

ORACLE

2200 E. DOROTHY LANE, FULLERTON, CA 92831

Rock-Paper-Scissors Tournament enlivens campus

Encouraging interaction between students, the matches have gained popularity among Warriors.

By Nicole Kuntjoro
STAFF WRITER

With a free Chipotle burrito, a bag of chips and a role in the Homecoming Rally on the line, it all came down to three things: rock, paper and scissors.

Turning the classic game into a new on-campus pastime, Warriors competed in the Rock-Paper-Scissors (RPS) Tournament for a spot in the finals at the Homecoming Rally Sept. 26.

The tournament was created by senior Diya Basrai and managed by seniors Harrison Naung and Sam Waldow as an unconventional form of recreation for Warriors. Publicized predominantly on Facebook, the competition pitted 202 Warriors against each other in a randomized bracket. The victor of each set had to take three out of five games to advance to the next round. The cycle continued, gradually eliminating all but two Warriors, who competed at the rally.

By randomly determining the competitors who played against each other, the bracket introduced Warriors to other students whom they would not have met

otherwise, Basrai said.

“The reason why I think rock-paper-scissors works so well is that it’s so easy to sign up and play your match because you get to meet people,” Basrai said. “I’ve noticed in my four years

here that a lot of people want to hang out socially, but it’s kind of hard to find the initiative. I’m hoping that some of the people are taking this beyond [the game].”

The Warrior campus also pro-

vided an ideal location to initiate a large-scale competition, Basrai said.

“High school is a unique environment,” Basrai said. “It’s the only place that you can get 200 people that you don’t know very

well but can still communicate with pretty easily. I was trying to think of a thing that would work well with a large group of people, and since I have access to [social media] like Facebook, I have a really easy way to communicate with the people that would participate. It just seemed perfect.”

Unlike serious competitions with higher stakes, the RPS tournament was a light-hearted reprieve that not only amused Warriors but also gave them equal opportunities to win, Naung said.

“[RPS is] a really easy way to participate in something that’s fun but doesn’t take up a lot of time,” Naung said. “A lot of competitions require a lot of effort, whether it be studying or physical practice, but with rock-paper-scissors, anyone can do it. Everyone has a chance of winning.”

As the tournament drew to a close, there is hope that the game will endure as an annual event, Naung said.

“I think a lot of people [at the rally] will enjoy [the final round], and people who didn’t get the chance to participate this year will be able to see how fun it is,” Naung said. “Hopefully they’ll want to join next year if the juniors decide to make it a tradition. It would be a fun custom because it’s very simple and also a lot of fun for the students.”



RENEE SUSANTO

GOOD GAME: A Warrior senior faces his opponent during an intense match of rock-paper-scissors while his friends cheer him on.

NJROTC cadets achieve victory in Poseidon’s Adventures events

Warrior cadets demonstrated their talents in a variety of aquatic sports and triumphed in many different events.

By Joshua Alcantara
NEWS EDITOR

Stepping out of their regular drill-oriented competitions, the Warrior Navy Junior Reserve Officers Training Corps (NJROTC) cadets won first and second place at Poseidon’s Adventures at Long Beach Sept. 14.

Two Warrior teams, each with five cadets, contended with students from other local districts in various aquatic events including sailing, team swimming, canoe tug-of-war and rafting. By integrating the knowledge and

training of the 10 cadets, Warriors won both first and second place overall. In addition, the two teams combined received eight out of 10 trophies awarded at the meet.

Through its diverse lineup of water sports, Poseidon’s Adventures allowed cadets a chance at non-drill-oriented contests, Chief Terrik King said.

“Normally we focus on drill, academics and athletics,” King said. “This [competition] was aquatic, and it gave some of the students who are not normally experts at drill a chance to shine. [Poseidon’s Adventures was] an excellent opportunity to compete in other [events].”

For cadets who wanted to deviate from their usual military exercises and training, the tour-

namment offered a unique opportunity to engage in aquatic-based activities such as sailing and swimming, sophomore Safwaan Khan said.

“We went to the Poseidon’s Adventures to have fun,” Khan said. “Also, I love swimming, and I also enjoy sailing or anything to do with boats and the water. I did Sail Academy the previous summer and thought that it would be fun to try [Poseidon’s Adventures]. Usually NJROTC events are more drill-based. It was very nice to do something different during the year and compete in aquatic events.”

Because the sailing event required an in-depth understand-

Continued on page 2



RENEE SUSANTO

ROWING IN THE DEEP: Sophomore cadets practice rowing the canoe before participating in one of the afternoon events at Poseidon’s Adventures. The preparation improved their physical strength and bolstered their teamwork.

Online copies of the Oracle are now available on the Troy High website under “Morning News.”

INSIDE THIS ISSUE

LIFESTYLE

Try some cathartic yoga exercises and solve the unique Warrior crossword in an effort to maintain a healthy body and a sharp mind.

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FEATURE

Learn how the Troy Tech program helped alumnus Daniel Lee start up his company Hush Technology.

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SPORTS

The Warrior boys water polo team (3-4, 0-0) dominated the Vista Murrieta Broncos in a close victory 16-14 Sept. 17.

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Continued from page 1

ing of the subject, nautically adept cadets helped guide their teammates to victory at the games, sophomore Ethan Van Hao said.

"[The experienced cadets] had a lot of information," Van Hao said. "If you did not go to any of those sailing academies, then you would not really know much about [the technical skills]. You would have to ask other people questions about when to sail and the parts of the sailboat. [Consulting with our other team members] helped

me out a lot, and that is why we won first place for that event."

The teams' preparation and eagerness contributed to their success as they channeled this spirit into their performance at Poseidon's Adventures, King said.

"Troy as a school is very competitive," King said. "I [wanted]—and I expected—us to take that enthusiasm we put in everything else and apply it to the Poseidon's Adventures. This produced good results, in my opinion, so we did well."



RENEE SUSANTO

SEAS THE DAY: Training in their off moments, NJROTC cadets diligently complete laps on their paddleboards in the calm waters of Alamitos Bay to prepare for the rigors of competition.

California ban on single-use plastic bags awaits gubernatorial approval

Before the end of the month, Gov. Brown will decide whether or not to sign the unprecedented bill.

By Sarah Kremer & Kyle Patel
STAFF WRITERS

After assessing the new legislation that bans the distribution of single-use plastic bags in stores, Gov. Jerry Brown may ratify Senate Bill (SB) 270 before Sept. 30.

Pursuing efforts to lessen the carbon footprint of retailers and grocers, Brown is evaluating the economic and environmental consequences of the bill. Currently, a vast majority of convenience, grocery and retail stores use single-use plastic or paper bags as their primary source of packaging. The bill, however, will require them to distribute only recycled paper bags or reusable grocery bags beginning July 2015. Stores can sell or provide reusable bags to consumers if the bags are durable enough to last at least 125 uses, have at least a 15 liter capacity and are machine washable.

The passage of SB 270 stems from a growing concern about

plastic bags and their harmful effects on the environment, said Kevin Mattson, waste management specialist at the California State University, Fullerton (CSUF).

"Plastic bags are difficult to recycle in mixed recycling waste streams at material recovery facilities, which means they are typically landfilled," Mattson said. "Plastic bags cause environmental degradation, and they are a bur-

Bird, Communications Director for State Senate Republican Leader Bob Huff (R-Diamond Bar).

"The plastic bag ban could destroy hundreds of jobs in the plastic bag manufacturing industry in California," Bird said. "These positions are located within the state of California, and in fact, quite a few of them are located in Southern California. Every job is precious in a time where the economy continues to shed them. The legislature should be passing bills that are designed to create jobs in California, not destroy them."

Nonetheless, if companies adapt to the new legislature with loan money granted through SB 270, jobs are not guaranteed to disappear, Mattson said.

"I don't think that the ban is necessarily going to terminate jobs," Mattson said. "I think that like any other industry, when faced with a problem, plastic bag manufacturers need to innovate just as well. Maybe they don't need to have petroleum as their base for plastic bags. Maybe they can look to more of a plant-based polymer for compostable bags. There is a balance between economic and environmental sustainability."

"I don't think that the ban is necessarily going to terminate jobs. I think that like any other industry, when faced with a problem, plastic bag manufacturers need to innovate just as well."

Kevin Mattson

Waste Management Specialist, CSUF

den on the landfills. They also can clog storm drains as well as rivers. Another problem with plastic bags is that they increase California's litter problem by easily flying out of waste hauler trucks and do not naturally degrade."

However, the possible economic ramifications of SB 270 have discouraged some lawmakers from signing the bill, said Bill

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photo by Justin Park

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Celebrating **50th** **BACK TO THE PAST**

Travel down memory lane with Oracle as we celebrate our 50th anniversary. This issue features five snippets from past papers published from 1970 to 1975.

Compiled by Ariel Liu and Angela Zeng, EDITORS IN CHIEF and cartoons by Ariel Liu and Hanbi Ko, CARTOON EDITOR

SOME MISPLACED TRASHCANS

Who put the trashcans on the roof? That's the question we're all asking. Sometime last night, someone went to a lot of work to get some 40 odd trashcans on the 500 building roof. It took two custodians an hour to get the last of the trashcans down.

From 1975



BALANCE — The Troy High School Gymnastics Team is readying for the 1973-74 year under advisor Gini Luther.

From 1973

Prescription For "Droopy Days"

Everybody has good days and bad days—up days and down days. Some days we walk on clouds; on others we are gloomy and depressed—and our studies bring frustrations instead of satisfactions. Astrologers blame the stars. Some blame their teachers but usually we can't explain these temporary moods. The point is, "What can we do about it?"

Try this:

When you are down in the dumps and want to climb out again, do this: *praise somebody*. Find some excuse to say something nice to somebody—who isn't expecting it. This simple formula really works!

From 1975

O.K. now that I've campaigned for the girls we can get down to the Homecoming statistics. This year we are playing Fullerton as it has always been Troy's tradition to play a team that we probably won't beat as this gets all the guys in the mood to get dressed up in their funeral clothes and go to a dance. But this year will be different. This year we will win, right? Right! So watch out girls, a lot of your boyfriends are going to be in a lousy mood Saturday night, maybe.

From 1970: "Homecoming"

Complaint Form:
Write complaint in box below. Write legibly.

From 1972



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BODY & MIND

From the increased preference for organic food to the popularity of cycling, health consciousness is on the rise. Maintain your physical and mental health with Oracle's tips for yoga and brain-teasing puzzles.

Photos by Renee Susanto, PHOTO

WHY SO SEDENTARY?

By Leanne Ho, ENTERTAINMENT AND LIFESTYLE EDITOR

We always joke about how our schoolwork is killing us, but as it turns out, those jokes aren't far from the truth. Earlier this year, The Washington Post reported that extended periods of sitting contribute to obesity, heart disease and even early death. Across America, the epidemic of inactivity is so widespread and dangerous that Wired Magazine declared, "Sitting is the New Smoking."

For the average Warrior, though, sitting is inevitable. After spending several hours sitting in various classrooms at school, most of us have several more hours of homework, which we complete while—you guessed it—sitting. Without regular exercise or sports practice, all this inactivity can take a huge toll on our health. Many serious consequences, like early death and diabetes, may not be readily apparent. However, a lack of exercise does plenty of damage in the short-run too, contributing to decreased levels of energy and feelings of anxiety and depression. Sound familiar?

But don't lose hope yet. An easy way to combat unhealthy habits is through yoga, the centuries-old practice of stretching and meditation. Originating from India, yoga has spread all over the world as people realize its numerous benefits. Whether you choose yoga for the stress relief or the strength training, it won't disappoint. Furthermore, unlike most sports, yoga doesn't require much equipment or training, saving you both time and money. All you need is the willingness to try new things and maybe accept a few strange looks from the rest of your family.



Don't forget to consult your doctor or physician before beginning a new exercise regimen.

THE COBRA

If you've been sitting at a desk for more than a few hours, we recommend doing The Cobra, which stretches your back muscles, thereby mitigating the damage of hunched posture. It also increases blood circulation in your legs, which can clot if left immobile.

To start, lie facedown on the mat with your arms by your sides. Bring your hands to your chest to support yourself as you slowly arch your back and lift your chin—like a cobra. Hold for five full breaths before returning to your original position. Repeat as needed.

CHILD'S POSE

To relieve stress, use Child's Pose. If you've been carrying a heavy backpack all day, this position works wonders for your spine, shoulders and neck. The deep breathing that accompanies it can also help you let go of your anxieties.

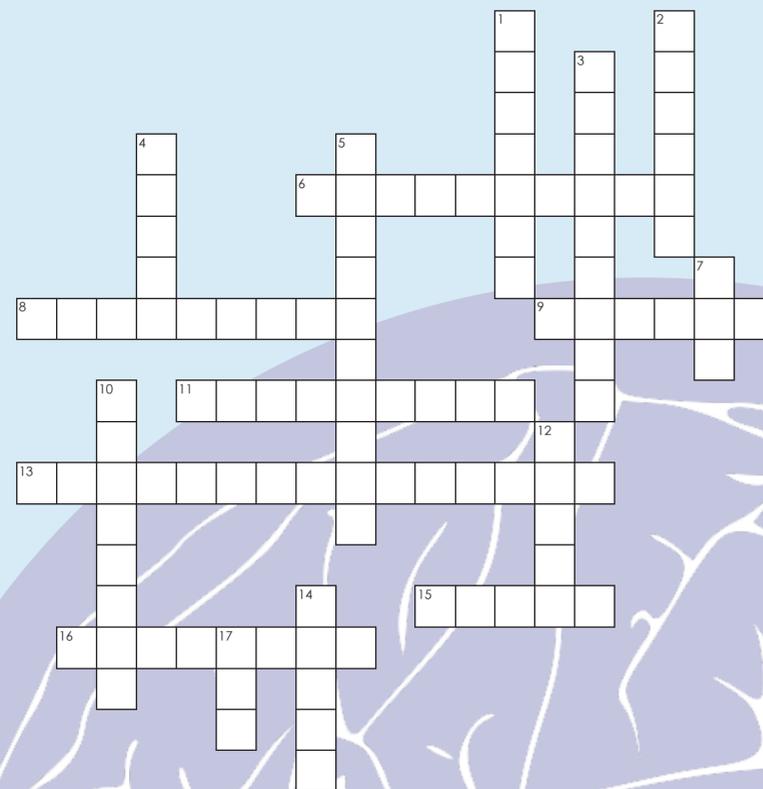
Tuck your knees beneath your body, lean forward and press your forehead to the mat. Stretch your arms over your head and place your palms flat on the floor. If it helps, imagine pulling your belly button towards your spine. Hold as needed.



THE TWIST

Before heading off to bed, don't forget to try The Twist. Coupled with several rounds of deep breathing, this pose relaxes your body and quiets your mind, resulting in a more restful night—or early morning—of sleep.

Start with your legs in front of you. Cross your right leg over your left. Put your left arm over your right knee and right hand behind you. Gently turn to the right, as if you were looking over your shoulder. Hold for three deep breaths, then return to your original position. Repeat on the opposite side.



"WHEN IN TROY" CROSSWORD CLUES

Use the following clues to complete the crossword at left. All clues relate to elements of Warrior culture. The clues in quotation marks are catchphrases of specific groups or teachers.

ACROSS

- 6. A low point in Fullerton's insect population
- 8. Worst place to have a locker
- 9. "Holy shim sham!"
- 11. Marching Band show
- 13. Reigning state and national champions
- 15. Mascot's name
- 16. "Oh my gah."

DOWN

- 1. Dance team
- 2. "Ooh-rah!"
- 3. Best mornings
- 4. "Everything off your desks! It's quiz time!"
- 5. Rival school
- 7. Fabulous calves
- 10. IC or shoes
- 12. Turns only left
- 14. Graph Dance Coordinator
- 17. "Special" or "Quality"

Answers to these crossword and sudoku puzzles can be found on Oracle's Facebook page: www.facebook.com/oracle.troy.

NO BRAIN, NO GAME

By Maggie Deng, MANAGING EDITOR

8		7	4		
		3	6		2
7	5	2		1	6
		4	1	9	7
8					1
7	5	2	6		3
9		8		1	5
		1		3	8
			1	6	
					7

	6		5	8		3
		2		7	8	5
5			3		2	4
6	2					8
				4	1	6
1						7
		1	5	9		6
	8	9		6	1	
7			8	4		9

HOW TO DO A SUDOKU PUZZLE:

Each row, column and individual box must contain all numbers from one to nine. Additionally, each number may appear only once in a row, column or box. Need some hints?

- + Use pencil. (Trust us, it'll make your life much easier.)
- + Work through the puzzle a number at a time.
- + Predict a few steps in advance before putting your pencil to the paper.

1			2	4	8			7
		4			7	2	1	
	7						8	9
5	8			6		9		
3	1				6		2	
	2	9			5		8	
7	1						3	
	3	6	5			8		
9			4	3	1			6

Despite physical health recently becoming a major concern for Americans, there is one part of the body that has been left out of the loop: the brain—the central organ responsible for all the A's and non-A's you have earned thus far. With Alzheimer's disease and other forms of mental deterioration causing one in three deaths among senior citizens, the best way to tackle the epidemic of declining mental health is to establish healthy habits at a young age.

The easiest change to make is to choose what you consume with caution. Swap those devastatingly addicting cookies and chips for more healthful snacks like blueberries, nuts or whole grains. While the fats in junk foods reduce alertness and cause fatigue (which you don't need any more of), blueberries contain flavonoids, a compound that studies suggest may improve memory and learning capability. Nuts and whole grains also nourish your cerebrum due to their high concentration of vitamin E, which some researchers link to preventing mental decline.

Not surprisingly, physical exercise maintains the condition of the overall body. Lesser known is the fact that it also enhances cognitive abilities. In fact, exercise reduces stress while improving your brain's efficiency. The resulting increase in blood vessels allows for more efficient transport of oxygen-rich blood to the thinking part of your brain. So, before embarking on your next homework or study session, spend 30 minutes on some physical exercise—and no, furiously typing away at your English essay does not count.

Sleep—you need more of it. If you choose to pull an all-nighter in lieu of sleep-

ing, your brain actually ages more quickly. To preserve your (hopefully) sharp mind, get some rest—for teens, this means eight to nine hours. But since not many of us are able to achieve this, with the precarious balancing act between extracurricular activities and challenging coursework, we can prioritize quality over quantity with short but beneficial naps during the day. A power nap lasting 10 to 20 minutes is enough to give you a quick boost of energy, but to retain facts after a study session, anywhere from 30 to 60 minutes would be more optimal. Even better, a 90-minute nap allows for a full cycle of sleep and prevents you from waking in a zombie-like stupor.

Though normal day-to-day schoolwork may already be taxing your brain, creative pastimes can also stimulate and improve your cognitive abilities. Activities such as crossword and sudoku puzzles provide endless amusement while also nurturing the memory and problem-solving areas of the brain. Even learning a new language, playing an instrument or otherwise flexing your creative muscles will challenge your brain and keep it active.

With no cure in sight for the sixth leading cause of American deaths, adopting a healthy lifestyle is our best bet for prevention. So the next time you worry about your physical health, keep your brain in mind too.

BOY MEETS MAZE

As far as dystopians go, “The Maze Runner” isn’t original, but it’s not boring either. What it lacks in character depth and development, it makes up for in intense action and breathtaking special effects that keep the audience clinging to the edge of their seats.

By Adrija Chakrabarty and Anthony Kim, STAFF WRITERS and photos courtesy of Twentieth Century Fox

With stunning CGI animations and spine-tingling suspense, “The Maze Runner” focuses so much on presenting thrilling action that it leaves other parts of the movie woefully underdeveloped.

Directed by Wes Ball and based on James Dashner’s novel of the same name, the movie begins with Thomas (Dylan O’Brien, “Teen Wolf”) waking up stuck in an elevator, stripped of all his memories of his former life. He is quickly adopted by the Glade, an idyllic society of several dozen boys that looks like a cross between “Lord of the Flies” and “Lost.” But what instantly grabs Thomas’s attention are the enigmatic gray walls that surround them on all sides. The maze beyond the walls is forbidden to all except the Runners, who traverse its corridors each day in an effort to map an escape from the Glade.

However, soon after Thomas’s arrival, things begin to go awry: the maze stops closing each night and Grievors—the monsters that roam the

maze—begin attacking Gladers during the day. Just as things can’t seem to get worse, the elevator delivers a comatose girl, Theresa (Kaya Scodelario, “Skins”), who has in her hand an ominous note that signals imminent trouble.

Although the movie had the poten-

tial for some great chemistry within its young cast of fresh faces, it spends too little time on the interpersonal relationships between the Gladers. Newt (Thomas Brodie-Sangster, “Game of Thrones”), Alby (Aml Ameen) and Minh (Ki-Hong Lee), all billed as main characters, spend the majority of the movie in the periphery, only taking the spotlight long enough to stir up the plot or deliver a few words of wisdom to Thomas. All too often, the film bypasses character development altogether, substituting it with cookie-cutter personas that mimic those found in every other post-apocalyptic story. Exemplifying this superficiality is the character of Theresa, who is nothing but eye candy with her ruggedly girly looks. Chuck (Blake Cooper), one of the youngest Gladers to befriend Thomas, suffers from the same shallow development, which presents him as a cud-

dly little pet instead of a multifaceted character.

Redeeming an otherwise vapid film are the breathtaking visuals,

which brilliantly convey the immensity and difficulty of the maze. Although the movie isn’t available in 3-D, the special effects bring the intensity right to the audience. Viewers will find their blood thumping and adrenaline surging from the start of the movie to the end.

All too often, the film bypasses character development, substituting it with cookie-cutter personas that mimic those found in every other post-apocalyptic story.



FACING THE MONSTER: An unnamed Glader, Frypan (Dexter Darden), Minh (Ki-Hong Lee), Theresa (Kaya Scodelario), Thomas (Dylan O’Brien) and Newt (Thomas Brodie-Sangster) band together to fight the Grievors.

In one memorable scene, Thomas runs through the walls of the maze as it slowly closes in on him. After narrowly squeezing his way through (this is not a spoiler; as any moviegoer knows, the protagonist cannot die), he regroups with Minh and the two are soon confronted by a Griever. Minh escapes, but Thomas finds himself in a situation similar to the iconic “Jurassic Park” kitchen scene; he hides in silence and with bated breath behind a curtain of vines, crouched so he can only see the deadly Griever’s feet. This scene, in com-

ination with the perfect camera angle, suspenseful soundtrack and high-definition CGI animations, makes your heart pound as fast as Thomas’s.

For fans of “The Hunger Games,” “Divergent” or any dystopian movie, “The Maze Runner” will not disappoint. Yes, the movie might follow an all too predictable pattern, but really, what movie doesn’t? If you’re looking for two hours of action-packed entertainment and attractive young actors, this is where to find it.

FROM PAGE TO SCREEN

In its film incarnation, “The Maze Runner” adapts scenes from the novel with a touch of cinematic.

Compiled by Leanne Ho, ENTERTAINMENT AND LIFESTYLE EDITOR

THE MAP ROOM (BELOW): The dark room had a musty, wet smell, laced with a deep coppery scent so strong he could taste it. A distant, faded memory of sucking on pennies as a kid popped into his head. Minh hit a switch and several rows of fluorescent lights flickered until they came on full strength, revealing the room in detail.

Thomas was surprised at its simplicity. About twenty feet across, the Map Room had concrete walls bare of any decoration. A wooden table stood in the exact center, eight chairs tucked in around it. Neatly stacked piles of paper and pencils lay about the table’s surface, one for each chair. The only other items in the room were eight trunks, just like the one containing the knives in the weapons basement. Closed, they were evenly spaced, two to a wall.

“Welcome to the Map Room,” Minh said. “As happy a place as you could ever visit.”



AN UNEXPECTED ARRIVAL (RIGHT): “It’s a girl,” [Newt] said.

Everyone started talking at once; Thomas only caught pieces here and there.

“A girl?”

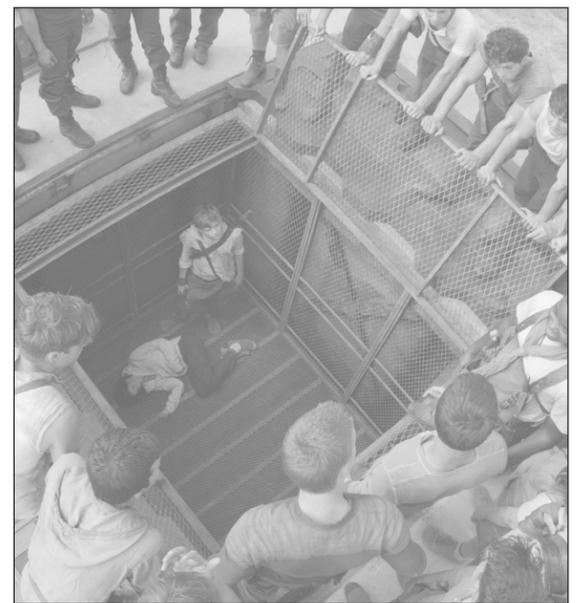
“I got dibs!”

“What’s she look like?”

“How old is she?”

Thomas was drowning in a sea of confusion. A girl? He hadn’t even thought about why the Glade only had boys, no girls. Hadn’t even had a chance to notice, really.

Newt shushed them again. “That’s not bloody half of it,” he said, then pointed down into the Box. “I think she’s dead.”



THE GLADE (ABOVE): Thomas suddenly felt dizzy, his eyes flickering between the boys and the bizarre place in which he’d found himself.

They stood in a vast courtyard several times the size of a football field, surrounded by four enormous walls made of gray stone and covered in spots with thick ivy. The walls had to be hundreds of feet high and formed a perfect square around them, each side split in the exact middle by an opening as tall as the walls themselves that, from what Thomas could see, led to passages and long corridors beyond.

STAFF EDITORIAL

Elaborate public dance proposals place additional burden on Warriors

Bigger is not always better when it comes to school dance askings.

Whenever an upcoming dance is announced, many Warriors begin planning their dance proposals, covering everything from signs embellished with puns to mini scavenger hunts dispersed throughout the day. These public events are usually accompanied by sizeable crowds and high spirits. However, the expectation that a dance proposal should always be public and accepted adds unnecessary pressure to Warriors' lives.

It has become widely accepted that askings must take place in public in order to be considered meaningful and personal. However, regardless of the presence of an audience, any dance asking will still be memorable for the askee. In reality, anything can be touching and sweet for the receiver. While some like the attention of a public asking, others may feel more comfortable with a discrete or casual one. Because posters and crowds have become common practice, askers often automatically put their dates on the spot without considering their dates' preferences. The presumption that a larger asking is inherently better disregards Warriors'

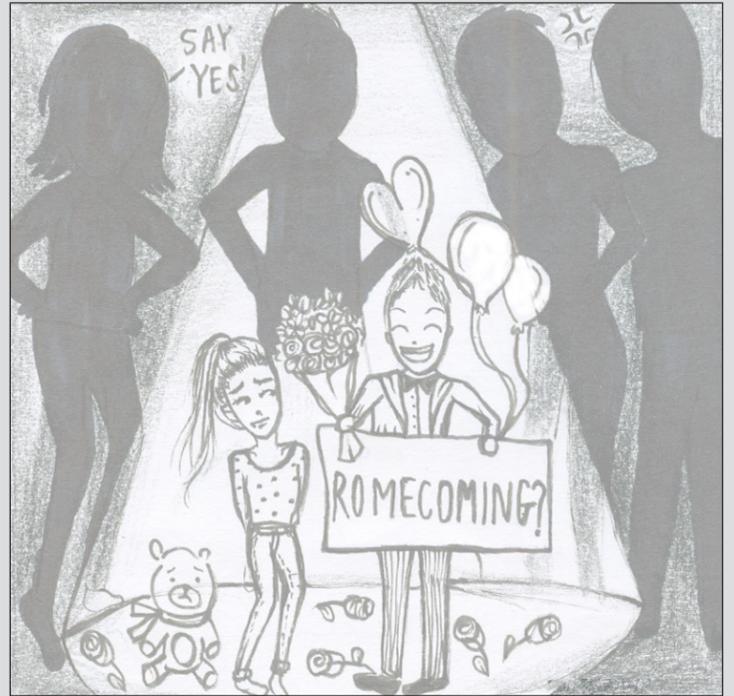
different tastes and can force them into uncomfortable situations.

Furthermore, complicated proposals put stress on both parties. Although extensive planning and practice is sometimes required, these efforts will go to waste if the receiver does not appreciate being at the center of attention. Rejecting a dance proposal will likely embarrass the asker and potentially make the askee look heartless to onlookers. Because audiences often place immense amounts of stress on askees, many Warriors agree to a proposal because they feel obliged to say yes and are afraid of disappointing the asker and the audience. When askees conform to the expectations of others rather than following through with their own wishes, they relinquish their personal say in the matter. In turn, this can lead to a disappointing dance experience, as the askee does not truly want to be there and the asker may not realize anything is wrong until the night of the dance. A dance experience meant to be fun and lighthearted quickly becomes an awkward and burdensome responsibility. Moreover, askees may be inadvertently pressured by audiences who only watch the proposal for entertainment purposes. In some cases, the audience may even be prioritized over the askee, in an attempt to

make the setup more "eye-catching." This practice turns dance proposals into impersonal events.

However, this is not to say that public askings are inherently bad. In fact, they can easily make askees feel special, and some people even prefer being asked in public. The problem with establishing elaborate askings as a standard lies in the pressure and expectation for the askee to accept the invitation. Warriors should be able to freely consider attending dances with other peo-

ple and to reject uncomfortable proposals. It is time for us to move on from the assumption that an extravagant banner, rowdy audience and bouquet of flowers are how every girl dreams of being asked.



HANMIN KO

WARRIORS WEIGH IN

With the Romecoming dance right around the corner, Warriors were asked: Would you rather be asked to a dance in front of a crowd or in private?

Compiled by Elizabeth Li, OPINION EDITOR and Lauren Kim and Renee Susanto, PHOTO



"I would probably prefer to be asked to a dance in private because then you don't have that peer pressure factor. It's more nerve racking when you're asked in front of your friends and random strangers that you don't happen to know but they're just there."

freshman



"I guess [I want to be asked in public] because it shows that they put in more work and that they really want to go. Usually if it's in private, it might be an informal asking, like some people just message over [Facebook] and it's not as intimate as you think."

senior

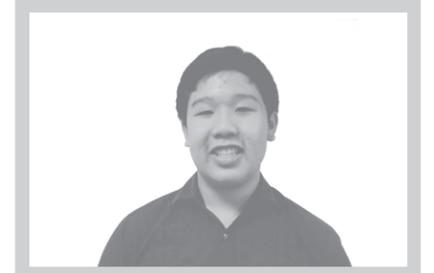
"I would rather be asked to a dance in public because I like watching other people being asked to a dance in public. I think it's really cute. And I would really like a guy to do that for me—that would be really cute."

sophomore



"I feel like I would rather be asked in front of a crowd because the amount of dances you can go to is limited in your high school career. If [the asking] is in front of a crowd it kind of seems as though there is more preparation put into it."

junior



Once Upon A Troy: Sleeping Duty by Hanbi Ko & Hanmin Ko



Electronic devices promise to improve education and revive student interest

By Jamie Xie
STAFF WRITER

Even though our world is constantly changing, American education seems to lag behind. The traditional lecture-centered classroom has become less appealing to students living in a technologically enhanced world. Indeed, some districts, such as the Los Angeles Unified School District (LAUSD), have already attempted to bridge this divide by providing students with electronic devices. Unfortunately, Warriors and other students nationwide are still being taught in the same, almost century-old fashion. If the majority of educators do not start exploring technological forms of pedagogy, they may be disregarding an effective method of teaching.

Despite what many may believe, infusing education with technology can make schools considerably more interesting. Great technological resources that are easy to access, such as the Internet, can be advantageous in the classroom. For example, in a “flipped classroom,” students view multimedia lectures at home and then actively discuss what they learned during

class. According to recent studies conducted by the Flipped Learning Network, this method has actually raised test scores and grades in a number of schools. Instead of listening to monotonous lectures, students are more readily engaged in their studies because they have access to a plethora of instructional videos and virtual lessons at home. A more dynamic classroom brought about by an energetic class in which everyone participates and collaborates can actually be more enjoyable.

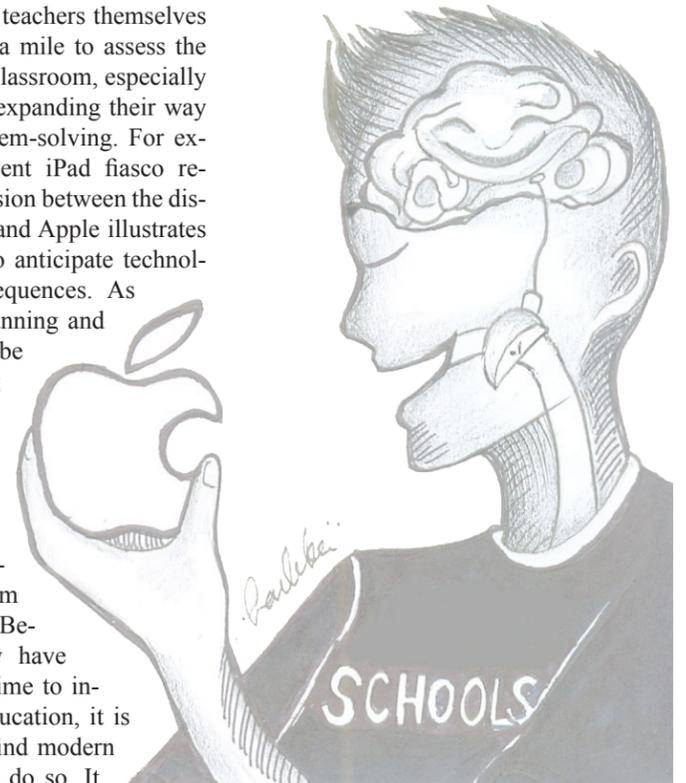
Not only does technology make learning more exciting, but it can also help establish a personalized education. Electronic devices can be programmed to give students direct and individualized lessons tailored to their strengths and weaknesses. This in turn can give teachers more time to complete and reinforce state standards and help those who are struggling. Students can also work at their own pace and become more self-directed during the learning process. Of course, some will be tempted to abuse their Internet privileges, so it is crucial that teachers monitor their students accordingly. If used appropriately, these devices have the potential to rekindle student interest in education.

However, it is important to understand that these new devices do not guarantee higher academic performance. Educational

technology and teachers are not exchangeable. Educators, not the devices, should always be the driving force in the classroom. Only teachers can continually guide students and give them personalized feedback. Indeed, it is the teachers themselves who must go the extra mile to assess the gadgets’ effect in the classroom, especially to see if students are expanding their way of thinking and problem-solving. For example, LAUSD’s recent iPad fiasco regarding possible collusion between the district’s superintendent and Apple illustrates the district’s failure to anticipate technology’s potential consequences. As a result, extensive planning and research must always be done before anything goes into effect.

All students should be able to realize their academic potential, and judiciously applied technology in the classroom can help them do so. Because educators only have a limited amount of time to influence a student’s education, it is imperative that they find modern and effective ways to do so. It is simply a no-brainer that stu-

dents who are more excited about learning have greater potential to achieve and succeed than those who sleep through the school day.



HANBI KO

“All About That Bass” sends contradictory message

By Yannie Hoang
STAFF WRITER

If it really is all about that bass, then there will be trouble.

Written and sung by 20-year-old Meghan Trainor, “All About That Bass” is a feel-good ditty dedicated to teenage girls with curvier bodies. The combination of a deep, rich female voice and a doo-wop beat creates a light, catchy tune as Trainor croons

about the physical beauty of females with bigger bodies. Most chart-topping songs advocate impossibly wafer-thin bodies, but “All About That Bass” takes a different approach by celebrating women with naturally larger frames. Early into the second verse, Trainor calls out magazines for photoshopping front cover models. Society’s practice of glorifying the tall, skinny prototype misleads young women into perceiving themselves as inferior. Females who attempt to pursue this image may actually be harming their health. Then in the chorus, “I’m all about that bass, ‘bout that bass, no treble,” Trainor seems to provide

a more positive outlook on larger women. Many people interpret “no treble” as “no trouble,” implying that having a bigger body is not shameful. Trainor’s song has sparked a debate in the community about feminism and the importance of accepting all body types. Although many praise Trainor’s attempt, a closer inspection of her lyrics and music video reveals that the tune hypocritically incorporates body-shaming and objectifies women.

While “All About That Bass” teaches curvier girls that weight should not affect their self-confidence, the message simultaneously puts down skinnier girls for their slimmness. Trainor’s suggestive lyrics

size should not be an excuse for people to bully or judge others, as in Trainor’s video, wherein the only thin woman is bullied and treated like a prop.

The most glaring flaw of all in “All About That Bass” is its use of female objectification to convey its ideas of body acceptance. Dancers in the music video twerk and pose crudely to exaggerate their voluptuous curves. Trainor herself lies on the ground, singing while suggestively tracing the outline of her body. The repeated chorus line, “Boys like a little more booty to hold at night,” completely undermines the song’s intended message. Trainor’s lyrics suggest that male approval and sexual attractiveness

are the basis for happiness, instead of personal judgment and satisfaction. Such vulgar lyrics and music video scenes weaken the original point of the song. Instead of including images wherein women are established as sexual objects, Trainor would do better to remove these images altogether if she were truly serious about appreciating natural body sizes. Her message would then consistently promote the same ideals throughout the entire song.

The lyrics and visuals of “All About That Bass” prove that there is still considerable distance to be covered before body equality and female independence can exist. Though her song may seem to promote these aspects on the surface, the flaws throughout Trainor’s music video end up contradicting her original message.

“Trainor’s song has sparked a debate in the community about feminism and the importance of accepting all body types. Although many praise Trainor’s attempt, a closer inspection of her lyrics and music video reveals that the tune hypocritically incorporates body-shaming and objectifies women.”

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TROY
HIGH
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Correction: In the Sept. 5 issue, Julia Aguirre, the athlete in the girl’s tennis photo, is a sophomore not a senior.

The Awakened Engineer

Discovering his passion for engineering through the Troy Tech Internship, alumnus Daniel Lee is now the cofounder of the startup Hush Technology and a leading developer of the world's first "smart earplugs."

Article by Yuri Ceriale, STAFF WRITER and graphics by Rachel Lee, GRAPHICS
Photos courtesy of Daniel Lee and Commnexus Online Journal

For Troy Tech students, the time has come to hurriedly search for job shadows and secure summer internships. Six years ago, a young junior accepted an internship in a field he was hesitant to explore—engineering. Today, that same boy, alumnus Daniel Lee, is a thriving, full-fledged engineer and the codeveloper of Hush Technology. Lee credits the Troy Tech program for laying the groundwork for his launch into the worlds of technology and entrepreneurship.

Still in its developmental stage, Hush is the world's first "smart earplug," designed to cancel out external sound with low-frequency white noise. The product can also sync with smart phones so users may sleep in peace, interrupted only by important alarms or phone calls.

With a sleek, simple design and a soft blue-white color scheme, Hush offers peace to individuals and society as a whole, Lee said.

"Hush allows you to be completely isolated from the world around you, so it creates a good environment to sleep," Lee said.

"The world is constantly getting denser, and people are living in closer and more compact areas, and noise is becoming a bigger problem. Hush provides a way for people to share an increasingly dense world together."

If not for opportunities available to Lee in high school, however, Hush would never have been devel-

oped. It was his chance internship at Navcon Engineering Network, a noise and vibration consulting firm, that ultimately awoke the novice engineer in Lee, he said.

"Initially, I was on the road to becoming a doctor, but I slacked off in finding an internship, so I ended up taking a random engineering internship that someone suggested," Lee said.

"That's when I realized that I love engineering and wanted to pursue it as a career. From there, I just continued on that path. I think the Troy Tech internship exposed me to something I was not initially interested in."

Developing Hush has given Lee perspective on how something as small as a high school program or a class assignment can initiate a domino effect. He is glad to have found his niche and plans on expanding his entrepreneurial horizons with future projects, Lee said.

"Hush was just a cool little project from a college engineering course that I took," Lee said.

"That idea led me to build a product and a company, which have taught me about the world of business. Now, the way things are going, I cannot see myself doing anything other than start-ups. Hush has completely changed my life and my future."



OVERNIGHT SUCCESS: Alumnus Daniel Lee presents his product pitch at EvoNexus Demo Day, winning the audience vote and a prize of \$50,000.



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Water Polo trounces the Broncos

Boys water polo (3-4, 0-0) defeated the Vista Murrieta Broncos and clinched a 16-14 win in double overtime.

By Angie Won
STAFF WRITER

Transforming its game perspective to adjust to a new roster, the Warrior boys water polo team (3-4, 0-0) triumphed over the Vista Murrieta Broncos 16-14 Sept. 17.

Immediately pressured in the first quarter, a faltering Warrior defense allowed the Broncos to gain an early 0-2 advantage. The Warriors quickly recovered, though, as sophomore Andrew Kim wove the ball through Bronco defense to level the score 2-2. Leading the offensive attack, sophomore Nick Van Steenhuyse converted a turnover to blast the ball. Kim followed suit with a shot slammed into the net for a

5-5 halftime score.

In the second half, Van Steenhuyse drove the ball past the Bronco defense to put the game at 6-7. The Warriors again evened the score to 9-9 as captain Tommy Georgopoulos stole a counter. As the fourth quarter commenced, the Broncos snatched a 12-10 edge off a Warrior error. With 11 seconds left in the game, a timeout revitalized the Warriors offensive drive and helped spawn a

long assist by senior Ethan Bambauch that allowed Van Steenhuyse to rapidly turn and fire the ball through the goal, catapulting the game into overtime 13-13.

As the teams trod across the court to close out the match, a consistent Warrior defense denied the Broncos any offensive opportunities and halted the score at 14-14. Bursting through a weakened Bronco defense, junior Steven Solis whipped the ball into the net to settle the game at 16-14.

Altering their traditional approach to winning matches, the veteran Warriors have emphasized progressive improvement in the underclassmen, senior Matthew Sherman said.

“One thing that our coach has really encouraged, and that I think is really crucial is that we shouldn’t set concrete goals [such as winning] league or CIF,” Sherman said. “That’s why we’ve fallen short [in the past]. It’s more important for us to think that, going into every game, we’re going to try our very best, play as best as we can and function as a team. That itself should carry us through a lot of important games. It’s that mindset that we don’t have our eyes set on winning league, but on living up to our potential. Obviously, it would be nice to win league championships and major playoff games, but I think it’s more important for us to learn from our mistakes and do the best we can.”

In addition to the modified reflection of a game’s outcome, the team has also developed a more flexible roster through new recruits, Sherman said.

“In previous years, there was only one star of the team, one person that the team relied on,” Sherman said. “This year, we don’t have a star, but we do have a bunch of [players] who want to be that star for each other. They don’t want to be a star just to say they scored 100 goals in one season, which is what it used to be. This year, we have people that can shoot from all around the perimeter, every position. It’s great to see a versatile group.”

As the season unfolds, the Warriors will assess their skill level against formidable opponents in order to determine new areas for improvement, Georgopoulos said.

“We’ve played [Vista Murrieta] every single year since 2008 and [each game] has been consistent,” Georgopoulos said. “It’s one of the best ways to start a season because you take a really good team from another league or division, and we’re pretty equal. We’ve been like that since my freshman year. We’ve always been equal and flip-flopped; one year varsity won and the next we lost. It kept going back and forth. It’s a good test to see where we are heading into this season and see what we can fix and get more prepared for season.”



LAUREN KIM

IN OVER THEIR HEADS: *Vying to break the point deadlock, Warrior athlete hurls the ball past his opponent to provide a scoring opportunity for the Warrior offense.*

Warriors edge out the Brea Olinda Wildcats at home 3-2

The Warrior volleyball team (7-2, 0-0) surmounted the Brea Olinda Wildcats.

By Evan Lewis
STAFF WRITER

In the classic showdown of man versus beast, the Warriors’ high energy overshadowed that of the tamed Wildcats.

Implementing new strategies to boost team energy, the Warrior volleyball team (7-2, 0-0) quelled the Brea Olinda Wildcats 3-2 Sept. 16.

After losing the first two sets, the Warriors capitalized on their momentum early in the third set as sophomore Zoe Wang belted two straight aces and provided a strong block to

gain a 12-11 lead. Seniors Caitlin Haugen and Lauren Jackson followed suit with powerful spikes of their own, pushing the advantage to a 25-18 set win.

As the Warriors faced elimination late in the fourth set, junior Krystina Brice served up an ace, alleviating pressure from the defense and raising the score 24-24. The team’s adamant defense held its position allowing the Warriors to comeback and seize the set 26-24 succeeding an ace from junior Nicole Leano.

Following the tight victory in

the fourth, the final set featured a dominating performance from senior Samantha Huang, who blasted a game-ending spike and had an authoritative block following an early-set ace from Haugen. With Huang leading the charge, the Warriors completed their resurgence 15-13.

The Warriors’ late game surge can be attributed to the emphasis on increasing the team’s energy in high pressure matches, Jack-

son said. “As a team, we’re just trying to get more pumped up during games,” Jackson said. “Volleyball is a high energy-sport, and it’s easier to do well when everyone is getting into the game. We’ve been working on our energy for that reason. Being down against a good team like Brea [Olinda] is hard to come back from, but we played really well and had a lot of energy later in the game. That definitely helped us come back and cement our win.”

have provided the Warriors an opportunity to improve upon technical skills that complement their intensity in games, senior Brianna Stempniak said.

“We’ve played in a few preseason games and two preseason tournaments,” Stempniak said. “So far we’re doing really well, and although we didn’t win either tournament, we’re [almost] undefeated in our preseason games, which have been great opportunities to practice as a team. These scrimmages essentially mimic real game situations without any significant consequences. They’re a great way to work on our fundamentals, our stamina and quickness.”

With this real game experience, the team is hoping to maintain its traditionally unblemished record in league, Stempniak said.

“We normally go undefeated in league, and we don’t want this year to be any different,” Stempniak said. “There are not really any teams that give us too much trouble, although Sonora High School looks a lot tougher this year than last year. But hopefully with all of this training, we will continue to do well in league, and, even further down the line, to make it into the playoffs and to succeed in CIF.”

“Volleyball is a high-energy sport, and it’s easier to do well when everyone is getting into the game. We’ve been working on our energy for that reason.”

Lauren Jackson
senior

son said.

In addition, preseason games



Steven G.
Yano: *coach,*
producer,
Warrior

On Sept. 17, 2014, Troy and the music world suffered a great loss with the passing of Steven Gregory Yano.

A Chicago native, Yano was a graduate student in educational psychology at the California State University, Los Angeles, before working as a high school guidance counselor. From his academic roots, Yano then transitioned to delivering for and co-owning a record store. While the small operation satisfied Yano’s passion for music, he knew he could expand further, an idea that led him to Redondo Beach Boulevard. It was there where Yano launched a Roadium swap meet booth and his own record label — Skanless Records — to sell the newest cassettes and mixtapes, from old school R&B to Yano’s trademark West Coast hip-hop. His business attracted the attention of music hopefuls in the greater Los Angeles area and helped to springboard the careers of Dr. Dre, DJ Tony A, Easy E and the groundbreaking rap group NWA.

But Yano promoted more

than just these hip-hop giants. After his stint in the music industry, Yano found himself as head Junior Varsity coach of the girls basketball team at Troy. Over his 11-year career, one phrase encapsulated Yano’s ideology more than any other: “let it fly.” It became a rallying cry for girls to step outside their comfort zones and take risks when shooting. While Yano also believed in a tough-love work ethic, “Let it fly” reminded his players of Yano’s simple expectation: to try their best. And best is the word to describe the girls basketball program’s record of 180 undefeated league games. It is Yano’s proud legacy indeed.

Yano is survived by his wife Susan and his daughters Sheri, a law practitioner in Northern California, and Stephanie, a prospective physical therapy student at USC. Both daughters are Troy alumni.

Yano’s public memorial service will be held Saturday, September 27 at 12:00 P.M. at the Evergreen Baptist Church of San Gabriel Valley.