


ORACLE

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THIS
ISSUE

LIFESTYLE
Do you miss breakfast on weekdays because of school? Check out a few recipes that are easy to make, and easy to love.




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FEATURE
Find out how alumna Christina Meyer is transforming the Warrior campus and making it greener—one cactus at a time.



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SPORTS
Learn about a former Warrior junior, whose love of dance led her to the Pittsburgh Ballet Theatre High School Program.



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ASHLEY BRANSON

RUSH HOUR: Ongoing construction on State College Boulevard has led to increases in morning and afternoon congestion near campus.

District initiates series of construction projects

The majority of these projects will commence construction in early 2018.

By Caroline Zhu
STAFF WRITER

Following the Fullerton Joint Union High School District’s (FJUHS) approval of facility improvement projects on campus, board members are awaiting authorization from the Division of State Architects to begin construction.

Several bond projects were selected to improve campus facilities with the use of homeowners’ taxes. Students can expect a refurbishing of both the North and the South gymnasiums, the pool and the lecture hall in the future. Although the FJUHS school board has scheduled most of these bond projects for early 2018, as replacing the pool is a priority, contractors will begin its construction in December and expect to finish by late 2017.

According to Assistant Principal of Instruction and Operation Sonje Berg, the pool will extend into the teacher parking lot ad-

jacent to the 900 building. Contractors will also add new locker room facilities and amenities for spectators as well.

“The pool will be twice as large as the one we have now,” Berg said. “There will be a pool cover, more bathrooms, changing rooms [and] covered seating. In the future, [the coach] could even run two different practices at the same time. The pool will

“[Architects] will design modern facilities with incoming younger students in mind.”

Todd Butcher
Director of Facilities
and Construction

also be [California Interscholastic Federation] regulation size with floating goals. If everything goes as planned, it will be finished by next summer.”

To make space for the new pool, Warrior administration has closed the teacher parking lot. Instead, teachers will park in the west parking lot, which is now unavailable to students. Due to the smaller number of spaces

open to students, some Warriors may need to seek alternative methods of transportation. However, administrators plan to paint more spaces in the west parking lot to make room for students and teachers.

In the summer, Warrior administrators also installed two new portable classrooms, as well as wifi hotspots in almost every room on campus, allowing students to access online resources in class. The facility improvements that FJUHS school board members have planned will benefit all students, modernizing the Warrior campus, FJUHS Director of Facilities and Construction Todd Butcher said.

“I want students to be excited,” Butcher said. “The gymnasiums will have air conditioning and new floors for [Warrior] athletes and students taking standardized tests. The lecture hall will also be [modernized] to foster a better learning environment for students. [Architects] will design [contemporary] facilities with incoming younger students in mind. This is going to be a beautiful facility.”

Faculty introduces new Troy Tech pathway, performing arts class

These new academic opportunities focus on both cybersecurity and music theory.

By David Hou
STAFF WRITER

Diversifying student curriculum, Warrior administration and faculty are introducing a new Troy Tech program pathway and reintroducing a performing arts class this fall.

Incoming freshmen can now pursue a Troy Tech cybersecurity pathway with classes that teach students to secure operating systems, computers and other technology. Freshmen will be able to take classes in this pathway following successful completion of the newly introduced Advanced Placement (AP) Computer Science Principles course. Additionally, according to computer science teacher Allen Stubblefield, the Warrior faculty is working with the Fullerton College Computer Science Department to introduce dual-enrollment opportunities for cybersecurity courses that will allow students to simultaneously receive college and high school credit.

The opportunity to receive both college and high school

transcripts in a computer science class before graduating high school is unique to the Warrior campus, Stubblefield said.

“[The pathway is] not AP and not IB [International Baccalaureate], but you’re earning college credit,” Stubblefield said. “[For] the academic program we are starting, there are no other [similar] programs I know of in this country. We have it and nobody else does.”

According to Stubblefield, not only do cybersecurity classes complement existing competitive Warrior teams, but they also expose students to potential careers.

“[Competitions] are cool, [but] you see how there’s a need for [skill in cybersecurity] right away,” Stubblefield said. “Some Troy graduates in college who are earning degrees in cyberdefense and cybersecurity have had the chance to intern at government and private facilities [and] have experienced [the value of cybersecurity] firsthand.”

The Warrior Performing Arts Department is also reintroducing the AP Music Theory course following a three-year hiatus. In the course, students will study various aspects of music, including writing, hearing and identifying a melody. According to performing arts teacher Jesse Knowles,

Continued on page 2



ASHLEY BRANSON

PITCH PERFECT: Performing arts teacher Jesse Knowles uses newly purchased recording and editing equipment to instruct students in his AP Music Theory class.

“New class” cont. from page 1

-ing arts teacher Jesse Knowles, the course will use equipment recently purchased for media classes including upgraded recording and voice editing equipment.

Facilitating more hands-on projects, the new technology will enhance students' learning and allow them to create a music composition they will perform at the end of the spring semester, Knowles said. Although the course has no formal prerequisite, students need to be skilled in the music to do well in the course.

“A composer needs to have a sharp ear and needs to have the ability to look at music and hear music and learn from [both],” Knowles said. “Then [he or she must] turn skills they have learned and then apply those composition skills [by themselves].”

The additions to the Warrior curriculum ensure students can continue to challenge themselves in new subjects and explore and develop their interests. According to Stubblefield, the available opportunities also ensure the Warrior campus continues to offer its students a diverse variety of classes.

"I'm glad to see we have change," Stubblefield said. "For [curriculum at] Troy to remain relevant, challenging [and] rewarding, we have to [keep up-to-date] on classes students will want to take or on classes that will help prepare them for life after Troy."

Over a dozen teachers and staff have filled vacant positions since last semester.

By Michael Kao
STAFF WRITER

Freshmen are not the only ones new to campus this year. Among the 700 recent arrivals are new staff, who have concluded their first few weeks of the semester alongside the Warrior student body, as teachers and administrators.

New faculty members can be found in almost all areas of the school, from the Science Department to Special Education to administration. Faculty have significantly expanded this year to fill vacant teaching positions and accommodate increasing class sizes. In addition, new staff have arrived to fill positions of campus supervisor. Sixteen staff members have already joined the Troy community at the start of the school year, and a few more are expected to join later in the year.

According to newly appointed Vice Principal of Student Affairs Renée Gates, Warriors have been particularly impressive in their breadth and depth, and students are achieving in all areas.

“You can see from day one that

the students are high-performing; the athletics are amazing and the teachers are hard-working,” Gates said. “[Across] all the different student organizations, there [are] many kids active in clubs and wanting to get involved with the school and their community.”

Former Warrior and new chemistry teacher Justin Kim has noted the distinct academic environment of the Warrior campus and its high level of competitiveness.

“This is my eighth year teaching, but in a lot of ways I feel like

“I think I’ve come to appreciate my Troy High School education in a way that I don’t think I have ever considered.”

Justin Kim
science teacher

it's my first year teaching again, having to start over and redo, remake, and recreate curriculum," Kim said. "I think Troy High School is very different from other schools, requiring much more rigor in the classroom and a much higher demand from teachers."

After a few weeks of teaching at Troy, Kim has already noted the huge effort that Warrior fac-

ulty exerts in ensuring that every student receives an excellent education.

"I think I've come to appreciate my Troy High School education in a way that I don't think I have ever considered, as far as everything that happens behind the scenes and the time teachers spend preparing lessons at high levels of expectation," Kim said. "To continue to teach students here at Troy requires an enormous amount of commitment, and that's not something I fully re-

alized as a student here. Now, on the other side, I've [begun] to understand."

According to English 2 and Honors English 3 teacher Emily Garton, students and teachers alike have been exceptionally helpful in assisting the new faculty

with settling into the school at the beginning of the current semester.

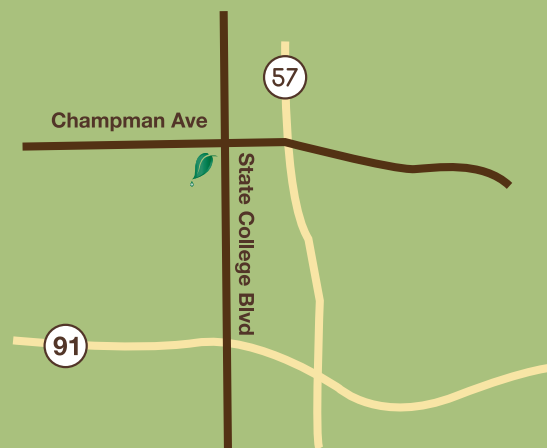
"It's been very welcoming here," Garton said. "The staff have been really supportive. All of my colleagues on campus have been extremely supportive and enthusiastic, and the students have been helpful, too. I'm just excited to be part of a great school."

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Alexandria Williamson

Mathematics
Salvador Estrada
Danny Lee

NJROTC
Kellie Fernandez

Science
Justin Kim
Marissa Soto

Special Education
Morgann Havig

Speech Pathologist
Stephanie Florkey

World Languages
Alice Mack
Michaly Yang

Nature's Juice

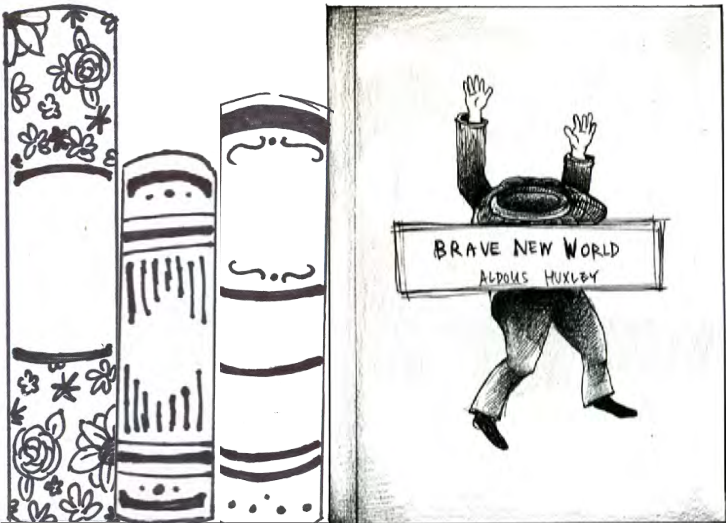
Grand OPENING

SPECIAL

English by the Books

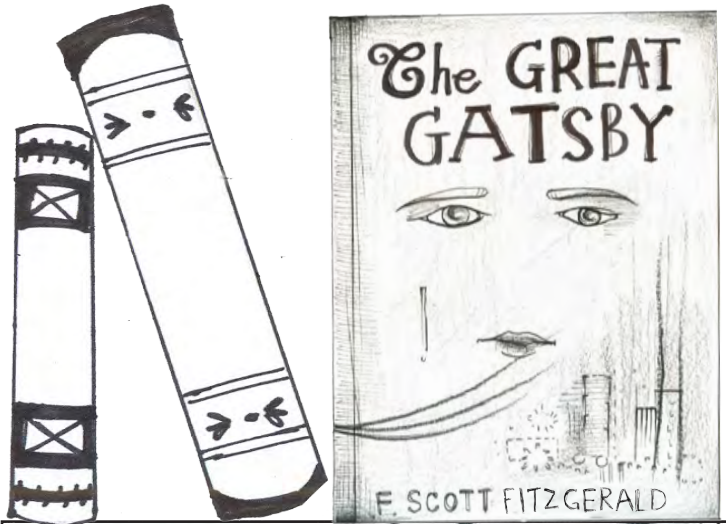
There’s no doubt that one of the most dreaded assignments in English class is required reading. Take a look at our reviews of these iconic novels to gain a greater appreciation for the subject as a whole. With our help, you can discover your addiction to fiction.

By Christopher Lee, **STAFF WRITER**, and cartoons by Hanmin Ko, **CARTOON EDITOR** and Lucy Lee, **CARTOON**



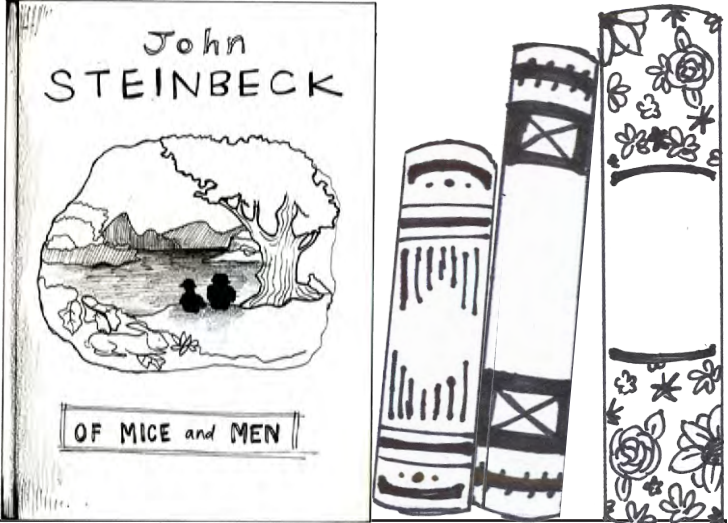
Upon hearing the word “dystopia,” some readers might picture a trashy young adult series with one-dimensional characters locked in unnecessarily complex romances. But novels set in a frightening hypothetical future have been captivating readers long before Suzanne Collins or Veronica Roth were even born. Set in 2540 AD, Huxley’s 1932 classic “Brave New World” depicts an imaginative yet truly horrifying planet ruled by a totalitarian, “1984,” Big Brother-esque government. Every aspect of this “brave, new” universe—from factory breeding to the overarching control that the mystery drug “soma” has—is a letter of caution from a man terrified of what the future has in store for today’s self-serving universe. To add to this, Huxley doesn’t attempt to present a solution to the novel’s tragic ending, making the book all the more hopeless. If anything, he leaves it to the reader to contemplate how to prevent this dystopia from becoming reality. In brief, Huxley’s realistic portrayal of this terrifying alternate universe undoubtedly serves as a wake up call for some students. By analyzing the conflicts that make up this futuristic society, readers can gain a greater understanding of what a true dystopian novel is like.

Quite ironically, Edith Wharton created “Ethan Frome,” a painfully accurate portrayal of rural, working class New Englanders, while lounging in her luxurious Parisian home. Perhaps influenced by her own failing marriage and consequent extramarital affair, Wharton tends to analyze the struggle between conventional morality and temptations of illicit passion, and “Ethan Frome” is no exception. Emotionally stifled by cold winter months in the boring town of Starkfield, Massachusetts, Ethan Frome attempts to resist his urges to run away with his wife’s cousin, Mattie. The poignancy of Frome’s struggles undeniably serves to enhance the readers’ understanding the culture of its time. Students will have a meaningful experience while dissecting the novel’s various motifs of blurred lines of morality and ultimately, loss of control. And although it is traditionally taught that there is an “ethically right” thing to do, Wharton demonstrates that the spectrum of righteousness is not a binary, but a gradient. Without a doubt, Wharton’s skilled portrayal of a passionate, dramatic love affair and her insightful take on common literary themes truly undermine the common belief that all in-class reading is boring.



“The Great American Novel” is a lofty term to describe anything, but it definitely seems fitting for F. Scott Fitzgerald’s highly regarded classic “The Great Gatsby.” Thanks to writers like James Joyce and William Faulkner, classic novels have developed a stigma as dense, difficult toms, but this is absolutely not the case for “Gatsby.” Fitzgerald keeps the plot moving at full tilt with a captivating story of unrequited love, illicit affairs and dramatic revenge. Although the titular Jay Gatsby’s insatiable adoration for the already-married Daisy Buchanan may be a typical literary theme, Fitzgerald adds another dimension to the plot by covering genuinely heavy subject matter such as the death of the “American Dream” and by using concrete, recurrent symbolism along with beautifully written imagery. Fitzgerald’s ability to illustrate gorgeous sceneries throughout the novel is certainly a plus for readers who want to analyze and discuss this world by immersing themselves in it. Despite the fact that many students may groan at the thought of assigned reading, “The Great Gatsby” is proof enough that the drama you crave isn’t reserved for just television shows and movies.

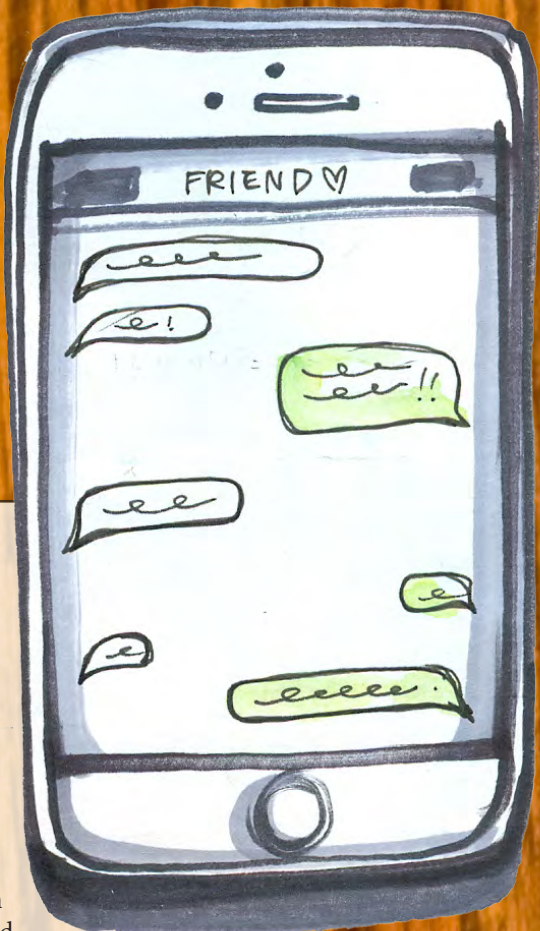
Throughout American pop culture, there are many iconic duos that have come to be associated with true camaraderie: Calvin and Hobbes, Thelma and Louise or Bert and Ernie, to name a few. But no pair has a relationship that comes close to the unwavering friendship between the cynical, cautious George and the compassionate, naive Lennie in John Steinbeck’s classic “Of Mice & Men.” In addition to its focus on the bond between the two Californian ranch-hands, the novel covers issues of racism and sexism on a subtle, deeply human level, allowing students to analyze the social issues of the time period while also enjoying an entertaining read. For example, throughout the story the pair meets Crooks, an isolated African American ranch-hand, and Curley’s Wife, whose husband harshly objectifies her because she is the only woman on the ranch. Although things seem to take a turn for the better for George and Lennie when Candy, a disabled fellow ranch-hand, offers his life’s savings, making their lifelong dream of buying their own farm not too far from reality, Steinbeck crushes both the duo’s and the reader’s dreams in one of the biggest plot twists in freshman literature history. Want to know what happens? You’ll have to read the book.



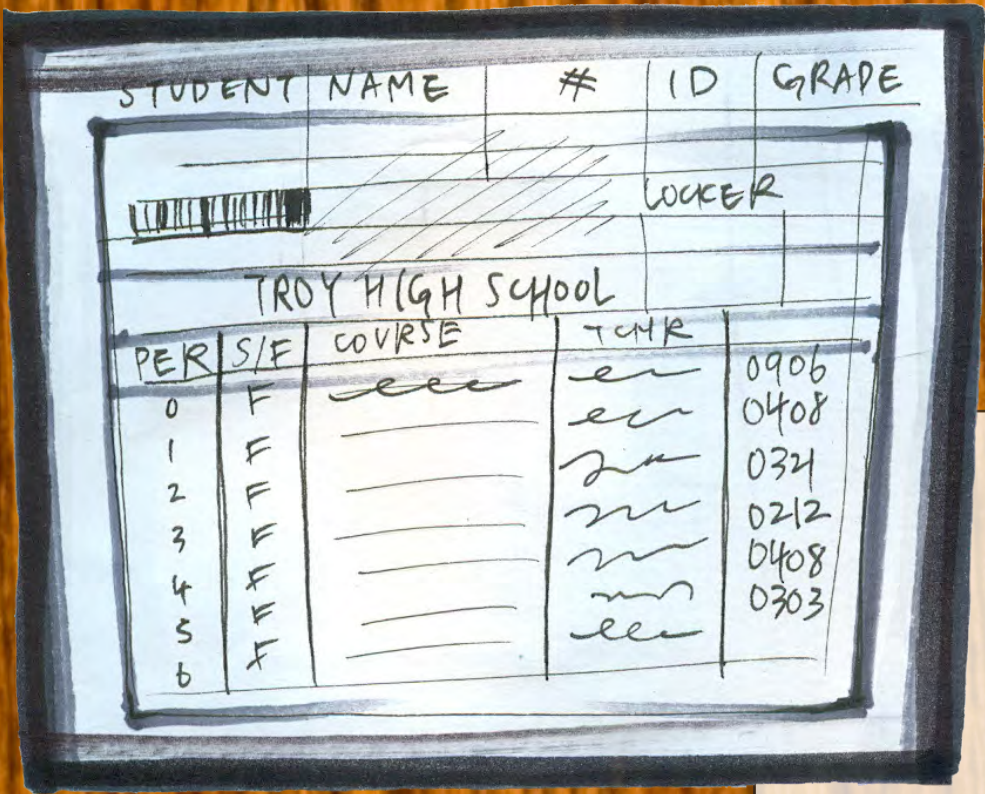
BACK TO

Getting back into the flow of school can be tough, but you can make the 2016-2017 scho

Compiled by Brandon Ann and Dominique Pillos, EDITORS-IN-CHIEF, graphic



Friends are a vital part of the teenage experience. The inside jokes, emotional support and low-key roasts that they provide make the sleepless, homework-filled nights more tolerable. Whether you realize it or not, the friends you select reveal a lot about who you are and play a huge role in shaping who you will be. As a result, it's extremely important to choose your friends wisely. One key factor is diversifying your friend group. You should try to surround yourself with people of different interests, backgrounds and cultures in the hopes of becoming a more well-rounded individual. Also, don't be afraid to expand your friend group. New classes at the beginning of the year provide a perfect opportunity to meet new, interesting people. The stranger sitting next to you in English might be your new best friend, but if you never talk to them you'll never know.



At the beginning of the school year, it's not just your teacher's obligation to get to know you. In fact, you need to meet them halfway by making yourself known. From participating in class discussions to asking poignant questions following the period, establish yourself as a student that legitimately cares about your personal growth in the class. Doing so lets your teacher know that you are an individual with genuine interest in the subject material. A positive bond with your teacher will make the classroom a more comfortable learning environment that allows for an open sharing of ideas. You'll be able to have a deeper appreciation for the material you're learning when you respect the individual who's instructing you. Showing your teacher you care will pay dividends because the amount of effort you put in will be reciprocated.

For many s and confusion that these elu how or where the average s thing figured captains the v ning his own ferent clubs. everyone is li have to be. R related extra excellent in c But easier sa can give: try about failure like, you're on

TO BASICS

ol year one for the books. Start your semester off strong with these back to school tips.

by Tu-An Nguyen, GRAPHICS and cartoons by Hanmin Ko, CARTOON EDITOR



Whether you have seven classes and find yourself swamped with homework or have your extracurricular hours filled with sports practices and volunteer sessions, time management is a must for any student. Planning around your schedule and making the most of idle time during class is sure to make a dent on your workload. If you ever find yourself in the last five minutes of class with down time, make the most of it by getting a head start on an assignment or reviewing what you just learned. To make the most of your time, you can still work even if you find yourself away from your backpack. Apps like Quizlet and Google Docs allow you to stay productive while on the go. Similarly, joining Facebook groups for each of your classes keeps you updated on each subject and serves as a great forum for homework help and study guides. In addition to short-term work, don't forget to keep your eyes on major test dates and prepare accordingly to avoid cramming the night before.

• UPCOMING DATES •

FINALS WEEK

- Fall Finals •
- Dec 13 - Dec 15 •

SAT

- Register Deadline •
Test Date
- October 7, 2016 •
November 5, 2016
- November 3, 2016 •
December 3, 2016

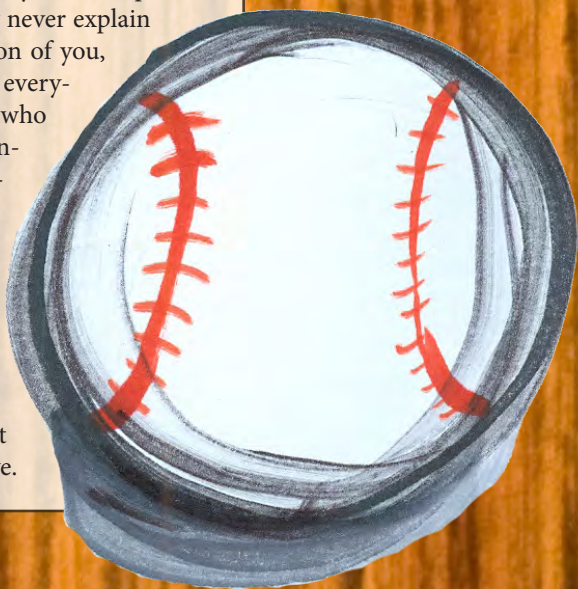
ACT

- Register Deadline •
Test Date
- September 16, 2016 •
October 22, 2016 •
- November 4, 2016 •
December 10, 2016 •

PSAT

- Register Deadline •
September 16, 2016
- Test Dates •
October 15, 2016
October 19, 2016
November 2, 2016

students, extracurriculars are a cause for undue stress on. All throughout high school everyone will preach extracurriculars are key, however they never explain why to find them. But to the frustration of you, as a student, some kids seem to have everything figured out. There's always that one guy who is on the varsity baseball team while also running a volunteer program and four different jobs. However, rest-assured reader, not everyone is like that, and fortunately you don't have to be. Rather than partaking in many unproductive extracurriculars, focus on becoming an expert in one area you're passionate about. It's easier said than done. The best advice I can give is to do everything. Be fearless and forget about the future—if you figure out what you don't want to do, you're one step closer to finding what you love.



Oatmeal

If you're having one of those days when you're pressed for time with only about five minutes to get ready for school, one of the quickest foods to whip up is a bowl of oatmeal. To make it, simply empty a package of Quaker oatmeal into a mug, pour hot water, microwave for one minute and enjoy! There are several assorted flavors to choose from: peaches & cream, blueberries & cream and apples & cinnamon, just to name a few. Still have a minute to spare before you dash to the car? Spice up your morning by adding a dollop of peanut butter or a slice of fresh fruit into your oatmeal. Not only will you be able to enjoy the chewy sweetness of the oats, but you can also get a kick of flavor from the toppings you add to your meal. There's no doubt that this nutritious, low calorie breakfast will be worth your while.



Parfait

When five more minutes of sleep turns into 15, what better way to regain your composure than enjoying a nutritious breakfast in the car? A perfect option for those days is a parfait. All you need is some yogurt, granola and fruit. Once you gather all of your ingredients, open the yogurt cup, add the oats and bananas (or any fruit of your choice), and you'll have a delectable breakfast to relieve your morning stress. The rich taste of the yogurt perfectly complements the crumbly texture of the oats, and the portability of the cup makes the parfait a helpful option when you're in a rush. If you want a wake-up call with your breakfast, try adding sweetened ginger or dried coconut for a bold new take on an old favorite. In short, this simple yet delicious parfait may just be the only pleasant thing about a particularly rough morning.

Break-Fast Meals

As the school year begins, one of the most overlooked parts of our hectic mornings is also one of the most important: breakfast. To see how you can work this all-important meal into your daily routine, read our suggestions of simple, on-the-go recipes.

By Katie Nguyen, STAFF WRITER and Ryan Fawwaz, ENTERTAINMENT AND LIFESTYLE EDITOR, and photos by Lauren Kim, PHOTO EDITOR

Berry Smoothie

Because school seems to be starting sooner each year, you might find yourself battling the summer heat early in the morning. For a refreshing start to your day, try drinking a smoothie for breakfast. It'll provide you with lasting energy for your classes, and all you need is some preparation the night before.

To begin, simply blend together fruits, Greek yogurt and a beverage of your choice, such as juice or milk. Once the ingredients are thoroughly mixed, keep the smoothie in the refrigerator overnight, and remember to pick it up on your way out the next morning. For an extra bit of sweetness with your meal, a few tablespoons of honey or a spoonful of cocoa powder are low calorie sweeteners that should add a boost of flavor to the milk and fruits.

Without a doubt, this trouble-free breakfast will help you endure the California heat throughout the day and provide you with the brain food you need to successfully survive a full day of school. (Or, at least until break.)



Eggs

If you need to satisfy your protein cravings in the morning, try making these simple two-minute eggs. To prepare them, you'll need two eggs, two tablespoons of milk, two tablespoons of shredded cheese, salt, pepper and any other toppings of your choice.

To start, coat a microwave safe mug with cooking spray, beat your eggs, and add them along with the milk into the mug. Microwave for 45 seconds and stir before heating for another 45 seconds. Once the eggs are done cooking, add the shredded cheese for a more flavorful meal. In addition, you can top the eggs with fresh slices of tomatoes and avocados for a well-rounded breakfast. The eggs pair nicely with the toppings to create a light blend of a sweet-salty flavor that should have you energized for a new day of school. There's no better way to start an eggcellent day!



If you’ve noticed the new plants sprouting in the quad, you’re enjoying the fruits of alumnus Christina Meyer’s hard work. As a part of her Girl Scout Gold Award project, Meyer is giving back to the campus where her love for biology first bloomed. By planting water-conserving plants, she is determined to face the drought head on, armed only with a shovel.

By Jenny Ji, **STAFF WRITER**
Cartoon by Hanmin Ko, **CARTOON EDITOR**, and photo by Ida Kazerani, **PHOTO**



A single tree can be the foundation of an entire ecosystem, so there is no surprise that some new plants can transform the Warrior campus flora. These fresh additions now decorating the formerly barren quad sprouted with the help of Warrior graduate Christina Meyer. A major in cell biology at the University of California, Berkeley, she is undertaking a project in the quad that will benefit students possibly for generations to come. Her xeriscaping project, which involves planting drought-tolerant and fire-resistant native bushes and succulents, will dramatically decrease water usage and hopefully promote student interest in biology. In the process, Meyer’s endeavors will earn her the highest honor in Girl Scouts, the Gold Award. This project, which blends Meyer’s love of Girl Scouting and her affinity for biology, is the perfect opportunity for her to give back to her community through the environment. A budding scientist, Meyer recalls that her high school experience showed her that the science field is not a fantasy career. More than anything else, this project is Meyer’s re-

payment for her lifelong passion for science that first blossomed at Troy. “[Before high school] I wasn’t sure what I wanted to do with my life, and I didn’t think I wanted to go to college,” Meyer said, “Troy helped me to streamline what I wanted and to really see what I can get out of life.” Just as the school’s impact on Meyer will stay for a lifetime, her long-lasting project has firmly established its roots deep into the school. Undaunted by the 10 to 20 percent initial plant die off rate, Meyer pledged to return to replace or add plants throughout the year to maintain her perennial garden. “I want to make sure that this project is really established for the future,” Meyer said, “Every year [the quad] will have pretty flowers. Every year [the plants] will grow bigger and stronger. It is a gift that keeps on giving.”

“Small steps every single day, even something as small as planting a plant, can lead to a huge change in the future.”

Tina Meyer
alumni

But she is not willing to stop there. In addition to expanding the garden, Meyer is also working to expand the Warriors’ knowledge with an online database that details each plant’s importance to the community and its adaptation to the arid environment. Meyer heartily encourages students to absorb useful knowledge with this tool, all while they admire nature’s pure beauty. “Small steps every single day, even something as small as planting a plant, can lead to a huge change in the future to better the world for everyone,” Meyer added thoughtfully, “From the biggest person down to the smallest cell.” Just as interconnected tissues work together to sustain a flower, Meyer’s project is supported by many community members who share her bright vision for the future. Fellow troop members and Warriors So-

phia Wallace and Brisa Bernal happily offered to get their hands dirty and plant sprouts alongside Meyer. Meyer also expressed immense gratitude to Trenton Vail, a landscape architect, who waived his fees to redesign the quad because he was moved by Meyer’s selfless efforts to brighten up the school campus. With these acts of kindness, the cost of the project was nearly one thousand dollars less than what Meyer had collected. There was no question about what she should do with the extra money: she would generously donate it to her troop to help other members with their Girl Scouts service projects. “To make the world a better place is the focus [of Girl Scouts],” Meyer proclaimed, “Anyone can do their part to help for the future.” Meyer’s message to her generation is clear. Although we will someday approach the end of our life cycles, future generations depend on our treatment of the environment today. Meyer has created more than just a beautiful garden. She has planted her practical optimism, offering inspiration to anyone who seeks it.




THE GIVING TREES: Meyer has planted a great variety of water-conserving plants in the Warrior quad, ranging from adorable succulents to a drought-resistant tree.

THE GIFT THAT KEEPS ON GROWING: Meyer hopes that her xeriscaping project will make a lasting impact on the environment and inspire future generations of students to conserve.


CLASS CLAIRVOYANTS

Need help divining your fate for the first semester? Let the Oracle predict your future with these back-to-school horoscopes!


By The Oracle Editorial Board and graphics by Tu-An Nguyen, GRAPHICS




To begin your year on the right foot, do what you do best as an Aries. If you establish yourself as the leader you are in each of your classes, you'll find that your proactiveness will pay dividends by the end of the semester. Just make sure your ego doesn't keep you from accepting mistakes and learning from failure.




This school year, make a choice to change the world. Whether that's by doing something small like tutoring a classmate or joining clubs with global impact and larger volunteer opportunities, your humanitarian side (and the individuals you reach) will surely thank you. No matter what you do, the experience will be worthwhile.




In this difficult transition from the summer, embrace your busy schedule by finding joy in every task of the day. Instead of counting the minutes until lunch, try to immerse yourself in the lecture. Spark a meaningful conversation with your friend, take time to enjoy your lunch and indulge in small breaks.



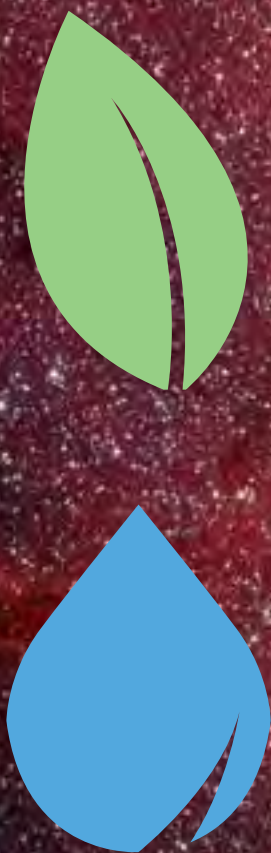
Time is precious, so make every moment yours. When you're not buried under work, try out a new hobby or find some new, life-changing music. Feel free to let your emotions shine through and do whatever feels right to you. And though it's hard, always stand up for what you want, no matter what's in your way.




Feeling bored throughout the day? Try to get more involved, whether in clubs or your classes. Go the extra mile in your projects, or craft just one more sentence for that essay. Get hooked on a new book series, or learn to play a new sport. There's something out there for everyone, as long as you're willing to search.




Instead of trying something completely new this year, focus your passion on what you love most. Choose an activity or hobby that you like and invest time in getting better at it. This year is all about homing in and finding what you truly enjoy. Make bold moves and don't second guess yourself, you got this!







It's a new year, and with it comes a lot of stress. Don't let yourself get too caught up in the little things, though. Happiness isn't measured in how many classes you can cram onto your schedule. Do your best during school, but also try to have fun.+ Remember, you can only go through high school once!



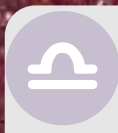
As your new school year starts, don't be afraid to go forward and reach out to new friends and join a few clubs. It won't hurt to put yourself out there. Independence and ambition are two of your strongest qualities, but remember that asking others for help is not a sign of weakness but an opportunity to grow.




Beginning a new school year can be a daunting proposition. There are countless big decisions and little details to account for to make sure this year starts off right. But in your quest for perfection don't stress over things you can't control. Start a club, go volunteer or learn an instrument, whatever it is do it well—like always.



This school year, make a choice to change the world. Whether that's by doing something small like tutoring a struggling classmate or joining clubs with global impact and larger volunteer opportunities, your humanitarian side (and the individuals you reach) will thank you. You can only benefit when you reach out to others!



High school is full of difficult decisions, but don't let indecisiveness get in your way this year. Take advantage of your natural tendency to be happy and carefree, and do something exciting that's outside or school. Instead of choosing between school and your life, try for a healthy balance of both.



Whether you're stressed about taking your next test or asking someone to homecoming, break the dull rhythm in your life by being confident in whatever you do. Try out that new outfit you've had in mind, strut your way to your next class and take up a new hobby. Act with more resolve in all that you do!

Football seizes a blackout win against Canyon Comanches 41-26



JEANETTE DE LA TORRE-DURAN

CATCH ME IF YOU CAN: *Ripping through the Comanche defense, junior Warrior gains ground yardage to prepare for a field goal.*

The Warrior football team (1-0-0) wins its first game of the season.

By Austin Shin
STAFF WRITER

Employing the experience of veteran players to create a balanced roster, the Warrior football team overwhelmed the Canyon Comanches in a blowout victory 41-26 Aug. 26.

The Warriors started the first quarter at a disadvantage, having to punt the ball away after only one set of downs. Seniors Matt Macias and Brett Ferguson clogged the center of the field, but the onslaught of Comanche runs slowly pushed the line of scrimmage back to the red zone.

Following a Comanche touch-down, the Warrior running backs countered by tearing up the middle of the field. Juniors Skyler Taylor and Cole Thomas exploded out of the backfield, exploiting gaps in the defense to drive the ball forward to the 14 yard line with 1:53 left in the quarter. Junior Josiah Norwood then connected with sophomore Chris Rahlwes on a contested pass in the end zone to set the score 6-7 at the end of the first quarter.

Throughout the second quar-

ter, the opposing defense, under constant pressure from the Warrior running backs, capitulated yard after yard. When Taylor followed a dive into the end zone with a two-point conversion and a recovery on a risky onside kick, Norwood snuck into the end zone to increase the lead 21-7. With Macias and Ferguson guarding the ground, junior Mitchell Sima took to the air and swatted two passes, thwarting the Comanches' attempts to out throw the smothering defense.

The advantage was inflated when the Warriors scored after a risky fourth down conversion with 1:05 remaining on the clock, courtesy of Taylor's quick cuts through the right side of the field. Maintaining pressure on both sides of the ball, the Warriors beat back the battered Comanches with a constant stream of runs while continuing to shut down pass attempts and ending the game with a score of 41-26.

A deciding factor in the team's victory was the combination of the upperclassmen's guiding experience and the underclassmen's dedication, head coach Kevin Hastin said.

"We have great leadership from the senior class," Hastin said. "There are a lot of returning start-

ers, and we have a lot of young guys who are filling in extremely well. We have a couple of sophomores who are just as valuable as the upperclassmen, and they are all going to come together and make a great team."

The feedback between the veterans and younger athletes increases the team's versatility and depth, thereby quickening its response to player injuries, co-captain Matthew Robinett said

"We have a strong core group of guys," Robinett said. "We do not have one or two superstars, and we are very well-rounded. That's going to help us a lot during the season because if one person gets injured, the team will not fall apart. We have another guy who can easily replace him."

Likewise, increased interaction among all age groups of the team has built a sense of solidarity that builds player confidence and fosters faith in each other, co-captain Conner Contreras said.

"We are anxious to get out there and prove ourselves while doing the best we can," Contreras said. "There is the nervousness that we are not going to be the best we can be in time [for season], but for the most part, we all believe in each other and we trust the coaches to have our backs."

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Dedicating
herself to her
art, junior Isabella Sumera ex-
ited the Warrior stage and made a grand
entrance in Pittsburgh, where she is now a
student in the prestigious Pittsburgh Ballet
Theatre School

Dedicating herself to her art, junior Isabella Sumera exited the Warrior stage and made a grand entrance in Pittsburgh, where she is now a student in the prestigious Pittsburgh Ballet Theatre School.

Sumera immersed herself in her demanding schedule, often overlooking schoolwork. As much as she enjoyed dancing, balancing her overloaded agenda was no easy task for the aspiring prima ballerina.

However, Sumera's relentless training had fashioned her into an unrivaled dancer. When Sumera was in a basic physical education dance class as a freshman, Red Hots Coach Alison Wills immediately recognized her talent. After some coaxing, an uncertain Sumera auditioned for the Red Hots dance team, whose dance style ranges from hip hop to jazz—hardly the rigid formality of classical ballet. However, Sumera exhibited her refined technique, and her tireless devotion to dancing easily

Nevertheless, Sumera toiled, dexterously adjusting her adroit form to the positions demanded. With a playful smile and optimistic spirit, Sumera finally mastered

Eventually, her dancing journey demanded greater challenges. The dance span of a ballerina is brief, and dancers typically have short careers; as such, Sumera boldly resolved to dance professionally for the acclaimed Pittsburgh Ballet Theatre.

A ballerina in a pink tutu is captured in a dynamic pose, performing a high leg extension (fouetté) on a stage. She is wearing a pink tutu with floral patterns and a matching bodice. Her right leg is extended horizontally to the side, while her left leg supports her weight on pointe. Her arms are gracefully positioned, with one arm raised and the other extended. The background is a dark, solid color, emphasizing the dancer and her costume.

BILLIE-RINA: *Dancing the Dulcinea variation from Don Quixote, Sumera holds a stunning arabesque at the 2015 Youth America Grand Prix.*

"I enjoy how athletic [ballet] is; I've never seen anything like it," Sumera said. "It's so challenging, and there's always something to improve on, no matter how much better I get."

1. Youth America Grand Prix (Top 12 in 2015 and 2016, Top 24 in 2013 and 2014)
2. School of American Ballet Workshop (2013)
3. School of American Ballet Summer Program (2014)
4. Houston Ballet (2015)
5. Pittsburgh Ballet Theatre (2016 with scholarship)
6. LA Fashion Week
7. American Ballet Theatre's Premier of Sleeping Beauty
8. Matthew Bourne Sleeping Beauty
9. Shows at Disneyland and Segerstrom Center for the Arts (as a company member for Anaheim Ballet)
10. Spotlight Awards at the Music Center
11. Young Arts Scholarship

A stylized illustration of a ballerina in a dynamic pose. She is wearing a red and white horizontally striped long-sleeved leotard with a black belt, a full pink tutu, and black ballet slippers. Her hair is in a bun, and she has her arms raised in a graceful arc. The illustration is positioned on the right side of the page, partially overlapping the list of achievements.

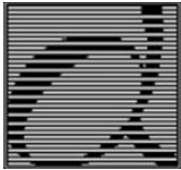
HANMIN KO

2015 South Bay Classic Individual Champion

SEPTEMBER 2016

Sport	Date	Time	Location
Boys' Waterpolo	9/6	3:00 PM - 4:00 PM	AT DON LUGO
	9/13	3:00 PM - 4:00 PM	AT AYALA
	9/14	3:15 PM - 4:15 PM	AT PALOS VERDES
	9/22	3:00 PM - 4:00 PM	AT VALENCIA
	9/8	6:00 PM - 7:30 PM	AT ESPERANZA
	9/13	6:00 PM - 7:30 PM	AT TROY
	9/15	3:15 PM - 4:45 PM	AT TROY
	9/20	6:00 PM - 7:30 PM	AT TROY
	9/22	5:30 PM - 7:30 PM	AT SUNNY HILLS
	9/28	5:30 PM - 6:30 PM	AT FULLERTON
Girls' Tennis	9/8	3:15 PM - 7:00 PM	AT TROY
	9/14	3:00 PM - 6:30 PM	AT TROY
	9/16	3:00 PM - 6:30 PM	AT TROY
	9/20	3:00 PM - 6:30 PM	AT TROY
	9/22	3:00 PM - 4:00 PM	AT TROY
	9/26	3:00 PM - 5:00 PM	AT VALENCIA
	9/27	3:00 PM - 4:00 PM	AT FULLERTON
	9/29	3:00 PM - 4:00 PM	AT TROY
	9/8	7:00 PM - 8:00 PM	AT TROY
	9/23	7:00 PM - 10:00 PM	AT TROY
Football	9/9	7:00 PM - 8:00 PM	AT TROY
	9/23	7:00 PM - 10:00 PM	AT TROY
	9/30	7:00 PM - 8:00 PM	AT IRVINE
	9/8	5:30 PM - 7:30 PM	AT SUNNY HILLS
	9/13	6:00 PM - 7:30 PM	AT TROY
	9/15	3:15 PM - 4:45 PM	AT TROY
	9/20	6:00 PM - 7:30 PM	AT TROY
	9/22	5:30 PM - 7:30 PM	AT SUNNY HILLS
	9/28	5:30 PM - 6:30 PM	AT FULLERTON
	9/29	3:00 PM - 4:00 PM	AT TROY

9/23 ASB HOMECOMING GAME 7:00 PM - 10:00 PM



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Unreliable news sources pollute social media

By Faith-Carmen Le
STAFF WRITER

The Internet is a reliable source; Wikipedia told me so.

With over 90,000 likes on its Facebook page and millions of views, the website Hot Global News is one of the leading distributors of false and misleading news on the internet today. Despite the fact that it identifies itself as a satire site, the realistic writing style of the articles sounds believable. However, in reality, the articles are written by the site's 15-year-old founder, Yaman Abuibaid, whose sole purpose in writing is to make money. Since many people do not verify their internet sources before sharing, netizens promote gossip that deepens social turmoil and cheapens journalism.

Notably, social media has resurrected journalism that is based upon sensationalism and crude exaggeration. Although this technique, yellow journalism, has existed for over a century, social media has brought it to the forefront of society. Netizens are drawn to these articles because of the headlines that endorse either what the readers want to believe or what they find intriguing. For instance, when the 2014 Ebola virus outbreak in West Africa infected a few Americans, many sites created ominous headlines such as "Killer Virus Targets The United States" and "Ebola is Coming." Wild speculation followed, propagating rumors of the virus infecting various cities and inaccurate claims about how Ebola spreads.

In addition, some sites publish false articles that attract readers through fear mongering. For example, following terrorist at-

tacks in Paris last November, websites spawned rumors via photoshopped pictures of various people brandishing weapons and claiming they were terrorists. As a result, the unwitting "terrorists" became targets of severe harassment on social media and even received death threats. These hoaxes foster acrimony between different social groups by supporting existing divisions among people.

Furthermore, by masking their satire so thoroughly, many news websites undermine their own purpose. The objective of journalism is to accurately inform citizens about important events occurring around the world. Such sites should therefore ask, are we satirizing or misinforming, and readers should ask, are we laughing or being duped? Surely, the marriage of the misinfomer and the misinformed comes to no good end. These unreliable

sources have the potential to deceive readers and lead to distorted impressions and views among the general public. Moreover, with its popularity still on the rise, social media can serve as an efficient carrier of false information among students. Undoubtedly, Warriors should be careful to avoid information found and spread on websites and social platforms.

Despite the prevalence of misleading internet sources, reliable news can be found by checking the legitimacy of authors, dates, sources, domains, site design and writing style. Readers should always double check information on mainstream news sites. According to the University of Wisconsin, the most trustworthy domains include .edu, .gov and .org. By taking simple precautionary steps, people can prevent spreading specious

information themselves.

Overall, sites such as Hot Global News can have lasting effects on public opinion if readers blindly believe and share what they read on the internet. Unfortunately, unreliable sources bolster stereotypes, degrade journalism and spread falsehoods. Ultimately, people should verify the information they find on the internet so that rumors will stop at their smarmy sources.

The truth is definitely out there; we just need to look in the right places.

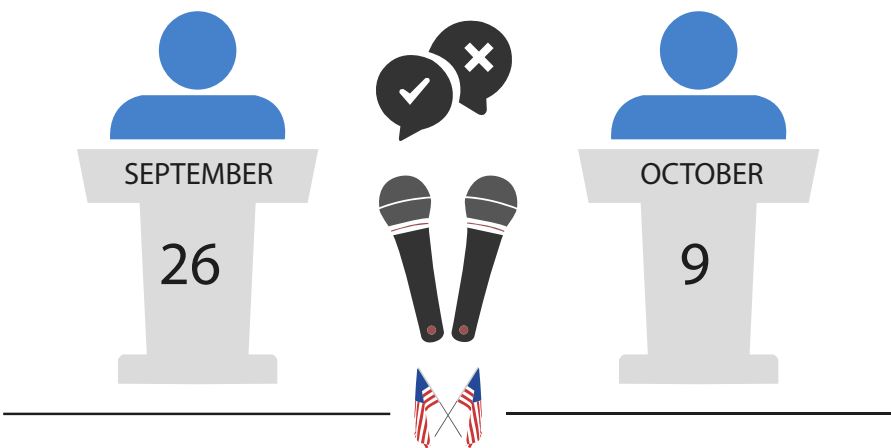


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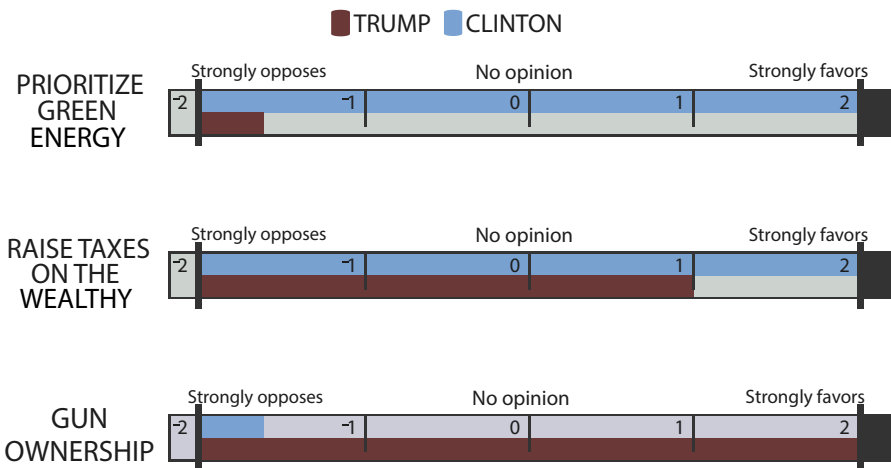
Troy Universe: Pulling Through the Years by Lucy Lee

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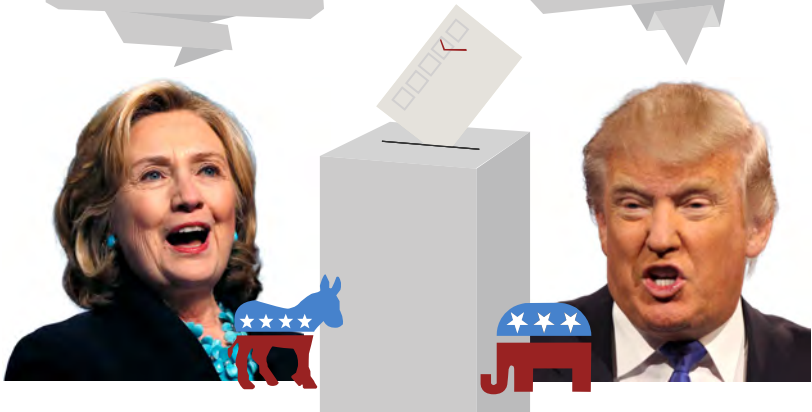


◀ CURRENT CONCERNS ▶



"Let's be stronger together; let's build a better tomorrow for our beloved children and beloved country."
-Hillary Clinton

"Sadly, the American dream is dead. But if I get elected president, I will bring it back, bigger and better than ever."
-Donald Trump



COMPILED BY JULIANNE KIM, OPINION EDITOR AND GRAPHIC BY TU-AN NGUYEN

Rio Olympics drug scandal sheds light on doping epidemic

By Lex Park
STAFF WRITER

Faster, higher, stronger. No Putin, not that kind of high!

In the summer of the Rio Olympics, the World Anti-Doping Agency (WADA) discovered that over 119 athletes from Russia were using performance enhancing drugs (PEDs). According to WADA, the Russian federation ran a state sponsored doping program for its athletes. Due to this incident, the spotlight focused on doping, highlighting widespread drug use in the sporting world. The Rio scandal emphasized that athletes need to learn how to maintain a healthy lifestyle, independent of illegal additional supplements.

Although doping's immediate effects may be beneficial in the short term, the consequences are severe in the long run. Certain PEDs can improve the user's stamina by increasing blood cell mass and enabling the body to transport oxygen more efficiently. However, according to the United States Anti Doping Agency, this enhanced capability poses an extreme health risk as it causes heart disease, kidney failure, stroke and autoimmune disease. Likewise, while doping may win an athlete a medal, if caught, the athlete can be stripped of his or her titles by the International Olympics Committee. It is quite a dangerous gamble for an athlete For an athlete to risk their entire career and dignity for a moment of glory is quite a dangerous gamble. Moreover, using PEDs is unnecessary for success in the Olympics, demonstrated by American swimmer Lilly King's victory over Russian Yulia Efimova, who had previously been caught for drug cheating twice. Most importantly, by introducing artificial elements to an athlete's system, PED usage undermines the meaning of the Olympics—which is to showcase the various global athletic talents—by creating an uneven playing field. Sportsmanship is the keystone to sports, and the usage of PEDs degrades its value. Repeated dop-

ing occurrences in the Olympics exhibit a dangerous pattern of drug usage that comprises athletes' health, ruins careers and devalues the authenticity of sports.

Furthermore, the Rio doping scandal indicates that many athletes in today, both professional and amateur, rely on substances to perform better. As the competition for recruitment grows, many high school athletes grow tempted to use supplements and drugs as a way to increase their ability and gain sports scholarships. According to the American Academy of Pediatrics, the most common supplement for teens was protein powder. Recently, protein powders have become a rite of passage for anyone who even remotely exercises. Rather than adjusting their diets to consume necessary nutrients through food, students often rely on substances such as protein powder to quickly increase their muscle mass. As more people fall into the newest health crazes, the dependency on artificial methods of increasing athletic ability continues to grow in America. The normalized use of nutritional supple-

ments indicates that substance culture has deeply rooted itself in the sports community.

The Rio Olympics scandal has exposed the truth behind competitive sports and how over ambitious intents can lead someone, or even some countries, to heinous acts such as doping. Many Americans were quick to point fingers at the Russian government without first examining our own drug and supplement culture in the sports community. From local high school fields to international Olympic podiums, athletes need to reevaluate their methods of nutritional intake and focus on improving their fitness with healthier and more honest ways. After all, doping just isn't dope.

"The Rio doping scandal indicates that many athletes today, both professional and amateur, rely on substances to perform better."

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