

## Student Activities

# Cypress Hosts Special Youth Basketball Tournament

By Rehansa Kulatilleke



Cypress proudly welcomed students from all over the district for the SYS Basketball Tournament. (Photo by AUHSD Twitter)

On January 19th, AUHSD held its annual Special Youth Service Basketball Tournament at Cypress High once word got around that the original host of the occasion (Loara High) would have to go under some renovations earlier than expected. Schools from all over the district gathered for the annual tournament where Special Education students played basketball against each other. Special guests The Laker Girls even made an appearance on campus during the event. There were also special performances from Cypress'

Band, Cheer, and Advanced Dance on the blacktop near the gym. Activities ranging from face painting to dancing were made available for students.

Before the sudden change of venue, the event was going to take place at Loara High School—up until the school got notice that construction for their new black tops was initiated earlier than planned. Because of this unscheduled occurrence, there were two options: completely postpone the event itself, or have it hosted at

another school. Luckily, Cypress was able to volunteer and come forward with a plan to help. Cypress' Principal **Mrs. Brown**, the Athletic Directors, and the field crew dove into the event and lent a helping hand. Freshman PE Teacher—**Mrs. Armstrong** said, “We have a great crew, and we all just kind of came together—saw the importance of the event itself, and what it would do to those athletes if we changed it...and to change it on them would be devastating.” Seeing how important the event would be for students, led not only the school but the entire district to assist with the matter.

The function itself is usually held yearly along with the annual Special Youth Soccer Tournament. However, this year, new activities arose, such as face painting provided by **Ms. Stewart's** Stagecraft Class. Students from classes ranging from ASB to Theater Stagecraft helped set up activities for the others. Yearbook and Journalism staff took photos and interviewed participants. Apart from the new activities that were offered, students also got a chance to socialize with students from all over the district. Students were filled with joy when it came to meeting new faces from other districts. Special Education teacher **Ms. Jackson** said the “junior highs were all here, which is very nice for our students since they got to see classmates that went to other schools, they get to see teachers and aides that they knew from their previous years; so it's nice for them

to have that part so they could all get together.”

As a result of the united front that Cypress staff and students helped provide, the event was successful and students were full of excitement. The next Special Youth Services will be held at Hope High School.



Some schools brought cheerleaders in addition to athletes. (Photo by Rehansa Kulatilleke)



Games were played in tournament style, with students as referees. (Photo by Rehansa Kulatilleke)



Activities in addition to basketball included face painting, provided by CHS theatre and Ms. Stewart. (Photo by Rehansa Kulatilleke)

## New Class Will Focus On Energy and Environment

By Cara Karpan



Mr. Gartner is debuting a new course next year called Innovations In Green Technology. (Photo by Cara Karpan)

Cypress High School is at the front of educational innovation, offering students an opportunity to join a new course next year which is unique to Cypress. Allowing students to dive into the realm of green technology.

Cypress High School is committed to providing diverse course options for students, giving a wide

range of options including a new class coming next year, Innovations in Green Technology or Energy, Environment and Utilities. Although some challenges arise in scheduling due to our school's variety of courses offered, the school prioritizes accommodating student requests within its master schedule. According to Head Counselor **Ms. Mary Binford** she thinks it will be “a great opportunity for Cypress students to have another option.”

**Mr. Gartner's** new class, Innovations in Green Technology, (which will be titled Energy, Environment and Utilities 1,) is an introduction to being prepared to use electricity, and electricity itself. Mr.Gartner's goal for this class is for students to understand how wiring works so if students needed to rewire their house, for example, they will be prepared. According to Mr. Gartner, “This class is very hands-on, there's no homework, it's all project based.” Students enrolled in the class will be working and accomplishing goals by understanding electricity through physical

means, instead of just theory. This class will help with many career choices such as, being an electrician apprentice, going to trade school, going through more school and becoming an electrical engineer, and working on electrical grids. The first part of the semester will be about electrical grids, while the second semester will be about actually learning to build a self-sustaining solar grid.

Cypress High School will be giving students the opportunity to try new unique courses next year.

## Read about: Athletes of the Month

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## NFL Playoffs Shine Through Bad Winter Weather

By Elias Tubbs



The NFL playoff bracket has been full of few surprises so far. (Photo by NFL Instagram)

As the 2023-2024 NFL season comes to an end, the playoffs kicked off with NFL wild card matchups. For the AFC division, the Cleveland Browns 11-6, being the 5th seed, faced off against the Houston Texans 10-7, Houston being the 4th seed. Rookie quarterback CJ Stroud and the Texans were able to come out victorious with a 45-14 win over the Browns and advance to compete against the 13-4 Baltimore Ravens, who clinched the 1st seed giving them a bye week meaning they didn't have to compete in the wild card.

The Miami Dolphins, (11-6), got to play a rematch against the Kansas City Chiefs, (11-6). The Chiefs, being the 3rd seed, got a home game advantage over the Dolphins who were the 6th seed. They played at Arrowhead Stadium where the temperature was negative four degrees. The Dolphins, used to warm weather, had to battle the Chiefs and the freezing cold temperatures. The Chiefs were able to come out on top with a 26-7 win to advance them to the next round against the 2nd seed, 11-6 Buffalo Bills who just defeated the 7th seed, 10-7 Pittsburgh Steelers, 31-17.

The NFC division had some crazy games over the weekend. First the 2nd seed 12-5 Dallas Cowboys took on the 7th seed 9-8 Green Bay Packers with the score being 48-32 Packers securing the win and advancing to face the 1st seed 12-5 San Francisco 49ers.

The 3rd seed, 12-5 Detroit Lions and the 6th seed, 10-7 Los Angeles Rams fought to the final second with the score being 24-23 Lions win. The final wild-card game of the weekend was the Philadelphia Eagles 11-6, playing the Tampa Bay Buccaneers 9-8. The Eagles were the 5th seed and the Buccaneers were the 4th seed. After the 32-9 heart-stomping loss for the Eagles, the Eagles center, Pro Bowl and first team All-Pro honors 2022 award winner Jason Kelce officially let media know he has played his last game in the NFL and is retiring at 36.

You can watch the upcoming Divisional games on Peacock and other streaming services, which include the Houston Texans versus the Baltimore Ravens at 1:30PM on Saturday and then at 5:15PM the Green Bay Packers play the San Francisco 49ers. On Sunday the Detroit Lions take on the Tampa Bay Buccaneers at 12:00PM and then at 3:30PM the Buffalo Bills play the Kansas City Chiefs.

## “Anyone But You” Movie Review

By Betty Langrine



Sydney Sweeney and Ben Powell starring in movie “Anyone But You.” (Photo by Google)

“Anyone But You” was released on December 22, 2023. It tells the story of two unlikely individuals who are constantly at odds with each other. Despite their initial dislike, they find themselves thrown together in various situations, leading to unexpected and humorous encounters. As they navigate their differences, they start to realize that there might be more to their connection than meets the eye.

Sydney Sweeney stars as Bea is a rising star known for her captivating performances. In “Anyone But You,” she brings her unique charm and talent to the role, portraying a character who is spirited, determined, and full

of surprises. Sweeney’s ability to convey a range of emotions adds depth to the story and keeps the audience engaged.

Glen Powell who plays Ben is known for his charismatic presence, complementing Sweeney’s performance in “Anyone But You.” Powell’s natural comedic timing and chemistry with Sweeney create an entertaining dynamic between the two characters. His portrayal of a witty and charming individual adds a layer of humor to the film.

As a romantic comedy, “Anyone But You” has a mix of lighthearted moments, humorous misunderstandings, and heartfelt interactions. Expect witty banter, awkward situations, and a gradual development of the characters’ relationship as they overcome obstacles and discover their true feelings.

Alongside Sweeney and Powell, “Anyone But You” features a talented ensemble cast, adding depth and additional comedic moments to the story. Keep an eye out for memorable performances from supporting actors who bring their own unique flair to the film.

The film starts with a one night stand between leading characters Bea and Ben, which results in a growing hatred between the two of them. Several months after the two are reunited in Australia for a wedding between Bea’s sister and Ben’s childhood friend.

Upon arriving at the wedding, Bea finds out her parents had invited her ex-boyfriend, Jonathan, to her sister’s wedding. Bea comes up with a plan to fake a relationship with Ben, to get her parents to stop trying to set her up with her Jonathan. Ben agrees to the plan when he realizes that his ex-girlfriend Margret will also be there.

Throughout the wedding, the two played the role as the perfect happy couple. Though Bea’s father doesn’t seem to fall for it and, with his wife, tries to get Bea back together with Jonathan.

Although there are some drawbacks to the film where there are some Rated R scenes. “The running time is all flimsy bikinis and flimsier excuses to get people undressed,” Amy Nicholson wrote in a New York Times article.

Overall “Anyone But You” takes an acquired taste to fully enjoy. The film is a one to watch if you want a good laugh but be prepared for some major eye rolling moments.

## New Mean Girls Movie: Most Hated Movie Of 2024?

By Mikaela Campos



On Wednesday we wear pink! (Photo by Google)

The new “Mean Girls” movie debuted on January 12, 2024, and it’s already being described as the worst movie of 2024. This version of the iconic comedy film series is directed by Mark Waters and written by Tina Fey.

“Mean Girls” is a movie about female high school social cliques, school bullying, and the damaging effect they can have on teenagers. Mean Girls is a big franchise with two movies and a Broadway musical. The new movie stars Renné Rapp, returning to her role as Regina George. Tina Fey returns to her iconic role as Ms. Norbury, and Tim Meadows returns as Principal Duvall.

Tina Fey originally wrote the 2004 movie that everyone fell in love with, and with this new Mean Girls movie, she wanted to combine the Broadway

musical with the original movie. She worked with Lindsay Lohan, who played the original Cady Heron, in the 2004 Mean Girls movie. The new Mean Girls movie starts with Cady Heron, played by Angourie Rice, singing a song from the original Broadway musical called “It Roars.” The song takes her to transferring from Kenya to North Shore High School. Cady, a nice home-schooled teen meets the nerds, jocks, alphas, and betas, and attracts the notice of the queen bee. Regina George (Reneé Rapp, who played the role on Broadway) next to her side are Karen (Avantika Vandanapu) and Gretchen (Bebe Wood). We meet the Plastics when they sing a Broadway Original song “Meet The Plastics.” Some viewers were upset because they changed the lyrics of the song and now focus on Regina George and the other Plastics are not seen as much as people wanted.

In this original film, Cady befriends a pair of unpopular art kids, Janis and Damian who are played by Auli’i Cravalho and Jaquel Spivey. Cady meets the Plastics and is now in Regina’s clique. Slowly Cady turns into a copy of Regina and betrays her only real friends in the process of a plan that went wrong. This teaches Cady a lesson that judging others won’t make you better than them.

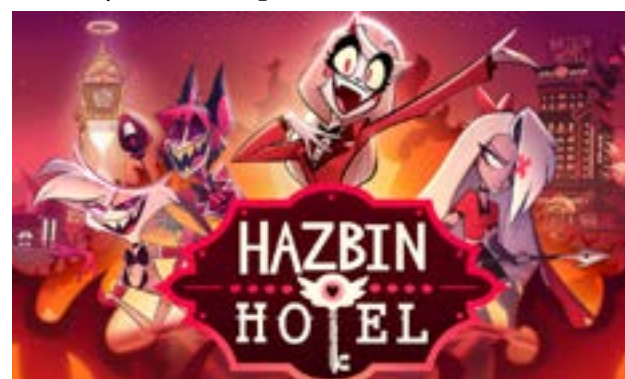
Some people who have never seen the Mean Girls musical seem to like it more than people who have watched the musical multiple times. There is a 10-year gap from the original movie and the fans of the 2004 movie have grown up and have a different perspective of the Mean Girls trilogy than new incoming fans. Some viewers are upset about all the ELF cosmetics placement in the new movie because it’s over-promoted and unnecessary.

The new Mean Girls movie is being taken as a joke and is rated 6.3/10 on IMDb and under 70% on multiple sources. Actress and writer Tina Fey said in an interview that she is proud of this movie and it’s a good way to

end the Mean Girls trilogy.

## Hazbin Hotel, A Hell Of A Musical Series

By Yoshi Vazquez Moreno



‘Hazbin Hotel’ is a musical journey for older audiences to enjoy on Amazon Prime. (Photo by Amazon Prime Videos)

“Hazbin Hotel,” an adult animated musical series created by Vivienne “VivziePop” Medrano, took the internet by storm as its first four episodes premiered on Friday, January 19. The show boasts a talented cast of voice actors, including Erika Henningsen (Mean Girls The Broadway Musical, Girls5eva) as Charlie, Stephanie Beatriz (Brooklyn Nine-Nine, Encanto) as Vaggie, Blake Roman (Harmony The Musical, Blue Bloods) as Angel Dust, and Amir Talai (Family Guy, What to Expect When You’re Expecting) as Alastor, Keith David (The Princess and the Frog, Rick and Morty) as Husk, Kimiko Glenn (BoJack Horseman, Spider-Man: Into the Spider-Verse) as Nifty, and Alex Brightman (Wicked, Beetlejuice The Musical) as Sir Pentious. These actors bring life to the eccentric characters that inhabit the chaotic and vibrant hell of the Hazbin Hotel.

Originally starting as a pilot on YouTube, “Hazbin Hotel” gained immense popularity and support from fans, leading to the production of a full-fledged series. The show’s journey from a passion project to a fully realized series showcases the dedication and creativity of its creator and the fanbase that eagerly awaited its release. The pilot established the world and Charlie’s goal

to rehabilitate the sinners in her kingdom due to a yearly extermination led by Heavens’ exorcist angels over Hell’s problem with overpopulation. The pilot debuted on October 28, 2019, with Jill Harris as Charlie, Monica Franco as Vaggie, Michael Kovach as Angel Dust, Edward Bosco as Alastor, Mick Lauer as Husk, Michelle Marie as Nifty, and Will Stamper as Sir Pentious.

The first episode, “Overture,” introduces viewers to the story of how Hell was created, the beginning of time when Earth was created. Charlie, the princess of Hell, dreams of redemption for the lost souls that reside there. After hearing that the Angels would be making a visit to Hell approximately a week after extermination to talk about a proposal. In the meantime, while Charlie is gone, the rest of the main cast work on making a commercial to promote and draw in more sinners to the hotel in hopes of getting redeemed.

In the second episode, titled “Radio Killed the Video Star” viewers are told that Alastor, a demon of very high power dubbed as “The Radio Demon,” has been absent for seven years before coming back to help Charlie with her project. Three overlords named the Vees are informed of his sudden reappearance, with Vox (Christian Borle) the overlord in charge of television and technology, trying to seek revenge on him. Along with that, Sir Pentious is admitted in the hotel, going undercover to sabotage the project and more.

Episode three, “Scrambled Eggs,” takes the audience on a wild journey as Vaggie is put in charge of teaching everyone about trust and forming bonds between one another. Alastor is reunited with old acquaintances, attending an important meeting with more overlords of Hell about the

exterminations, revealing that there is a way to kill Angels but it could lead to war. One of the Vee’s, Velvette (Lilli Cooper) the overlord of social media, argues with another about taking charge and fighting against the angels with this new found discovery.

The fourth episode, “Masquerade,” dives into more mature themes, admittedly the most controversial of the current episodes available. Masquerade focuses on Angel Dust, where he is shown to be overwhelmed physically and mentally due to his work with Valentino (Joel Perez) in the adult film industry. There is no room for imagination as it shows Angel Dust’s abuse and use of addiction in order to escape his problems, Husk taking notice and calling him out on it, but in the end trying to help him out with it. Husk tries to tell him that he may not be able to get rid of his problems, but he can lean on support to make it all more bearable.

Notably, “Hazbin Hotel” also spawned a spin-off titled “Helluva Boss,” which follows the escapades of an imp demon named Blitzo (Brandon Rodgers) and his crew as they run a freelance assassination business in Hell, with the second season still ongoing and a potential third. The release of the first four episodes of Hazbin Hotel marks a momentous occasion for fans who have patiently awaited the show’s debut for almost five years. The combination of stellar voice acting, engaging storytelling, catchy musical numbers, and unique animation style has solidified Hazbin Hotel as a standout in the world of online animated content, and its impact is sure to resonate with audiences for years to come. Hazbin Hotel will be updating every Friday on Amazon Prime Video until the season one finale, with it already renewed for a season two.

# 4 Student Activities

## New Year Is Best Time To Improve Student Study Habits

By Danica Dizon



Setting realistic goals is one technique for improving study habits. (Photo by Danica Dizon) Starting a new year and a new semester should include a new year's resolution to improve study habits like procrastination, cramming, multi-tasking, and organization. Here are suggestions on how to improve study habits:

The Pomodoro technique is a beneficial study habit. This technique allows a timer to be set for 25 minutes to complete necessary work. As a reward, a five-minute break is taken. Depending on the workload it can be repeated. The Pomodoro technique can support students' productivity by motivating them during a burnout session.

Finding resources to study for tough classes is an essential aspect. Asking questions is the best resource for students who have difficulty studying. Websites including Quizlet and Khan Academy have a variety of resources on many topics.

Feeling distressed after cramming assignments and projects can feel un motivating. Freshman counselor **Ms. Lu** says, "Maybe we're waiting until the last minute to do it because it is a lot to handle right now..."

Motivation is a vital aspect when completing work for school or extracurricular activities. Using self-affirmations before and after completing a task can help with productivity and the feeling of accomplishment. "...When we set realistic expectations for ourselves and break things down into smaller pieces it helps us stay motivated, then we can say 'Oh yeah I did this small piece of it,' and check it off the list," **Ms. Lu** continued.

Facing obstacles when studying can feel challenging. Once it is faced by using resources and solutions, hopefully, you can feel a little bit of relief.

## Editorial

# Suggestions To Improve Students' Mental Health and Wellbeing

By Belle Paccione



Taking care of your mental health is an act of self-love. (Photo by Belle Paccione)

In 2021 according to the CDC, "more than four in 10 students felt really sad, and almost one-third felt their mental health wasn't great. These numbers wake us up. Mental health isn't just about one person; it's about all of us." Cypress High School isn't just classrooms; it's where everyone is figuring out mental health together. It's about knowing we all go through tough times and being cool about it. So, as we walk these high school halls, let's not just carry our books but also be kind to ourselves and others.

### Teacher Perspective:

**Ms. Hawkins** is now back from winter break, juggling grown-up stuff and her own well-being. Coping with meditation and exercise is her secret. Saying we should seek mental health support is a big deal. Wanting more free time is something we all get - it's about finding balance.

### Student Perspective:

**Chris Pohl**, Freshman  
Now, Chris is a freshman figuring out high school

waves. Hanging with friends is awesome, but mornings can be rough. Coping means putting on a brave face and trying to grow. Chris isn't sure about asking for mental health help - kind of like lots of us. Changing how he talks shows he's on a journey to understand himself and talk about mental health.

### Elias Taylor, Junior

The junior is counting down to the weekend, a break from school stress. Trying to cut down screen time is smart - we all feel tech's impact. Balancing personal stuff and helping others isn't easy. Being unsure about asking for help is normal too.

### Keye Osede, Senior

Meet Keye, our senior wrestler. Wrestling isn't just about moves for him; it's like a canvas for all his feelings. Some days he's winning, and some days he's not, just like the emotions we all deal with. Wrestling is more than a sport; it's Keye's way of dealing with both tough matches and



tough times. Dealing with friends and being the "mom" isn't easy, but Keye sees mental health as the glue holding everything together. Wrestling is her anchor in the high school storm.

Cypress High School, we've got a lot going on - laughs, textbooks, and the real deal: our feelings. Let's peek into how some students and a teacher handle it.

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# 5 Student Activities

## New Year Is Best Time To Improve Student Study Habits

By Yazeed Albadarin & Deborah Son



Cypress Board and Brews as well as Coaches Corner are two business highlighted in our story! Make sure to check them out! (Photo by Brianna Naranjo)

There are several local businesses scattered around the city of Cypress including establishments like Coach's Corner Pizza and Brews and Board and Brews. These two businesses are highlighted, featuring history, events, and success.

One of Cypress' biggest supporters is Coach's Corner Pizza and Brews located at 4756 Lincoln Ave, Cypress, CA 90630. The freshman football coach, Efrain Valdez is one of the managers and he said the connection goes back to when Coach's Corner opened in July 2019. Generations of Cypress students have worked at Coach's Corner. The present owner is Cypress' softball coach, Terry Thompson. Currently, two workers at Coach's Corner are students enrolled at Cypress. Although they have been relocated to a new address, Cypress High School is thankful for all their support. After a football game or a cross-country race, students can enjoy a nice meal at Coach's Corner. Valdez said, "We love supporting our community! Go Cypress!"

Board and Brews is a new business, holding a grand opening celebration at 5253 Katella Ave suite 100, Cypress, CA 90720. From January 26-28, Board and Brews will be offering a "Buy One Sando, Get One Free" with RSVP on their website. There are also opportunities for a chance to win staycations, golf outings, gift cards, and more through a drawing, which will benefit The Youth Center and Los Alamitos. Students from Los Alamitos High School and Cypress High School are actively working after-school shifts. Board and Brews chose their location because of their familiarity with the neighborhood. Currently, there are 28 chain stores all across the United States. Their most popular items on the menu are the Turkado and Chicken Club.

Cypress is home to thriving small businesses that make Cypress students feel at home while enjoying a nice meal.

## Dressing to Impress: What to Wear to Your High School Winter Formal

By Roberto Cardenas



Photo above provides examples of what to wear to formal. (Photo by Roberto Cardenas)

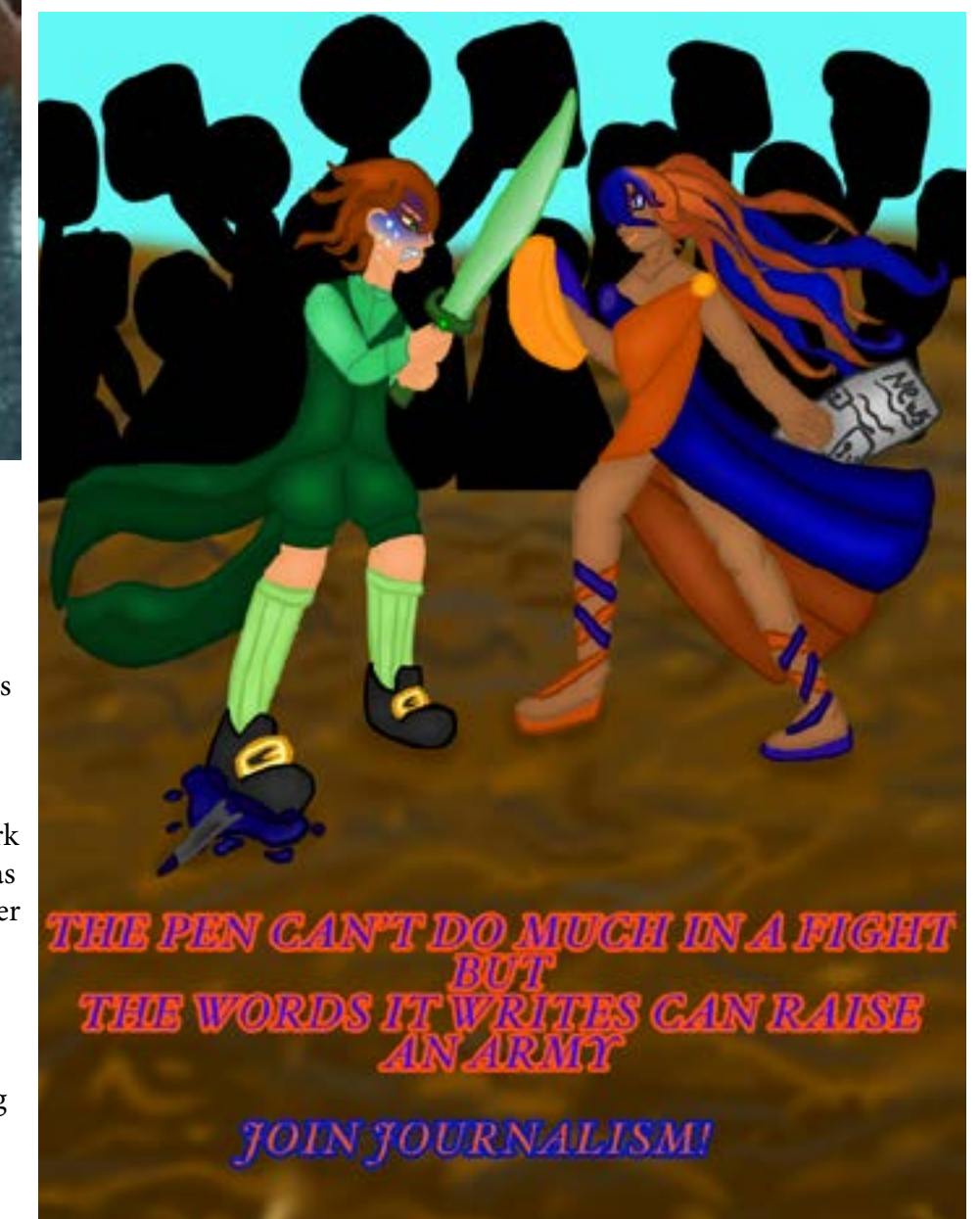
As Winter Formal approaches, students become more desperate, struggling to find appropriate clothing options to wear to the dance. It's the perfect time to plan your outfit and ensure you're dressed to impress. In this article, we'll explore some simple yet stylish ideas for both guys and girls attending a high school winter formal. As the theme of the evening is northern lights, some may want to stick with the items below.

This year's winter formal theme is Northern Lights. If you are a guy you may want to wear a navy suit or darker colors such as black, gray, or a dark green. In order to try and match the theme. **Fallan Beck**, a sophomore, has stated he will be wearing a "Hot pink tuxedo with glitter shoes and a glitter pink tie." Yes it may not match the colors as well as black or gray but as long as you enjoy your outfit then that is all that matters.

Now if you are a girl you would typically want to wear similar darker colors. **Tania Haring**, who is a senior at Cypress, mentioned how she is going to wear a "long blue dress with silver lining." Female students last year wore mostly dresses and some even wore khakis and a button up. At the end of the day it is up to you on what you want to wear to this big event.



Guys can wear a navy suit or darker colors such as black, gray, or a dark green. (Photo by Google)



# Exceptional Athlete Makes Her Mark At Cypress

By Brianna Naranjo



Isabella Caceres, is an outstanding leader and an example for her team. (Photo by Brianna Naranjo)

Every month, a couple of student-athletes are selected by their coaches to be athletes of the month because of the hard work and dedication they put into their sport. The athlete chosen this month demonstrated outstanding leadership during her games and proved herself as an excellent team player.

**Isabella Caceres** is a hard worker and puts a lot of effort into building her team up. Senior Isabella Caceres is an athlete who strives to go above and beyond and is one of the girls' basketball captains. Caceres is a point guard who averages 12.5 points per game and exemplifies what a good captain should be like. Her biggest supporter has been her father who got her into basketball at six. Her father motivates her to keep going and to never give up despite challenging moments. Although she believes that dedication is important, she advises young players to "take time for themselves and their mental health [...] balancing all of it is helpful." This will help with the stress and pressures of being an athlete, improving the athlete's performance.

During every game, Caceres always strives to be a leader and builds up her fellow teammates by encouraging them to work together. Even though there is a different dynamic this year, Caceres plans to never stop trying to be a good team

player not only for herself, but for her teammates as well. "Bella has consistently been a team leader by example since we started our season in November," says her coach, **Nathaniel Rivera**.

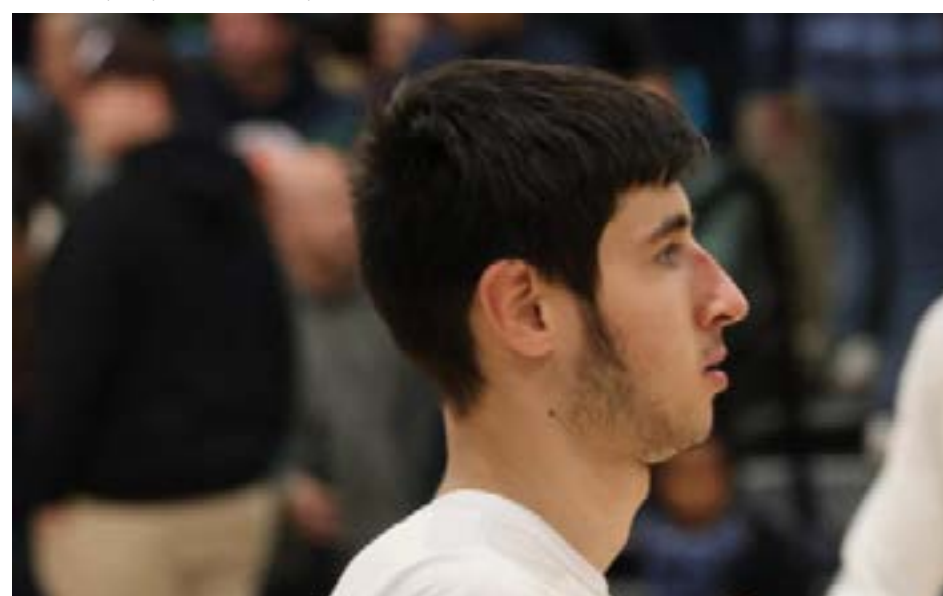
Student athletes never stop trying to be the best they can be and that is what makes them such great athletes at Cypress High.



Isabella Caceres is a hard worker and puts a lot of effort into building her team up. (Photo by Brianna Naranjo)

## Boys Athlete of the Month

By Jayden K Linayao



(Team Manager Adam Gutierrez prepares to step onto the court. (Photo By Noah Cerda)

The Centurion athletes started off the year strong, but one exceptional basketball player, and one phenomenal manager deserve the titles of January 2024's Boy's Athletes of the Month.

The Centurion Spotlight has chosen

their teammates. Senior Boys Basketball Team Manager **Adam Gutierrez**, really up-tempo game; they have suited up on January 26th to face our 33 straight league games, and we rivals Kennedy High, "The School Down the Street." Gutierrez has been the Centurion's manager for three years. In January, Gutierrez made the Senior Night crowd go wild when he sank a 3-pointer during the game. Even fans of the other team stood to applaud him.

These boys have been recognized for their performance and dedication to their team, as well as their leadership and contribution to the success of their team.

"I was quite nervous, but towards the middle of the game, I felt a lot better," he said. He loves having fun with the guys, and his favorite memory was when they went to the Crypto.com Arena and they let him shoot.

Sophomore **Ryan Gov**, varsity point guard, started his basketball career when his parents put him in a small rec league in elementary school. The Centurions played Crean Lutheran on January 17th, and it was



Adam Gutierrez (13) shooting a three-pointer for the Centurions. (Photo by Noah Cerda)

## Lundberg, Wrestling Are Empire League Champions!

By Carly Pedroza



Varsity finished first in Empire League Championship! (Photo by Carly Pedroza)

The winter season is here in full force and so is the Cypress boys wrestling! The Empire League Champions' season has been one of the best! The season started with a bang when Cypress defeated Pacifica 51-24. Since then the boys have been

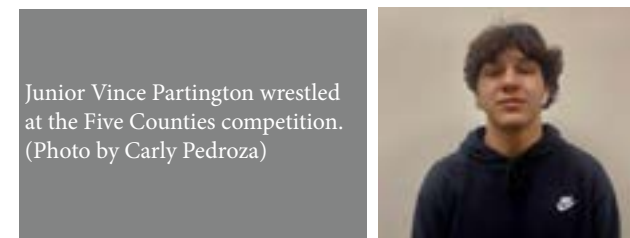
undefeated, with a record of 4-0. On January 23, 2024 Cypress defeated Tustin 57-24 making them number one in the Empire League Championship.

**Coach Lundberg** and **Coach Scott** have been quite busy this year coaching boys varsity, JV, and frosh, along with girls varsity and JV. Lundberg has been coaching wrestling for 19 years as of this year, and also coached JV football for three years. Lundberg is very confident that many of his wrestlers will make it to CIF and even Masters this year.

Junior **Vince Partington**, recently placed fifth at the five counties competition. Five counties is an invitation-only competition in which the best wrestlers throughout Orange County represent their school. Partington has been wrestling for

the last five years, and loves his team and the overall thrill of the rewards he receives after all the hard work he has put in. While his coaches at Cypress have always been supportive, he also gives credit to his club coach, who has helped him "grow mentally and physically." Partington hopes to continue wrestling after high school and get a scholarship to a D2 or D1 school.

Although the season has just begun Cypress boys wrestling is on their way to victory hoping to make it to the CIF championships and even Masters!



Junior Vince Partington wrestled at the Five Counties competition. (Photo by Carly Pedroza)

## Pumping Up the Crowd

By Minnel Vega



The Cheer team competes in various competitions during the year. They recently performed in London. (Photo by @cypress\_cheer Instagram)

The cheer and song team is made up of over 50 students split into three divisions, Frosh, JV, and Varsity. Every school year the team has many opportunities to cheer at athletic events such as basketball and football games to pump up the crowd. The cheer and song team also get to go to many different competitions.

Last summer the cheer and song team went to camp. At camp, they got to try out for something called All-American and they made it! Being in All American means having opportunities to cheer at parades and to cheer nationally and

internationally. Recently the cheer and song members that made All American went to London. **Tyler Liang**, the varsity cheer captain, stated that "...performing in London was an interesting experience since it was different competing outside of home, experiencing different cultures, and meeting new people."

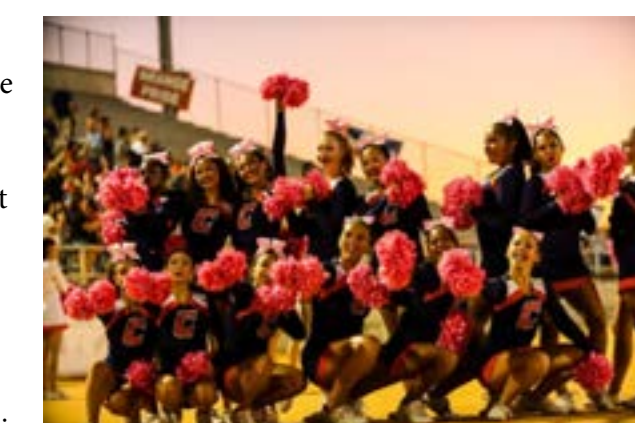
The cheer and song team has been to three competitions this year. They start practicing their competition routines in September and it takes them about a month to learn a routine.

Liang feels that being captain is different, because it gives you a new opportunity to branch out, lead, and vocalize what the coach is trying to get done. "Being captain is like being an extension of the coach," he said.

These school-spirited students continue to use their amazing opportunities to support Cypress and even make new friends along the way.



JV Cheer used pink pom poms during breast cancer awareness month. (Photo by JV Cheer)



Cheer and Song do their magic at every home game! (Photo by JV Cheer)

## Cypress Girls Water Polo: Making Waves in the Competition

By Mifrah Bawany

Cypress High School Girls Water Polo is emerging as an energetic and challenging sport. Among the many schools diving into this aquatic arena, Cypress Girls Water Polo has been making waves with its remarkable team.

The Girls Water Polo team embodies the spirit of determination and excellence in the water, winning their first game against Pacifica High School with a score of 15-7. As the water polo team continues to shine, they serve as an inspiring example of sportsmanship and athletic distinction, winning their Home game against Kennedy High School with a score of 21-3.

One of the defining aspects of the Cypress High School Girls Water Polo team is their commitment to a sense of unity and teamwork led by Coach **Julia Reyes**. "The hardships I encountered are just making sure they are going to be there and pushing themselves as hard as they can for the game." This mantra is what keeps the team at their best at all times.

As one of the varsity girls, **Taylor Lande** said, "The game we are most looking forward to is the Game against Kennedy High School on Thursday, January 18th." Competition is the fuel that ignites motivation.



Girls Water Polo defeated Kennedy at home by the score of 21-3. (Photo by Mifrah Bawany)

Lande has been playing water polo since her freshman year. "It is very refreshing to be with the new coach."

The Cypress girls have an adventurous journey with the power of teamwork, strength of character, and the unwavering spirit of the Cypress High School community. With each stroke and each goal, Coach Garrett Potter is inspiring the girls to be strong every day. "I challenge these

girls to make them better and realize that they are capable of being better." Coach Garrett is doing his best to hype the girls for their tournaments and make sure that they are working as a team rather than individually.

In conclusion, they continue to make waves in the world of high school sports, their journey serves as their power of dedication, unity, and a shared passion for the game.

# 8 Silent Signals From Our Planet

By Grace Kim

Recently, a 3.4 earthquake near Huntington Beach on December 22nd and a 4.2 earthquake in Los Angeles on January 5th abruptly shook the peaceful grounds during winterbreak. According to the National Earthquake Information Center, there are about 55 earthquakes each day occurring around the world, which usually never surpass a 3.0 magnitude. However, earthquakes going over the safety ranges are being felt more often than before; there are rising concerns for the appearance of a drastic earthquake that can shake us all.

In the San Andreas Fault, earthquakes, or shifts in tectonic plates, always occur, but they are usually hard to feel or notice. The North American plate and the Pacific Plates grind past each other, creating the San Andreas Fault zone and all of the sister faults on it. As those plates keep moving, the rock builds up stress and pressure, and eventually have to snap.

Earthquakes are not always predictable, but they can somewhat be forecasted. Biology teacher **Mr. Franks** said, "Sixty miles northwest of Cypress on San Andreas Fault, extending all the way down to near Palm Spring has been locked up for hundreds of years. There has not been a major earthquake for 250 years so what can happen will eventually have to happen. We have an earthquake drill every year because we will eventually have a magnitude 8.0 earthquake here.

You never know. It might happen during our lifetime or it might not. You can't predict them but you can forecast this area right here that there's going to be a big quake pretty soon, so we should probably better be prepared for it here."

When an earthquake occurs, we come to wonder whether it was a foreshock, the big one, or the aftershock. Whether it is a big or a small earthquake, there will be more as it settles back in, and despite some dangers, the natural shake of the region provides a better surface for us to live upon.

Chemistry and Environmental Science Teacher **Mrs. Brunet** explained, "We haven't had a lot of big earthquakes, so what happens with our San Andreas Fault is it builds up pressure. Since we haven't had a lot of them, they're going to happen. It's good for us to have little ones, so it doesn't build up a huge amount of pressure so we have a giant one. The little ones that don't cause too much damage, even though they are scary, are actually good."

While we are unable to know when the dangerous shakeout will occur, we are able to stay aware through the small signals from safer earthquakes, and become prepared when the day comes.



## THE 2024 ELECTION IS UNDER WAY!

By Anish Ashokkumar



Trump and Biden are expected to be the nominees again as the parties face off in the election. (Photo by NBC News)

In the upcoming 2024 presidential election, a range of candidates have emerged. Notable Republican figures include Donald Trump and Nikki Haley. On the Democratic side, incumbent Joe Biden is expected to be the nominee. Ron Desantis and Asa Hutchinson were running for president but both recently dropped out. Desantis decided to endorse Trump while Asa Hutchinson decided to drop out after placing last

in the Caucuses. Independents are also expected to join the race. As the election unfolds, the spotlight is likely to focus on the key figures, Biden and Trump.

Recent events indicate that former President Donald Trump, without debating, secured victory in the Iowa Caucuses, with Florida Governor. Ron DeSantis coming in second. Political newcomer Vivek Ramaswamy decided to suspend his 2024 bid after assessing the viability of his campaign. Because of this major win for Trump, it puts a lot of pressure on Haley. The primary elections, a precursor to the general contest, help determine which candidates will be nominated by their respective parties to battle it out in November for the White House. Caucuses do not directly select a Presidential candidate. They pick delegates who are then "pledged" to vote for a particular candidate at the party's national convention.

After the Iowa voting, New Hampshire is next

in voting for the primary. It will be a big test for Nikki Haley. During the primary, registered Republicans and independents can vote in the Republican primary. According to The Atlantic, Liberals believe that if Trump wins, then the future of America will go downhill while conservatives believe the exact opposite. US government teacher **Mr. Eastridge** says " this will be the most important election since the Civil War."

