#### TROY HIGH SCHOOL

# 2200 E. DOROTHY LANE, FULLERTON, CA 92831

#### LIFESTYLE



Find out how to start playing the recently popularized Japanese game of kendama, the primary inspiration behind the Warrior Ken-yo-dama Club.



#### **FEATURE**

Seniors Matthew McCarthy and Garrett Blodgett follow their passion for music with their indie-rock band, Floorboards.

Page 9 **SPORTS** 

The Warrior boys waterpolo team (0-0, 1-1) yielded a victory to the Vista Murrieta Broncos 9-4 Sept.

#### Page 10

16.



# Warrior Troy Tech Program celebrates its 30th anniversary

A critical aspect of Warrior culture, the program exposes students to academic paths and opportunities in technological careers.

#### By Julianne Kim & Sarah

#### Kremer **STAFF WRITER & NEWS EDITOR**

Having evolved into an intrinsic component of Warrior culture, the Troy Tech (TT) Program celebrates its 30th anniversary this school year.

A nationally ranked magnet program established in 1986, TT attracts students from four counties to the Warrior campus. With over 1600 students enrolled in the program, it prepares students for the 21st century, technologycentered workplace. From its beginning as a program with only two pathways, the TT curriculum has grown over the past three decades to include courses for students interested in computer science, media, business, engineering and leadership.

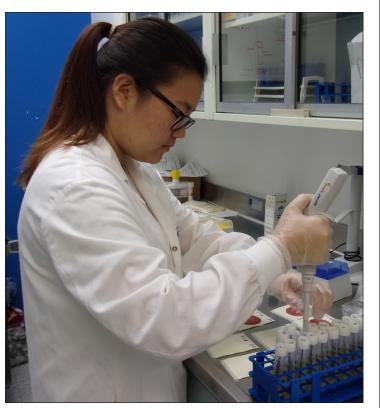
Using a California Specialized Secondary School Grant, former principal Jerry Atkin implemented TT to boost student enrollment and prepare students for careers in computer science, an emerging industry in the 1980's.

Currently, the program attracts 60 percent of Warriors, 800 to 900 of whom reside outside the district.

An appealing aspect of the TT Program, the Internship requires students to complete a 150-hour work experience either during the summer after the student's junior year or during the fall and spring semesters of the student's senior year, TT coordinator Laurie Downum said.

"The scope of our Internship program is larger than that of other schools," Downum said. "Students from other high schools participate at some of the sites that our Warriors do, but those schools only have a couple of students interning. The most common comment that we hear from mentors is that our high school interns are often more prepared or more advanced than the college interns."

Continued on page 2





DAVIS PARK

**PROVING THE MIGHT OF THE PEN:** Engaged in typing on an AlphaSmart, a Warrior freshman writes his article for the September issue of "The Special Edition" while other students brainstorm creative ideas to appeal to the student body.

# Multi-platform newsletter reaches diverse audience

Appealing to all audiences, journalists use unique presentation techniques to publicize their newspaper.

#### By Tiffany Hall & Zina Patel STAFF WRITERS

Fostering a collaborative environment for students to broadcast their voice, Warrior staff writers in Special Education produce monthly newspapers entitled The Special Edition. Each issue of the eight-year-old periodical contains recurring columns and several articles pertaining to the current month's events. At the beginning of each cycle, the journalism staff holds a brainstorming session to determine which topics will be addressed in the issue. Students then write several drafts and conference with their advisor, Jenny Redmond, and her instructional aides to analyze the strengths and weaknesses of their writing. After using the Publisher software to finalize the newspaper, staff members distribute the newsletter and post a digital version online complete with personal voice-overs.

learn vital writing and speaking skills, Redmond said.

"[Journalism] helps students to be better [at reading and writing], which are two foundational academic and life skills," Redmond said. "Students in the class are working on their interviewing skills because they have to interview different people on campus to get the information that they need [to write their articles]." In order to update readers on current activities, journalism students present the issue's content through mediums that suit readers' needs, Redmond said. "We have a whole class of students who are non-readers, so the digital version gives them access to The Special Edition," Redmond said. "We record either an audio or video [of the article] and then we [compile] a Prezi presentation. Even though [some of the students] are not able to read the articles, they can hear the articles in the author's own voice, which is pretty exciting." The accompanying Prezi gives students the opportunity to take ownership of their work and inform others on events occurring in the Special Education department, aide Samuel Soria said.

"[The uploaded content] is a learning experience for the kids to be able to publish an ideatheir own original ideas," Soria said. "Essentially, it [allows] the [students] to learn, to keep their audience engaged and to get the audience to know what is going on in our class and what is going on with our students."

Students realize the impact they have on the Warrior campus through the feedback they receive from other students, former staff writer Aurora Santana said.

**COURTESY OF LAURIE DOWNUM** 

**INTERNSHIP INSIGHTS:** A senior in TT Program focuses on correctly executing her internship tasks at Kraft Foods.

By drafting monthly articles for the paper, journalism students

"I felt proud of myself [because] I put myself out there," Santana said. "[My articles also] helped other people. [Readers] said they liked the stories and were inspired to write their own."

Furthermore, the periodical instills a sense of pride in both the journalism students and the advisors because it is completely selfpublished, Lopez said.

"It is rewarding to see kids expressing themselves and putting a newspaper together, with the help of Ms. Redmond," Lopez said. "It is really cool to see the excitement they get on their faces when they see their [writing] come out in print or digitally on the Troy website."

## Counselors offer students varied academic workshops

sessions designed to help Warriors in both scholastic and collegiate settings.

#### By Bernice Wang STAFF WRITER

Offering opportunities for students to strengthen high school skills, Warrior counselors officially launched the 2015 Fall Semester Academic Workshops Sept. 8.

In the workshops, counselors Sarah Saleen and Cindy Osborne help students master organization, understand financial aid and create productive study environments. Held twice a month on Tuesdays in Room 507, upcoming workshops will be held Oct.

Warrior counselors host 6, Oct. 20, Nov. 3, Nov. 10 and Dec. 1.

> By attending the presentations, students take advantage of resources provided by counselors, teacher Matthew Fox said.

> "There are improvements I see on a consistent level," Fox said. "[Students] see what assignment is due soon and prioritize their work. They seem less stressed, because they are more organized. Many students suggest good ideas for daily class from the workshops. They tie all the [skills] together and apply them in the classroom and see the benefits."

> In response to Warrior feedback, counselors annually update the courses to ensure topics remain relevant and useful, Saleen said.

> > and organization

Understanding financial aid (11th &

Active test - studying

Creating a productive

studying environment

ALEX VAZQUEZ

12th)

10

strategies

"I had some workshops that I offered where attendance was low," Saleen said. "Because of this, I will rotate topics out to revisit in the future. We have a collection of arranged workshops that we rotate based on the year and what we have done."

Upcoming workshops, especially those specializing in time management and organization, will benefit Warriors in both their academic and personal lives, Fox said.

"[The workshops teach students] to prioritize and focus on the most important things," Fox said. "High school and college are microcosms of the real world, not just in an academic sense. It is the efficient way you handle the workload of high school and college that is a reflection of that real world. High school is mostly academic but that work ethic can be applied [daily]."

Because fall sessions can provide benefit for any students who attend, counselors utilize local media to inform Warriors, Saleen said.

"We hope students arrive and find the information in the sessions useful," Saleen said. "We mention the workshops in announcements usually a week beforehand and post the dates on the website. I also email the teachers a reminder, and teachers will have the flyers as well. We would love to have anybody who wants to come."



**COURTESY OF LAURIE DOWNUM** 

PRINTING PROFESSIONAL: Fulfilling her requirements for the TT Program, a senior designed and manufactured prints at her summer internship site.

#### Continued from page 1

As the program has expanded, teachers have introduced new courses to accommodate varied student interest, Downum said.

"In the more recent years, the media pathway has had the most growth, having added the IB Film course and, this year, Broadcast Journalism," Downum said. "In the last few years, we've incorporated the pre-internship curriculum into our advanced TT classes, making it possible for all juniors in TT to have access to an honors level class as upperclassmen."

This year, Warriors will compile a "30th Year Celebration Video," consisting of personal success stories from current students and alumni. The promotional film will be used at

8th grade events and the mentor breakfast to promote the TT program.

In honor of this significant milestone in the program's history, Downum has invited Assemblywoman Young Kim, R-Fullerton, to speak. Kim has served as a mentor for several years, and her children both attended Troy.

The TT Program served its purpose not only by encouraging those interested in future technical careers but also by furthering education standards outside of the Warrior campus, teacher Rich Liem said.

"TT is definitely unique," Liem said. "Other schools are actually trying to [replicate the program], which shows we've pushed the envelope of education beyond Troy."

**ACADEMIC ACHIEVEMENTS:** Counselors assist students in developing skills essential for high school.

DECEMBER · 1 Applying for scholar-ships (11th and 12th)

WORKSHOPS

OCTOBER · · · 6 Time management

NOVEMBER · · · 3

### PSAT to be administered on weekday in October

With new requirements to hold the PSAT during the week, the Warrior campus will host the exam on Wednesday Oct. 14.

By Brendan Brzycki & Kyle Patel **STAFF WRITER & NEWS EDITOR** 

Preparing Warriors for new standardized exams, the Preliminary SAT (PSAT) will be held on campus Oct. 14. The PSAT, administered by College Board, serves as a precursor exam for students preparing to take the SAT. With the SAT format change in March 2016, the PSAT's structure has been revised to reflect these modifications. Extended by 35 minutes, the revised PSAT includes a reading test, writing and language test and math test. In addition, there will be no penalty for incorrect answers. To further resemble the SAT, total scores will range from 320 to 1520, 160–760 for each of two section scores and 8-38 for test scores. In previous years, the College Board offered two Wednesday test dates and a single Saturday make-up test date for the PSAT. However, no Saturday test days will be offered this year. The

College Board has announced its plans to resume offering weekend tests during the 2016-2017 school year. Because students previously tested for the PSAT only over the weekend, Fall 2015 marks the first time that the PSAT will be offered on a weekday on the Warrior campus.

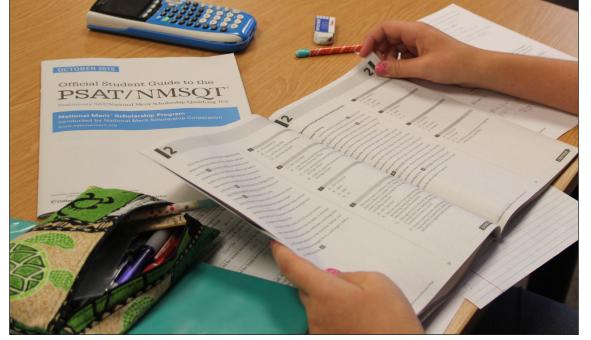
Starting this year, the PSAT will be offered not only to sophomores and juniors, but also to freshmen as a part of Warrior administration's effort to accommodate all interested students, according to counselor Lisa Avila. This change is primarily a result of increased opportunity for space, as the test will be held in the gym instead of individual classrooms.

Because the exam will be administered from 8:00 to 11:00 AM on a weekday, students will miss a number of classes, counselor Jacquie Morck said.

"Most schools [offer the PSAT] during the week," Morck said.

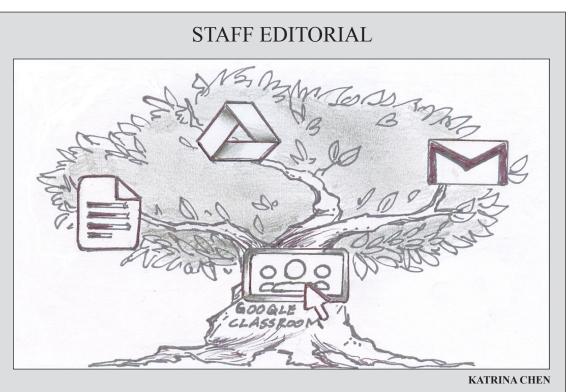
"They will just say they can only test 200 students in the gym, so they are only going to sell 200 PSAT tickets. Because we give all students the opportunity [to take the test] and we have opened it up to ninth graders, it is going to be tough for us during the school day."

According to Avila, the change from weekend to weekday may affect examination results, especially since the updated test has a different format from those of previous years. However, performance on the PSAT remains important for juniors because the exam will still be used to determine eligibility for the National Merit Scholarship (NMS), regardless of affected test scores. Despite the PSAT's use as a filter for NMS candidates, students looking to take the test should treat it primarily as extra preparation for the SAT later in the year, Morck said. "If anything, for the SAT or for any [standardized] tests, the more you practice and the more you take [the tests], the better off vou'll be," Morck said. "The results for the PSAT are not official, and they are not sent to schools. The PSAT is truly just a practice test, so students should not stress over it too much."



LAUREN KIM

OUT WITH THE OLD, IN WITH THE NEW: All freshmen, sophomores and juniors have the opportunity to take the PSAT, a precursor exam to the SAT.



# Google Classroom helps branch out learning tools

Warrior classrooms are slowly but surely integrating technology into teaching.

In recent weeks, many teachers on campus have transferred their online resources to Google Classroom. Due to the transition to a new host for the school website, instructors have used this interim period to initiate the change. In fact, Google Classroom, an online educational platform released last August, has already started to transform the classes in which it has been introduced. Blending the pre-existing Google applications-Docs, Drive and Gmail-Google Classroom has the potential to simplify the lives of students and teachers on campus. To the administration, Google Classroom is an important instructional tool that is highly encouraged but only optional for teachers. Consequently, interested teachers can switch to this new platform at their own convenience. With this in mind, it is essential for teachers and their students to know the benefits of joining the Google-centered revolution.

First of all, using Google Classroom provides userfriendly educational tools for have a variety of options, including creating assignments, posting resources and adding informative Youtube videos. The only prerequisite needed for using Google Classroom is a Google Apps for Education account provided by the district.

Furthermore, one of the more practical advantages is the streamlined process of collecting and distributing documents. English Department Chair Greg Platt, a Google Classroom advocate, praises this aspect of the tool. Platt credits Google Docs, an application used in Google Classroom, with improving the organization of his students' work. Using this program, instructors are able to share homework assignments with the class, creating a copy for each student to access at his or her own leisure. Warriors can then complete the task online and submit the assignment without having to print a physical copy. As a result, teachers no longer have to concern themselves with the hassle of printing out and collecting hundreds of papers a day. Thus, Google Classroom also benefits classroom efficiency. Additionally, Google Classroom greatly decreases the opportunity for human error when turning in coursework. By placing all of

quality of student-teacher communication. Since Google Classroom uses Gmail accounts, whenever teachers make announcements on their class pages, all of the students in those classes are notified through an email. In the demanding lives of Warrior students, this instant notification is extremely beneficial. Considering the amount of time teenagers spend online, this is a far more effective way for students to manage their busy schedules rather than depending singularly on face-toface communication in class. Google Docs also allows students to view corrections made by teachers as soon as they are completed, providing feedback much more rapidly than possible with hard copies. Consequently, online edits will give students a greater opportunity to learn from their mistakes.

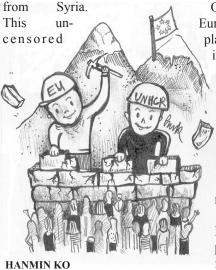
The current trend towards Google Classroom promises to be a far greater asset than the old website ever was. With superior technological capabilities, Google Classroom needs to become the new standard, not just a fad during this transitional period. As technology continues to progress, Warrior educators need to take this important step towards progress rather than remain stagnant in the past.

## Syrian immigration crisis calls upon the public to offer help

By Yannie Hoang & Caroline Zhu OPINION EDITOR AND STAFF WRITER

"Just because it isn't happening here, doesn't mean it isn't happening."

This is the concluding statement of Save the Children's "If London Were Syria" video. The short film was created to raise awareness of the Syrian refugee crisis, which began in 2011, when protests against the Syrian government sparked violence from both sides of the conflict. In light of recent events, the Syrian migration crisis has captured global interest once more and re-entered the scope of the public eye. Earlier this month, uproar surged worldwide over a heartbreaking photo of a deceased toddler washed ashore a Turkish beach, the remains of a failed escape from



glimpse into the refugees' struggles has captured the world's attention and influenced many countries to welcome large numbers of migrants. Progress regarding the assistance of Syrian refugees thus far should be publicly recognized and appreciated, though a more united global effort is still needed as others turn away refugees.

When Eastern European nations continue to refuse asylum to refugees, they are wrongfully giving the cold shoulder to people in a time of need. Understandably, not all countries can accept large numbers of refugees because of

differing economic circumstances. However, countries such as Hungary and Slovakia, known for their support of the anti-immigrant movement, can actually benefit from involvement in the acceptance of refugees. Hungary's population, according to the Washington Post, is predicted to critically decrease by 5.8 percent, making it one of the most rapidly shrinking Eastern European nations. The rapidly aging societies of Slovakia, Estonia and Bulgaria only corroborate the argument for increased support of refugees. With more job slots empty, Eastern European nations need refugees to improve their own countries. To discriminate against the largely Muslim Syrian migrant population in favor of preserving their own Christian populations, as many currently are, does not accomplish anything beneficial for either the Eastern European nations or the refugees.

On the other hand, Western European nations should be applauded for fulfilling their roles in the resettlement of Syrian

asylum-seekers. Germany, for instance, has been warmly welcoming immigrants into their country. Though Germany has an aging society similar to those of the Eastern European nations, Germany actually recognizes the benefit of integrating refugees. The United Kingdom (UK) also deserves plenty of praise for offering immigrants shelter. In fact, the UK recently accepted the first of the 20,000 Syrians from camps that it promised to resettle by 2020. This action is part of the

by 2020. This action is part of the Vulnerable Persons Resettlement (VPR) scheme, a noble effort to provide migrants necessary rights and five years of humanitarian protection.

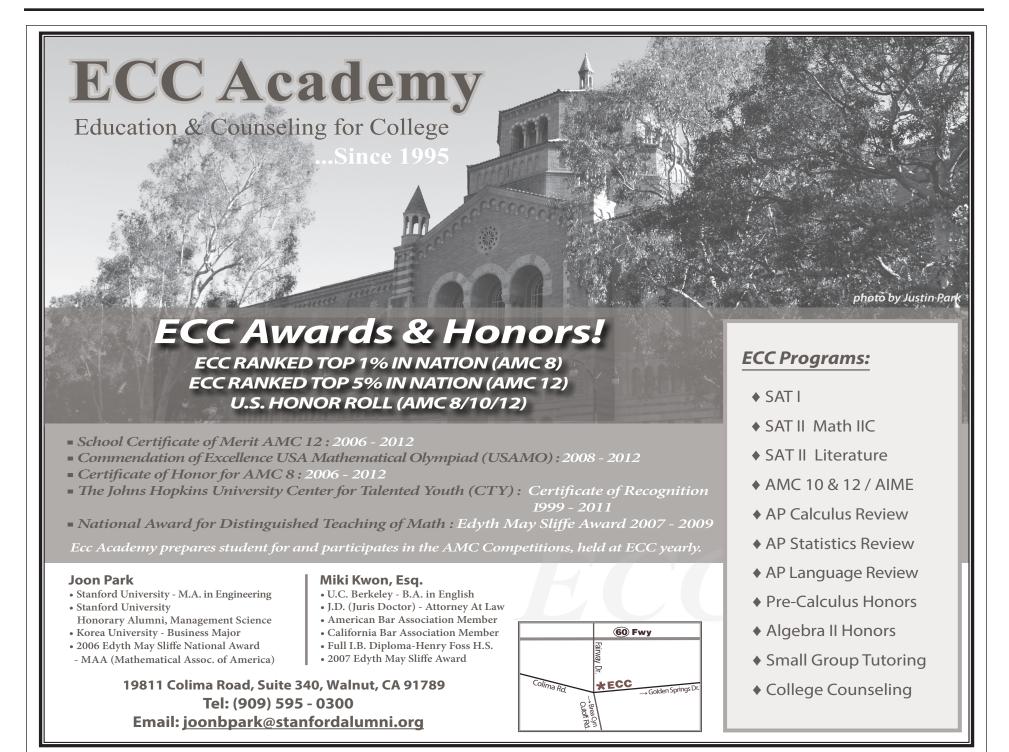
Finally, in terms of covering a global front, the United Nations High Commissioner for Refugees' (UNHCR) tireless work to aid refugees deserves public recognition. The UNHCR helps provide basic needs, including health care and education, benefiting millions of people. In 2014, the UNHCR dedicated the Syria

instructors. Teachers can create a course on Google Classroom and invite their students using a class code. Within this online instrument, educators the material online, students and teachers have little chance of misplacing or losing the work.

Moreover, Google Classroom vastly improves the speed and

Continued on page 4





#### Continued from page 3

Regional Response Plan to offering aid to displaced Syrians in any form possible, including heightening the standards of living of refugees in camps. Overall, the work of the UNHCR has helped many people in their search for a brighter future, and has helped inspire change for many in dire need.

Despite the extreme hardships

that these families have faced, many refugees continue to persevere in their pursuit of a new life. Now that countries are creating plans to accommodate refugees, the migrants' situation seems that it will improve. The hundreds of thousands of refugees that still require care seem overwhelming, but with time and cooperation from countries around the world, this crisis may gradually come to an end.

### NFL censorship of upcoming film inhibits public awareness

#### By Christina Meyer **STAFF WRITER**

Censorship of the movie "Concussion" is only the NFL's most recent fumble.

Since its first trailer release Aug. 31, the film "Concussion" has been attacked by the National Football League (NFL). The movie details the discovery of chronic traumatic encephalopathy (CTE), a severe neurodegenerative disease caused by brain trauma, in football players. This issue was subsequently covered up by NFL representatives. The censorship of "Concussion" is one of the most current of the NFL's many attempts to rebuff criticism about its players' health. In light of this endemic problem, the NFL has no right to censor "Concussion" on the grounds that the film will uncover a history of NFL problems. For many years, the NFL denied its players the opportunity to take care of their health. When researchers suspected that CTE afflicted football players in 1994, the NFL flatly denied it. Despite surmounting evidence to the contrary, the NFL released studies with inconsistent data to absolve itself of blame when its players'

health should have been the top priority. When Dr. Bennet Omalu, the subject of "Concussion", proved that CTE was present in football players in 2002, the NFL quickly declared his work fraudulent. It was finally after a large settlement in 2013 that the NFL began to work toward fixing its concussion problem by creating more restrictions to benefit players' health. But even then, the

"With such a widespread epidemic, the NFL should be working to ensure its players' well-being, not attacking new CTE findings."

mortem. Many other former players have also come forward and said that they struggle with CTE symptoms. With such a widespread epidemic, the NFL should be working to ensure its players' well-being, not attacking new CTE findings.

Additionally, the NFL's censorship stifles knowledge about the players' struggles from the public. More than 4500 former play-

ers involved in a 2014 classaction lawsuit cited that the NFL did not give them adequate warning on the health issues that are associated with playing football. Instead of hiding statistics and silencing concerns, the NFL should release all the information it has on the negative effect of football on players' bodies. This could promote discussions about head trauma with researchers and filmmakers alike in an effort to make better regulations to protect present and future players. Though it is evident that the NFL would prefer to conceal its concussion conundrum once more, it should not be allowed to do so. The NFL needs to stop pressuring people to keep quiet, and should instead release accurate statistics, no matter how incriminating they may be. Only then will the NFL be able to tackle this issue once and for all.

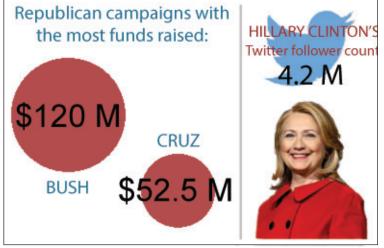




New Hampshire

WRONG"

DONALD TRUMP after attributing Bush's stance on immigration to his wife's Mexican background



ALEX VAZQUEZ

new rules were not always strictly enforced, and the NFL continued to censor documentaries on the grounds that they would hurt television ratings.

But as the NFL's popularity soars, its players suffer. According to the brain repository at the Department of Veterans Affairs, 76 out of 79 deceased players had CTE. Some, such as Mike Webster, became permanently disabled, while others such as Justin Strzelczyk, Terry Long and Dave Duerson exhibited erratic behavior and committed suicide, only to be diagnosed with CTE post-



Learn more about the kendama, the latest quirky diversion on the Warrior campus, and the new club dedicated to it.

#### By Anthony Kim, STAFF WRITER and graphics by Alex Vazquez, GRAPHICS

Today, the hottest toy for Warriors does not come with a cable nor does it require batteries or an outlet. Rather, it is a gadget comprised of a wooden handle, a ball and a string. I present to you the latest schoolyard craze, the kendama. Similar to the yo-yo trend of past years, this Japanese toy is now spiking in popularity thanks to the Ken-yodama club, whose members are helping to spread the vogue.

Though the historical origins of the toy are still largely unknown, the kendama community has dramatically grown in both Japan and the United States since 2006. This toy has since expanded its kingdom to the Warrior campus, where Ken-yo-dama club president Joseph Jung and vice president Jeremy Aquino introduced the hobby last year.

At first glance, this traditional Japanese invention seems a little old-fashioned. And yet, this simple three-piece arrangement is complex and difficult to master. Players enjoy the challenge of inventing and learning new tricks, such as the Bird-Over-Valley, Flying V and Paulo Chavez (named in honor of junior Paulo Chavez).

"You can never really master the kendama," Jung says. "There are the basic techniques that you should learn, but once you have those down, you just keep experimenting and creating new tricks of your own. I think that is what makes the kendama so fun. Anyone can go at his or her own pace in creating a new move."

The Ken-yo-dama club aims to share its love for the activity while also bringing fellow players together. By organizing group sessions, called "jams," Jung hopes to offer beginners an opportunity to learn how to play without buying a kendama. With the prospect of disseminating his excitement for his hobby, Aquino is "totally stoked" to have new players join their "Dama-life." With more than one hundred club members, the Ken-yo-dama club hopes that "Warriors can show the kendama community what they are made of."

This troop of kendama enthusiasts is determined to swing themselves into the "big cup" of trends. In today's world of toys replete with flashy lights, computer graphics and mainstream entertainment, the kendama can bring Warriors together with its plain design, interactive play style and infinite possibilities. If the kendama toy has grabbed your interest, then you can attend the Ken-yo-dama club meetings every Friday in Room 307.

After just a few days of practice, you will surely be bragging, "I-Ken-dama; Ken-you?"

# The Playbook

Think you're a master kendama player? Test your abilities by performing these advanced tricks!



IDA KAZERANI

#### 2. The Lunar

If you aren't quite ready to tackle the Boarder's Balance, the Lunar might be a good place to start. This style requires only a slight change in balance. The club president holds the ball and pulls the kendama straight up with the spike facing upwards. To finish, he catches the ken by balancing the big cup on the top of the tama. He advises "trying different grips on the ball to center the weight" to make it easier to catch the ken.

#### 1. Boarder's Balance

Junior kendama player demonstrates what experienced kendama players regard as one of the most difficult tricks in the book. Holding the ball, Alvarez-Loya swings the ken up. He then balances the spike on the ball. Requiring extreme precision and accurate timing, kendama players will say that there's no real secret to mastering the Boarder's Balance; just practice, practice, practice!

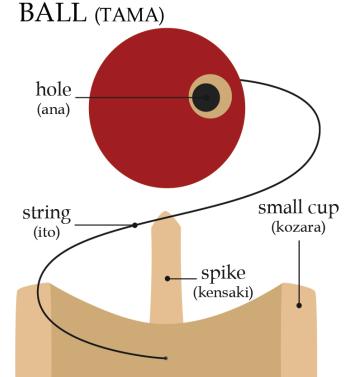


IDA KAZERANI

#### 3. The Stilt

Balancing the edge of the cup on the ball, the club vice president delicately executes the Stilt. The cup rests against the tama such that his fingers do not touch any other part of the toy. This careful positioning of the spike between the thumb and the index finger allows for a smooth transition to finish the trick. He then tosses the ken back up and lands the spike in the hole of the tama as a finale.







IDA KAZERANI

#### 4. The Handlestall

Contrary to the previously mentioned tricks, the Handlestall requires the player to begin by holding the kendama in what is called the "ken grip," with the thumb positioned under the big cup. Pulling the ball straight up, a Warrior junior performs the Handlestall by gently catching the ball at the edge of the ken. After accomplishing this task, DeLeon "spikes" the ball by once again tossing up the tama and catching it with the spike.

# big cup (ozara)

STICK (KEN)

base cup (chuzara) IDA KAZERANI

#### Advice for Beginners:

Ken-yo-dama club president Joseph Jung offers some friendly tips for those looking to learn how to play:

**It's all in the knees:** *"To control the movement of the tama, use your knees to generate the power to swing the kendama," Jung said. "Once you master that technique, anything is possible."* 

**The more, the merrier:** "Once you become a part of the [kendama] community, you understand the delight of sharing our sport," Jung said. "You play around people who get just as excited as you."

Interested in becoming involved in the Ken-yo-dama club? Check out their Youtube channel and Instagram account at "thskenyodama."

#### **6** TROY HIGH ORACLE

# MANY THANKS TO TROY TECH MENTORS OF 2015

Kiva Con Knott Aven

Kollabor

Kraft H

McCoy Mi

Metrop Veterinary

> Milton Se Grou

Orange C District Att Offic

Orange C Lutheran Yo

> Orange C Regist

Reverge S

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Richard Founda

Stanford Un Electroche Syster

States Logis

Stempniak P Therar

Trang Ton

Tuxton Hor

UC San D Diabetic Re

University School of Å Fish Sci

US Green

USC Bra Creativity

ABC Driving . School	AIDS Services Foundation Orange County	American Museum of Ceramic Art	Arborland Montessori	Assemblywoman Young Kim	BBVA Taipei Branch
Able Hands Home Health Care	Aireps, Inc	Anaheim Crest Nursing Center	Arx Engineering	ASWB Engineering	Beltone
Advanced Dental Care Center, My Dental Home	Altura	Anaheim Regional Medical Center	Asian Pacific Cultural Foundation	B & B Optometry	Bendix
Black Hole Records	Boys & Girls Club of Garden Grove	Business Expo Center	Caltech, Aerospace Engineering	Caltech, Space Radiation	Case Western University, Nanoscape Lab
Blenheim Equisports	Boys & Girls Clubs of Fullerton	Caju Coop	Caltech, Materials Science Greer Lab	Cardiovascular Consultant Southern California	Center for Alaskan Coastal Studies
Boeing	Buena Park Public Library	Cal State Los Angeles, Microbiology Lab	Caltech, Mechanical Engineering	Career Wise	Chanakya International
Chapman Crean College Health & Behavioral	Chapman University Computer Science Department	ChildServe	City of Hope	City of Placentia	Cleidin Atanous, Law Office
Sciences	Children's Hospital Los Angeles	City of Fullerton, Engineering Department	City of LA, Bureau of Engineering	Claremont, Center for Neuroeconomic Studies	
Chapman University Biology Department	Children's Hospital Orange County	City of Fullerton, Parks & Recreation	City of Monterey Park	Claremont, W.M. Keck Science Department	Columbia University Earth & Environmental Eng.
Cooperstown Chiropractic	CP Products	CSU Long Beach, Psychology Department	CSUF Anthropology Department	CSUF Civil & Environmental Engineering	CSUF Department of Computer Science
	Creative Design Associates		CSUF Athletics	- / /-	CSUF Department of Mathematics
CORE Physical Therapy	Crystal Cove Alliance	CSU Long Beach, Shark Lab	CSUF Biology	CSUF Department of Chemistry & Biochemistry	CSUF Drone Startup
CSUF Marine Biology	Department of Veterans Affairs	Discovery Cube Orange County	Dr. Vu H. Phan	Electroimpact Inc	Exelis
CSUF Physics Department	Dialysis Training Institute	Dong Shin Presbyterian Church	Dragon's Eye Entertainment	Elite Motion Emerson Rosemount	Eynald A. Duarte DDS
CSUF Police Department	Diamond Wipes International Inc	Dr. Jett Zapanta, Family & Cosmetic Dentistry	Earthwise Pet Supply Eigensinn Farm	Analytical Ender Tech	Field Test Inc. First Evangelical Free Church Fullerton
Fitness 1 Express	Fullerton College	Fullerton Sister City Association	Gift & Décor, 3D T-Shirt Zone	Golden USA Inc	Harvard Medical School, Dana-Farber
FLW Inc	Fullerton Orthopaedic Surgery Medical Group	G1 Design Garden West Dental	GKN Aerospace Transparency	Grandview Pharmacy	Cancer Institute Harvey Mudd
Force Measurement Systems Inc	Fullerton Physical Therapy & Sports Care	& Orthodontics Genting Secret Garden	Systems Glidewell	Habra-Linda Animal	College
Frank Yoon, OD	Care	Ški Resort	Laboratories	Hospital	H-Bling
Help for Brain Injured Children	Hoag-USC Digestive Disease Center	Innovative Hearth Products	Jaseng Center of Alternative Medicine	Jet Propulsion Laboratory	Kaiser Home Care/ Hospice
Heritage Oak Private Education	Horizon Institute	Instant Imprints	Jayone Foods Inc	Joel Austell Studios	Kaiser Permanente
Higi SH HMC Assets	ID-ON Imperial Clinic	Janet Goeske Foundation & Senior Center	Jenny B Floral Design	Joyce Chong Pediatrics	Kinswood Electronics Corp Kisime
	_			_	

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ott Avenue Care Center	LA Packaging LAOC Lawyers	Legal Aid Society of Orange County	Little Sheep International	LuckLove Productions	Marriot Fullerton
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#### 8 ENTERTAINMENT

# "Friends:" A Cultural Phenomenon

To celebrate the 21st anniversary of the beloved 90's situational comedy "Friends," read about how the beloved series taught multiple generations the value of friendship.

#### By Ryan Fawwaz STAFF WRITER

It is extremely rare that a show impacts generations of viewers the way "Friends" has. Since its airing in 1994, the series became a household name, uniting people of all ages with the heartwarming theme of unity among friends. Two decades later, viewers are still welcoming this comical, relatable series as a part of their lives.

Ever since its popularity skyrocketed in the 90's, "Friends" started multiple fads and shaped a generation's ideals of friendship. The theme song "I'll Be There for You" seems to be universally known, and Rachel Green's (Jennifer Aniston) bob haircut in the first and second seasons was notably named as "the Rachel" after

many fans began imitating it. Moreover, Chandler Bing's (Matthew Perry) distinct sense of sarcasm was embraced by many viewers and Joey Tribbiani's (Matt LeBlanc) famous pick-up line, "How You Doin"?" became permanently inscribed in Western lexicon. In addition to starting numerous trends,

"Friends" had a profound influ-"The series' emphasis ence on Amerion the necessity of having can values. The series' stress on a reliable group of friends the necessity of redefined the value having a reliable group of friends

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the value of social life. "Friends" taught audiences that they do not have to look only to family members for support; sometimes a companion is all that they need. For example, in "The One Where Underdog Gets Away," the members of the group had plans to spend Thanksgiving with their families, but after

unexpected cancelthey improvised their own Thanksgiving dinner. Also, "Friends" placed an emphasis on the importance of independence. In "The One Where Rachel Quits," Rachel seeks self-sufficiency when she chooses to resign from her miserable job as a waitress to pursue her dream job as a fashion buyer. Her actions still inspire audiences

> to pursue their aspirations, even in the most intimidating of situations.

"Friends" not only impacted the lives of the viewers, but also changed those of the stars as well. Because of the series' successful run, several of the actors have enjoyed con-

tinued fame, while others have never been able to match the recognition "Friends" brought them. Since the show's end, Lisa Kudrow (Phoebe Buffay) received numerous accolades for her work on Showtime's "Web Therapy." Also, Courteney joyed Cox (Monica Geller) en-

the limelight as the lead in "Cougartown," and

list movies such as "Marley and Me" and "Meet the Millers." Matt LeBlanc plays himself in the critically acclaimed series "Episodes," a spin-off of "Friends." In addition, both David Schwimmer (Ross Geller) and Matthew Perry have starred in many television shows, but have never received the stand-out roles they had on "Friends."

For the nostalgic who long to revisit Central Perk, Netflix recently released all ten seasons of the show to subscribers. It's a binge watcher's delight. The show is best watched in one sitting, and the entertainment value will leave nobody looking for a break. (Sorry Ross and Rachel). Although some scenes were cut out in the transition to the Netflix screen, the changes are minimal. For those who don't want to pay the \$7.99 per month, "Friends" is on Nick every day starting at 3 p.m. and every night from 11 p.m.

"Friends" has been the show of multiple generations and will surely continue to have the same influence for years to come. So with its continued popularity, it appears that "Friends" will always be there for you.

Jennifer Aniston has regularly starred in A-





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THE ONE WITH THE FRIENDS: Full of surprises, the lives of these classic, coffee-drinking friends were defined by several of these iconic scenes.



# rocking the floorboards

The indie-rock band Floorboards has rocketed seniors Matthew McCarthy and Garrett Blodgett into a world of concerts, music and screaming fans. From its days of playing in garages, Floorboards has risen in popularity and developed its own unique sound.

#### self-taught Some musical skill, a passion for indierock and a bit of boredom inspired three high school students to create their own band which has outgrown the garage to play in venues all over Southern California.

Warrior seniors Matthew Mc-Carthy and Garrett Blodgett started Floorboards in Jan. 2015. McCarthy is the guitarist and main vocalist, Blodgett is the bassist and Austin Wheeler is the drummer. Floorboards started out as a hobby, but now has developed into a serious band with some serious potential. It has performed at venues from skate shops to Chain Reaction, and released two extended plays (EPs) and an upcoming third, which will be its first professionally produced and recorded track. Since its humble beginnings, Floorboards has experienced continuous growth, both

GARRETT **BLODGETT:** Floorboards

> encouraged this bassist and vocalist to make his voice heard.

#### By Ashley Fan, STAFF WRITER Photos courtesy of Matthew McCarthy

band in our scene," McCarthy

"Practice makes perfect, and we

each show. Performing has become

second nature to us."

**Garrett Blodgett** 

senior

are getting better and better with

"We're by far the youngest ing has helped him over-

musically as a group and personally as individual members.

Soon after starting their band, said. "Everyone else is in their the members of Floorboards became a part of Orange County Do-It-Yourself (OCDIY), a group of artists who prefer playing in small venues. There, the members met older bands which helped Floorboards stay on the right track by setting examples of success

> and uniqueness, McCarthy

said.

early 20s, so learning from people who have been playing longer was inspiring. They taught us ways to make our own sounds so that we could look back at our old music and see how it has changed." It is one thing to learn from other bands, but performing is a whole other experience. The main way Floorboards gained publicity was by playing in several shows, no matter

if members needed to enjoy little sleep and rush back to school the next morning. The band grew with each performance, whether it was in someone's garage a block away or at a summer show 50 miles away, Blodgett said. "I learn a lot every time I play about what I can improve on later for other shows," Blodgett said. "Practice makes perfect, and we are getting better and better with each show. Performing has become second nature to us, so now we can focus on giving a good show." As the band thus developed, its individual members have progressed along with it. For Blodgett, performgoing up on stage is not something I would [typically] want to do, but my anxiety has subsided," Blodgett "It's said. ing to just feel good when I go on stage. I look forward to it." So far, the band's

enough attention to create a fanbase consisting of friends, family and many others that

like band has

come to shows to

come his shyness, he said. "I'm a pretty shy person, so start-

exposure has garnered

enjoy its music. It is rewarding to see that people the music, but at the same time, it is a bit surreal to see how far the

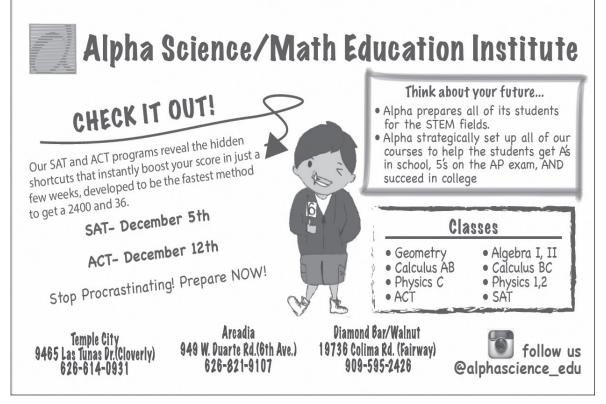
McCarthy come, said. "Seeing the fans sing along to our music and hanging out [at our concerts] was really fulfilling," McCarthy said. "One time someone wanted to get a picture with us. It was a bit weird at first because we're not rockstars. [Another time] when we opened for a bigger band, it was a look into

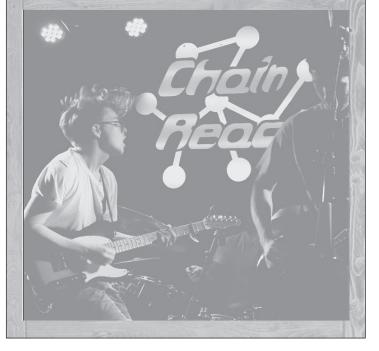
what success would look like." Throughout the past eight months, Floorboards has found its calling as a band. With an eye on its target, becoming a wellknown band with a solid fan-

> base, Floorboards plans to stay active and continue to grow, McCarthy said. "All we can really do is keep practicing, keep writing songs, releasing [songs], playing shows and progressing," McCarthy said. "Ultimately, the goal is to tour and travel with our music. We want to be known for our own music. Then can we say, 'This S



#### FEATURE 9





SPREADING THE MUSICAL ENERGY: Playing their upbeat indie-rock songs, Matthew McCarthy and Garrett Blodgett set off a chain reaction of positive vibes.

#### **10** SPORTS

# Boys Water Polo succumbs to Broncos

Water polo (0-0, 3-4) fell to the Vista Murrieta Broncos Sept. 16.

#### By Dominique Pillos & Hannah Ro **STAFF WRITERS**

Struggling to overcome recurring offensive mistakes, the Warrior boys water polo team (0-0, 3-4) faltered against the Vista Murrieta Broncos 9-4 Sept. 16.

From the start of the game, Broncos maintained possession and overwhelmed Warrior defense. With successive closerange shots, the Broncos solidified a 2-0 lead. After an additional two Bronco goals, junior Tanner Henkhaus broke through Bronco defense and looked toward junior Andrew Kim. Opening up for the long pass, Kim fired a shot across the net to put the Warriors on the board 4-1 and close the second quarter.

Revitalizing Warrior offense in the second half, senior Chandler Lord capitalized on a breakaway and rushed to an unguarded Bronco side. Anticipating Lord's pass, Henkhaus slammed a shot into the net, closing the gap 4-2. The Broncos later exploited Warrior turnovers and ran away with the score 7-2. In retaliation, Henkhaus ripped the ball into the net. Following suit, junior Nick



**IDA KAZERANI** 

SWIMMING AGAINST THE CURRENT: Attempting to turn the tide of the match, a Warrior junior maneuvers through Bronco defense, closing the match at 9-4.

Van Steenhuyse evaded Bronco

defense to put the game at 7-4. Ending the Warriors' momentum, the Broncos fired back to increase their lead 9-4. The Warriors were unable to respond and the final score stood at 9-4.

Inadequate preparation for the first game could be attributed to the team's inability to access the school pool, coach Jason Wilson

#### said. "We don't have a pool, [and] that's probably the biggest challenge we have faced from all ends," Wilson said. "It's impacted us in that we have to leave campus to practice somewhere else. With the kids budgeting studies and [other activities], we're spending a lot of time traveling and carrying equipment to pools."

This lack of experience was responsible for the team's failure to incorporate the new offensive strategy discussed over the summer, Wilson said.

"We've only had one game in our season so far, and the team we played has had eight," Wilson said. "We haven't been as good in defensive [strategies] lately, and we've been working really hard

on that. Now, we have to work on the offensive side."

The Warriors are also working to improve their defense, co-captain Warren Allen said.

'We're not too good at five-onsix defense, [and] we need to be a little more focused passing under pressure," Allen said. "As a team, we have decided that we're going to work to get fundamentals back down and do everything with good form. I think that if we work on shot blocking three men away from our defense, the season is going to be a lot easier for us."

Regardless of the loss, the Warriors look at their game against the Vista Murrieta Broncos as an opportunity to highlight the vital mistakes they need to fix prior to playing in the Freeway League, Wilson said.

"As we start going to [preseason] games, they're like tests," Wilson said. "We learn as much as we can; then, we take on the first game and evaluate how we did as we try to improve and fix what we did wrong. [The boys] want to win, and everything is super important [to them], so it was a little emotionally draining on them for not doing as well as they wanted to. But it's part of the deal in sports and part of the deal in life. You have to learn how to overcome your hard times in order to improve and not be brought down when things happen."



# Warrior Tennis gains tournament experience

Girls tennis welcomes the addition of ranked players to improve skill level.

#### By Angie Won SPORTS EDITOR

Incorporating tournament players into its roster, the Warrior girls tennis team aims to advance in CIF.

Although the Warriors have succeeded in League since

"The tournament players devote their lives to tennis, so we're really blessed to have these young ladies who are committed to the game and committed to tennis here."

By competing in tournaments, Warriors are ranked nationally by the United States Tennis Association. While there are three levels of tournaments, ranging from novice to experienced, the competitive environment often fosters

when you hit it, and you know how to work with your partner better."

In addition, the influx of tournament players encourages other team members to train and match their advanced skill level, Fritz said.

"I think what the tournament players do is that when you set the level high, people want to do the best they can to contribute to the team," Fritz said. "When you

JEANETTE DE LA TORRE-DURAN

THE TIPPING POINT: Reaching out to complete her swing, a Warrior tennis player practices her serves in preparation for upcoming match play. By training specific aspects of their game, the Lady Warriors are working to improve their prospects in League and CIF.

1985, their skill has yet to secure them a CIF title. the past For years, three the team has not advanced past the quarterfinal round.

This season, the players expect that the addition of tournament level players will aid the team against more challenging competitors.

Participating in tournaments exhibits the Warriors dedication to and experience in the sport, coach Will Fritz said.

"We have some tournament players who have joined us and we have a returning league finals champ who made CIF individuals in freshman year," Fritz said.

"When you have players who play at a very high level, you have other players who want to catch up and feel like they're also contributing to the team."

Will Fritz coach

#### skills in all players.

Competing in professional matches also reveals the players' strengths and weaknesses, cocaptain Carmina Luminarias said. Through this insight, the team is able to place Warriors in the position that highlights their skills.

"If you play in tournaments you know more of how to play in general," Luminarias said. "[You know] whether you are going to play either singles or doubles. You know where to place the ball

who play at a very high level, you have other players who want to catch up and feel like they are also contributing to the team. The [players] build

off of each other.'

While the team maintains its undefeated standings in League, the Warriors are also aiming to extend their dominance to CIF, Fritz said.

"The number one goal is to win League," Fritz said. "We've been a powerhouse in League since 1995, and I'd hate to break that tradition. The next [goal] is to advance in CIF. We made it to quarterfinals last year, and the goal [this year] is to be stronger."

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### Which dance is perfect for you?

With Homecoming just around the corner, you may be wondering what the rest of the year has in store—dance-wise. Take this quiz to determine which dance will be the most fun for you!

Compiled by Leanne Ho and Sarah Lee, EDITORS-IN-CHIEF and Adrika Chakraborty, MANAGING EDITOR

### If you wake up late for school and only have time for one of the following, which one do you choose? (A) Put together a stunning outfit. Hey, if you're going to arrive late, you might as well arrive fashionably late. (B) Snapchat about it. Your friends will find it hilarious. (C) Take your time—you'll turn heads when you walk in. (D) Rush to finish your math homework.

#### 2. What's the first thing you do when a teacher announces a group project?

(A) Coordinate everyone's schedules and delegate tasks.(B) Recruit your usual squad and start brainstorming.(C) Plan to meet with your group this weekend but end up at the beach instead.

(D) Sigh and prepare yourself for all of the above.

#### 3. How do you spend your ten minutes of break?

(A) Take your routine bathroom break before the line gets too long.

(B) Chat with friends in the snack line.

(C) Jam out to ASB's playlist in the quad.

(D) Rush to the library and print your essay.

If you chose mostly A's...

#### 4. Where do you go to eat after school?

(A) Downtown Fullerton with your best friend or significant other.

(B) A local cafe so that you can meet with your study group and share a snack.

(C) Brea Mall Food Court, where there are lots of options to choose from and lots of people to talk to.(D) Home. Nothing beats a home-cooked meal.

#### 5. How do you prepare for tomorrow's presentation?

(A) Go over your flashcards one last time.

- (B) Put the finishing touches on your interactive game.(C) Wing it.
- (D) Try not to dwell on your fear of public speaking.

#### 6. Why do you go to sleep at 2 a.m.?

(A) You didn't. You went to bed at 11 p.m., just as you always do.

(B) The study group chat got sidetracked.

(C) One "quick" video game turned into a three-hour marathon.

(D) It's not easy to balance seven AP/IB/Honors classes.

If you chose mostly B's... If you chose mostly C's... If you chose mostly D's...

#### Prom

Your knack for organization and time management will make planning for prom a breeze.

#### Sadie's

your friends.

Your fun-loving, creative side shines as you play games and hang out with

#### Stag

Your confidence and spontaneity are ideal for meeting new people and creating memories. None

If you don't have the time, social graces or desire to attend a dance, try anti-dances or small get-togethers.

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