

# ORACLE

2200 E. DOROTHY LANE, FULLERTON, CA 92831

## Please suppress your stress: the Wellness Room may not be accessible enough for Troy students

The wellness center at Troy is intended to be a peaceful place to take a break from the rigorous course loads and competitive environment, but does it really prove to serve such a purpose? Read below to find out.

Compiled by Edyn Mai, OPINION EDITOR, article by Victoria Yang, STAFF WRITER, cartoon by Alicia Yoon, CARTOON



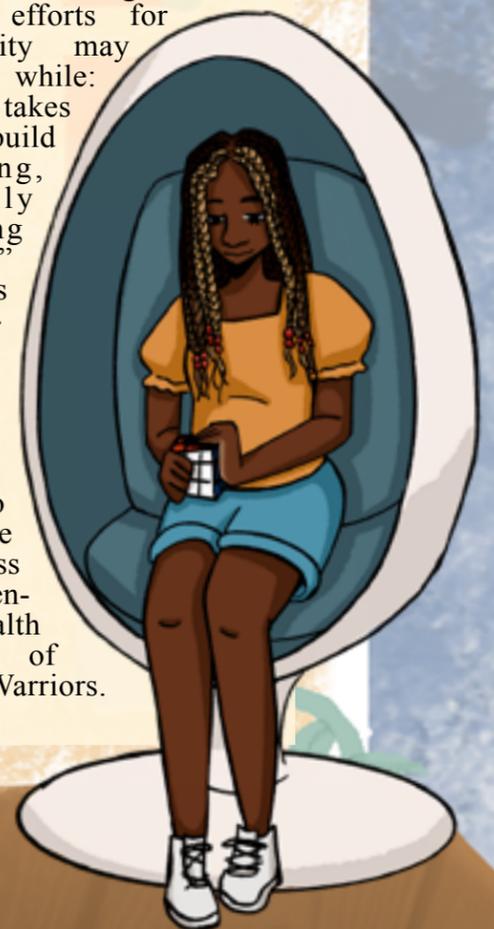
The restrictions on the Wellness Center make it almost impossible to access. The Wellness Center at Troy, otherwise known as the Lounge, is a quiet room fit with stress-relieving toys and activities where students can take a break for 10-15 minutes. Troy's mental health specialist, Carrie Slick, strives to make it a comfortable place for self-care. Even though this is a welcome step in the right direction in addressing the mental health of students, the school and district must ensure that the center lives up to its potential. All students deserve a chance to take advantage of these initiatives to their full extent.

Most importantly, students need more flexibility with the hours they can visit the center. Slick states that "[during lunch hours] was the biggest crowd [they] had." As of now, the center is closed during lunch daily. Other districts, such as the Garden Grove Unified School District, open their centers during recess and lunch throughout the school year, and Troy needs to do likewise. In addition to being open

during lunch and break, the center should also be open during more periods during the day. Busy students who have a free period or lenient class can easily make up for the classwork they miss. However, other students during these specific periods, have to choose between visiting the center and possibly missing out on important information and falling behind in classwork. To make the wellness room truly available for the student population, the school and district need to allocate more staffing resources for it. "Right now we have school counselors and counseling interns that help," Slick said to address the prominent issues of the Lounge's hours. "Amongst all of us that ends up being three hours a day for five days a week." Under the current constraints, access to the wellness center may limit the amount of students that can visit the center. Hopefully, when the Wellness Center is fully complete, students can access the room when it best suits their schedule. At Troy, the reluctance to face the limited hours and dismay from teachers all make it extremely difficult to visit. Also, students need a less intimidating procedure for accessing the room. While "our teachers have been supportive so far," Slick said, "if there is something with the academic

programming of the class that [leaving class] would interfere with... the teacher does reserve the right to say no." However, the mental health needs of students do not leave room for the class agenda — having to stay for lectures, which is required in the teacher's eyes, only escalates stress for students. Teachers do not take kindly to students leaving their classrooms with some instructors requiring bathroom passes, putting time pressure by confiscating phones or even deducting points. In this stressful environment, requests to visit the wellness room may only add to the stress of students.

Slick acknowledges the ongoing efforts for accessibility may take a while: "It just takes time to build something, especially something lasting." While this is a commendable start, there is still much work to be done to address the mental health needs of all Warriors.



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With a phenomenal start to their season, follow the Warrior cross country team's past two races and showcase their team captains.

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# The Jacksonville shooting is an eye opener into Florida's tolerance toward racist acts of violence

By Chelsea Engelhardt  
STAFFWRITER



Florida's lawmakers must show more intention to stop racially motivated hate crimes.

Tragedy struck in Jacksonville, Florida on Aug. 26, when three black people were gunned down by a white su-

premacist who killed himself soon after. The victims of the shooting, Angela Michelle Carr, 52, Anolt Joseph Laguerre Jr., 19, and Jerrald Gallion, 29, were shot outside of a Dollar General. The shooter, a 21-year-old white man, worked at the store and was known to be openly racist according to the sheriff. But this is not the first instance of racial hate in Florida, home of white power groups and other Neo-Nazi organizations. Florida's constant tolerance of racist behaviors raises concerns for people of color.

Along with the shooting, non-violent events have also been taking place with little to no consequences from the government. For example,

Neo-Nazis have been tagging the town with graffiti symbols and stickers with racist meanings and even swastikas. At this moment, there are three separate white supremacist groups located in Jacksonville, one being the "Goyim Defense League," a Florida-based antisemitism group, and another being "NatSoc Florida." These are known

"The racism within this city and in the state of Florida is atrocious and brings up the recurring matter of Florida's consistent tolerance for racism."

groups, but the law has done little to nothing to punish them. The racism within this city and in the state of Florida is atrocious and brings up the recurring matter of Florida's consistent allowance for racist hate. Even with the attention of the media, the government avoids the topic while these groups continue to thrive. The state's response to these clear-cut matters shows how aware but inert they are to act on race related crimes.

Florida Governor Ron Desantis' response to the disaster shows his ignorance in trying to improve the current state and be a leader. According to the Associated Press, DeSantis is reported to have called the shooter a "major league scumbag." Although this comment addressed the obvious racism behind the shooting, it failed



PHOTO BY RUSS BYNUM

**GRIEVING FAMILY:** In a heart wrenching press conference, Gallion's daughter, Je Asia Gallion sits in her grandmother, Sabrina Rozier's arms.

to recognize the severity and sensitivity of the subject. This immaturity showed once more when he was said to have been tied to the Neo-Nazi rallies. Instead of focusing on the implications of having racially motivated hate groups in his state, he prioritized saving his campaign. He was even booed at the press conference where he spoke of his campaign instead of the shooting and the victims. DeSantis needs to be more professional and compassionate in light of

the recent tragedy and Florida's growing problem of racial hate. Overall, the shooting and uprising of white supremacy is reducing Florida's legacy back to the racist past of inequality and violence it used to have. Florida has been trying to relieve the pain of the shooting, but nothing substantial has happened. The lack of governmental empathy is only a reminder of the city's lack of progress and a sign that they are regressing into the days of extreme racial hate.

# Outdated ideals should not censor AP Psychology from being taught in Florida schools

By Shailey Patel  
STAFFWRITER



Lawmakers' ignorant beliefs should not restrict students from learning age appropriate material.

Florida superintendent was informed by the Florida Board of Education Aug. 3, that the College Board AP Psychology should not be taught unless it excludes required content of the AP course. The material within the curriculum violates Florida's Parental Rights in Education, which bans the discussion of sexual orientation in schools. This limitation of students' rights has demonstrated an ignorant belief among lawmakers and disparity between the rights of students and parents and the beliefs of lawmakers.

While officials have turned to blame the College Board for the elimination of the course, it is evident that the outdated beliefs are in the wrong. Officials have accused the College Board of asserting political power by refusing to accommodate the needs of the state. However, the survival of the course lies entirely in the hands of the Florida

Board of Education. Regardless of the amount of blame they decide to assign to the College Board, the association is not obligated to make exceptions on an established course simply because a few lawmakers in a single state deem it inappropriate. Rather than focusing on censoring age appropriate content from the entire state of Florida, its



CARTOON BY EDYN MAI

lawmakers should be focusing on the needs of their students and making sure they are taught the course in its entirety in a responsible and informative manner. The state should be willing to compromise and teach openness of sexuality to demonstrate the acknowledgment of maturity among the students. Additionally, the prohibition of this course under the famously known "Don't Say Gay" law has surprised many high school parents, undermining their authority over their children. While this act was initially only applicable to students in kindergarten to 3rd grade, it was recently expanded into the twelfth grade. Although this may not seem like much, this change is a direct infringement on the rights of parents in Florida, diminishing the power

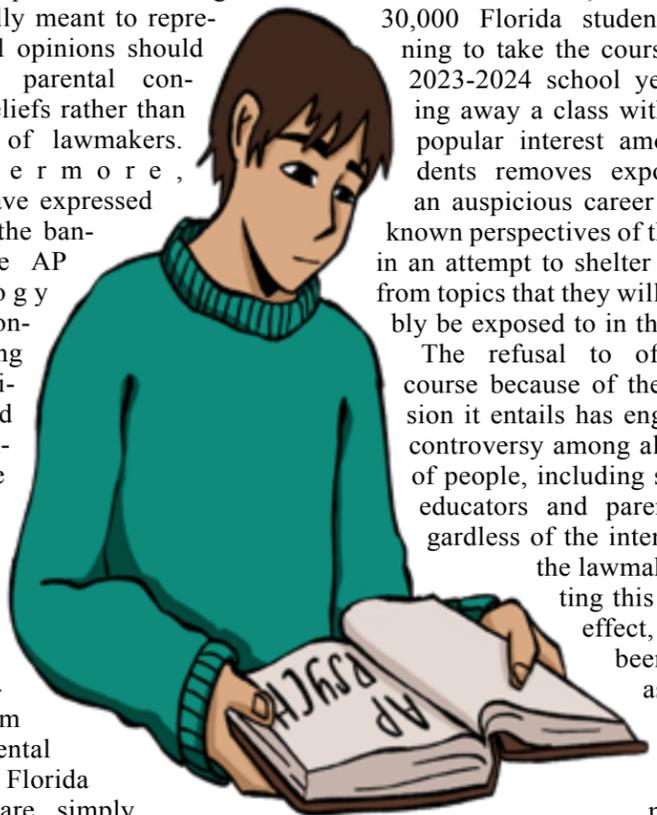
of parental beliefs and consent in the education system. By completely taking away the option for parents to govern the classes of their own children, many parents are frustrated that they are no longer a figure of authority in their child's education. The restrictions implemented through an act initially meant to represent parental opinions should reflect real parental concerns and beliefs rather than the beliefs of lawmakers.

Furthermore, educators have expressed beliefs that the banning of the AP Psychology course relating to sexual orientation and gender identity become a disservice to students. In an attempt to unnecessarily shield these students from this fundamental knowledge, Florida lawmakers are simply delaying familiarity with a subject that will undoubtedly be introduced in the upcoming years. While the course may

discuss uncomfortable topics, it discusses crucial content necessary for understanding the popular field of psychology and developing opinions regarding basic human values. Prior to the ban, AP Psychology was the fifth most popular AP course in both the state and nation, with around

30,000 Florida students planning to take the course in the 2023-2024 school year. Taking away a class with such a popular interest among students removes exposure to an auspicious career and unknown perspectives of the world in an attempt to shelter students from topics that they will inevitably be exposed to in the future.

The refusal to offer this course because of the discussion it entails has engendered controversy among all groups of people, including students, educators and parents. Regardless of the intentions of the lawmakers putting this bill into effect, it has been seen as an attempt to censor the minds of a group of young adults from learning about the real issues and getting introduced to a popular career in today's world.



CARTOON BY ALICIA YOON

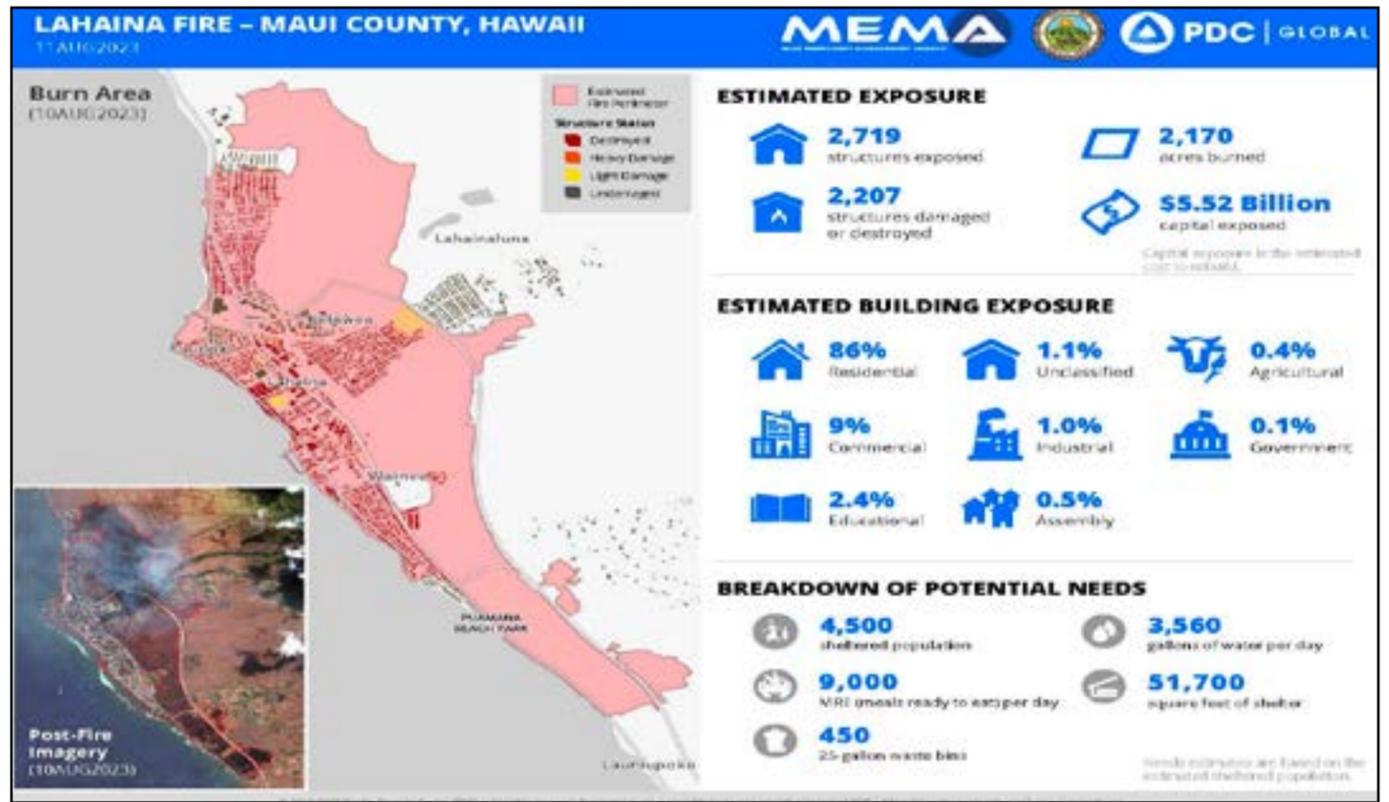
# Natural Disaster Responses Showcase the Incompetence Of The United States Government

By Kate Berger  
STAFF WRITER



While the fire was inevitable, the severity could have been significantly lessened on Aug. 8, when the Hawaiian island of Maui erupted in flames. The unfortunate blend of extreme wind, dry brush and an overall lack of preparation earned this fire the title of “deadliest wildfire” in over a century. The island’s preparatory measures were lackluster, and the subsequent actions undertaken during the fire contributed to the loss of 115 lives, not to mention the hundreds missing. Within the past fifty years, the impact of global warming has caused a fivefold increase in natural disasters, creating the need for better preparation and response. The current U.S. response to natural disasters is inadequate, and with many natural disasters to come, preparation and responses must be improved in order to decrease the devastation of such disasters.

The recent Maui fires put the U.S. government’s preparation for natural



GRAPHIC COURTESY OF COUNTY OF MAUI HAWAII

disasters to shame. The government should have thoroughly prepared for the long awaited fires, although they had done little to nothing to prepare. The fire had engulfed Lahaina, a touristy town in Maui, before evacuation orders emerged, leaving citizens

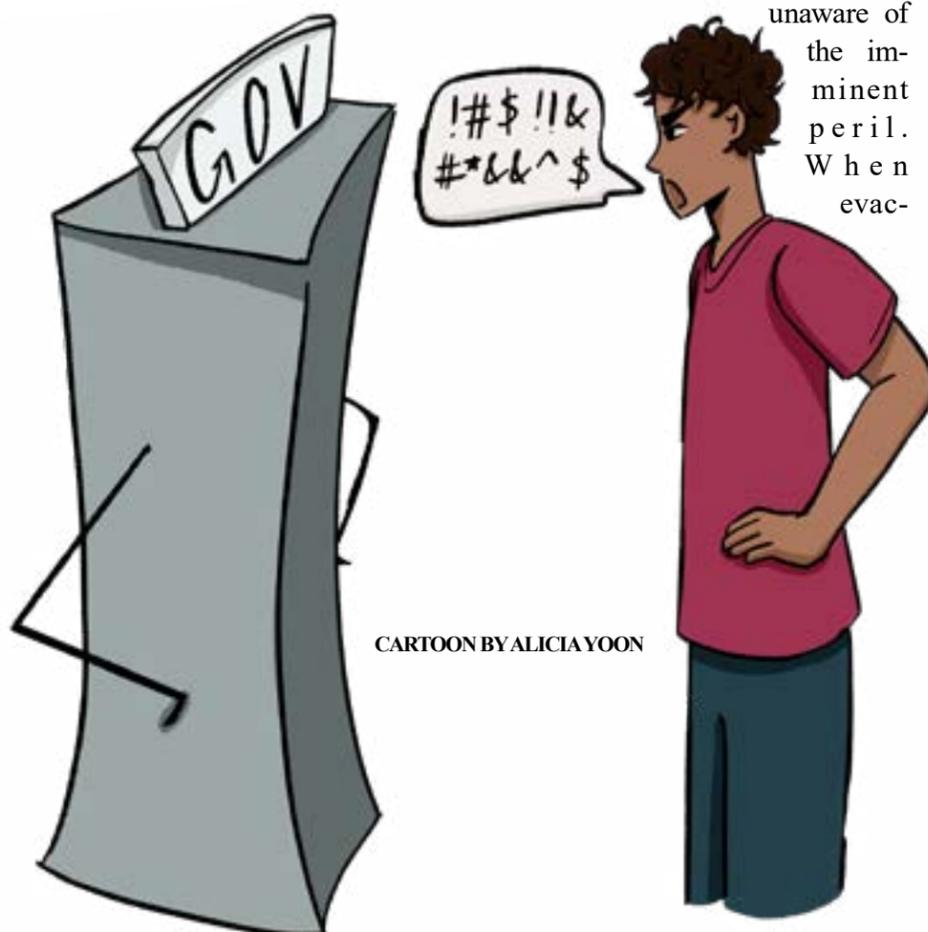
unaware of the imminent peril. When evac-

uation orders were finally issued, they did not even reach most citizens since phone lines had burned down already. The layout of Lahaina was also a recipe for disaster, due to the two narrow roads leading in and out of the city. Disaster ensued when cars flooded the two roads in an attempt to escape, making it practically impossible to leave the city safely.

The government should have reinforced the phone lines and built more roads so that citizens would have been able to flee Lahaina before it was too late. The fires had disastrous effects on both the land and citizens, burning over 3,000 acres of land and killing over a hundred people. As New York Times reporter Orlando Mayorquin put it, the flames reached people before evacuation orders did. The fact that peoples’ houses started to burn down before they even received a warning exemplifies the government’s incompetent preparation and action. The government was made fully aware that a fire was inevitable, and yet, they barely did anything to ensure the safety of their citizens, demonstrating the inadequacy of the nation’s response to natural disasters.

An additional flaw in the U.S. response to natural disasters is the biased nature of the Federal Emergency Management Agency, which provides money to survivors. Most natural disasters may destroy peoples’ homes. Whether people are rich or poor, natural disasters typically treat everyone in the same way, while FEMA does not. A study conducted by FEMA revealed that FEMA was about twice as likely to deny house repair money to lower-income disaster survivors, simply because their damages were deemed as “insufficient.” The bias against those with lower income exemplifies how unjust the U.S. disaster relief system is.

The recent Maui fires and biased relief system showcases the incompetence of the U.S. government’s natural disaster preparation and response. Natural disasters are inevitable, although it is not always inevitable for entire cities to be destroyed because of one. With proper precautions and preparation, the impact of natural disasters can be significantly lessened. Natural disaster preparation and response nationwide is not up to par. The government needs to establish better preparation and damage control.



# Warrior G-TEC club promotes upcoming out-of-state Women in CyberSecurity conference



COURTESY OF WICYS FLICKR

**WiCYS AWARD WINNERS:** 2022 *Women in CyberSecurity Conference* award-winning attendees pose for a photo.

Members of Warrior club G-TEC are looking forward to the 2024 WiCys conference in Tennessee.

By Paulina Lee  
STAFF WRITER

In an effort to empower females pursuing cybersecurity careers, the nonprofit organization Women in CyberSecurity is hosting a premier event at Gaylord Opryland Resort in Nashville, Tennessee April 11 to 13, 2024.

With a focus on strengthening cyber skills and familiarity with the industry, the three-day event will feature keynote speakers, workshops, mock interviews and networking opportunities. Experienced mentors will help tailor resumes and give advice about career choices.

In order to attend, students must apply for a WiCYS scholarship. The scholarship application window opens Sept. 11, 2023. Requirements include background information and a short-answer response about how attendees will benefit from the event. G-TEC will

hold informational meetings about the application process beginning Oct. 1 and offers to cover the registration fee.

According to the WiCYS website, students have the option to receive a travel stipend. In return, students must apply to become a student volunteer. Selected volunteers are eligible for a \$500 travel stipend that covers the airfare and lodging fees.

During the event, attendees learn about different aspects of cybersecurity and enhance their skills through technical and interactive activities. Events include Capture

the Flag, a competition where participants capture digital flags along with other cyber security exercises.

"The conference allows you to break open from your shell, go out and talk about your experiences and get confidence," Mehrotra said. "[You should] talk about your own experiences and how you can contribute even though you are still a high schooler."

Through WiCYS, Warriors establish connections that create opportunities for future careers and internships. Participants develop both professional and personal connections within the field while collaborating with peers. Networking can also increase the likelihood of receiving scholarships and job offers. Connecting with professionals provides members with valuable insights and opportunities to ask questions about the cybersecurity industry.

"I got to meet a lot of new people from diverse backgrounds. I met masters [program] students, mid-career professionals and community college students," Mehrotra said. "You get to meet many different people, and hear about their experiences and hear their advice."

Through this promotion, Mehrotra encourages Warriors to take advantage of this opportunity for their future.

"Here at Troy we have a lot of opportunities given to us that we take," Mehrotra said. "Honestly, this conference is a great opportunity, so do not shy away from learning about other people and put yourself out there."

# Alumnus Sean Kim's original song "By Your Side" officially selected to play at Times Square

Original song "By Your Side" by Sean Kim is set to be played at Times Square, New York City as an official selection for AAHSF.

By Samantha Luo  
STAFF WRITER

As one of the official selections of the All American High School Film Festival, alumnus Sean Kim's original song "By Your Side" will be played at Times Square Oct. 22 and 23 at the AMC Empire 25 Theater as a student-made music video group submission to AAHSF.

Held annually at the heart of New York City, AAHSFF is one of the nation's largest events for youth filmmakers. Founded in February of 2011, AAHSFF aims to provide a platform where students can share their passion for film. Featuring the voices of high school filmmakers from around the world, AAHSFF receives thousands of films each October and has awarded over three million dollars in prizes and scholarships.

In collaboration with his friends Nathan Chao '23 and Ethan Nguyen '23, Kim submitted a music video to his original song "By Your Side" after learning about AAHSFF through Warrior teacher Jim Faletta's class.

Kim's songwriting inspiration from the Korean music scene includes hip-hop, R&B, artists Jay Park and Crush. Family relationships add inspiration and insight to his song lyrics, Kim said.

According to Kim, "By Your Side" is a song dedicated to anyone who is going through a tough time. Written during a time when Kim was experiencing hardships in his life, the song offers support for those who need someone by their side.

In the summer of 2023, Kim was notified that his song "By Your Side" would be played at Times Square as an official selection for the Music Video category. With so much time occupied by academics, music became an outlet for Kim's stress. Musical projects and endeavors began to fill up any free time, Kim said.

"If I was ever feeling really stressed from school or anything like that, [my experiences] would be an outlet for



CARTOON BY ALICIA YOON

my lyrics," Kim said. "School became the reason for my passion, and it was less about trying to balance both."

According to Kim, the strength of music is everywhere, and everyone starts somewhere. Being able to work hard towards music and connect with different people with similar interests makes the process much easier and helps one find community, Kim said.

"There are a lot of people who have talents they have not figured out yet or things in their life they want to pursue, and if you want that to come into light, you definitely have all the

opportunity to do it," Kim said. "Be confident and do it because you do not know when it will be too late."

Though currently going into the medical field, Kim hopes to continue pursuing music. Even in college, meeting new people that also love music further spurs one's passion for music and inspires the creation of new projects, Kim said.

"In the past, music would have definitely been a small part of my life," Kim said. "Now, it is a huge part of my life, [and] I am very thankful that it has become a part of my identity."


*"From the beginning. I was in it,  
infinite love truly given.  
My plan — fully committed.  
And doubts — they were omitted."*


## Cyber Defense Instructor David Kim awarded Coach of the Year

By Jenny Huang  
STAFF WRITER

The CyberPatriot program recognized Warrior cyber instructor David Kim as Coach of the Year Aug. 2023.

Founded by the Air & Space Forces Association in 2008, CyberPatriot aims to inspire students to pursue cybersecurity careers. Warrior instructors teach individual classes after school, and student teams compete in a nation-wide competition to demonstrate what they have learned at the end of each year.

In the August issue of their newsletter, CyberPatriot awarded Kim with the title “Coach of the Year” for his ten years worth of dedication and contributions to the Warrior Cyber program. Coordinators made the decision based on a vote sent out to the competitors and coaches. The recognition encouraged him and increased morale, Kim said.

“I felt honored, thankful and blessed to receive this award especially because I felt like it was a team effort,” Kim said. “It [made] me feel motivated to continue [working] hard and make the program even better.”

Kim’s main duties as a coach include assisting students as they organize practices and competitions. Seeing students having fun while they learn and



PHOTO COURTESY OF DAVID KIM

improve made the challenges faced along the way worthwhile, Kim said.

“It is incredibly rewarding to see the students discover their passion for cybersecurity and watch them develop their skills and teamwork over time,” Kim said.

Going forward, Kim hopes to continue strengthening and improving the Cyber program, adapting it to keep up with the ever-changing field of technology.

“I do not know exactly what the future entails but year by year [Troy Cyber] is hoping to continue to be better than the previous year,” Kim said. “I look forward to guiding these bright minds towards a future filled with possibilities and success.”

## College Board set to introduce new online format of SAT

By Salman Waheed  
STAFF WRITER

Amid growing concerns regarding the accessibility of standardized testing, College Board introduced a digitized version of the SAT for students in the United States taking effect Jan. 2024.

First publicized in Jan. 2022, new regulations require all testing to be online, allowing students to receive their scores within a few days. Students who do not have access to a device will be issued one for testing.

In order to ensure academic integrity, students will continue to take the test at schools or testing centers but in the new online format. College Board will also cut down the length of examinations from three to two hours.

According to the company, transitioning toward online forms of the SAT allows for more flexibility, College Board said. “Students are now doing more

of their learning and testing digitally, and the SAT should not be the exception,” College Board said in their frequently asked questions. “We are listening to input and adapting to ensure we continue to meet the needs of students and educators.”

The digitization of testing results in format changes for exams. Starting in 2024, the SAT will feature adaptive learning by tailoring questions to students’ responses. Students will also be required to analyze sets of bulleted notes, instead of responding to paragraphs.

According to College Board Vice President of College Readiness Assessments Priscilla Rodriguez, College Board’s digital shift will not negatively alter testing at all.

“[Testing] will cover the same content domains and still require critical-thinking skills to answer questions successfully,” Rodriguez said. “[It] will continue to be predictive of college success.”

GRAPHIC COURTESY OF MARCO LEARNING

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# The sprouting staff

T-what? T-teachers! Make some noise for the newest additions to our Troy family! Step through their classroom doors and read more about their stories below.

Compiled by Eileen Um, FEATURE EDITOR, article by Helen Fang, STAFF WRITER, photos by Reagan Li, graphics courtesy of Canva.



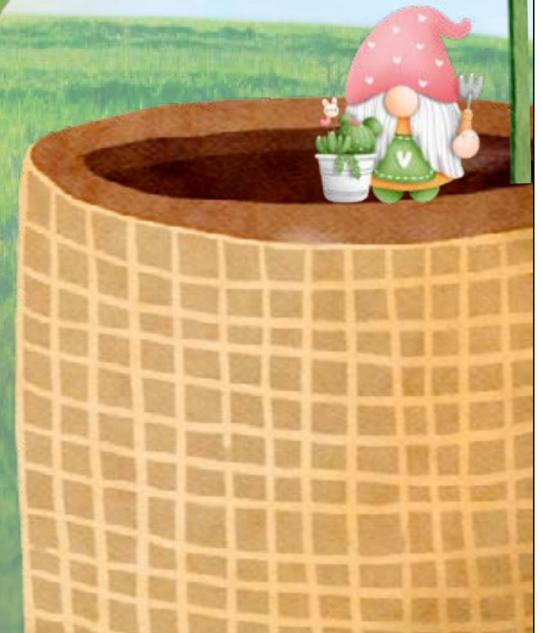
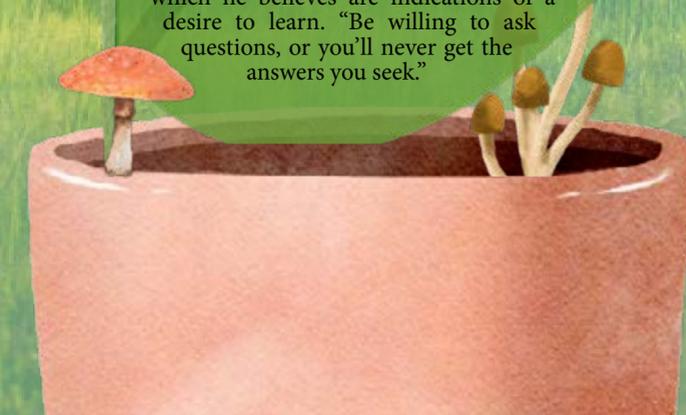
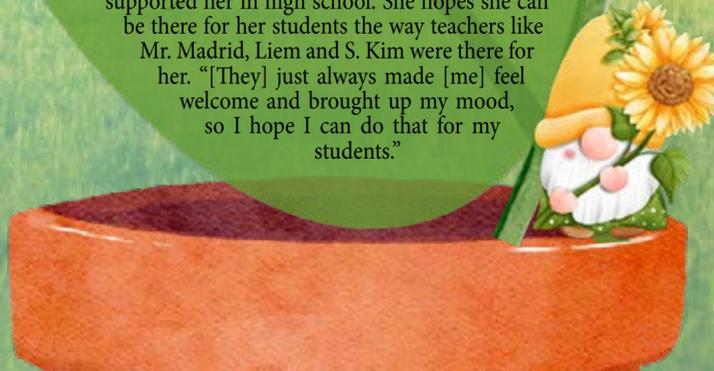
A lot can change in 14 years, something Computer Science teacher Kimberly Hermans knows firsthand. After teaching math at Troy in 2009, Hermans returns as a Computer Science teacher and recipient of the Albert Einstein Distinguished Educator Fellowship after years of working at Irvine Unified School District and the National Science Foundation. Through it all, her love for teaching has remained unchanged, fueled every day by her students' "Aha!" moments. Both in and out of the classroom, Hermans lives her life to the fullest, participating in half marathons and 200 mile relay races, scuba diving, traveling and producing her podcast. Hermans believes that the moment, not the outcome, matters most. "Everybody has to think about their version of success, and I don't think it has to or should look the same for everyone. My goal for my students is that they have a positive experience, where they want to continue learning."

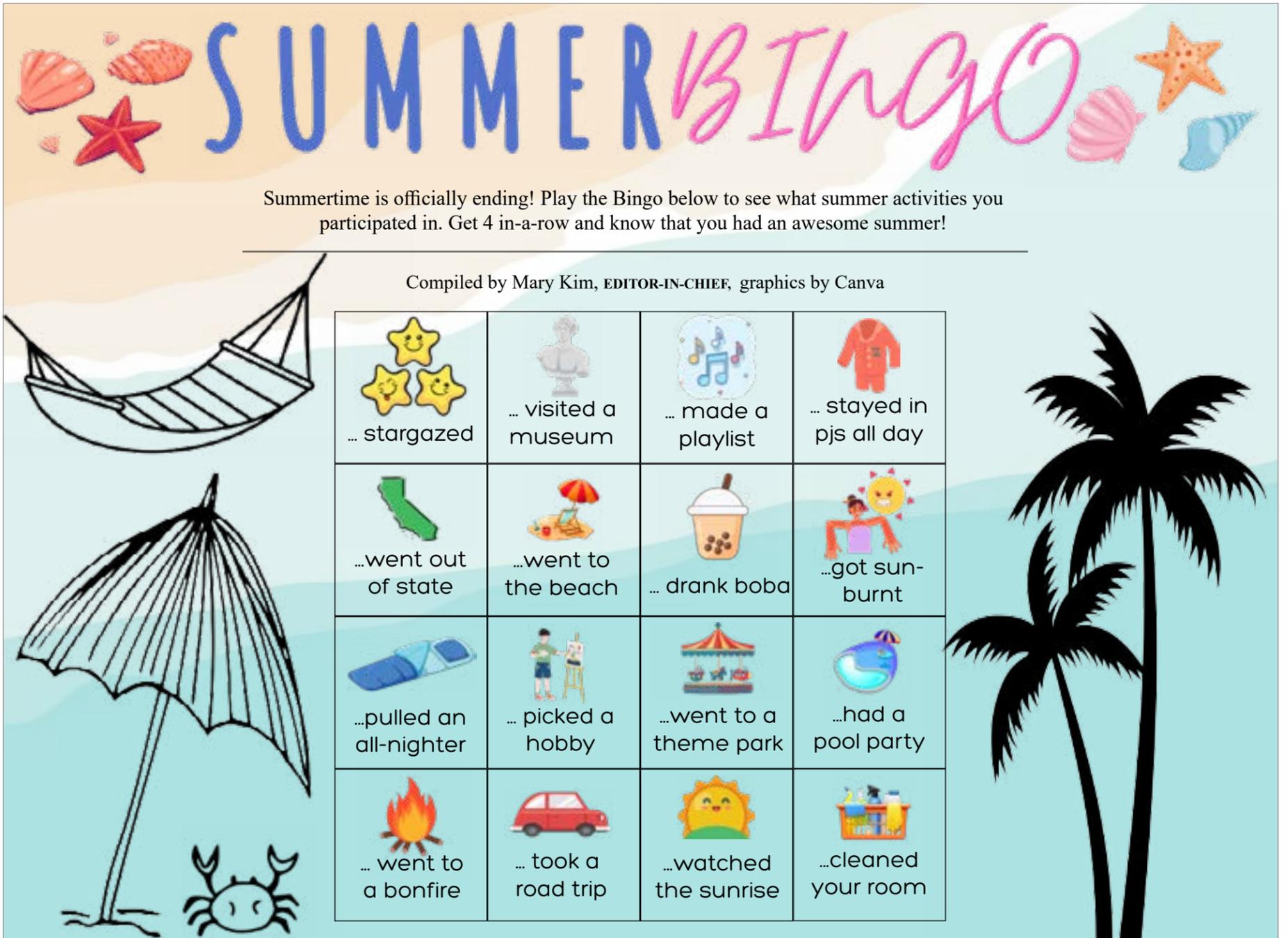
From the flashing cameras of Hollywood to the gleaming lights of classrooms, Mademoiselle Natalie Bouchard brightens up the lives of those around her everywhere she goes. As a Troy graduate herself, Bouchard looks forward to teaching French at the school that raised her. Her interest in French culture took root during the high school language course she completed her junior year. After pursuing business at Cal State Fullerton and immersing herself in the Hollywood film industry, Bouchard realized that this was not the life she wanted and set out to rediscover her love for French. Now, Bouchard finds herself working alongside the very mentors who supported her in high school. She hopes she can be there for her students the way teachers like Mr. Madrid, Liem and S. Kim were there for her. "[They] just always made [me] feel welcome and brought up my mood, so I hope I can do that for my students."



Math teacher Daniel Choi is no stranger to the students of Troy High School. As a former second session geometry teacher this past summer, Choi takes the time to get to know his students and support them in every way he can. Choi's passion for teaching can be traced all the way back to his high school U.S. History teacher, who left him in awe during lectures. Knowing firsthand the tremendous impact a good teacher can have, Choi wants his students to know that he is always on their side and rooting for their success. Choi reminds his students that everyone, including himself, has opportunities to grow. "This entire journey from first wanting to be a teacher and then actually becoming one just reminds me that I can always improve, I can always get better."

After working as a programmer, game developer and tutor, Philip Vo has joined the Troy Computer Science department. During his time tutoring, Vo always felt inspired by the growth of his students, a journey he looks forward to being a part of as a teacher. However, at the start of the new school year, he was faced with the prospect of not one, but four different classrooms, leaving him little time in between for preparation and computer setup. After working out the bugs his first few weeks, Vo has found his rhythm, ready to teach at the sound of each bell. In his class, Vo ensures that his students are heard and are comfortable to ask questions. Having had demanding teachers in the past, Vo encourages his students to make mistakes, which he believes are indications of a desire to learn. "Be willing to ask questions, or you'll never get the answers you seek."





# SUMMER BINGO

Summertime is officially ending! Play the Bingo below to see what summer activities you participated in. Get 4 in-a-row and know that you had an awesome summer!

Compiled by Mary Kim, EDITOR-IN-CHIEF, graphics by Canva

 ... stargazed	 ... visited a museum	 ... made a playlist	 ... stayed in pjs all day
 ...went out of state	 ...went to the beach	 ... drank boba	 ...got sun-burnt
 ...pulled an all-nighter	 ... picked a hobby	 ...went to a theme park	 ...had a pool party
 ... went to a bonfire	 ... took a road trip	 ...watched the sunrise	 ...cleaned your room

## TUTOR (ONE-ON-ONE AT YOUR HOME)

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# RACING WITH RESOLUTION

Follow the Warrior cross country team on their spectacular season as they prepare for League!  
Read below to learn about their team's successful start.

Compiled by Tyler Cordova, **SPORTS EDITOR**, articles by Finley Dalley and Kusuma Kothamasu, **STAFF WRITERS**,  
photos by Reagan Li, **PHOTO**, graphics courtesy of Canva

With the 2023 cross country season kicking off, Warrior varsity teams have participated in meticulous practice schedules over the summer to remain at the top of the League. Starting at 6 a.m. from Monday through Friday, the teams practiced running on terrains ranging from sandy beaches to concrete and dirt roads, undeterred by hot weather conditions.

In addition to the rigorous summer practice, Head Coach Dave Shirota is planning to incorporate swimming workouts for improving stamina and breath control.

However, with the Cool Breeze Invitational and League race coming up soon, varsity has been softening their workouts to avoid pre-competition injuries by reducing their weekly mileage. When they are running less during practices, runners have the opportunity to race with fresh legs on competition days, enabling them to run faster.

Cool Breeze Invitational is a large competition with over 100 teams participating Sept. 2, running on grass and dirt roads. The course is repeated twice before the race ends at about two miles. Similarly, during the league race, Warriors raced against athletes within the league Sept. 6. There are

three such League races, including a final League race where the top three teams and top seven individual runners will qualify for CIF prelims.

"I feel like our team has a really good foundation. We've been practicing all summer," varsity senior Mia Anderson said.

After many ups and downs last season, Anderson hopes to push through and

not give up on the possible chance of a successful season this year. "I'm hoping when I race, [I can] fight through the pain and keep pushing even [when] it hurts."

The Warriors placed 7th overall, with senior Neya Jakan placing 5th, freshman Ratana Miller placing 15th and junior Finely White placing 35th out of over 200 racers.

After a great start to the

season, Anderson believes the team has potential to accomplish more. "This was without our fastest runner Anne Hiraki, who ran in the fastest race at the end of the night. Overall, I feel excited about what our team can achieve throughout the season."

At League, girls varsity placed 1st with a score of 35; Hiraki placed 1st with a time of 18:09, Jakan placed 3rd with a time of 18:57 and Miller placed 4th with a time of 19:25.

Boys varsity placed 1st with a score of 40; senior Rishabh Gowda placed 2nd with a time of 16:08, junior Wyatt Bedard placed 6th with a time of 16:28 and sophomore Gabriel Beaumont placed 8th with a time of 16:47.

Anderson believes the team is strong and hopes they will achieve a successful season this year.

"[We have] a solid seven girls for varsity and the top five girls we have are really fast," Anderson said.

"Everyone's been training really hard, so I feel like we have a good, well-rounded ability on the team."



**STARTING OFF STRONG:** The girls varsity cross country team kickoff their first League Meet with phenomenal running times across the board.

# SENIOR SUPERSTARS

Deciding to get back into running his junior year, Joseph Kim had no idea he would be a varsity leader less than a year later. Kim believes this surprising turn of events has positively impacted his work ethic both in and outside of school. By attending practices at 6 a.m. throughout the summer and achieving new personal bests, he believes running has changed the way he approaches daily life, and hopes for the new runners this year to attain similar results.

Watching her teammates run in the 2022 CIF cross country tournament made senior Mia Anderson's appreciation for running grow, along with her desire to lead it. Being recognized as a cross country leader has improved her ability to lead and take charge, which she plans to implement into her training strategies with the plan of building the team's confidence. She hopes to lead the team to win league finals at the end of this season fastest.

"We have a lot of freshmen this year with the potential to be really big, I hope they recognize that as soon as possible so they become as fast as they can be."

"I remember last year, seeing our captain lead the warmups before races and giving pep talks. I really admired that, and I wanted to do that myself the next year."

"It feels very accomplishing once you've hit your goals. You have to bring the effort to arrive there, and it's so beneficial to show up."

"Even though I'm not the fastest, I want to show the underclassmen that you should go to practice everyday because you enjoy it, regardless of whether you're the first or second fastest."

Senior Rishabh Gowda works hard to begin preparing the team for their future in running. He hopes to encourage his younger teammates to take the sport seriously so they can become as fast as they can. Gowda encourages his teammates to be diligent in their exercise by using training to its full advantage, making smart lifestyle choices and encouraging healthy competition. By sharing these strategies with his new teammates, Gowda helps them to perform at their personal bests.

Encouraging a familial atmosphere within the team makes senior Owen Katz a stand-out cross country leader. Joining the team his sophomore year was a critical tool in building long-lasting friendships and healthy habits. This personal experience has influenced Katz to strive towards making other runners feel comfortable in the sport through uplifting and motivating them to run. He plans to achieve this goal by bonding with the new runners and making practice a welcoming place.

# What Caffeinated Drink are You?



Most students are drawn towards a particular caffeinated drink to help them power through the school year. Take this short quiz to find out which drink best matches your personality type! 5 = strongly agree, 4 = agree, 3 = neutral, 2 = disagree, 1 = strongly disagree

Compiled by Kira Chen, EDITOR-IN-CHIEF, graphics courtesy of Canva

You are more productive during the night than in the morning.

1 2 3 4 5

You are often described as inartistic.

1 2 3 4 5

You are naturally disorganized.

1 2 3 4 5

You are more idealistic than practical.

1 2 3 4 5

You tend to be chaotic during complicated situations.

1 2 3 4 5

You enjoy taking impromptu trips or adventures.

1 2 3 4 5

You are a very busy person and rarely have leisure time.

1 2 3 4 5

You take on multiple projects without finishing them.

1 2 3 4 5

You prefer wired over wireless headphones.

1 2 3 4 5

You enjoy vibrant colors more than pastel colors.

1 2 3 4 5

You would say hi to someone you do not know.

1 2 3 4 5

You excel in situations that require quick thinking.

1 2 3 4 5

You are extremely competitive in nature.

1 2 3 4 5

You prefer thrillers over documentaries.

1 2 3 4 5

You prefer pop music over jazz.

1 2 3 4 5

You frequently watch videos on 2x speed.

1 2 3 4 5

## TALLY YOUR SCORE!

**ENERGY DRINK**  
68-80

The party never ends with you. You live life on the edge and have no problem walking against traffic in the breeze-way. People often describe you as a fitness fanatic and one with a long to-do list.



*iced latte*  
55-67

Your life is a vision board on Pinterest. You like to soothe the harshness in life just how the ingredients in a latte are blended to soften the bitterness of an espresso. Your imagination and spontaneity keep everyone smiling.



*milk tea*  
42-54

You live for good food. You are a people pleaser and have a happy-go-lucky attitude. A child at heart, you have a fun-loving, sweeter side, but can also be quite sensitive and self-conscious at times.



**MATCHA**  
29-41

You are unbothered by what others think of you. You have very selective taste and a close knit group of friends. Though you are a no-nonsense type of person and may come off as stubborn at times, you are good-hearted and kind.

**cold brew**  
16-28

Just like your coffee, which you prefer bold, you are straightforward and like to keep things simple and sorted. Even though you are patient and mature, you tend to be resistant to change.



# Flourishing & Femininity



Recently, the concept of femininity has undergone a complete renovation, evolving in everything from innocent trends to profound social commentary. Read below to discover the complex, pink hues of femininity.

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

This year’s summer spotlight has not just shined on the traditional yellows and oranges of the hot sun, but also on the bubbly pink of girlhood. Along with this color, nostalgically feminine puppy-love TV plots and spunky pop albums have had their own comebacks. Yet, having a “pink” summer is not simply a dazzling aesthetic trend—it is a modern renaissance in the celebration of femininity.

A flood of media has contributed to feminine trends with a creatively diverse approach. For instance, the sensational “Eras Tour” performed by Taylor Swift has been a hotspot for exchanging friendship bracelets, welcoming a comforting sense of femininity throughout entire stadiums. Shows such as “The Summer I Turned Pretty” and “XO, Kitty” create the same unity by celebrating wholesome love, thus validating the feelings of women who aspire for a simple, youthful romance. Contrary to these archetypal feminine trends, some trends have a more elusive message—the “girl dinner” concept on TikTok, for example. This movement embraces women to indulge in seemingly in-harmonious dinner food combinations, dismissing the expectations of women to play the role of a perfect cook. With the

help of these new normalizations, women can unify on a basis of shared interests and experiences, allowing them to feel more comfortable in their personal femininity.

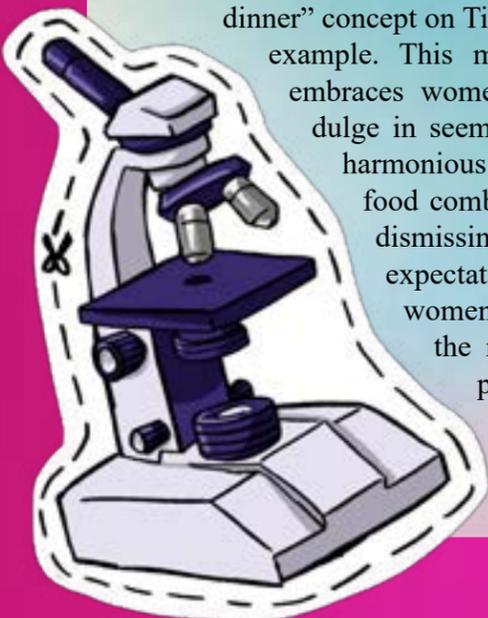
Social media platforms are not the only thing that have helped amplify this new feminine resurgence. Movies have also embraced it by addressing different aspects of feminism. The “Barbie” movie has been one of the most substantial tributes to femininity that the media has produced this summer. Directed by Greta Gerwig, “Barbie” examines the complicated levels of femininity by first hooking in the audience with exciting wardrobes and color palettes, then cleverly transitioning into a deep discussion of societal expectations. “Barbie” shows that any woman can vitalize her femininity without having to force herself into cookie-cutter models. This new interpretation allows for the acceptance of different women having different types of empowerment. Femininity is no longer a specific stencil, but rather something all women can embrace and tailor to their identity.

Consequently, with the broadening in scope of femininity, there arises the question of whether these societal shifts are neglecting the repair that toxic masculinity also needs. On the contrary, when femininity is discussed, the emphasis is to encourage an equal standing and

overall improvement. As exemplified by Ken in “Barbie,” we see the perspective of a man who struggles to distinguish between toxic and healthy masculinity. Similarly to many young men in our society, Ken misinterprets masculinity as an invitation to engage in egotistical, hierarchical behaviors. By depicting his journey of reaching a healthy, stable sense of self, Gerwig recognizes the emotional struggles of men and urges male viewers to evaluate and improve their relationships with masculinity.

Through the collective polishing of popular perceptions, this past “girly” summer did not ostracize other genders, nor did it homogenize the already limiting standard of femininity. Rather, the revival placed an emphasis on developing individuality and redefining what it means for people to be “feminine” or “masculine.” Particularly for teens who feel pressured by societal expectations, these refreshingly open-minded discussions chisel away perpetuating gender norms, sparking greater confidence in personal identity and spurring a reformation of oppressive standards.

DEFINE  
YOUR OWN  
FEMININITY!



# Falling for Laufey

Laufey is the leading light in the modern resurgence of jazz, transporting listeners to a nostalgic dream with every song. Read about Oracle's take on her newest album, "Bewitched."

Compiled by Kaitlyn Zhang, ENTERTAINMENT EDITOR, article by Celeste Hollingsworth, STAFF WRITER, photos courtesy of Vogue

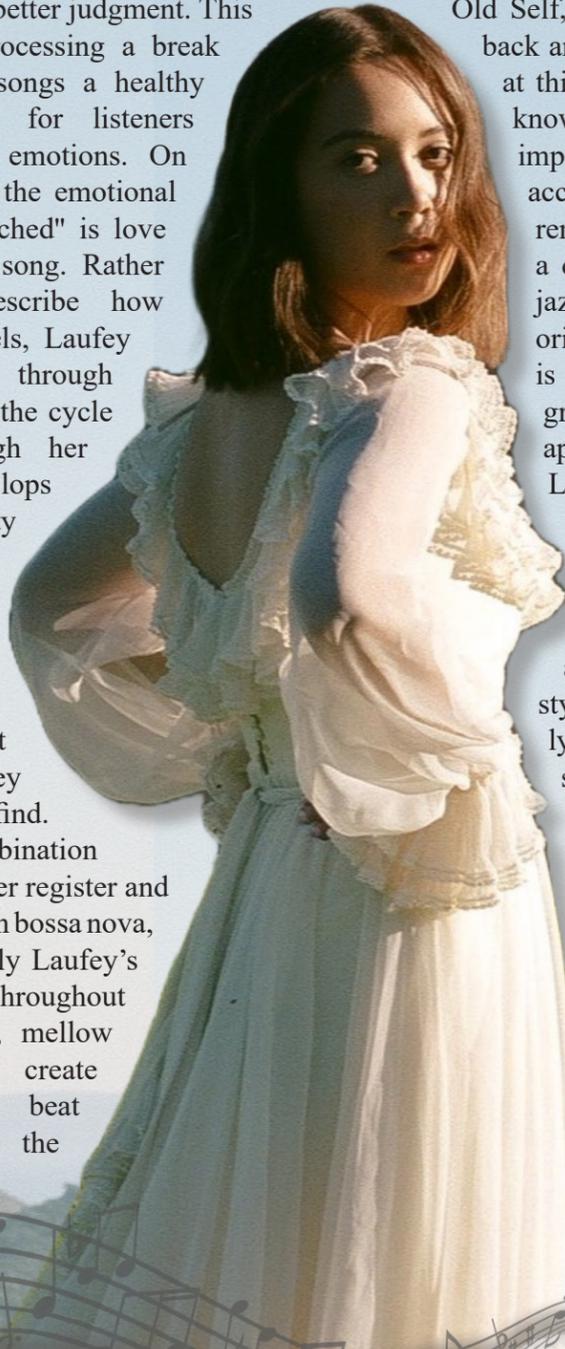
Laufey (pronounced lāy-vāy) has bewitched us all, creating a whirlwind of emotions every time we hit play. Given the decline of jazz's popularity in recent decades, this 24 year old Icelandic-Chinese artist took everyone by surprise, bringing modern jazz back into our playlists. Composing her own music, Laufey's extensive musical knowledge allows her to mix classical styles with jazz in a seamless fashion. One genre does not confine Laufey, as she dances between a variety, often creating a unique sound in every track. Her ingenious lyricism takes us along for the ride, painting her stories more vivid than a California sunset. In Laufey's newest album, "Bewitched," her dreamy vocals make her album feel like a long lost home. She conjures a nostalgic atmosphere by adding the sound of a worn down vinyl. Throughout her single, "Promise," the subtle vinyl scratches and skips create a vintage feel that represents the uncertainty of the relationship she sings about. Laufey is worn out by a lingering past relationship she desperately wants back, despite knowing the consequences of rebuilding a relationship. Maintaining these muted tones of the piano in "California and Me," this symphonic masterpiece captures the feeling of betrayal through the dramatic rise and fall of the piano and orchestra. The muffled piano resonates throughout the song, but its clarity resembles that of a live performance, fully enrapturing the listener. Laufey takes an unconventional route in using subtle nuances rather than obvious sounds to shape the feel of a song, creating the ultimate immersive listening experience.

Writing all her music based on personal experiences, Laufey's multifaceted storytelling

takes her relatability to a whole new level. In her single "Promise," she sings, "It hurts to be something / It's worse to be nothing with you." Laufey acknowledges the complex emotions of feeling attached to a former partner, and how the intense longing can lead one to reach out despite better judgment. This articulation of processing a break up makes her songs a healthy emotional outlet for listeners feeling complex emotions. On the other side of the emotional spectrum, "Bewitched" is love translated into a song. Rather than merely describe how being in love feels, Laufey walks listeners through every emotion in the cycle of love. Through her lyrics, she develops the true complexity of falling head over heels for someone, enchanting listeners to daydream about the love they might one day find.

With the combination of her soulful lower register and playful flirting with bossa nova, jazz is undoubtedly Laufey's greatest staple. Throughout her latest album, mellow drums and bass create an intoxicating beat accompanied by the

crooning swings of her voice. The thematic focus of romantic love in jazz is emphasized by Laufey's own unique, youthful twist. Harmonizing with the heart-fluttering feelings of young love, Laufey incorporates her journey of self-love in "Letter to my 13 Year Old Self," singing, "I wish I could go back and give her a squeeze / Myself at thirteen / And just let her know, know that she's beautiful." The improvised runs and delicate piano accents only add to her bittersweet reminiscences. By incorporating a diverse spectrum of love with jazz, Laufey highlights jazz's origins. This profound storytelling is what has such an unyielding grip on listeners and is sets her apart from other artists today. Laufey represents true musicianship, drawing from elements of different genres to create a unique melody that has listeners hooked. With an eccentric combination of styles and beautifully crafted lyrics, "Bewitched" is constantly on shuffle for today's youth. Laufey's omnipresence in the media suggests this is merely the beginning of her journey with jazz and daydreams. Regardless of mainstream music trends, Laufey is taking modern jazz from background coffee shop music to the spotlight, as it rightfully deserves.



Concert Tips

The start of fall brings the peak of the concert season, but without the necessary precautions, a concert experience can be overshadowed by issues with parking, safety and location. With just a little bit of effort, concert misfortunes can easily be avoided. To minimize issues with parking, researching parking policies and planning ride arrangements beforehand is essential. Save money and time by carpooling with friends, all while saving the environment. Often, there will be prepaid parking options that easily deter the possibility of getting lost looking for parking. Always look up venue policies regarding bags—bring a clear bag just in case both for convenience and as a fashion statement! Keeping a concert checklist of the essentials before going can help keep you safe in the midst of all the bustling energy. Bring a water bottle, extra cash and a digital camera to capture the memories! Most importantly, enjoy every second while staying safe!

