

## Girls' Tennis Finishes First In League

By Elias Tubbs, Staff Writer

On October 20th 2023, Cypress girls' tennis team was named League champions. Competing against 22 other schools throughout the district, Cypress had an amazing finish with an astonishing record of 19 wins and 3 losses, (19-3) to tie for first place.

Aaron Kim and Ifeoma Ibe, both seniors, led girls' tennis in doubles. They were role players for the team, and were essential to the girls'

victories throughout the doubles matches. The girls' hard work and dedication to the game that they loved and practiced for paid off, and they will remember this season with great memories.

Girls Tennis competed against Temecula Valley in the 2nd round of CIF, where they fell short and lost 8-10 to finish with a record of 19-4. Girls tennis CIF individuals are still going to happen very soon,

with Cypress being represented by Ifeoma Ibe and Aaron Kim who automatically qualified, and Junior, Miia Thomas who is the first alternate for singles.



Miia Thomas (11) and her serve helped the team go to championships

## Artificial Intelligence Continues To Evolve

by Roberto Cardenas, Staff Writer

AI, or Artificial Intelligence, has indeed been a topic of interest for several decades, with its roots tracing back to the mid-20th century. The



More students are using Chat GPT for "homework help." (Photo Credit: Google)

famous British mathematician and computer scientist, Alan Turing, played a major role in laying the foundation for AI. In 1950, Turing introduced the concept of "Computer Machinery and Intelligence, which included the now-iconic Turing Test. This test was designed to evaluate a machine's ability to exhibit intelligent behavior indistinguishable from that of a human. Fast forward to the present day, and we find ourselves in a world where AI has evolved significantly. ChatGPT, a product of OpenAI, is an example of the extraordinary progress made in the field of natural language processing. It has become a powerful tool, often described as a "cheat sheet" that assists users in generating text, answering questions, and providing suggestions. However, the use of ChatGPT, particularly in an educational setting, has generated considerable debate and controversy. Many students have turned to ChatGPT as a helpful guideline for assignments or projects. While it can provide valuable information and insights, the impact on students' academic integrity and their overall educational experience has raised some concerns.

Some teachers have said that it is considered cheating due to the fact that the students didn't do the legitimate work which means they do not deserve the points. Although some students like Damian Arevalo stated it "works as a guideline" into completing some assignments. At the end of the day, AI's involvement in different aspects in life depends on how you use it. Kate Chambers, a teacher who teaches AP Eng has had some unfortunate encounters with ChatGPT. Chambers also mentioned how ChatGPT could hurt their "academic performance and their overall success inside and outside of class."

## Fenton, Dance Classes "Rock This Town"

By Danica Dizon and Mikaela Campos



Advanced Dance at the end of their number "I LOVE Cypress" during the "Rock This Town" dance concert.

The first dance concert of the 2023-2024 school year, "Rock This Town" featured PE Dance classes along with Advanced Dance Class. The "Rock This Town" showcase was held at Kennedy High School in the Performing Arts Center. The 2023 Dance Show was a hit, having a full house at the Kennedy Performing Arts Center.

Many of the numbers include famous songs such as; Almost There from Princess and the Frog by Anika Noni Rose, inspired by the Cypress Swap Meet that's held at Cypress College, We're All In This Together from High School Musical by Matthew Gerrard and Robbie Nevil, inspired by our community and diversity, This Is Me from The Greatest Showman by Keala Settle, inspired by Cypress High Schools proud Centurions, Dance The Night Away by Dua Lipa, inspired by the Target toy aisle, and Bad Blood by Taylor Swift inspired by the Cypress Police Department. Many of the songs that were performed were about stores, businesses, Cypress College, and the Cypress community. All of the songs performed represented the

Cypress community and diversity. "The connection that we have with Cypress High School and the City of Cypress and all the incredible, wonderful, experiences, and opportunities that we have throughout our city and our school," said Mrs. Fenton. The meaning behind the performance was to show the connection between the school and the diverse community.

Mrs. Fenton talked about finding inspiration for the theme show through her dancers. "For this specific concert because it is the 50th year of Cypress High School, it kind of lent itself to do something about Cypress. The staff did a bus ride at the beginning of the school year in our community, and that kind of sparked community ideas and inspiration." As more students join Dance, many 9th

graders get to experience their first fun and exciting show week and performance. "I'm really excited for my first dance concert with Cypress! I can't wait to dance on stage with all my friends and see my family in the crowd," said Ariyanna Patel, a freshman in PE Dance. Mrs. Fenton truly cares about all her dancers and they love her too. It really showed when at the end of the show Advanced Dance surprised her with flowers. With hard work from PE Dance periods and Advanced Dance, the program was able to bring communities together.



The dancers displayed hard work through their performances. (Photo Credit: Rehansa Kulatilleke)

## Many Palestinians Fear Second “Nakba” Is On The Way United Nations Addresses Calls For Cease Fire

by Yazeed Albadarin, Sports Editor

The Israeli occupation of Palestine traces back to 1948 when the Bal-four Declaration of 1917 pledged support for a Jewish national home in Palestine. This historical context is essential to understanding the plight of Palestinians today. For over 75 years, Palestinians have endured displacement, restricted movement, apartheid, and harsh conditions.

The term “apartheid” describes the segregation and discrimination they face in their own land, which is marked by numerous Israeli checkpoints. Despite countless peaceful attempts, oppression persists, leading to further land loss and human suffering. It’s important to note that Hamas, often a focus of international attention, emerged as a response to active resistance against this enduring injustice. Before 1948, Jews, Muslims, and Christians all lived together peacefully in Palestine. Palestinians welcomed Jewish immigrants after witnessing the horrific treatment inflicted upon them by the Nazi regime.

On April 9, 1948, more than 110 Palestinian men, women, and children were slaughtered in the once-prosperous village of Deir Yassin on the western outskirts of Jerusalem, according to Al Jazeera. In the militia attacks that

followed, more than 700,000 Palestinians were forced to flee and approximately 15,000 were killed in what Palestinians refer to as the “Nakba,” Arabic for “catastrophe.” It’s a formative event for Palestinian identity and has been observed annually in the years since it began, including by the United Nations for the first time in 2023.

Some have warned that the current Israeli offensive in Gaza, in which more than one million Palestinians have been told by Israel to flee, is amounting to a “second Nakba.” Palestinians are being told to flee, but there is nowhere to go, they are blocked off from the world. Furthermore, 13,000 Palestinian children have reportedly been forcibly detained, questioned, judged in military courts, and imprisoned since 2000, with an average of 500–700 imprisonments per year by Israeli occupation forces, according to reports from the UN and Al Jazeera.

In 2006, 2008, 2012, 2015, and 2021, Israel launched brutal wars on the 360-square-mile territory, resulting in a death toll surpassing 10,000, with over 75% being children and women. In recent events in Gaza, the Israeli military dropped more than 12,000 tons of explosives, equivalent to the power of the nuke dropped on Hiroshima with the

rate of 33 tons of explosives per square kilometer. More bombs dropped in seven days than the entire year’s U.S. bombing in Afghanistan.

Israel is one of the only nations with specific websites blacklisting those who criticize them, which raises questions about its democratic values. People worldwide, representing various races and religions, have shown solidarity with Palestinians and voiced condemnation of the Israeli occupation. However, they have been silenced on many social media platforms. Face-

book removed over 750,000 posts supporting Gaza, while Instagram banned accounts and used shadowbanning to hide posts related to Palestine or Gaza.

With many people calling for a ceasefire, the UN voted in October 2023, a total of 120 countries voted in favor of the resolution, 14 countries voted against including Israel and the United States, while 45 others abstained. And like Malcolm X once said: “If you’re not careful, the newspapers will have you hating the people who are being oppressed, and loving the people who are doing the oppressing.”



AL-AQSA MOSQUE Also known as the Al-Haram ash-Sharif. This mosque is the third holiest shrine for Muslims. Excerpt from Palestines Ministry of Tourism & Antiquities.

## Best Thanksgiving Foods This Year

By Cara Karpan, Social Media



There are always so many dishes to try during the holidays. (Photo Credit: Cara Karpan)

With Thanksgiving right around the corner it can be hard to think about food to cook, bake, or buy that everyone will enjoy. Hearing family and friends complain about it or someone not being able to eat it due to dietary restrictions can be hard, but this list will help with ideas and recipes to help in these difficult situations.

Hosting a Thanksgiving dinner can be stressful but one traditional food nobody can go wrong with is turkey. Turkey is a staple in American homes during this holiday for historical reasons and of course the taste. Making its way across America from the east coast and south in 1789, to the west, and now into everybody’s home

during this holiday. Following The Kitchn’s recipe, an unstuffed turkey should be roasted for 13 minutes per pound and if it is stuffed then you should roast it for 15 minutes per pound. Preheat the oven to 450°F and once the turkey is in turn it down to 350°F. It should be done cooking once the thickest part of the thigh is at 165°F. After

letting it rest for 15 minutes, the turkey can be carved and ready to be served!

Some other traditional side dishes include, Macaroni and cheese, a southern dish that’s made up of elbow macaroni, shredded cheddar cheese, butter, all purpose flour salt, ground black pepper, milk, and half and half, Pecan Pie, a southern dish that’s made up of pie crust, 1 cup sugar, ¼ cup butter, 4 eggs, 1 ½ teaspoons vanilla extract, 1 ½ chopped pecans and 1 ½ cup corn syrup, Mashed Potatoes, an english dish that’s made up of potatoes, 2-3 garlic cloves, cream cheese, sea salt on potatoes while cooking, butter, whole milk, salt and pepper, Cranberry Sauce, a dish from Massachusetts made up of ½ cup water, ½ cup orange juice, 4 cups cranberries and 1 cup sugar,

Stuffing, a dish dating all the way back to the Roman Empire made up of 18-24 oz of bread cubes, 1 cup unsalted butter, 3 cups diced sweet onions, 2 cups diced celery, 6 garlic cloves, salt and pepper, 2 eggs, 2 ½ cups chicken or vegetable stock, and herbs, and Pumpkin Pie, a dish from both the UK and US made up of pie crust, sweetened condensed milk, 1 can pumpkin puree, pinch of salt, pumpkin pie spice, large eggs and some whipped cream on top. According to one of Cypress’s centurions, Aubrey Diaz, one of her favorite Thanksgiving foods is “my aunt’s mashed potatoes with bacon and cheese.” With everyone gathering together with their favorite dishes, preparing for Thanksgiving may seem stressful, but coming together as one to spend time and catching up with each others’ lives makes it an enjoyable holiday.

## What's Your Dream School? It Is College Application Season!

By Mifrah Bawany, Front Page Editor



The application window for UCs started on November 1, 2023. (Photo Credit: Google)

The college application season has begun! Seniors are in motion applying to their dream colleges, picking majors, and preparing. Applications for CSU and UCs have started from November 1st, 2023, to the deadline of November 30th, 2023. As for private colleges, "Students should always check the college websites to see when the deadlines are," said Anita Gaston, Cypress High School senior counselor.

College application fees can vary from what colleges students apply to but typically it costs around \$80 per application. CSU fees on average are \$70 per application. As for the community colleges, the cost is \$46 per unit with AUHSD pledge community college at Cypress and Fullerton are free for two years. There are requirements to meet this eligibility. There are many scholarship opportunities and financial aid options such as

FAFSA, Dream Act, and many more to help students with their journey to college. Mrs. Gaston recommends taking full advantage of this financial assistance.

The CSU and UCs require freshman applicants to take courses A-G in high school and achieve a grade of C or better is required for each course. Seniors are given a transcript and expected to self-report their grades honestly. UCs are also self-reporting, "at the end of the year students will request a transcript to go to the college they were accepted to and the final transcript needs to match with the student's self-report," said Mrs. Gaston. Private schools accept transcripts either from a student or from their counselor and it should be in PDF form. Colleges also check the number of courses exceeding minimum "A-G" requirements, GPA in math and or science courses, household income, extracurricular and leadership involvement, educational program participation in high school, and other available information that would inform the campus admission decision. SATs and ACT's are not required for community

colleges, Cal States, and even UCs, but may be recommended for some colleges.

Students should always have a backup plan if they don't get into their dream school. Community colleges are reliable and a safe backup option, individuals can transfer if they don't get into their dream university at first.



Senior counselor Mrs. Gaston knows a lot of information about college applications. (photo by Mifrah Bawany)

## The Evolution of Social Media: Old Threads vs. New Threads

By Betty Langrine, Staff Writer

In the ever-changing world of social media, a fascinating shift is taking place as the old version of Threads go head-to-head with the new version of Threads.

For over a decade, Facebook, Instagram, and Twitter have been the pillars of social media. These platforms have provided users with a space to connect, share updates, and engage with others. They offered a sense of familiarity and a reliable way to stay connected with friends and family.

In recent years, a new wave of social media platforms have emerged, captivating the attention of younger demographic. TikTok, and Instagram have revolutionized online interactions. They offer a fresh and engaging experience that resonates with today's users.

As the new version of Threads gains momentum, user behavior is undergoing a transformation. The younger demographic is gravitating towards the new version of Threads, seeking more authentic and immersive experiences. The old version of Threads, however, still maintained a

strong user base, with many appreciating the stability and established communities they offer.

The clash between the old and new versions of Threads raises questions about the future of social media. Will the old version of Threads adapt and integrate new features to stay relevant? Or will the new version of Threads continue to dominate the digital landscape? Only time will tell as the evolution of social media unfolds.

Social media enthusiasts have their own take on the old and new version of Threads debate. Some praised the old version for their longevity and extensive features, while others embraced the new version of Threads for their innovative and interactive nature. Haya Elannan said, "the old apps were more outdated and the newer apps have more interesting content." It's clear that personal preferences play a significant role in shaping one's social media experience.

As the social media landscape continues to evolve, the interplay

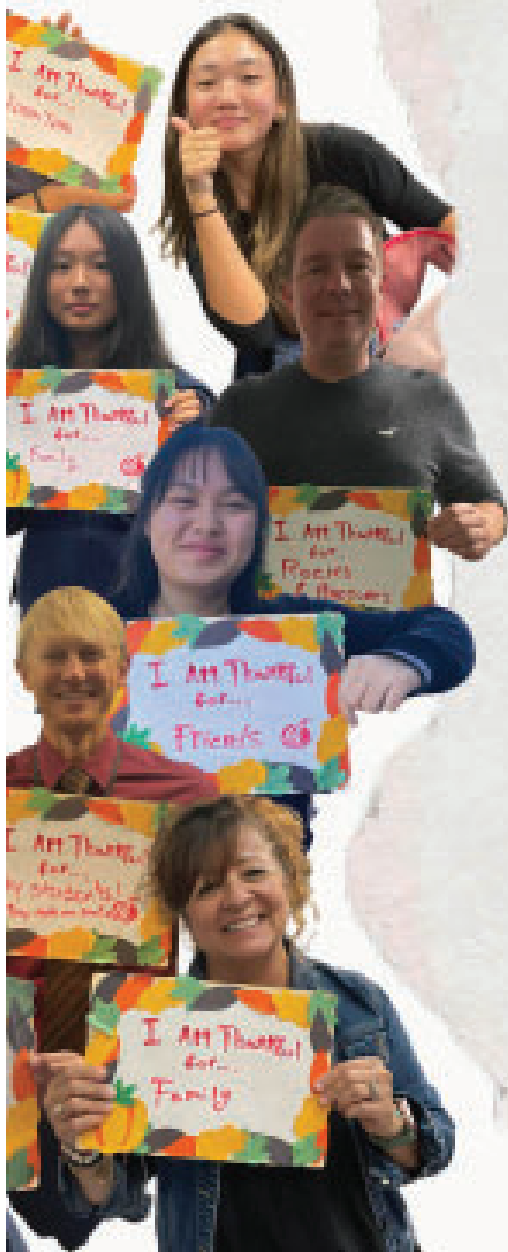
between the old and new versions will shape the future of digital connectivity. Whether you're a

fan of the old or eager to explore the new, one thing is certain: social media will always be dynamic.



Social Media Continues to Change Rapidly (Photo Credit: Google)





November is a month of remembrance. Living in a bustling world, we often forget the purpose of our existence and the driving force of life. Whether it is family, friends, mentors, or pets, we can deliver a kind message of appreciation and gratitude this time of year during the holidays we spend with our family.

With Veterans Day and Thanksgiving marked on our calendars, we can recognize, spend time, and express gratitude to those we often forget. Teachers and students at Cypress are grateful for their family, friends, clubs and students.

Lauren Kim from Cypress High shared, "I am so thankful for my family. Without them, I wouldn't be able to become who I am today. I am planning to spend my holidays by hanging out with my family and eating lots of food. I'm also going to take care of myself by sleeping in."

With grateful hearts, individuals are planning to express their hearts to others by delivering thoughtful messages, traveling, and sharing good foods and gifts together.

A small, random act of kindness may have a big impact on changing our community. Occasionally, a single spark of generosity may have a domino effect, expanding beyond its original starting point and lighting the surrounding us.

How about sending a small gift or heartfelt note to your loved ones during this time of the year?

## Senior Bowling Night: Seniors Make Their Way To Bolero

By Yosuary (Yoshi) Vazquez Moreno, Illustrator/Entertainment Editor



Reilly Zabala (lft.) and Isabelle Rush were some of the seniors who attended Senior Bowling Night at Bowlero. (Photo Credit: Madison Spicer – CHS Yearbook)

The annual Senior Bowling Night, sponsored by ASB, happened on November 6th, 2023, at Bowlero. Approximately 220 seniors went to have fun and hang out with their friends and do a little bit of bowling.

According to London Coulter, Senior Class President and planner for the event, it was a “loose event, a ‘do as you please’ type of event.” Approximately 40 lanes were in the alley, allowing every friend group to have their own lane, about six people per lane.

Jonah Kim, senior, enjoyed the food, from chicken strips to pizza to even egg rolls. All mentioned that they would not change a single thing, (aside from some technical issues with the lanes.)

Once again, this annual event was a great time for seniors to hang out with their friends.



## ENTERTAINMENT

### Taylor Swift Leads The 2024 Grammy Nominations!

By Rehansa Kulatilleke, Distribution Chief

On Friday, November 10th, 2023, nominations for the official Grammy Awards set for February 4th, 2024 were announced via live stream. Nominations for major awards include Record of the Year, Album of the Year, Song of the Year, Best New Artist, Producer of the Year, and Songwriter of the Year had the media buzzing with who they assume will win the 2024 Grammy Awards.

The nominations for the 2024 Album of the Year were announced to be World Music Radio by Jon Batiste, the record by boygenius, Endless Summer Vacation by Miley Cyrus, Did You Know That There's A Tunnel Under Ocean Blvd by Lana Del Rey, The Age of Pleasure by Janelle Monáe, GUTS by Olivia Rodrigo, and Midnights by Taylor Swift. According to a recent survey with some students at Cypress, 62% of students believe that 12-time Grammy winner–Taylor Swift will receive the award. Sophomore Adora Luong shares, “Some of them, I've definitely never heard of before...but I think I ended up thinking Midnights specifically because Taylor's so big right now—especially with her tour and everything...there's a lot of good albums but I feel like it just made an impact.”

The nominations for the 2024 Record of the Year were publicized to be Worship by Jon Batiste, Not Strong Enough by boygenius, Flowers by Miley Cyrus, What Was I Made For? [From The Motion Picture “Barbie”] by Billie Eilish, On My Mama by Victoria Monáe, Vampire by Olivia Rodrigo, Anti-Hero by Taylor Swift, and Kill Bill by SZA. Cypress students speculate that the current number

one artist of the world–Taylor Swift will once again earn the place of Record of the Year with the hit song Anti-Hero.

The nominations for the 2024 Song of the Year were declared to be A&W by Lana Del Rey, Anti-Hero by Taylor Swift, Butterfly by Jon Batiste, Dance The Night (From Barbie The Album) by Dua Lipa, Flowers by Miley Cyrus, Kill Bill by SZA, Vampire by Olivia Rodrigo, and What Was I Made For? [From The Motion Picture “Barbie”] by Billie Eilish. Although Record and Song of the Year sound like similar awards, Song of the Year highlights the artist's songwriting process rather than the production of the song like Record of the Year. Cypress students theorize that Taylor Swift's Anti-Hero will win, followed by SZA's hit song Kill Bill as a closed second. The most recent award winner for Song of the Year was Bonnie Raitt for her song Just Like That. This achievement sparked a major debate with people in the media since many had not known of the song until that time. Many believed that artists like Taylor Swift, Beyonce, and Steve Lacy earned the award—causing a debate to see if the Grammy Awards itself was fair.

The nominations for the 2024 Best New Artist were proclaimed to be Gracie Abrams, Fred again..., Ice Spice, Jelly Roll, Coco Jones, Noah Kahan, Victoria Monáe, and The War and Treaty. About 50% of Cypress students who responded to a survey believe that Ice Spice will be the ultimate winner of this category for this year. The 2023 Best New Artist Award was presented to Samara Joy at the beginning of this year. American jazz singer–Samara

Joy was most commonly known for her song Can't Get Out of This Mood.

The nominations for the 2024 Producer of the Year were televised to be Jack Antonoff, Dernst “D'Mile” Emile II, Hit-Boy, Metro Boomin, and Daniel Nigro. Cypress students suspect that the producer Metro Boomin will win for his well-known projects like Am I Dreaming by Metro Boomin Featuring Roisee & A\$AP Rocky, Calling by Metro Boomin Featuring NAV, A Boogie Wit Da Hoodie & Swae Lee, Creepin' by Metro Boomin Featuring 21 Savage & The Weeknd, More M's by Drake & 21 Savage, and many more. The 2023 Producer of the Year was given to–2024 Grammy nominee–Jack Antonoff for his work producing songs like All Too Well (10 Minute Version)(Taylor's Version)(From the Vault) by Taylor Swift, Minions: The Rise of Gru, Part of the Band with various of artists, and Dance Fever by Florence + The Machine. The nominations for the 2024 Songwriter of the Year were named to be Edgar Barrera, Jessie Jo Dillon, Shane McAnally, Theron

Thomas, and Justin Tranter. For this year's nominations, students were stuck on two major songwriters–Theron Thomas and Justin Tranter. Songwriter Theron Trater is most commonly known for projects like All My Life by Lil Durk Featuring J. Cole, Been Thinking by Tyla, Seven by Jung Kook & Latto, and many more. Justin Tranter on the other hand is most commonly known for his work from Gemini Moon by René Rapp, Honey! (Are U Coming?) by Máneskin, Pretty Girls by René Rapp, and many more. Previously this year, the Songwriter of the Year award was given to Tobias Jesso Jr., who helped write songs from various artists like Harry Styles, Adele, Omar Apollo, and King Princess.

The 2024 Grammy Awards will be live-streamed on CBS Television Network and Paramount+ on Sunday, February 4th, 2024, at 5-8:30 PM. Three additional categories–Best African Music Performance, Best Alternative Jazz Album, and Best Pop Dance Recording will be making their debut in the Grammys.



# Saw X Now Available in Theaters

by Deborah Son, Editor-In-Chief



Jigsaw's puppet, Billy was used to relay a message to the players of his game. (photo by Deborah Son)

The horror franchise, "Saw" released another gruesome film, "Saw X" to theaters in September 2023.

This sequel revolves around a serial killer named John Kramer who experiences heartbreak and affliction. John discloses his identity with a puppet resembling a clown, claiming to be "Jigsaw." He starts to kidnap people and place them in torture devices, forcing them to play a game. The only way to escape is to solve a puzzle. His motive was to enlighten people regarding the value of life and for him to decide whether or not they "deserved to live" while he continued to suffer an inseparable death from cancer.

"Saw I" to "Saw IX," narrate the storylines of multiple people who

have discarded their lives. The victims including drug dealers, scammers, and suicidal individuals who were put into inescapable rooms as test subjects. While Jigsaw enjoyed the scenes through his cameras, the targets were desperately seeking an exit. The latest film, "Saw X" gives the viewers a flashback of John's villain origin story. It provides a glimpse into the past by describing John's encounters with scammers who claimed to have healed his cancer in Mexico. He plots the traps and skillfully uses his antics to lure the people right where he needs them.

"Saw X" is currently available in AMC theaters, Cinemark theaters, and more.

## Senior Rachele Nguyen Finalist On Current Season Of *The Voice*

By Deborah Son, Editor-In-Chief



Rachele Nguyen, a CHS senior works with her partner, Mac Royals to sing, "How Deep Is Your Love." (photo by Jake Nguyen)

Rachele Nguyen is a senior at Cypress High School who was a contestant on the latest season of *The Voice*. As Rachele's voice highlighted unbelievable notes, she received a chair turn from Reba McEntire. She said she sang "Bleeding Love" because it had "a lot of versatility and meaning to it." "From there, I thought I could put my twist to show my range and style of singing," Nguyen said. Nguyen was encouraged to join *The Voice* because of her desire to take a step further with music and see if she wanted to pursue a career in singing. She started music at the age of 2, as her dad's side of the family has a musical background. Auditioning was a long-term process involving 30,000 people, who were narrowed down by virtual auditions for each round, ending up with 100 contestants. "I felt very nervous during the blind audition because there was a large crowd. I

had a lot going through my head because I had to wait for the judges to turn for me," Nguyen said. Her memorable experiences from *The Voice* were being coached by one of the judges and making new friends. Rachele's advice to young aspiring singers is, "Don't be embarrassed or shy away because of what other people say. Even when you start to become insecure about having a talent, pursue it and give it your all because it will benefit you in the long run." Rachele's next plan is to start releasing music and investigate the opportunities that are now being offered to her. She enjoyed being on independent study for school, a necessity while on the show, because she has more time to record and work on music on her schedule. The current season of *The Voice* runs until December 19, 2023, at 8/7c on NBC.

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## Texas Rangers, Bochy Win World Series With A Bang

by Carly Pedroza, Business Manger



Texas Rangers won their first MLB World Series(Photo Credit: CarlyPedroza)

The Texas Rangers won their first MLB World Series Championship, which was 52 years in the making with the help and support of their new manager, Bruce Bochy.

They dominated the Arizona Diamondbacks and won the Series handily, four games to one. Although the Rangers have made it to the playoffs nine times, they have only made it to the World Series one time, making it their first World Series win!

To get to the World Series, the Rangers beat the Houston Astros in the ALCS (4-3), and the Diamondbacks beat the Phillies, in the NLCS (4-3).

Bochy is no stranger to managing in the World Series. He led the San Francisco Giants to three World Series titles. Bochy has managed three teams: the Padres, Giants, and Rangers. This is his first year out of 26 seasons managing the Rangers.

He went on a temporary retirement in 2019 and this is his first year back. When he retired, he managed his grandson's little league baseball team. He came out of retirement because the general manager of the Texas Rangers convinced him they were a good team to manage. Corey Seager, the Ranger's shortstop, was named the 2023 World Series MVP. He won that same title back in 2020 when he played for the Dodgers. He is one of two players to win the MVP title in both leagues. Reggie Jackson was the other player to win the MVP title in both leagues. Nathan Eovaldi, the Rangers star pitcher (also a former Dodger player), helped them win two out of four of their games. Hopefully the Rangers take what they have learned and accomplished this season to future seasons to make it back into the World Series.

## Fall Sports Wrap Up- Football, Golf, Tennis, Cross Country Dominate

by Yazeed Albadarin, Sports Editor

Girl's Tennis finished the year with a record of 19 wins and 3 losses and tied for League champions, beating Valencia twice and splitting with Crean Lutheran, the other league champions. Some of the most improved players this season were Leyna Delrio-Pham and Jazlynn Eberhart, the girls' tennis team's coach, Joseph Paul said, "This season has been a very enjoyable year, I enjoyed how excited they are to play and their desire to win."

Boy's water polo had a couple of ups and downs this season, starting the season off with a win against California High with 13-3. The team continued their winning streak in the next two games against Buena Park, and Fountain Valley High with the scores 15-14 and 11-5. Cypress suffered their first loss against Esperanza High and El Toro High School but kept pushing and gained a win against Buena Park High with a score of 16-14. The lows continued though with the team losing the next four games, but ended the season winning the next two games against Centennial 8-7, and Kennedy High 17-7.

One of Cypress's hardest-working teams this season has been the cross-country team. Being a relatively younger team with only three seniors. They accomplished a lot this season and set themselves up for future success. The team qualified for the CIF and prelims, but Coach Matthew Tweed said, "We felt we were going to finish first or

second, so to finish third was a little disappointing." The training was a little different from recent years with summer practice increased mileage and a higher tempo. Coach Tweed says the athletes have improved a lot and the ones that stepped up the most from the boys' side were Jonathan Rodriguez, Eliot Yi, and McCovey Jackson, and on the girls' side Erin Baek, Alexis Higa, and Stephanie Payne.

The Girl's golf team had a very successful season this year with a record of 7 wins and 1 loss. Tania Maheshwari, Brooke Sato, and Katherine Gerbing Advanced to the CIF individual championship. Ms. Metry said, "The season was great, we had a lot of success, we also have a very young team so I know we are going to build upon our success from this season and take it to next year. The morale and excitement the girls showed is always really fun to see, we had a great season and will miss Katherine a lot, but look forward to next year."

The Cypress Girls volleyball team has gone 3-3 so far this season. Earlier this year, the team had the opportunity to tour the University of Hawaii, Hilo. On September 12, 2023, the team won against Pacifica High School with a score of 2-0. The team also defeated Tustin 3-0 on September 26th. Coach Alex Griffiths pushes her athletes to the limits on and off the court. They have a great sense of drive which

makes them unique from other schools. They bounce back really quickly from any setbacks.

The Cypress football team suffered lots of injuries, yet they pushed on beating La Mirada (28-0) El Modena (31-14), and Pacifica (56-7). The team lost against Corona del Mar (24-41), Lawndale (0-14), and Tesoro (14-31), making their record

3 for 3.

Cypress's first-ever Girls Flag Football team debuted this year. Although they didn't have the best start losing to El Toro High School with a score of 0-6, their recent victories against Tesoro High (13-0) and Pacifica High (14-0) showed immediate improvement coached by Danny Kruger.



Centurion athletic teams were very successful this fall.(Photo Credit: Yazeed Albadarin)



# Student Athletes Balancing Life

By Cassandra Thurmond and Mikaela Campos

Being a student athlete takes hard work and dedication, students give their time to their sport. Student Jackson Sierra, a JV wrestler, joined wrestling because he wanted to join a new sport. He brings his homework to practices, he asks Coach Lundberg to take breaks to do, homework, or to go to tutoring for an hour. He tries to finish homework before practice ends, but that doesn't always happen. Tennis player Roxy Wilson says, "The pros and cons of being on the tennis team is the pressure I get during matches and practices, but I know my teammates will always support me no matter what." Wilson is a varsity starter. . and spends 1-2 hours on her homework. She loves tennis because "She gets to learn new things every day

and have fun while doing it. Meanwhile, she keeps up with her work. Wesley Roczey is a former football athlete, but felt a lot of pressure was put on him. Some reasons he quit the team include needing to focus on academic work. Freshman Volleyball player Katrina Sokolowski is on the varsity team for Cypress. Sokolowski has a routine to help her keep up with schoolwork and practices. She says, "Well I go to practice, go home, eat do my homework then I sleep." Sokolowski keeps a balanced schedule for school work and practices. It is really difficult to keep up with school work, and to stay on a team, you have to keep a 2.0 GPA or higher to stay on a team and that puts a lot of pressure on student athletes.



Freshman Roxy Wilson balances her first semester in high school and playing on the tennis team. (Photo Credit: Cassandra Thurmond)

# Football Goes All The Way To Semi-Finals

by Jayden Kay Linayao, Video Editor



Varsity players butting heads during the semi-finals.(Photo Credit: Noah Cerda)

The Centurions football team fell to the Mira Costa Mustangs on Thursday, November 9th with a score of 27-45 in the CIF semi-finals. Still, many good things came from this year's football season. "Good things; we won seven games," Varsity Football Coach Feldman commented, "we made the quarter-finals...and being a part of a team that many consider successful." This was an amazing way to end the season for the seniors, with

numerous wins and fighting their way to CIF's. Varsity starting left tackle Hayden Frazier, though he is sad that this is his last High School season, he is glad that, "there's a lot to look back on and be happy about...we overcame a lot of adversity with injuries, and we won our first round of playoffs!" Frazier used music such as his favorite artists, Biggie Smalls and Tupac to overcome his anxiety before big games.

Senior Kainoa Salanoa, Varsity receiver and backup quarterback mentioned, "It was a really good team...It was hard for us to try to come back with the lead that they had, but we all knew we wanted it bad." This was the last game of the season for the Cypress Centurions, but they had a great season overall.

# The Black Friday Frenzy By: Tyler Hernandez (Photographer/Artist)

