

# TITAN

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THE MAGAZINE

# TIMES

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"My favorite part about Antelope High School is the soccer program because of the coaches. They have inspired me in a lot of ways and taught me a lot"  
- junior Brent Lwabaai

"Something I like about Antelope is that there's a lot of energy and everyone just gets along"  
- junior Timothy Karkov

"I feel like Antelope is a really low-key and very calm school. It's a very easy experience".  
- junior Micah Fales

"I think something that makes me a titan is that I love to support other titans."  
- senior Sara Abdullah

"My favorite part about Antelope is that the people are great because they show a lot of kindness and are willing to help"  
- sophomore James Fajardo

"I think the sports I do make me a Titan. I run cross country, play wrestling and swim. I like sports because it keeps me active and keeps the voices away"  
- junior Maddox Richards

"My favorite part about Antelope is that it's a big campus and the community is good and people care about it"  
- freshman Jessie Prasad

"My favorite part about antelope is that the people here are fun and happy."  
- sophomore Kenneth Fuse

"The most inspiring teacher on campus for me would be Mrs. Bristow, she'll do anything for her students."  
- sophomore Emma Bispham

"Mrs. Simon is the most inspiring teacher to me because she tells me not to give up and she's always there for her students"  
- junior Keilana Enriques

"I'm involved in Link Crew and I do it because it gives me a chance to give back to the communities."  
- junior Enrique Pacheco

"Mr. Miller is the most influential teacher to me on campus because he slows down when the class is struggling and helps us understand math better"  
- senior Landon Kitchen

"Being a part of dance is really fun, the dance show is stressful during the weeks of prep but it is worth it since not everyone gets to do it."  
- junior Lena Veling

"The engineering class is my favorite part of Antelope, it has taught me many different skill sets that can be used in life if needed. It is a very useful class since it does teach you how to work machinery in the class."  
- senior Brian Foster



# Over Coming Limits

Titan Times Staff Writer senior Abigail Rodriguez, shares her story of living with Spina Bifida and the challenges she's had to overcome

Words by **Abigail Rodriguez**

**F**or me this is really the first time I've ever really shared my story and what my life is like with someone other than family or close friends. To be honest, this is because in the past this has felt very personal to me. However, I believe using this opportunity to share my story is very important to help others learn more about my condition.

Four months before I was born I was diagnosed with a condition called Spina Bifida. The specific type of Spina Bifida I have is called Myelomeningocele. It is a birth defect in which a baby's spine and spinal canal don't close before birth. As a result of this as soon as I was born I immediately had surgery and was in the hospital for three weeks before being able to go home. At the age of 2 years old, I was then diagnosed with Hydrocephalus this is when fluid accumulates in the brain; because of this I had to get surgery. This surgery was to get my shunt, which drains excess cerebrospinal fluid.

## Challenges

As a result of having Spina Bifida and Hydrocephalus my life has come with many difficulties that I've had to overcome. I have had a total of two back surgeries for spinal cord injuries and two more for my shunt. The recoveries for these were very long and when I was younger were then much scarier for me. Early on in my childhood we found out my leg strength and sensation from being paralyzed from the waist down prevented me from being able to walk; when I was 2 years old I got my first wheelchair and leg braces. Although I practice using my walker at home for a few hours a few times a week I mainly use my wheelchair.

The older I've gotten, using my wheelchair has been easier, and I've become more comfortable using it. Using all the equipment I use has become more natural now; physical therapy is something that has ultimately helped.



Senior Abigail Rodriguez explains the importance of overcoming. "Sharing my story and the challenges I've had to overcome, I hope others can realize the importance of overcoming challenges and being able to grow from them."

Senior Abigail Rodriguez on Nov. 27 talks about how she feels sharing her story. "I feel very happy to be sharing my story and helping others learn more about my condition."

## Routine

Another major part of my life is that I have doctor's visits more often than most people. This is something that sometimes interferes with school, which is challenging at times. However now that I am older this has become less of a problem since I don't have as many doctor's visits as I did when I was younger.

Most of my doctor's visits are to see my Spina Bifida doctors at Shriners Children's hospital. I see my Neurosurgeon at the UC Davis Medical Center. What makes these doctor's appointments challenging is not only that they can interfere with school, but they are often long and tiring because I typically have to see many doctors in one visit or get fitted for new leg braces.

## Learning

Now that I am 17 years old and a senior in high school I've learned so much about my conditions then I knew before when I was much younger. This has made my daily life living with

Spina Bifida and Hydrocephalus much easier in many ways. It has also helped that along the way through experiences I have had in my life I have been able to learn so much more which has also made me more independent.

In all the experiences I have had with my condition a very important person in my life has been my mom. She, as well as the rest of my family, have all been there for me in very difficult times. Having all the support that I have has been very helpful and I feel very fortunate.

## Lessons

It is important to not put limits on yourself and do things just like others. I enjoy traveling and various other activities, which I would not have done if I was putting limitations on myself.

Despite living with Spina Bifida and Hydrocephalus I have learned that I can still do many things that most people can do. I don't have to put limits on myself and can still do anything that I put my mind to.





**1.** On Sept. 27 the Flag Football played away at Roseville High School, defeating the Lady Tigers. Senior Isabella Azzolino was cheering on her teammates when their touchdown didn't count. "I put my arms around my teammates. I thought it should have counted," Azzolino said.

**2.** Senior Aaliyah Ellis plays defense against Roseville. "I needed to stop them from getting to our side," Ellis said.



Words by Mackenzie Liddicote  
Photos by Mia Andrade

# GAME TIME

*Female athletes were ecstatic when it was announced the school would be providing flag football as a sport.*

*They knew it would come with challenges, but that didn't stop the first-ever team from making it all the way to the second round of the Sac-Joaquin Section playoffs*





Photos by Edwin Camarena

On Oct. 26, the Flag Football team suffered a loss in the second round of playoffs vs. Colfax High School by a final score of 25-12. This season, female athletes decided to take a leap of faith when the news was announced that there would be a girls flag football team for the 2023-2024 year. Many athletes felt excited and good going into the season because this is the first year flag football is an official sport.

THE WAY THINGS GO

Many athletes enjoyed the process of practice. First the team started with warming up their bodies to play. For warm ups they did many different exercises like running, supermans and leg stretches. Leg stretches and front and back kicks are some of the girls' favorite exercises because many of the girls feel like they stretch them the most and they're fun to do.

GETTING USED TO THE GAME

Some of the widely known positions are quarterback and receiver. Both come with difficulty but you really need to have a connection when being quarterback or receiver.

Senior Amaya Howard said that being the quarterback "was a little scary at first and I was definitely nervous. It's fun, but it's also difficult because you have to remember where everyone's at and it's difficult when everyone is guarded."

THE STEPS WE TAKE

For every athlete, they need to complete an athletic clearance which requires them to go to the doctor, get a physical and submit it online.

"When I couldn't play in the practices or the first game I was a little upset," Howard said. "After a few days, though, I went and did what I needed to do so I could be cleared to play."

GAME TIME

When it was time for the first game of the season, the girls were feeling the first game jitters.

Going into her first game Howard felt "nervous and a little shaky. I knew I had to just stay calm and do what I do and everything would be fine. The first mistake is always tough. When I was QB for one play I threw a pick and the other team got the ball. That threw my whole game off because I was so upset about it," Howard said.

Junior Sydney Huff added, "I felt good. I was kind of nervous going into it, but I was fine."



1.

1. On Sept. 20, the Flag Football team was playing on our home turf against Woodcreek High School. Senior Aaliyah Ellis says, "It was one of our run plays. I was feeling good because the adrenaline was kicking in."

2. Junior Jillian Todd cheered on her teammates. "In this game we were playing one of the hardest teams in our league and the game was very close, so I was cheering on our offense."

3. Sophomore Izzy Siegler played quarterback. "My main concern was getting the ball out of my hand as soon as possible. I was stressed and nervous but excited all in one."

4. Sophomore Deanna Richardson caught the ball and took off running. "I was trying to get up the line and not let my flag get pulled."

5. Senior Banveet Bhogal and junior Hosana Teketel strike a pose because they were "excited to play and ready to get the win," Bhogal said.



4.

MAKING THE GAME

There is always a moment in a player's life that makes the season. For Howard, that moment was a play in the recent game against Roseville High School at Roseville. During the play, Howard was on defense. Howard was guarding a girl running towards her. The ball got thrown in Howard's direction and Howard saw the girl she was guarding stop running. It was an instinct for Howard to jump over the girl she was guarding and grab the ball. Howard took off as fast as she could and ended up running 30 yards until her flag got pulled. Howard had gotten the only interception of the game.

"I thought I was going to drop the ball at first and then I realized I had caught it and I needed to run," Howard said. "I almost fell when she pulled my flag, and I was upset because I thought I was going to score, but I didn't end up doing that."

They might not have scored on that play, but for the girls on the first-ever AnHS Flag Football, the season was a huge success, finishing 11-5 overall with a win the playoffs.



2.



3.



5.



# LEAVING A LEGACY

WORDS AND PHOTOS BY **TIANA SPAIN**

As many new things are introduced in the 2023-24 school year, senior Michelle Rice decides to make her mark and start something that has never been here before

## IT WAS A REGULAR SATURDAY

morning as she sat in her bed scrolling through channels. As the list of boring news and old cartoons grows longer, then freshman Michelle Rice comes across the show “Glee.” She’s never seen this show before and has no idea what it’s about, but she decides to take a chance and she clicks on the channel. As the show begins to play and the screen brightens, Rice becomes ecstatic as she watches the characters perform. She knew at that moment that she wanted to make her high school experience just like Glee.

## STARTING GLEE CLUB

her senior year wasn’t the plan all along. Rice originally wanted to start Glee Club her freshman year. She thought that high school would be just like the show, and when she realized it wasn’t she told herself she would make Glee Club happen here at Antelope. Unfortunately, things got in the way such as COVID, and she couldn’t start it. Sophomore and junior years became stressful for Rice, so creating Glee Club wasn’t necessarily a priority to her. But when her senior year came around she thought it would be a great idea to finally start the club she dreamed of doing since she was a freshman.

“I mostly started it this year because I didn’t start it my junior year,” Rice said. “I was obsessed with the TV show ‘Glee’ my freshman year. It was so cool to me, and when I realized high school

wasn’t exactly like that so I said, ‘Oh well I’m gonna make it happen.’”

## RICE’S MAIN REASON

for starting Glee Club was because she wanted to leave her footprint behind and make a change in the culture here at Antelope. Since she is already so involved and so passionate about the performing arts program, she is very dedicated to making this club a success. Now she is a senior and is hoping that this club will be in a good position to continue years after she has graduated.

“I wanted to start the Glee Club because it was always a dream of mine to have a big impact at Antelope or leave something that’s performing arts based behind,” Rice said. “I think that the club will be a success as long as the people who are a part of the club are committed, have the passion and really want to do it.”

## GLEE CLUB IS OVERALL

a club that is going to perform flash mobs sometime at lunch. Rice plans on bringing a lot of infectious and good energy with these performances. She wants them to be spontaneous and fun for the people performing and the people watching. She also hopes to create some fun, unforgettable memories along the way.

“The purpose of Glee Club is to have a group of people performing flash mobs once a month at both lunches,”



Rice

said. “I wanted a club that was dedicated to flash mobs because I feel like they’re so fun, it’s energetic, it’s just amazing and it could be a cool tradition.”

Rice really wants the Glee Club to have a role in the school’s culture and become something special. She believes it’ll be good and something new for Antelope. It’s known that our school has many amazing programs and that the culture is quite unique compared to other schools. If the members of Glee Club are dedicated and have a strong desire for it, they can undoubtedly make this club something extraordinary. Rice would be overjoyed to have this club be a huge part of Antelope’s culture now and in the future.

“I think this club is good for Antelope because Antelope has an amazing campus, an amazing student population, and just an all-around amazing performing arts section,”

Rice said. “Our campus is beautiful and there is so much space. We can make very amazing performances happen and do something that has never been done before.”

## RICE HAS LOTS OF FAITH

and high hopes for this club. This is her last chance to make her mark and it lets her make the most of her senior year.

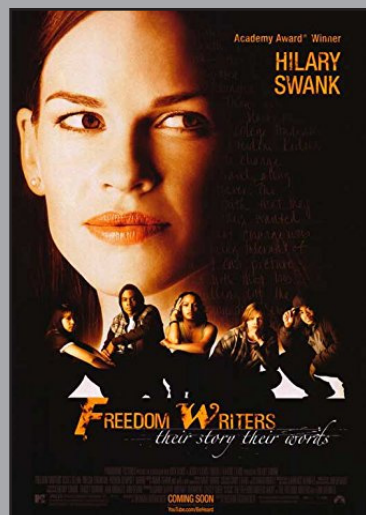
Although there is still a lot of time left, she’s made sure that this is her final footprint here at Antelope.

“I really want to leave the legacy with the club,” Rice said. “I’ve always believed in the saying that ‘being a part of something special makes you special.’ So I believe that everyone who joins Glee Club will become a part of some special thing and that will therefore make them special as well.”

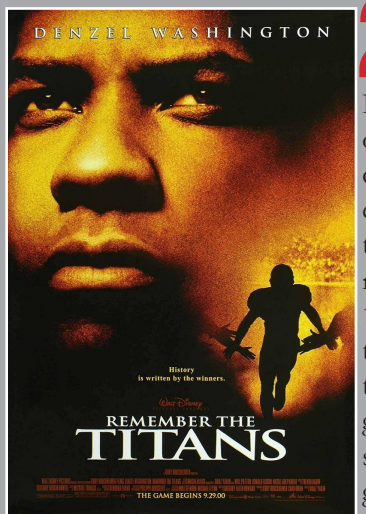


## WE POLLED OUR TITAN TIMES STAFF REGARDING OUR TOP 10 MOVIES; HERE'S THE RESULTS

# TITAN TIMES TOP 10



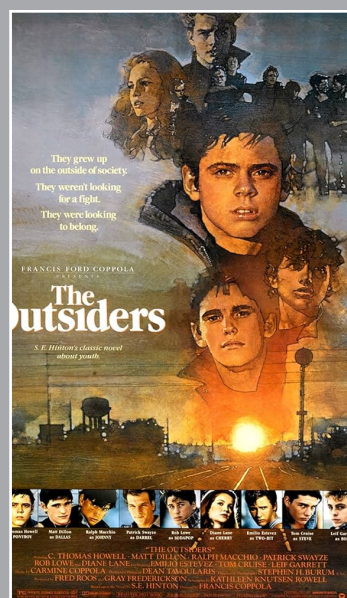
**1 Freedom Writers (2007)**  
A dedicated teacher (Hilary Swank) in a racially divided Los Angeles school has a class of at-risk teenagers deemed incapable of learning. Instead of giving up, she inspires her students to take an interest in their education and planning their future. She assigns reading material that relates to their lives and encourages them all to keep journals.



**2 Remember the Titans (2000)**  
In Virginia, high school football is a way of life, an institution revered, each game celebrated more lavishly than Christmas, each playoff distinguished more grandly than any national holiday. And with such recognition, comes powerful emotions. In 1971 high school football was everything to the people of Alexandria. But when the local school board was forced to integrate an all black school with an all white school, the very foundation of football's great tradition was put to the test.

### 3 The Outsiders (1983)

A teen gang in rural Oklahoma, the Greasers are perpetually at odds with the Socials, a rival group. When Greasers Ponyboy (C. Thomas Howell) and Johnny (Ralph Macchio) get into a brawl that ends in the death of a Social member, the boys are forced to go into hiding. Soon Ponyboy and Johnny, along with the intense Dallas (Matt Dillon) and their other Greaser buddies, must contend with the consequences of their violent lives. While some Greasers try to achieve redemption, others meet tragic ends.



### 4 The Hunger Games (2012)

In what was once North America, the Capitol of Panem maintains its hold on its 12 districts by forcing them each to select a boy and a girl, called Tributes, to compete in a nationally televised event called the Hunger Games. Every citizen must watch as the youths fight to the death until only one remains. District 12 Tribute Katniss Everdeen (Jennifer Lawrence) has little to rely on, other than her hunting skills and sharp instincts, in an arena where she must weigh survival against love.

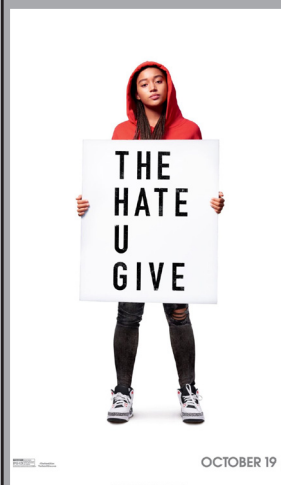


### 5 WALL-E (2008)

The last robot left on Earth. He spends his days tidying up the planet, one piece of garbage at a time. But during 700 years, WALL-E has developed a personality, and he's more than a little lonely. Then he spots EVE (Elissa Knight), a sleek and shapely probe sent back to Earth on a scanning mission. Smitten WALL-E embarks on his greatest adventure yet when he follows EVE across the galaxy.

### 6 The Hate U Give (2018)

Starr Carter is constantly switching between two worlds—the poor, mostly black neighborhood where she lives and the wealthy, mostly white prep school that she attends. The uneasy balance between these worlds is soon shattered when she witnesses the fatal shooting of her childhood best friend at the hands of a police officer. Facing pressure from all sides of the community, Starr must find her voice and decide to stand up for what's right.



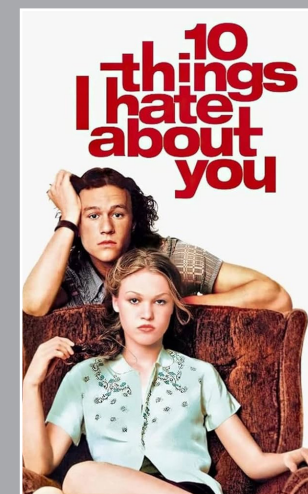
### 7 Scream (1996)

Wes Craven re-invented and revitalised the slasher-horror genre with this modern horror classic, which manages to be funny, clever and scary, as a fright-masked knife maniac stalks high-school students in middle-class suburbia. Craven is happy to provide both tension and self-parody as the body count mounts - but the victims aren't always the ones you'd expect.



### 8 Ten Things I Hate About You (1999)

Kat Stratford (Julia Stiles) is beautiful, smart and quite abrasive to most of her fellow teens, meaning that she doesn't attract many boys. Unfortunately for her younger sister, Bianca (Larisa Oleynik), house rules say that she can't date until Kat has a boyfriend, so strings are pulled to set the dour damsel up for a romance. Soon Kat crosses paths with handsome new arrival Patrick Verona (Heath Ledger). Will Kat let her guard down enough to fall for the effortlessly charming Patrick?



### 9 Tangled (2010)

Disney animation of a classic tale. Beautiful princess Rapunzel has been locked away in a tower since she was captured as a baby by an old hag. Her magical long blonde hair has the power to provide eternal youth, and the evil Gothel uses this power to keep her young. At the age of 18, Rapunzel becomes curious about the outside world, and when a prince uses her tower as a refuge, she asks him to help her escape.



### 10 Scooby-Doo (2002)

Zoinks! Two years after a clash of egos forced Mystery Inc. to close its doors, Scooby-Doo and his clever crime-solving cohorts Fred (Freddie Prinze Jr.), Daphne (Sarah Michelle Gellar), Shaggy (Matthew Lillard) and Velma (Linda Cardellini) are individually summoned to Spooky Island to investigate a series of paranormal incidents at the ultra-hip Spring Break hot spot.



ALL IMAGES FROM GOOGLE CREATIVE COMMONS



# A NEW BEGINNING

Words by Serena Roa Munoz

Photo by Jelani Todd

Poly Club is something that has been around for many years in school history; now it is time for junior Yamylet Cervantes to take over the club as president



**J**UNIOR YAMylet CERVANTES WAS ASKED TO STAY after Polyneisan Club practice by the club president last year. This isn't anything out of the ordinary since they could have just wanted to go over a few things with her, but still Cervantes doesn't know what the club president is going to talk to her about. Cervantes loves the club and has become extremely passionate about it. Little did she know this was going to lead to something of which she would be extremely proud.

## HOW ITS STARTING OUT

Cervantes had only been in dance for the year and joined the club that year but this led to her finding a passion that she felt like she was able to express herself the best. The energy of everyone around her makes her feel like she really can leave it all out on the dance floor which is extremely important for a dancer.

"I just really love putting my energy into the dances I do," Cervantes said. "It makes me feel free and cool as I get into the dance more and more with my emotions."

Recently, Cervantes is officially club president her junior year. She is finding new ways to make the club more enjoyable but also learning how to navigate with everything with school work through the day and then going into club practice to either start a new piece or to continue where they left off. Cervantes is finding her way and is making sure all around her are finding the passion she found for the club.

"Since poly club is a smaller group compared to other dance clubs, we are very close with each other and my co-leader Eva and I tend to show everyone in the club that it is a safe zone," Cervantes said. "We do our best to treat everyone with respect, I like to think of our club as a big family."

## SAFE PLACE

Finding new ways to make the group a safe place, this is so possi-

bly more people could join the club and carry on the club for as long as possible. Cervantes and the rest of the club work close together so that it is an easier way to be able to pass on the dances and to figure out who can do what dance moves but this also helps prevent drama from sparking within the group, so they are all able to talk things out instead of jumping to conclusions.

"I like to think of Poly Club as a big family," Cervantes said. "By showing how comfortable I feel in the environment, I hope it encourages more of the group to slowly start feeling the same about the environment I am hoping to build."

## WORKING TOGETHER

When it comes to getting the dances together Cervantes doesn't work alone. The Co-leader also helps out as much as possible since the leaders need to be able to lean on one and other, they choreograph together as of right now since it is their first year for both of them.

The leaders want everyone to be able to enjoy the dances they create so with them working together on the dances they can help each other with their knowledge of the club members abilities.

"Working with Eva has helped so much because seeing both of us are able to encourage each other while creating the dances," Cervantes said. "Having put so much energy into creating something it is nice to have someone do it with me."

Cervantes is finding her way through as being a leader of the club, so when things get a little stressful with the show coming soon she finds her way and knows that everything will go well. Cervantes knows that everything will be fine because of how well she can manage so many things and the show is really the meantime many people in the program will find themselves stressed.

"Show is coming up in two months now so I know there will be a lot of stress going around," Cervantes said. "I truly believe that I know that everything will be good because of how well I can manage my time and energy and don't stress myself out."

## TRUST WITHIN THE GROUP

Now with Cervantes being the leader she tries to find ways to encourage everything and ways that work best with teaching choreography. During practice is a time where everyone works on the choreography but it is also a time where sometimes things get off-topic for a minute. Cervantes does her best to guide everyone back and make it as fun as possible.

"I try to encourage everyone and break down the dances if people start to get lost as I demonstrate the dance," Cervantes said. "We put a lot of emphasis on being responsible within the club so I never have to worry about them getting to work or even perform at an expected level because I know they will all exceed my expectations."



# A STRIKING START TO THE SEASON

Freshman Jessi Prasad shares her experiences in highschool sports as a new student, as well as her past in athletics

Words and photo by Bradley Sanchez



1. Freshman Jessi Prasad plays as a center midfielder during the Silver Lakes tournament from July 29-31, 2023. "I really enjoy center mid because its hard but it gives me a good challenge."
2. Prasad works hard and plays her best so her team can finish on top! "I feel like I did pretty well. It was our last game of the tournament and we won one-neil."

Photos by Katy Muerer



**F**reshman Jessi Prasad ends her school day by practicing for hours and training hard just so she can play her favorite sports—soccer and volleyball.

Prasad is a multi-sport athlete and has been playing sports ever since she was 3 years old. Sports may not mean much to others, but to Prasad, sports are life.

"My favorite sport is soccer. I have been playing soccer for 11 years," Prasad said.

When she started playing soccer, she played for a recreational team. But as her skills progressed, she transitioned to competitive soccer. She now plays for Blues FC, which is a soccer club, and is playing for the Girls Varsity team.

**PRASAD IS AN EXCEPTIONAL** soccer player, as she plays at one of the highest levels in club soccer.

She plays for an NPL team, which stands for National Premier League and is the third highest level in youth soccer.

She hopes to take her skills to the next level and earn a scholarship to play at the collegiate level.

Prasad's opinion on soccer and volleyball are very different.

"I play volleyball on the side, for

fun," Prasad said. "However, I hope to turn soccer into a career." She is ambitious and extremely determined to play at the professional level.

**PRASAD'S EXPERIENCES** of high school sports are different from school and compared to her playing experience in middle school.

"It seems like people have more passion when playing high school sports rather than middle school," Prasad said.

Prasad attended Creekview Middle School, and was going to go to Woodcreek High School for their soccer program, but she decided to transfer to Antelope hoping to "make the soccer program better," and she is excited to play for the Antelope Titans soccer team.

**PRASAD HAS MANY** inspirations. "I think Messi and Pablo Gavi inspire me the most, because they have dedication and work hard for what they want," Prasad said.

And of course, since she looks up to Messi and Gavi, her favorite professional teams are the teams they play for.

"My favorite soccer teams are FC Barcelona, PSG and Inter Miami," Prasad said.

## PRASAD LOVES SPORTS

because of the dedication it takes. She loves soccer because of all the creativity involved. To Prasad, there's endless skill moves to learn and never a limit. Soccer never gets boring for Prasad because she's always down for a challenge.

"I love the challenge and how I can express myself while playing," Prasad said.

Prasad works hard and dedicates her life to soccer, as she aspires for a scholarship and is eager to play at the professional level. Outside of school, high school sports and club soccer, she regularly trains with friends or by herself to improve and reach her goals.

## BUT SOCCER IS BIGGER

than just a sport. The bonds Prasad makes through the sport sticks with her throughout her life.

Because of soccer, Prasad has had the chance to meet so many people, and make new friends from this sport and she wouldn't have ever met them outside of soccer.

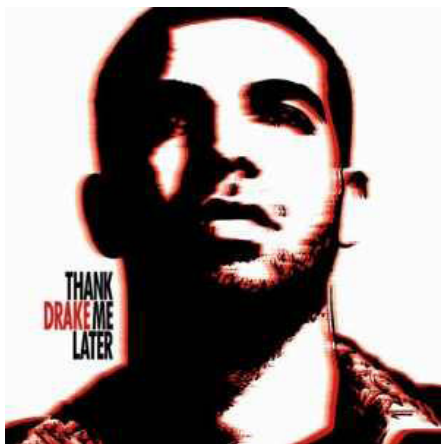
"The people I've met are more than just teammates, they're my friends," Prasad said. "We're like a family."



WE ASKED YOU ANSWERED: AFTER TALKING WITH DOZENS OF STUDENTS AROUND CAMPUS AND ADDING OUR OWN 2 CENTS, THESE ARE YOUR FAVES

# 1 DRAKE

Aubrey Drake Graham, known professionally as Drake, is a Canadian rapper and singer. An influential figure in contemporary popular music, Drake has been credited for popularizing singing and R&B sensibilities in hip hop.



# 2 SZA

Solána Imani Rowe, known professionally by her stage name SZA, is an American singer-songwriter. She first gained recognition through her self-released extended plays, *See.SZA.Run* and *S*, which helped her become the first female artist to sign with Top Dawg Entertainment.

# 3 J. COLE

Jermaine Lamarr Cole is an American rapper and record producer. Born on a military base in Germany and raised in Fayetteville, North Carolina, Cole initially gained attention as a rapper following the release of his debut mixtape, *The Come Up*, in early 2007.

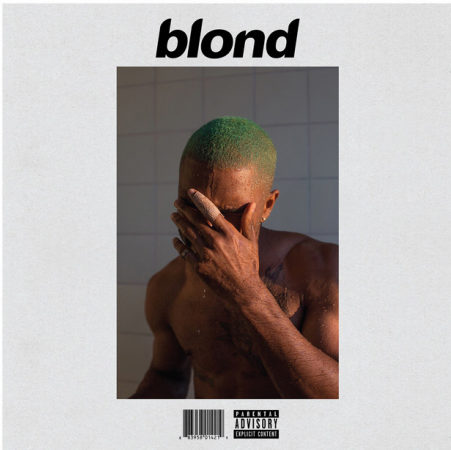


# 4 THE WEEKEND

Abel Makkonen Tesfaye, known professionally as the Weeknd, is a Canadian singer, songwriter, and record producer. He is noted for his unconventional music production, artistic reinventions, and his signature use of the falsetto register



# 5 FRANK OCEAN



Christopher Francis Ocean is an American singer, songwriter, and rapper. According to some music critics his works feature avant-garde styles and introspective, elliptical lyrics

# TITANS TOP 10

# 8 BRENT FAIYAZ

Christopher Brent Wood, known professionally as Brent Faiyaz, is an American R&B singer from Columbia, Maryland. He rose to prominence following his guest feature alongside Shy Glizzy on Gold-Link's 2016 single "Crew."

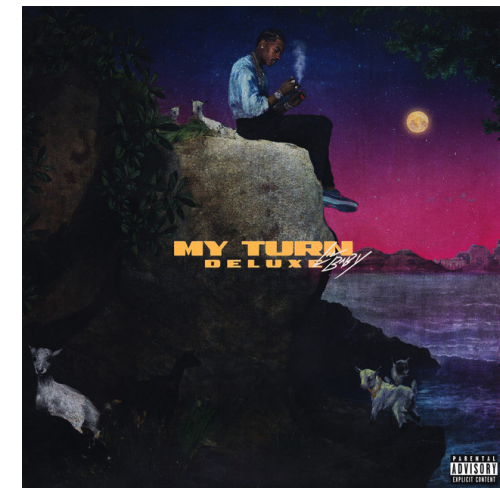


Rodarius Marcell Green, known professionally as Rod Wave, is an American rapper, singer, and songwriter. Signed to Alamo Records, Green is known for his strong voice and incorporation of hip hop and R&B, having been recognized as a pioneer of the subgenre "soul-

# 6 ROD WAVE

# 7 LIL BABY

Dominique Armani Jones, known professionally as Lil Baby, is an American rapper, singer, and songwriter. He rose to mainstream fame in 2017 following the release of his mixtape *Harder than Hard*, which included his first Billboard Hot 100 entry with its lead single "My Dawg."



# 9 PARTYNEXTDOOR

Jahron Anthony Brathwaite, known professionally as PartyNextDoor, is a Canadian R&B singer, songwriter, and record producer. He was the first artist signed to Drake's OVO Sound record label in 2013 in a joint-venture with Warner Records.

# 10 TAYLOR SWIFT

Taylor Alison Swift is an American singer-songwriter. Recognized for her songwriting, musical versatility, artistic reinventions, and influence on the music industry, she is a prominent cultural figure of the 21st century.



ALL IMAGES FROM GOOGLE CREATIVE COMMONS



# THE REASON WHY

Senior Hailey Melton expresses her love for Color Guard and the challenges it comes with

Words by **Bradley Sanchez & Mackenzie Liddicote**  
Design by **Mackenzie Liddicote**  
Photos by **Michelle Rice & Cindy Saechao**

**E**xcitement and joy is what keeps people motivated to pursue their dreams and goals, and after continuing something for a long time there's bound to be peaks; "It was the last competition of the season so for seniors it was our last field show ever. I was looking through the audience to find my family like I always do. As we were walking on I finally spotted them, and my friend Jaiden noticed first that they made posters for me since they weren't able to do that for our senior night a few weeks before. When she told me and I realized, I literally almost cried right then and there because I wasn't expecting them to do anything like that.

Throughout the last performance, I just kept thinking about how it was my last show and that I wouldn't ever do this again and I kept getting emotional

throughout the show while trying to keep my smile and correct facial expressions. I think everyone was getting pretty emotional just because it was the last show, seniors are going to be leaving, and we had put in months of hard work on this show and it was almost done forever. After the show we had a little ceremony which is called Senior circle to celebrate the seniors and give the staff a chance to talk to each senior and how they affected the program. This ceremony every year is always full of different emotions. The whole night kind of felt unreal since senior year felt so far away and now it's here".

**WHEN YOU DO ANYTHING** for a long period of time, it becomes less exciting because it is just a part of your daily routine. Melton feels this in the way that she's, "just kind of less excited be-

cause it has been a part of my life for so long. I do still love the competitions and I get excited for fun events. I still love seeing my friends all the time and spending lots of time with them but, overall I don't love the actual activity as much as I used to compared to how I felt about it during my freshman and sophomore years of high school."

**THERE IS ALWAYS** a reason in any sport, club or extracurricular activity that keeps you going. For Melton, her favorite part is the friends and connections she has made.

"I have become really close with the others, they have become some of my closest friends. I also love when we go to competitions. Even though they can get tiring, most of the time they are pretty fun and we all have a good time together."



**AS WE ALL KNOW** practice makes perfect. For color guard practice can either be 3 hours or 8. During the fall, practices usually go from 6pm-9pm, whereas

"The Saturday practices on average are from 9am to 5pm which is pretty long but at least we get a lunch break in the middle."

**THE MANY THINGS** practices contain many different aspects because there is so much color guard can do. from 9am to 5pm which is pretty long but at least we get a lunch break in the middle."

**THE MANY THINGS** practices contain are many different aspects because there is so much color guard can do. "Everyday we start with warm ups, then work through certain sections on our own that the guard specifically needs to

work on".

**IF THE WHOLE BAND** is together they run through certain parts of the show that need to be worked on, and by the end of the practice they do a full run through of the show.

"The difficulty of practice differs depending on the weather, what we do and how much work we get done. Some days are easier than others."

**MELTON LOVES PERFORMING** because of the thrill and excitement it brings. "It feels so rewarding to show what we have been working very hard on for months. Even when it's nerve wracking, I end up having a lot of fun". She loves the rewarding experience she feels once she's accomplished a challenge. "The overall feeling that you get while performing can't really be explained unless you've done it".

1. On October 14, 2023, Senior Hailey Melton was at a competition; "I was nervous because the picture was taken right at the beginning of the show" Melton said.

2. On November 18, 2023, it was the seniors last time taking the field. Melton says, "Senior night was so bittersweet."





# KATIE HOEDT, TITAN TIMES EIC, REMEMBERED BY FELLOW EDITORS

Hoedt, a 2017-18 Tri-Editor-in-Chief of Titan Times the Magazine, produced the morning show at KCRA 3 before her accidental death at Folsom Lake on Aug. 19

## FROM McKENZIE COOK

Katie was an absolute ray of sunshine, lighting up every single room she walked into. Her smile, her energy and her spirit were unlike any other.



She made you feel loved and welcomed regardless of the bond between you. I'm so glad I had the opportunity to not only work alongside her, but to call her a close friend as well. It is truly a blessing to have had the time with her that I did, and I'll forever cherish the memories we share. Whether it was spending time on a new magazine layout, planning which awards we would win, or just spending time together after school. Every moment with Katie was a great one. Everything she said she was going to do once we graduated, she did. She trail-blazed her way through the world and achieved what she set her heart on. It's truly rare to come across a soul as lively as hers, and I know she was on this earth to positively impact everyone that encountered her. I'm so beyond grateful to have known and loved Katie, and to have created with her as well. The memories the three of us created are ones that I will hold close to my heart forever. EIC3 forever and always. *McKenzie Cook served as Editor-In-Chief of Titan Times in 2016-17 with Katie Hoedt and Stephanie Lynn.*



PHOTOS FROM BETH HOEDT

## FROM STEPHANIE LYNN

Katie sits in my heart as a light extended on an olive branch. A neighbor, a friendly face I would always fondly recognize throughout our many years of growing up, learning about ourselves, about life. She was a part of a most cherishable time of becoming. Katie was someone I often knew to seek and bring out the light within others, and her presence was nothing short of an experience of her kindness, a piece of her character that gave her a natural, iridescent glow; seen I'm sure in passing by many, but especially by those of us who got to witness it up close and admire her for it.

To remember her laugh, her silliness, and carefree spirit is a gift. Just as it was an honor to work so diligently alongside someone



so rare in finding. She breathed life into her passions, and it reflected in everything we did as colleagues. Our time together was only the foundational building blocks, but she took our youthful hopes and dreams and set them ablaze.

She leaves behind a trail of courage, creativity, bravery, ambition and optimism. She was a smile, a warm and familiar embrace.

Katie, I imagine you are somewhere that transcends the beauty of who you were in this life. To me, the young spirit of our brief memories and work together will stay frozen in its time, wonderful as it was, in the archives of my memory.

Ei3 forever! *Stephanie Lynn served as Editor-In-Chief of Titan Times with Katie Hoedt and McKenzie Cook.*



PHOTO FROM McKENZIE COOK

# LOVE'S A GAME

I walked through the campus and I looked around for a friend, but then I noticed him. His eyes were bright and filled with color, his smile alluring, his looks perfect, and his laugh exhilarating. Whoever this boy was I had to talk to him. For me it was love at first sight, for him it was something else.

In high school it's all about finding that high school love that your parents and romance stories talk about. The problem is that it's not the glory days or a fiction novel; it's the real life, the 21st century. The 21st century is a place of heartbreak, social norms, online dating and phantom love.

Love is almost non-existent; it's rare that you will find a true relationship on a high school campus. In high school girls rack up numbers of different heartbreaks throughout the year, while boys rack up numbers of different girlfriends.

However, before I was corrupted by these facts, my favorite thing to do was to read love stories, watch love movies and search for some boy who would walk off the football field with their fist in the sky because they got me. It's not as simple as that anymore, you

## MAKING AN IMPACT

Teachers remember Hoedt's legacy: caring for others and advocating for the oppressed



"In addition to being a naturally talented writer, Katie always brought a contagious positivity to the people around her. Katie is what we hope for all of 'Titans' to be. She was a respectful, responsible and proud student; she was active on campus and would cheer and celebrate others; she was genuinely a happy human being."

ENGLISH INSTRUCTOR ROB MORENO



"I'll always remember Katie's laughter. She loved life; she found so many things amusing and enjoyable, and she wanted to share those observations with everyone. Her legacy will be one of selfless dedication to the betterment of others in her life. She spoke up—either as a writer or an orator—and always advocated for the underrepresented and the oppressed."

DRAMA INSTRUCTOR MATT PARRIS



"Katie was one of those special students who cared not only about her own endeavors in life, but all the people around her. Her heart stood out. I wanted share her words below because I have used her column writing. She's looking out for all the freshmen girls by sharing an important life lesson she learned the hard way. It was natural for her to want to help others to learn what she learned."

JOURNALISM INSTRUCTOR PETE LEBLANC

High school opens up an entire new world of dating for most teenagers, but what if in the process students end up getting played



KATIE HOEDT

have to go through many boys to figure out what is what.

For me I learned this lesson when I was in my freshman year; this boy had me from his looks right down to his personality. We got to know each other and texted 24/7 but every time I asked him how he felt about me he answered, "Just give it time."

A month passed, we still talked and finally I was getting sick of it. He was always vague on giving me compliments and every once in awhile I would see him hanging around campus talking to several different girls.

I asked him one last time how he felt and when he answered the same way every time I decided to give up. I stopped responding to his text messages and a couple days passed, finally he texted me, "I really was starting to

like u." But sadly, I knew the truth. Everyday I see him knowing exactly what he's thinking, "who's that girl that keeps staring at me."

Nowadays boys like these are known as players, when my stubborn mind finally registered that he was playing me I was immediately heartbroken. As a result, I set my boundaries high, my trust in boys even higher, and my self-esteem low.

As a teenager who has gone through such heartbreak and learned my lesson, I can only tell any other teenage girl going through this situation that it's not going to get any better. I've learned to identify all players in the game by knowing their first intention is to catch your eye, to throw away your heart and to steal your attention.

It is up to you to figure it out on your own, if you happen to feel as though you have been sucked into a relationship that is focused mainly on your significant other and not on the both of you; address that person "in person" and ask their true intentions.

*This column originally ran in the March 8, 2016 issue of Titan Times the Magazine. Katie Hoedt was a sophomore at the time.*



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## TERMS OF PUBLICATION

**TITAN TIMES THE MAGAZINE IS** a magazine produced by the students at Antelope High School. This magazine is published to inform, educate and entertain the student body, staff and members of the community of Antelope.

Students, faculty and community members with a strong opinion are encouraged to write a guest commentary or a letter to the editor which may be published. Letters must be signed; anonymity, if requested, will be granted if deemed necessary. We also reserve the right to edit for libelous content. Bring

your letters to room S206, email it to: [tiana.spain@student.rjuhsd.us](mailto:tiana.spain@student.rjuhsd.us) or mail to: Letters to the Editor, 7801 Titan Drive, Antelope, CA, 95843.

The Opinions Section is designed to provide a responsible forum for the opinion of Titan Times the Magazine, its staff members and Antelope High School students. However, editorials by individuals represent the opinion of that person and not necessarily the viewpoints of Titan Times the Magazine, Antelope High School or the Roseville Joint Union High School District.

## STAFF EDITORIAL

**O**n Sept. 6, 2023, members of the Rocklin Unified School district voted to approve the district's new gender identity disclosure policy. If you don't know, this policy actually requires administrators to inform parents and/or guardians when a child asks to identify themselves as a different gender other than their biological sex and when they use different pronouns than the ones assigned to them at birth.

This policy completely strips students away from their natural rights, and we believe that these specific sets of students have the right to at least be accepted by their teachers face to face. Schools that claim they are inclusive but voted to pass this policy display an enormous amount of hypocrisy.

If schools were inclusive they wouldn't put their students in danger by allowing this policy to be passed. If administrators and people who hold a certain amount of authority in schools could have even the slightest amount of sympathy for their students, they wouldn't even have to think twice about this policy and what it means for the sake of those students.

Now the Rocklin District claims that this policy is so that parents can better support their child and their needs, but implementing this policy around schools can seriously do harm to those who live in an unsafe environment.

According to [www.caprado.org](http://www.caprado.org), student body president Sophie Burns, who decided to speak out before the voting, agrees that "this policy not only has the potential to make schools an unwelcoming environment where students may be isolated, but also introduces the fears of outing students to parents or homes that are not safe spaces..."

This deliberately forces students to be outed by people they thought they could trust. A teacher or any administrator in one's school is supposed to be someone you could confide in. Especially if one feels they cannot confide in anyone at home. How are students supposed to feel safe if they have no place to be themselves and they are constantly afraid of being outed by their own teachers? Many staff members of any school would argue that their campus is safe and welcoming, but by enforcing this policy it clearly and blatantly threatens the well being and mental health of students, and it could potentially put students at risk of being in danger.

As for the Roseville Joint Union High School district, don't even think about implementing this policy into schools. No student should ever have to feel afraid in expressing who they truly are and who they want to be. Schools are supposed to provide students safety and students should be able to walk in, welcomed with open arms, regardless of their differences.

## TIME WILL TELL

**R**unning down the field with nobody on me as I made a break through the defense line, all I knew was it was me and the ball going toward the goal. As everything happened, as I got closer to the goal to take my shot, the keeper ran out toward the ball that I had possession of. This all felt like slow motion when the keeper got the ball and I ended up on the floor after she had caused me to fall over. The thing is, though, I couldn't get up on my own after this hit.

Now this had ended up happening when I was 12 years old, which is pretty young for someone to end up tearing a ligament in their knee. Mine ended up being specifically my meniscus. This changed many things for me through the years; I lost so much confidence within myself for the sport I love, but I also just lost myself.

Now when it first happened it was hard to really tell my parents that my knee was genuinely hurting and that it hurt to walk since neither of them were at the game, not blaming them or anything, but it did take a week or two after the incident. When it was first recognized that I was hurt I was at practice having a hard time running, which

Everything happens for a reason. Maybe this happened to show that it's not impossible to bounce back from an injury



**JUNIOR SERENA ROA MUNOZ**

was unusual, so my coach called me over and took one look at my knee and saw how swollen it was and knew I needed to see a doctor.

My dad had been the one that went to every doctor appointment I had at this time after really seeing how swollen my knee really was. I saw three different doctors this time: my regular doctor, another doctor in the pediatric ward and a specialist in meniscus tears. By the time I saw the specialist the first time he told me I needed an MRI to be sure, so that's what we did.

Now going to get the MRI, I had a really cool guy who was the MRI tech who was

working it. He kept me distracted and really was helping me through it. Now at this time we had to wait about a week for the results. About two weeks later, my grandma called me with the results that it was official—I had torn it. I was so devastated I just started crying and I ran to my mom as fast as I could, just sobbing in her arms. I was so distraught by the outcome but also terrified if I had to get surgery. I had met with the specialist after the MRI, he had showed my dad and I the scan which it was an abnormal tear it turns out, the specialist had said this was a really interesting thing to happen to someone my age, but he had said I wouldn't need surgery. I had to rest from my sports activities for a year and then get a check up to see how it was healing on its own.

Four years later, I haven't had a mishap with my knee for a long time, and I honestly am still figuring out my confidence. I don't think I will ever be able to play the way I did before because of that. But I also think that because of how I felt after, I felt my whole world ended with this injury. I'm working my way through and hope if this happens to another athlete, they should know it's not the end. Just the start of something new.

## BE AWARE, NOT ADDICTED

**IN THE LAST FEW YEARS** the number of teenagers using social media has definitely risen. Social media is something that plays a very big role in the daily lives of many teenagers. In recent studies it has been shown that the daily average screen time for teens is eight hours and 39 minutes. Much of this time is spent on social media platforms such as Instagram, Snapchat, Facebook, and TikTok.

This increase comes with many effects which include not getting enough sleep, anxiety, and low self esteem. Social media causes many mental health issues and can be very harmful because of the issues it can cause such as in sleep or in overall routine, and distractions. These

issues can have many long term effects on teens. This is why it is important to take these issues seriously and be aware to be able to prevent them.

One of the main issues and harms that social media causes is with the mental health of teenagers. This is because of the isolation being on social media all the time can have on people.

The isolation it causes can later lead to it causing anxiety or depression which happens to many who excessively use social media. Issues with self-esteem are also common with teens because many of them often fall into the habit of comparing themselves to others they see online. For many this gives a false expectation of what they

should be like which ultimately lowers their self esteem.

Using social media excessively can also cause bad habits and distractions for teens because of how it can mess up their routine. Often teens are on social media for many hours at a time which can affect the amount of sleep they are getting specifically when using social media late at night.

Not getting enough sleep can cause problems at school or in any other part of daily life. Often this can also lead to anxiety and stress levels rising. This can be a major distraction with getting homework, assignments, projects, or anything done which later leads to issues with grades. These distractions can

Social media usage for teens has increased, coming with many issues most aren't even aware of.

be a major problem with getting actual responsibilities done.

People can stop these issues by taking actions like removing notifications, setting limits, boundaries and putting phones away. It is important to be aware what that social media can cause in order to prevent them.

Time spent on social media can be limited through things like participating in other activities, setting boundaries and spending more time with family or friends. The most important step to taking action in limiting time spent on social media would be to build self-awareness of the problems excessive usage can cause.

**-Abigail Rodriguez**



## IN-N-OUT VS. CHICK-FIL-A

Imagine you just got off work after a long 9-5 shift. You're starving and tired, looking for a place to eat. You pull up to a fast food center, and you have to decide either Chick-fil-A or In-N-Out. Well, it's an obvious answer right. You pull out of the In-N-Out drive-through with a nice warm cheeseburger.

But why would you choose In-N-Out? Why was it such an obvious choice? Well, that's because In-n-out is far superior to Chick-fil-a, and every other fast food at that.

Although many people think that In-N-Out isn't the best fast food, it most definitely is. In-N-Out is a popular fast food chain, located only in the West. It is notoriously popular for its burgers.

In-N-Out has the best food quality in the industry. In-N-Out has the freshest burgers in fast food, and that is a fact. A study done by "Insider" demonstrated that In-N-Out burgers are the best in the industry. They "asked 3,000 readers of their fast-food coverage about their favorite burger.. In-N-Out led the pack." Another study from "Mashed" ranks In-N-Out hamburgers No. 1 as well. In 2017, Carl Van Fleet, the then

vice president of planning and development at In-N-Out, told Business Insider, "At In-N-Out Burger, they make all of their hamburger patties themselves and deliver them fresh to all of their restaurants with their own delivery vehicles... nothing is ever frozen." According to Fleet, In-N-Out burger patties are always delivered fresh and never frozen, compared to other fast food chains that freeze their meats for weeks.

In-N-Out is also the best because it's affordable. On average, a classic In-N-Out hamburger costs \$2.10, while a hamburger at Whataburger is almost a dollar more, and Five Guys and Shake Shack are about three times more. This is a dramatic difference, especially when buying multiple meals. A whole meal at In-N-Out is also fairly cheap. For a burger, fries & drink at In-N-Out, it's only \$5.35, compared to at Shake Shack, for the same thing is a whopping \$14.07. Again, a massive difference, especially if you include multiple meals for feeding your family.

In-N-Out's menu is also so simple. It does what other fast food restaurants can't. When I pull into another fast food restaurant

There's always been a big debate between these two fast-food restaurants. We finally settled it

and take a look at the menu, I'm immediately overwhelmed by the choices containing 20 different items that I'll never buy. Whereas at In-N-Out, there are only four things on the menu: burgers, fries, drinks and milkshakes.

Now, this sounds like a bad thing, but it's quite the opposite. Realistically, when you order a burger what better combo could you get than fries and a Coke. Aside from the normal few combo meals on the menu, In-N-Out also has more than what it shows.

It is famously known that In-N-Out has a not-so-secret menu. This includes custom burgers such as protein style, grilled cheese, 3x3, 4x4 and more. It also has the popular animal style fries, which include cheese, grilled onions and the renowned In-N-Out spread. In-N-Out's menu is easy and pleasant.

In-N-Out's food quality, affordability and menu are just a few things that make it the best. So next time you pull into a fast-food center, are you picking In-N-Out? How could you not?

**-Bradley Sanchez**

## WHY IN PERSON BENEFITS TEENS

### COVID 19 CHANGED

everything. For students, it changed their everyday life. From getting up by 8 a.m, five days a week, to opening their Chromebook and going back to sleep. Many people preferred at home learning because they didn't have to try or interact with others, but that is why in person learning is more beneficial for students.

In person learning helps students, "concentrate harder on their learning because there'll be less distraction than if you were at home," according to Headspace.com. In a classroom there are stricter rules than if you were at home in your bed. When you're at home you can wander around at any time and that takes away from your

learning. When you're at school there is a stricter schedule you have to follow.

A lot of students found it hard to concentrate through online learning. According to Headspace.com, students tend to, "feel more comfortable and learn more easily in a familiar, traditional classroom situation." For many people, they've gone to school and had the same schedule from since they were 6 years old. Getting ripped from that schedule could really affect students' mental health.

According to UC Davis "The unprecedented shutdown of classroom learning caused undue stress, low levels of social inclusion and low satisfaction with school for many — and mental health issues for some."

As you can see, in person learning benefits students' mental health because it is a stable learning environment.

According to UCDavis, "youth participating in virtual learning also reported feeling less social connection and higher rates of mental health problems, in comparison to their peers who could attend school in-person or in a hybrid model." This means that even if the students have social anxiety, at home learning could make that anxiety even worse and lead to depression.

Other people might add that learning at home is more comfortable, But how comfortable can you be while still being able to learn? For some students, "Not only can this improve students'

performance, but learning from a safe space may also benefit their mental health." (BlueSky Online). Numbers show that, "more than half of the respondents agreed with the statement that e-learning isolated them from friends and acquaintances... had a negative impact on their level of knowledge..."(Frontiers). This means that of course students are going to be more comfortable at home but it still worsens their mental health.

Overall, everyone should have their kids in a social, school environment because it is proven that online learning worsens students mentally.

**-Mackenzie Liddicote**

In person learning is more beneficial to students' education

## HONEST FEEDBACK

Schools were established around the 1630s, that's around 300 years. Now that it's the 2023 obviously there have been changes to the system and many things added to it since there had been updates and new things all over the world. But are all students being taught the best possible way or do they need a little extra help to fully understand what is happening?

Now this is just a question but have any teachers thought about having their own students grade them on their way of teaching and ask what they could do better as their students' teachers. In the United States some schools want to welcome this to their schools but purely for research purposes in the beginning to see how it will be. But it raises questions if this is

something we actually put into school systems.

A fair amount of teachers want honest feedback from their students, this isn't to bash teachers, this is to help them find ways to improve for their students and how some students learn best. When finding out if there is an improvement that can be made that should be something looking forward to seeing as this can help out students and show how they learn the best.

Now, many different articles and even school newspapers have put their input on how they feel about teachers getting assessed by students, Now there are a few cons to having this being done. Some teachers can feel as if they are gonna be made out as if they don't

Times are changing and the way students are interacting with their school work is also changing a ton

know their students or make them seem like bad teachers so they stand against it. But the whole point isn't to criticize, it's to help students and teachers get to know each other better in a sense. Everyone should be able to see the good as the improvements can help develop better relationships between students and teachers.

Students and teachers are with each other so much that improving the relationship between the two would be a good thing. They are with each other five days out of the week for about seven hours a day, meaning students are at school longer than they are at home. These things can improve school days for everyone, but can also make things more enjoyable since the relationship between

the two have been repaired.

In the Washburn Review, they state how much things can lead to changes in the system like how students can be forced to learn and sometimes just a different way of teaching is just what they need. Everyone is different so when learning new things sometimes there just needs to be a different approach just so the point can be made.

Now schools have been around a long time and will stay around for a long time so the best thing to do is to improve what seems to be the main struggle for students. Everyone is different in their own way so getting an extra push to want a student to do well should be a top priority.

**-Serena Roa Munoz**

## PEER PRESSURE

**THE SOCIETAL PRESSURES** that are instilled upon teens have created an uncomfortable environment for them nearly anywhere they go. Pressure from peers such as friends and coworkers can make one more self-conscious of themselves and their decisions. We are all often underneath a magnifying glass, being judged and picked at constantly about our appearance, intelligence, or just how one acts socially.

This pressures people into changing things about themselves, thinking that they have to be a certain way just to be accepted. It's stressful and hard having to undergo the struggle of trying to live up to the unrealistic pressures of society.

The act of peer pressure is a compelling force that strongly affects the way one thinks, behaves, and the choices they make

Peer pressure can also be when someone is influenced to do something just because someone else does it, or when someone is persuaded to perform an act because they are afraid of missing out. For example, some

The act of peer pressure often goes unnoticed, but it strongly affects all of us

kids might have friends that smoke and those friends could try to convince them to participate in that same activity. Even if they are not constantly being pushed and persuaded to smoke, just being around them puts indirect pressure on them to start vaping just because others are doing so.

Appearance and the way one presents themselves can change drastically depending on if one falls to peer pressure or not. There is an insane amount of pressure teens receive to change their appearance for the benefit of others.

Society has set high expectations that teens are expected to live up to, such as making sure one keeps up with the trending style or doing dumb things just because it's deemed as "cool." If you don't do these things you could be considered weird or odd, and if one cares about what others think, they would succumb to the said act of peer pressure.

Another thing is just social pressure. Teens may feel the need to abide by social

norms just because a vast majority of others do so. Yes, some pressure can be positive, but according to mentallyhealthyschools.org.uk, negative peer pressure is usually related to negative behaviors in which "the effects of such behaviors can decrease self-confidence, self-worth and create distance toward family members and friends." This proves that negative peer pressure can be a contributing factor to the overall decrease of teens' mental health.

The way one responds to peer pressure shows who they are as an individual. If all of society, not just teens, would learn that they do not have to make decisions based on what others say, regardless if it is positive or not, eventually peer pressure would no longer exist. But, as that is nearly impossible, one suggestion would be that we could all stop performing the act of pressuring others into doing things they might not want to, and we can allow people to think and make decisions for themselves.

**-Tiana Spain**