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The Scotch Tape



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Featuring the voice of the students of La Habra High School since 1954!

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Photo Courtesy su.edu

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Photo Courtesy B. Schlanger

Super Bowl Rundown

by Larissa Samano

On Sunday February 13th, SoFi Stadium in LA hosted the Cincinnati Bengals and the Los Angeles Rams for the 2022 Super Bowl.

This game was so highly anticipated by everyone in the country, and it had every right to be. This was the Bengals first superbowl appearance since 1988 and this particular team was never even

assumed to get past the wild card round. Going into this game, just like the past few weeks, the Bengals were major underdogs and were ready to prove to the world once again why they belonged on the big stage.

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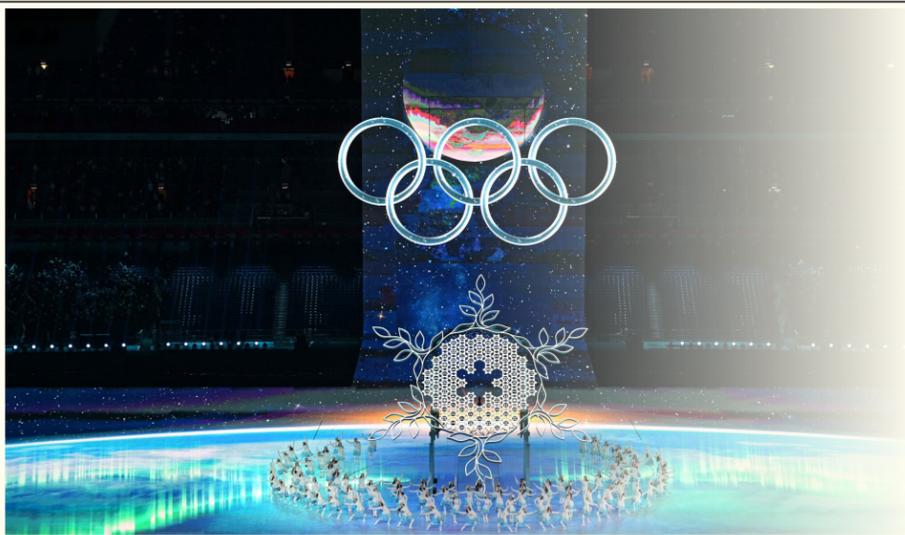


Photo Courtesy Wikipedia

World News



Photo Courtesy Reuters

Volcanic Eruption Triggers Tsunami that Reaches Parts of Coastal California

by Cecilia Munoz

Recently on January 18th an underwater volcano in the South Pacific erupted, sending high waves and tides all over. The tsunami mainly hit Hawaii, Japan, and Tongatapu, but also sent waves towards areas like California, Oregon, Washington, and Alaska.

Many people in California were frightened by the ensuing tsunami advisory, and it soon was posted all over social media. Laguna Beach closed all beaches, boardwalks, and piers as a precaution, as did many other areas.

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Opinion

Columbus Day's Place in History

by Parker Reyes



Photo Courtesy CNN

Columbus Day was a day seen to honor Christopher Columbus, the Italian explorer who began the colonization of America. However, if we look into the past, we could see there is more than that base reason. In the late 19th century, Columbus Day was only celebrated by Italian and Catholic Americans and only grew during the flood of Italian immigrants in the 1880s.

According to the National Geographic website, there was a brutal mass lynching of Italian Americans in March 1891, where 11 Italian Americans were lynched during an anti-Italian riot.

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History



The History of Josephine Baker

by Autumn Rouse

On June 3rd, 1906 in St. Louis, Missouri a star was born. Josephine Baker's upbringing was full of poverty and she left school for work around the age of 12. She worked at a cafe along with dancing at street corners and after some time and a short lived marriage at 13, followed

by a divorce, she found a group called The Jones Family Band. With this group, she was able to book a venue for a show in New York and from there on her career had been set in stone.

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Volcanic Eruption Triggers Tsunami that Reaches Parts of Coastal California

by Cecilia Munoz

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Officers and lifeguards also were on watch at beaches in case any flooding was sighted and to keep people out of the water.

Luckily, when the tsunami hit it didn't do any extreme damage, but still affected many different areas. Santa Cruz experienced the most damage, as the tsunami waves rushed in and flooded a parking lot and many streets. According to the Los Angeles Times, Santa Cruz had up to 6 million dollars in damage, and suffered a great loss from the high waves.

The tsunami that hit was very uncommon, as it happened as a result of a volcanic eruption and not an underwater earthquake. On top of this it lasted over 24 hours, which is not usual, and spread out to the entire West Coast.

Reported from ABC News, in the Tonga capital, Nuku'alofa, ash was falling from the sky and all phone connections were down Saturday evening. This was a result of the volcano erupting, which sent ash, gas, and steam about 20 kilometers (12.4



Photo Courtesy CNN

miles) into the air. The volcano eruption also sent a severe tsunami towards Tongatapu, flooding properties, washing boats and large boulders ashore, and doing damage to coastal shops.

As of right now, Tongatapu has about 90% of their power restored, and are still working towards restoring it all. Other areas in Tonga such as Popua, Patangata, Kanokupolu, and Ahau have already decommissioned the area, and have chlorinated their ground water as a safety precaution. Unfortunately, around 293 houses have received damage from the volcanic eruption, and around 1,525 people are currently displaced and do not have a home. Luckily, all other areas didn't get much damage done and were able to get off with just a tsunami advisory to stay away from beaches and coasts. So far, a total of 5 deaths have resulted from this eruption, not including the 18 injured.

Josephine Baker and Her Great Acts

by Autumn Rouse

(continued from the front page)

She and The Jones Family band toured with others and she wanted to make sure her performances were original and not simple dancing so she popularly had comedic skits mixed into her dancing.

It was around this time, 1925, that France was consumed in American jazz, giving Josephine Baker an opportunity to move to Paris, France for a performance in *La Revue Nègre* at *Théâtre des Champs-Élysées*. This is where Josephine's performing career boomed. It was the first night where Josephine performed *Danse Sauvage* while only in a feather skirt, as said by biography.com.

Josephine Baker has been most recognized for her life of fame but she also helped greatly during WWII. Josephine was recruited by French intelligence seeing as she was incredibly popular in not just France but all of Europe at the time. Josephine's untouched popularity allowed her to perform for even the highest ranking axis members; this would give her opportunities to get pictures of axis military bases, listen in on plans and more, all according to a military.com article. As a celebri-

ty, Josephine was never at risk of being searched which proved beneficial since she hid information she had in her underwear. Josephine would have messages written in



Photo Courtesy Getty Images

invisible ink on her sheet music.

Her help during the war did not just stop with spying but she also sheltered and hid many refugees and people who were at

risk. She hid these people in a chateau she owned south of France. Not only did she house these people from the Nazis but she helped supply many with visas. When the Nazis heard of Josephine possibly harboring refugees, she was able to charm them out of investigation as stated by nationalww2museum.org.

When Josephine returned to Paris at the end of the war she noticed the dreadful conditions that many of the French people were facing and sold many of her goods to raise money to donate to the community. Her help did not end at the war's end, she went on to support the civil rights movement in America, boycotting venues and segregation and even writing a speech for the March on Washington of 1968 and was the only female speaker for this demonstration.

Josephine was a creative, lively, and brave woman, who accomplished a large spectrum of things, from escaping poverty not to just a comfortable life but one full of fame, to helping many regular civilians and troops during WWII. At the war's end she was awarded the *Croix de Guerre* and the *Rosette de la Resistance*.

Celebrating Black History Month From a Non-Black Perspective

by Bella Garcia

Black History Month is recognized to commemorate the black community's constant endeavors to honor their past struggles and achievements while echoing their historical importance. But, the month-long celebration in February of black history is not subject to just a select group or time period.

I can attest to that because I have spent a portion of my life, as a full Mexican American, learning the significance of properly observing and celebrating the memorialization of black history. Having three black siblings, I have only ever been a second hand spectator to their black heritage's evolving history of struggles and triumphs. And through my constant observations I have grown the inclination to respectfully aim to acknowledge, distinguish, and acclaim black history.

Proposed by Dr. Carter G. Woodson, the celebration of black history was observed for just a single week in February until 1970 when Black History Month was first celebrated. The hopeful objective of the month was to urge people to study and pay homage to black history.

Today, the push for remembrance and attention brought to black history has not faltered and the objective has stayed the same.

But, I have always known the intent of the above would never be achieved by plainly paying extra close attention in class during the study of black history. Though it is not a hard intention to considerately observe and celebrate Black History Month, there is more to be done than simply remembering a few momentous names and events because, ultimately, they contributed to America's history being made.

Modes of celebration have evolved as time has and so there are more select, constructive ways to respectfully observe and celebrate Black History Month from an outside perspective that show

attentive motive. For instance, a popular modern choice is to support black-owned businesses which shows your commitment to the growth of the owner's ventures into greatness.

Joining and/or donating to non profit black organizations is an option on the table as well. It will be until the end of time that these organizations work to ensure that those who they stand for are given the same opportunities in life as others. It's important to note the exertion these organizations take on in effort to shed light on and fight for equality— their labor should never be undermined.

Also, to reiterate, learning about black history should not be limited to the confines of your school's history classroom. I can assure you there are places in your community (libraries, museums, shops, etc.) where you can learn of the black history that has been both sanitized and desensitized in order for you to understand the true excellence of black power.

Martin Luther King Jr., Harriet Tubman, Claudette Colvin, Katherine Johnson...the list goes on and on. It is essential to take adequate time to learn about and highlight the stories of black history figures. The ones that have come before us are the ones who have paved the way for us and understanding what they have done for history provides information on what could be done now to change history.

The choices above are a minimal list of actions that could be taken to ensure the opportunity of contributing to respectfully observing and celebrating Black History Month. Now, the ball is in your court. Racial justice activist Brittany Pack-

nett stated, "Black history is finally more than reliving a traumatic past -- though memory is important. Current racial justice movements have forced us to care about the black present and black future just as much as we care about the black past." Personally, learning about the past, the good and the bad, the pretty and the ugly, the struggles and the triumphs, etc. is what has contributed to my recognition of the true celebration of black history. It has become more apparent to me to reverberate pangs of admiration for the past, present and future of black history as it has and will continue to shape the narrative of our country.

And like I have stated, this is not just about the past. Reminiscing on the kind of effect black Americans have had on our history should encourage the world to seek out contribution to present day social issues. With continued attention brought to racial justice issues now, we are witnesses to the pursuit of more black history in the making.

It is the courteous outside perspective participation of the celebration of black history month that is meaningful beyond words. As non-black people continue to infuse every act of support with humanity, not just during February but all the time, the legacies of those who Black History Month honor is not overlooked.

The celebration of Black History Month should not just be marked on the calendar of those it is aimed to honor. The complete appreciation of black history from an outside perspective could not possibly be revered in a single

month because it evolves in every day that passes. The tour de force of black history is evolutionary, and so is celebrating it. You do not need to be part of their experiences to honor them, so be part of the celebration.

Visit ([nytimes.com](https://www.nytimes.com)) to learn more about Black History Month and [CNET](https://www.cnet.com) to discover ways to celebrate this year.



Photo Courtesy Getty Images; Art by Jillian Sellers



Photo Courtesy Evie Hemphill; St. Louis Public Radio

Black Owned Businesses to Support in Orange County

Food & Drink:

- AoSa Coffee (aosacoffee.com) - Huntington Beach
- The Fuel Shack (thefuelshack.com) - San Clemente
- Roscoe's House of Chicken and Waffles (roscoeschickenandwaffles.com) - Anaheim

Shops & Services:

- Laguna Candles (lagunacandles.com) - Laguna Beach
- Creations Salon & Barbershop (creationssalonandbarbershop.com) - Irvine
- Sandra Johnson Designs (sandrajohnsondesigns.com) - Anaheim Hills

Non-Profits to Support

- Black Lives Matter Foundation
- NAACP
- Color of Change
- UNCF
- African American Roundtable
- The Black Youth Project
- National Black Justice Coalition
- (more at everyaction.com)

Celebrating the 2022 Winter Olympics

by Courtney Haraguchi

This month, the Winter Olympics took place in Beijing, China from February 4 - 20. This historic event occurs only once every four years, and was lucky to proceed after COVID-19 affected the 2020 Tokyo Summer Olympics (leading to them being held in 2021).



Photo Courtesy NPR

The Olympics originated as a sports competition in ancient Greece and was reinstated in Athens in 1896. The first Olympics in the modern sense contained athletes from just 12 nations. Since this encompassed only traditionally summer sports, like running and swimming, it has expanded into the world-renowned Summer Olympic Games. In 1924, the very first Winter Olympics were held in Chamonix, a

city located in the French Alps. These games consisted of 14 different events and were attended by 16 countries. Today, more than a century later, the Winter Olympics has expanded to include 91 nations and over 100 events.

A variety of popular winter sports

make up these events—from classics, like skiing, skating and snowboarding, to lesser known sports like curling and luge.

There have even been new sports added since the 2018 Olympic games, including the monobob, a female only solo bobsledding event.

Team USA has, as usual,

performed very well at the Olympics. Bringing more athletes than any other country, the United States took home a grand total of eight gold medals. While there are too many competitors



Photo Courtesy Los Angeles Times

to name, a few remarkable athletes from Team USA rocked the world with their memorable performances. Twenty-two year old figure skater Nathan Chen had an unforgettable routine that earned both a world record and a gold medal. Nick Baumgartner, the oldest member

of team USA, received his very first medal in the new snowboard cross mixed team event. The US took home their first gold medal in aerials free-style skiing since the 1998 Olympics, thanks to Ashley Caldwell, Christopher Lillis and Justin Schoenefeld. Shaun White, acclaimed snowboarder, attended his fifth and final Olympics, finishing fourth place and completing a long and successful career in the sport. Additionally, all eyes were on Chloe Kim, halfpipe champion and youngest American to ever win a medal in snowboarding,



Photo Courtesy People.com

as she returned to compete for the second time. For a closer look at her life and accomplishments, check out Chloe Kim - The Young Olympian's

Unique Story on page 5.

Even after the games conclude, information about events, athletes, and results can be found at olympics.com, along with assessments of all performances. For many, this historic competition is the culmination of so much hard work and dreaming; as these Olympic athletes turn their sights to the future, we continue to support them and marvel at their great accomplishments.

Final Medal Count for the 2022 Winter Olympics

Country	Gold	Silver	Bronze	Total
1 Norway	16	8	13	37
2 Germany	12	10	5	27
3 China	9	4	2	15
4 United States	8	10	7	25
5 Sweden	8	5	5	18
6 Netherlands	8	5	4	17
7 Austria	7	7	4	18
8 Switzerland	7	2	5	14
9 ROC	6	12	14	32
10 France	5	7	2	14
11 Canada	4	8	14	26
12 Japan	3	6	9	18
13 Italy	2	7	8	17
14 South Korea	2	5	2	9
15 Slovenia	2	3	2	7
16 Finland	2	2	4	8
17 New Zealand	2	1	0	3
18 Australia	1	2	1	4

Chloe Kim - The Young Olympian's Unique Story

by Courtney Haraguchi

Ten years ago, the name Chloe Kim meant nothing to the world--it was simply that of an 11 year old girl with big dreams. Now, she is a household name, known globally for her stunning skill on a snowboard.

Chloe's parents, Jong Jin and Boran Yun Kim, emigrated from South Korea in 1982 and made a life for themselves, raising their three daughters in southern California. Born in Long Beach, CA, Chloe grew up in nearby Torrance. She began snowboarding at age 4 and attended her first competition at just 6 years old.

In little time, it was clear she had a knack for the sport, and in 2008 went to live with her aunt in Geneva, Switzerland to focus her training. There she stayed and trained for two years before returning to the US and continuing her practice at Mammoth Mountain.

At 13 years old, she joined the US National team. The next five years passed in a blur of competitions and medals. After earning silver in women's superpipe at the 2014 Winter X Games, Chloe became both the youngest gold medalist and first person to win back to back gold medals the following two years. At the US Snowboarding Grand Prix in 2016, she earned the title 'first woman to land back to back 1080 spins in snowboarding'--and received a perfect score, only the second person to do so.

When the 2018 Winter Olympics rolled around, Chloe was ready to showcase her talent to the world.

The games were particularly special to the Kim family, as they were taking place in Pyeongchang, South Korea--home country to most of her extended family. Many of them had never been able to see her compete, so there was much excitement as they witnessed her talent for the first time as an Olympian.



Photo Courtesy CBA Sports

As expected, Chloe made a splash with her performance in women's halfpipe, blowing everyone away and earning a gold medal, 8.5 points ahead of the second place score. She simultaneously became the youngest woman to ever land two 1080 degree spins in a row at the Olympics and youngest woman to ever win gold in the Olympic halfpipe event. Later named one of Time magazine's 100 most influential people of 2018, Chloe Kim became an instant celebrity at just 17 years old.

After making history at the Olympics, Chloe was shocked to discover just how much her life had changed. Upon returning home, she found she could no longer do something as simple as grabbing a bite to eat without being recognized and mobbed by fans. In addition, she began to receive belittling hate messages from people claiming her accomplishments weren't valid due to her ethnicity as a Korean-American and

that she was instead 'taking medals away' from the white Americans on the team.

Feeling the mounting pressure to be too great, Chloe stepped back from snowboarding in March of 2019. Knowing she couldn't live a normal life at home anymore, she enrolled and began attending Princeton to escape being a celebrity.

Unfortunately, college didn't make much of a difference. On campus, she was recognized by students and asked for pictures and attention. When expressing her wishes to refuse pictures and have a normal college experience, she was even bad mouthed and ridiculed by other students.

After the first Covid shutdown in March 2020, however, a few things changed for Chloe. She began attending therapy to deal with her anxiety, and has expressed how much that choice really transformed her life and

way of thinking. Her decision to leave the sport and focus on herself was further affirmed after world-renowned gymnast Simone Biles withdrew from the Tokyo Summer Olympic games. The two



Photo Courtesy Yahoo Sports

hope their actions have begun to set a new standard for athletes to prioritize mental health just as much as physical.

In time with counseling, courage, and simply a break, Chloe returned to the sport in 2021. Though some doubted her return to glory was possible, she proved them wrong and competed in the 2022 Olympics, once again winning gold in women's halfpipe.

Now, as a twenty-one year old with an entire career ahead of her, Chloe Kim has learned to ignore hate and live for herself. She resides in Los Angeles, CA, pursuing her dreams and hoping to study science in the future. She'll certainly continue to forge her own path in life, which may include occasionally hitting the slopes to win a gold medal or two; either way, the world waits to cheer her on.



Photo Courtesy thespun.com

Super Bowl Rundown

by Larissa Samano

(continued from the front page) As for the Rams, their last superbowl appearance was three years ago when they fell short to the New England Patriots in Superbowl 53. Their team has always proved to be dominant and experienced in the playoffs, so they were ready to take on Cincinnati in their home stadium.

Although the Bengals franchise has yet to win a ring, they put all their faith in their young quarterback, Joe Burrow. Leading up to the game, Burrow and his team had a large portion of the country rooting for them. NBA superstar Steph Curry explained, "Joe Shiesty, I'm going with him. I'm going with the Bengals. I like the fact that if they gotta win I think he has to play outta his mind more so than the other side so I like that storyline a lot better." Plenty of people could agree with Curry on this statement because they are such a likable team that no one could hate them for winning, especially them being the youngest team in the league.

SoFi Stadium was packed to the brim with thousands of fans ready to experience a game of a lifetime. At exactly 3:30 PST, the game was kicked off. The Bengals punted and the Rams received. Within minutes of the game starting, QB Matthew Stafford connected with WR Odell Beckham Jr. on a quick pass and ran for a touchdown to be the first on the scoreboard. Fans wearing blue and white all around the stadium were up out of their seats cheering with excitement.

Shortly after that, the Bengals offense made their debut on the field but were held by Aaron Donald and the rest of the Rams defense to only three points. It was a rocky start for the Cincinnati boys but there was still plenty of time to play.

With just a few minutes left to play in the first, Stafford threw to his other trustee WR Cooper Kupp for their second touchdown of the game. By now, the Rams should have extended their lead to 14-3, but there was a minor mishap and they missed their extra point causing the score to just be 13-3. They gave the Bengals an unforced error and people started to worry if this one point could end up costing them the game in the end.

Just after, the Cincinnati offensive coordinator decided to get risky and run a trick play. Burrow handed the ball off to RB Joe Mixon. Mixon then found WR Tee Higgins open and threw to him for the Bengals first touchdown. Just like that, the Rams lead was just shortened to three points and the

score was now 13-10.

The second quarter was now on it's way and the Rams had the ball. Stafford once again threw to OBJ because he was wide open and just as everyone thought he would rush for an extra few yards, he collapsed to the ground holding his knee.

He was then taken off the field and didn't return to play after his injury. Keep in mind, Beckham is a key player for the Rams so there were speculations of them losing due to the fact that they lost such an important addition to their team.

After Beckham exited the field, rookie Ben Skowronek filled

in his place and Stafford threw to him near the endzone. Bengals Safety Jesse Bates was guarding him and pulled off an interception. This was the first turnover of the game and momentum started to shift to the Bengals. And just like that, it was the half.

To kickoff the second half, the Bengals received. Joe Burrow threw a deep pass down the field to Tee Higgins and scored giving Cincinnati their first lead of the game at 17-13. Not long after, Stafford was back on the field again with his offense. He threw once again near the endzone and turned the ball over.

The Bengals defense started to step up and really showcase their abilities in the second half. This caught the Rams very off guard and they needed to react quickly. Joe Burrow continued to play with the confidence he is known to have and this really fueled his team to gain momentum over LA. They then scored another field goal with their possession and furthered their lead to 20-13.

Everyone was in awe and shock that the Bengals were ahead of this Pro Bowler team. It was indeed what they were trying to do after all. Prove everyone wrong. As the third quarter was about to wrap up, the Rams got close enough to score three more points making it just a four point game at 20-16.

The coordinator of Los Angeles realized the only way for them to shut Joe Burrow down would be to blitz the QB and that is exactly what they did. From film in previous games, they were aware that Burrow's O-line has difficulty holding very long, so they took advantage. With the blitz, Aaron Donald gave Burrow little to no time to react and find an open receiver; he continued to get sacked for big losses.

This left Cincinnati a bit rattled and allowed for the Rams to take over. Stafford returned to the field with his offense and

was sacked in return but this time got up limping. He was carried off the field to be examined, but was then ok to return. That was then the end of the third quarter and the Bengals remained leading at 20-16.

With the fourth quarter coming abruptly, both teams knew it was crunch time and they needed to find ways to secure their wins. The Bengals were given the ball back and just as Burrow was ready to make a big play, Donald sacked him for a big loss and Burrow laid on the turf wincing in pain. Medical staff rushed to his side as he held his leg like Stafford earlier in the game. Everyone was scared because just a year ago, Joe was recovering from a season ending ACL and MCL tear in his left knee and was worried it happened again. Thankfully, Burrow, just like many other players, walked it off and was okay. He returned to the game shortly after but couldn't convert for any first downs.

Just like that, the two-minute warning rang and the game was close to ending. The Rams then had the ball and knew they



Photo Courtesy Kevin C. Cox

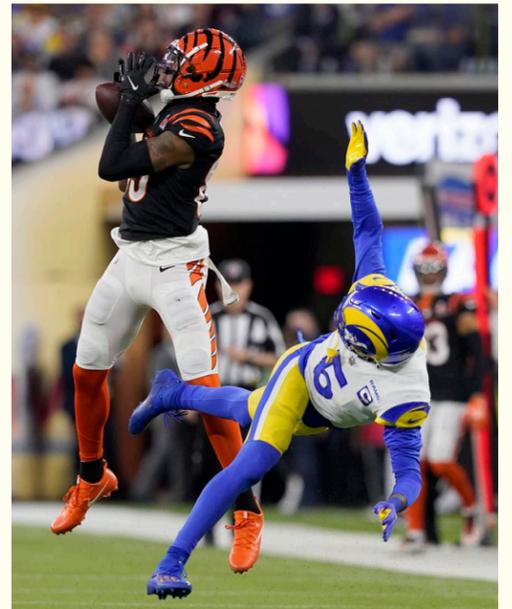


Photo Courtesy Mike Rosenstein

needed to score ASAP. They drove down the field and got closer to the endzone. Once they were just ten yards away from scoring, the Bengals defense stepped up. They made sure to not allow the Rams to score, but the refs started to call a lot of holding and pass interference flags. With the penalties called, the Rams were given three automatic first downs in a row. After that, Stafford met Kupp in the endzone for another touchdown and gave the Rams the lead 23-20 back with just 90 seconds left on the clock for the Bengals. The crowd was roaring across the stadium awaiting the clock to hit 00:00.

The game was not yet over though. Burrow still had time to make something happen. He quickly threw to WR Ja'Marr Chase twice for two first downs. There was then just thirty seconds on the clock left and they decided to try and run the ball. That was then the mistake that cost the Bengals their first ring ever. Aaron Donald came in clutch for his team and sacked Joe Burrow to end the game and just like that, The Los Angeles Rams were the 2022 Superbowl Champions.

The Brady Era Comes to an End

by Larissa Samano

Said to be the GOAT of football, Quarterback Tom Brady announced his retirement from the league on February 1st after playing 22 seasons for the NFL.

Although he is looked at as a superstar, he wasn't always #1. In the year 2000, Tom Brady was drafted as pick number 199 by the New England Patriots. The few years before that, he was a QB for the University of Michigan Wolverines. Brady started just two out of the four years he was there and had winning seasons. He was always an above average QB, but never stood out as much as others. This was part of the reason why he was passed up so many times during the draft and was drafted a late sixth round pick.

With being such a late draft pick, he didn't start his rookie season but his deal was worth \$864K for just three years. His second year in the NFL, he was finally given the chance to showcase his abilities on the big stage when the Patriots starter was injured and needed Brady to fill in for him. He was able to take advantage of the chance he was given to prove himself. Since that day, New England never looked back and Tom Brady led them to 11 division titles, 9 Superbowl appearances, and 6 Superbowl wins.

He became a 5 time MVP and broke record after record. Brady then quickly became the QB to beat. Everyone was trying to dethrone him but almost never could. He was known as a standing quarterback that trusted his line to hold and so he could survey the field and had a cannon of an arm. Tom Brady quickly became a role model to tons of little kids who wanted to grow up to be just like him.

As years went on, the game started to evolve, but Brady never changed his style of play. The game became more favorable to QB's and other offensive players so it wouldn't take such a toll on their bodies. Usually a quarterback will retire in their mid 30's but that time came and he was still around. He was still playing at his prime and had

no reason to leave. Every season, he continued to put up great stats and big numbers that would top his previous seasons.



Photo Courtesy Rick Stewart

There were never any issues with contract renewals for him and the Patriots until 2020. Brady was known for taking pay cuts that way the team had more money to afford the players Brady needed to win. He was willing to take less pay if that meant the franchise would go out and get the pieces he needed to win another ring. Well, that didn't continue. After the 2020 season, Tom Brady announced he would not be renewing his contract with New England and was on the verge of retirement. Many teams around the league wanted to pursue him, but the team that caught his eye was the Tampa Bay Buccaneers. He eventually signed a two year deal with them for \$50 million and



Photo Courtesy Lorenzo Reyes

he requested for one of his former teammates Rob Gronkowski to join him out of retirement. They always worked well together on the field with the Patriots and were ready to see how it transferred over to Tampa. With his first year in Tampa Bay, people didn't think much would happen, but they were wrong. He led them to win Super Bowl 55 in Tampa Bay all at the age of 42. Not only was he the oldest player in the game, but he had the most rings in the league which was seven. After that season,



Photo Courtesy Gregory Payan

the Buccaneers were major Superbowl favorites for this year. Well... that didn't go as planned. They ended up losing to the eventual Superbowl champs, the Los Angeles Rams. At this point, Brady is now 44, but no one thought anything of it because he was still playing fantastic. Like all NFL fans, he knew he had a few years left that he was confident enough to play, but it was his time to hang up the jersey. There's no doubt about it that his retirement was a dramatic one. The day following the Bucs loss, there was breaking news that a 'source' confirmed Tom Brady's retirement. Once this information was leaked, it spread like wildfire across the nation and everyone was wishing him a happy retirement. Although he is 44, it was still a shock to everyone because nobody was ready for the day he leaves the league. A few hours later, Tom Brady released a statement and said, "Sometimes it takes some time to really evaluate how you feel, what you want to do. And I think when the time is right, I'll be ready to make a decision one way or another. Literally it's day to day with me." He was nowhere near making a complete decision on his retirement, but people seemed to assume. This led to the talks of maybe he will return just to get back at the people who said he couldn't do another year, but a few days later, he officially announced his retirement with a heartfelt message to the league and his fans on his Instagram. Although the Brady Era has come to an end, there is no doubt about it that he has had such a large impact on people everywhere and changed the game for the better. He has proven himself repeatedly over the years to gain the nation's love and support and will always be loved. He is a player that we can all tell our kids about how great it was to see him play and I am so happy I can say I grew up watching a legend play live and he will definitely go down as one of the greatest.



Photo Courtesy Vic Carucci

Sadies Updates

by Allie Valentine

What Is The Sadies Dance?

High schools in the United States love sponsoring an annual Sadies dance for students to socialize and party with their schoolmates and friends. The Sadies dance has been around for decades, but was previously known as the Sadie Hawkins dance. Sadies is a less formal dance compared to prom or homecoming. Students will usually dress non-formally or according to the theme of the dance. The Sadies dance has one rule to the whole meaning of the dance. This rule is the girls ask their desired date to the dance. Today this might not seem like a big deal, but it was in the

50's, as it opposed the normality for the males asking the females.



Photo Courtesy Seventeen.com

Will LHHS have their annual sadies dance?

The answer is YES! La Habra High School is sponsoring the annual sadies dance. On February 11th it was announced by the sophomore

class president, Charlie Merrell, and the freshman class president, Tee-gan White, who are in charge of the planning that the theme of the 2022 sadies dance is: THE LA HABRA CARNIVAL!!!! The dance will be held on March 12th from 7PM-10PM. There will be an assembly promoting the dance held outside in the stadium as well as the sadies dance will be held outside on the blacktop just outside the gates of the stadium. Tickets will be sold starting february 15th for 15\$ with ASB and 20\$ without. There will be no capacity limit and masks will be optional as the dance is outside. Also students are allowed to bring guests outside of La Habra High School but they have to be a part of the FJUHSD. ASB encourages guests to bring money to purchase themed goods from the La Habra Lions Club.

Information on School Lunches

by Allie Valentine

As growing humans, who wake up before seven o'clock and get through a full day of school, our bodies need enough food and nutrients. It is important that we eat three meals a day, but meals that include grains, vegetables, fruits, and meats.

Schools Meals and Nutrition

According to the FJUHSD food services webpage, 15% of teens are at risk of arthritis, heart disease, high cholesterol, high blood pressure, and type 2 diabetes. With this information La Habra High School makes sure the lunch menus are followed by the new USDA regulations to help students have a balanced diet. Before school starts and during break, the cafeteria offers a variety of breakfast entrees. Some entrees include bagels with cream cheese, french toast, breakfast burritos, various cereals and all meals come with a fruit and choice of chocolate or regular low-fat milk, which all meet the USDA regulations.

What are the USDA regulations?

The USDA website states that “the

USDA foods provides american grown foods that help schools create appealing nutritious, and cost effective menu options.”Some of the requirements schools have to follow is to broaden milk options to flavored low-fat milk, reduce the levels of sodium, saturated fats and trans fat in meals, and make sure children eat within their calorie intake requirements. Govinfo.gov informs that schools must offer specific calorie-ranged meals for each age group that meet the suggested calorie intake that apply differently depending on the age group.

Free Meals and the LHHS Meal Program

The La Habra Cafeteria offers free meals to all students which means free breakfast, lunch, and supper at all comprehensive high schools. This is done with no requirement to complete the traditional free and reduced priced meal form though it is encouraged to complete the FJUHSD income data form. The data form includes more than just free meals. If eligible, some

perks include free or reduced AP, SAT, PSAT, ACT testing, free college applications at participating colleges and universities including all CSU and UC and schools get 20% more funding to help improve service for students. More information can be found using the following links <https://www.fjuhsdfoodservices.org/> or <https://www.fjuhsd.org/Domain/10>



Catch the Principal's Weekly Newsletter: The Highlander Huddle [Here](http://www.lahabrahighschool.net)

Opinion: A Far Away Yet Important Day

by Parker Reyes

(continued from the front page) A day of celebration, named “Discovery Day” by President Benjamin Harrison, took place on the 400th anniversary of Columbus’

arrival to America, in order to appease the Italian government and honor the work the Italian Americans had done for America. Decades after the mass lynching, Italian Americans pushed for a national holiday which states had started to adopt. In 1934, President Franklin D. Roosevelt made the second Monday of each October dedicated to Columbus day. This was a way for the Italian Americans to celebrate their Italian identity and bond with America.

This all seems well and in good spirits, does it not? Well, not to everyone. To the Indigenous people of America, Columbus day marked an awful starting point for the invasion of their people. Numerous atrocious acts had happened, and continued to happen, to the Indigenous population and they were not ones to stand for it.

It started in the 1960s/1970s, when Pan-Indian and Red Power movements

made a stand to reveal the atrocities Columbus had brought. Protests grew in the 80s and 90s, and in this time South Dakota was the first to adopt Native American Day

in replacement. Not long after marked the 500th anniversary of Columbus’ landing, so Indigenous groups rallied up against the celebration, which was to launch ships that were look-alikes of the ones Columbus sailed. This had succeeded, as the ships’ plans were called off that day.

It has not been an easy road to appease

both sides of this day. Italian Americans protest the replacement, and Indigenous people fight back hard. As of this moment, Indigenous People’s Day is a paid state holiday in 12 states while 21 states still have a paid holiday on the second Monday of October. Some have only stopped

celebrating Columbus Day and have not yet adopted Indigenous People’s Day.

In addition, President Joe Biden enforced the first national Indigenous People’s Day on October 11, 2021, while also making a proclamation about Columbus Day. In this proclamation, he states, “...let this day be one of reflection — on America’s spirit of exploration, on the courage and contributions of Italian Americans throughout the generations, on the dignity and resilience of Tribal Nations and Indigenous communities...” Here, he has done his best to acknowledge both sides and celebrate them both without downplaying the other.

Though a long way away, this day is going to be an important one for a good minority of Americans. To support both sides may seem troublesome but with our growing and accepting generation, ways will be found so Italian Americans and Indigenous people can find peace with each other on this day.



Photo Courtesy Jake Crandall



Photo Courtesy Erin Clark/Boston Globe

NJROTC Gets Ready for AMI!

by Jasmin Gomez

Every year NJROTC prepares for AMI. For those of you that don’t know, AMI is our Annual Military Inspection. It is an all day event, where cadets get inspected by Area 11 Manager Commander Tom Garcia, USN ret. AMI is very important since cadets are able to show the discipline and organization they’ve been working on throughout the year.

It will be taking place on 23 February, 2022 at the wonderful football stadium here at La Habra. There are going to be events throughout the day such as inspection, culminating in promotion and pass in review ceremony. Every cadet must



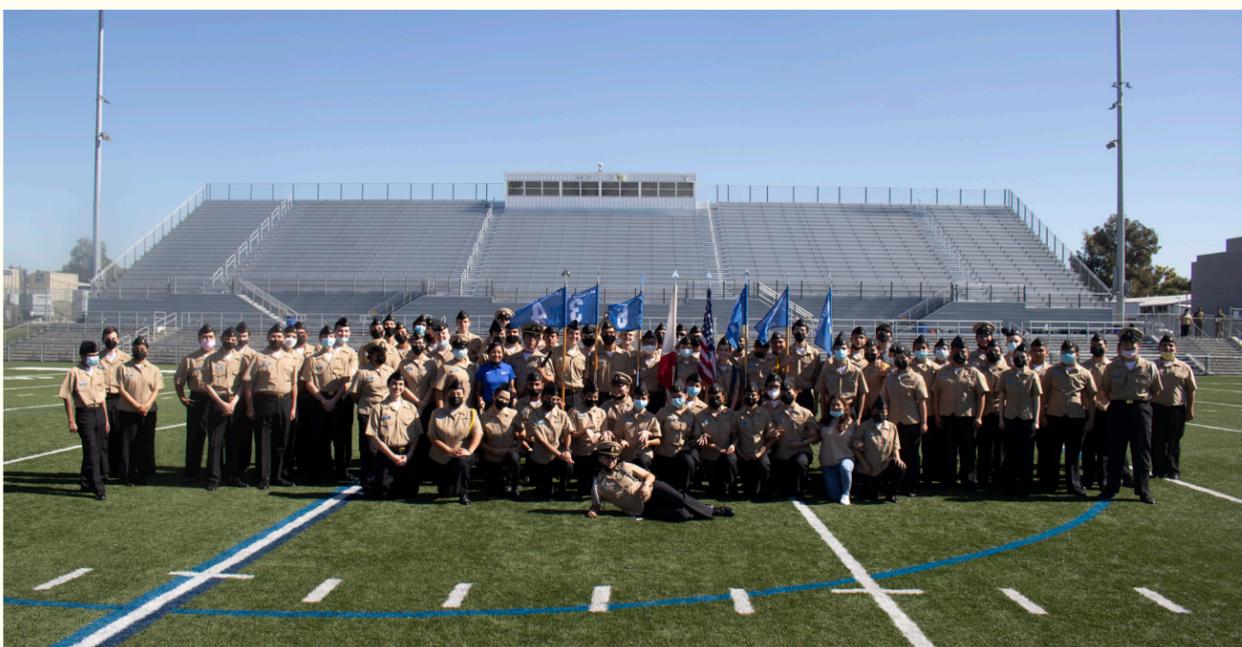
look their best in every way.

Since January, the ROTC program has been preparing for the special day.

In every class, cadets and class commanders have been practicing marching, inspection, etc. On the 16 and 17 of February, ROTC held a company practice. It took place during fourth period and hi-step. Everybody practiced over and over again till it got perfect.

AMI this year must be spot-on. This will be the first one in 2 years due to COVID-19. Many minor things will be different this year. Such as new cadets experiencing this event. Also old cadets have to remember everything from previous years and help the new ones. Many people from before are given new roles this time around. This year is just nerve wrecking.

I just know AMI this year is going to be great. Everyone will do just wonderful at everything even if it’s a small part. COME SEE US at 1 PM on Feb. 23!!



Coachella is Back in Full Effect this Spring!

by Bella Garcia

There is much to be excited about in the coming months for music festival-goers as the infamous Coachella Valley Music and Arts Festival is set to make its return, after a two-year hiatus.

Shortlisted as one of the most popular music festivals in the United States, Coachella is attended by the most popular celebrities, and coolest music festival-goers with a breakthrough in popularity increasing each year.

Year after year, selling out faster than the one before, the festival that takes place on Indio, California turf is a playground for the most fashionable, trendy people ready to watch a collective of their favorite artists perform.

Considering some of those favorite acts, following its genesis in 1999, Coachella has been the origin of some of the most iconic performances in all music festivals history.

Let's remember Beyonce's 2018 performance where she entertained a 10,000 person crowd with her hits AND brought out special guests such as Jay-Z, J Balvin, and Destiny's Child WHILE reciting Malcolm X quotes throughout her two hour set. Also making history was the 2012 headlining performance of Dr Dre and Snoop Dogg. Not only did the pair share the stage with guests 50 Cent, Kendrick Lamar, and more



Photo Courtesy NY Times

but they also performed with a holographic of the late Tupac Shakur. Unforgettable! The phenomena of these performers is set once again for this year with headliners

Harry Styles (Friday 4/15 & 4/22), Billie Eilish (Saturday 4/16 & 4/23), and Ye (Sunday 4/17 & 4/24) kicking off the festival each day.

The amazing artistry pick does not stop there though as this multi-genre music festival has a remaining killer lineup. The unearthing of the Coachella lineup also revealed supporting acts from Megan Thee Stallion, Doja Cat, Phoebe Bridgers, Brockhampton, and Maggie Rogers. If those don't cement some kind of excitement in your mind, even the names typed in the tiniest font include Rina Sawayana, Orville Peck, and Steve Lacy.

You can go ahead and admit it, this year's lineup is stacked full of the most impressive, electrifying artists in music right now and we are all here for it.

"The 2020 lineup including Travis Scott and Frank Ocean was a lot to look forward to, it's upsetting that it was scraped" senior, Alex Hollar explains, "but this year's lineup is super appealing, especially for Pop genre fans. I mean Kanye headlining? That surprised me."

And though there is much excitement regarding the festival's return, it was all an uncertainty up until the announcement of its homecoming in June of last year. In all honesty, it was the above finalized lineup of performers that set the return of the festival in reality.

"I wasn't going to be surprised if the festival didn't take place this year. I'm actually more surprised that it is. I'm happy it is, though, because I know it is one more

barrier we've overcome." Sophomore, Megan Hamabe continues, "This is proof of the kind of progress we're making toward normalcy. It's more than exciting."

Attendees are required to acknowledge and act in accordance with the festivals Health and Safety, what is and is not allowed in the venue, and the rules (for camping, etc.). Currently, with masking and vaccination not being required and the festival having to take place honoring public health conditions, the Coachella website states, "such requirements may include, without limitation, changes to capacity, attendance procedures and entry requirements, such as proof of vaccination and/or negative COVID-19 test, and other protective measures such as requiring attendees to wear face coverings."

So, still, there is a lot up in the air regarding some aspects of this year's festival. One thing I know is not up in the air? The content we will be getting.

For those of us, unfortunately, unable to attend the festival, I can guarantee we will be lucky enough to catch the highlight reels on all social media of those in attendance.

Sometimes it is not so bad having to live life vicariously through others, and I'm not ashamed to admit that might be how I spend those two last weekends of April.

After the cancellation of the 2020 festival and radio silent news regarding a 2021 festival, I'm assured the emergence of this year's festivities will be taken perfect advantage of, at least I hope so.

The long awaited spectacle is expected to be put in full throttle this year with the inevitability of surprises and history making moments. A majority of music festival-goers have the objective of escaping reality while attending these shows— Coachella will be sure to help with that this spring.

All information regarding this year's Coachella Valley Music and Arts Festival can be located at [Coachella Valley Music and Arts Festival](https://www.coachella.com).



Photo Courtesy Coachella Valley Music and Arts Festival



Photo Courtesy Natalie Cardoso

The Evolution of Concerts and COVID

by Parker Reyes

Concerts are such an exciting event to go to: People of similar interests close together, both physically and somewhat emotionally, to have a great time. In the past two years, however, it's been very hard or impossible to go to concerts due to the coronavirus.



From early 2020 to mid-2021, concerts were not held anywhere. With COVID being a respiratory and easily spread virus, concerts were (and still are) considered super-spreaders. For the safety of ourselves and others, we retreated to our homes and listened to music without the hype of other people.

Now, in early 2022, concerts are slowly popping up again. We still have worry over COVID, as it is not fully gone and on top of that we have the omicron variant. Despite this, though, places are starting to open

up again under the restrictions of COVID guidelines. These include things such as masks at all times, proof of vaccination, IDs, and so on. With all these guidelines, and the rise in people getting vaccinated, the risks are becoming less and less and easing people's worries about going out.

Within the past four months, my friends and I have attended two music concerts. They were of a low but still decently packed attendance due to the size of the venues. For both concerts, we waited in line outside as everyone was checked for their vaccination cards, IDs, and tickets. Everyone was decently spaced while waiting, respecting each other's distance.

The first concert, held in early November 2021, was noticeably smaller than the second. I recall that there was an area for fans to band together in front of the stage, mosh pits and all. There was also an area behind the group for people to rest or leave space for themselves. In all honesty, the mask rule was not held as strictly this time, most likely due to the small number of people. Many did attempt to keep it on though, usually taking it off due to the intense heat of the room and bodies around them.

The second one was more regulated, this one being held in early February 2022. Security guards did their normal jobs of making sure everyone was safe, adults and teens alike, but also enforcing the mask rule a lot heavier. Of course, some still took them off in the heat of the pit, but for the most part masks were on. I stayed more in

the back this time, due to my easy fatigue, and noticed that people were decently spaced out, respecting each other's space, and keeping masks on if they weren't having a drink.

In both cases, there were masks on and off, the people mostly being in control of themselves. To me, this is the spirit of the



fans respecting each other and their artists so we can continue to have more concerts in the future. It could be different for every artist or concert, depending on the audience. If you are considering heading to a concert in the future, keep aware of your surroundings! Even if there are regulations in place already, keep track of yourself and the people around you the best you can. It's normal concert rules, just with a COVID twist.

Rihanna's Pregnancy Announcement

by Nicole Worthington

"Diamonds" singer Rihanna announced in January that she and rapper A\$AP are welcoming their first child in the upcoming spring!

Rihanna shared her excitement on a post from Instagram captioning "how we pulled up to black history month" showing a series of photos showcasing her developing baby bump.

A\$AP shares "I couldn't be happier" and states to sources further that "Rihanna loves all the changes that are happening to her body, she has always celebrated pregnant women in her runway shows for Fenty".



Photo Courtesy GQ

In July 2021 Rihanna featured A\$AP in her Fenty Skin Campaign and they both made a debut and did several interviews together to promote the brand even more.

But according to People magazine, the pair have had a lasting friendship long before they were dating. Fans speculated that the pair were dating after this event.

Rihanna states "The only ingredient of raising a child is pure love". Back in March of 2020 she stated "The one thing that matters in life is simply happiness, I know I want to love differently." She explains that in ten years from then she sees herself having three to four kids.

Photo Courtesy GQ

The pair was seen on February 18, 2022, in the heart of New York City enjoying a date night at Italian restaurant Carbone. Rihanna was yet again embracing her pregnancy by keeping it more on the casual side wearing a Mets shirt along with bedazzled faded jeans and top with an orange jacket. Rihanna states "I embrace the good and the bad with my newfound curves, sometimes it only takes a good outfit and a little make-up to make you feel and look your best". She continues further "It's a challenge but it's also really fun at the same time".

As of right now the couple have not announced the baby's gender or name, but fans are speculating that Rihanna might be hinting that she is having a girl. This is because she wore a Chanel coat that was bright pink when she announced for the first time that she was going to have a baby. But at this time it is still uncertain, as there has not been any word on the matter yet. So the world will just have to wait and see what is next for the two on their journey.

Highlander Boys Basketball Ends Season With Big Win!

by Jasper Bateman

As the Boys Highlander Varsity Basketball Team winds down, and prepares to close their doors for the season, we'd like to go over their last game of the season against none other than the Buena Park Coyotes!

On Friday February 4th, the Highlanders prepared for one final go; out on the court. Meeting their opponent, the Buena Park Coyotes, late into the afternoon, the Highlanders prepared for a battle.

Having lost to the Coyotes earlier in the season meant that both teams were hungry for a win. With the Highlanders looking to settle the score 1-1, and the Coyotes looking to secure a second win, it was sure to be a grand end to the season for either team.

La Habra won the ball off the jump from senior Robert Collins who quickly got the ball in the hands of Sophomore guard, Eric Castillo. The Highlanders made no waste of time in advancing the ball up the court, putting aggressive pressure on the Coyote's need to defend.

Big points early on were seen from the likes of Eric Castillo, who was able to find

the basket from the 3 point line early on in the game.

The Highlanders were scoring well between the three point line and mid-ranged jumpers shot by Freshman Sebas Esparza.

Picking up points in the box was senior Robert Collins who was able to find the basket off of rebounds and when the Highlanders were able to space out the Coyote defense enough to find his hands.

As the game progressed, it was apparent that neither team would walk away with an easy win. Points

were scored back to back, possession after possession, and time was expiring. Coming into the 4th quarter the game appeared to be even, a tie between the two teams.

This game would be decided solely off of who wanted to win more.



Photo Courtesy Luna Ink Photography



Photo Courtesy Luna Ink Photography

As the clock displayed "8:00" and the starting whistle was heard, the Highlanders came out with explosive energy, looking to secure possession of the ball.

The Highlanders were able to pick up some quick points clenching by Coyote committed fouls on the Highlanders. The Highlanders had the lead, but not by much.

As the clock was nearly expired, the Coyotes were in possession of the ball with the Highlanders on defense with under a minute to go and only a one point lead.

The Highlanders put aggressive pressure on the other end of the court, wasting the Coyote possession and time and eventually winning the ball back and removing the possession for the Highlanders.

With only 20 Seconds left the Highlanders had to keep the ball in their hands and play smart, just in order to run out the expiring clock and secure the win.

The seconds ran down all the way to zero, and the Highlanders kept the ball amongst themselves winning the game 46-45 in regulation time.

The Rain Is Among Us

by Nicole Worthington

As the La Habra High School Color Guard continues through their season, there is already so much progress and excitement. As the production "Let there be Rain" already has shown judges the intensity of visual performance and proper etiquette, the girls in blue showed their spirit in the art of performing.

On January 29, 2022, the team made their way to Chino Hills High School where they first performed for judges this season. This show determined what category and placement would fit well for them this season, and that bracket was "Scholastic AAA" which means a higher division up against bigger schools including Pacifica, El Capitan, Irvine, Fallbrook and much

more.

The judges stated that La Habra has a chance to medal in the championships, explaining that they are excited to see what the program has to bring to the table since it is bigger and better than ever before.

Coach Eric echoed the judges' excitement by explaining that, with improved standing, other schools would see La Habra as a threat, but that the team should remain focused in order to achieve the end goal of reaching first place.

With their hard determination to make this goal a reality, the team was off to their very first official competition. It took place at Bellflower High School on February 12, 2022,



where the team came out with a third place win against six schools. The team was filled with exhilaration as they celebrated their first trophy for the season.

With the next competition only a month away, the team is preparing to finish their production and come back with a confident appearance and perform their hearts out like it was their last. Just by the team's aura, you can feel the excitement and joy that comes through these performers for their love for this sport. In the end the girls are



ready to get back out there and continue to wow the audience in their incredible show, and make an impact on future colorguards down the line.

Boys Varsity Soccer Closes Door On Season After Big Win Against Warriors

by Jasper Bateman

It was a sunny afternoon, that of February 2nd, as our Highlander Boys Varsity Soccer team prepared for their last game of the season against the Troy Warriors.

Preparation was key for the Highlanders since the Troy Warriors had their eyes set on a win as the game was at their house and on their Senior Night.

As the fans rolled into the stadium and found their place to sit, the teams were warming up for a battle on the field.

Coming off of two ties, La Habra was prepared to do anything for a win and highlight at the end of their season. These teams, having met before, were all too familiar with how one and other played as the starting whistle was about to be heard.

La Habra found their back line right off the kickoff and quickly began moving the ball between the defense and midfield, slowly breaking down the Warrior's front line and midfield.

As the Highlanders continued to move the ball up and down the field with precise passing and placement, it became apparent that the Warrior's had been taken off guard

and were not prepared to defend the likeness of the Highlanders.

Only a number of times so far in the game had the Highlanders given up the ball when attempting to move the ball up and towards the goal with a dribble. These lost possessions were made quick work of by the Highlander's midfield and defensive line.

As the last ten minutes of the first half rolled around, senior Tyler Porter found a gap between the Warrior's defense and was able to place the ball right past Marco Lomeli, senior Goaltender at Troy, and find the back of the net with a hard, driven shot.

As the half ended the Highlanders walked off the field co foment that they had sealed a win after such an amazing and possessive first half.

As the two teams took the field with a Warrior possession, which was quickly tak-

en back by the Highlanders, it was apparent that La Habra would see the end of this match up with one last win under their belt for the season. Which they did, winning 1-0 at the end of regulation time.

As this season comes to an end we would like to say thanks to the senior class of 2022 who made up the majority of this Highlander team this season with an 18 senior roster.

Among these seniors are some who were a part of the 2020 season team as sophomores who ended up picking up a Division 2 State CIF Championship.

Among those players was a freshman, now a junior, Tucker Coombs who will remain a captain going into his senior year next year and 2023 season.

We look forward to seeing what is in store for this young Highlander Tteam led by Coombs next season.

Until then, Go Highlanders!



Photo Courtesy Luna Ink Photography



Photo Courtesy Luna Ink Photography

New Beginning for Boys' Volleyball

by Noemi Vazquez

Boys Volleyball has been long-awaited at La Habra High School and this year the program is finally receiving the support it deserves.

Jen Church, the varsity head coach, states "For a program that was supposed to get their debut two years ago and then for it to have had so many challenges right out the gate, I am incredibly proud of the boys who decided to stick with the program despite its lack of support due to COVID."

Due to the pandemic, many of the boys who had tried out ended up quitting, a trend that continued throughout the program's second year. It was a major struggle to keep players once they made the team. The ones who continued once they made the team did give it their all and the head coach said, "Really laid down the foundation for what we are hoping will be an even better season."

Thankfully this year is looking up for

the boys' volleyball program. Tryouts were February 9-10th and team lineups were posted shortly thereafter. Coach Church sounds optimistic about the team and that everything will go well



Photo from Last Season Photo Courtesy Luna Ink Photography

this season.

Although there has been a struggle with keeping the boys on the team, there have been those few who have stayed loyal to the team along with an influx of new talent. Church continued on to say, "My returning junior and se-

nior players that have been there since day one understand what an opportunity they have for this season. We intend to make sure the work of the previous COVID seasons does not go unnoticed and to show everyone that despite the challenges we can still come out on top. That's what being a Highlander is all about and I can't think of a better group to represent that."

We wish the boys' volleyball team the best of luck on their third season and hope they show all the talent they have to offer. They deserve a "regular" season for everything they've had to deal with the past few years.

La Habra Girls Swim into the New Season

by Cecilia Munoz

La Habra Highschool's girl's swimming and diving is approaching, and many are excited. In this article, we interview those joining swim, and how they're feeling about this upcoming season!

First Mr Chollete, the swim coach, was asked some questions about swimming:

How long have you been coaching?

"This is my 38th year coaching swim all together, and my 15th year coaching swim at La Habra."

What are you most looking forward to this season?

Coach Chollete told us, "There's not much I'm looking forward to this season as I'm with most of these girls almost year round in water polo, but I am hoping to help students improve in swimming."

Do you like coaching swimming?

"I've been swimming for so long, of course I enjoy it."

Has swimming always been something you enjoy?

"Oh yeah. I've been a part of swimming for well over 50 years, and I also did swim in high school", Chollete said.

Is there anything you'd like to tell the readers?

Chollete responded by telling us, "I'm looking forward to our new pool and hope you are too. It is going to be the biggest and highest tech pool in the district."



Kayla

Next, we interviewed the girls planning on joining the swim team:

Is this your first time swimming?

Emily Hanrahan: I've been swimming since my freshman year, so swimming isn't a new thing for me. I am currently going on 4 years.

Mia Soto: This is my first time swimming and I'm very excited".

Sofia Valencia: I started swimming at splash at the age of 5 and continued to swim for a few years after that.

Kayla Rendon, I started swimming at three, and stopped at 12 because I suddenly grew a fear of the water.

What do you like most about swimming?

Sofia: I purley do swimming for water polo, so there's not anything specific I like about swimming.

Emily: I love the adrenaline I get when I push off the block, and I strive for the competition of swimming.

Mia: I enjoy swimming fast and learning how far my body can take me physically.

Kayla: I enjoy the feeling of being in the water, and it feels very calming and relaxing for me.

Would you want to pursue swimming in your future?

Kayla: I plan on continuing to swim throughout highschool and college, and I wouldn't mind having it as a future career.



Mia

Mia: I'm not sure if I'd like to pursue swimming in my future, as it's my first year doing swim. I guess it depends on how the season goes, and if I discover it's something I'm good at, I'll consider pursuing it.

Sofia: I could definitely see myself continuing swim and other aquatic related things in my future, and I also plan on continuing to swim into college.

Emily: I don't plan on continuing to swim, and I only do it to keep in shape for water polo.

What are you most looking forward to this season?

Mia: I'm currently looking forward to hanging out with friends, and making some new ones this swim season.

Kayla: I'm most looking forward to competing (and winning), and also swimming with friends.

Emily: I'm looking forward to not only meeting new friends, but also competing with them.

Sofia: I think I'm most looking forward to meeting new people, and having fun with people I met earlier in the water polo season.



Emily

LHHS Sophomores and What They Thought About Distance Learning

by Jasmin Gomez

This year is the first time LHHS sophomores are able to experience La Habra for the first time. Last year, they had to do freshman year through distance learning. So I decided to ask some sophomores to see how their experiences with distance learning were and how they like LHHS now.

How was it having to take freshman year through distance learning?



Bernice Loudon: It was awful! I wasn't even learning throughout the whole time. Most of the time I was just on my phone.



Micheal Chavez: It was okay. I did like some parts but other parts I didn't.



Raul Sanchez: I wasn't happy since I couldn't hang out with anyone. Couldn't interact and also I really didn't even learn.



Bella Chang: It was harder than in person. It was hard to focus at home since there were so many distractions.



Katherine Ramirez: For me it was easier, since you can stay at home and not even worry about many school related things.



Peter Rico: It was stressful since I would have classwork the whole day. The whole time I would just sit in a chair all day. It would get boring too, there really wasn't much to do.

Which do you prefer, distance learning or in person? Why or Why not?

Bernice: Well I would say in person because I don't like being distracted and I actually want to learn. With distance learning, I chose not to do anything or even pay attention in class because I thought it would be useless.

Micheal: I prefer in person because it

makes it easier for me to learn.

Raul: In person since I can socialize with people.

Bella: In person because it was hard to make friends during distance learning and well now I can talk to many of them.

Katherine: Surprisingly I liked distance learning more. I liked it because I didn't have to go to school. There really wasn't much stress for classes such as work or tests. Also there wasn't much judgment towards you from others.

Peter: In person because you actually come to school and pay attention. It's better overall. I get to see friends. I'm not bored at all and I finally get to go out.

How do you like La Habra now that we are in person? Was it how you imagined it?

Bernice: I really do like La Habra now. I get to see people and talk to them. Well, I didn't imagine what it would be like but it is WAY better than distance learning.

Micheal: Yes I do. It was kind of how I imagined it since I thought people were going to be welcoming and they actually were.

Raul: Yes since I get to see my friends and meet new people. I really didn't imagine it as much but my experience is going good.

Katherine: Definitely. When I imagined La Habra, I thought it was going to be worse than it is. I thought that when you went to school that people were going to judge you. Or even, like if something bad would happen you would be certain of attention.

Bella: Yes, I do very much. I thought that La Habra was going to be worse since I've heard about some bad high-school experiences but it turned out to be wonderful.

Peter: Yes because I get to play sports, socialize, and just enjoy my highschool life. It did turn out how I imagined it since La Habra is very school spirited.