

the accolade

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Seniors learn CPR to fulfill law

HANNAH KIM

Cub Reporter

Less than 200 seniors still need to fulfill their hands-on cardiopulmonary resuscitation training to fulfill a graduation requirement as part of a state law that went into effect this year, school officials said.

"Currently, everyone in PE is trained, and any seniors who aren't in PE are getting trained," said assistant principal Mason Morris, the lead administrator of the CPR training program. "So by the time everyone graduates, they will have gone through it."

The CPR graduation requirement stems from AB-1719, which then-Gov. Jerry Brown signed in 2016.

It requires high school students to learn how to operate an automated external defibrillator as well as perform chest compressions by the time they finish 12th grade, according to the state's legislative website.

Public schools were given the 2017-2018 school year to figure out how to fulfill the regulation by 2018-2019 school year.

Morris said Sunny Hills implemented the CPR course into all PE classes this school year and summoned seniors out of classes to get their training done before graduation.

Seniors not enrolled in PE completed the curriculum this year by getting pulled out of their Government or Economics classes, he said.

When summoned, co-chairman of the social science department and AP Government and AP Economics teacher Greg Del Crognale went to the gym in April with his college prep classes.

Del Crognale observed his students while they completed their training, ensuring they were on task.



Image reprinted with permission from Allen Whitten

HOW TO SAVE A LIFE: Seniors Sarah Rus (left) and Aleeya Mitsch practice their CPR training on mannequins in the gym in April. Public schools had to create CPR curriculums to meet a new state law for graduation requirement.

"I thought [the training] was useful. I know that the bill, AB-1719, is a state law now," Del Crognale said.

Students watched a video detailing how to use a defibrillator and perform chest compressions.

After watching it, students practiced these skills on CPR mannequins and de-

fibrillators for one period.

Once the first set of students practiced what the video taught them, they switched with their partner and worked on compressions, Morris said.

This curriculum isn't as thorough as a certification, but even those with a valid certification have to go through the train-

ing to graduate, Morris said.

Some seniors viewed the training as a very positive experience.

"It helped me understand the importance of having [CPR] in my arsenal," senior Syed Ashhad said. "Getting to do that procedure on a mannequin helped better understand how it's supposed to be done."

243 SH students volunteer at Faley Games

REBECCA CHOI

Cub Reporter

One year later, senior Jessica Bufford still remembers how her special needs buddy loved taking pictures.

"[Her name] was Ashley, and she kept asking me to take her picture after everything we did, like riding in the cop car and playing baseball," Bufford said. "I thought it was so funny and cute."

Bufford was among 243 Sunny Hills students who volunteered at the Faley Games

today from 8:30 a.m. to 2 p.m. at the soccer practice field of California State University, Fullerton [CSUF].

Named after founder Dan Faley's sister, Kathleen Faley, who passed away in an automobile accident a year after this event started, the Faley Games has been an annual "Game Day" hosted by CSUF for special-needs students across Orange County schools.

Events such as 50-yard dashes, soccer relays and T-ball are laid out on the field for the athletes to enjoy with their volunteer buddies.

The school's involvement in the Faley Games was first brought up by the PE department five years ago and has stayed a tradition ever since.

"[The Faley Games] is just an awesome event put on by thousands of volunteers," main organizer PE coach Jimmy Valenzuela said. "[There is] just so much compassion and heart that our kids see and receive from these special-needs kids throughout the day."

Transported by bus, students were supervised by Valenzuela and PE teachers Lori Pederson and John Wooldridge and

science teacher Kathy Bevell.

"[I go to see] the kids lighting up and understanding that there are people that need help in this world," Valenzuela said.

The specific activities Lancers did to help the disabled competitors today were not available at press time.

Past volunteer sophomore Tiera Park was motivated by her experience last year to participate again this year.

"Last year, thanks to my friends, I was able to have a [great] experience, so I am trying to bring my new friends this year to give them the same experience," Park said.

SENIOR SUNSET

New event calls for farewell gathering in the gym and quad before 12th-graders graduate from Sunny Hills

ELIJAH JHEE

Cub Reporter

After six years of 12th graders attending Senior Reflections, the senior class cabinet has decided to change the event to more of a social gathering. Seniors will congregate on May 28 in the gym to watch farewell videos and later go outside in the quad to enjoy the sunset and eat a light meal, organizers said.

Titled "A Wave Goodbye," the event will be held at 6:30-7:55 p.m. and will consist of various free performances from Dance Production and choir, themed video broadcasts and farewell speeches from the ASB senior cabinet members and president, said ASB senior class adviser Christina Zubko.

"I wanted the seniors to have closure," Zubko said. "I wanted them to have a chance to enjoy the sentimentality of saying goodbye to their high school careers."

Zubko said the call for a change of venue arose after she and her cabinet members sorted out responses from a Google Form survey that was given to seniors last March.

The results revealed that 75 percent of those who filled out the survey wanted to have a different gathering before graduation.



Image reprinted with permission from Allen Whitten

GOODBYES: Last May, ASB president Celina Jeon gave a speech to fellow classmates during Senior Reflection in the gym. This month, the event will be changed to a more casual affair.

"One reason why [seniors] weren't coming [was] because they didn't really understand what Senior Reflection was," she said, after hearing from administrators. "[Students] thought it was only for the academic elite."

The concept behind Senior Reflections is derived from another event known as "Baccalaureate," which was a ceremony that orig-

inated years ago, which featured speeches from ASB cabinet members and choir performances, former ASB activity director Tiburcio Garcia said.

According to a May 2014 The Accolade article, this eventually morphed into Senior Reflections in 2014 as a means to include more students.

For the May 28 "A Wave Good-

bye," seniors will first meet in the gym and watch an ASB-produced goodbye video from randomly selected teachers and underclassmen and, afterward, will move on to the quad to watch the sunset, eat tacos and talk with fellow classmates. Additionally, seniors will have the opportunity to write messages to fellow classmates in the month of May, which will be

ut on the jumbotron, Zubko said.

Senior class president Almas Jaleel said she will be one of the cabinet members who will be speaking at the event.

"It's surreal that high school is almost over, so we have to make the most of it," Jaleel said. "[Senior Sunset] is the one last event for the seniors to enjoy each other's company and reflect on the past four years together."

Senior Daniel Guerrero said he's looking forward to attending.

"I think the senior class should like it because it'll provide us with another opportunity to get together and create good memories," Guerrero said.

However, Zubko said graders seniors give the venue a chance.

"Because it is casual, I think it will be fun but will also have all the components of Reflections, which we had in the past at Plummer," she said. "This will be the last time students have time to spend with their friends on campus."

RELATED STORY

Column: Senior shares her eagerness to attend Senior Sunset in the gym and in the quad instead of having to dress up like in past years.

See Opinion, page 6.

District survey given to 12th-graders in April

DANIEL KONG

Cub Reporter

Seniors in English classes took a revamped version of a senior survey last month as part of the Fullerton Joint Union High School District's intent to track students' career choices after graduation.

"I wish we did [the senior survey] earlier because it would have been cool to know where Sunny Hills alumni ended up," senior Erin Kwak said. "It would be nice information to have as a student going into college and as someone who is going to be working even-

tually."

Although some seniors thought of it as a good idea, others disagreed.

"I think it is a hassle since there are so many graduating seniors each year," senior Annabelle Vidrio said.

Sunny Hills is the first and only school in the district to have administered the senior surveys.

The district contracted with Bayha Group — a company that works closely with school districts — to develop the district-wide surveys.

Two surveys were given. The first survey asked seniors about

their future plans, how prepared they feel to perform those future plans, which colleges accepted them and so forth.

The second will be emailed to the students about six to eight months after graduation and will check on how the students are doing.

"The senior surveys are crucial for the success of a district," Bayha Group outreach manager Carmen Tovar said. "The district is listening."

Currently, the district is in process of finding ways to encourage seniors to fill out the survey in the future after graduation.




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Journalism students earn recognition

REBECCA CHOI

Cub Reporter

Participating in write-off contests, problem-solving breakouts and hands-on workshops, seven Sunny Hills students won awards at an April 25-27 national journalism convention at the Hilton Anaheim Hotel.

According to anaheim.journalismconvention.org, the National Scholastic Press Association and Journalism Education Association event — held once in the spring and once in the fall — is the largest gathering of high school journalists in the country with an attendance of over 4,000 delegates.

Among them, one student from *The Accolade*, one from the Journalism 1 class and five from the *Helios* staff took home certificates in their respective categories.

“I’m very proud of [the] students’ accomplishments at the write-offs,” Journalism 1 teacher and *Accolade* adviser Tommy Li said. “Though not everyone who competed won, I’m just pleased that we had some students who were willing to even go to the convention.”

Accolade Editor-in-Chief senior Noah Somphone was one of two students who won a “Superior” for his editorial about the ban on straws in restaurants.

“[The topic] wasn’t something I was super passionate about, so I had a hard time taking a side,” Somphone said. “I walked out of the room thinking I’m never getting an award ever, but when they called my name, it was crazy.”

Competing in the commentary category, sophomore Journalism 1 student Hannah Kim received an “Excellent” certificate — one of 15 others — for her column about the same straw ban topic.

“To find out I got ‘Excellent’ in



Write-off stats from the April 25-27 national journalism convention in Anaheim.

- 1,201 registered competitors
- 296 Honorable Mentions
- 14 Excellents in Commentary Writing
- 176 Excellents and 85 Superiors awarded in total

Source: Journalism Education Association
compiled by Hannah Jeong



TOMMY LI | theaccolade

HEAD OF THE PRESS: *Accolade* editor-in-chief senior Noah Somphone celebrates his Superior award in editorial writing April 26 at the journalism convention in Anaheim.

a national competition was really ground-shaking,” said Kim, who competed in two other write-offs earlier this year.

Yearbook staffers also earned awards at the “Excellent” level. Among them were juniors Olivia Hur for copy/caption: academics, Jasmine Kim for first-year photo, Kaylee Kim for copy captions/club and Yun Seo Lee for yearbook theme.

Sophomore June Kim earned an “Honorable Mention” for copy: sports.

“This was their first time competing nationally, so it was really exciting to see them do well,” yearbook adviser Lindsay Safe said.

FBLA JOURNALISM AWARD

During the same weekend, the

State Leadership Conference took place in Sacramento for students involved with Future Business Leaders of America.

Sophomore Andrew Ngo placed first out of 120 students in the journalism category and second out of 40 students in the business math category.

“It’s really surreal [that I got first], and I’m still in shock,” said Ngo, who is also taking Journalism 1.

Because of his high placement, Ngo said he plans to compete at the national level from July 27 to June 2 at San Antonio, Texas.

“I felt pretty confident on topics that we went over in class,” he said. “[Our class] spent a lot of time studying libel and AP style.”



ANDREW NGO | theaccolade

DOUBLE OR NOTHING: Journalism 1 sophomore Andrew Ngo holds his two plaques April 27 from a Future Business Leaders of America conference in Sacramento.

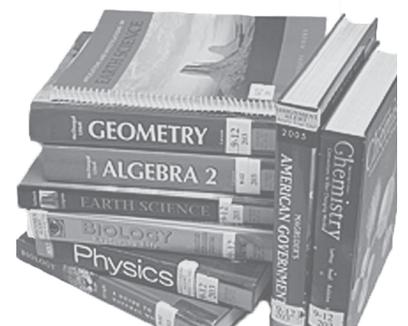


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AG students win state title

ELIJAH JHEE

Cub Reporter

For the first time in Sunny Hills history, four agriculture students received first place in the Future Farmers of America Fruit Tree Judging competition at California State University, Fresno.

"I think a part of the reason why the [students] won was that they were willing to learn and give 100 percent," agriculture teacher Brian Kim said. "The [students] were so open and adaptable to the competition that it led to their success."

Seniors Alianah Bess and Katelyn Black and juniors Clarissa-Cloe Hamby and Daniela Tanasugarn won a first place trophy with an 11-point lead, beating eight other teams after determining the productivity of plum, almond, peach and nectarine trees. Students evaluated the efficiency of trees by considering factors such as size, framework, pruning, vigor, fruiting and health, Kim said.

"Eleven points in that competition is really significant," he said. "In the past, [students] would come in third and lose by four or three points."

At the Fresno competition, the group of students were already amazed from being one of the two last remaining schools during the award ceremony and became



Image reprinted with permission from Brian Kim

AG RECOGNITION: Agriculture teacher Brian Kim (left), senior Alianah Bess, junior Daniela Tanasugarn, junior Clarissa-Cloe Hamby and senior Katelyn Black pose with the award after winning at the Future Farmers of America Fruit Tree Judging competition.

even more astonished when the judges announced them as state champions.

"I thought second place wouldn't be so bad, but [Delta Charter High School] was announced, so I was so shocked," Tanasugarn said. "[Winning the

title] was such an exhilarating experience, especially since this is only my second year competing."

The SH team had a regional disadvantage because the lack of fruit trees growing in the area prevented them from analyzing real-life fruit trees. As a result, the

group was viewed as an underdog by opponents because they only had access to pictures, Kim said.

Furthermore, judges scored students in two 50-point categories: reasoning and justification. By focusing on the reasoning portion of the competition, the SH

students guaranteed to score high on at least one part of the contest, Kim said.

Black agreed on Kim's assessment of the team's obstacles.

"[Not being able to judge trees] was the hardest part of the competition," she said. "By looking at only pictures, we could only focus on a certain part of a tree."

Before the Fresno event, the same group of students had already competed in the same category at three locations — California State University, Chico, Modesto Junior College and Gridley High School — on March 9, 23 and 30 respectively, none of which ended with the team winning a state title, said Kim.

Taking into account her team's previous events, Bess realized how dedicated she had to be to take home the top prize.

"[The group of students] knew that if we wanted to win a state title, we had to go the extra mile," she said. "We put our all into the [competition] and remained calm and confident."

Kim said he appreciates his students for their commitment and hopes that such a significant achievement will motivate the returning students when they're seniors next year.

"I'm hoping it will inspire other agriculture students with a, 'you can do anything,' mentality because this is proof," he said.

Bill to allow schools to restrict phones on campus closer to legislative vote

GIANNE VELUZ

Cub Reporter

California State Assembly member Al Muratsuchi has introduced Assembly Bill 272 that, if enacted, will allow the governing board of a school district to decide whether to ban the use of cellphones in classrooms for educational purposes.

The bill passed out of the assembly in a bipartisan vote on Thursday and is moving on to the Senate Committee.

Many students have a cellphone that they carry with them at all times to communicate with others, check their grades, listen to music and use as a tool throughout the day.

Though there are productive ways to use cellphones at school, Muratsuchi has done research to show that bill AB-272 would be beneficial for school districts to adapt.

"Growing evidence shows excessive smartphone use at school interferes with education, encourages cyberbullying and have adverse effects on teenage mental

health," Muratsuchi said.

The bill will not force school districts to ban the use of cellphones but instead will make a decision on whether or not they would like to restrict students from using their cellphone during class.

"This bill will encourage school districts to adopt their own policies that strike a balance between allowing appropriate student use of smartphones," Muratsuchi said.

According to the bill's law as amended, "in September 2018, France adopted a nationwide smartphone ban in all primary and middle schools in order to promote pupil achievement and healthy social development."

In response, principal Allen Whitten said the number of times that students at Sunny Hills use their phones does not seem to affect their test scores, and if it does, the effects are minimal.

As far as imposing this ban, Whitten said that students are connected to their phones, and that regulating cellphone use would be a challenge.

"I think it would create a lot of headaches on our campus," said Whitten, who refers to the complications that would come with new rules and regulations.

Many school districts have already banned the use of cell phones in class and require them to be turned off and put away.

Assemblywoman Sharon Quirk-Silva voted in favor of the bill in the State of California Committee on Education at the April 10 assembly meeting.

"I support AB-272 because it will encourage school districts to be proactive at a local level in creating a positive environment for students and teachers," Quirk-Silva said. "This bill will encourage our educators and school district officials to take a proactive approach in creating policy that will have a direct effect in our student's life."

RELATED STORY

STAFF EDITORIAL: Students should oppose AB-272.

See **Opinion**, page 6.

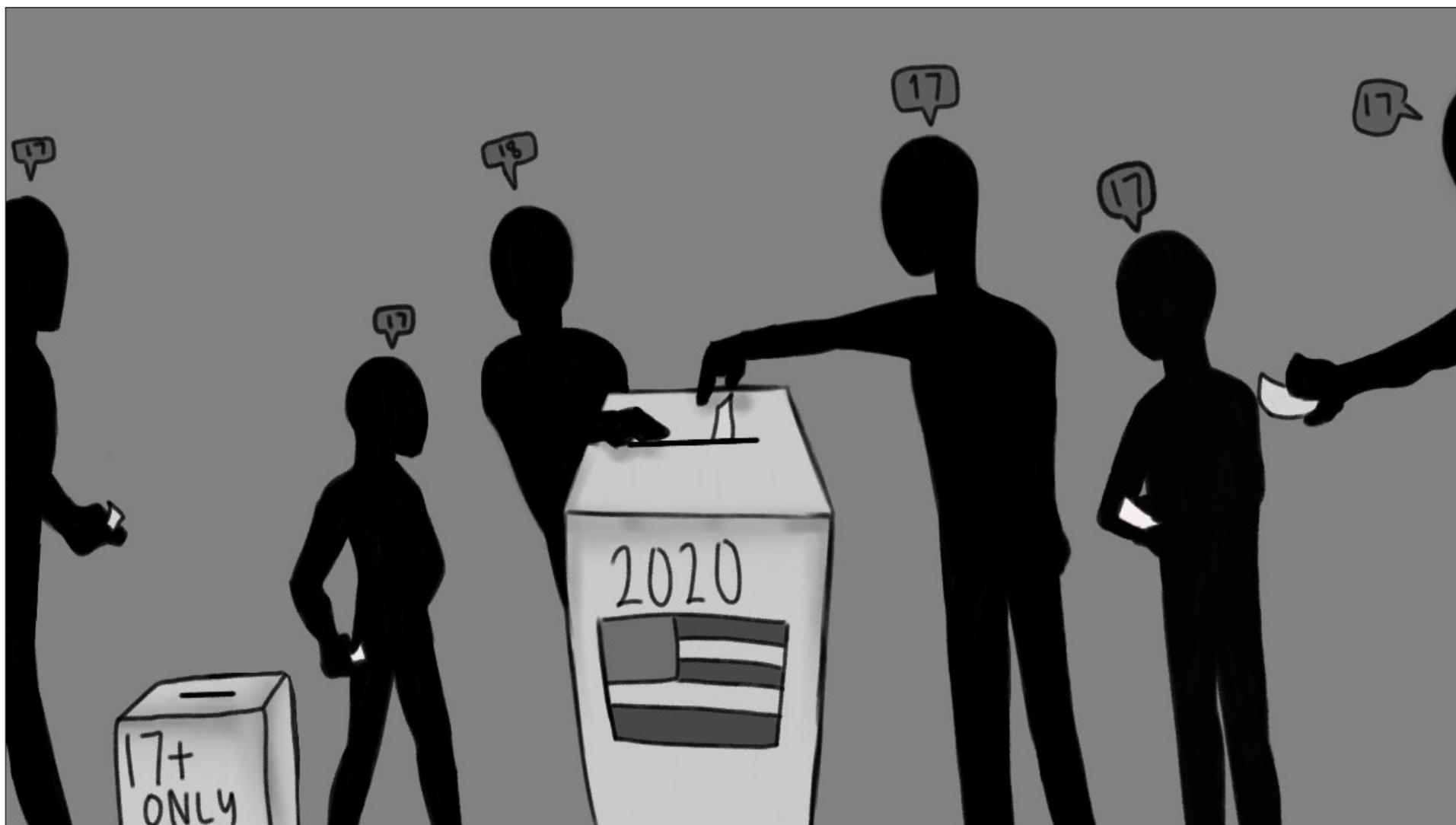
CURRENT PHASE:
Passed California State Assembly on Thursday with bipartisan votes

AFTER:

- Senate Committee
- ↓
- Senate Floor
- ↓
- Governor of California
- ↓
- State-wide Law

Compiled by Hannah Jeong

Sources: Al Muratsuchi and Quirk-Silva's offices



ERIN LEE | theaccolade

Bill to allow 17-year-olds to vote smart idea

JACK LEYDIKER

Cub Reporter

Voting is the most basic civic duty of all American citizens, and being a teenager doesn't exempt us from that responsibility.

Teenagers are taught to get out to the polls from an early age, participating in sixth-grade presidential elections and later, in the ASB class elections during high school.

Though our education system stresses political interest, teenagers are not allowed to vote in primary elections even if they plan on voting in the next general election. A California assemblyman wants to change that and is pushing a bill in our state legislature in order to make his vision a reality.

Assemblyman Kevin Mullin, D-South San Francisco, proposed bill ACA-4 on Jan. 19 to the California State Legislature that will make it easier for more Americans to vote. The bill's intent is to increase voter turnout and facilitate voter registration, according to Mullin's website, a22.asmdc.org.

This measure will allow 17-year-old Californians to vote in primary elections if they turn 18 before the next general election. For example, in the upcoming 2020 primary election, registered Democrats will vote to choose their Democratic candidate for the general election. Later, the nation will vote between the Republican and Democratic candidates.

Though Mullin's bid to pass a sim-

The bill: ACA-4

What's it about? Would allow 17-year-olds to vote in primary elections if they turn 18 before the next general election.

Bill sponsor: Assemblyman Kevin Mullin, a22.asmdc.org

Compiled by Chloe Lee



ilar proposal failed in 2013 and 2015, it's important to not let this opportunity slip this time around, as voters should contact their legislative representative to

voice their support for its passage. Not only will it allow prospective voters like us to cast their ballots in the next election, but it could also potentially increase voters' political maturity.

While the amendment does not propose lowering the voting age nationwide, an Austrian study published in 2013 in the *Journal of Youth Studies* found that as Austria lowered its voting age to 16, Austrian youth became more politically mature. Though Mullin's plan does not aim to lower the American voting age, it would ensure that 17-year-olds still receive this boost in political maturity by being asked to participate in their democracy.

According to a22.asmdc.org, in the 2014 general election, only 5.2 percent of 18-year-old Californians voted. While young Americans don't vote on the high

levels seen elsewhere, a 5.2 percent voter turnout is practically laughable.

That's a big deal. A high voter turnout ensures that American democracy is representing who it's meant to represent — the majority.

The more voters turn out to the polls, the more voices are represented in government.

One of the main arguments proponents of Mullin's bill make is that by allowing younger voters to choose presidential candidates in the following general election, California will engage a wider voting base. This would encourage younger voters to get out to the polls.

“If we’re asking teenagers to be involved in this process, they should be involved in the whole process, not just 50 percent of it.”

“[This bill] is a piecemeal approach for trying to get more young people involved in the voting process,” Mullin's legislative aide Laura Fitzgerald said. “If we're asking teenagers to be involved in this process, they should be involved in the whole process, not just 50 percent of it.”

In addition, California is not the first to hear this debate in its legislative committees. 17 other states already allow 17-year-olds to vote in congressional primaries, and many of these states have had success with implementing their policies. Maryland seems to be leading this movement, registering 13,000 17-year-old voters in the 2008 primaries once it amended its constitution. Those numbers are disproportionately higher than the rest of the country's statistics.

The main argument against allowing this bill to pass is the notion that 17-year-olds are somehow too unaware and not politically motivated enough to participate in the American civics system. That thinking is flawed: How can 17-year-olds exhibit political immaturity in a system from which they've been excluded?

If lawmakers are worried about the nation's shrinking young voter turnout, the least they could do is pass this bill. Mullin's plan ensures a strong, stable voting base for generations to come and will revitalize young Americans' civic ambition.

Mullin's bill is still pending a review after months of legislative inaction. The Assembly Rules Committee has not taken any action on the bill since February ... and some adults call *us* politically unmotivated.

STAFF EDITORIAL

Hang up on phone restriction bill

Expect a lot of complaining and nomophobia (no-more-phone phobia) among students if Assembly Bill 272 passes.

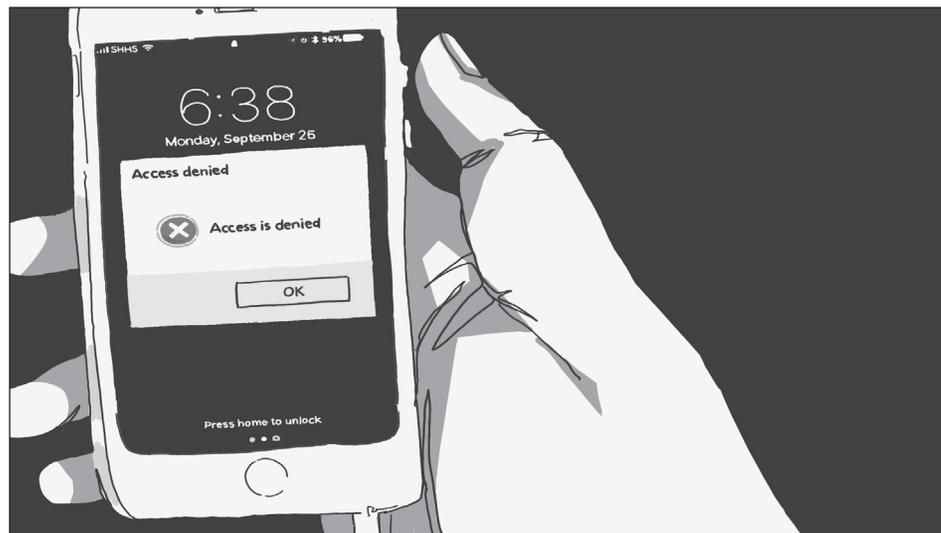
Earlier this year, Assemblyman Al Muratsuchi, D-Torrance, proposed this measure, which suggests “the governing body of school district[s] ... may adopt a policy to limit or prohibit the use by its pupils of smartphones while the pupils are at a school site.”

The issue with this bill starts with the word, “may.”

This means that school policy won't even be affected if this measure passes; AB-272 doesn't demand schools to prohibit or restrict phones from campus but only serves as a message that “the state of California supports this” if and when schools pass future phone restriction rules.

If the Fullerton Joint Union High School District does approve a phone limitation statute, the district must dedicate time to determine appropriate situations to use phones and create consequences for violators.

This is a waste of time since many classrooms already have see-no-phone, hear-no-phone or have-no-phone-because-it's-in-the-hanging-pocket systems like AP Psychology teacher Greg Abbott, Korean teacher Joseph Ok, math teacher Kari Morita and science teacher Kathy Bevill (to



CECILIA LEE | theaccolade

name a few).

AB-272 also mentions when students should be allowed to have their smartphones, including during emergency situations for self-defense. The teacher or administrator may give permission if a student needs it for medical reasons or the student is on an Individualized Education Program.

Although this measure will most likely pass because California's lawmakers are informed of high school students' reduced performance at school because of phones, school policy won't change, especially

since teachers have realized smartphones' convenient abilities to communicate with students through apps like Remind.

If passed, school would stay the same unless the district bans or limits phone use here. If they do, having no phone would definitely take some time getting used to.

Meanwhile, we encourage students to take action and contact their local legislative representatives and voice their opposition to the proposal.

Tell them to vote no and hang up on this plan to possibly restrict or ban our use of mobile devices in the classroom.



ERIN LEE | theaccolade

Senior sunset event better than traditional Reflections



allisonLouie
Feature Editor

When my older sister Emily graduated three years ago from Sunny Hills, I remembered her being away from home for a couple of occasions near the end of the year.

I didn't think much of it since I was busy with finals.

Now that I'm in the same position as her, I can understand why she went off having fun while my younger self suffered.

For the next upcoming event, the Class of 2019 will celebrate “A Wave Good-bye,” a Senior Sunset event, on May 28

(same day as senior breakfast) from 6 to 7:55 p.m. It's similar to Senior Sunrise, but the event still holds excitement among the seniors. I'm pretty excited about this event because it is new and because it replaced the Senior Reflections.

Since 2014, the senior class would always have Senior Reflections, a day that allowed seniors to say goodbye to high school by taking pictures with friends in their caps and gowns and also reminisce their time here.

I didn't like the idea of coming to school wearing my outfit, which should be reserved for that special day only. Plus, we could have more fun spending our last moments here with everyone, which I like a lot since it includes the underclassmen.

SEE SENIOR SUNSET • PAGE 7

Letter to the editor

I enjoyed the news article about Sunny Hills being recognized as a California Distinguished School.

I have noticed signs about it around campus and wondered what they were for, and this article informed me.

—Abigail Haan, sophomore

The Accolade welcomes letters to the editor with full name and sent to theaccoladeshhs@gmail.com.

The staff reserves the right to edit. Go to shsaccolade.com for more letters.

For the record

The Accolade regrets the following error from the March 22 issue: In a feature article titled, “Students weigh in on plans for one-week spring break,” sophomore Kathryn Aurelio's first name was misspelled, and her family drives their own car to the beach not just during spring break, but throughout the year. For spring break this year, Aurelio and her family actually traveled to New York.

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Helicopter parents need to expect less from their kids



andrew Ngo
Cub Reporter

Just a few weeks ago, a friend of mine suddenly transferred to a high

school about 30 minutes away. I talked to her about it, and she told me the reason why — she had a B on her transcript.

Intrigued, I found out that her dad had threatened to pull her out of Sunny Hills if she had a B on her semester report card.

I also found out about her experiences in which she had to call her dad every 30 minutes while she hung out with her friends.

This got me thinking about why he would make her do such a thing, and I stumbled across the term “helicopter parenting.”

First appearing in the book *Parenting with Love and Logic* by Foster Cline in 1990, helicopter parents have made their

rise over the past few decades. Also commonly referred to as “hover parents” or simply, “helicopters,” these adults are known for their tendency to overprotect and intrude on their children’s lives. They’ve made headlines for calling professors to raise their child’s grades and even enrolling them in college classes to ensure that their child does well in school.

Yes, they have good intentions — who doesn’t want to help their child succeed? However, a very serious problem develops from the intervention of a growing person’s life.

It’s important to remember that we teenagers are still growing. The first 20 years or so of our teenage lives may mold us into the person we will become as a full-fledged adult. Then, once parents get in the way, they restrict their children’s opportunity to learn and grow, which just so happens to be the whole purpose of maturation.

In my AP Psychology class, I’ve learned about this psy-



ERIN LEE | theaccolade

chological theory called drive reduction. Essentially, it’s the theory that removing or lessening the extent of your drives or issues in one’s life leads to our motivation.

This explains why helicopter parents exist. A potential kidnapper could be loose in your city; a shady figure could be lurking at the playground. And don’t get me started on what could happen if you got a C- in algebra.

I’ve had the lucky opportunity to live my life without helicopter parents.

I get to walk to my tutor

whenever I need — whether it’s raining or pitch black outside. After almost being run over by a bus, I’ve learned how to walk on the urban streets of New York City and Philadelphia by myself. The common theme with these: I was not stopped by a parent.

My point: Let the kids live a little.

If they don’t live now, when will they ever? They need to learn, and learning by experience is the most effective way of getting an idea in the head of a 7-year-old.

Don’t be the bad “cop” in helicopter.

FROM PAGE 9 SENIOR SUNSET

I am glad to have this event now since senior class president Almas Jaleel said the Class of 2018 wanted to add a Senior Sunset event, but there was no room to fit.

I’m happy to have it this year because I could celebrate the last moments here with the whole school. There are some underclassmen who I got close to, and I want to be able to spend some time with them. And, I want to enjoy the end of the year rather than spend it in seriousness and sadness.

On Jan. 24, during my fourth period, my English class was asked to participate in a poll, where we had to choose between having a Senior Sunset or Senior Reflections.

My friends all decided to not pick Senior Reflections, since they were not sold by the idea, and they also wanted something similar to Senior Sunrise, which we all liked in October. Agreeing with them, I clicked my choice and sent it in.

When I found out that 75 percent voted to dump Senior Reflections, I wasn’t too surprised since a lot of people preferred the idea and wanted to enjoy the perks the event promised: food and entertainment.

I also looked up on Google that other schools such as John W. North High School in Riverside made their Senior Sunset a pool party.

Last year, the school’s senior class swam, played games and ate food while watching the sunset. Even though it seems difficult to set up now, hopefully, the senior class cabinet could make this happen for the next graduating class.

“A Wave Goodbye” makes me feel more eager with anticipation, as I am looking forward to eating tacos and watching the videos from the staff.

I enjoyed every assembly that included funny anecdotes or segments from the teachers, and I look forward to seeing what they have in store for the seniors when this event comes.

While the sun sets on our time here at Sunny, the memories we made here are precious and will last.

Speech and Debate provides all-around benefit

KATHERINE KIM

Cub Reporter

Whether it’s in the home or with a friend, arguments happen on the daily. Since this is the case, why not turn this natural occasion into a deep, intelligent conversation based in a classroom setting?

Speech and Debate should become an elective because it offers both knowledge and class credit, and it gives students more choices in joining courses they will genuinely like.

Taking this class will supply students with the skills they need to communicate, as it improves students’ public speaking and writing. With the elective’s emphasis on impromptu speaking, it develops excellent communication abilities and teaches students to think on the spot.

As of now, Sunny Hills has a Speech and Debate club on campus. Because it is student-run, they decide what competitions

they compete in and when to practice.

The club at school has 10-15 dedicated members who meet once a week, and for the past three years, the club has been competing in the Orange County Speech League and has recently tried to expand to leagues outside.

AP Psychology teacher Gregory Abbott took the position of speech and debate club adviser here at Sunny Hills. Abbott said that they never tried to make it a class, but said he could see it working.

One of the reasons making it a class isn’t a goal was because a lot of students in the club are in IB, a challenging and internationally recognized program. He said the “biggest problem is that the ones who are in the club have schedules that are so full.”

Having a class can give students a way to get class credit while also learning new topics. It can improve English skills, a be-

nefit for the school when students take standardized tests.

But for Speech and Debate to actually become a class, a certain number of students need to join the program.

However, that shouldn’t be a problem; many students have shown positive reactions, saying that it would be a fun class to take and have displayed an interest toward the debate elective. Many students have taken these classes in junior high, and people in the club say they love it because they learn to analyze current issues and solve them.

If this class forms, it’ll be no surprise if many students join the program.

However, if another class is added to the long list of electives, it might negatively affect other classes. While taking this class may hurt other electives, there are many merits that speech and debate provides.

It allows students an opportu-

nity to develop skills in critical thinking, research, organization and persuasion, while also helping students to learn to accept constructive criticism from judges and fellow classmates.

A class that helps a student express themselves shouldn’t be ignored for the sake of another elective that is struggling. More importantly, adding this class can offer a number of benefits for the school’s reputation.

Students who have participated in these events have won medals and said that creating this class can motivate healthy competition between students and inspire students to reach for higher levels.

Students deserve a school that offers courses to fit a student’s needs and wants to prepare them for the future. Providing a speech and debate class can enforce a better schedule for a student and contribute to more participation at school.

“A Wave Goodbye” makes me feel more eager with anticipation.

Key changes in SH computer science classes:

'97 - '98

- Computer Programming: Advanced Topics
- Computer Programming: Basic
- IB Computer Programming in C (AP)

'99 - '02

- Computer Programming: Pascal
- IB Computer Programming in C++ (AP)
- Computer Programming: Visual BASIC

'06 - '11

- Computer Programming: Visual Basic
- AP Computer Science A
- AP Computer Science AB
- Fundamentals of Programming

'19 - '20

- AP Computer Science A
- AP Computer Science Principles
- Coding and Gaming

Source: A-G Policy Resource Guide

Graphic by Hannah Yi

Computer science aims to

CHARIS LEE

Cub Reporter

Sunny Hills High School could become the first campus in the Fullerton Joint Union High School District to offer a coding and gaming class when the 2019-2020 school year begins.

School officials said that as of April 18, they are still in the process of looking at whether or not enough returning students — at least 28-30 — will sign up for the elective.

If so, they will begin the process of hiring new instructors, since there are not enough to teach the additional classes.

AP Computer Science student junior Yeajin Lee plans to enroll in the coding and gaming course.

"I think that being enrolled in more computer science classes will allow me to be more prepared in college because I will know the basics of it," Lee said.

Sophomore Austin Jung, another student with programming experience, feels that as more students are introduced to the computer science field, more engineering pathways will open.

Adjustments of different classes, like gaming and coding, University of California [UC] A-G accreditation and programming languages are the most recent examples of how much the SH computer science program has changed over the years.

AP Computer Science teacher Myra Deister advocates students to take her class and encourages the growing interest in the coding field.

"When I first found out that Robert C. Fidler Elementary School had 10 students in AP Computer Science Principles, I thought it was great," Deister said. "Parks Junior High School is also going to do it next year, and I think it's totally appropriate, but I feel that the students have to be strong."

Sunny Hills offers three divisions of computer science for the 2019-2020 school year — Computer Science Discoveries, AP Computer Science Principles and AP Computer Science A.

"Within these divisions, the programming languages have shifted from Pascal in 1997-1998, C++ from 1999-2003 and most recently to Java, a program used since 2004," Deister said.

Certified by the College Board, AP Computer Sci-

program for success



ANNIE CHOI | theaccolade

CLICKING AWAY: Senior Christopher Kim (center) works on the computer desktop in his Computer Science AB class. Sunny Hills' computer programming courses have increased over the years.

ence now meets high school science and math requirements.

The A-G requirements — a series of academic subjects needed on students' transcripts to be eligible to apply to a UC school — have also made room for computer science courses.

As specified by the SH course list certified by UCs, the very first AP Computer Science classes were Computer Programming: Adv. Topics, Computer Programming: BASIC, IB Computer Programming in C (AP) and IB Pascal (AP) in 1997.

"All the classes before were only counted as elective 'G' credit," Deister said.

In 2018-2019, Computer Science Discoveries was the only class not considered as an elective, fulfilling the "Laboratory Science" requirement (labeled "D").

However, for the 2019-2020 school year, all computer science classes satisfy the "Mathematics" or "Laboratory Science" criterias.

AP Computer Discoveries and AP Computer Science Principles fills the "Laboratory Science" requisite (labeled as "D"), and AP Computer Science A meets the "Mathematics" requirement (labeled as "C").

Though it's still uncertain who will teach the new coding and gaming class, the buzz for this subject is beginning to build.

"Computer science is something that is so important to this generation as technology advances day by day," Lee said. "It's going to be a popular class and will represent our school better."

Student taking Comp Sci exam gets perfect score

HANNAH YI

Asst. Feature Editor

He's too modest to call himself a genius, but such a title is befitting of anyone who can earn a perfect score on an AP exam.



Daniel Shim

And that's what happened to junior Daniel Shim, whose result on the May 2018 AP Computer Science A test showed he "[earned] every point possible," according to a March College Board letter sent to Shim and principal Allen Whitten.

"To be honest, I was a little upset to see that [the announcement] was late," Shim said. "However, when I saw the letter, I was like, 'OK, cool,' because for me, it wasn't super important, so I wasn't happy or mad."

The College Board owns, writes and distributes all AP tests to schools that offer them to their students.

In the letter addressed to Shim, College Board's Trevor Packer, senior vice president of AP and instruction, writes. "You not only received the top score of 5 but were one of only 193 students (amounting to just 0.295 of 2018 AP Computer Science A Exam takers) from around the world to earn every point possible on this difficult assessment."

The exam entails two sections with 40 multiple choice questions to be answered in one hour and 30 minutes. Question topics include programming fundamentals, data structures, logic, algorithms and problem solving, object-oriented programming, recursion and software engineering, according to the College Board website.

Students are then given a four-question free response portion in one hour and 30 minutes, testing their abilities to solve problems involving more extended reasoning.

"I was pretty confident after the test, but I didn't think I got a perfect score with no mistakes because I am not perfect," Shim said.

Online: Take a look at our website to read more. The article can be found on our homepage, shhsaccolade.com.

AN EPIC COLLABORATION

SH team partners with middle school students in robotic competitions, giving them an exclusive opportunity to learn mechanics of engineering and teamwork

SYDNEE TALLANT

Cub Reporter

They call themselves "i⁴," which means one in math.

That represents the team effort between students from Sunny Hills' Engineering Pathways to Innovation and Change [EPIC] and students from Nicolas Junior High School's robotics program.

"The reason why we decided to collaborate with Nicolas is because the team would work in my house, and since I'm going to college, it would be hard for my parents to keep the team," team captain senior Yash Nandwana said. "So by joining [with Nicolas], we were able to keep the team going after I leave for college."

The i⁴ team competed in Orange County Regionals on Jan. 28 and Los Angeles regionals March 21-23, placed 34th and 22nd, respectively, against 50 teams, team member and eighth-grader Jeffrey Tran said.



Ethyn Gunther

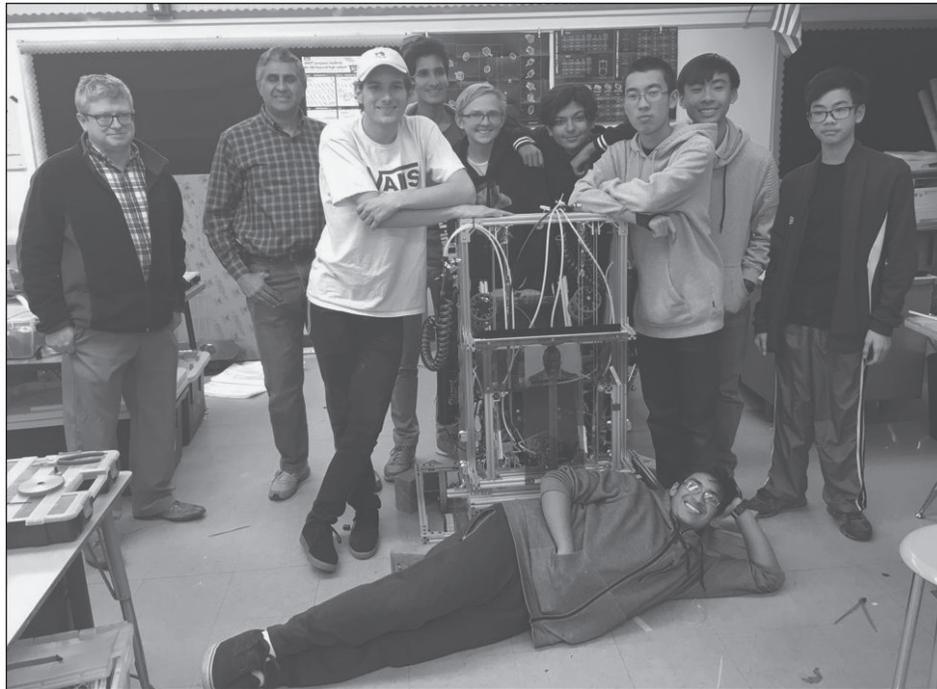


Image reprinted with permission from Yash Nandwana

ALL TOGETHER NOW: *Standing next to one of their projects, some members of the Sunny Hills robotics team meet with some of the Nicholas students and mentors at their work site.*

During competitions, teams split themselves up in different categories, such as 3D design and coding.

SH Team captain and EPIC sophomore Ethyn Gunther is proud of the team's efforts in the March competition.

"Being a team captain can be daunting at times, but we do have group 'leadership' members," Gunther said. "Having good communication, being able to lean on others and even being able to lead in the first place is truly a team effort. I love the people on the team."

Nicolas became a part of the team in the summer of 2018, and the junior high school members competed in their first competitions together this year.

"Our partnership with Nicolas first started when we got in touch with the Fullerton School District Science Technology Engineering Math [STEM] director [Jason Chong], and we eventually got to talking sometime in the summer last year," Gunther said.

Setting up this program gives an advantage to middle school students to see if they are interested in the field of engineering before entering high school.

"This is a wonderful opportunity for the junior high students to learn from older high school kids and to have an avenue to learn something new, [and it is] also an opportunity for our high school students to mentor the junior high kids," i⁴ team parent mentor Tushar Nandwana said.



GIANT

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'Marvel' at 'Avengers: Endgame'

As the legendary series reaches its final chapter, the finale is worth every penny

ANNIE BANG

Cub Reporter

Arguably one of the most anticipated movies to have ever been released, the final film to wrap up the Infinity Stone saga in the Marvel Cinematic Universe, "Avengers: Endgame," surpasses all expectations, breaking Box Office records as the highest-grossing film of the year with \$1.2 billion.

With a riveting plot, phenomenal acting, amazing graphics and its overall successful continuation from its predecessor, "Avengers: Infinity War," the newest Marvel film does not fail to impress and entertain its viewers.

Released on April 24, the film follows the Avenger superheroes, who attempt to devise a solution for the previous movie's tragic ending in which 50 percent of all life was wiped out in the entire universe because of the main supervillain, Thanos (Josh Brolin, "Dune"). The heroes' main objective centers on defeating Thanos and saving the universe.

Though the film is a lengthy three hours and two minutes, the time that viewers spend watching it is worthwhile. The audience is also able to experience the tone of the movie from another medium. For example, the entrance of Captain Marvel (Brie Larson, "Captain Marvel") is marked by the radiance emitted from her suit, which holds positive connotations of triumph and victory.

(Viewer note: Those who skipped "Captain Marvel" would not be confused by the short screen time of this superhero character in "Avengers: Endgame.")

Various superheroes, such as Iron Man (Robert Downey Jr., "The Voyage of Doctor Dolittle"), also display much character development throughout the movie.

Initially, Iron Man, aka Tony Stark, is pessimistic about the current situation that ensued after Thanos' assault on Earth and has an aggressive attitude toward his teammates. However, after



STRESSFUL STRATEGIES: Bruce Banner (Mark Ruffalo) ponders over images of his fellow Avengers who have gone missing since Thanos previously wreaked havoc on Earth.



THUNDER GOD: Thor (Chris Hemsworth) utilizes his new lightning abilities acquired from the last Avengers movie.



RUSTING AWAY: Tony Stark (Robert Downey Jr.) sends a dire message to Pepper Potts as he floats with Nebula in space.

encouragement and persuasion mainly from Captain America (Chris Evans, "The Red Sea Diving Resort") and the other Avengers, Stark undergoes a positive change by becoming more willing to resolve the issue at hand.

Though the plot centers on a cliché and repetitive theme of superheroes battling the antagonist, "Avengers: Endgame" successfully pulls off the concept without being predictable or boring.

And for those wondering about

a post-credits scene, which previous Avengers movies have been known for, it's best to remember that "Endgame" is the end of the road for the Avengers movie franchise — supposedly.

What is your favorite Marvel film?



"My favorite movie is Captain America: The First Avenger."

-Joseph Roh, 9



"My favorite Marvel movie is [the first] Iron Man movie."

-Sophia De la-Cruz, 11



"I'd say my favorite Marvel films have to be Iron Man, Thor and Guardians of the Galaxy."

-Jennifer Kim, English teacher

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Who is
your
favorite
BTS
member?



"I like V and Jimin because of their funny personalities."

Lauren Choi, 9



"I love Kim Nam-joon because he embodies the whole BTS group."

Kamryn DeLa Cruz, 10



"My favorite is J-Hope because I love his rap parts."

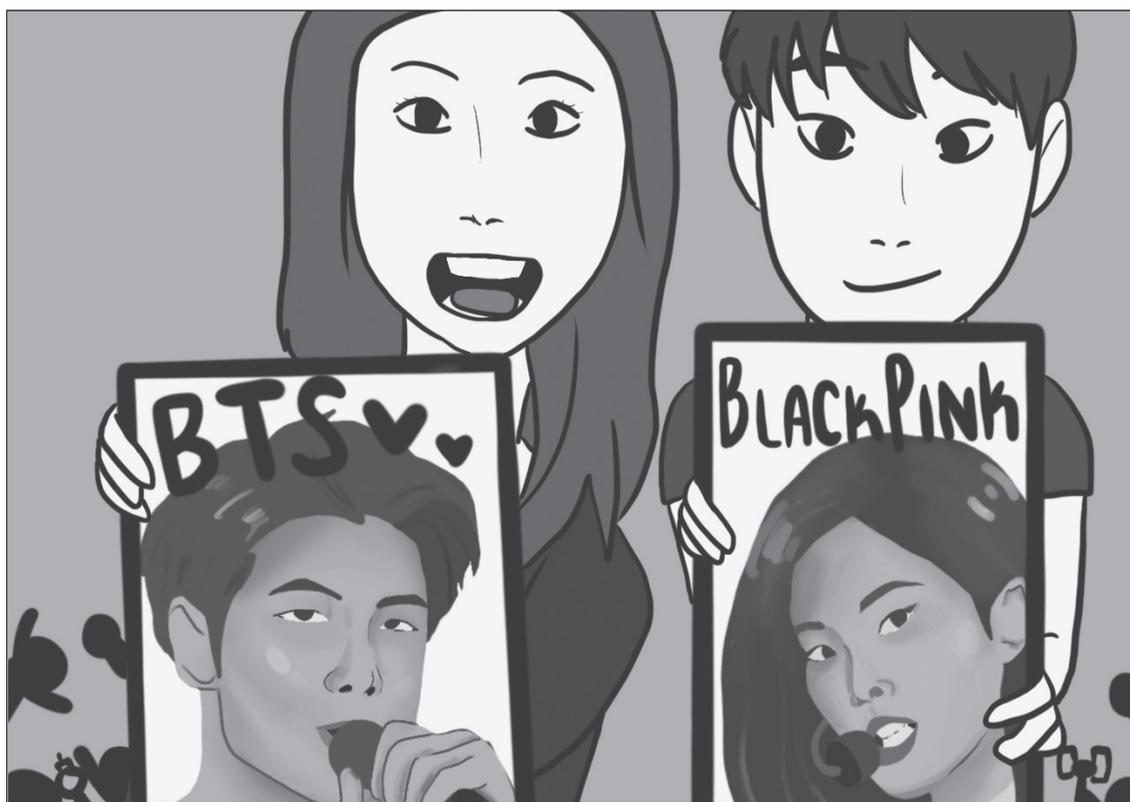
Scarlett Alcantara, 11



"Kim Namjoon because of how humble and kind he is."

Rebecca Crocis, 12

Compiled by Megan Shin



ERIN LEE | theaccolade

'K-pop'ing into America

Korean bands like BTS, Blackpink flood U.S. concert venues, TV programs, playlists

ALICE SHIN

Cub Reporter

The buzz surrounding K-pop bands from South Korea and their influence on American culture started last fall and has continued through the spring of this year.

On the forefront of this movement is the seven-member boy-band, BTS, which won the Billboard Music Award last year and on Wednesday for being the top social artist.

Also, the group was the first band from Korea to place No. 1 on the Billboard 200. In 2018, BTS held a world tour, which began in South Korea and moved on to the United States as well as several other countries.

Some BTS fans from Sunny Hills look at these accolades as just the first step in K-pop's influence on the U.S. music industry.

"I think [BTS] won't abandon Korean roots, but they definitely have been trying and will keep trying to expand audiences in America and all over the world," freshman Neona Suthanurak said. "I think it's a good thing."

Even the *Los Angeles Times'* pop music critic, Mikael Wood, noted K-pop's effect on the American music industry in a March 24 article titled, "K-pop sings to the U.S."

"After years of slow advancement in coastal capitals like Los Angeles and New York, the sleek yet busy sound from South Ko-



Image reprinted with permission from Taesong Kim/image.net

TANGLED TALENTS: *BTS and American pop singer Halsey collaborate on a song for Billboard Music Awards Wednesday.*

rea finally reached a mainstream American audience last year thanks to BTS," Wood wrote.

It's no surprise that following BTS' success in the States that K-pop would push another band toward the American mainstream — this time, an all-girl band made up of four members who call themselves Blackpink.

Lisa, Rosé, Jisoo and Jennie debuted in 2016 under YG entertainment with the EP "Square One."

Blackpink's "Kill This Love" broke the record for the most YouTube views of a music video at 56.7 million in 24 hours. They were also the first female K-pop group to perform at the Coachella Valley Music and Arts Festival, according to billboard.com.

"I really liked how [they] dance to their choreography,"

said senior Abraham Chung, who watched YouTube videos of Blackpink's Coachella performance. "They were engaging with the crowd."

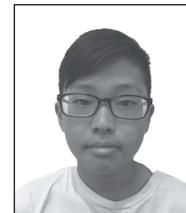
BTS recently performed twice last month on NBC TV's "Saturday Night Live."

"My first reaction to 'Boy With Luv' was really positive," freshman Neona Suthanurak said. "There were so many catchy parts that I couldn't get out of my head for the rest of the week."

The emergence of K-pop could also be seen on the SH campus with some students sporting BTS merchandise such as folders, pens and keychains.

"This is one way we can support our artists," said freshman Adrianna Kim, who owns BTS accessories. "We are able to promote our favorite idol groups."

Who is
your
favorite
Blackpink
member?



"My favorite is Rosé because she is talented at singing."

Eric Lee, 9



"Rosé because she has the best personality, and she's quirky."

Eric Yang, 10



"Rosé is my favorite because she is pretty and talented."

Hannah Kim, 11



"Lisa because she's a well-rounded performer who can sing, rap and dance."

Abraham Chung, 12

Compiled by Isaac Choi

Future of K-pop shines bright

REBECCA BACK

Cub Reporter

As lights shine and illuminate the stage, screams bounce off the walls in the studio as seven individuals with a variety of exotic hair colors ranging from white to purple sing with picture-perfect choreography.

On the other side of the country, four fashionably dressed female performers dance to their song for thousands of fans across the world on a foreign stage.

From being a niche category with few fans in the Western Hemisphere to being one of the most popular music genres in the world, K-pop has become an international sensation in the last five years with even one song reaching No. 2 on the Billboard Top 100.

"I am almost positive that K-pop is going to become a lot bigger in America because BTS is being considered for awards such as the Grammy Awards and because Blackpink performed at Coachella," said senior Zoe Young, who streams K-pop music videos often.

Some fans are concerned as to whether or not K-pop will be

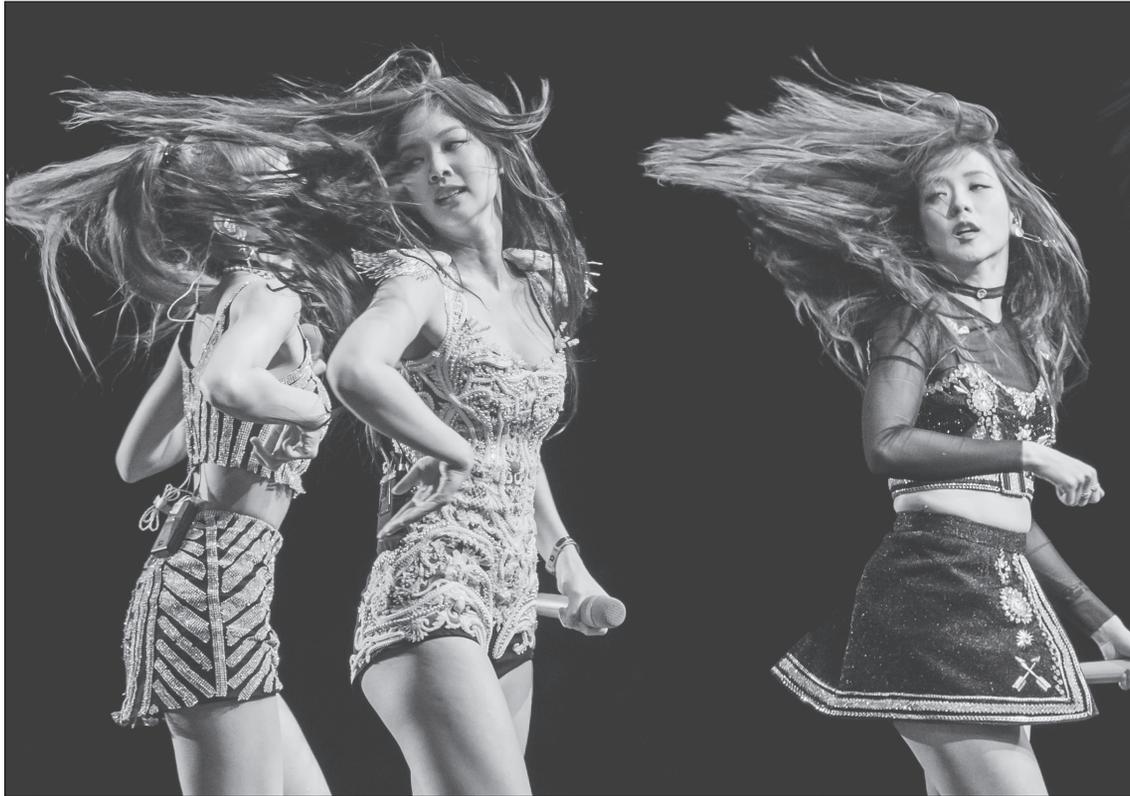


Image reprinted with permission from Watchara Phomicinda, The Press-Enterprise/SCNG
DAZZLING THE CROWD: Three of the four members of Blackpink, Lisa (left), Rosé and Jisoo, perform at Coachella Valley Music and Arts Festival April 12.

Americanized, ranging from songs being sung in English to performers having more risqué songs and becoming more accessible to western audiences who

don't actively look up what K-pop is.

As this genre continues to garner popularity and ignite interest worldwide, its future seems to be

up for debate.

"I think more non-Asian fans will sing in [Korean]," sophomore Rachel Kim said. "I believe that the fans will sing along to

feel a connection between the [K-pop singers] and themselves."

Some fans are concerned over the genre being tailored to western countries, saying that K-pop will be robbed of its distinctive traits compared to American pop.

Others welcome the Americanization as a way for it to spread and be more accessible to newcomers who are not as interested in K-pop.

"Even if K-pop is Americanized, it doesn't take away the main value of it, which is the actual music," said sophomore Daiana Garcia, who listens to K-pop. "I don't think it matters whether or not the songs are in Korean."

As more and more groups reach out to their fans in languages other than Korean, their appeal increases dramatically to people of many cultures.

"I've been a fan of K-pop and BTS ever since four years ago, and at this time, no one knew about them in the United States," Kim said. "But now, a lot of people in the United States and all around the world know about BTS and love their songs. I feel as if all their hard work paid off, and I feel very proud of them."

Clyde's brings Nashville flavor

ELIJAH JHEE

Cub Reporter

Say goodbye to Chick-fil-A and KFC.

And say hello to Clyde's Hot Chicken on Harbor Blvd. in downtown Fullerton.

Opened on March 22, the fast-food restaurant differs from the ones we're familiar with in Southern California because Clyde's incorporates Nashville-style preparation of its chicken.

This means that customers get to taste a spice known as cayenne red pepper, which is mixed along with melted lard to create a hot and spicy sauce.

For those unfamiliar with this style of cooking, they can associate it with another chicken restaurant called Howlin' Rays in Los Angeles, as it also offers Nashville-style, cayenne-pepper seasoning of chicken.

Clyde's specializes in hot chicken strips, wings and sandwiches and offers four increasing levels of heat that include "na-

ked," "original," "hot as cluck" and "1930." "Naked" has no spiciness and "1930," which was the hottest recorded year in Tennessee, is formidably spicy.

The chicken strips, which are offered in two-, three- and four-piece options at \$4.99, \$6.99 and \$8.99, respectively, consist of crispy skin layered with thick traditional cayenne paste, which holds similarities to Korean-style fried chicken.

Although pickles and toasted white bread are served alongside the chicken, customers should stick to enjoying the pickles for its sourness that complements the saltiness of the strips. Furthermore, the toast gets covered by the grease and sauce from the chicken, resulting in a soggy piece of bread that could have been easily fixed if it were simply placed on the side of the strips rather than right below them.

Along with strips, Clyde's Hot Chicken offers wings that are deliciously seasoned but lack the same tenderness found in other



ELIJAH JHEE | theaccolade

SOUR AND SPICY: Clyde's Hot Chicken in downtown Fullerton offers two-piece chicken strips that come with pickles and a slice of bread for \$4.99.

menu items. To alleviate such drawback, the wings should incorporate more meat to combat the chicken's rough consistency.

Despite the texture, its spicy flavor is impeccable and should be considered a competitor to chicken wings from other well-known establishments, such as Buffalo Wild Wings. The wings are priced fairly with six-, 12- and 24-piece variants each costing

\$4.99, \$9.99 and \$19.99, respectively.

Additionally, the two chicken sandwiches offered at the restaurant include pickles, cole slaw, a brioche bun and a thick slate of fried chicken. Out of the two, "Clyde's Original," which sells for \$6.99, is the superior option, as its spicy and savory fried chicken patty goes well with the crunchy texture of the coleslaw.

In spite of its fast-food label, Clyde's Hot Chicken incorporates intricate chicken recipes that combine the affordable price of fast food with the complex flavors of sit-down diners.

After eating at Clyde's Hot Chicken, diners are sure to start saying its motto, "Hot as Cluck," instead of KFC's "Finger-lickin Good" or Chick-fil-A's "Eat Mor Chikin."



KIMBERLY MORALES | theaccolade

HOME FIELD ADVANTAGE?: Only Buena Park, Fullerton and La Habra high schools have turf fields to practice on.

TURF WARS?

With upcoming home football games on turf this fall, SH football coach cites challenge of practicing off campus, attracting recruits

ANNIE BANG

Cub Reporter

When the 2019-2020 Sunny Hills football season starts this fall, all Lancer home games at Buena Park High School's Stadium will be played on a new turf field that replaced a grass one.

But when players hold practices at Sunny Hills, they're running on grass fields. They're tackling on grass fields. They're practicing their drills on grass fields.

Meanwhile, two other Freeway League opponents that have football stadiums — Fullerton and La Habra — also have turf for gridiron practices and games.

Though it's too early to tell if a turf war is brewing among the three campuses that don't have such a surface on their campus-

es (Sunny Hills, Sonora and Troy) vs. the ones that do, Lancers' head football coach Peter Karavedas acknowledged that this is an issue that he will address with his team.

"We will make sure that we are able to practice at the stadium at least once a week during the fall so that we can get that experience, but it's difficult because nine of our 10 football games are on turf, and we practice on grass every day," Karavedas said.

When SH athletic teams do get to practice on turf, however, coaches and athletes experience disruptive situations.

"It's obviously a challenge because you don't have your equipment, [and] you have to use it when the other team's not using it; it presents a lot of challenges that we have that the other three schools do not have," Karavedas said.

According to a January 2017 Orange County Register online article, Todd Butcher, the district's facilities and construction director, said the switch to a virgin rubber infill at those stadiums was supported by district sports teams, bands and outside users of the fields.

"This is a huge step for all our students in that the field can be used 365 days a year, all day long," Butcher told the Register.

Football head coaches at Buena Park, Fullerton and La Habra could not be reached for comment after emails were sent to them earlier this week to request an interview.

Karavedas said athletes are more likely to opt to play for campuses that have turf stadiums where practice can be held.

"When a student goes to a camp, and

they go to one at our place on the utility field, or they go to one in the Fullerton or La Habra stadium, where would you rather go to high school?" he said.

In the long term, this could create a disadvantage in athletic performance with more athletes gravitating toward the other schools in the district, Karavedas said.

Though no plans are in the books for modernization of fields at Sunny Hills, Sonora and Troy, Karavedas said he can only hope that changes will happen in the future.

"I do believe that eventually, the district will solve that problem," he said. "I think any logical person would eventually land us there, and other districts have done that. It's just [going to] take time."

Turf raises athletic safety concerns

ANDREW PARK

Cub Reporter

Despite a district-wide push to install turf on school fields, the debate still remains whether or not competing on artificial grass is safer than natural grass.

"Turf is safer for games played in the rain because you do not run the risk of slipping in mud," medical careers teacher Lauren Welker said.

Head football coach Peter Karavedas said that perfect, natural grass is the ideal field — turf fields being the next best choice. However, immaculate grass is not realistic after every game, so the team wants to try out turf for the long haul.

"After practice, the grass is beaten up, and the surface becomes uneven," Karavedas said. "But this is not the NFL where there are new grass fields every week."

According to a study conducted by the British Journal of Sports Medicine on the injury risk in elite football played on artificial turf in comparison to natural grass, there were 4.83 injuries per 1,000 match hours played on turf, while playing on grass caused 2.66 injuries. There are no

significant differences between the injury rate, but the ankle sprains were higher on turf than grass because the fields are less forgiving to movement.

Although there were studies comparing the two fields, Welker believes that the most important factor is ultimately the athlete's biomechanics — how they move.

"If they lack proper movement or have muscle imbalances, then playing on turf or grass really would not make a difference," she said.

An alarming factor is a chance that student athletes would sustain "turf toe," a sprain of the big toe joint that results from excessive upward bending. Turf toe is common on both turf and grass, so it should not be a major concern, Karavedas said.

The district questions the rationale to tear down the natural grass stadiums and instead, build turf ones because of issues regarding turf's possible health flaws. However, he said that these fields have more benefits than drawbacks.

"After all, around the nation, people are not ripping out turf fields and putting in grass," Karavedas said. "They are ripping out grass fields and putting in turf."

Girls soccer team welcomes turf

KRISTIMA ARYAL

Cub Reporter

It looks like grass might be going extinct for athletes.

From the NCAA to the NFL, more sports teams are making the switch from natural grass to artificial turf.

Although turf has environmental benefits, head soccer coach Jeff Gordon believes that natural grass improves the overall performance of the team.

"I'm old school; I like playing on grass," Gordon said. "We have an advantage over those who have turf. It's harder to go from turf to grass than natural grass to turf."

According to Green Horizons Sod Farms, 96 percent of NFL players claimed that artificial turf leads to more muscle soreness and fatigue than natural grass. However, according to the Synthetic Turf Council, natural grass also requires almost 55 gallons of water per square foot every year. With turf, almost two billion gallons of water can be saved — resulting in lower maintenance costs for the district.

Many fields that are made out of natural grass can easily be ruined after two to

three athletic practices or games, while turf fields can last for up to 10 years.

The girls soccer team believes that having turf would be an advantage.

"The ball moves faster on turf, and our team will be able to play quicker," center back sophomore Acira Mehta said.

The team's support of turf stems from their worries about inclement weather. During the rainy season, sports teams are unable to practice on the wet grass because of the fear of slipping. However, turf is permeable and allows rain water to easily drain through, making it ideal for practice.

"Our season games would not be canceled because the turf doesn't absorb the rain," Mehta said.

By installing turf in SH fields, not only will the school save thousands in maintenance, but it will also allow athletes to have more practice time. Although Gordon prefers grass, he said shifting the playing field will surely increase player performance.

"I would definitely welcome changing to turf," he said. "It would have a positive effect on our team."



KIMBERLY MORALES | theaccolade

MAKING HISTORY: Future boys volleyball head coach Jack Adams explains his plans for the new program and also thanks everyone for attending the meeting.

Boys volleyball made official

Two years of hard work from both students and adults finally pays off

TYLER PAK

Asst. Sports Editor

After pushing for a Sunny Hills boys volleyball team for almost two years, volleyball club president Joseph Pak finally reached his goal of making it an official league sport.

“I’m really happy, and it doesn’t feel real,” Pak said. “I don’t think it [has] hit me yet, but I’m super happy and excited for what’s to come for the next two years.”

This news comes as a shock to many, as principal Allen Whitten has previously said that many other people have come to him to propose a CIF team but failed. However, this year, thanks to the combined efforts of both the Sunny Hills and Troy volleyball clubs, there was a different outcome.

“Timing, resources and a lot of factors

[were] important,” Whitten said. “We are just glad it all worked out.”

Future boys volleyball head coach and volleyball club adviser Jack Adams was very proud of his students’ hard work.

“They just kept their spirit up about making it a real sport [and] took the initiative to interface with other schools like Troy to make it visible to the district,” Adams said. “It shows how if you’re dedicated to something that initially doesn’t seem possible, sometimes it can develop into reality.”

On April 18, 45 students showed up to room 84 for the first ever boys volleyball informational meeting. Adams informed them that it would be an open sport and there would be practices over the summer.

“I wasn’t great my first time handling a volleyball, [I] want to provide a place

where all players get a chance to improve and develop their abilities,” he said.

The meeting left many athletes eager to join the team. One student, junior Jonathan Peña, was happy he could play the same sport as some of his friends.

“All the teammates from my soccer team go to Anaheim, [and] in their high school, soccer isn’t a year-round sport, so when your season ends, you’re forced to join another sport,” Peña said. “The whole soccer team joins volleyball, [which] I thought was pretty cool, so I wanted to do volleyball.”

Other students such as sophomore Nathan Chapero had different reasons for joining the team.

“I played the sport before, and it was pretty fun,” Chapero said. “I want to be part of this historic team.”

Although the addition of another spring sport may cause scheduling issues for the gym, athletic director Jon Caffrey is determined to work with it.

“We are looking at doing some improvements outside next year, which will help with some of our teams,” Caffrey said. “Squeezing somebody into [the schedule] is going to be difficult, but we’ll support them however we can.”

The large amount of student interest has both Adams and Pak excited for the future.

“[We need to] make sure there are enough people for at least a junior varsity and a varsity team and be able to have an official spring season with practices in the gym and to beat other schools,” Pak said. “[I hope to] get first in the district at least and be able to get to CIF as well.”

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LEAVE AN IMPRESSION: Hoping to leave a strong impression on their audience, junior Laney Lucca (center), junior Emily Ibara (second row, left) and sophomore Sarah Abel kneel in their ending pose as they shout "Go Lancers!"

Cheer debuts competition team

ANDREW NGO

Cub Reporter

In an effort to bring the Sunny Hills cheer program to national prominence, head cheer coach Lizzy Mejia will be creating a competition team to represent the school at CIF cheer events for the 2019-2020 school year.

In addition to the varsity and junior varsity teams that will cheer at football and basketball games, the competition team will be the only cheer team to compete at events under the name of Sunny Hills, Mejia said. However, members of the new team will not be limited to just competing.

"I have coached at a couple of different schools, and this is how most of them do it," said Mejia, who is wrapping up her first year as SH head cheer coach. "I'll have a separate tryout and take the best so that they can go to competition style

[events] and reach the next level [of competitive cheer]."

She said she will select about 40 cheerleaders for the combined varsity and junior varsity squad that cheers for football and basketball games. Then, she will have a separate tryout for the competition team in late October.

"Giving cheerleaders the choice [to compete] will allow the girls to really put their all into whichever kind of cheer they know they'll enjoy the most," said junior Maddy Tanap, who is a three-year veteran on the cheer squad. "I don't see myself planning on joining the competition team due to it being my senior year. Trying to find time for both teams seems like a little too much for my plate, personally."

For the cheerleaders who do take part in the competition crew, they will be subjected to more strenuous training and heightened expectations, which could be very

taxing for some, Mejia said.

Putting in the extra work does not bother sophomore Lyndsey Mitsch, who will be trying out for the competition contingent in October.

"I think this competition team is a great way to bond with the other girls because the extra effort we put in really brings us closer," said Mitsch, who has been on the squad since her freshman year. "Also, stunting is one of my favorite parts of cheerleading, and we do a lot of it at competitions."

She does not think the new competition crew will be just a short-term plan for the group.

"I definitely hope to grow this team into a larger competition squad that enters the bigger events," Mejia said. "The goal is to get Sunny Hills' name out there."

CIF rejects bid to amend 'No Sunday Play Rule'

TYLER PAK

Asst. Sports Editor

Though league representatives rejected her proposal to allow cheerleaders to compete on the Sunday of the National High School Cheerleading Championship, Sunny Hills alumna Elena Klock plans to keep the campaign for change going.

"I'm very disappointed that [the proposal] didn't pass," La Serna High School head cheer coach Klock said. "Our plans are to send it through again with some minor changes in hopes of encouraging those leagues who did not vote to cast a 'yes' vote the next time around."

She says she plans to get the proposal on the agenda for CIF's October meeting so that it will go to vote again in January.

On April 9, more than 80 athletic directors and principals in the Southern Section of CIF voted on the proposal "to provide a yearly waiver that allows teams to compete in the Sunday Finals of the National High School Cheerleading Championships [in Florida]."

Klock said 50 votes went against it with only 34 in favor.

"I understand why the vote went the way it did," said athletic director Jon Cafrey, who voted for the change. "No other sports are allowed to compete on Sundays, so making an exception for one means it could end up being for all."

This past fall, Brea Olinda athletic director Jill Matyuch drafted a proposal to send to the CIF board after the La Serna High School cheer team was forced to film its performance on the Saturday before the Sunday finals.

The team was able to compete in 2018 because they were granted a one-time waiver by CIF.

"We feel that if we continue to educate principals and athletic directors that this is important, then they will realize that our athletes deserve to continue competing at nationals," Klock said.

With the support of parents and students, she still hopes for a more positive outcome in her second try to get a revised measure approved.

"We are going to try again next year in hopes of getting more leagues to support [it]," Klock said.

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