2200 E. DOROTHY LANE, FULLERTON, CA 92831

## Month In Full Bloc

Read below about how the world is celebrating Asian American and Pacific Islander Month this May. From cultually insightful films to compelling reads to new opportunities, explore how you can celebrate this month.

ompiled by Iman Babiker, News Editor, articles by Zoey Bahng, LIFESTYLE EDITOR, Kaitlyn Zhang, ENTERTAINMENT EDITOR, Kusuma Kothamasu, Carolina Lane and Paulina Lee, STAFF WRITERS, cartoon by Alicia Yoon, CARTOONS

#### **Everything** Everywhere All At Once

every multiverse, "Everything Everywhere All At Once" holds its title as a powerful film that celebrates AAPI culture. A24 Studios reinvents the classic tale of first generation Asian Americans into a science-fiction whirlwind of millions of possibilities. Despite the psychedelic mix of infinite multiverses, "Everything Everywhere All At Once" is truly just a detailed metaphor for AAPI mother-daughter relationships sung in a ballad of comedic drama. With a profound passion for portraying the numerous struggles of newly immigrated Asians, the film's sweeping victory at the Oscars has made history. Leads Michelle Yeoh and Ke Huy Quan made history as well, respectively recognized as the first Asian-American women and Vietnamese-American to win an

Oscar. With such newfound representation in media, character portrayals representing the voices of the community have only just begun to weave the tapestry

of AAPI's rich history.

**Inspirational Doll** In honor of the internationally recognized actress Anna May Wong, Barbie worked with Wong's niece to release a new Barbie doll on May 1. As the first Asian American show host, Wong achieved a star on the Hollywood Walk of Fame, contributed to the fashion industry, founded her own film production company and acted in over 60 movies including one of the first technicolor films. She acted in widely known Hollywood movies such as "Shanghai Express" and "Bombs over Burma." As her private life remained unknown for the majority of her career, she often faced scrutiny from the press. However, in an interview, when asked about her plans on marriage, she famously replied, "I am wedded to my art."

**Anna May Wong's** 

Fashioned with Wong's iconic outfit from the awardwinning film "Limehouse Blues" and her trademark bangs, the doll is set to be a part of the Inspiring Women series, which features dolls of women who broke barriers and made

history.

## Scholarships

For Asian American Pacific Islander Month, organizations have created AAPI-specific scholarship opportunities for high school students in 2023. For those who display leadership qualities and a passion for serving the Asian community, the Groundbreaking Leadership Scholarship offers a scholarship of \$1,500 to students of Asian or Pacific Islander ethnicity who have a minimum GPA of 3.5. In a continual effort to recognize Korean American students or Korean War American veterans' descendants, the Korean American Scholarship Foundation also considers applicants' leadership skills as well as socioeconomic status, essays, recommendation letters and extracurricular activities. According to the Asian American and Pacific Islander Research Coalition, such scholarships for AAPI students can be hard to find with 70 percent of AAPI students expressing financial concerns. The mentioned scholarships offer AAPI students the financial support



they need to ease future

college finances.

## Cultural Chronicles

As we celebrate the vibrancy of Asian American and Pacific Islander cultures through modern media, we must also take the time to commit to and immerse ourselves in the stories of these authors' cultural chronicles in order to fully appreciate their richness. The classic, Pachinko by Min Jin Lee, should be on the top of your list, as it illustrates topics of the maltreatment and systemic discrimination Korean immigrants experienced during the Japanese invasion. On another side of alienation, In The Country by Mia Alvar brings light to the consistent emotional and physical isolation experienced by the Filipino diaspora community, including herself. More recently, Michelle Zauner's Crying in H-Mart ties her journey of navigating identity and mother-daughter relationships to food, highlighting the vitality of deep culture in handling grief. By immersing themselves in the passionate works of AAPI authors, students may continue May's apprecia-

tion of these rich cultures.

#### LIFESTYLE

Adopt the "work hard, play hard" mindset this summer and jump into a sunny season of productive play!



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#### **OPINION**

Read about the various benefits that playgrounds on campus may pose for school students.



With three records broken, catch up on the latest with the Warrior swim team and read about their victories!



**SPORTS** 

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2 NEWS TROY HIGH ORACLE

#### Bill passed by Education Committee raise teacher and school staff salaries

Teacher shortages are becoming a nation wide epidemic as teachers relocate to cope with high living costs and low salaries.

By Salman Waheed STAFF WRITER

In response to the recent teacher shortage in California, State Representative Albert Muratsuchi introduced a bill April 26 to raise teacher and school staff salaries 50 percent by 2030.

In recent years, California has seen an increase in teacher shortages in certain areas due to wage gaps and unaffordable housing. In order to address growing shortage, Muratsuchi proposed bill AB 938, which would create targets several funding under the Local Control Funding Formula, a piece of legislation which oversees the funding of all educational agencies in the

To ensure all school districts reach the targeted funding objective of a 50 percent salary increase, they will be required to report teacher salary growth over the next seven years. The State Department of Education would need to report the progress of school districts and charter schools in increasing salaries to the legislature starting Nov. 1, 2024.

In support of the plan, teachers across California attended a hearing April 26 to demonstrate their gratitude for the bill at the California State Capitol in Sacramento. Now passed outside of the Education Committee, the bill will be reviewed the Appropriations Committee next, whose job is to review all fiscal bills.

According to the President of California Federation of Teachers Jeff Freitas, new plans will be developed to keep teachers in their jobs. Simultaneously, the state has to make professional careers in education desirable to attract more individuals, Freitas said.

"We need real solutions to keep educators and classified professionals in our school and attract new and diverse talent to the field," Freitas said. "The 50 percent salary increase proposed in AB 938 represents an investment in our schools, students, communities and ultimately the future of our state."

Given the \$22.5 billion budget set for the year, AB 938 cannot currently fit into the budget deficit unless California is given the previously promised budget deficit of \$100 billion for the current fiscal year. As a result, the state needs to sort out a list of financial decisions before deliberating the bill, regardless of how much it is supported by the public.

According to Assembly

Member Joshua Hoover, California needs to sort out its priorities. While budgeting issues require further discussion, it is ultimately students' access to a proper education that the state needs to focus on, Hoover said.

"I know we will have a lot of budget discussions this year on what our priorities should be," Hoover said. "But I think education has to be our top priority because our students really are the most important and by helping teachers we help our children."



GRAPHIC COURTESY OF ABC NEWS

#### Khan Academy to release artificial intelligence for tailored guidance Khanmigo tutor

Khanmigo will revolutionize education for both students and teachers as a powerful learning tool.

In an effort to fuel creativity

By Jenny Huang **STAFF WRITER** 

in students, Khan Academy announced the development of its artificial intelligence tial testing opportunities. tutor Khanmigo March 14. A nonprofit organization founded in 2006, Khan Academy assists students of all ages with engaging lessons with a goal of making education more accessible. The website provides short videos and practice problems for a wide range of topics, as well as the AP and SAT exams.

In order to empower students and bridge the education gap, the organization designed Khanmigo to simulate a one-on-one conversation with the user. According to Khan Academy founder Sal Khan, Khanmigo can tutor in different subjects, help create lesson plans for teachers, fight writer's block with tailored guidance and even debug code for struggling computer scientists.

Prior to release to the public, Khanmigo will undergo beta testing where volunteers offer feedback to refine the AI. Users can be added to a waitlist for testing by donating to Khan Labs, the program backing Khanmigo. If unable to donate, users are encouraged to subscribe to the Khan Academy newsletter for updates on poten-

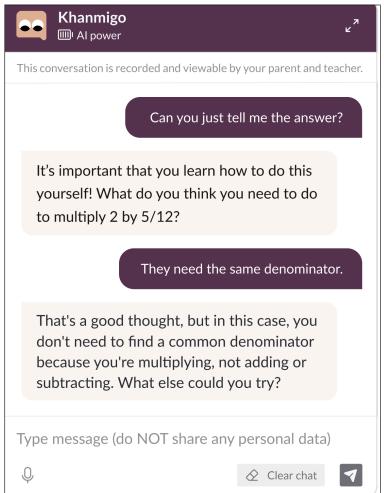
To ensure a responsible testing process, testers receive clear communication on Khanmigo's risks and limitations before beginning. The platform will also launch a course for the general public titled "AI for Education" where users can learn more about how to effectively interact with artificial intelligence.

As artificial intelligence grew in popularity, Khan Academy saw the potential that the technology held, Khan said in a 2023 TEDTalk in Vancouver. By programming Khanmigo to be a tutor, it could revolutionize education for both students and teachers.

"We at Khan Academy view it as our responsibility-as a nonprofit with a mission of free world-class education for anyone anywhere that also prides itself on being at the cutting edge of technology-to start working deeply with artificial intelligence," Khan said. "We think artificial intelligence needs to be a tool for real learning and not for cheating, and Khanmigo will be a pioneering technology with that purpose."

of Instead providing students with answers to a problem, Khanmigo guides them step-by-step in the problem solving process. According to the team behind Khanmigo, any communication with chatbot may be monitored by parents and teachers to further ensure ethical use. Similar to a real tutor, the AI will communicate with the user in an encouraging way while also offering suggestions and asking questions to refine their ideas.

"I think by working hand in hand together all of us teachers, parents, policy makers, district leaders, we can find ways to maximize the benefits of this powerful technology while mitigating the risks," Khan said. "If we can find those solutions and integrate them, we can literally empower the lives of billions."



GRAPHIC COURTESY OF KHAN ACADEMY

TAKEOFF OF TRANSFORMATIVE TECHNOLOGY: As demonstrated in this picture of a one-on-one conversation between Khanmigo and a user, the AI tutor will help students grasp concepts more easily. Programmed to resist providing the answer right away, Khanmigo will instead further guide the user.

MAY 26, 2023 FEATURE 3

# The Coral of The Story

Freshman Daghan Balli shows the power of dedication and passion through his journey of growing coral. Come under the sea to read more about his coral business!

Compiled by Eileen Um, FEATURE EDITOR, article by Helen Fang, STAFF WRITER, graphics by Canva, photos by Lauren Song, PHOTOGRAPHY EDITOR

The fluorescent LED light bathes the sandy aquarium in a gentle glow while the bubbling water filter hums in tandem with the sway of coral tentacles. Peering over the glass walls of the aquarium, freshman Daghan Balli intently studies his rainbow of coral as he refills the tank with a new batch of saltwater. Each coral specimen is a product of months of care and patience, teaching Balli how to navigate the ups and downs of becoming a business owner. A long held fascination with marine life grew into a profitable small business, kept afloat by Balli's love and dedication to his coral craft.

Balli's connection to marine life began with visits to his grandparents' home in Turkey. He spent his summer days swimming with his cousins in the Mediterranean Sea. While exploring the shores, Balli discovered countless species of fish weaving through coral of every color imaginable. He was astounded by this hidden underwater world, forming a connection

with the sea that stuck with him even when he returned home to the other side of the Atlantic. It was the summer before seventh grade when Balli decided to finally dip his toes into the water and try his

hand at growing his own coral. He took a leap of faith and invested in a \$1500 aquarium along with a reverse osmosis filtration system and several Home Depot buckets of salt water. Concerned that he would quickly lose interest in growing coral, Balli's parents worried that their initial investment would flow down the drain. Balli knew that gaining his parents' support would take time and decided to wade deeper into his craft.

"[My parents] weren't supportive at all in the beginning," Balli said, "But this is my hobby, this is what I'm interested in."

Soon after setting up his aquarium, Balli began to harbor doubts about the success of his craft when the health of his ecosystem failed to improve. After incorporating too many fish and coral into his aquarium, several fish died due to fragile interspecie relationships. Balli tried to compensate for the imbalance by switching species around or replacing them altogether, but he felt his confidence ebb when the constant adjustments created more instability in the ecosystem. After nearly giving up, Balli decided to sail his business with a more hands off approach, letting nature take its own course. Given time and steady conditions, the aquarium began to balance out on its own, influencing Balli's

own outlook on life. With so much in life being outside of his control, Balli realized that sometimes it is better to just go with the flow. "I like to let things be. It works out," Balli said, "That's a lot bet-

than trying to make it perfect."

Balli's commitment paid off when he made his first sale in the beginning of the school year. Encouraged by his mom's support, Balli sold his coral on Craigslist, a business platform, earning both the rewards of his investments and hard work. Despite the initial challenges, Balli has sailed a long way with one of his most recent coral specimens selling for

\$400. His journey is a reflection of pursuing one's passion and enduring the initial choppy waves to get to the days of smooth sailing. Knowing the challenges of starting a business, Balli encourages others to put in the hard work and to believe in themselves. "In the beginning, it's tough to get started," Balli said. "But the good times are going to come around."

Daghan Balli's Fox Coral:

Hours spent honing his craft enabled Balli to explore new types of coral growth.

## The Sum Of It All

Discover striking highlights and emotional aspects of this documentary that Sheeran uncovers on his new documentary "The Sum of it All." Read Oracle's take on Sheeran's realistic portrayal of his emotions.

Compiled by Kaitlyn Zhang, ENTERTAINMENT EDITOR, article by Bianca Naranjo, STAFF WRITER, images courtesy of Disney+

If you have slow danced or listened to 2010 centric spunky pop at least once in your life, you have to acknowledge the undeniable presence of one artist, Ed Sheeran. Shifting the focus away from his legacy in modern pop, on May 3, Sheeran welcomed in the release of his docuseries. "The Sum of it All" introduces a compelling narrative of life and loss, expanding on parts of his life previously unknown to the public.

This Disney+ exclusive series contains four episodes dense with behind-the-scenes footage of Sheeran's personal life; each episode highlights the emotional value across different parts of Sheeran's career. The episode "Love" introduces Sheeran, recognizing his work ethic as the key factor in his rise to success. On a contrasting note, the episode "Loss" highlights the loss of his close friend and his wife's cancer diagnosis, displaying an emotionally vulnerable side of Sheeran. Then, the episode "Focus" draws attention to a recovery stage in his life, detailing the high points in Sheeran's career and his impressive songwriting capabilities. Finally, the

episode "Release" is a peaceful repose from the emotional rollercoaster, placing the audience at rest by looking towards Sheeran's future. Each part of the docuseries allows insight into these different categories of his life which are easily reciprocated by audiences.

Sheeran's album "Subtract" was released back in March, nearly in conjunction with the release of "The Sum of it All." The album covers the same emotional highs and lows of the docuseries, notably incorporating tense melodies that pull at the heartstrings of audiences in the same way that Sheeran's own losses strain his heart. His song "Boat" contains an emotional chorus accompanied by a soft acoustic background. The accompanying music video features Sheeran being consumed by a wave, unable to escape, clearly as desperate and exposed as the song's melancholy tone. The implicit emotions on this album are exquisitely aligned with the explicit emotional emphasis in his docuseries, weaving an intricate story through both words and music.

Although critics have provided positive reviews of "The Sum of it All," there are issues

with conveying these emotions precisely due to the revised, scripted nature of the docuseries. Heavy cinematic editing can make it difficult to portray emotional vulnerability. However, the more emotion-centered portrayal of Sheeran's experiences full immersion with the relatability of universal, human feelings. Experiences from loss to love, all of which are components of the docuseries which give it such a strong basis for engendering intense emotions. Many people only know Sheeran through his music, but this allows the opportunity to introduce his audience to his other occupation, previously lesser known to the public-his role as a human being. Although he remains in an exclusive bubble of pop-stardom, his career as a musician cannot take away from the pain and perseverance that he takes on as a person, leveling his motivations with those of the audience.

"The Sum of it All" is not meant to be an overzealous analysis of Ed Sheeran's success. Rather, Sheeran connects his audience to his emotionally complex story and illustrate that obstacles are a normal part of life.

## ORACLE STAFF



### ♦ EDITORS ♦

Kira Chen Mary Kim chiefs

Iman Babiker Rachel Kang news

> Edyn Mai Brian Woo opinion

Zoey Bahng lifestyle

Kaitlyn Zhang entertainment

Eileen Um feature Tyler Cordova

sports

Lauren Song
photography

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♦ STAFF ♦

Kate Berger Finley Dalley Chelsea Engelhardt

Helen Fang Celeste Hollingsworth Jenny Huang

Kusuma Kothamasu Carolina Lane

Paulina Lee

Reagan Li Samantha Luo

Bianca Naranjo Shailey Patel Salman Waheed

Victoria Yang Alicia Yoon ◆ EXECUTIVE ◆ STAFF

Andre Gonzalez advisor

Neya Jakan management

2200 E. Dorothy Lane Fullerton, CA 92831

Phone: (714) 626-4518
Email: oracle.troy@gmail.com
Website: www.troyoracle.com
Instagram: @troyoracle
Facebook: www.facebook.com/
oracle.troy/

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## TROY HIGH SCHOOL

## GUARDIANE REGALAXY

Travel with Rocket as he rediscovers his past and fights for survival with the rest of the Guardians. Read more to see

Oracle's take on the newest Guardians of the Galaxy movie!

Compiled by Kaitlyn Zhang, ENTERTAINMENT EDITOR, article by Celeste Hollingsworth, STAFF WRITER, images courtesy of Marvel

The newest addition to the Guardians of the Galaxy series is out of this galaxy. "Guardians of the Galaxy Vol. 3" blows the audience away as a sensational final chapter to the series. Part of the acclaimed Marvel universe, the Guardians are a fierce superhero team united in the fight against greater

evils in the galaxy. Already having defeated corrupted villains scattered throughout universe, this group will unite one final time order to experience their greatest adventure yet. Caught in a new ordeal, the Guardians set out to save their fellow crew member Rocket, bold and quick-witted raccoon. After

a near death

experience

triggers Rocket's kill switch, originally input by the High Evolutionary in his past, the group journeys to deactivate the switch and save Rocket. In this race against time, the crew engages in epic battles with the High Evolutionary and his followers, the creator of the switch, while simultaneously rescuing other victims of his maliciousness.

Music comes along for the ride, as the soundtrack takes the lead. "Guardians of the Galaxy Vol. 3" is a love letter to iconic music through the ages. Older generations experience a blast from the past with both eighties and nineties hits, and the emphasis on these eras of music expands the audience in a way that other Marvel movies have not. While the "classics" enhance the viewer's experience by providing a fun environment, the diversity of melodies includes sounds that intensify other feelings, such as despair and hope. Regardless, the different atmospheres balance out, with lively music as a relief from the heavy emotions brought upon by the melancholy scenes of suffering baby Rocket. Nothing is better than lively classic rock to highlight the fun moments that fuel the whirlwind of emotions that keep this movie close to all our hearts.

All is well that ends well, but it seems as if the main characters are protected in every situation solely because they are needed for

the plot to continue. Purely introduced as a deus ex machina, a sudden and improbable solution to a problem, Adam Warlock swoops in to save Peter Quill (Chris Pratt) at the end of the movie. Even though no one wishes death for any of the Guardians, implausible resolutions cause the movie to lose part of its charm. However, using its platform to shed light on animal cruelty is commendable. Putting a spotlight on Rocket's past, the scenes of young Rocket shock the audience with the harsh reality of animal testing. Even though Rocket only serves as a comedic relief in prior movies, his past is brought to light and given new life. In its own way, "Guardians of the Galaxy Vol. 3" challenges animal cruelty. The visuals properly convey the horrors of animal abuse through quality CGI. The animals seem tangible, their defeated eyes shining through the screen and giving rise to sad emotions that call the audience to action. Even with the excessive plot armor, "Guardians of the Galaxy Vol. 3" communicates important messages that touch the viewers.

Regardless of the imperfections, "Guardians of the Galaxy Vol. 3" is a remarkable end of an era. With the change that transpires for the crew, viewers will leave in both tears of sadness and joy. "Guardians of the Galaxy Vol. 3" is for the legions of excited Marvel fans.

## Awesome Mix Vol. 3



"Dog Days are
Over"

by Florence + The Machine

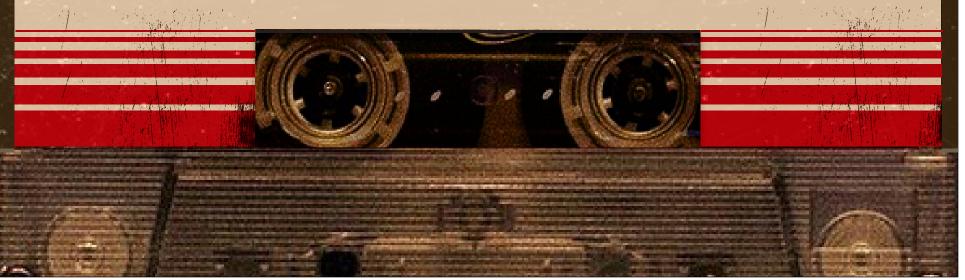
Encompassing the joy of freely dancing, Florence creates a stirring beat to support the wondrous ending. "Dog Days are Over" tells the story of finding happiness in the end of one's journey, embodying Rocket's story in musical form.

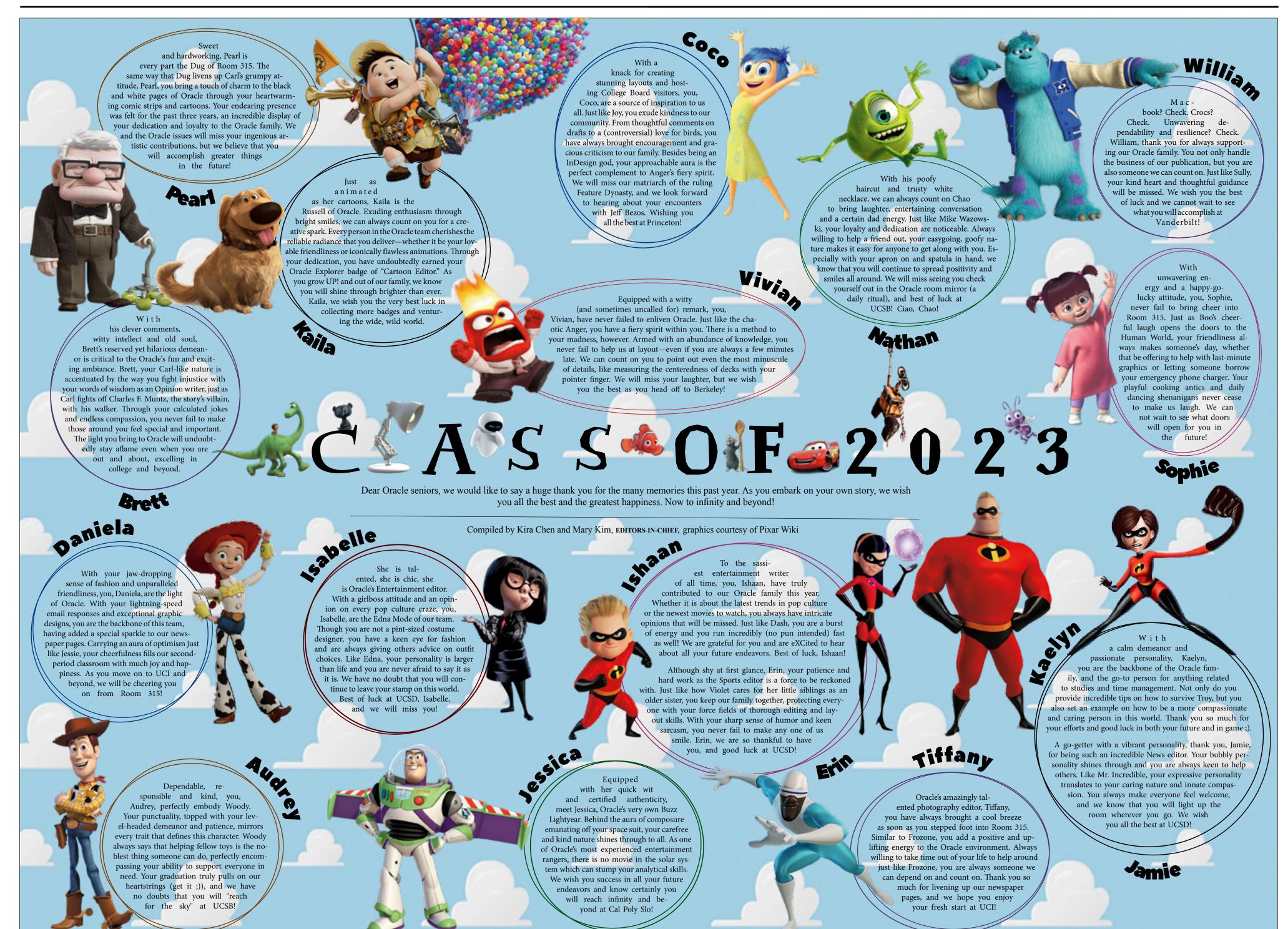


"No Sleep Till Brooklyn" by Beastie Boys An electrifying entry and a powerful beat, this hip-hop-hard rock hybrid drives the energy of the Guardians going into battle. The song inspires a sense of confidence in the Guardians and audience alike.



"Creep (Acoustic)" by Radiohead A somber song which emphasizes the pureness of the guitar, the singer has greater freedom in the acoustic version, adding to an intensity reminiscient of Rocket's emotions.





## 33300005 03 500003C

Our beloved two months of summer cannot arrive sooner! Check off your to-do lists, all while experiencing the joys of the season. Read below and take a deep dive into how your summer can be spent usefully and youthfully!

Compiled by Zoey Bahng, LIFESTYLE EDITOR, article by Carolina Lane, STAFF WRITER, cartoons by Alicia Yoon, CARTOONS, graphics courtesy of Canva

As the spirit of summer trickles in, backpacks are stashed away in the deepest corner of our closets to make way for flip flops and swimsuits. Vibrant beach towels replace bulk binders and grueling midnight study sessions transform into epic movie nights. The stresses of high school are momentarily washed away by the tide, and in its place, rises the thrill of freedom. Some students will take this time to grind down on summer AP courses or college and scholarship applications, while others bask in two months of a refreshingly blank agenda. But students should not have to be split by this dilemma, as a balance of these two lifestyles can allow them to satiate themselves in the simple joys of the season while utilizing every second of its opportunities.

The soft sway of palm trees and warmth of the Californian sun are a (literal) breath of fresh air from cramped classrooms. By volunteering at the Fullerton Arboretum,

one can further immerse in the wild wonders of their community by learning to maintain a local

sanctuary in its tranquil form and educating visitors. Surrounded by flowering foliage and earthy aromas, volunteers will find themselves soaking in the sun and enjoying the raw beauty of the planet, all while earning experiences and volunteer hours. Meanwhile, if you are called to the coast, the world below the ocean's surface can be discovered through a scuba diving certification. Consisting of week-long, in-person classes, the process is very diverse and hands-on. Attendees will learn about the marine life they may come across while exploring the depths of the ocean and practice equipment handling in indoor pools before plunging into the deep seas. When equipped with all the necessary preparations, an instructor guides students through open-water sessions off the coast of the Catalina Islands. Then finally, the rare opportunity to dive into the brilliant colors of coral reefs and breathtaking views of sunken shipwrecks await.

Fresh cucumber salads dripping in a tangy vinaigarette, alongside a dessert of warm lemon cookies topped with a sweet frosting is a perfect blend of glistening flavors. By indulging in culinary arts, students can explore a wider spectrum of cuisines,

expand their personal palette and refine their skills in the kitchen. Taking a look at some emerging summer dishes can help get creativity cooking. For instance, Gigi Hadid's famous seashell vodka pasta waves a reference to the coast—drowned in a creamy yet sapid sauce, the dish traces the air with sharp notes of garlic and red pepper, and is the perfect way to spice up a summer menu. If delectable confections are more in line with your taste buds, try baking your loved ones some tangy pastries. Harnessing the fresh and fruity flavors of summer, the berry cobbler features a buttery crust and flawless blend of sweet and tart flavors. Swap the piles of homework stacked on your kitchen table with sugary treats and savory salads, add to your potential potluck contributions and let the vibrant flavors shine through.

With the anticipation of summer intensifying, students are at the edge of their seats, eager for the bell to ring on the final day of school. Summer only lasts so long, so make sure to

relish in the dynamic delights of the season, making every sandy second count.



Compiled and written by Zoey Bahng, LIFESTYLE EDITOR



We have all seen these iconic headphones by now, and their popularity is thoroughly justified. Offering comfortable over-ear, noise cancellation, they provide over 30 hours of crystal clear listening. Although quite bulky and expensive, at \$348,

its price and size allow for high quality performance, making the Sony headphones an undeniable #1 for those in search of a flawless fulfillment of their life's listening needs.



#### **Beats Solo3 Wireless**

When squatting your heaviest plates or twisting upside down on a yoga mat, the lightweight, foldable Beats Solo3 Wireless headphones hold their place while delivering clean sounds, enhancing users' exercise experience. But for this reason, they may feel too tight when worn for long durations. These sleek \$199 on-ear headphones feature accessible buttons, allowing athletes to easily control volume, pause or play and change songs. If you are looking for a fun workout with your pump playlist, strap on your sneakers and pop on the Beats.

年间 计图片 人名英格兰

#### Marshall Major IV On-Ear Bluetooth

Taking a twist on minimalistic modern devices, the Marshall headphones bring back a vintage mood to the musical scene. With tastefully exposed hardwares and faux leather grain, these retro headphones are the epitome of the dark academia aesthetic. Its comfortable padding duality of both a long wireless battery life and an audio cable and slight shortcomings in noise cancellation make the \$140 headphones bestsuited for prolonged studying and daily tunes.

MAY 26, 2023 OPINION 9

## Playgrounds at Troy High School would generate a plethora of benefits for students

By Kate Berger STAFFWRITER



High schools must implement playgrounds to maximize the overall health of students.

Playgrounds are vibrant, invigorating and are a vital aspect of school campuses worldwide. While playgrounds contribute their sizeable benefits to almost all elementary schools, high schools do not enjoy such a privilege. Within the short thirtyfive minute duration of lunch, each second could be spent in the enjoyable environment of a playground instead of lackluster lunch tables. In Troy's extremely challenging environment, playgrounds are

a necessity

for alleviat-

ing stress through physical exercise and a youthful environment. Playgrounds prove as a solution to the numerous difficulties associated with teenage mental illness such as anxiety and overwhelming stress. Due to their leisurely nature, the addition of playgrounds in high schools would increase students' mental and physical health while simultaneously benefitting the overall environment of the school.

CARTOON BY ALICIA YOON

The comforting nature of playgrounds will lower the immense stress that overwhelms Troy High School students. The National Recreation and Park Association has found that the use of green spaces such as playgrounds are associated with a greater ability to face problems and reduced stress. In a school environment known for its extreme course rigor and where tests and exams are plentiful, such qualities would be extremely beneficial to students and teachers alike. Therefore, Troy High School needs to implement a playground onto its campus in order to facilitate reduced stress and enhanced problem

solving skills in their students. Not only do playgrounds alleviate

Not only do playgrounds alleviate stress in students, but they also contribute to a social environment that students may not find in classrooms. As shown in a study by the National Library of Medicine, students tend to hang out in groups on playgrounds, permitting them to social-

ize and make friends. new The socially restricting nature of classrooms, given that socializing is not tolerated, justifies the construction of a playground because it will lead to an increase in student socialization. Playgrounds primary schools serve as a social hub for all students, which can be mirrored

with

addition

high schools.

the

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Whether it is through a shared activity or simply a place to spend time with friends, the social aspect of playgrounds is bound to increase and improve student friendships. Playgrounds would prove to be an extremely worthwhile addition to Troy High School, because the school would benefit greatly from a place that will spark socializing and allow students to make new friends.

Additionally, playgrounds play a pivotal role in students' physical activity after long, motionless hours in classrooms. In a study conducted by the National Library of Medicine, scientist Erika E. Bohn-Goldbaum found that the es-

found that the catablishment of playgrounds contributed to a spike in children's and parents' physical activity. As shown in the data, the spike

demonstrates how playgrounds can be used to increase physical activity in older individuals including teenage students. An average high school student spends around eight hours a day sitting in classes, which could be combatted with physical activity developed through playgrounds alongside mandatory physical education classes. The notable contributions playgrounds make in teenagers' physical health exemplifies why Troy High School must construct them

on their c a m p u s.

The opposition to playgrounds in high schools claim that playground

equipment could pose safety concerns, even though popular high school sports pose the same amount of risk, if not more. Schools worldwide still offer programs for sports, despite the significant risks of playing popular sports such as tackle football or basketball. Research from Stanford Medical Children's Health 3.5 million students get injured from recreational sports annually. In contrast, a study from the National Library of Medicine found that only

21.5% of students get injured on the playground. This dramatic difference in injuries between sports and playground injuries demonstrate how playgrounds pose less of a safety risk than most sports do. If schools can afford the safety risks associated with sports, they should also implement playgrounds onto their campuses in order to expand the spectrum of physical activity students are able to participate in at school.

Troy High School needs to imple-

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ment playgrounds onto
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students. In terms of mental health, playgrounds are proven to reduce stress and aid problem solving skills, while also enhancing students' physical health through additional movement and exercise. The only possible downside of playgrounds, safety, is not enough to completely dismiss the idea. All high schools, especially Troy, would benefit from the construction of a playground due to their countless benefits for

the health of high school students.





10 OPINION TROY HIGH ORACLE

## Maternity leave must be given for the security of citizens in America

By Shailey Patel STAFF WRITER



Paid maternity leave is not a privilege, it should be a right. Across the country, new mothers have been forced to extend their maternity leave by any means necessary, including using up their own personal sick days to take care of their children. While this allows for a longer time off, however, it eliminates the possibility of attaining fair compensation for this period. Unfortunately, this situation is prevalent among many working mothers across the country who are forced to take on a financially unsustainable lifestyle to raise their children the first few weeks after their births. All places of employment should be required to extend their maternity leave policies to adjust to their new lives in a healthy and sustainable way.

New mothers need to be given the time to physically and emotionally recover after childbirth. In the 40 weeks before birth, women are already expected to keep working without consideration of any symptoms or feelings that may affect their abilities. However, according to a study done by the Pew Research Center, about 25% of the women in the United States are forced back into the workforce within two weeks to be able to provide for their

families. Two weeks is not enough time for a woman to fully recuperate from the stress of childbirth, experiencing symptoms of fatigue, anxiety, depression, insomnia, etc. With an additional family member to provide for, companies should be more compassionate towards women and their responsibility to care for and protect their babies rather than make their employees feel as if they have to return to work to continue to put food on the table.

Furthermore, the United States cannot claim itself to be a family-oriented nation when it disregards the wellbeing of its population and leaves maternity leave up to a company's jurisdiction. Today, the United States remains the only industrialized nation without a minimum standard of paid family leave, making it one of only six countries in the world that do not supply paid compensation for maternity leave. Despite proposals to pass bills to guarantee compensation, no changes have been made to benefit the mothers of the nation. With women making up such a large percentage of the workforce, their needs need to be addressed. Access for all to paid maternity leave is the standard the United States needs to meet.

In addition to helping the mental and physical health of the mother, increasing maternity leave provides many benefits to the baby. According to studies done by Forbes, adequately paid maternity leave

# STATES WITH MANDATORY PAID MATERNITY LEAVE

GRAPHIC BY CHRIS KOLMAR

allows countless benefits to the entire family such as decreased rehospitalization rates, improved stress management and more consistent exercise. This allowance for families leads to a healthier family which in turn decreases the amount of sick days parents need to take off to care for their children in the future. In order to ensure that all people in the situation are given the care that they need, employers need to be more sympathetic towards their female counterparts who need time to adjust to their new situations.

Being able to take care of one's family and having a stable career can not be mutually exclusive. Women should not be posed with an ultimatum that excludes them from a financially stable life by choosing to stay at home and nurse their babies. Mothers should not be ripped away from their baby in the first few months of its lifetime, a period crucial to family development. Companies shoud not let financial problems set back a person from being able to raise their child in a safe and healthy environment.

## mark my words

Warriors speak out on campus issues

Read what Troy Warriors have to say regarding the misrepresentation of diversity in media.

Sometimes the film studios try to incorporate diversity too much and end up being an obvious attempt at trying to create more diversity in the film industry.

- Ryan Vargas, senior

I feel that the media sometimes uses diversity as a promotional tool for their project. For instance, they try to broadcast diversity to an extreme in order to gain more clout and publicity, and are thus employing diversity for the wrong reasons and more so for capital gain.

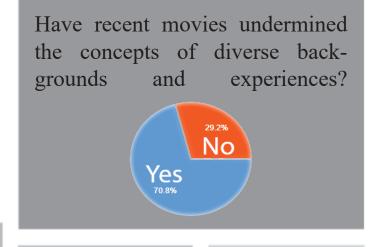
- Mindy Huynh, junior

Media in our modern day and age often force diversity into situations where diversity is not an important factor. But this heightened sensitivity to convey diversity is beneficial overall, as it promotes accepting all and over all makes society more unified in some instances.

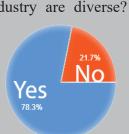
- Patrick Wu, junior

Do you think that the media actively misinterprets diversity?





Do you think that recent hires in the film industry are diverse?



At times Hollywood does too much in terms of trying to represent the diversity, where certain characters that are based off books or other literature becomes undermined because of the audience's focus on diversity instead.

- Ethan Lin, junior

Although movies such as the little mermaid and queen charlotte promote African American stardom, at the sake of realism to the show it does not make sense to casts roles to promote a diversity narrative. Films such as the Little Mermaid are not meant to cast a racial empowerment act but to invoke wonderment and fantasy for people of all ages.

Nicholai Matias, junior

Although casting diverse actors to play role of white characters in remakes, reboots, and spin offs is a way to add diversity to media, I personally believe that adding new, diverse characters with their own backgrounds and stories is a much better way to show diversity in film.

- Camryn Erney, freshman

While the film industry has been seeing a rise in more diverse characters, they often just take a white character and a cast a black actor/actress. For example, Disney took Ariel and made her black in the live action. I am all for seeing diversity in movies, but instead of giving one-dimensional roles to people of color, we need to create original characters for people of color. Instead of casting a token POC actor for a white Disney princess, produce more films about POC Disney princesses.It is why Into the Spiderverse was such a hit, because Miles Morales never felt like just a Black Peter Parker, he had his own story and nuances.

- Anvi Patil, freshman

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## Companies that test on animals needs to change for a new sustainable technology

By Chelsea Engelhardt STAFF WRITER



Centuries of persistent animal testing can be ended through the organ-in-a-chip.

Technology is growing everyday, including vaccines to medical equipment capable of saving the lives of many people and animals. With recent Food and Drug Administration approval, organ-on-a-chip has the capacity to change lives. Organ-on-a-chip is a miniature device with tiny holes that contain human tissue that imi-

tate the organ that the tissue originates from. This device can not only be the start of a new wave in technology, but can also be the end of centuries of unnecessary cruelty toward animals by replacing animal testing in drug and cosmetic trials entirely. TFirst of all, the organ-on-a-chip device will decrease costs for the less stubborn companies willing to use it. According to Humane Society International, \$2-\$4 million dollars would have to be put into cancer studies through animal testing. In contrast, the company Emulate, which makes organs-on-a-

chip, sells the single-use chips for about \$600 eac. The machines required to test them are about \$110,000. Compared to animal testing and other alternatives like clinical trials and computer models, this is a bargain because they are more costly and need extensive testing and research. The lower cost of organs-on-a-chip is an obvious benefit for the drug and company.

However, as an alternative to organson-a-chip, animal testing is not only tortuous but also relatively inaccurate. The Boston Globe has stated that nine out of ten animal tested clinical trials fail simply because animal models do not accurately represent human physiology. Since 1938, companies were required by the FDA to test on numerous animals including monkeys, rodents and dogs, for the sake of accuracy. Just in the United States, there are an estimated 110 million animals that die from animal testing per year. They give up their life for something unsustainable and inaccurate. Instead of testing drugs on animals, the drug can be individually tested through a sustainable chip. These chips can contain any organ that is wanted to be tested and can even compare how different organs react to the drug. Unlike animal testing, this process is able to be redone repeatedly. This increases the accuracy and makes the torture of innocent animals useless.

Unfortunately, companies are stuck in

taches no emotional value to body types.

panies and influencers from leeching off

of the movement for profits while not

being truly inclusive. Creating a facade

of inclusiveness only hurts marginalized

groups more when the bubble is popped.

For example, clothing retailer Everlane

featured a plus-sized model in their cam-

paign, only for people to realize they do

not actually have plus-size underwear for

sale. Body positivity is now being used ad-

vertising strategy. Just because a company

or influencer claims to support plus-size

bodies does not mean they get any favorit-

Body neutrality can also prevent com-

their ways and are resistant to making the change. The technology is new and relatively unknown, but President Joe Biden is encouraging the FDA to green light the organ-on-a-chip technology. Even with this encouragement, private agencies still require animal testing for their own products, and they need to step up and make the change. In general, many companies believe the technology is interesting but do not necessarily think they need it for their business. Contrary to their beliefs, the technology is more efficient and better for their businesses as a whole. Realistically, the only impact that will be seen is a slow reduction of animals being tested on and a gradual shift of users to the organ technology. Either way, companies need to step it up and make the change in order to continue with the times.

The new technology allows for so many more opportunities and advances to medicine. Not only is this organ-on-a-chip device more accurate and less wasteful, but also it is actually more cost efficient for the companies willing to try it. The only thing known for sure is that animal testing needs to decrease if not cease entirely. Overall, this technology is a unique and effective way to solve the age-old problem of animal testing and could save millions of lives. Either way, this is a step in the right direction for a more peaceful and cruelty-free world.

# 

## Body neutrality deserves the spotlight, not the flawed body positivity movement

By Victoria Yang STAFF WRITER



Body positivity is turning into toxic positivity and it is time for a change Over recent years, body positiv-

ity has soared in popularity on social media, with trending hashtags such as #BodyPositivity and #BoPo accumulating millions of posts. Intended to counter unrealistic beauty standards, body positivity promotes inclusiveness of all bodies and self-love. However, body positivity has hidden flaws that must be fixed through body neutrality. Instead of blindly promoting the self-love of body positivity, body neutrality strives to adopt an objective view on physical appearance and remove it from the consideration of self worth. Body neutrality must be promoted and encouraged over body positivity because it is more effective in combating fatphobia and toxic beauty standards without forcing confidence and neglecting health.

Body neutrality is much easier to practice and less likely to cause misguided consequences. An article published in Psychological Science revealed that those with low self esteem felt worse after reciting a positive self statement such as "I'm a lovable person" or evaluating

the validity of the statement. Similarly, body positivity presents a message of unconditional confidence and love that forces the suppression of self-doubt. In contrast, body neutrality recognizes that there may be reasons why people do not love their bodies. Instead of denying the existence of perceived physical flaws and thus invalidating insecurities, body neutrality lets people express their anxieties while realizing that any perceived physical flaws do not impact their self-worth.

Furthermore, body neutrality allows for healthy self improvement while body positivity does not. For instance, to combat anxiety after her divorce, singer-songwriter Adele adopted a new workout routine that led to a significant weight loss. Previously, she was seen as a symbol of confidence a plus-sized woman and used to validate the body positivity movement. After her weight loss, instead of congratulating her, fans expressed their disappointment and feelings of abandonment. Adele's journey led to both a mental and physical improvement, but the body positivity movement has morphed acceptance of all body types into a compulsion of maintaining an underrepresented body. This ridiculous mindset should be discarded in favor of body neutrality, where the only significance placed on physical appearance is health and at-



GRAPHIC COURTESY OF BEWTTCHING

ism. When no emotional value is attached to physical appearance, the appeal of these advertisement techniques dwindle.

Body positivity started out with great intentions and promise. However, it has morphed into a social media trend that often goes against its original purpose. Rather than blindly pressuring people to love their bodies and banning any attempts to change their body shape, mainstream media must adopt a neutral outlook through body neutrality. These physical appearances should not be attached to self worth, either positively or negatively.

## TURNINGTERTIOE

Follow the Warrior swim teams on their spectacular season as they compete in State Championships for the first time in a decade! Read below to learn about their journey to the top!

Compiled by Tyler Cordova, sports editor, articles by Finley Dalley and Samantha Luo, staff writers, photos courtesy of Coach Summer Driessen, graphics courtesy of Canva

With Warrior swimmers breaking Freeway League records and qualifying for Division I and II of the CIF Southern State Championships, the 2023 season was remarkable for the varsity swim teams.

Through countless practices, teamwork and the guidance of Coach Summer Driessen, the head coach of both the girls' and boys' swim teams, the 2023 season has been the fastest season in more than 10 years. There have been two league records, 11 CIF Qualifiers, 19 CIF events and 34 CIF consideration times. Five school records have been broken this year and three automatic CIF times were set at the Freeway League Championship, where Troy placed first overall.

The 2023 Freeway League Swim Finals were hosted at Troy and school records were broken in the 50-yard Freestyle, 100-yard Breastroke, 200-yard Medley Relay, 200-yard Freestyle Relay and 400-yard Freestyle Relay. Boys varsity were the Varsity Swim Freeway League Champions, with Coach Summer Driessen winning the 2023 Freeway League Coach of the Year. Both varsity boys and varsity girls competed at CIF–SS Division I and II, and five

swimmers, Luke Leon Guerrero, Ty
Leon Guerrero, Theo Sohn, Kevin
Yum and Tony Zheng, competed at the
CIF State Championships in Fresno.
To prepare for CIFs, training sets became more intense,
said freshman Elvina Liou, a 2023
CIF Consideration swimmer.

"We had more specialized training, [and] people specialized in a few events," Liou said. "Coach Driessen would give us sets based on the stroke we were swimming and also the distance, and that helped us [to] prepare."

At CIF preliminaries, the team were on the deck from 7 a.m.-10 p.m.. Advancing forward marked a monumental event for the Warrior swim teams, Driessen said.

"Overall, I am extremely proud of their performances, commitment and dedication to the team," Driessen said. "Even though the weather was rough and the boys were anxious before their events, CIF pushed our boys into qualifying for State Championships and being recognized as the top swimmers in the state of California."

Spending multiple days together allowed the team to become much closer and stronger. With most of the team bonding occurring on the pool deck,



**DIVING INTO EXCELLENCE:** The varsity boy's swim team gracefully descends into the 400-yard freestyle event.

everyone had the support of one another before and after meets, Driessen said.

"We had multiple dinners on deck with the support of our athletes, parents and boosters [and] those were great because after a long practice or meet, swimmers got to eat loads of pasta and bread," Driessen said. "However, the best team bonding happened under the canopies, [as] those days at invitationals and CIF were sometimes 12 hours long,

and you really got to know each other."

Improving practices by making them objective-driven and technique-focused wil be a top priority for next year, Driessen said.

"With what we have done this year, I have been very fortunate to be their coach to watch these swimmers perform, get personal bests, break records and overall just have fun," Driessen said. "[Being] proud is an understatement."

## SWIMMERS TO SEA

Past Freeway League Champion and current team captain, senior Eileen Seo left the Warriors in awe of her enviable swimming capabilities and remarkable overarching season. Recalling her favorite warrior memory to be league finals meets, she believes that they were a great way to end the season, since they showcased the teams success and celebrated the members individual accomplishments. Finding comfort and inspiration within her team at Troy, Seo finds herself encouraged by her team's spirits, which empowered her to obtain such swift times. Although Seo finds it bittersweet to graduate and leave the team, she feels confident in the members she is leaving behind, as they have reached the fastest times for the Warriors within the past ten years, proving the reliance of their talent and skills.

Senior varsity swim captain Kaylee Leong declares her favorite experience on the Warriors team to be their CIF tournament, and the qualification of their relay team to finals. Believing it to have been an excellent reward for the team's hard work, Leong recalls that the competition had a very positive atmosphere as everyone was simply excited to be there. Crediting Coach Summer Driessen greatly, Leong reflects on the impact she has had on the team this year, believing that much of the Warriors' success is a result of her team-bonding and motivational skills. Swimming for the SoCal Aquatics Association, Leong plans to push her momentum gained this year into her final competitions this summer, hoping to finish her swimming career on a successful note.

Junior Celeste Flores regards her time racing for the Warriors at their CIF tour nament with extreme pride and affection. She believes the support system made up of her and her teammates allows her to perform at a higher degree and remain encouraged throughout the individual races. Aspiring to compete at the collegiate level, Flores is determined to increase her speed, and is aiming for a 200yard freestyle under two minutes and a 50-yard freestyle under 23 minutes. On the greater scheme, Flores regards her experience on the Warrior girls' swim team as one which has given her many athletic opportunities, strong friendships and positive recreational outlet.

## PERSONAL RECORDS

LAME MAME

4

EILEEN SEO

2 CELESTE FLORES
3 KAYLEE LEONG

MANOY GRECO

TIME EVENT

0:55 100 FREE 0:24 50 FREE

2:14 200 IM 0:25 50 FREE



Freshman Mandy Greco strives towards achieving faster times, aiming for a 50-yard freestyle under 24 seconds and a 100-yard freestyle under one minute. Having performed in these events at the Warriors recent CIF tournament, Greco regards her experience positively, and connects her high performance in the pool to her ability of regarding the competition as a fun opportunity, believing that she performs best when she relaxes. This method allows her to continue working towards her goal of making it to sectional finals this upcoming summer, which would then allow her to advance in competitions.