

FREE

The ScotchTape is proudly produced by the students of the LHHS Journalism Class.

La Habra, California

# The ScotchTape



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

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Covid-19



## Vaccines: Why They’re Vital

This January, the Covid-19 pandemic entered its third year. While cases remain high, hope of recovery has been provided in the form of vaccines. Developed in late 2020 and early 2021, coronavirus vaccines first started being distributed a year ago. Doses were being administered in

by Courtney Haraguchi

waves, starting first with healthcare workers, essential workers, the elderly and those at high risk. In April, the vaccines were approved for ages sixteen and older, and by May twelve to fifteen year olds could also receive their doses.

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Entertainment

## Euphoria: An Accurate Depiction of High School or Not?

by Alexa De La Rosa



When the HBO original, Euphoria, first aired two years ago, it quickly gained popularity and became one of the most viewed series in television history. Though the show is rated mature due to its portrayal of drug abuse and sexual content, its main audience continues to be young adults- high schoolers in particular. To get an understanding of why teenagers tune into the

explicit program every Sunday night, I decided to ask La Habra High Schoolers a feuding question: Is Euphoria an accurate depiction of your high school experience?

Senior Bella Garcia finds it hard to relate to any of the show’s characters, especially Maddy Perez, one of Euphoria’s main protagonists.

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Sports



## Klay Thompson is Back!

by Bella Garcia

The wait has finally come to an end. After a long 941 days without seeing him on the court, Klay Thompson’s return was special for not only himself but the rest of the NBA and fans all over the world.

This past weekend was one for the books for the very important NBA player, having basketball fans glued to their screens Sunday

night as he made his return to Chase Center in a game against the Cleveland Cavaliers for the first time in over two years.

It was in Game 6 of the NBA finals against the Toronto Raptors in June 2019 the basketball world was left wondering about the condition of Thompson.

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# Humans of La Habra

If I could go back and tell my high school self one thing, it would be that ‘it’s just high school’. It sounds cheesy, but it’s true. I put a lot of pressure on myself in high school, where I felt I needed to be a specific type--the best student, the best athlete, the most outgoing person. None of that was bad, but to some extent it prevented me from truly enjoying the time. It’s crazy to think how fast it goes and that while it’s a small time in your life, it’s important to sit and process in order to treasure each memory and make the most of your time. Now that I’m back to school as a teacher, I try to be a positive influence in every student’s life and help them face the challenges and successes of high school. It was actually one of my own high school teachers that helped me decide what to do with my life. As my English teacher and tennis coach at the time, he encouraged me to pursue teaching, and as I continued with it through college and getting credentialed, I fell in love with it. Now I’m an English teacher, halfway through my first year here at La Habra. I just loved the idea that I could work and teach a subject I really cared about, but at the same time be around amazing students and be a part of their lives. They’re the main reason I enjoy



my job so much--I just love being able to talk with them and get to know them as people. Outside of school, I enjoy activities like baking, reading, and drawing, but my husband and I also love to go golfing or play tennis or pickleball; we just like to be outside as much as we can. We also just got a new puppy, so that has been taking up a lot of my time, but it’s so fun. I find it helpful to remember even the smallest joys that come from day-to-day interactions. I’m grateful to have such a good support system of friends and family; they make my life better every day. Even when I’m having a hard time, I know I can always count on them to be there; they are my rocks. My faith is another thing that really gets me through the hard times, and just making sure to surround myself with people who can build me up in everything that I’m



doing, whether it’s work or personal life. I try to always be honest about my feelings



if I’m not having a great day, in order to teach my students to express themselves and let them know it’s okay to feel bad. That way we can all lift each other up. Of course, another thing that brings a smile to my face any day is popcorn and peanut butter m&m’s; that’s the best combination you could ever have.

*(by Courtney Haraguchi)*

I started playing basketball in 2017. Prior to that I had played football for nine years, but in 6th grade I chose to participate in the 5th vs 6th Grade basketball game and I loved it so much that I never touched a football again. I joined La Habra NJB in 6th grade where I met Coach Jet, he was my first coach and helped me fall in love with the game and guided me to the next level. I made All Stars my first year and quickly moved on to travel ball. My first



team was Veritas and my coach was Bryan Sanchez. Bryan trained me every day sometimes for 6 hours straight. In the beginning of middle school I made the decision to take basketball seriously and work toward my goal of playing high school basketball

and eventually college ball. To reach my goal, I decided to transfer to a sports academy in 8th grade where I had the opportunity to do school at a sports facility and train every day for 6 hours. I knew I needed to push myself to the next level so I attended St. Anthony’s Academy where I had the opportunity to play for one of the most respected coaches in basketball: Coach Cavness. Coach Cav pushed me to the next level with 5 am five-mile runs and workouts that were physically and mentally demanding. The team I was playing for was The



*Photo Courtesy Paul Luna*

Houdini All Stars. This team allowed me to play alongside and against some of the top players in California. Having the experience of playing on this team really prepared me for high school basketball. When I came to La Habra I started on Varsity my freshman year and ended the year averaging 20 points per game, making First Team All League and Offensive MVP as well as helping the team become league champions. I am really excited to hit my goals for sophomore year.

*(by Allie Valentine)*



## Seniors' Last Semester of High School

by Larissa Samano

Last semester passed by with a blink of an eye and now the spring semester of 2022 has started here at La Habra High School. Seniors are getting ready to wrap up their high school careers and graduate at the end of the semester.

The Class of 2022 has definitely had a more than interesting high school experience with school getting shut down mid-spring semester of sophomore year, following up with a mostly online junior year, and just coming back in person this past fall of 2021.

It is safe to say that this graduating class didn't get the proper high school experience but is making the best out of the situation.

With just four-and-a-half months left, there are still plenty of events to look forward to, like winter and spring sports, pep rallies, prom, Grad Nite, and graduation. Of course all this still depends on Covid protocols, but seniors are very hopeful to stay in person this last part of high school. The school and district are playing every week by ear, but as of right now, everything is still set to take place on their scheduled days. Winter sports are still allowing spectators so students are continuing to show their school spirit and support their fellow Highlanders. Prom season is just around the corner and upper-classmen are awaiting the theme reveal in just a few months. Seniors interested in attending Grad Nite at Universal Studios must purchase tickets by March 1, 2022.

More information about the event can be found on the school website <https://www.fjuhsd.org/Page/1411>.

Everyone has a different outlook on the rest of this year. Some are itching to graduate while others are holding onto every last second they

can while still here. Graduation is a big milestone that everyone looks forward to accomplishing as they enter adulthood. There is a lot to look forward to and some things that are frightening, but ultimately are exciting because everyone will be entering a new chapter in their lives.

"It's a bittersweet feeling thinking about graduation," says senior Noah Rosas, "But I feel like once we graduate, I'll know who my real friends actually are." Highschool is

a time in a person's life where they are exposed to many different kinds of people and get to make a lot of new friends.

Noah has made many friends through his highschool career and hopes to keep them all after graduation. Some people grow apart, but he doesn't want to be a part of the "some people". He wants to grow up and say he was able to keep the same friends he grew up with.

Senior David Voskanyan says, "It's stressful, but I'm excited to see what the future has in store for me." A lot of seniors think the way David does. There is a rollercoaster of emotions to go through, but it is important to focus on the positives of our futures because, ultimately, the change we will all be

experiencing in a few months will be good and help us all grow to be amazing individuals.

For the most part, seniors seem to be looking forward to what's coming up but know it will be a big change. We will no longer be looked at as kids, but as young adults ready to take on the real world.

College and adulthood is just around the corner for the class of 2022 and it may come as a shock once the time for that comes. In the meantime, seniors are taking in all the great times and memories they can still make with one another before it is time for people to go their separate ways.



### IMPORTANT INFORMATION

We have enhanced sanitization procedures and implemented additional measures for distance spacing and screening.

#### THEREFORE WE ASK THAT ALL GUESTS AND TEAM MEMBERS COMPLY WITH THE FOLLOWING:

-  Everyone is required to wear a face covering during their visit
-  Wash your hands with soap and water often for at least 20 seconds
-  Practice physical distancing and keep at least 6 feet (2 meters) between your travel party and others
-  Temperature checks will be required upon arrival, and guests with a temperature of 100.4 °F (38° C) or greater will not be admitted

#### HERE ARE THE SPECIFIC MEASURES WE'RE TAKING FOR THE HEALTH AND SAFETY OF OUR TEAM MEMBERS AND GUESTS:

- Limiting capacity at attractions and restaurant venues to help ensure physical distancing
- Placing signage throughout our theme park and CityWalk to help you follow physical distancing guidelines
- Continuously and thoroughly cleaning and disinfecting all tables, chairs and high-touch surfaces
- Offering contactless payments where possible
- Requesting guests to be aware of and comply with government guidelines regarding travel restrictions and mandatory quarantines before visiting our destination
- Limiting attendance during our phased reopening

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## Valentine's Day's Most Popular Sweets

by Allie Valentine

### Heart-Shaped Box of Chocolate

By far the most popular Valentine's Day gift to give is a heart shaped box of chocolate. In early European royalty it was a tradition to give mixed chocolates to stimulate their love. It first started in 1861 when a candy-maker named Richard Cadbury packaged the chocolates in heart shaped boxes to sell on Valentines Day and has been an ongoing tradition.

Many companies will sell a variety of some of their most popular chocolates stored inside of these Valentine's Day decorated heart shaped boxes. The two biggest companies that sell heart shaped chocolate boxes are Godiva and DOVE according to topdust.com. The candy boxes go from \$15 - \$75 per box. The heart shaped boxes greatly impact the chocolate company's profit because of how popular they are to give on valentines day.



### Conversation Hearts

Conversation Hearts were a close second to the most popular Valentine's Day gift. Conversation Hearts were little hard candies with messages such as "be mine", "call me", "miss you" and more. These sweetheart candies are made in the New England confectionery company, or Necco, before being purchased by the Spangler candy company in 2018.

In 2019 the candies were no longer made after Necco went out of business. After Necco's downfall the Spangler candy company of Ohio purchased their Sweethearts Conversation candies to continue to produce them for Valentine's Day. Though the conversation hearts are back in production, consumers noticed a change in the taste and fewer pithy sayings.



### Chocolate Covered Strawberries

Chocolate covered strawberries have been around since the 1960s when a woman named Lorraine Lorusso combined chocolate and strawberries into this delicious dessert at her Stop & Shop in Chicago.

"Chocolate covered strawberries were originally paired together because they are two of the world's most famous aphrodisiacs", states grasmickproduce.com. Aphrodite Is the Greek goddess of love, aphrodisiacs foods are said to spike desire for love. Sustainablefoodcenter.org states, "Strawberries are a symbol of purity and sensuality, fertility and abundance, humility and modesty."



### Valentine's Day M&M's (Cupid Message M&M's)

For valentines day in 2008 Mars introduced an all-green bag of M&M's due to the common urban folklore that says green M&M's are an aphrodisiac. The green M&M was the only female M&M mascot from her introduction in 1995 until 2012.

Speaking about the Green M&M character, Aprildseeley.weebly.com states, "Ms. Green used her alluring ways to promote M&M's Chocolate Candies as green interrupted the pink and red traditional Valentine's Day colors."



## St. Valentine's Day Massacre

by Kayla Rendon

When you hear about Valentine's Day, your mind instantly goes to a day with flowers and heart shaped everything. However there isn't much talk about the Saint Valentine of Terni, especially the Saint Valentine's Day Massacre. Saint Valentine's real name is to be considered, Saint Valentine of Terni. He was born in Italy, in 175 AD, then died from being beheaded on February 14, somewhere in the year of 270 AD. This was because the emperor, Claudius the Cruel, at the time had discovered that Saint Valentine had been marrying people in order to keep the men from going to war and dying because of it. When Saint Valentine had done so, it was what had made him a saint, and later on a marauder. What made him a marauder was that he put his life on the line or sacrificed his life for his beliefs. Which he did, when marrying couples he had gone against Claudius's orders.

On February 14th, 1929, a north side Chicago gunfight broke out. seven men had died, however the aftermath of this gunfight resulted in 64 dead total that year. In 1924-1930 the city of Chicago had become the largest city for gang violence in the country. The two gangs that had been feuding since 1925 were led by George "Bugs" Moran and Al Capone, respectively. This dire crime had not been committed by accident, but rather an elaborate scheme committed by Capone's gang.

On the morning of Valentine's Day, 1929, two of Capone's men had disguised themselves as police officers, at the

warehouse at 2122 N. Clark Street, which was frequently used to store liquor by George "Bugs" Moran. Capone's men had lined up several of Moran's men, including Frank "Hock" Gusenberg, who had been Moran's enforcer at the time. Gusenberg was the only one still alive when law enforcement arrived at the warehouse, but refused to reveal anything before he died from his injuries several hours later.

After being lined up two other of Capone's men had come in dressed as civilians, the four men had pulled out machine guns and released 70 rounds of ammunition, on the seven against the wall. The reason this massacre had been committed was because of the tension and rivalry between the two gangs. After four years of Moran's gang hijacking Capone's shipments, killing his allies and providing competition for business, it caused Capone to reach his boiling point. Before the massacre Moran was the only thing in the way of Capone's crime syndicate to dominate over all gang activity in the entire city of Chicago.

Federal authorities, including the Federal Bureau of Investigation, had much less jurisdiction than they have today, and did not include Chicago's gang-related activity. Although this massacre isn't related to Saint Valentines Day to a good extent, it remains the most sizable unsolved crime in history that occurred on the holiday.

**(information cited from History.com)**

## A Very Highlander Valentine's Day!

by Jasper Bateman

With February coming up quickly, one of the main things on the minds of highlanders around this time of year is good old Valentine's Day. So of course as Valentine's approaches, so do the thoughts of gifts, plans, and festivities relating to the holiday!

Whether that means a night out, a night in, a nice dinner, or a bundle of gifts wrapped red and pink accordingly, everyone is in the same boat when it comes to impressing their friends or someone special!

With that being said, we're going to get right into it! Today we are going to be hearing from some of our very own La Habra Highlanders about what their plans are for the most romantic and possibly most expensive day of the year!

But there's a catch!

Since Valentine's Day is all about impressing your person or persons through love and the things you do for them, most of valentine's planning is done in secret. Giving away secret plans through an interview would completely ruin any chance of surprise. So what we've done is normally interview our Highlanders, except we've decided to keep all their plans a secret.

That's right! All our interviews today will be anonymous. Just to ensure that no secret plans or gift ideas are revealed through the paper! Today our interview-

ees will all be dubbed, "Highlander" followed by a number, and their grade level.

As we began interviewing Highlander #1, a sophomore, we learned that the plans we were going to be hearing had surely been in the works for some time now! We first asked Highlander #1 if they would be gifting their special someone with anything this Valentine's. To which they responded excitedly with, "Yes, I am! Since our anniversary is only a few days after Valentine's I wanted to get him something special." When we asked what it was he was a bit reluctant but decided to give us a hint when he said, "I got us movie tickets to Spider-Man: No Way Home since we haven't seen it yet." What a great gift! Whoever is receiving a movie date, congratulations to you and have a great time at the movies!



Next up we have Highlander #2 and junior. Once again we asked what plans

were coming for their Valentine's Day. Highlander #2 responded and said, "Well I'm not with anybody at the moment so I think my friends and I are going to do something." When we asked what their plans were we learned that they were planning on having a dress up day! They told us "We all figured it would be fun to just dress up nice and have a nice dinner in as a friend group!" Well there you have it, a nice dinner-in this Valentine's Day for this friend group!



Well there you have it everybody, from movie dates with a significant other, to a nice dinner-in for friends, whatever plans may be a brew this holiday, it sure to be a very Highlander Valentine's!

## What Does Valentine's Day Mean to You?

by Jasmin Gomez

The season of love is coming! It can mean many things to many people. Some people say it's a day to show love and affection, whereas others say it is a time to show the love of friendship to those close to you. Valentine's Day certainly has different meanings for everyone, so I decided to conduct a Q&A on different people from different perspectives on what the day means to them.



**Serenity Romero**

"I think Valentine's Day is an extra day of showing your love for someone else. I don't really see a reason for Valentine's Day because I think people should show their love and affection for another person on a daily basis, you know? My opinion could change because I'm single and stuff but I try my best to show my love to my friends even though I'm bad at it, but I still try. But I can see why people are excited for the day because it's also a pretty good day to confess your feelings or do something extra crazy or bring an extra gift you know"



**Katherine Bernier**

"Ok, then Valentine's means to love and hope to me because I am able to show the love I have for my partner/partners by showering them with gifts."



**Melissa Solis**

"It's a day where you can celebrate the love you have with your partner. Also with yourself or others."



**Amalya Vargas**

"To me, Valentine's Day means to eat a

bunch of chocolate and watch rom-coms."



**Isabella Monreal**

"Valentine's Day to me is a day that you spend with those you love whether that's your friends, family, or your significant other."



**Morgan Billingsley**

"Showing appreciation to others, and care for others such as family, friends, or a significant other."



**Jordan Zhang**

"Valentine's Day is literally a normal day to me like any other day."

# Klay Thompson is Back! (The Most Anticipated Return of the 2021-22 NBA Season)

by Bella Garcia

(continued from the front page) With just over two minutes left in the third quarter, already having 28 points under his belt, Thompson writhed in pain, landing uncomfortably after a break-away dunk attempt.

Thompson, reluctantly, was carried off the court but his durability as a player was put on display as he returned to check himself in and shoot the two free throws he was fouled on. After hitting both free throws, heading to the locker room, and time feeling like an entirety, it was revealed Thompson's left leg injury was the worst imagined— a torn ACL.

The night was a bust for Golden State's dynasty, losing a key player to a season-ending injury in a series-ending loss. Steve Kerr, Golden State's head coach, stated "You got to be kidding me...I don't know if it's related to five straight seasons of playing a 100-plus games and just all the wear and tear, but it's devastating."

With at least a six month recovery in the books to help regain Thompson's strength and mobility back, the Golden State franchise looked at playing the entirety of the 2019-20 season without one of their top two scorers on the court.

All the franchise, friends and family, and fans could do in the coming months was witness the future first ballot hall of famer do what is needed for his full recovery expected for the start of 2021-22 season. It brought everyone contentment as Thompson shared moments of his dog Rocco accompanying him throughout rehab.

But the anticipation for his return was shot when calamity struck once more. Well on his way to full recovery, in a pickup game Thompson had suffered a torn Achilles tendon in his right leg during a workout in November 2020. From an ACL injury with rehab of just six months to a torn Achilles with

rehab of eight to ten months — Thompson looked to be missing out on the entirety of the 2020-21 NBA season.

When an MRI confirmed the new season-ending injury, Stephan A. Smith, respected sports personality & analyst, expressed "I'm really sad that he's down because he makes the NBA better... He deserves all the praise in the world

because he makes the game better."

The recovery that required surgery first didn't have a set recovery time as torn Achilles varies on a case-by-case basis. The only

obvious was that much more of Thompson's time would be spent on the bench, only being able to watch and cheer on his teammates. That wasn't enough for Thompson, though, and his Splash Bro Stephen Curry commented, "He's playing pickup, he's around our practices and he's back with us in those types of situations, but he's still not on the court... And it shows how much this game matters to him."

As Thompson approached the ending of his two-year rehab he would show up and complete full workouts at the Chase Center. Thompson would enjoy private warmups in full uniform just proving Curry's point.



Courtesy Monterey Herald

As he's fully recovered from tears to his left ACL and his right Achilles tendon, Thompson's two-season absence from the court has come to

an end. Sunday, January 9th of this year at 5:30 pm, Thompson was introduced to the fans to play his first game ever at Chase Center. After sustaining two of the most unimaginably excruciating injuries for an NBA player, Thompson wanted to make sure the people did not forget the kind of player he was—how good he is.

He played, hungrier than ever to remind everyone who he is. And so he did exactly that and he showed out in the Warrior's win over the Cleveland Cavaliers 96-82. Thompson received Player of the Game with 17 points (scored the first point for the GSW, points included 3 threes and 3 rebounds) in just 20 minutes.

At the after-game press conference, Klay Thompson expressed, "I'm so grateful to compete again. It's been a long road...It was a special moment I'll never forget."

And the praise continued from all around starting at the fans, to his peers, and from additional important faces in the NBA. So there's no need to wonder exactly the kind of player Thompson would be upon his most anticipated return. So there's no need to wonder exactly the kind of player Thompson would be upon his most anticipated return because he'll continue to fuel the fire with the doubts of others.

And that is exactly what the man has done. In the seven games following his awaited return, Thompson's 2021-22 season stats show an average of 14.7 points with 2.8 rebounds and 2 assists per 13.02 minutes played.

So, whether you're his number one fan or not, we'll all be waiting to see how his return to the basketball court unfolds throughout the rest of the 2021-2022 season.

There is nothing more you could ask for from the 77th best NBA player to ever play (if you know, a snub!) the game of basketball after two career-altering injuries. There's still plenty of season left to see where both Thompson and the franchise will be led in regards to returning to their continued legendary dynasty.



Courtesy NBA.com



Courtesy Warriors InStagram (@warriors)

## Girls Varsity Basketball Hosts Buena Park for First Home League Game

by Larissa Samano

On Friday evening at the La Habra High School gym, the girls varsity basketball team took on Buena Park for their first home league game.

Right off the bat, La Habra scored the first basket to be the first on the scoreboard. From the start it was already clear the teams were evenly matched and it would be one of the closest games of the season. For most of the first half the teams would go back and forth taking the lead back, but by the end of the first half, Buena Park held the lead at 23-16.

The girls continued to fight back and were able to close the point gap by scoring a few three's, but Buena Park responded with a very physical and defensive game. They drove through the paint to score on layups and drew fouls to score a few free throws to extend their lead.

All through the fourth quarter La Habra continued to fight and score more points. As a team they scored a total of 19 points which was their highest scoring quarter. Sophomore shooting guard Natalie Poppin explained, "We

just came out a little short." She continued, "I think if we played as hard as we did in the fourth quarter the whole game, we could have won. Hopefully next time we'll come out on top." It was definitely an exciting game to watch and could have definitely gone either way.



Courtesy Paul Luna

After the game, Senior co-captain and starting center Mallory Sidoti spoke on the team's loss. She said, "I think that we all played more together as a team, but when it came to finishing at the basket is where we lacked.... You can't win them all and we just need to keep our heads held high for the next time we play them because we WILL beat them."

The girls are staying strong as they continue their league season. Natalie also added this was one of the best performances her and the team had and they hope to only go up from here.

After the game,



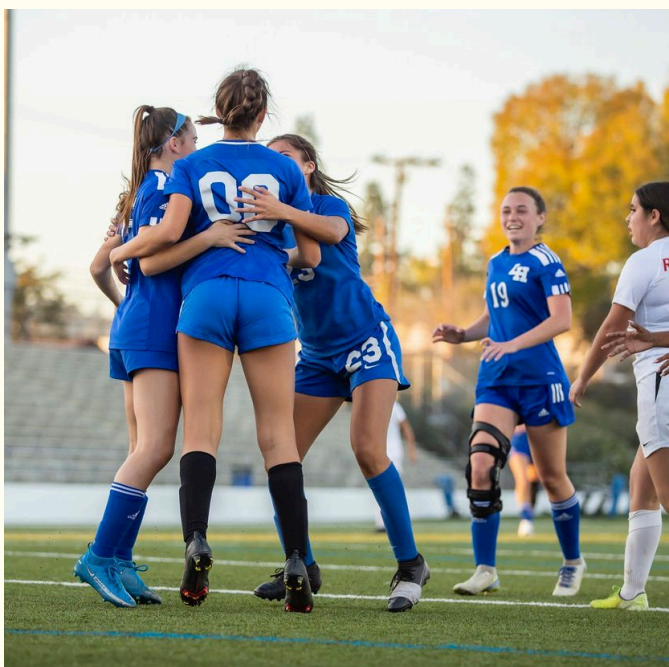
Courtesy Paul Luna

## La Habra Girls Soccer Team Plan to Win League

by Noemi Vazquez

After identifying areas where growth is needed, the La Habra Girls Soccer team has put in the work and is confident that they will rise to their full potential this season.

Speaking with senior Emily Lalama, a defensive player on the team, she states, "I think there is a lot more chemistry between the girls. Not only are our bonds stronger, but we have an amazing coach who is determined to help us succeed in our future endeavors. We have a lot more confidence than we have had in previous years." While watching them play on the field you could really see



Courtesy Paul Luna

how they have built their chemistry from previous years.

Sophomore Christina Sidoti, the team's Keeper, speaks on the age diversity of the team, saying, "We have a lot of young talent but with the upperclassmen making up most of the team it makes a good core for the team. Having younger players on the team who are solid helps the defense and star players up top making goals.

I think that we can take the League Championship." Most of the girls showing this confidence in themselves should most definitely help them on their way

to winning the League.

Although team members will admit that, in the past, there have been issues with the chemistry on the pitch, they feel that with the new head coach and the new great bond they have built they are destined to be League Champions. At the moment they lead the league with a 5-1 with their biggest competitor, Troy High School, being their one loss. After playing all five teams they go for a second round with each school; we wish them the best of luck and know they have it in them to win again.

## Porter Scores 2 as La Habra Boys Soccer Defeats Buena Park

by Jasper Bateman

As the sun ran warm outside while the rest of the Highlanders sat content in their classes during 6th period on Friday, January 14, La Habra's very own Varsity Boys Soccer team was well underway in their warmup as they prepared to take on the Buena Park Coyotes.

As the starting whistle blew at 3 pm, the game quickly got underway with high pressure from both teams looking to find an edge on one and other.

Especially after last season's confrontation between the two teams which saw a big win for the Highlanders but at a cost. Two Highlanders suffered injuries that game, first being Elit Garcia who suffered a broken collarbone as the game went into extra time. Next being Jasper Bateman who suffered from a broken foot nearing the end of extra time.

So this year's first confrontation between the two teams was sure to be a battle to the end.

Only minutes into the first half, the Highlanders asserted dominance over the pitch and the ball. With their speed through the wings and final third, precision in the midfield, and structure throughout the back line, they showed no sign of slowing down.

The Coyotes tried to adapt to the positioning and formation of the Highlanders but to no success. As the clock ran down the time left in the first half the Highlanders



Courtesy Paul Luna

were awarded a free kick just outside the left corner of the 18 yard box.

Senior Adrian Canales would be given the kick.

Finding good footing and placement, Canales found the inside of the box just forward from the penalty mark. Here he found Senior Tyler Porter who was able to make

contact with the ball using his head to flick the ball past the Coyote's keeper and into the top right corner of the opposition's goal.

As halftime ended, the Highlander's starting lineup once again took the field and prepared for another 40 minutes of play. Again the Highlanders maintained possession of the ball

1-0 advantage.

Nearing the end of the second half the Highlanders looked to get the ball forward as the Coyotes pressure was causing the Highlanders to fall back and defend. A ball was then found into the middle of the pitch from a Coyote turnover.

The ball moved up the field and eventually was passed to Senior Jasper Bateman who dribbled to the right corner flag and then inside to have a shot on the Coyote's keeper. The shot was deflected off the keeper's hands and was found once again by Bateman who was able to slide a pass across the goal to teammate Tyler Porter.

Porter made quick work of this opportunity finding the back of the net and sending the Highlanders into a comfortable 2-0 lead over the Coyotes with only about 7 minutes left in the match.

As the game neared the final minute the crowd roared and happily accepted a hard fought win over the Buena Park Coyotes.

## LHHS Colorguard Presents: *Let There Be Rain*

by Nicole Worthington

After a whirlwind of a field season this past fall La Habra High School Colorguard has now moved on to its Winterguard season where the team performs separately from Marching Band in several competitions.

This show would not have been possible without the amazing staff which includes coaches Eric

Gonzales and Mackenzie Rosales. Leading the team alongside coaches are Karina Tolentino and Nicole Worthington. This production was under the direction of Phillip Wightman.

Getting to know our fantastic team we have freshman Vania Regino and sophomores Alix Cazares, Alyssa Sandoval, Olivia Arellano and Kimberly Real. Followed up by our junior Tracy Tran and Seniors Karina Tolentino, Nicole Worthington and Baylee Gracida.

The production *Let there Be Rain* will feature multiple solos throughout the performance and here are just a few.

Tracy Tran says that "Having this solo has

been really fun, although it was intimidating at first I really enjoy dancing. Especially when the girls hype me up it inspires me more! All in all I am excited for what's in store for this season and learning new choreography."

Sophomore Kimberly Real states that "It's always scary being the only one to toss a big piece of

metal in the air, but the feeling you get when everyone watches you catch the toss is one of the greatest feelings ever. Never be afraid to try something new, that's all I can say."

The team will be making their way to several different schools performing at WGASC (Winter Guard Association

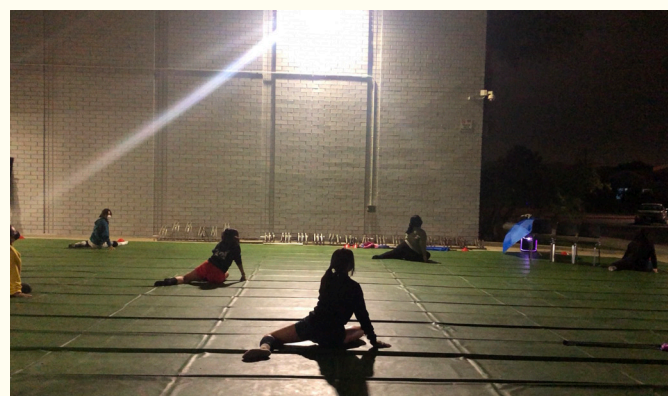
of Southern California). This organization is where schools from around the Southern California area compete in higher levels of difficulty to see which schools take the first place prize.

But for the first time ever in La Habra colorguard history, the team has the opportunity to perform in the highest bracket possible WGI (Winter Guard International). Teams from around the world will be competing against high school students and college professionals. They have a chance to learn and grow as a visual performer along with great social skills to perform in front of hundreds of people.

Before any competition coach Eric Gonzales always recites the team this message:

*Whatever you lack I got you, we will balance each other out, never set back, guess we'll make a major comeback, bad day well I promise you a better night, as long as you appreciate me and remain consistent, you will*

*never have to doubt my loyalty, you got me, I got us we are La Habra!*



## Vaccines: Why They're Vital

by Courtney Haraguchi

**(continued from the front page)** With all high school students eligible and appointments available all across the country, there was optimism for a sense of normalcy to soon return to schools.

However, numerous concerns have prevented a large percent of the population from getting vaccinated. While having worries is logical, many of these misconceptions can be easily resolved with facts and testimony from those who have gotten vaccinated. For example, some people, high school students included, are apprehensive of potential vaccine side effects. Some La Habra students shared their experience in order to help reduce fears and encourage vaccinations.

### ***What were your symptoms from getting the vaccines/booster?***

**Jacob Carlisle:** I had a few symptoms, mostly a sore arm; that and I was really tired after the second shot, but I was fine after one day or so.

**Caitlyn Konecne:** For the first two, I had no symptoms other than a sore arm and a little tiredness after the first day. For the booster, I got some symptoms like a scratchy throat and stuffy nose and I felt physically weak, but it was all mild and only lasted 24 hours and it was so worth it to be more protected.

### ***Why did you choose to get vaccinated?***

**Caitlyn Konecne:** For my mom, my nana, my aunt and uncle, my cousins, my friends, even strangers. If we want to get back to a more normal world, we need to work together, and the best way to do that now is by getting vaccinated.

**Evelyn Tejeda:** I have two nephews and a niece, and I would very much like it if they got to live in a world where they could see people's faces and get to be on a campus with other students, and not have to learn from home.

**Jacob Carlisle:** I decided to get vaccinated partly to make sure I stayed safe, but mostly to help protect my family. I'm really close with my grandparents, and my great grandmother; I saw the vaccine as my best option for protecting them.

### ***Why do you think others should get vaccinated?***

**Ariana Abel:** Even if you think you won't get it, or you won't have that many symptoms if you do, you could still pass it on, so I think if you don't get [the vaccine] you are being selfish to put other people at risk.

**Jacob Carlisle:** For me, I just don't understand why you wouldn't; the vaccines are proven to be safe and effective, and they are readily available. Besides that on a more personal level, for students I feel the more of us that are vaccinated the more likely it is that we have a normal end of senior year. A normal prom, a normal graduation, things that we haven't had for the last two years.

As of January 2022, 207 million people in the US are fully vaccinated. That is just over 60% of the country's large population. There is still a long way to go before herd immunity is reached and life can go back to a new 'normal'. The best way we can work to achieve this is by getting vaccinated and encouraging others to do the same. While motivations for getting the shot may differ, what we all have in common is a desire to protect one another. This is a chance for thinking outside oneself; we choose to get vaccinated to protect our families, our friends, even people we've never met. To shield past generations and build a safe world for those in the future. As senior Evelyn Tejeda stated so well, "a pandemic is much larger than one's own self, and we are in this together."



Caitlyn Konecne



Jacob Carlisle



Arianna Abel



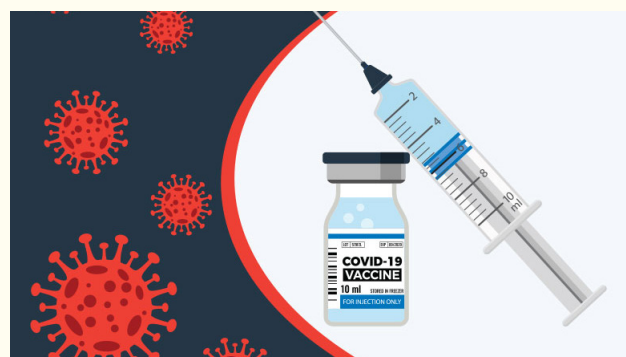
Evelyn Tejeda

## How to Continue to Stay Safe From Covid-19

by Cecilia Munoz

With over 60 million new cases of Covid-19 spiking worldwide, here are some reminders on how you can continue to prevent catching the virus by staying safe and clean.

Firstly, you should consider getting the vaccine. The vaccine helps to fight off the virus and boost your immune system. The article above this one, by Courtney Haraguchi, details student experiences with the vaccine - take a look!



Another important thing you can do to prevent catching covid is wearing your mask.

Whether you're outside or inside, it's best to wear your mask. Covid can get transmitted through the air, so your mask prevents you from inhaling the germs. Remember to wear your mask above your nose, not below or resting on your chin.



During this pandemic it's best to stay clean and sanitized. You can do this by washing your hands before eating, using hand sanitizer when touching something others have touched, and wiping down groceries and new items you're coming in contact with using

disinfectant wipes or spray.

A big factor to staying safe from this virus is isolating when you feel sick. If you have an unusual cough, a runny nose, a sore throat, or any of the symptoms of Covid, it's best to isolate yourself and stay away from others so you don't potentially spread the virus. It's also important to encourage others who feel sick to isolate themselves as well.

This should be an obvious one, but attempt to stay away from big crowds and social gatherings. Try to stay home and find other ways to entertain yourself within the safety of your home.

One last precaution you can take to stay safe during this time is attempting to order online. You can do this by purchasing your items from Amazon, or doing drive by pick up when buying your groceries. Using this you can order your groceries online, and drive up with your car for a contactless pick up.

Covid-19 is a very serious matter, and you should be as safe as possible to prevent catching this virus. Take these tips to stay safe and healthy, and remember to wear your mask.

## Was *Spider-Man: No Way Home* Overhyped?

**(Editor's Note: SPOILER ALERT for those who have not yet seen the movie!)**

It has now been several weeks since the long-anticipated movie, *Spider-Man: No Way Home* was released in theaters, but after so much talk and hype, was the movie really worth the wait?

The new Marvel movie came out on December 17, 2021, breaking many records on its debut. Many fans were bragging about getting a ticket on the release day, however, not everyone was lucky enough to land themselves a ticket. Still, many people, myself included, took advantage of the Christmas break to eventually watch the movie.

This movie was definitely heavily talked about right after coming out, the reason probably being it was the first major blockbuster since the pandemic. But with all that long

anticipation there were quite a few people who were disappointed with how the movie was and I know a few others who thought it was great and expected nothing more.

Personally, I thought it was a great movie, however, I am not a "ig Marvel fan". I enjoy Marvel movies but I don't know everything about the universe nor have I seen every movie. I thought *No Way Home* had a great amount of shock factor and was emotional enough to feel the movie in a way. There was so much that was

unexpected. For example, (SPOILERS) all three of the actors who have portrayed Spider-Man together in one film was absolutely amazing and surprised me.

Larissa Samano, a huge Marvel movie watcher who says that *Spider-Man* is one of her favorite superheroes, says that although she liked

the movie, it was definitely her least favorite of the three. "I just felt some stuff was spoiled in the movie before it came out," she says, "I don't think it was boring or disappointing, I just think those people assumed it would be like *Avengers: Endgame* when in reality it's a *Spider-Man* movie." It was also the second Spiderman movie without Ironman.

I think *Spider-Man: No Way Home* was a great movie and was more than I could have imagined it to be, however, not everyone feels the same.



Image Courtesy Marvel Studios



Photo Courtesy Nicole Samano

## Euphoria: An Accurate Depiction of High School or Not?

by Alexa De La Rosa

*(continued from the front page)* "Euphoria is such an inaccurate depiction of high school!" Bella responded, shaking her head in disapproval.

Despite the fact that her four years of high school haven't reflected those of *Euphoria*'s characters, she realized that the situations presented in the show have the possibility of being precise representations for other people her age. "The problems the characters face are serious issues a lot of students have to deal with on a daily basis, and I think it's important that *Euphoria* is shedding light onto them," Garcia added, reflecting on her own life instead of comparing it to a fictional one.

Senior Maya Velasco is a devoted *Euphoria* fan, with it being one of her top shows of 2021. Having watched every episode, she quickly saw how flawed the series

illustrated high school.

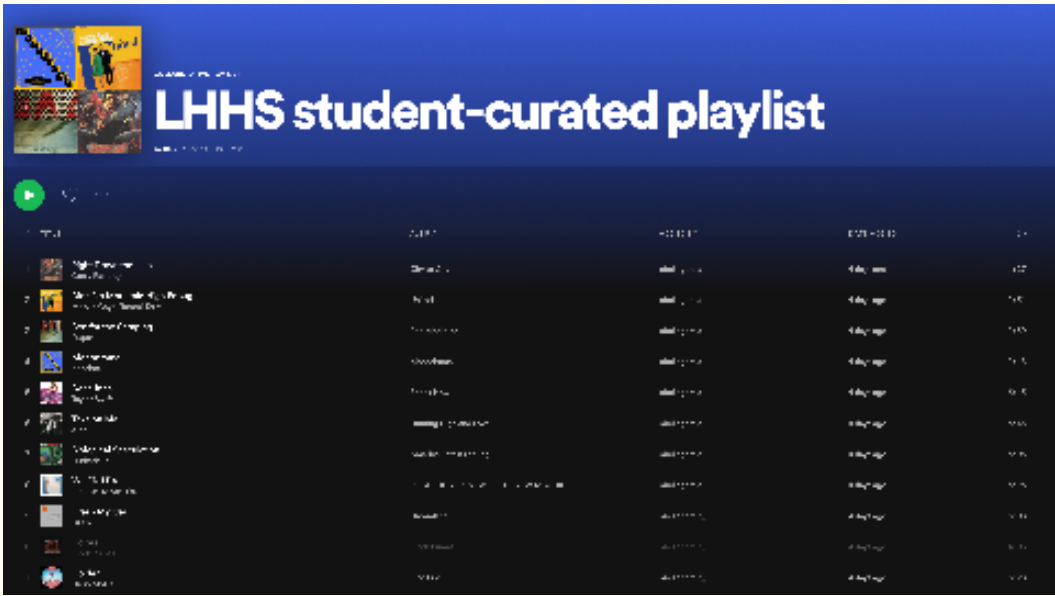
"It may be accurate to some people, just not for me. I don't do drugs, I'm not into that kind of stuff," Maya answered, acknowledging the fact that every person deals with different experiences in life. "Obviously *Euphoria* is dramatized to an extent, but I do appreciate how the directors raise awareness to topics high schoolers

struggle with," she said, lifting her hand up to list off some of those important subjects, "sexual assault, peer pressure, drug abuse, self-confidence- all of that." Nevertheless, Velasco's opinion on the show won't change the amount of times she'll rewatch the hit show.

*Euphoria* may fail at representing the normal high schooler's life, but one thing it captures well is the twists and turns of adolescence. Growing up is hard, especially upon entering your teenage years. Break ups, rumors, friend losses- those are all things we inevitably are challenged with, which is what I think makes *Euphoria* so comforting to young viewers.



Photo Courtesy HBO Max



## La Habra High School's Student's Personal Spotify Playlist

by Bella Garcia

Human nature consists of many things, reflecting on who we are and we will become a big part of it. To ring in the new year, a time where all many people do is reflect, I resulted in creating a student-curated playlist by La Habra High Schools students consisting of songs that provide insight on who we are as individuals.

The power of music truly is inexplicable and though we may not know it, it changes our being a considerable amount. From the way our brain functions, the way our body functions, inspiring creativity, and so much more, music can take the title of influencing. In fact, I've turned to it now to help me write this article (currently listening to "Silver Lining" by Rilo Kiley)!

It fascinates me, really, how the music we listen to so easily molds us into who we are internally but also how we are perceived. To elaborate, anytime I hear any Vicente Fernández song I think of my grandma, when I hear Dolly Parton's music I think of my mother, and whenever I hear early 2000s pop, I think of my best friend. So not only internally are we being affected by the music we listen to, but we are externally.

So, what better way to allow people to reflect on themselves than getting them to listen to their favorite music and tell me about it (a win for both parties, I think), then putting it all in one playlist to showcase the different music tastes LH students have, and how it makes us, us.

I'll start! To kick off the playlist, I added "Right Down the Line" by Gerry Rafferty. Do you ever come across something created by another individual and feel yourself grow immediately resentful of them for creating it instead of you? That's how I feel when I hear this song because it's just so good and

never fails to make me fall in love with it each time I hear it. Seriously, listen to it like right now, you'll understand.

Moving on, song number two is "Ain't No Mountain High Enough" by Marvin Gaye. When asked why she chose this song, senior Larissa Samano, the submitter, expressed, "Oh, you don't understand. This song is nostalgic AND makes me happy AND is from my favorite football movie." To be fair, I don't think I do understand. I've known Larissa a majority of my high school

years, she's my best friend actually, and the way her face lights up when this song is brought up or she hears it (even better)—it's like no other. She could go on and on about the brilliance of this song all day and I could listen to her go on and on all day.

Song three added by senior

Ashley De La Rosa is "Bed For The Scraping" by Fugazi. Ashley explained that the song was her Top Song of 2021 on Spotify which means it was her most listened to song. The reason she likes it so much she says is because of the tempo of the song, "It's a little more fast-paced and energetic." I had never heard this song before nor did I find it a song I thought Ashley would listen to and I've been friends with Ashley for a long time. It just goes to show how music allows people to constantly learn more about the people closest to them.

Alexa De La Rosa jumped in the conversation to then contribute to the playlist making her song choice of "Monodrama" by Benches the fourth song added. "Right now, this song resonates with my new year, that's why I chose it," she continues "it's because of the cheery beats, it helps remind me to remain positive."

Song six: "Dear John" by Taylor Swift. Mallory Sidoti, class of 2022, says, "I really like Taylor's music but

Dear John is by far my favorite song of hers. I love the vibe and the meaning behind the song." Now, I'd be lying if I said I didn't expect this answer when I posed the question to Mallory. I knew "All Too Well" she would answer with a Taylor Swift song because if you ever see her driving around school, I can promise you she's blasting one of Swift's hits.

Then we have a classic. Mallory's sister, sophomore Christina Sidoti, added "Take On Me" by a-ha to the playlist. "It's my favorite song, it's a catchy song and I like the 80s type of music." Landing a spot on the list of best-selling singles of all time and a spot on our playlist, this song could really be a mood booster. I think we all owe Christina a thank you for her addition to the playlist.

This playlist is so fun and not only does it contain songs listed above, but lots more from students that weren't named in the article. I set out to simply create a student-curated playlist and the reaction I received was really awesome; having people show me then explain their reasoning for the love they have for music is some of the most fun ever.

To access the playlist, listen, and even add songs as an LH student who is interested, click the link [here](#) to do so!

