

CENTURION SPOTLIGHT

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Installation of Solar Panels Nearing Completion

By Yazeed Albadarin,
Sports Editor



Construction workers are finishing up the solar panels, despite the recent theft. (Photo Credit: Yazeed Albadarin)

Solar Panels were first introduced as a possibility back in 2013 by a group of students from Mrs. Shimogawa's class doing their Civic Action project. One of the students sent a letter to the superintendent, Elizabeth Novack. When she responded, calling for a meeting, the students were fired up with excitement. They researched the price of the solar panels and how much they were paying for utilities here in the school, made a slide show, dressed up professionally, and gave a well-spoken pitch in front of everyone from the district. The district agreed to have solar panels and said that it was great to see that a group of kids seeded this idea and convinced everyone that this will be the future. This project was significantly delayed after a

robbery occurred. On September 5th, 2023, around 5 a.m., when the workers showed up, they arrived at the storage enclosure and found that the gate had been pushed over and the trailer was missing. The trailer contained the construction site tools, "the total value for all the tools was about 50 thousand dollars," according to campus Officer Martinez. The theft was not captured on surveillance cameras and so far, the police have not found any eyewitnesses of the crime. However, a fingerprint was collected from a screwdriver found at the scene and is currently being processed at the crime lab, hopefully leading to the thief. The project began at the end of school, but theft and unstable soil

have pushed this project's due date. The initial delay started when the engineers did their first check to see how the concrete was curing and tested the tension to see if it could withstand the solar panels, this test concluded that it was unsafe to start building and they decided to leave it for a 30-day review to see if the concrete cured, after 30 days they came back and said the concrete has cured properly and they could continue with the project. "The city of Cypress and especially Cypress High School has a high water table underground, this essentially means you don't have to dig very far to start hitting water underground," said Assistant Principal Tenorio. You have to consider this whenever you construct any structures, because it will impact the stability of buildings. Since the district will be saving money from the solar panels, this project didn't cost the school or district any money, it was given to them from a government grant. While many issues have led to the delay of the solar panels, they will surely make the school experience much better, after a hot day at school, your car won't be smoking hot and it will eliminate the cost of electricity, so the school could use that money to help the school if a power outage happens, there will be electricity stored ready to use! Principal Jennifer Brown urges the students to be a little more patient as the project is projected to be finished in early November 2023.

Stay Tuned For Songs From This Senior

By Danica Dizon,
Student Activities Editor

A self-made artist, **Lizzie Cruz**, is a senior at Cypress High School. Lizzie recently released her song "One More Time." However the meaning behind "One More Time" is not a song about anyone in her life. It is about a failed relationship that was tough to let go of, but the girl in the relationship wanted to try one more time. "The lyrics just came to me one morning," Cruz stated.

She was listening to instrumental Lofi beats and thought it sounded like a good heartbreak song. She didn't want



Senior Lizzie Cruz's music is available online. (photo credit: Lizzy Cruz)

to write a sad heartbreak song and instead wrote a healing heartbreak song.

Lizzie has always been involved in music from a young age. She recently created music in 2020 and got more involved over the summer in 2022. Currently, music is a hobby for Lizzie, and she is seeing where it can take her. In her future, if music isn't a possible career she would be an engineer. All of Lizzie Cruz's music can be available on Spotify, YouTube, and all major streaming platforms. "One More Time" can be purchased on Amazon Music and iTunes. To people who are thinking about creating music or feel interested and need a boost, here are some words from Lizzie, "Just expand and explore because you never know where it is going to take you. If I didn't explore my hobby more, there would still be a missing piece in my life." Stay tuned for more music from Lizzie.

New Locker Agreement Implemented at Cypress High School

By Deborah Son,
Co-Editor-In-chief

The question, "Why has the school decided to charge \$10 for a locker?" has been a controversial topic among students attending Cypress High School.

The people who were involved in making this decision consisted of the Principal, Assistant Principal, School leadership team, counselors, and teacher leaders.

Originally, Cypress High School did not have to provide lockers to students because it was not part of the Educational Code, just like driving. However, Cypress is one of the schools that offer students lockers.

Eleventh-grade assistant principal, Mr. Eric Tenorio released a statement regarding the logic behind appraising the value of a locker. He said, "We put together a locker agreement because, over the years, and had students reserving lockers they didn't use."

For example, there have been cases where leftover food along with cockroaches, knives, and alcohol were discovered in lockers at the end of the year. It progressed into a safety issue, "Our custodial staff remodels, paints, and cleans out the lockers, so a one-person job became a two-week project," Tenorio said. The collection of fees for lockers allows the school to preserve the locks and maintain an organized image. During the summer, the custodial staff washes the lockers and makes sure that they can open and close. The differences administration noticed this year are that the lockers are being used appropriately and are less crowded. Some students and parents have shared their appreciation towards the new locker agreement, which ensures their safety on campus. Furthermore, if students forget their locker combination, they

can check the main office. Furthermore, if other students report suspicious activity around the lockers, the school could check right away.

Of course, if a student is not able to purchase the locker, but needs one, they are able to talk to the front office and waive the fee.



New locker rules ensure lockers are used appropriately by Cypress High School students. (Photo Credit: Deborah Son)

School Year Marks Start Of New Late Start Schedule

By Anish Ashokkumar(co-editor-in-chief) and Carly Pedroza (Opinion Editor)

The students and staff at Cypress High School who have a zero period have had a huge change in their weekly schedule this year. This year for the first time since Cypress opened 50 years ago they have gotten rid of their zero period classes on Thursday. They have now extended zero period on Mondays, Tuesdays, Wednesdays and Fridays to be an hour and five minutes long instead of 55 minutes, to make up for the time missed on Thursdays.

Since the new late start schedule started, staff and students have various opinions about the new schedule. Many students who have a zero period were very excited to hear they wouldn't have a zero period on Thursday. The students now have more time to sleep, spend time with friends and get their work done before their school day starts. The staff also benefit from the change as well because now they have time to go to professional development class, unlike last year when zero period teachers would sometimes miss their meetings before school.

There are three reasons for the schedule change. According

to Mrs. Brown the principal at Cypress High School, the schedule was a district-wide change because of the following reasons. Late start teachers are supposed to attend professional development meetings on Thursdays, the teachers who have zero period would often miss the meetings and they would miss important information. A second issue was that there was a big time gap between zero period and first period. According to Brown, kids who were having to come in early for zero period had a time span between zero period and first period. Staff were seeing an increase in issues with these students. Students were doing drugs, stealing from local stores, drinking alcohol, and some even got hit by cars. During this time students were unsupervised and it became an unsafe environment for kids. Lastly, this schedule change took place because of the bus schedule as the timings would clash with each other.

Grace Badolian, a senior at Cypress High School, states that this year's schedule helps her mental health. She is now able to get more sleep on Thursday and

has something to look forward to. Last year when Badolian had zero period she would go to her class and after sitting in the halls waiting for her friends who didn't have zero period so they could get breakfast. Now she is able to sleep in and leave ten minutes before her first period starts.

Although these changes have been good for most, there have been a few minor problems with the new schedule. One of the big

ones is that now students are unable to meet with their teacher. This has been a slight problem because zero period teachers now have to rearrange their schedule just for zero period and it puts a large workload on students, especially AP classes and performance classes like band and dance.

Overall, this year's new schedule is an improvement to the previous year's schedule.



Mr. Markle is a returning zero period teacher (Photo Credit: Anish Ashokkumar)

Check N Connect Helps Students Achieve Academic Goals

By Brianna Naranjo,
Features Editor



This year Check N Connect involves more activities compared to last year. (Illustration By: Yoshi Vazquez)

Check N Connect has been quite the controversial topic, especially since in 2023 the school created assignments to do during this time. If these assignments are not completed, meaning that if the student doesn't have a 60% or higher in this "class," then they will be on a no-go list for any school events and will be given the opportunity to complete the assignments and attend the events.

Check N Connect used to be considered wasted time, even though it counted as instructional minutes, due to students not paying

attention to what was being shown in the announcements or some teachers simply not putting on the announcements. This has now changed since the teachers are required to put on the announcements, in order for the students to be able to complete their assignments on eKadence. These new rules that have been implemented will help students become more focused and will help them manage their time better. Unfortunately, consequences are necessary because as Principal Jennifer Brown said, "we all know teenagers, if you don't have to do it, you won't do it, so we had to put something in to incentivize students so they get the important information."

Although these new assignments being handed out may irritate some students, they can be quite beneficial. They allow students to have more time in order to research important topics that interest them such as colleges, mental health, ePortfolios and much more. These activities during Check N Connect provide a space for students to build skills that will be needed in their

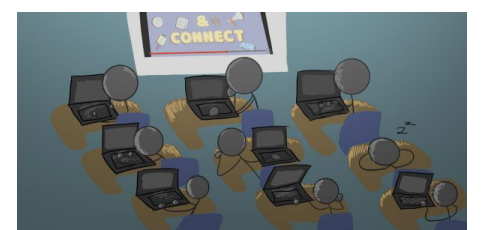
future careers, and on the positive side, they only take 10-15 minutes each.

Some students dislike the thought of having to go through more assignments in addition to their regular classwork. Junior, John Mendoza said, "I believe that it [Check N Connect] should be optional and I believe that if you do the assignments, you should get certain extra credit points."

Even though these assignments are mandatory, some students don't pay attention to them and begin to play around on their phones instead of interacting with each other and getting work done. This could lead to the possibility of Check N Connect not being used to its full potential. Chemistry teacher, Mrs. Jenkin said, "I think this is a time that kids could be asking for help [...] or just doing something that could help students do better and be more successful."

Check N Connect is different from how it used to be during the 2022-2023 school year since now every student completes assignments as

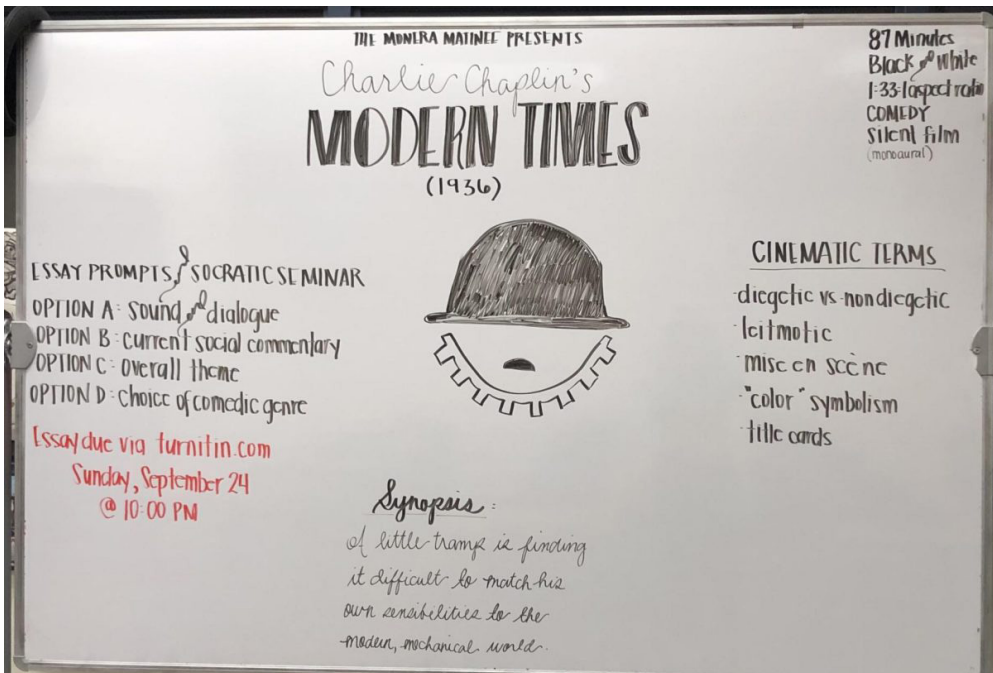
a requirement of this "class" on eKadence. Even though it may seem useless to a few students to complete these simple assignments, they provide a space in which students could seek out help for their mental health, investigate their college options, and, depending on the teacher, receive extra credit. Students should focus on the positive side which will make completing these assignments much easier.



This year's activities help students prepare for their future. (Illustration By: Yoshi Vazquez)

Fabulous Class Focuses On Feature Films

By Belle Paccione,
Staff Writer



Although people think Reading Movies is an easy class, Mrs. Monera's whiteboard shows how many notes (Photo Credit: Belle Paccione)

Cypress High School has been offering an engaging and activity-filled film class since 2016, providing an exciting avenue for students to explore the world of cinema. This unique course is part of the 12th-grade English curriculum, empha-

sizing the importance of maturity and effective communication in understanding and analyzing films. The driving force behind this captivating film class is Mrs. Monera, a dedicated educator with a skillful 17-18-year tenure at Cy-

press High School. Her journey at the school began with teaching 11th and 12th-grade English classes, where she honed her skills as an educator. Later, she assumed the role of yearbook adviser for 16 years, leaving a lasting impact on the school's yearbook legacy. However, Monera's passion for teaching led her to embark on a new adventure, offering both AP Literature online and Film Literature courses.

Monera's enthusiasm for her work is palpable. She has a genuine love for her job, and her desire to teach a senior class reflects her dedication to her students' growth and education. In her film class, students can expect to delve into a wide range of topics and ideas related to the world of cinema, keeping the learning experience fresh and exciting. One hallmark of Monera's teaching is her meticulous preparation. Her classroom is a dynamic learning environment where a fresh set of notes on the board is always ready to go, ensuring that her students have the resources they

need. Cypress High School's film class is undoubtedly an intriguing and unique offering that has garnered the attention and appreciation of its students.

Senior Mia Bribiesca's perspective, describes the class as having an "easy undertone," suggests that the course is structured to make learning about film enjoyable and accessible. Ryan Calvario's enthusiasm for the class highlights one of its key attractions – the opportunity to watch movies and learn how to analyze them in a new and insightful way. T Xavier Callaghan's advice to future senior students is both encouraging and enlightening. His recommendation to take this class emphasizes the unique and enriching experience it offers.

It's clear that Cypress High School's film class has left a positive mark on its students, making it an attractive and memorable choice for those interested in the world of cinema and storytelling.

STEMup4Youth Encourages Centurions In STEM

By Minnel Vega,
Staff Writer

STEMup4Youth just opened a new chapter at our school! They are a non-profit organization founded in 2013, that gives students who join the opportunity to inspire the next generation to pursue a career in STEM. Twice a week, they bring children at Boys and Girls Clubs fun, hands-on STEM activities through interactive programs, events, and performances. This club meets every Friday during lunch and this program runs year-round. The President of Cypress High School STEMup4Youth, Harsha Ragavan, said the purpose of this club is "...to inspire youth to get involved in STEM, while catering



STEMup4Youth President Harsha Ragavan is planning new activities for the club. (Photo Credit: Harsha Ragavan)

to the unprivileged communities nearby... We believe exposing young minds to new ideas is crucial to developing their interests, and providing them with access to a program like ours would be truly remarkable."

Ragavan said something that motivated him to start this club was that "I remember being in 5th grade... I went to Boys and Girls Club at my school and different organizations would come in and conduct fun events for us and I vividly remember a STEM group that conducted a lava lamp experiment. As a kid, I was still exploring this path, but this program definitely sparked my interest in STEM."

According to Ragavan, starting a club can be easy, but managing it can be challenging at times due to the workload from school and other activities. He shared that "it's important to maintain a balance" and to also "be passionate about what you're doing."

Students can join STEMup4Youth by filling out a Google Form linked to their Instagram page: @chs.stemup4youth or by reaching out to them via email: stemup4youth.chs@gmail.com.

Recognize Their Service

By Betty Langrine,
Opinion Editor

A newly-formed club, 4 Their Service, plans to spread awareness about veterans and show appreciation to the people who worked to keep us safe. Club members will meet up most Tuesdays during lunch in room 236, led by club president Christine Kim and club adviser Ross Geerdes. During these meetings club members will make small gifts and cards, and even write letters. Students will also learn more about the events and the history behind these veterans' lives.

The main goal of club members is to give students more knowledge about historical events focused on veterans. The club plans to attract new members by making cards in a community for a good purpose. Some advice from club president Christine Kim to new members is: "this club is very comfortable and



The president of 4 Their Service Club is Christine Kim.

not too time-consuming and you can get many benefits from joining!" If you want to bring comfort to those who served in the armed forces, 4 Their Service is the club for you.

D & D Club Reflects Game's Rise In Popularity

By Tyler Hernandez

Photo/Artist



The new D & D Club meets at lunch on Fridays in room 307. (Photo Credit: Wiki)

Warm up your D20s because the D&D club is now in session! This brand-new club has students running to sign up! D&D has come a long way when it comes to public opinion. It's crazy to think that years ago, D&D wasn't all that accepted by adults. Adults referred to the game as "satanic." To have such an "unholy" game in school was considered sacrilege. However, we are no longer living in such dark times and Cypress's new D&D club

you make it," Lim said. Lim was excited to play with people and introduce the game to them. This club is laid back, welcoming, and humorous, much like the game they play. Students can join them in room 307 during Friday lunches. Back when "nerdy stuff" first came into the world around the 80's, teens would get bullied for liking such things. Nowadays, teens are more accepting and couldn't care less if you like anime or tabletop

"I don't think D&D is necessarily a religious game. Unless you make it..."

reflects that.

The president of the D&D club, Ashlynn Lim, has been planning this for a while, "This idea has been in the works since the second semester of the sophomore year." Their campaign is great for new players, "There are demons, ... but they aren't really meant to be satanic. I don't think D&D is necessarily a religious game. Unless

games. D&D has been exciting for a couple of decades and with newer generations getting more into it, it will probably continue to exist for many more. Some people attribute the sudden rise of D&D love to the hit show Stranger Things. Lim and the new club have opened the floodgates for a world of imagination and acceptance.

CHS Has A Half Century of History

By Rehansa Kulatilleke, Distribution Chief

Cypress celebrated its 50th Anniversary on Saturday, September 16, 2023 at 9 AM. Cypress alumni from as far back as 1975's first graduating class watched presentations from various state officials, and performances by band, choir, and song/cheer, and ended their visit with a campus tour that finished in the media center. Alumni spent their remaining time on campus reminiscing about their high school years and pouring through yearbooks from the past. With the Senate of California presenting Cypress with an official 50th Commemoration along with the City of Cypress showing their appreciation, Cypress was presented with a total of three awards, all accepted by ASB President, Aidan Houston. After the presentation, Cypress alum Mrs. Kathy Binford and fellow alum from class of 1975, Donny Ohnemus, came up to the podium to share their appreciation for the school. Binford and Ohnemus shared their first-hand stories about giving students a voice—for example choosing the colors.

This event was set into motion by Health Technician, Mrs. Binford. Binford even brought up the idea of making the 50th Anniversary jerseys worn by the staff around campus. Binford said, "We had over 80 staff members—teachers, and staff that ordered one, so at that point I knew there was going to be a big interest in doing a party." Once multiple staff members along with the Administration, overheard the news of Cypress having a celebration, word got around and eventually reached the

Mayor and Senator who also shared an interest. Alumni from all over town helped contribute to the event with one alum offering cookies from their very own bakery and others donating homemade cupcakes. Binford shared that it was heartwarming to see the community trying to make an effort to bring everyone together.

Along with the loving community, there was a time capsule kept by the school that displayed every one of Cypress' own achievements—from the very first documentation of the student population, to the very first print of the first school newspaper—the CC Writer. Sports rosters, old schedules, campus maps, student votes, and many more were safely kept in the large historic binder. Binford shared her experiences working with the Student Involvement Committee, and how they helped students have a voice in school decisions. Once the gathering concluded, alumni were offered campus tours which eventually made their way to the Media Center, where visitors were met with a collection of every Cypress High School yearbook beginning with 1974. As time progresses, it is clear to see that Cypress continues to make history of their own fifty years later.



Alumni look over yearbooks ranging from as far as back as 1973. (Photo Credit: Rehansa Kulatilleke)

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Band and Pageantry Show Their Centurion Pride

By Cassandra Thurmond
Staff Writer

Band Teacher Mr. James Quirion, has been teaching at Cypress since 1999 and this year plans on teaching band and percussion new music such as “La Nouba” from Cirque du Soleil. Cirque du Soleil is a major Quebec-based group that makes high-quality artistic entertainment. Band will also learn dance songs for parades, and the upcoming holiday concert. Mr Quirion started music, so he could share his passion with students who love music like he does. As he says, “Learning new music is like learning a new language.” Every band student takes time to learn new music. Students in Band and Pageantry have fostered a strong connection throughout the season. Pageantry member Summer Welch, joined pageantry because when she “first saw pageantry perform at Lexington, she thought the costumes and

flags and just the overall composition of the show were so pretty... and it immediately spoke to me as something I wanted to be a part of.” In pageantry, Welch has grown as a person and has a great bond with everyone else on the team, including other leaders Devan Forester and Connor Shearin. She says the best thing about Pageantry is “seeing the pride after our new members learn their work at a faster pace than we did last year and pull it off during football games.” Already this year, Band has played at the Varsity football games, the Homecoming half-time show, the freshman assembly and the 50th Anniversary open house. Students in band and pageantry have a strong bond when playing together, and we can see that on the field when they perform.



Band and Pageantry performed at the Homecoming game as well as the CHS 50th Anniversary Open House.(Photo Credit: Mr. Meza)



Band Are some of the hardest working kids in the school (Photo Credit: Jayden Kay Linayao, Video Editor)

Dear Betty:





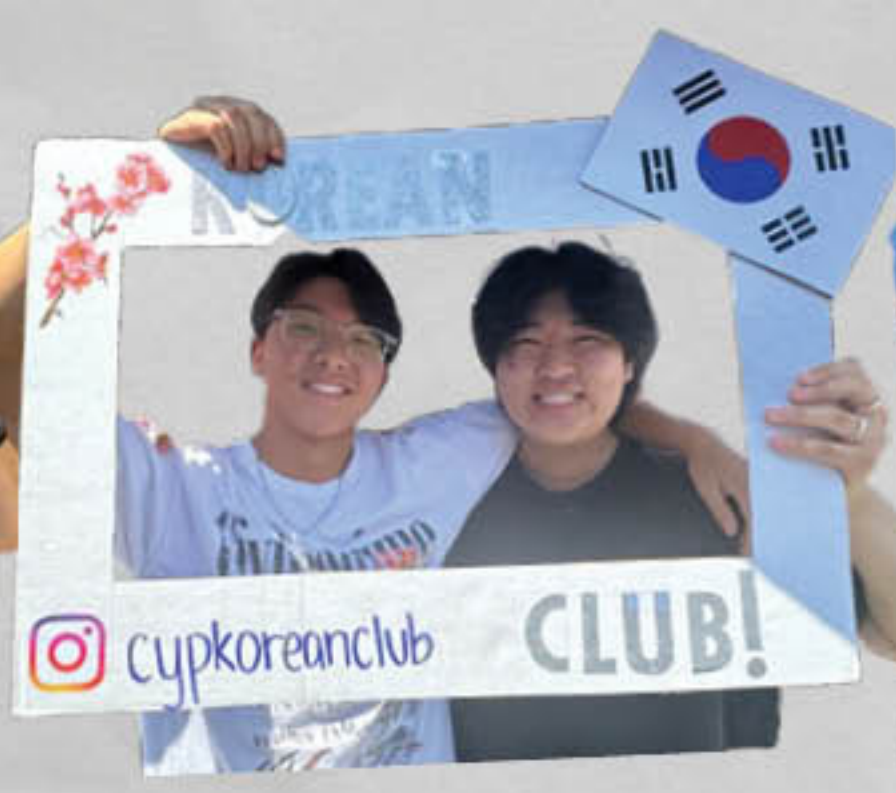
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Club Rush

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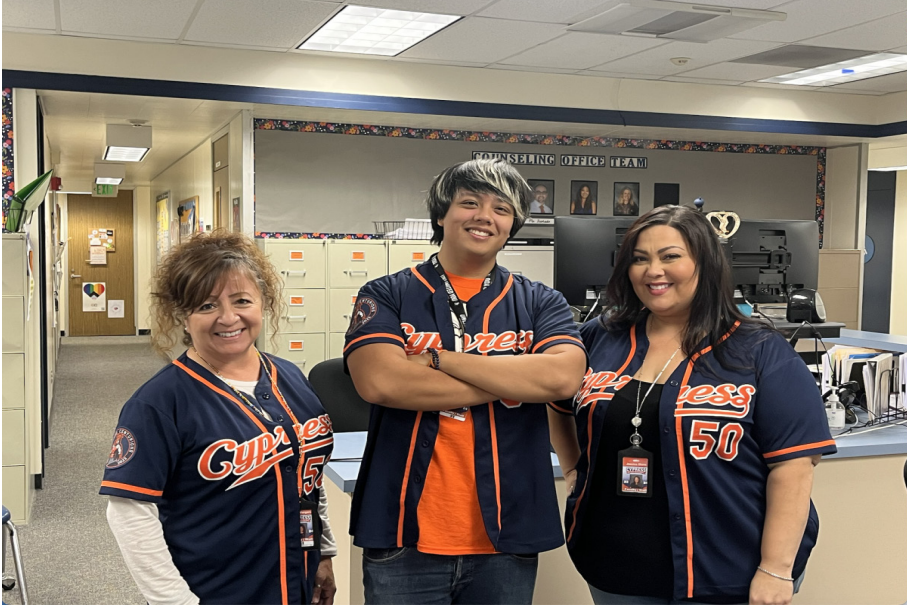
In the Spotlight



New Staff at Cypress Stands for You

By Grace Kim

Assistant Layout Editor



New faculty staff works at the front desks of Cypress High School counseling office. (Dianna Vergara, Daryl Soriano, Jessica Olano) (Photo Credit: CHS Journalism)

Cypress High School is filled with new faces ready to learn, teach, and serve on campus. With new staff and faculty, Cypress is prepared for the school year more than ever before.

In the reception area of the counseling office stands Daryl Soriano, working as the new records secretary. As the records secretary, Soriano is in charge of keeping all

the school records, requesting them from other schools, sending them out to other schools, and taking care of work permits and transcripts if they need to go somewhere. Loving to stay organized and keeping everything together, Soriano was excited to take the spot when the position was available at Cypress.

“Everyone is so easy to work with, so easy to communicate with, the school has a great vibe and is a great place to work for. All the students and staff are great so overall I’m loving it here. I look forward to staying here for a very long time.” His new coworkers include Registrar Dianna Vergara and Counseling Secretary Jessica Olano.

Believing that this opportunity was given through luck, Soriano is glad to help students with any questions. He can be reached out through email soriano_d@auhsd.us, or can be found in the counseling office. In room 510, new math teacher Joseph Hoang teaches 9th grade and

11th grade math. This year being his 21st year of teaching, Hoang came to Cypress through an involuntary transfer from Kennedy High School. One difference Hoang notices between Cypress and Kennedy in learning the size and classes. Two schools are very similar, but Cypress has more students and AP classes. After only a month, Hoang is getting to know the school and students, being open to help. “During class, students can ask for help by raising their hands or use GoGuardian Chat. Outside of class time, students can use email and attend tutoring at 8 am daily except Thursdays and 6th period/after school with notice.” Hoang can be reached through hoang_j@auhsd.us.

New staff and faculty members are willing to provide the best resources and help for students at Cypress High. Students can always reach out to teachers and supervisors of the school for questions or concerns throughout the school year anytime.

New Ninth Grade Counselor Enjoying Cypress

By Mifrah Bawany, Front Page Editor

Amanda Lu is the new 9th-grade counselor on campus. She shared that her transition to Cypress has been good because all the staff is welcoming. Before working at Cypress, she worked in Alternative Education, specifically independent studies.

As a new staff member, Lu knew that “There’s a learning curve with the day-to-day process.”

Lu considered majoring in psychology and education. However, she majored in business administration because her parents wanted her to be an accountant. But, during her third year of college, she realized that being an accountant was not

for her, and even though she now had her business degree, she decided to go into the field of education which highlighted her strengths and passions more than the business field did.

Students are very talented and responsible here in Cypress. Lu thinks that the best part of working in Cypress is “the people” because they “are amazing” and she also enjoys working at Cypress because everyone is willing to answer her questions. “The students here are very determined for their studies and very involved in all things. This is a great place to be,” Lu said.

Cypress Welcomes Daphne True

By Mikaela Campos, Staff

Cypress High School has welcomed new teacher Daphne True to the English department. True graduated from CSUF where she earned her Bachelor in English literature and her teacher credential. True’s passion for teaching started when she was a student because she loved to read. In high school, English was her favorite subject, and when she graduated she knew that she wanted to be a psychologist or an English teacher.

True was transferred this year from Kennedy High School due to lower student enrollment numbers. Since True has been here, she said, the faculty has been friendly and welcoming. The students have also been “amazing” in her English 1

and English 1 Honors classes. At her prior school, she taught ELD and English 2. True says “It’s a refreshing change” to be at Cypress.

“She is super nice and helpful and she makes learning super fun and in a way she relates to her students,” according to freshman Kaimani Davis.

Outside of school, True loves to spend time with her three cats, while watching TV and reading in her spare time.

If she had a word of advice for new teachers she would say, “It’s a difficult but rewarding job. Be prepared to be busy all the time, to feel as if nothing is finished, and to make a lot of mistakes along the way. Nevertheless, I get to smile every day, laugh every day, and the actual teaching part doesn’t feel like “work” to me.”

NEW STAFF



Ms. Lu is serving her first year at Cypress High School as a counselor.

NEW STAFF



Ms. True was recently transferred from Kennedy High. (Photo Credit: Ms. True)

FEATURES

Say Bonjour To Our New French Teacher!

By Yosuary (Yoshi) Vazquez Moreno,
Entertainment Editor

This year, a former substitute teacher, Ms. White, has been hired as the new French teacher in the world language department. Last year during fall, Ms. White stayed for the majority of the year since the other French teacher, Madame Sloane fell ill. It was hard for her as she didn't know if she would permanently stay or not. However, she returned this year after getting the call to come back this year and be a member of the French department.

White, a former Sonoma undergrad and Cal State Long Beach student, majored in French and minored in history during her time in college. She wanted to become a teacher, and as a little girl she had wanted to learn French because of her fascination with France. She took Spanish for two years and during her sopho-

more year, she took French. Not only did her French teacher encourage her dream, but it ran in her family as well. Her mom was a Special Ed teacher and a Language Pathologist, her twin sister was a history teacher and is now an assistant principal, her grandfather was a teacher, and her dad wanted to be a PE teacher.

White attended Sonoma as an undergrad and got her credentials in Cal State Long Beach. Before going back to school, she worked in sales for a decade. She was a student teacher for the spring semester of 2021 and the French teacher of Valencia High for another semester. Despite all the schools she's been to, she was excited to return to CHS. "There's no place like Cypress," she said.

When she was called and told she was hired, she was ecstatic. She

cried and hugged her family out of excitement, she couldn't wait to return to Cypress High. She wouldn't change a single thing, not her career nor her choices, as they have made her who she is

today. Ms. White would like to say that if students want to know about studying abroad, contact her for information!



Ms. White has returned as a teacher after substituting most of last year. (Photo Credit: Yosuary (Yoshi) Vazquez Moreno)

SPORTS

Girl's Volleyball Shows Discipline and Drive

By Cara Karpan,
Social Media



The Cypress vs Kennedy match ended with a loss for the Centurions, but the rematch is scheduled for Oct. 3rd. (Photo Credit: Cara Karpan)

The Cypress girl's volleyball team has gone 3-3 this season. Early in the school year, the team had the opportunity to tour the University of Hawaii, Hilo and even though they have suffered some losses, they took the opportunity to come back even stronger.

On September 12, 2023, the team won an intense match against Pacifica High School by the score of 2-0. The team also defeated Tustin 3-0 on September 26th. Coach Alex Griffiths pushes the girls to be their best when they're on the court or even when they're off the court. The Cypress Girl's Volleyball team has something that some schools lack, which is discipline and drive. Even when they come across challenges, they face them and come back

stronger than before.

The girls practice hard and strive to do their best as coach Alex Griffiths says, "it takes more than two hours of practice to get good and even when it gets hard you need to stay motivated and keep pushing yourself." One result of motivation this season is new face, freshman Katrina Sokolowski who was promoted from JV to varsity. Sophomore Leona Alexis, a varsity player, said that she's looking forward to "playing against Kennedy, because we lost to them last time and want a rematch."

The team's best qualities are their energy and being supportive of one another, which is helping them motivate each other and inspire one another.

Girl's Flag Football Debuts on the Field

By Rehansa Kulatilleke,
Distribution Chief



Girl's Flag Football played their first game ever against El Toro. (Photo Credit: Tyler Hernandez)

Girl's Flag Football debuted this year, losing to El Toro 0-6 on August 22, 2023. Although Cypress lost, recent victories against Tesoro High (13-0) and Pacifica High (14-0) showed immediate improvement.

Mia Cabral was a key player in the most recent win against Kennedy High School (26-0). (photo by Rehansa Kulatilleke)
Coach Danny Kruger is the proud head coach, bringing thirteen years of experience. His main goal for this season is to score their first win in the regular season: "Winning league is our main thing," he said. Kruger shared that the players dynamics and determination every day are his favorite parts about the team and he looks forward to working with them for the rest of the season. Senior Mia Cabral, Safety and Quarterback, is excited to be

able to play at Cypress as a part of the Flag Football team. With Cabral's quick defense and ability to dodge, her previous experience on a Boy's Flag Football team is obvious. Cabral's ultimate goal for this season is to win the rest of the games with the help of her team.

Cabral enjoys the new friendships she has made thanks to joining the team. Her favorite thing about the sport is discipline because it is very valuable in sports. Cypress's flag football team is surely looking forward to an amazing season this year along with working with each other to make their way to league finals.



Mia Cabral was a key player in the most recent win against Kennedy High School (26-0). (photo by Rehansa

New Home Stadium Is On Its Way!

By Jayden Kay Linayao,
Video Editor



Posters of the renovation plans are posted on the pool gate.
(Photo Credit: Jayden Kay Linayao)

A new home football stadium is currently on its way to Cypress High starting in October of 2023. The planned completion date is October 2024. The cost is approximately ten million dollars, which will be paid for by the Anaheim Union High School District.

A few things to expect from this huge renovation are artificial turf for the soccer and football fields, an all weather track, a JV softball field, bleachers that will hold up to around 1500 people, lights, and a new irrigation/sprinkler system. During the construction process, it's anticipated that Cypress will

be using Lexington Junior High and Lexington Park for soccer games and other lower-level athletic events. It's possible that Handel Stadium would still be the home stadium for bigger games such as Homecoming, but more Varsity games will be held on this new field when completed. "I've pushed for this for many years, many people have. I'm just glad it's finally happening now, and we could finally have facilities to be proud of," Coach Feldman commented. Other schools such as Western High and Anaheim High are expected to receive similar renovations this year. "We're the only district left in our surrounding districts that doesn't have turf fields," Athletic Directors Mr. Pfeiffer and Mr. Slevcove mentioned. They said that being the last district adds some community pressure, but "it takes a long time to get a project like this going." This new stadium will be a huge improvement to Cypress High's athletic facilities. It will be able to host more games, and will be able to hold more spectators, and the Centurions will finally have a home stadium to really

Centurions Look To Improve Record During Upcoming League Games

By Roberto Cardenas,
Staff Writer

With a record of 3-3, Cypress High School's football team's early record pales in comparison to last season's 6-0 start. This season, Cypress beat La Mirada (28-0) and El Modena (31-14) and Pacifica (56-7). They lost to Corona del Mar (24-41), Lawndale (0-14), and Tesoro (14-31). Head Coach Rick Feldman said that he was satisfied with the team's first three games, yet he did not feel that Cypress had done well enough in the game against Lawndale.

Although the team has lost five of their star players due to injuries, notably senior quarterback Aidan Houston, they are hoping for a swift recovery to strive for the rest of the remaining season. Team standouts include Houston, along with varsity linebacker Rocco Burdett. Feldman described Burdett as "the quarterback of the defense." Not only did the varsity team have standouts, but so did the freshman team. The Cypress

freshman team recently broke a record against Lawndale. A game-winning 48-yard kick made by Panagiotis Batsaras was the longest kick in Cypress High School freshman football history. After the coaches saw what Batsaras was capable of with the kick, they moved Batsaras up to varsity and he suited up as the backup kicker for the Homecoming game against Tesoro. As the season continues, Cypress football players will try to fill in for their injured teammates, to hopefully come out on top with a winning record and a successful season, so they can go back to CIF to win it all over again, as they have done for the past three years.

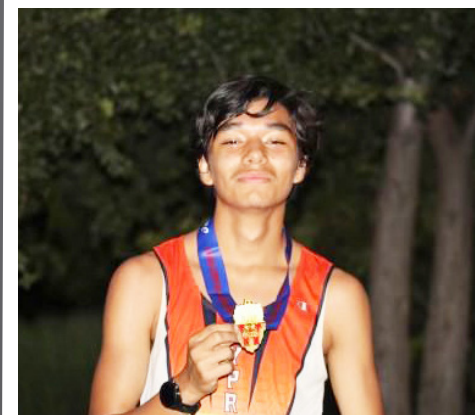


Wide Receiver Michael Hubbard races down the field against Tesoro.
(Photo Credit: Jayden Kay Linayao)

CHS Cross Country Defeats Tustin High

By Elias Tubbs,
Staff Writer

Cypress Cross Country is racing to a great season, with boy's Varsity starting with a record of 4-1. Competing in their three-mile race on September 28th, the boys finished second in a field of six teams which included Valencia, Pacifica, Kennedy, Crean Lutheran, and Tustin. Cypress scored 50, beating four teams and falling only to Valencia's score of 26. Isaiah Garma finished fifth overall for Varsity and was the first Cypress runner to finish. Girl's Varsity (1-4) finished fifth out of the six schools, as Valencia



Junior Mason Cobo shows off his JV medal for finishing 8th overall with a time of 18:17 in Empire League PreLims on September 28.

again won first. Freshman Kristina Buttner placed 20th overall and was the first to finish for the Cypress. The hardest team that Cypress had to compete against was Valencia, which defeated both our boy's and girl's teams. The JV boys placed third out of four teams that competed. Cypress scored 69, beaten by Pacifica who scored 40 and Valencia who scored 18. Cypress JV Cross Country's record stands at 1-2. Junior Mason Cobo placed 8th in the three mile and was the first Cypress runner to finish for the boy's JV team. The girl's JV team did not compete. The Frosh/Soph teams had a great day with the boys (5-0) scoring 42 and coming in first, beating Valencia, and continuing their undefeated season. Sophomore Thomas Okten finished third overall and was the first Cypress runner to finish on the team. The Girl's Frosh/Soph team scored 73 and came in third. Freshman Allie Kim, finished 9th overall and was the first to finish for the Girl's Frosh team. League Finals are scheduled for this Halloween, on October 31st at Craig Park.