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TECHNOLOGY

LIBERATION OR INCARCERATION?

By Kaitlyn Han
STAFF WRITER



Prepare for an artificial intelligence (AI) takeover.

California was right to eliminate its cash bail system Aug. 28. However, replacing that policy with an e-carceration plan is not a solution. The new system, which uses a computer algorithm to determine the length of an individual's sentence, fails to reduce incarceration rates and protect against racial prejudice as it promises. Based on incarceration records in multiple states, the American Civil Liberties Union revealed that police reports, which algorithms use to compute their decisions, are a main source of racial prejudice in the cash bail system. Specifically, such an algorithm takes into consideration past arrests even if there has not been an actual conviction. Given that arrest rates are always disproportionately high in communities of color, this algorithm magnifies the bias its creators seek to avoid. Yet, people continue to support this system, which speaks volumes about the absurdity of their growing dependence on technology.

Yes, computers can provide more efficient and accurate processing of extensive data, but if that data is already compromised by racist opinions, the risk-assessment algorithm could be as biased as—or even more so than—a human judge. California gives the risk-assessment policy too much credit. Rather than acting as aid, the decisions made by the risk assessment policy may negate the decisions of the acting judge. Such

a policy is illogical because it does not compensate for any malfunctions the algorithm may have.

For those awaiting trial, a computer algorithm greets them. Those who have been released for parole fare little better with electronic monitoring shackles than traditional parole protocol. Electronic monitors, which take the form of ankle or wrist bracelets, have already been in use for over three decades by law enforcement. According to The Pew Charitable Trusts in 2015, the usage of these monitors has increased by 140 percent in the last decade. Far from humane, most of these devices use GPS tracking and other means of constant surveillance to limit the rights of the convicted. Electronic monitors are another form of prison.

The risk-assessment algorithm and electronic monitoring devices are not the only form of technology taking over. AI is being integrated into almost everything—search engines, virtual assistants, self-driving cars, medical diagnosis, etc. In fact, Stanford University found that the number of AI startups has increased 14-fold since 2000. Of course, innovation is necessary, and efforts to improve technology should not be halted for fear of an impending robot revolution. New technology is not frightening nor is it the issue; the increasing number of people depending upon it is the problem.

People are putting too much faith into AI. In a study done by Harvard University, over two-thirds of respondents would allow AI to control some aspect of their life. However, according to Forbes, over 50 percent of people do not even realize that they interact with AI on a daily basis. The other half of people, those

who are aware, are attracted to AI because it is convenient and relieves them of responsibility by making decisions for them. Although there is no stopping the AI industry from growing, people simply need to be conscious of the type of technology they are surrounding and trusting themselves with.

AI surpassing human intelligence is also an issue. While it is not likely to occur anytime soon, the possibility reminds humans to treat AI with proper caution. AI can have many unforeseen consequences that cannot be regulated with a simple update especially if it is applied to a large population. We still do not fully understand the capabilities of AI, and we should not hastily and irrationally depend on it.

As AI has grown more popular, people have become deceived by its promise of removing bias and bringing convenience to the extent that they are willing to have technology rule their lives and decisions. AI should be designed to supplement—not replace—human agency.

People are not only locking up criminals, but also themselves in the cage of technology.

ELECTRONIC MONITORING DEVICE: *These devices can be used as either wrist or ankle shackles to enforce e-carceration.*

CARTOONS BY KRISTEN PEREZ

INSIDE THIS ISSUE

SPORTS

Journey through the histories of skiing, snowboarding and bobsledding, some of the most popular winter sports. Check out some of the best ski resorts!

Pages 6-7



ENTERTAINMENT

Ever wonder why Hallmark Christmas movies are beloved by some and avoided by others? This holiday season, take the time to revisit treasured, classic holiday films.

Page 8



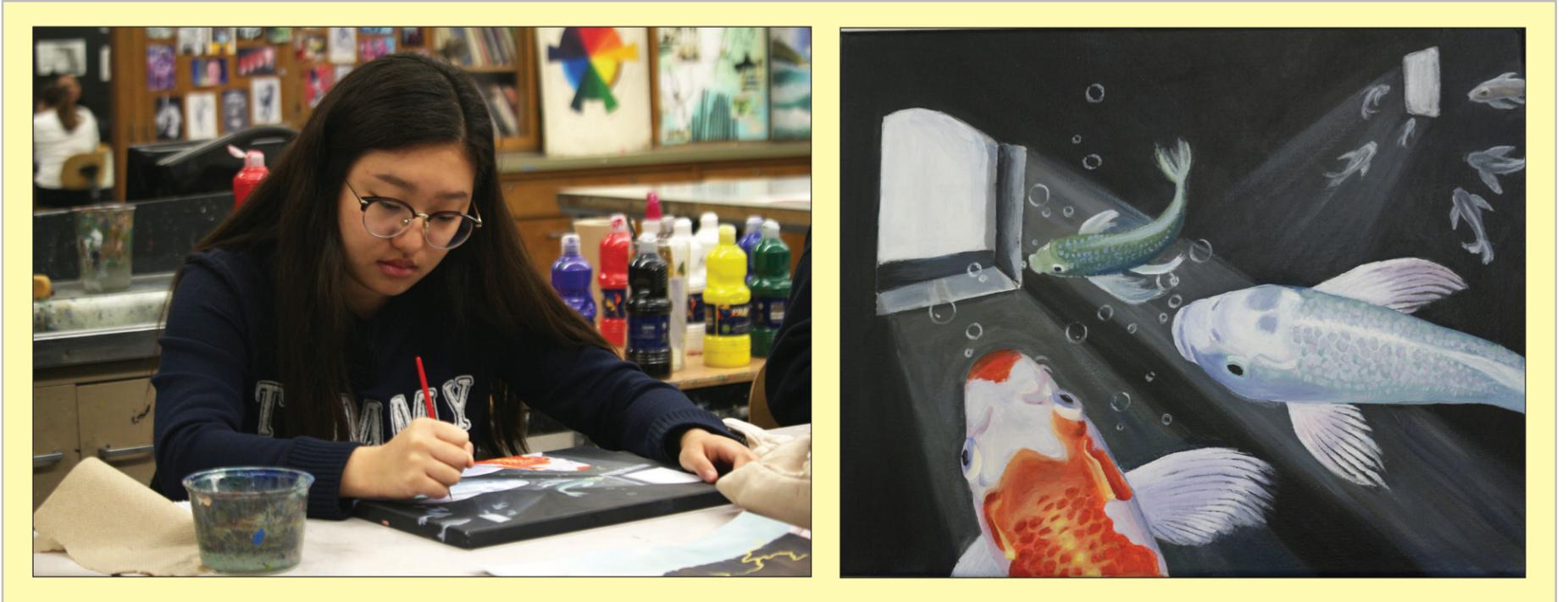
FEATURE

Glide along on the ice with junior Charisse Ng, a figure skater who has skated in the rinks since childhood. Read about how she defies gravity in her graceful routines.

Page 12



Art students collaborate on new Reading Nook



CELIA KANG

ATTENTION TO DETAIL: Working intently to complete her pieces, AP Art senior Loren Lee puts finishing touches on her painting of koi fish swimming to light, shown on the left.

AP Art students are creating artwork in honor of late Warrior English teacher Dorey Madrid.

By Angelica Sano
STAFF WRITER

Showcasing their artistic abilities to the Warrior community, 11 Advanced Placement (AP) Art students will contribute artwork to the Dorey Madrid Reading Nook.

Created for students to relax during breaks throughout the day, the Dorey Madrid Reading Nook will be located in an alcove in the 300 building. Following a recent renovation, the school will open the nook in commemoration of late English teacher Dorey Madrid.

In preparation for the nook's opening, AP Art teacher Michael Thomas gathered sophomore Ella Moon and seniors Tiffany Kao, Audrey Kim, Loren Lee, Jasmine Li, Rowena Luminarias, Christina McBride, Sarah Metzger, Kandys Myung, Shari Wei and Jully Xu to create artwork to dec-

orate the newly-renovated nook.

Thomas created a list of Mrs. Madrid's favorite activities to serve as inspiration for the artwork. The students are striving to represent Mrs. Madrid's many passions through heartfelt artwork, including paintings centered around her love of sunflowers, hats and the color pink.

As they pass by the nook throughout the day, Warriors will be able to appreciate the students' artwork. According to Thomas, this project allows students to share their talents with a larger audience.

"[The students] are passionate about their art," Thomas said. "They are making the nook into a beautiful, special place that has meaning."

The nook will bring Warriors together by providing them with a place to read and rest, Kao said.

"Stories bring people together," Kao said. "I hope that the nook will become a place where students can escape from their stress and worries and just enjoy the pure joy of reading a book."

According to Thomas, the art students are celebrating Mrs. Madrid's memory by contributing their art.

"I see these 11 students thinking about [Mrs. Madrid] while doing this artwork, and it has already brought my class together," Thomas said. "Mrs. Madrid was one of my closest friends, and it's an honor whenever I get to think about her and do something to remember her."

According to Kao, whose painting depicts Mrs. Madrid's love of fishing and the beach, this project is more than a display of artwork. The assignment will display the students' work, but more importantly, it will give students the opportunity to honor Mrs. Madrid with their talents, Kao said.

"Any time we are asked to create work that's not in our personal agenda, we are asked to look beyond our own experiences," Kao said. "The project is much more than showcasing work for ourselves. It's about memorializing Mrs. Madrid in the best way that we can."



CELIA KANG

PICTURE PERFECT: Senior Shari Wei works on her painting, which depicts Mrs. Madrid's favorite flower, the sunflower.

Key Club decorates float for New Year's Day Tournament of Roses Parade

Warrior volunteers will help decorate the rock music-themed Kiwanis float with flowers.

By Sky Jung
STAFF WRITER

Building new relationships with local Key clubs, the Warrior Key Club will decorate the Kiwanis International (Kiwanis) Float in the Tournament of Roses Parade Dec. 29.

Broadcasted on live television every New Year's Day, the Tournament of Roses Parade showcases floats constructed of flowers, and marching bands as they parade through Pasadena. The event serves as a platform for

Kiwanis and its branches, including Key Club, to raise money for a pediatric trauma program.

As the high school division of the Kiwanis organization, Key clubs from all over the country will send students to contribute to the float. As a whole, the Kiwanis organization will provide over 7,000 volunteers from across North America, including 200 volunteers from Southern California to help create the floats.

The float will highlight this year's theme, "Helping Kids Rock Their Future," with music notes, jukeboxes and retro music records decorating its exterior.

Designed by the Phoenix Decorating company, the float will feature large floral displays to celebrate the parade's floral motif.

"The event is significant because it helps our members see a community event materialize into one final product."

Hannah Kim
President

By displaying the float, Kiwanis aims to raise awareness within the community about their mission to improve the circumstances of hospitalized children.

According to President Han-

nah Kim, members will be directly involved in the decoration process and work in a hands-on environment. Key Club members

will be directed by Kiwanis staff to complete specific tasks during their volunteer shifts, such as painting, cutting flowers and attaching decorations to the float.

The 20 Warriors who will attend the volunteering event hope to connect with other Key Club members through their collaboration with 24 high schools from across the state, Kim said.

"When Warriors [volunteer], they get to meet Key Club members from across the county and across state lines," Kim said. "It's

a different kind of service because it's not just [for] community service hours. You get to socialize and create relationships with the other branches of Kiwanis."

According to Kim, the Rose Parade is unique because it is a large-scale event, garnering the attention of millions of people across the country. Additionally, this event allows members to see how their contributions directly help create a finished product.

"[Although] we won't be at the parade in person, we can see [the float] and the parade as it's broadcasted," Kim said. "The event is significant because it helps our members see a community event materialize into one final product."

Christmas scavenger hunt organized by LEO Club

Event participants were encouraged to explore the campus and meet new students.

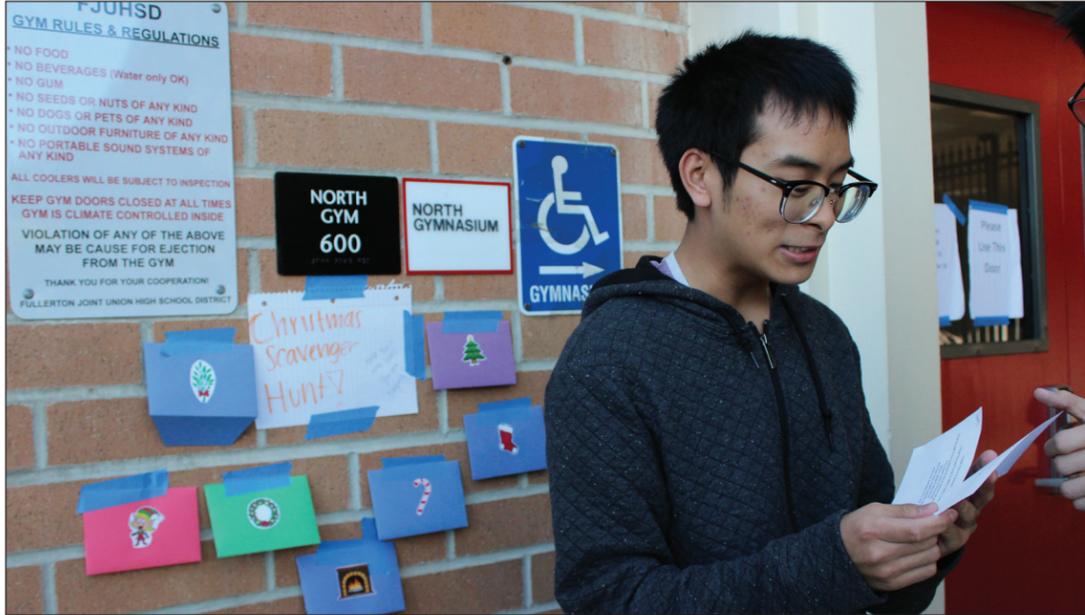
By Danielle Chow
STAFF WRITER

Fostering bonds between club members, the Leadership Experience Opportunity (LEO) Club hosted its first Christmas Scavenger Hunt to raise awareness about LEO Club Dec. 7.

LEO Club is a national organization that strives to give its members more opportunities to become active in their local community with service projects. Their newest event, the scavenger hunt, promotes cooperation between club members.

With participants divided into seven teams, the scavenger hunt took place on campus and consisted of clues related to the club's projects, such as their annual clothing drive, and its overall mission.

Co-President Kelly Nguyen aimed to cultivate stronger relationships between club members and other participants, as well as to increase teamwork for future projects. Nguyen believes that the scavenger hunt will both strengthen relationships between members and help others to learn



JULIANNA SABILE

JINGLE BELLS AND JOLLY DAYS: Senior Jalen Dioneda reads aloud a pivotal clue during the scavenger hunt held after school.

more about LEO Club.

"We wanted to have an opportunity not only for club members to connect with each other and have fun, but also to draw in more people to LEO Club's message, [to show them] what we are trying to do," Nguyen said.

In compelling participants to work together towards a common goal, the scavenger hunt encouraged collaboration between teammates and urged them to make connections with each other.

According to Nguyen, building stronger relationships with one another will contribute to building compassion in upcoming service projects.

"Our volunteer opportunities are about team effort," Nguyen said. "I believe that having a strong foundation with other people increases your empathy toward other people's situations, especially those in need or suffering or those who aren't as fortunate as we are."

Co-President Aanvi Jhaveri sought to instill a sense of belonging among members by cultivating deeper bonds between the scavenger hunt participants.

"We want [participants] to have fun and think of LEO Club as more than just a community service club," Jhaveri said. "We want them to feel like they have a home within Troy High School [where] people can establish relationships and make it more of a family than a club."

STEMup4Youth hosts LEGO block robotics classes for girls

Student volunteers are teaching fun, hands-on activities to young girls.

By Cheryl Yang
STAFF WRITER

Inspiring a future generation of women in technology, GEARup4Youth, a division of the STEMup4Youth organization, has been hosting LEGO block robotics classes since June 2018.

The division has partnered with over 200 organizations such as the National Center for Women & Information Technology (NC-WIT) and the Boys & Girls Club of America to offer free classes to girls in kindergarten to sixth grade. The student-led classes introduce girls to science, technology, engineering and math (STEM) with educational robot kits and presentations.

Classes are held at Boys & Girls Clubs, public libraries, universities and high schools. Throughout the school year, the program holds five sessions at each Southern California location. During the summer, they arrange field trips to technology museums, launch educational presentations for families and expand programs internationally. The program has

also hosted booths at STEM fairs and expositions.

The curriculum accommodates the needs of young children and their attention span by providing captivating material in the form of interactive LEGO block robot kits, President Megan Loh said.

"With colorful LEGO [block] robots, we engage the girls and get them involved," Loh said. "Hands-on [activities] motivate them to build the robots themselves and to program them."

Last summer, volunteers organized a trip to Malaysia in partnership with foreign schools and businesses with the aim of impacting underprivileged girls globally. While the division services both parts of Asia and America, most of their events take place within the local community.

Student volunteers manage local events, teaching and guiding the girls with their projects. Each volunteer works with two to three girls, instructing the students how to engineer the robots using their own programming experience.

According to Loh, the organization introduces young girls to technology from an early age in order to extend opportunities that may not be readily available to girls because of the stereotype



COURTESY OF MEGAN LOH

CREATIVE MACHINERY: Junior Megan Loh engages the students in warm-up questions prior to beginning the activity.

that the field is just for boys.

"Through my experience, I've learned that the gender stereotype really starts when [the girls] are younger," Loh said. "I'm targeting the younger generation to

change that idea of technology being mainly a boys' thing or occupation. I want to inspire them to continue, inspire their passion and empower the girls to pursue technology in the future."

TROY TODAY

Botany Club contributes to Outdoor Classroom project

The Botany Club participated in the outdoor classroom construction Dec. 1. Members performed several clearing tasks, such as defining the path with shovels and cutting down the undergrowth from 8 a.m. to 11 a.m. A professional crewman was invited to speak more in-depth about the process. Members anticipate more construction progress in January.

Best Buddies holds holiday event

The Warrior Best Buddies chapter hosted their annual Fall Event Nov. 29. As the last activity before the start of winter, members decorated the 500s building hallway with various autumn arts and crafts. With the aim of spreading positivity and inclusivity, the Best Buddies members brightened up the school corridors and added festivity to the school atmosphere.

AP Economics team places in state-wide competition

On Dec. 4, a team of students placed first in the California State Final at the Federal Reserve Bank in Los Angeles. The first segment of the competition consisted of a qualifying exam. Teams who advanced to the next round completed investment portfolios. The Warrior team received \$500 for the first place award.

Science Olympiad takes first and second place at home invitational

Troy Science Olympiad hosted an invitational with 16 teams Dec. 8. Troy Team A took first place with 65 points, and Team B took second place with a score of 80. Both local and out-of-state schools attended the event as practice for future invitationals such as the Mira Loma High School Invitational Jan. 12.

Design 3-D Club to help at local Barnes and Noble store

In an effort to spread holiday cheer, Design 3-D Club will partner with Barnes and Noble for a gift wrapping session Dec. 22 and 23. Members will go to the Fullerton Barnes and Noble bookstore to wrap presents and books for free. They hope to converse with customers to raise awareness about their mission of informing the public about 3-D printing technology

KEEPING UP
with the **OPINION**
EDITORS

The duties of social media: basic humanity

By Lex Park
OPINION EDITOR



500 cows, three cars and \$10,000: that's the price of a child bride, now available on Facebook.

Oct. 25, a Sudanese man sold off his daughter by auctioning her on Facebook, and a week later, she was married. Facebook only discovered and removed the post Nov. 9, two weeks after the incident, at which point the girl was already sold.

Facebook's statement that "Any form of human trafficking—whether posts, pages, ads or groups is not allowed" and that they "removed the post and permanently disabled the account belonging to the person who posted this" is too little, too late. The issue of the commodification and dehumanization of women aside, the child bride incident exemplifies the evils that lurk under the all Lucida Sans and lackluster blue of Facebook.

Facebook's inability to prevent this incident of human trafficking is just one of many instances of the platform's gross misregulation of illegal activity. Drug deals, arms sales and human trafficking are all too frequent on the social media platform, which often flies under the radar of law enforcement.

But, a site like Facebook is difficult to regulate. The jurisdiction under which social media falls is dubious at best. Sure, in the U.S., the Federal Communications Commission may have some authority over the site, but what about in a country like Sudan? As a result, it is the ethical duty of the developers of the website to prevent illegal activities on its platform.

Facebook must make conscious efforts to ensure that the online community it hosts remains a safe space without illegal activity. All the sad and angry reacts in the world will not fix the fact that people are being sold online. Official press releases and website policies alone are not enough. Simply put, humanitarian injustices must not be facilitated by one of the most popular online platforms.



The fight for veterans goes on, far beyond Veterans Day

By Isaac Yang
STAFF WRITER



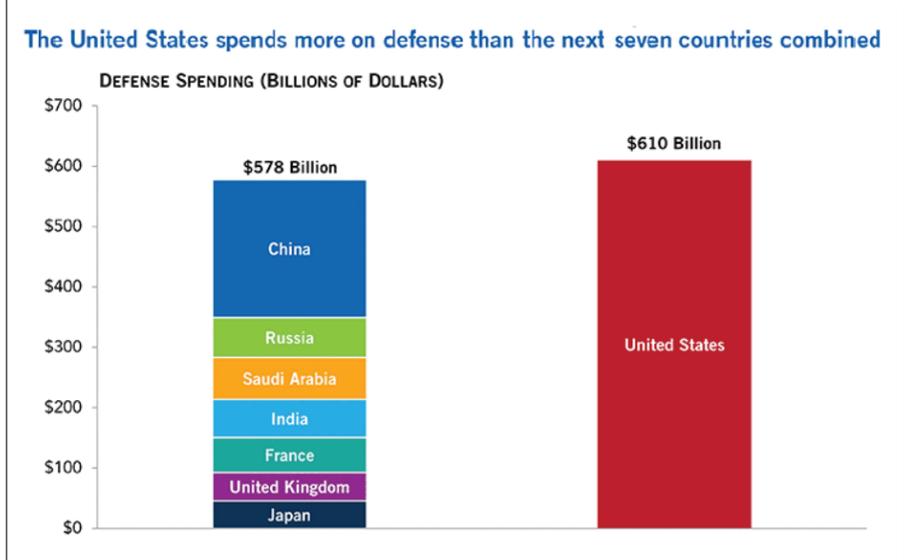
We should always honor our veterans, not just on Veterans Day.

As of Nov. 8, ironically around Veterans Day, a technological glitch has robbed 82,000 deserving veterans of their promised aid from the U.S. Department of Veteran Affairs (VA).

The VA is an organization dedicated to providing veteran services which can take the form of health care, education and training, employment help, pensions, housing assistance and life insurance. Specifically, this particular promised financial support was part of the GI Bill, which aims to help veterans pay for college, graduate school or training programs.

Although the glitch itself was accidental, the payment delays exemplify the disheartening carelessness in the VA. By creating the Forever GI Bill in 2017 that included additional benefits for veterans such as the removal of the eligibility expiration date and increased financial compensation for various awards, the Trump administration inadvertently created a backlog without upgrading the VA's technical capabilities to accommodate the new bill's provisions. When the Trump administration taxed the VA's 50-year old computer system, it crashed, resulting in a catastrophe with an estimated 360,000 veterans not receiving full payment, as reported by NBC News.

To add insult to injury, this technological malfunction was not a mistake made by the Trump administration but rather a symptom of a poorly organized VA. For one, af-



GRAPHIC COURTESY OF PETER G. FOUNDATION, SOURCE: STOCKHOLM INTERNATIONAL PEACE RESEARCH INSTITUTE

ter Deputy Under Secretary for Economic Opportunity Curtis Coy retired from the VA in 2017, the department unwisely cut the position entirely. As a result, there is currently no one communicating directly to veterans or lobbying to higher officials about organizational issues. The removal of a position so integral to communication speaks volumes to the internal state of a program that is supposed to be giving back to those who have served our country. Adding onto this pressing matter are the 45,000 jobs in the VA that remain vacant. Ultimately, these internal issues highlight a fundamental neglect for our veterans.

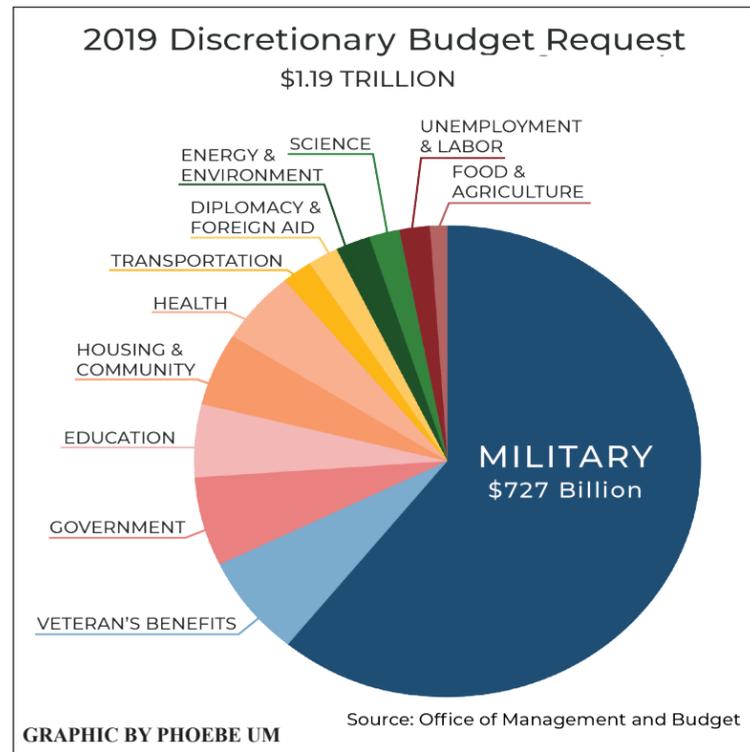
While the VA's staffing problems clearly show a lack of care for our veterans, the military remains the focal point of the national budget as it grows larger than ever. The U.S. Senate voted June 18 to increase the 2019 military budget to \$716 billion, an \$82 billion increase from 2017. This up-

ward trend directly correlates with America's trigger-happy attitude to hastily place soldiers in battle-scarred areas such as Iraq and Syria. Veterans rightly deserve to have a portion of this cash influx. A country so eager to expand the current military must not forget those who have served in the past.

Though combat veterans may not be serving in active duty, their battles are not over when they return home. Unfortunately, most encounter a handful of mental problems because of the traumatic nature of war. The Research and Development Center for Military Health Policy Research reports that 20 percent of the veterans who served in either Iraq or Afghanistan suffer from either major depression or post-traumatic stress disorder. Moreover, the U.S. Department of Health and Human Services states that veterans make up 20 percent of national suicides, despite constituting only 7.3 percent of the population. The responsibility of the VA is to prevent these very tragedies, but the organization falls short because of irresponsible government neglect. If the government actually cares about veterans as much as they care about recruiting active-duty personnel, these veteran misfortunes would likely cease to exist.

Those who have bravely made sacrifices for the U.S. should be remembered and celebrated. Asking people to serve their country is already enough; they should not have to deal with a slew of issues back home. The government must stop asking its citizens what they can do for their country and instead look back to those who have already given up everything.

“Those who have bravely made sacrifices for the U.S. should be remembered and celebrated, not discarded and forgotten.”



GRAPHIC BY PHOEBE UM Source: Office of Management and Budget

Troytendo: Lets-a practice self care by Katie Nguyen



So, what happened to “Never Again”? It’s still happening.

By Miseok Kim
STAFF WRITER



Eight months ago, hundreds of thousands of March for Our Lives (MFOL) protestors mourned 17 deaths in a high school shooting and decried prevalent indifference toward gun violence. Just four weeks ago, a gunman walked into a local bar and killed 12 people before taking his own life in Thousand Oaks, only two hours away from our school.

In the midst of this déjà vu, where are the hundreds of thousands of protestors? Instead of using this recent shooting to recharge their fight for stricter gun control, the movement’s leaders and participants have largely remained silent. This shocking stagnation of a previously fiery and widespread movement to occasional announcements on its website is an obvious sign of humanity’s current illness: apathy that renders people ignorant to existing plights in their communities and prevents improvement of the world.

Interestingly, a 2011 study, published in the Proceedings of the National Academy of Sciences, found that people express concern for a month at the most before losing interest and moving on. Even though people may have donated or volunteered during that period of time, they rarely extend their sympathies long enough to actually solve the problem that stirred up the movement in the first place.

Because of this human tendency to

focus for only a short time frame, if a social cause does not persistently generate empathy and support for its goals, its past efforts will be wasted when tragedies that it attempted to eliminate arise again. Indeed, the Never Again movement’s failure to employ later shootings to maintain its momentum has consequently led the public’s attention to fade

“The people and the government must work together to promptly execute necessary actions for safer, fairer communities.”

despite more than 300 mass shootings recorded by the Gun Violence Archives in this year alone.

But blaming the weakening zeal of the Never Again movement (or other similar trends) on “psychic numbing,” a phenomenon in which the level of empathy decreases with increase in the number of victims, is unacceptable. The victims of the social cause are not mere numbers—they are someone’s parents, siblings and friends. By exhibiting placidity in the face of recurrent violence and injustice, people inadvertently propagate more ignorance and detachment.

Clearly, people need to start putting themselves in the place of the victims, who may encounter difficulty achiev-

ing societal transformation as individual. Therefore, the people and the government must work together to promptly execute necessary actions for safer, fairer communities. Viable solutions like legal measures or mindset shifts could save lives and conserve resources.

In the meantime, however, the current government seems to need constant reminders that it is never excused from its responsibility to protect its people. The elections in the United States are usually marked by lobbying frenzy from the deep-pocketed organizations that pour millions of dollars to safeguard their interests. This year, the National Rifle Association (NRA) spent more than \$3 million in lobbying in addition to millions more in years past. In comparison, the Never Again movement raised \$3 million, which was all spent on organizing the March for Our Lives. But this movement as well as other social causes have secret weapons: youth voters.

America’s youth is gradually demonstrating and practicing its vast influence with 31 percent of voters aged 18 to 29 partaking in this year’s midterms—a record turnout in decades, according to Pew Research Center. Instead of sitting back and letting external forces dictate their lives, people must hold the government accountable to its promises of change with their votes.

Enough is enough. Act now because social progress does not allow any inch for lazy apathy—be it from the government or the people.

KEEPING UP with the OPINION EDITORS

The injustices against foreign students

By Amy Weng
OPINION EDITOR



In the dawn of the Fourth Industrial Revolution, with its focus on artificial intelligence, quantum computing, robotics, new energy sources and improvements in genetic technology, America must not forfeit one of its historically vital keys to success: foreign students. While other nations, especially China, are expanding efforts to attract overseas talent, the Trump administration has slammed America’s doors shut, especially to tech-savvy graduate students.

Nearly 80 percent of foreign exchange students from China have returned to their mother country following increasingly severe limitations set by the U.S. Citizenship and

“America must not forfeit one of its historically vital key to success: foreign students.”

Immigration Services (USCIS) on their student visas. The government set a one year time limit for Chinese graduate students in the science, technology, engineering and math (STEM) fields. As one aspect of the measures targeting Beijing for alleged intellectual property violation, this measure severely affects one of America’s own trade surpluses: higher education. Chinese exchange students make up one third of the international student body in American colleges.

These international students often make up a significant percentage of high levels academics, and they often wish to stay. In 2017 alone, Chinese students contributed \$11 billion and Indian students contributed \$5 billion to the U.S. economy. Trump’s claim that graduate students are only in the U.S. to steal high technology secrets is absurd and far-fetched. Alarmingingly, the decline in international enrollment has been going on for several years now, and Trump’s policies only exacerbate the problem. These unnecessarily harsh policies increasingly make this rich source of intellect and innovation direct competition elsewhere.

America is a giant immigrant nation that has always depended on the influx of talent, skill and intellect from all over the world. If this problem continues, the U.S. will only suffer in the long-term, and Warriors will be deprived of the chance to engage with a more international community in colleges and careers. Don’t make students the sacrifice of politics.

Top 5 Social Movements of 2018



No. 1

Women’s Rights

Jan. 20 - Women’s March 2018
New York - 1.5 million



No. 2

LGBTQ+ Rights

Oct. 22 - Won’t Be Erased
Washington D.C. - 1.4 million



No. 3

Gun Control

Mar. 24 - March for our Lives
Washington D.C. - 1.2 million



No. 4

Climate Change

Sep. 8 - People’s Climate Movement
Washington D.C. - 300,000



No. 5

Immigration

June 30 - Families Belong Together
Washington D.C. - 250,000

Source: ISideWith



HITTING T

Before you head off to winter break, read about h

Compiled by Tiffany Kim, SPORTS EDITOR, gra

SKIING

By Lucas Santos, STAFF WRITER

The first skis were found in modern-day Russia and date back to 8000-7000 BCE when they were used out of practicality due to the heavy snowfall in the region. While the first skis emerged in Russia and Northern Europe, the first written account of skis is found in Chinese texts from the Han Dynasty (206 BCE–220 CE). One of the sport's first competitions was held in 1843 in Tromsø, Norway and only featured cross-country skiing, which takes place on flat courses and resembles long distance running. On the other hand, the more popular downhill skiing was first made

popular in the 1860's by Norwegian immigrants in the Sierra Nevada Mountains of California. Skiing soon evolved into different types, most notably alpine, ski jumping and the aforementioned cross country skiing. Alpine skiing is the most popular of the three and involves skiers simply descending down a slope. On the other hand, ski jumping is much more intense and is prevalent in the X-Games and the Olympics in which large crowds gather to watch the athletes soar and perform stunts after jumping off of a 394 foot ramp.

BOBSLE

By Sarah Son

Around the 1880s, the Swiss developed the first bobsledding toboggan, consisted of two attached wooden sleds topped with a steering mechanism. The sport easily earned its name, since participants would bob back and forth in the toboggan to gain more speed. Bobsledding reached peak popularity around the 1950s when both skilled athletes and the general public took interest upon it due to the the sport's speed and extremity. While the sled was fast, it was not swift enough for a competitive sport. Thus in 1952, a rule was created to limit the weight of teams in the bobsled, allowing more



OUR FAVORITE

By Lucas Sa

Mountain High

Nestled high in the San Gabriel Mountains near Wrightwood, Mountain High is one of the most popular resorts out there due to its close proximity to most of Greater Los Angeles. It is extremely convenient for those who do not have much time for a lengthy winter trip. Despite its crowded slopes, the resort constantly maintains the courses in order to ensure prime conditions for visitors looking for a great time on the mountain.

June Lo

10 miles up the road from t town of Mammoth Lakes is a lesser known alternative to ed slopes that are closer to Lake provides a better exper and beginners as the pristine largely untouched. The slope proximity to the ghost town Mono Lake, which are both



THE SLOPES



ow a few of the most popular winter sports began.

aphics by Tu-An Nguyen, GRAPHICS EDITOR

BODYSLEDDING

, STAFF WRITER

speed and steering the sport in a competitive direction. The extreme sport became well-known quickly as people participated in yearly competitions even before bobsledding became accepted into the Winter Olympics. The first Olympics bobsledding event took place in 1924, excluding women and featuring men in teams of four. The sport continued to develop as 1932 introduced a more updated version of bobsledding that featured men in teams of two, and in 2002 women were finally able to participate. Despite its competitive nature, bobsledding continues to hold a fun reputation.

SNOWBOARDING

By Sarah Son, STAFF WRITER

Snowboarding first emerged in 1964 when Sherman Poppen decided to attach two skis to create an untried experience: surfing on snow. Initially branded as the snurfer, the term snow-surfer abbreviated, the early snowboard was closer to a toy than a sports equipment. For that reason, snowboarding didn't gain much popularity. In fact, it would have disappeared completely if it hadn't been for inventors such as Dimitrije Milovich and Jake Carpenter who developed the snowboard's mechanism to make it

more fit to be an extreme sport. They also attempted to create board manufacturing companies, which did not succeed due to low demand. The extreme sport only gained popularity once it proved to attract young viewers. In 1998, snowboarding made its Winter Olympics debut, featuring a downhill event and the class Half-pipe, and in 2011, Slopestyle joined the sports event. Despite its rough start, snowboarding is now deemed as one of the most well-known and popular winter sports.

WINTER RESORTS

entos, STAFF WRITER

June Lake

he widely known June Mountain, to the overcrowded Mammoth. June experience for families mountain is left s are also close in of Bodie and the worthy of a visit.

Bear Mountain

Located in Big Bear Lake, Bear Mountain is ideal for first timers and families. The numerous slopes of varying difficulty are in close proximity of one another and allow for easy access from the base of the mountain where there is a small shopping center with food and winter clothing. Big Bear Lake is also a charming locale with all the amenities that one would need and an assortment of lodging and excursion options.

Distance from Troy

- 1. **Mountain High:** 36 miles (2 hour drive)
- 2. **June Lake:** 277 miles (6.5 hour drive)
- 3. **Bear Mountain:** 64 miles (3 hour drive)



A Hallmark Holiday

There's no doubt that Hallmark movies are a more common sight during the holidays. Whether or not they are quality entertainment is another question altogether. Read the article below for the pros and cons of having a Hallmark holiday.

By Hannah Adams, STAFF WRITER, and cartoons by Kristen Perez, CARTOON

As the holidays inch closer, your odds of coming across the Hallmark channel are practically guaranteed. With movies that seem to come straight out of a Christmas card, having a happy holiday has never been easier. However, some choose to openly avoid them like the Grinch avoids Christmas. And due to their somewhat banal plots, to others, Hallmark movies exist solely to be ridiculed. These two polar opposite responses raise an interesting question: what makes Hallmark movies lovable to some and despicable to others?

From "Meet the Santas" (2005) to "Christmas Under Wraps" (2014), Hallmark movies all have certain elements that have some of us coming back for seconds each year. If you're looking for a happy ending, look no further. Considering every Hallmark movie ever made, there's about a 99.9 percent guarantee of finding one. And unlike other modern films, these stories seem to be in their own little snow globe—an apolitical world without swearing and unproblematic relationships. Besides the fact that these movies tend to be a bit cliché, they're like the ugly Christmas sweater of films—they're ironi-

cally entertaining and are a tradition that Christmas wouldn't be the same without.

However, despite the plethora of Hallmark Christmas movies, all of their plots seem to be made with the same formula. An outsider becomes an insider with the power of love, the Christmas spirit—you get the idea. In terms of storyline, consistency is key, as the only difference between Hallmark movies is a varying amount of tropes to sift through. In one of the more cliché movies, "The Christmas Ornament" (2013), a widow who decides to skip the Christmas tree for a year has her mind changed after she "conveniently"

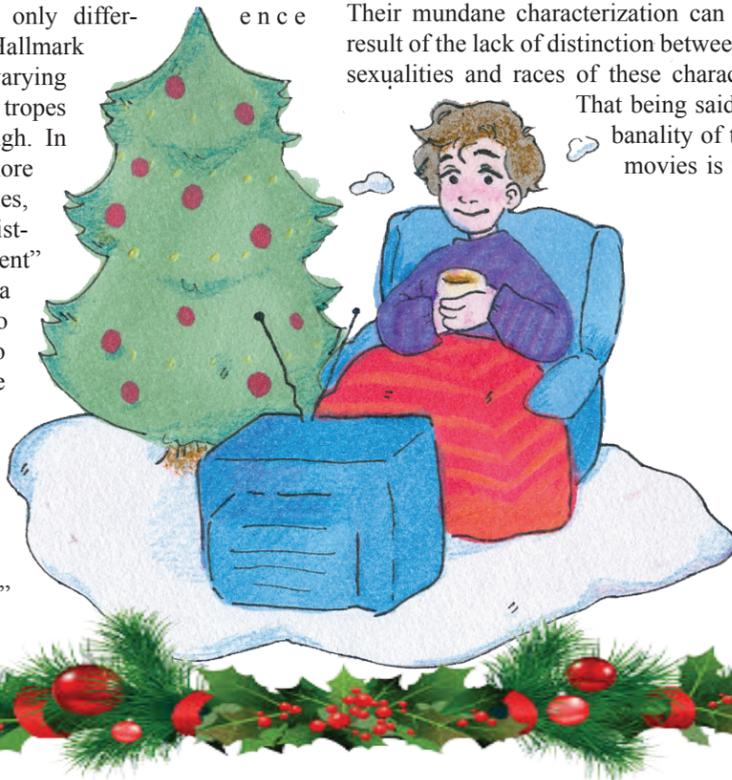
meets a Christmas tree shop owner who helps her rediscover the joy of Christmas. The basic foundations of the story line are familiar to us because it has been recycled for so many movies. Tropes aren't the only repetitive thing about these movies—their cookie-cutter characters are only unique in terms of their names and hometowns. Their mundane characterization can be a result of the lack of distinction between the sexualities and races of these characters.

That being said, the banality of these movies is what

many believe make them unbearable to watch for more than two hours.

Unlike the movies found on Hallmark channel, it seems as if classic Christmas movies are so cherished and entertaining that they are untrishable despite their flaws. For instance, although the focus of this movie is mainly on young children, "The Polar Express" (2004) is also a trip down memory lane for adults and continues to be a movie that many families watch. It's the ability to relate to more than one audience that makes these Christmas classics a holiday go-to for anyone looking for a good laugh for the whole family.

The most appealing thing about Christmas movies isn't their plotlines or characters—it's the timeless nostalgia that has kept us entertained no matter how many years have passed. But what Hallmark movies lack in childhood sentimentality they make up for with genuine optimism and holiday spirit. Everyone has their own holiday favorite that they've grown up with, and whether or not it is found on the Hallmark channel, movies such as these will continue to be highly anticipated Christmas stories for years to come.



Christmas Classics

There are enough Christmas movies to last the entire winter break, but with such a large selection, how can you possibly choose? Take this quiz to find out the best movie for you.

Compiled and written by Jois Talla, ENTERTAINMENT AND LIFESTYLE EDITOR

How do you feel about winter weather?

- A) Give me more! I love the cold.
- B) I miss the sun.
- C) I'm fine with any weather.

Choose a holiday beverage.

- A) Eggnog
- B) Apple cider
- C) Hot chocolate

What are your plans for winter break?

- A) Spend time with friends and family
- B) Curl up with a good book
- C) Sleep

Do you believe in Santa?

- A) Yes
- B) No
- C) Maybe so

When do you open your presents?

- A) Christmas morning
- B) Christmas Eve
- C) A month before Christmas

What's your favorite Christmas song?

- A) "Jingle Bell Rock" by Bobby Helms
- B) "All I Want For Christmas Is You" by Mariah Carey
- C) "Santa Baby" by Eartha Kitt

To what extent do you celebrate the holidays?

- A) My house has been decorated since November.
- B) I sing holiday songs 24/7.
- C) I might have a Christmas tree this year?

MOSTLY A'S



"Elf" gives the typical Christmas movie a clever twist. Buddy, played hilariously by Will Ferrell, leaves the North Pole to find his father in the big city of New York. Ferrell's perfect comedic timing gives this movie a charming youthfulness that makes it the perfect film for you.

Laced with a bit of dark humor and childhood nostalgia "A Christmas Story" is the movie for you! Set in the 1940s Midwest suburbia, this American classic has delightfully entertaining slapstick humor as well as a wryly amusing narration that has audiences coming back for more.

MOSTLY B'S



The ghoulish imagery of Jack Skellington and his Halloween town makes it's easy to forget the heartwarming story at the center of "The Nightmare Before Christmas." With catchy songs and quotable lines, this iconic film will have you singing "This is Halloween!" during the holidays.

MOSTLY C'S



Caffeine Alternatives

Even the best students encounter sleepless nights—but you don't have to resort to the detrimental effects of caffeine. Read how you can get through your day with some caffeine alternatives.

By Jillian Warren, STAFF WRITER, and cartoons by Katherine Ngyuen, CARTOON

As the winter season moves into full swing, finals week is just around the corner. It's that time of year when high school students walk into class with heavy eyelids, desperately managing to grasp onto their grades for dear life. With the new stress that rolls in with the season, teenagers may be craving a quick jump-start in the morning to fuel their day from beginning to end. Often times the answer to that request lies in the form of a dark, bitter liquid—coffee, and lots of it.

While the energy-boosting effects of caffeinated drinks do seem like a quick fix for any case of fatigue, an excess amount of caffeine can unfortunately take a toll on a person's health. Continuous consumption of caffeinated drinks, according to a study done by Mayo Clinic, continuous consumption can ultimately lead to increased levels of anxiety, high blood pressure, digestive problems as well as headaches. Not to mention, large amounts of caffeine eventually lead to a tolerance of the

addictive substance, which is dangerous for people who are tempted to splurge on coffee multiple times a day. Before cav- in to your

caffeine desires, consider the healthier options available that may turn out to be equally as effective.

Prior to the coffee craze being adopted all around the world, the go-to beverage was actually a

simple cup of tea. With the exceedingly wide variety of teas that are avail-

able, the benefits they can provide are almost endless. While some teas still do contain caffeine, it's a much smaller amount when compared to coffee, and they have tons of antioxidants that keep your body fresh and feeling great. Acting as natural stress relievers, herbal teas such as ginseng actually work to enhance focus, concentration and memory—skills

any student would be grateful to have. In the cold winter season, a cup of warm tea can be just as comforting as a cup of coffee.

Of course, there are a plethora of different energy-boosting methods to try out before or after an excruciatingly long homework session. But in actuality, there are several actions we should be taking to avoid daytime fatigue as a whole. Naturally, the first would be to get an adequate amount of sleep during the night, but as a student that seems almost impossible. Instead, other simple actions such as exercising and drinking water can be an easy fix to feeling lethargic. Taking short breaks to enjoy a walk outside may be just the thing needed to refresh the senses in the middle of the day. On top of that, a cold glass of lemon water in the morning is helpful in revitalizing the mind after a nights rest. Whatever method works for you, choosing to reduce your daily dose of caffeine can really make a difference—one that your body will thank you for.



Chicory Root Tea

For those who love the classic coffee morning routine, roasted chicory root tea may be the way to go. When steeped in hot water, the rich, dark flavor of the root actually mimics the warm brown liquid in taste and color. Not to mention the surprising number of health benefits that comes with consuming chicory root—boosted immunity, decreased inflammation, and improved digestive health being some of the most important. In order to make this benign beverage, pre-ground chicory root is your best bet. Steep the grounds in hot water, add your preferred sweetener and it's ready to serve. If you're trying to cut down in caffeine, but don't want to give up the sensation of drinking coffee, chicory root tea could be the alternative you've been looking for.



Spirited Snacks

When in need of a small afternoon pick-me-up, don't turn to sugary snacks that leave you feeling lethargic after a few hours of energy. Instead, look to healthier alternatives that can keep you feeling invigorated for an entire day. Dark chocolate is one option that, when consumed in moderation, can give you a small boost of alertness in the middle of your schedule. Additionally, foods high in whole grains, such as oatmeal or granola bars like the KIND Crunchy Peanut Butter Bar, fuel the body up with the carbohydrates necessary for adequate stamina. And of course, fruits that are high in Vitamin C, such as oranges or strawberries, give you enough sugar for a quick energy boost, but won't leave you to crash and burn as a candy bar would.



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TEACHER FEATURE



This teacher takes the Doppler Effect to a whole new level with his expertise in tuba, trombone and baritone. Think you know who it is? Take a guess, let us know and you might just win a prize.

By Jenny Ji, EDITOR-IN-CHIEF, and Charlisse Clark, FEATURE EDITOR

Pure and deep, a string of notes streams from the bell of a tuba in a beautiful crescendo. The melody is timeless, its sound waves travelling from one generation to the next and from one culture to another.

For Bandstand, the first day of high school meant taking his parents' advice and joining the school band. His parents grew up in World War II Germany, and thus, music was far out of reach for them. In this sense, while Bandstand's mother had a longing for the comfort music can give, she had no way of realizing it.

As time went on, this passion for music was passed down to the next generation. This idea became all the more clear when Bandstand found himself staring at a display of instruments. Though he was

clueless to the identity of each one, he felt something drawing him to a large, shiny brass instrument: the tuba.

"I had no clue," Bandstand admits. "I went ahead, picked up the tuba and played it. I actually got two notes out of it—two different partials. So I was like 'I'll play this one. This seems fun.'"

But because a tuba can be far more expensive than most brass instruments, Bandstand's family could only afford a used baritone.

This casual relationship with brass instrumental music, however, would last way beyond his spontaneous decision during high school. During his undergraduate studies, Bandstand found himself traveling abroad to England with the rest of



the school marching band to play at Wembley Stadium. This performance would be forever etched into his memory. The year was 1987.

"I had never been in anything so big [or with] more than 100 thousand people," Bandstand muses. "And [the stadium] was packed."

But in an unfortunate turn of events, the band made the mistake of playing "Don't Cry for me Argentina." Just five years earlier, England had gone to war with Argentina over the Falkland Islands.

"The booing from the stands was deafening," he said. "That was an experience I will always remember."

In addition, Bandstand has played in a German-American brass band as a part of the Alemannia Music Foundation. He had finally saved up enough

money to buy his tuba, and he began to rotate it with his baritone and trombone, depending on what the ensemble's repertoire called for most.

"I've been in [the German band] for over 30 years. It's like an extended family."

Since he first touched the tuba all those years ago, Bandstand has found a lifetime obsession in music. His family may not have many deep musical roots, but through his brass-playing, Bandstand has found that music can bridge any cultural or generational gap.

"Both my parents are from Germany. They Americanized very quickly. Playing in the German band gave me more exposure to the culture."



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Skating in a Winter Wonderland

Five years ago, an 11 year old girl stepped foot on the shimmering ice of the East West Ice Palace. Eyes twinkling, she grinned; she knew she had found her new passion.

By Amber Huynh, STAFF WRITER, cartoons by Kristen Perez, CARTOON, and photos courtesy of Charisse Ng

As she holds out her hand and glides across the ice, junior Charisse Ng's face lights up with a smile for the first time that day. Her movements swift and graceful, she twists and turns in tandem with the swelling music. Though the wind rushing past her is as cold as the ice she skates upon, nothing but warmth and exhilaration flows through her veins.

These fluid, self-assured movements are in stark contrast to her first experiences with skating. Ng's interest in the sport initially surfaced in second grade when she discovered a book about illustrious figure skater Michelle Kwan. At 11 years old, her dreams became a reality when her parents enrolled her in private figure skating classes at the East West Ice Palace in Artesia.

Two years later, she entered her first official competition representing the Los Angeles Figure Skating Club. As

time passed, skating began to play a pivotal role in Ng's life—her evolution as a skater and her development as an individual go hand-in-hand. Now, Ng is determined to hone what are, in her opinion, the three most important attributes a figure skater should have: passion, drive and skill.

Ng's dedication to figure skating has contributed to her growing self-confidence, something which has taken much time to develop. When she first began skating, Ng was painfully timid; she still recalls hanging her head awkwardly and nodding silently when her coach spoke to her. Slowly, Ng's enjoyment dwindled, but she persisted, remembering the excitement she once felt when watching Angela Nikodinov's jumps and Michelle Kwan's lutzes. When she entered high school, something shifted: she learned how to prioritize skating for herself rather than for others. As she became more in tune with her personal goals, her love for skating rekindled. Watching rising talents like Yuzuru Hanyu and Nathan Chen only solidified her resolve. She became more daring—her movements

grew bolder, her eyes glowed brighter and her head was held higher.

"I want to [be able to] look back and say 'I've improved' and be proud of myself," Ng said. "I can say that I'm actually proud of myself because I've spent so many years doing something that I really love."

Her renewed passion for figure skating drives her to skate, but Ng's mental fortitude helps her continue on her journey. Her dedication to the sport runs deep: she recalls the many injuries that she's suffered with a smile that is sheepish but not regretful. In her freshman year, she fractured her knee, rendering her unable to jog or run for months. More recently, she fell on her hands and had to wear a brace to school.

Despite such adversities, Ng remains steadfast and continues to attend her weekly six-hour practices. She's grown stronger since the beginning of her skating career, and no setback will stop her from reaching her goals of winning a competition and becoming a more confident skater.

"I know there are some skaters who just do it for college or because their parents force

them," Ng said. "But I think it should just be about having fun and striving [to achieve] a goal."

One of the most radical and obvious changes, however, is Ng's growth in skill. Her first program, a spirited and powerful routine to the song "Defying Gravity" from the musical *Wicked*, is one that she remembers clearly. She knew the choreography, the jumps and the song, but the struggle to master them took much longer. She attended rigorous practices for hours on end to perfect every move, and as her confidence soared, so did she. Ng's eventual mastery of the program marked the first of many victories which would shape her life.

"When I first started, I was just scared," Ng said. "Honestly, ['Defying Gravity' is] a really powerful song, [but] I was still weak and timid. [Channeling] that song [in my routine] helped bring me out and made me bolder and stronger as a person."

STELLAR SKATER:
Posing elegantly with her medal, junior Charisse Ng paints a pretty picture in her costume and skates.

