only played under Gordon for a year, co-captain centerback junior Celine Villasenor shared her admiration for Gordon as a coach and excitement for this upcoming season with Arenas.

"[Gordon] left a very strong legacy, and I was pretty sad to hear that he was leaving," Villasenor said. "But with coach AJ, I think we have a good chance of becoming Freeway League champs and getting into CIF this year."

In his 10 years of coaching for the girls soccer program here, Arenas said he has served as the frosh-soph, assistant JV, JV, assistant varsity and now varsity coach.

He also acquired experience doing some smaller coach-

ing stints, but Sunny Hills makes up most of his coaching tenure, the new coach said.

It also doesn't hurt that Arenas is an alumnus, graduating in 2009 and playing for boys soccer head coach Mike

“

I have a lot of bloodline essentially with this school. Being able to give back to Sunny Hills is why I coach.

- girls soccer head coach Antonio Arenas

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Schade throughout his highschool years.

"I have a lot of bloodline essentially with this school," he said. "Being able to give back [to Sunny Hills] is really why I coach."

Co-captain right back senior Ela Mehta, who has been in the varsity squad for the past three years, said she anticipates a great season for the team and shares her appreciation for how Arenas has been running his practices.

"Compared to last year where we just used a simple tactic to get out of bad situations, this year, there's a lot more possession, communication and just supporting each other on field," Mehta said. "He is a very competitive coach, and I know we are in great hands for this season."

Goalkeeper junior Katie Sweeney also hopes the squad

can achieve a Freeway League title and possibly qualify for CIF contention when the season starts Jan. 3, preseason already having started Thursday, since the new coach utilizes a different approach to the game from previous years.

"Last year, Gordon led the team to play more of a kick-ball kind of game," Sweeney said. "But this year under coach AJ, we are playing a more composed passing game so I think that will definitely be helpful for creating more chances for goals and such."

Arenas said he acknowledges the skill and personal talent of all the players but holds true to his personal philosophy, and hopes he can share it with the team this year.

"I always want to coach people who have a great heart and not necessarily great skill because you can always teach and coach people how to become better players," he said. "Talent only takes you so far without the work ethic and great attitude."

Outside of coaching, Arenas oversees as kitchen director two Chick-fil-A restaurants, one in La Palma and the other recently opened in Buena Park.

"Coaching and running a kitchen surprisingly go hand in hand," he said. "You always have to be coaching and teaching new people new things and to break habits. Having a goal and having everyone buy into that goal is the key to success and really anything you do in life."

Arenas said he plans to reiterate hard work and intensity in the program as he noticed the COVID-19 pandemic weakened the girls' passion for the game.

"It just goes down to how well the girls can buy into what I want them to do," the head coach said. "Having a good work ethic and having a great attitude are what will be the determining factors of our success this year, and I know this group is hungry and they want it."



Image printed with permission from Yurang Li
TAKING IT ALL IN: Junior Yurang Li walks up to take her shot at the CIF Regional qualifier at Brookside Golf Course on Nov. 11 before moving on to place third at the CIF State playoffs.



Image printed with permission from Kelsey Kim
ONE SWING AT A TIME: Senior Kelsey Kim watches her ball after taking a shot at the CIF Regional qualifier at Brookside Golf Course on Nov. 11 before taking third at the CIF State playoffs.

Looking back at Lady Lancer's success

Following the conclusion of the regular season, girls golf team's dynamic duo place top 5 in CIF-SS Individuals

JAIMIE CHUN

Managing Editor

First-time Freeway League champions, making program history.

Climbing the ladder to Division 1.

Two players making their debut at the CIF State Individuals.

These are only some of the accomplishments the girls golf team achieved in this year's record-breaking season.

In the golf team's most recent achievement, senior Kelsey Kim and junior Yurang Li tied for third at the state level on Wednesday, Nov. 16, at the San Gabriel Country Club — the first time during head coach Scott Enrico's four years as Sunny Hills coach to do so.

"Their performance was unreal," Enrico said. "It stings a little bit that they didn't win the state championship, but you can't complain when you're tied for third in the whole state of California, and I'm so proud of what they did."

Prior to their CIF run, the six Lady Lancers were able to conclude their regular season by accomplishing their goal of competing head-to-head with league rival Troy High School, which Enrico and team captain sophomore Angelina Jeong said was the team's primary objective in a pre-season interview.

"We knew that we had a strong team this year, and we attained that goal, so I'm proud of the girls for the work that they put in to do that," Enrico said.

Though the Lady Lancers tied with the Warriors for the Freeway League title with a record of 9-1, Li was named the Freeway League's most valuable player for the third consecutive year. Adding to her recognition, she also voted the Orange County Register's Southern California Girls Athlete of the Week on Nov. 1.

"My goal this year was to win the league by at least six shots," the junior said. "I did that my freshman year, and I wanted to push myself further. It feels great to be achieving these accolades because I

am representing Sunny in the process."

After playing in the Division 3 berth for the past four years, the team lifted its status to Division 1.

"Out of the best teams in Division 1, we were able to go on and qualify, so it was a big step for us as a team because we were able to qualify out of that realm," the head coach said.

Consistently having strong rounds throughout the season, the team finished eighth in CIF Division 1 at The Huntington Club and ninth at the CGA Regionals at Western Hills Country Club, just missing the mark to move onto the team CIF State Championships.

"I think that we had a great season," Li said. "I think that we could have made it further in CIF, but I am very proud to see us trending in the right direction."

Enrico said he owes the success of this year's record-breaking season to top players Li and Kim, who were the only two to qualify for CIF State after placing top 4 at the regional qualifier at Brookside Golf

Club.

Kim, this year's transfer from La Habra High School, placed first in the CIF-SS Championships Individual Girls Golf Northern Regional at Los Robles Greens Golf Club and placed sixth in the CIF/SCGA Regional Championship at Brookside Golf Club.

"I'm grateful to be able to achieve these achievements that I don't really achieve much outside the school, and I've never consistently won and been at the top like I did this season," Kim said. "I thank our team members who always give positive energy and our coach who supports us a lot."

Though one of the top players, Kim, will be graduating, Enrico said he anticipates the team's performance next season.

"Our goal is always to win as many matches as possible during the regular season," he said. "It'd be nice to win the league championship, but there's Troy, and they're always strong, so that's gonna be a battle between those two again next year."

FALL SPORTS CIF RESULTS

GIRLS GOLF



- Team placed ninth in CIF Division 1 Regionals
- Senior Kelsey Kim, junior Yurang Li placed top 5 at CIF state tournament

BOYS WATER POLO



- The Lancers breezed through the first round of the CIF-SS Division 5 tournament, but lost 10-11 in the second round

GIRLS TENNIS



- The Lady Lancers made it to the quarterfinals in the CIF-SS Division 2 tournament after a tie-break in the second round

GIRLS VOLLEYBALL



- The Lady Lancers won rounds one and two, but lost in the quarterfinals in the CIF-SS Division 5 tournament

CROSS COUNTRY



- Junior Esther Kim represented the program at the CIF-SS Division 2 Prelims and took 40th place with a 20:58 time

FOOTBALL



- The Lancers won 48-22 in the first round of the CIF-SS Division 10 tournament, but lost 3-28 in the second round



ELINA LEE

Cub Reporter

With a final score of 4-0, junior Anthony Aguiar-Casillas gleams proudly with the United Paintball Federation Paintball [UPFP] championship cup beside him, after securing a final victory for Team USA.

"I have found a lot of success competing both internationally and nationally, especially for playing in such a short time," Aguiar-Casillas said.

At the UPFP World Championship held on Sept. 15-18 in France, he helped Team USA eliminate Team Germany as they won the Under-16 Division.

"I was really proud to have the opportunity to represent [my country]," the athlete said.

Aguiar-Casillas was first invited to try out for Team USA by the team's owner, Anthony Vitale, and after making the team, he committed to play with the existing members at the championship games.

The junior attended his first Team USA practice on May 13 in Massachusetts to prepare for the UPBF competition in France. While there, he met and practiced with competitors from other states that had different methods of play.

"A lot of the players on the east coast, which is where most of the Team USA players come from, play [with] a different style," Aguiar-Casillas said. "In the West Coast, the pace of play is a lot faster; in the East Coast it's slower and more based on teamwork and a more methodical play."

One drill the junior practices with his teammates is snap-shooting, which strengthens a player's precision on their first shot coming out of inflated obstacles.

"[We] can do it against a cone or a target or another player," he said. "You come out of the bunker you're at, shoot once and then go back in."

Along with the snap-shooting drill, he works on other skills with professionals Brandon Trujillo and Cody Woodruff from the San Diego Aftermath, and Zach Carter from the Los Angeles Ironmen, who are all part of professional teams in the National XBall League [NXL].

Last year, Aguiar-Casillas competed in the NXL World Cup — the biggest tournament for paintball — and the NXL Dallas, and his team was able to take first place in Division 3 of the NXL World Cup tournament in Florida.

This year, he and the ASG All-Stars took sixth place out of 96 teams for the NXL World Cup and second place out of 50 teams at NXL Dallas.

"It was a very exciting experience to play against the best," the athlete said. "I'm really proud of myself to be competing at that level."

Aguiar-Casillas plans to pursue professional paintball with the San Diego Aftermath, as he continues to create a name for himself by competing in tournaments.

His mother, Eveylyn Casillas, the data systems technician at the Fullerton Joint Union High School District, hopes to support her son's journey by showing full interest in what he does.

"I try to be as supportive as possible by guiding and coaching him along the way," Casillas said. "He's created a lot of awesome opportunities for himself, and I'm so proud of the initiative that he's taken on."

Image printed with permission from Woodie Action Photography

LOAD UP: Junior Anthony Aguiar-Casillas runs across the battlefield during the Sept. 18 finals game at the United Paintball Federation Paintball [UPFP] World Championship in France. Aguiar-Casillas helped Team USA defeat Germany to secure the championship title.

Junior dominates in paintball nationally



Image printed with permission from Anthony Aguiar-Casillas

WINNER TAKES IT ALL: After securing the victory for Team USA in the UPFP paintball tournament, Anthony Aguiar-Casillas stands in front of three trophies.



Image printed with permission from Woodie Action Photography

DROP AND DODGE: Before the game, Anthony Aguiar-Casillas checks out the battlefield and leans against a nearby airbunker to search for his opponents.



WE ARE THE CHAMPIONS: The boys soccer team celebrates their 2021-2022 CIF-SS Division 3 1-0 overtime win against Norte Vista on Feb. 26 at Norte Vista High School. They finished the season with a 19-4-4 record and made it to the Division 3 State Regional semifinals.

RETURN OF WINTER SPORTS

Looking to pursue Freeway League titles and CIF accomplishments, the Lancers prepare to face the upcoming 2022-2023 season



BOYS BASKETBALL

First league game: The Lancers will play a home opener against the Fullerton Tribe on Jan. 4, 2023 at 6 p.m.

Athlete pictured: junior Kingsley Ashley
Picture taken by Summer Sueki



GIRLS WATER POLO

First league game: The Lady Lancers will face the Fullerton Tribe on Dec. 14 at 6 p.m. at La Habra High School.

Athlete pictured: junior Katelyn Fu
Picture taken by Summer Sueki



WRESTLING

First league match: Both boys and girls will meet the Fullerton Tribe at home on Dec. 7 at 6:30 p.m.

Athlete pictured: junior Liam Kim
Picture taken by Noah Lee



GIRLS SOCCER

First league match: The Lady Lancers will face the Fullerton Tribe at an away game on Jan. 3, 2023 at 3:15 p.m.

Athlete pictured: senior Raeya Peace
Picture taken by Rebekah Kim



BOYS SOCCER

First league match: The Lancers will host a home opener against the Fullerton Tribe on Jan. 4, 2023 at 3:15 p.m.

Athlete pictured: junior Aiden Fichtelberg
Picture taken by Sheila Neri



GIRLS BASKETBALL

First league game: The Lady Lancers will play a home opener on Jan. 4, 2023 at 7:30 p.m. against Fullerton.

Athlete pictured: junior Silvia Lee
Picture taken by Chloe Kang