



Varsity footballs kick off to season

A home game for BVH with outcome leaving the crowd ecstatic for seasons future.

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New field, no yield

As BVH's new track and field stadium construction comes to a close, questions arise on stadium capacity.

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The Afterschool Rush

BVH students influence Bonita Point Plaza center with afterschool visits.

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the Crusader

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“Thank you for everything”

BVH Principal resigns and takes up new position in SDUSD

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On Sept. 1 Bonita Vista High Principal Roman Del Rosario, Ed.D announced his resignation in a heartfelt email to BVH staff. Beginning on Oct. 1 Del Rosario will be an Instructional Support Officer for the San Diego Unified School District. PHOTO BY DESTINY RAMIREZ

On Thursday Sept. 1, Bonita Vista High (BVH) Principal Roman Del Rosario, Ed.D. announced to BVH staff members that he was resigning from his position to become an Instructional Support Officer for the San Diego Unified School District (SDUSD). The email, whose subject line read “Thank you for everything,” explained that Del Rosario’s final day as BVH’s principal is Sept. 16th; he will begin working at SDUSD on Oct. 1. Retired Sweetwater Union High School District (SUHSD) principal and BVH alumni Lee Romero will temporarily take his place while the SUHSD “works very diligently” to find a permanent replacement. Del Rosario predicts that a permanent principal will be in place by winter break.

“I would also say to parents and students that the school is in good hands because of the steadfast stewardship of the staff,” Del Rosario said. “No matter who comes in, I’m very confident that the school is just gonna continue to grow and thrive.”

As an Instructional Support Officer, Del Rosario will be working with students on their post secondary educational plans. Furthermore, he will work with counselors and administrators at SDUSD high schools to help students set up support plans including how to maintain their grades and navigate financial aid for college.

“It’s been consistent with my beliefs since the beginning of my career [that it is] important to really think about what comes next for students. Not just what we’re teaching them at that moment, but what we’re preparing for them in the future,” Del Rosario said.

According to Del Rosario, the main incentive for his decision to take up a new position is for professional growth. He explains that he had an opportunity to grow as BVH’s principal and sees the SDUSD position as another open door in his career.

“I often think that the time that we have in our careers and even in life is fleeting. At some point it’s just gonna end. It seemed like this is an opportunity for a new adventure,” Del Rosario said.

Del Rosario has worked for the SUHSD district for over 15 years and served as BVH’s principal for the last five years. His close relationship with his staff made his goodbyes “bittersweet,” as Assistant Principal (AP) and 12 year friend of Del Rosario, Jason Josafat explains.

“Dr. Del Rosario has always put stu-

dents as his priority. So bittersweet is probably the best word [to describe my reaction] because I’m happy for him, personally, but I’m sad that we’re gonna be losing such a dynamic leader,” Josafat said.

For staff members and administrators, Assistant Principal of Student Ac-

“I often think that the time that we have in our careers and in life is fleeting. At some point it’s just gonna end.”

- Bonita Vista High Principal Roman Del Rosario Ed.D

tivities Patricia Perez believes the transition between principals is customary. Teachers working at a school for a long period should be accustomed to the change that comes with a principal leaving.

“I think that staff members are used to change because once we move from our teacher status into our administrative status, the district will rotate us every few years. I know that staff members who stay at a site and have been at a site for a long time are used to having the transition of new principals every so often, so they become accustomed to it,” Perez explained.

Attendance Coordinator Antonio Gutierrez believes a strength of BVH

is the skilled teachers and administrators who specialize in a specific section of the school—he attributes this to Del Rosario.

“One of the strengths of Dr. Del Rosario is that he puts people in charge of different parts of BVH, from the AVID program, to robotics program, to the IB and AP [programs], and to sports. Because he has already found strong leaders in all of those areas, I don’t think we’re going to suffer much,” Gutierrez said.

One of the areas includes the BVH Parent Teacher Student Association (PTSA). After working closely with Del Rosario to develop PTSA, President and BVH parent Kathleen Yetter was surprised and saddened by Del Rosario’s announcement.

“Right before Del Rosario became principal, the PTSA went dark. I was initially impressed with the way Dr. Del Rosario listened, made plans and followed through with action. When he asked me to restart our PTSA, I felt supported and excited to be part of a winning team,” Yetter said.

Del Rosario’s talents are an attribute that many schools and school districts value. The ability to lead a team is why Gutierrez anticipated Del Rosario would eventually find a new position beyond BVH principal.

“Dr. Del Rosario is a talented as well as caring person who truly fights for all students at all levels. I knew it wasn’t if he was going to leave our school to do bigger things, it was a matter of when,” Gutierrez said. “I was very, very happy and hopeful when the school year started because I know that when you have a talented leader they’re going to be picked up.”

The question of what comes next is at

the forefront of the School Site Council student representative and senior Christian Gomez’s mind. After recently being elected student representative, Gomez has shared some expectations for the new principal.

“It’s going to be a very big change not only to the school but to the student site council because the principal is part of the student site council,” Gomez said. “I hope we get a flexible principal that can hear the students’ concerns or else we may be in a situation of gridlock.”

Gomez explains that Del Rosario has created meaningful changes with the School Site Council in the past. The Council, with the leadership of Del Rosario was able to implement a new E-hall pass system and implement a new block schedule for the 2022-2023 school year and so on. He also adds his feelings of thankfulness towards Del Rosario for listening to student concerns.

“I was very disappointed [to find out Del Rosario was leaving] but I understand that he wants to go to a new chapter in his life,” Gomez said. “Never forget us and we will never forget the good things you have done for our BVH community.”

Appreciation for BVH and SUHSD did not come in short from Del Rosario’s perspective. He thanks the BVH community for welcoming him at the beginning of his principalship and feels honored to be a part of BVH’s history.

“As sad and nervous as I get about leaving this district where I went to school, the overwhelming emotion is excitement to be able to do some special work,” Del Rosario said. “Life at the end of the day is finite. This is an opportunity to gain experiences that will be part of my journey in trying to open doors for students.”

Racist and anti-semitic vandalism persists

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On Tuesday, Aug. 30 the Crusader received a report from Bonita Vista High (BVH) senior Brandon Giles of racist and anti-semitic vandalism in the 700’s boys restroom. A wall in a bathroom stall was tagged with anti-semitic symbols, symbols of white supremacy and racial and homophobic slurs. This report came just after Advanced Placement (AP) US History, Ethnic Studies and Black Student Union (BSU) advisor Don Dumas spoke out in a BVTV broadcast about educating students on the impacts of the use of the N-word and its history, while encouraging students to stop using the N-word altogether.

“These actions are alarming and hurtful especially after Dumas’ speech with regard to the N-word which I would [assume] help lower these actions of students and force students to really think about what they are doing,”

Giles said.

Considering that the BVTV broadcast was shown to all students at BVH, Giles is disappointed that he still encounters racist and anti-semitic vandalism. Giles shares how he strongly disagrees with the acts performed in the restrooms and is left feeling uneasy after the situation.

“To me, this vandalism illustrates an unsafe campus. It is a realization that there are people who go to BVH within the same proximity as me who have prejudiced beliefs towards minorities which I find uncomfortable,” Giles said.

Administration has received reports about the graffiti in the 700’s boys restroom and has since cleaned up the restrooms. Speaking on behalf of BVH administration, Wise explains that she relies heavily on students speaking up and reporting the hate-crimes and illegal behavior they see.

“We really rely on, ‘if a student sees something, let us know.’ If you’re aware that there’s somebody out there, doing graffiti [of] racist slurs on school property, please report it,” Wise said. “We do what we can with what we have but if students are not reporting things, there’s not a lot that we can do.”

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SUHSD holds a Suicide Prevention Community Forum

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On Thursday, Sept. 1, from 5:30 p.m. to 7:30 p.m. Olympian High is hosting a Sweetwater Union High School District (SUHSD) event, honoring Suicide Prevention Awareness Month by hosting a Suicide Prevention Community Forum.

The forum—beginning at 6:00 p.m.—includes a documentary “Living Through It,” which shares the experience of one of the SUHSD community members. There will be an opportunity to learn of their suicide prevention work within the district and for community members to engage in conversation as well as ask questions.

Although Bonita Vista High (BVH) does not have the chance to host the event, BVH Assistant Principal Esther Wise will be attending. This marks her second year attending this event, with this year, holding a leadership role. On-Thursday’s event and who has a strong opinion on students’ mental health that will be participating in the panel.

“It’s an opportunity for us to talk about a topic that a lot of us have a hard time talking about, and also gain some knowledge so that we’re able to assist

and inform our community in times of crisis or even anytime in conversation,” Wise said

Due to the seriousness of the topic, Wise encourages both students and the community to come and attend the fo-



Forum attendees write promises that will be accomplished to keep people informed on suicide prevention efforts at the 2022 Suicide Prevention Community Forum. PHOTO BY URIEL LOPEZ

rum as it will give an open space to talk about the importance of mental health.

“We’re all learning about this topic [together] that could be uncomfortable for some.” Wise said.

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SUHSD updates community service requirements

Class of 2023 and 2024 need less community service hours to graduate

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On Monday, Aug. 22, Executive Director of Curriculum and Instruction, Maria Lizarraga sent out a district-wide email informing all high schools in Sweetwater Union High School District (SUHSD) about the reduction of community service hours for the class of 2023 and 2024. After a well thought out decision seniors are not required to have community service hours to graduate and juniors must have a minimum of 15 hours.

“A committee of history, social science teachers review the [graduation] guidelines every year. During the 2020-2021 school year, they’ve reviewed our

board policies and our administered regulations,” Lizarraga said.

The decision to reduce the number of service hours for upperclassmen (juniors and seniors) is largely because of the COVID-19 pandemic that prevented students from volunteering in person. The lack of volunteering opportunities for students created a chain reaction that is still affecting upperclassmen two years later.

“COVID [had] such a big impact. I knew from the beginning that the requirement of 30 hours has been a challenge to maintain because of the lack of opportunities for students to volunteer,” BVH Principal Roman Del Rosario said.

Because distance learning limited upperclassmen’s opportunities to volunteer it was much harder for them to meet the 30-hour requirement. Even now, the availability of opportunities would not equate to students who were able to experience a whole four years of in-person high school.

“There were students that probably had difficulty trying to identify where



On Sep. 12, counselor Olga Castro talks with a student Riley Basile in her office at Bonita Vista High. Castro is talking with students preparing them for college. PHOTO BY JECHAENNA VELAZCO

they could gain those hours and knowing that the requirements have been amended, I would imagine that was a source of relief for students,” Del Rosario said.

Though service hours have been re-

duced for upperclassmen, performing community service is still essential. Both Del Rosario and Lizarraga stress the importance of completing community service hours for college and career benefits.

“As you leave high school it is important to show universities that you care about the community,” Lizarraga said. “The colleges look at those community service hours and how involved the students are. If a student is going into a career, it’s also important to see that they are active and interested in the community.”

Although BVH Counselor Lorena Mata shares a similar value of the importance of community service hours, she believes that they should not have been reduced. She finds that it is crucial for students to get involved within the community.

“I think we should have continued at least 15 hours [for seniors]. I understand that with the pandemic it was difficult to complete all hours, but I feel like 30 could have been achievable and doable,” Mata said.

In general, Mata understands the problems that BVH students have faced because of the COVID-19 pandemic. Still, she points out that upperclassmen are able to earn community service

hours now because the amount of volunteering opportunities has increased for students.

“It’s been a few years now [since distance learning]. I think we can start going out to [volunteer]. Maybe even just reducing them to 15 [hours] would have been fine, but to completely erase the whole 30, I don’t think it was completely necessary,” Lizarraga said.

Returning to school has allowed upperclassmen to access more volunteering opportunities safely. Del Rosario explains the importance of community service and the long-lasting effects it has on the lives of students.

“I think if there’s an opportunity to [volunteer] in a safe way, then it’s always meaningful when students are able to volunteer. It’s a practice that will be carried on into adulthood in many cases,” Del Rosario said. “Just that opportunity to serve, I think helps develop a sense of agency. That’s an important lesson for students to learn when they’re young because it just leads to higher levels of gratification and more empowerment.”

New peer counseling groups expand their outreach in BVH community

Peer Counseling Offers New Military Family Support Group



On Tuesday Sept. 13th the Military Family Peer Counseling Committee arranged a meeting. (Left to right) Toya Luna and Sarai Kelly are organizing non disclosure agreements.

PHOTO BY URIEL LOPEZ

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Laura Lowery's classroom is filled with light and positive messages are scattered across the wall, encouraging students in all her classes. While she teaches Human Geography and psychology, Mrs. Lowery is also in charge of the peer counseling club which has gone through changes over the past few years adding groups. She feels the club needs to always maintain relevance which encouraged peer counseling to form a new military teen group as elected by peer counselors.

"Every year we do a survey among our peer counselors among issues that may be important that students want to talk about. So one of the new groups we added was a Military teens group," senior and President of Peer Counseling Miles Tobitt said.

Mrs. Lowery feels Peer Counseling is of great importance as everyone needs a safe space, and Bonita Vista Programs provide that to all students. Additionally this club is all about working through problems as a group in a relaxed and safe environment.

"I think it's a great program that offers students a safe place to talk and open up about things they might not feel comfortable talking about with their friends and family. It provides a non judgemental meeting and it gives students a chance to connect with other people who might be going through similar things," Mrs. Lowery said.

Though the Peer Counseling program takes rigorous commitment as the training and certification process takes many hours, it shows who is truly

committed to the program. For many, Peer Counseling is a passion and not just used for a resume. It is legitimate about the counselor's interest in the field and their future aspirations. Their primary goal is to help people with whatever they're dealing with and want the community to feel supported by them.

"A lot of counselors just join because they are very passionate about helping people as I am. It's a great club. It's a very welcoming environment. Overall we just have a great group of students who are counselors who are just very passionate about helping people," Tobitt said.

The students they help come with a diverse set of concerns such as, LGBTQ+ issues or Self-Acceptance and Relationship goals. There are many resources available to students for example, individual meetings or group meetings. These programs are really critical to some students and in many cases the meetings prove to be positive for everyone involved.

"People usually sign up for [support groups] because they understand that talking to people and opening up about these things is very important in terms of getting through some of the hardships they are going through, it can be very beneficial. And pretty much everybody who has ever been in peer counseling has told us how much the program has helped them," Tobitt said.

Peer counseling is always trying to help more students by seeking public input to stay modernized on the services they offer like adding a military teen group this year. Feedback from everyone in the program top to bottom from counselors to counseled is crucial for them when dealing with groups who need support. The club's priori-

ties shift based on the needs of the BVH community.

The Military Teens Group was a long time coming. With military teens all over campus, it is important to recognize the hardships and create a space to feel comfortable. For example, in a military family there are some issues that pertain to them that other people do not relate to or experience like tours of duty that can last months to years. At the same time they have to be prepared to uproot into new cities, towns, states and sometimes even countries. It's a welcome group for peer counselors like Junior Sarai Kelly who will be in charge of the group and is in a military family herself.

"I feel like having a whole group of other people who are also in that military family helps build connections. I know people that have had to switch schools every other week. So it's helping them adjust to new schools. Even though they might leave, it's given them that comfort that they're not alone and other people have had to deal with that as well," Kelly said.

There is also a psychological effect to moving around so much especially in the stage of life that many BVH students are in, in which we discover many friends, our interests, and our classmates become very integral parts of our life where we see them almost as much as our family.

"Besides the obvious difficulty of moving and losing many connections and friends one has, moving so frequently is tougher than people may imagine, Tobitt elaborates. "All that [moving] is very difficult to do, especially with humans being very social creatures. We all find comfort and support in these group environments. So what they are going through, having to adjust to a place where they don't really know anyone is very hard," Tobitt said.

Peer counseling hopes to further expand its services to become an even more meaningful part of the BVH community. They are always willing to lend a helping hand to anyone in need. They aim to build a stronger, compassionate and meaningful experience in people's lives especially with this new military support group. Kelly offers a unique and final perspective on the issue.

"I'm hoping to achieve something like getting to know more people who are in the military family. Cause like most of my friends aren't really, their parents are really military so I feel like they don't get the struggles of having one of their family members leaving for months. So I'm hoping to get to know more people in that military family," Kelly said.

"SETTING THE STANDARD FOR EXCELLENCE"

BVH and BVM asks for more community volunteers

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"Let us continue 'SETTING THE STANDARD FOR EXCELLENCE.'" Community Relations Facilitator, Rosalinda Gutierrez wrote in an email to the Bonita Vista High (BVH) and Bonita Vista Middle (BVM) community.

On Aug. 22, Gutierrez sent out an email to students attending BVH and BVM including information about the volunteer work needed for both schools. It also stated Bonita Vista High would greatly appreciate the value volunteers make to create a stronger community.

"We have such an active community and such an engaged community that we're all concerned with our schools [and] our children, so it's very simple to just put the word out that we need volunteers," Gutierrez said.

The main reason there was the need for volunteers is because BVH wants to build a stronger community and school that involves outside members to contribute. There are various positions and opportunities open that any family member of a student attending BVH or BVM can sign up and volunteer for.

"At Bonita Vista High score keepers, and chaperones are in high demand for our Vocal Musical Department, Club Blue (Band), Mariachi and the Athletics Department," Gutierrez said in her email. "We need volunteer parents and community members (grandparents, aunt, uncle, sister, brother, cousins or neighbors) that can help a little."

For the school, as more volunteers observe the students, it is likely that less behavioral trouble and mayhem will occur. There would be multiple volunteers who would help create a strong and connected environment.

"[Students] have their home life, they have their after school life, they have their in school life. And the more we can involve other people and otherwise in the school every day and give them a glimpse of what we do every day," Vocal Music Department Director, Michael Atwood said.

To become a more involved volunteer there is a multi-step process to ensure that parents and community members are safe and eligible to help out the school community. This process will ensure that volunteers are prepared to handle and observe the students.

"They go through a process of filling out the application, going through training—and those training sessions are two hours per session. That's eight hours of training that they receive. They go through fingerprinting, get their test and then they're ready to pro-

vide services on our campus," Gutierrez said.

Once the volunteer is cleared and approved they are ready to serve for the schools. It would contribute to the school because the volunteers would provide an extra set of eyes and ears, safety supervision and mentors to the community and students.

"At the football game, there are multiple teams selling concessions. I know each program has a set of parents that are definitely involved and help out the coach because it's not a singular person that does everything. Without the help, you just can't give the students the best experience possible," Athletics Director Tyler Arciaga said.

This opportunity benefits volunteers as well. As more parents or family members are involved in their students' lives through volunteering they become aware of what occurs at the school. For example if there is an exciting event occurring or if a disturbing event happened. The volunteers would gain a better understanding of what is happening in their students' life at school.

"I think [volunteering] just involves more people in their students' education. It's really important and it makes school less secretive," Atwood said. "It's important to have that. It's good for teachers to know what the students do outside of class. Students are multifaceted individuals."

BVH staff and students continue to encounter racist and anti-semitic vandalism on campus



A student walks into Bonita Vista High's 700s' boys bathroom. The 700s' restroom is where the Crusader first received a report of racist and anti-semitic vandalism in the stalls. PHOTO BY ANGELINA RUCKMAN

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On the contrary, Giles shys away from reporting these acts to BVH administration and instead takes the media route. It is important to note that Giles is a former Crusader staff member, serving in the 2021-2022 school year.

"I find that if I report this to the administration, not much will be done, but reporting it to the school media, the school will have more of a liability to address this situation," Giles said.

Wise explains that she does not see a lot of reports of illegal behavior on P3 tips and would like to see more. Even with these measures in place, Wise explains she has observed acts of racist vandalism and hate speech on school campuses before. This includes the anti-semitic and homophobic vandalism on BVH campus that the Crusader has previously reported on.

"In my experience as an administrator at [the Sweetwater Union High School] district, I have seen this happen way too many times. Whether it was once every three years, once every five years, once every two years—to me that's too many. I'd like to see it stop,"

Wise said.

Senior Justin Bonilla has made a similar observation. Bonilla checked out a library book for his Advanced Placement English Literature and Composition class and in the margins were, "depictions of a clan member and a feminist as it [is] labeled on the book." He believes that there has not been an increase in offensive graffiti, but instead is a common pattern.

"I don't think it's been increasing. It's been like this every year of high school I've ever been in. I think it's just kids making dumb mistakes that they'll regret later," Bonilla said.

A survey conducted by the Crusader reflects the greater student body's experience in the matter. The Crusader staff asked 88 respondents: How often do you encounter white power, anti-semitic or racist vandalism at BVH? 28.4% responded sometimes, 14.8% responded moderately and 3.4% responded often.

In response to this, Wise explains that the Culture and Climate Committee began a campaign to reduce the use of the N-word on campus, starting with Dumas' message to the school. She

states that students have communicated positive results to her.

"From [Dumas' message to the school], I hope that students are noticing a reduced use of that word on campus," Wise said. "I've gotten reports of students that tell me they have [noticed a reduced use of the N-word] and I wanna keep hearing, 'I don't hear that as much anymore Ms. Wise' and build on that momentum."

Ultimately, Wise understands that some students have anxiety about the ambiguous consequences of reporting an illegal act through P3 Tips or through messaging Wise personally. She reassures students by telling them they will feel better after doing the right thing, hoping that these incidents only help BVH improve.

"We have to seek out ways to find who's doing this and make sure that it stops. This isn't going to break our spirit, it's going to strengthen it," Wise said. "The way I want to strengthen [our spirit] is by having better communication with our students about it, giving you that voice, giving you that opportunity to come in here and report those things that are happening and feel safe."

Community comes together in suicide prevention forum



A panel of Educators, Counselors and Policemen join to speak about suicide prevention at the 2022 Suicide Prevention Community Forum. The forum was held at Olympian High School in Chula Vista, CA on Thursday, Sept. 1st, 2022. PHOTO BY URIEL LOPEZ

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School Psychologist and Suicide Prevention & Wellness Coordinator Margaret A Sedor, Ph.D., NCSP, LEP, ABSNP joined SUHSD for this forum. This will be Sedor's second year leading and coordinating the suicide prevention forum, as she holds a strong opinion on students' mental health.

"Student voice is the most powerful thing we have to engage in any conversation that can help their classmates, their teammates, their peers, their friends, their family," Sedor said.

When it came to organizing the event, Sedor took into consideration when carefully choosing the student faculty and staff administrators who closely work with students and help a variety of folks rather than just one.

"There'll be a staff and a student and each circle with ten folks in that circle will have some English, some in Spanish, some for our GSA community, as well as for our Filipino language, folks. We do have someone from the San Diego County Suicide Prevention Coun-

cil who will be there," Sedor said.

Alongside the volunteers will be licensed therapists who specialize in suicide prevention who are more than happy to help. There will also be an evidence based research group who specializes in suicide prevention analyzing and assisting the staff and students attending.

"We have a company that actually created the only evidence based curriculum we have for you. It's called scientist suicide. They're going to be there the American Foundation of suicide prevention will be there," Sedor said.

Sedor encourages everyone to come and support and bring awareness to suicide prevention and the forum will provide a safe space with licensed therapists to be able to assist whoever needs help, not just students but everyone.

"Everyone— students, parents, siblings, community members, our faith based leaders, mental health agencies, maybe adjoining districts—are all welcomed," Sedor said.

Sedor assures that this event will be a safe environment for a rough topic to

discuss but just being there to listen will make a big difference.

"It's going to be a place where people will come away with really good feelings and weight off their shoulders. What I do know when it comes to suicide, there's not any one word or thing that we can say or do that will prevent it, other than to be present and share space with folks and and just listen," Sedor said.

Eastlake Middle School Jennifer Mojica was one of the licensed school counselors and attendee. She holds the responsibility of listening, providing a space for her middle school students and anyone who needs support. As one of the panelists she offered some words of support to anyone who is considering suicide.

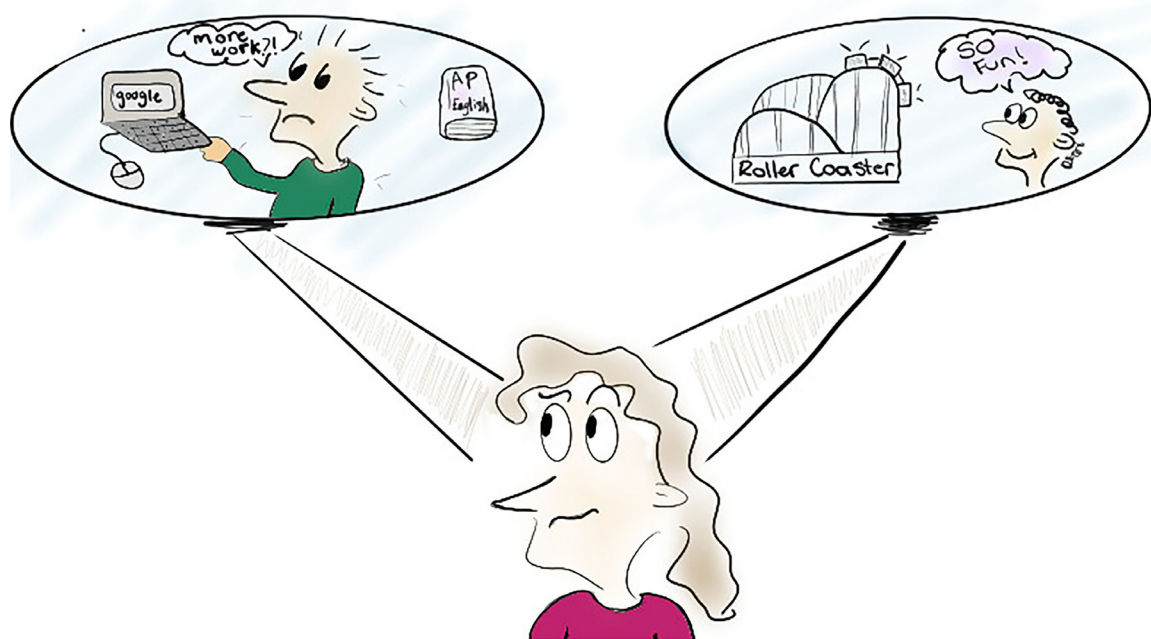
"Recognizing and validating that we have so much more work that we need to do and that I'm honored to be a part of the work to help save lives," Mojica said. "You're not alone. Ask for help. There is help out there, there is always another way out as painful as it is. There are ways to deal with the pain."

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Editorial Cartoon



GRAPHIC BY SARA SALGADO-GARCIA

Staff Editorial: A continuation of hate speech at Bonita

At Bonita Vista High (BVH), there is a misconception surrounding the definition of hate speech. The United Nations defines hate speech as “speech, writing or behaviour that attacks or uses pejorative or discriminatory language” based on their identity. Using this definition, it would be a fair assessment to say the usage of varying slurs and the symbols graffitied on BVH campus murals and bathroom stalls can all be classified as hate speech. As a campus, it is crucial to take action when it comes to racism and prejudice. However, hate speech has been proven to be a common occurrence and issue at BVH.

On Nov. 1 2021, the campus was found with anti-semitic symbols and speech vandalised across classrooms and murals. Although the graffiti has been removed, this incident, as well as harmful words said towards the Jewish community lead to the school's decision to invite Rose Schindler, a Holocaust survivor, to visit the school BVH and talk about her experiences on April of 2021.

Furthermore, early August of this year, during a fight on campus, the n-word had been used towards another student. After this took place, Advanced Placement US History teacher, Ethnic Studies teacher and Black Student Union advisor Don Dumas made a detailed video addressing the use of this derogatory language and educated students on the history behind the word.

After these ongoing, serious incidents, it becomes challenging for BVH to address the issues. Once addressed, it is always followed by the hope their step towards solvency will put a stop to the hate speech.

Unfortunately, it often leads to silent acts of retaliation. On Aug. 30, The Crusader was sent a photo from the boys' bathroom depicted with graffiti

on the walls. The vandalism contained anti-semitic symbols and language, anti-black slurs and drawings along with homophobic slurs.

It is frustrating to see the continuation of prejudice at BVH despite the several actions that have been taken. In a way, it seems the video Dumas filmed encouraged these individuals to continue their hate speech—giving them the recognition they craved. Infamy is still fame in its own designation.

The Crusader's reaction to vandalism in school bathrooms may seem a dramatic one to some. However, according to the Holocaust Center for Humanity, “attitudes, behaviors, actions and inactions” that go unchecked may create the conditions necessary for tragic result. If unchecked, these “attitudes and behaviors become normalized, with the potential to escalate.”



GRAPHIC BY SARA SALGADO-GARCIA

The normalization of prejudice behavior on campus impacts the safety of all minorities at BVH. As a school, we must tackle this problem before it escalates to not risk the comfort and well being of BVH students.

The Pyramid of Hate demonstrates how biased attitudes can lead to acts of bullying or hate. This belittlement may lead to discrimination, which further leads to bias motivated violence and even genocide. Genocide seems like a very broad term, yet history and events such as the Holocaust has proven to society that any small act of hate can lead to something more detrimental.

It seems necessary to criticize the

inaction of the BVH faculty. It seems necessary to acknowledge the lack of dissemination. It seems necessary to point out that removing and repainting graffiti can only do so much for a community. It is unlikely that the vandalism is news, as there have been students continuously contributing to the issue. If this hateful vandalism is not a new problem, it means that the issue has gone unreported. Either BVH students are unmoved by this prejudice or they feel as if they do not have the outlet to report on these instances.

In either case, it is prevalent that as a school, the main priority for the administration is to create a safe environment for all students attending BVH. Issues are addressed and action is often taken, however in some cases, the time period between acknowledgment and action is far too long. Any student who attended BVH can vouch for how often the n-word has been heard on campus with no repercussions. Seeing administrative action is a positive. However, it brews the question of what took so long for action to be taken. If the signs of hate speech had been consistent, why did it take a fight between two students for the issue to finally be addressed.

According to Sweetwater Union's Nondiscrimination Statement, “the Sweetwater Union High School District requires that school personnel take immediate steps to intervene when safe to do so when he or she witnesses an act of discrimination, harassment, intimidation or bullying.” Merriam-webster defines “immediate” as “occurring, acting, or accomplished without loss or interval of time.” The Crusader publishes articles in an immediate and timely manner. The publication does this, so the community is informed on recent events in a matter of days, not in a matter of weeks or months. BVH should be held to that same standard when it comes to taking action or enforcing regulations—in an immediate manner. Students, staff, faculty and administrators must all be held accountable when it comes to indifference at BVH. Not taking immediate action might as well be equated to not taking action at all.

Extended lunch periods are necessary

Jaylen Gladney
A&C EDITOR
@jaylen.crusader

An extensively long wait as Bonita Vista High (BVH) students feel the sun's heat hammering down on them. The process of getting lunch and having to wait in line can be an annoying process that can reach the extent to where students don't get to fully eat their lunch. The 30 minute lunch period is wasted by the amount of time it takes for students to wait in line in order to receive their lunch—this is why BVH needs to extend the lunch period.

The cafeteria is where the majority of the students can be found whether they are eating or lounging around. Most schools offer lunch to many students, with some handing out meals for free to assist students living in low-income households. Furthermore, the time given during lunch is precious towards relieving stress and allows students to choose what they want to accomplish. If students choose to wait in line to eat school lunch, they won't be able to spend their lunch time freely.

According to the Food Research &

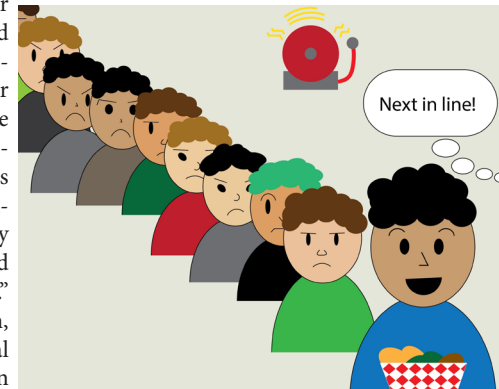
Action Center, an organization that advocates for the health and well-being of people struggling against poverty-related hunger in the United States, “receiving free or reduced-price school lunches reduces food insecurity, obesity rates, and poor health.” In addition, school meal nutrition standards are having a positive impact on student food selection and consumption, especially for fruits and vegetables. School lunches allow students to adapt to a healthier diet.

On the other hand, a post made by the Centers for Disease Control and Prevention states that students who consume more nutrients “have better overall diet quality, than nonparticipants.” Furthermore, those who eat the breakfast served at school “is associated with better attendance rates, fewer missed school days, and better test

scores.” Students who eat the lunch schools offer not only consume healthier food, but also have a higher performance. Despite the benefits of eating the school provided meals, who would want to wait in a long line that takes up the time allocated for a lunch break? Students are not given enough time to eat the food after receiving lunch which adds on to why BVH lunch times are too short.

The lunches that come from schools are important to the students' future. Without lunch, students' academic performance could be at a lower rate, as well as impacting their health.

Overall, extending school lunch period provides students time to receive food and eat it, helping them with their academic performance and encourages a healthier diet.



GRAPHIC BY EIFFEL SUNGA

Letters to the Editor

Dear Editor,

I wanted to express how appreciative I am for Stephanie Lomeli's article “SUHSD holds a Suicide Prevention Community Forum”. [Knowing some people from] our school are attending important events like this one, makes me feel more welcomed and safe within our school. It stated “There'll be a staff and a student and each circle with ten folks in that circle will have some English, some in Spanish, some for our GSA community, as well as for our Filipino language, folks. We do have someone from the San Diego County Suicide Prevention Council who will be there,” showing how they made sure students of many backgrounds attended that meeting. [This] was very important to me [because] suicide and mental health is a hard conversation for people with different backgrounds. Thank you Stephanie for bringing light to this situation and showing how Bonita was involved in this issue.

Sincerely,
Daniella Loya

Dear Editors,

My name is Jamie Moore, I am a senior here at Bonita Vista High and I often take part in reading some of the articles and columns that the Crusader posts. One article that I read recently was “One of 257 Applicants” about Mr. Nona's departure from BVHS. I think that the coverage in this article was very amazing. Including the perspective of both the staff and a student was, in my opinion, very valuable. I would've liked to see at least one more student perspective because a lot more students were affected by Mr. Nona's presence than staff. I briefly had Mr. Nona in [during] my freshman year (before being switched out) and my senior year (before he left) and I felt that he was an amazing teacher and great person [overall] to be around. Even in my short time him. I strongly appreciate the Crusaders coverage of Mr. Nona and hope that articles like this continue.

Thank you,
Jamie Moore

The Crusader encourages community dialogue on public matters. Letters submitted to the Crusader may be edited prior to publication and must include a full name and class grade. Please email letters to either Opinion Editor, Valerie Torres (1588620@sweetwaterschools.net) or Cielo Muniz Sigala (1583890@sweetwaterschools.net) or visit www.bonitavistacrusader.org to view additional letters.

Dear Editor,

“Any kind of loss can be grieved” is very relatable for me. I had a best friend from eighth grade to sophomore year. She was the closest friend I think I have had in my life. What makes me say that isn't based on our comfortability with one another, but it was [based on] the fact that we only had each other. Similar to Maddie and her old friend, we just could not make each other happy. Talking to her made me limit myself in many ways and I couldn't handle it. [Maddie] seems to be hopeful that [she] will re-connect with this person [which] I find that admirable because [she has] clearly moved on but can appreciate subtle reminders. Addressing the “endless loop of disappointment on both sides” is one impactful perspective. [Maddie's] article does a great job of expressing that it takes a strong individual to not want to continue to disappoint themselves but also someone they love.

Sincerely,
Estela Krivoschia

Dear Editor,

I was reading over the article “BVH varsity football kicks off their first home game of the season” by Stephanie Lomeli about the Bonita [Vista High School] football team winning their first game against Hilltop [High School] at Southwestern college. As being apart of the football team and being on the field, feeling that good experience really brings me joy to reading the article. I am so grateful that we have such an amazing student section and family's that come out and support our team. As a senior and school and football season our coming to an end is very emotional but games like these is what makes Bonita a very nice and beautiful place. As Stephanie mentions in her article “Mr. Arciaga wants his team to come away with valuable memories of their football career at Bonita” that shows how much love and support that coach has for all his players and it shows a lot. GO BARONS!!

Sincerely,
Dante Herrero

Dear Editor,

I really enjoyed reading about this article because my junior year I was a peer counselor and I think it is a great program for students. It makes me sad that two peer groups had to close down due to the lack of peer counselors. Although I wish they did not have to close down I completely understand that there are not enough students to be a peer counselor. It is very challenging and it is very hard to handle all of those emotions. I don't think peer counseling gets enough recognition and I feel like students should give it a chance. I facilitated a support group last year which really made me open my eyes and realize how many people are going through. Peer counseling is a safe space for all students and I am excited to see the program grow. As a peer counselor last year, we worked really hard to promote the club but it was very difficult with the lack of money. We should fund more money into the program.

Sincerely,
Sammi Short

Dear Editor,

I read “BVH Principal resigns and takes up a new position in SDUSD” by Eiffel Sunga. Even though I am sad to see Dr. Del Rosario take [on] this new job, I would like to thank and appreciate everything that Dr. Del Rosario has done for the school and the students at school. Elaborating on what Dr. Josafat said about Dr. Del Rosario, he was a dynamic part of administration, his presence is felt throughout campus, and we will be losing a key member to our school. I do feel reassured by what Dr. Del Rosario said about the school being left in good hands. I hope that the new principal will be able to match or even improve everything that Dr. Del Rosario is leaving for us. What I am excited for is meeting our new principal and seeing what sort of things will change. What I am a little worried about is how rough or smooth the change from Dr. Del Rosario to a new principal will be mid school year.

From,
David Jajati

Barons Speak

Do you like the later start time?



Vincent Gonzalez,
Freshman

“I do like starting at a later time, because before, I didn't like to wake up early. So, I like to wake up late. I don't think [getting out of school at a later time] has affected me too much in terms of homework and tasks since I don't go home anyways.”



Jazmine Enriquez,
Sophomore

“I do, I like sleeping a lot so it [the later start schedule] feels easier on me, being able to wake up later for school. My sleep schedule fluctuates a lot for school so it's less stressful to not think I have to wake up super early in the morning and try to not fall asleep in class.”



Alexis Acosta,
Junior

“It's harder to get to school [starting later]. I have to be on time because my parents have to go to work early so it makes them late. That sucks because I play a lot of different sports so it interferes with practices. I get home later and when I leave practice and come home, I still have homework to do.”



Valeria Valencia,
Senior

“I liked the earlier start time because we got out of school earlier. Last year, I would stay after school until 4:30 p.m. and now I'm staying until 6 p.m. for activities. It's hard to manage [after school activities] and schoolwork. The later start time isn't helpful. I don't like it.”

Column: Energy is key



Cherise Magtoto
NEWS COPY EDITOR
@cherisecrusader

With an aim to be productive, a student opens up their planner to meticulously plan their day, squeezing in as many activities to complete as possible. In an era of multitasking and unprecedented levels of caffeine consumption, the tasks are sure to be done in one day. Though the day starts off smoothly, events take a turn for the worst as the student loses their energy and motivation needed to complete important tasks on their to-do list.

More often than not, I find myself cramming 25 hours worth of activities into a 24 hour schedule. To do this, I create a schedule with much attention to detail, using calendars, to-do lists and planners to ensure that every minute of the day is planned effectively. In a world where working 24/7 is a routine, it is often forgotten to check one's mental state and energy, resulting in a practice that is not sustainable in the long run. Oftentimes, following my tight schedule stops me from taking care of myself as I prioritize finishing tasks on my calendar.

It is crucial to realize that time is not the only factor that must be considered when completing tasks. Though not often thought about, energy is also vital to completing tasks. Therefore, instead of solely managing time on a calendar, I have learned that I must listen to my body and focus on managing and preserving my energy.

According to Britannica, energy is defined as "the capacity for doing work", and it is a source that must be recharged often. However, planning a schedule that is dependent on a certain time of the day can be problematic. This is because low energy levels can prevent individuals from performing a certain task at that exact time. Therefore, an individual's schedule should be dependent on energy level. For example, the most physically or mentally demanding tasks, such as writing an essay, should be completed when an individual has the most amount of energy.

As a student with a hectic and demanding schedule, I often find myself fitting too many draining tasks on my calendar. Whether it is cramming an English essay or preparing for a Speech and Debate tournament, my energy begins to deplete. As a result, my detailed schedule becomes counterproductive when I am not able to achieve all the tasks that I set out to accomplish.

In the book, *The Power of Full Engagement*, authors Jim Loehr and Tony Schwartz explains that "every one of our thoughts, emotions and behaviors has an energy consequence, for better or for worse." Because every task I complete takes different amounts of energy from me, I have realized that completing too many energy draining tasks is harmful to my mental and physical health.

Therefore, arranging a schedule to fit personal energy needs could be the key to being as productive and healthy as possible. Due to the fact that different activities require varying amounts of energy to complete, arranging activities in a way that takes advantage of personal highs and lows of energy will lead individuals to feeling more productive and energized in the long run.

However the path to maintaining and managing energy is not an easy feat. It requires sacrifices and self-awareness to achieve. According to an article *The Power of Energy Management in the Workplace* by Bobi Serechich—a speaker, author, trainer and successful entrepreneur specializing in leadership development—"the key to managing energy is to approach challenges with new and healthy energy recovery rituals." It is important to restore my energy because that is the only way I can be as productive as possible.

However, in order to renew one's energy, it is vital to take breaks. According to a study done by West University of Timisoara, short breaks are proven to boost energy levels. Taking breaks and listening to one's body is essential to managing energy since physical energy is needed to endure the day.

Though planners and calendars can be effective in deciding what tasks need to be completed in a day, it is important to realize that our bodies run on their own time. When students begin to plan their days based on personal energy levels, that is when productivity and well-being begins to spark.

YES/NO: Are E-hall passes effective in the classroom?

YES.

Grace Na
MANAGING EDITOR
@gracenacruser

Students are waiting patiently for their teachers to excuse them from the classroom, trying to reach their destined location. As the teacher approves the request, the stopwatch starts running. The teacher stops the digital hall pass from timing once they confirm that the students are back in class.

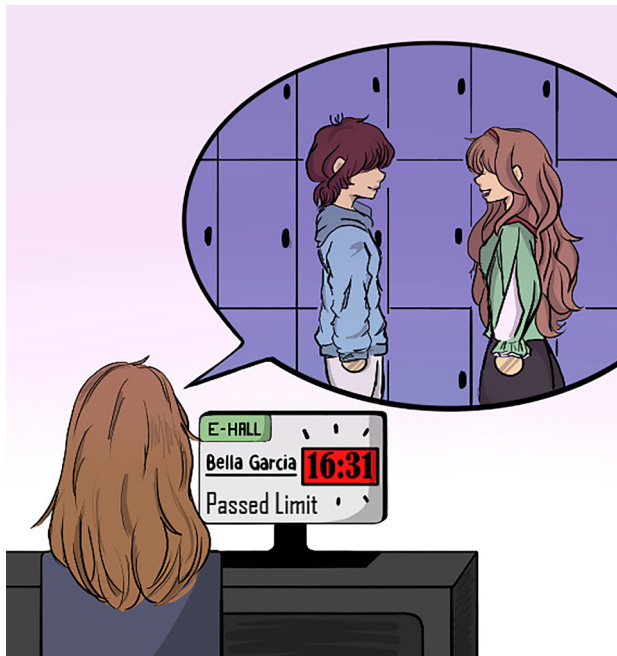
For the 2022-2023 school year, Bonita Vista High (BVH) implemented the usage of E-Hall passes (EHP). The decision to switch to a digital hall pass was made due to an increase in restroom usage during class. Some students have misused the traditional pass to meet up with friends or skip class, vandalize school property or to vape in the bathrooms.

According to the official E-Hall Pass website, the program was designed to manage "student passes and tracking student movement during school hours throughout the day." The digital hall pass allows teachers to see the destination a student must go to and approve or disapprove it before they are allowed to arrive there. After the student returns back from their designated location, teachers are able to see how long the trip took to complete. Furthermore, the E-hall pass has a feature allowing teachers to limit the number of passes a student can use throughout a specific date range.

Although some may argue that EHP

invades students' privacy, it allows teachers to manage and keep students accountable. Furthermore, it allows schools to keep track of student activities on campus. According to "Students Are Damaging School Bathrooms For Attention On TikTok", written by James Doubek, an associate editor and reporter for National Public Radio, vandalizing school bathrooms have been trending—whether it be stealing school property such as soap or damaging school property such as the sink or clogging toilets.

As vandalism of school property is



GRAPHIC BY LAURALAI GILBERT

an ongoing issue on BVH's campus, implementing EHP helps teachers track where students are, how long they have been out of the classroom for and at what time. If there were to be reports of vandalism on campus, after investigating the closest time the event occurred, the school can easily check who had been at that same location at a similar time, keeping students who participate in vandalism accountable.

Furthermore, as EHP has a feature where it tracks how long a student has been out, it limits the amount of time students can be out of the classroom. This leads to students not being able to meet up with friends or wander around the school. The usage of EHP helps students reduce the number of times they leave their class. In the long run, it ben-

efits students as they do not miss out on class time.

According to Clever, EHP gives schools access to "place pass limits on individual students or by grade level or assign limits by location based on capacity." At times when a student is misbehaving, school administrators or teachers have the ability to monitor the student by setting limits.

Overall, EHP keeps students accountable, manages students regarding staying in class for a longer period of time for lessons and allows them to stay in class for a longer period of time. With the beneficial outcomes of EHP, it is clear that BVH's decision of switching from the traditional hall pass to the online hall pass will be extremely beneficial for both students and teachers at BVH.

NO.

Isaiah Nafarrete
VIDEOGRAPHER
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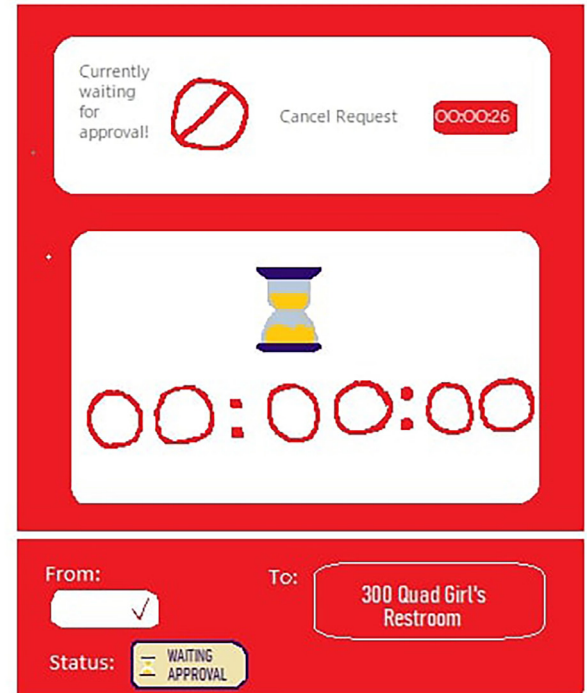
At the start of the 2022-2023 school year, Bonita Vista High (BVH) implemented the use of the E-Hall Pass—a more modern take on the traditional hall passes. Rather than students taking a pass with them to leave the room, students are now required to send a request to their teachers on the website in order to receive a pass. The pass gives students a 10 minute timer which the teacher will end once the student returns to the class. Overall, the implementation of E-Hall Pass has caused a decline in efficiency and traditional hall passes worked perfectly fine.

The main reason E-Hall Pass was implemented is the problem with students spending too much time outside of class and loitering inside bathrooms or around campus. The website allows a teacher to keep track of how long a student is out. If they do not come back within 10 minutes, the AP's on campus will be notified. Since time is tracked by the website—something that physical hall passes were incapable of—students are much more inclined to return to class on time.

However, many students question the effectiveness of such a pass. After all, it seems redundant to implement

an entirely new system that should provide a more "efficient" method of keeping track of students. The majority of the BVH student population was already familiar with the physical hall pass.

For starters, E-Hall Passes requires more work from both students and teachers to function. A student must send their teacher a request from their mobile device, to which the teacher must accept it on their own computer. This requires students to select which class they're leaving and what location



GRAPHIC BY VALERIE TORRES

they're going to.

Many problems arise here, one being that the E-Hall Pass app itself is unstable. The app is very inconsistent. When paired with WiFi issues that many students experience, it creates an irritating user experience. The app often takes a while to load for both the student and teacher, especially in different areas on campus that have varying levels of service available. This takes an unnecessary chunk of time out of class that could've been used for other activities.

Students may also interrupt instruction for greater periods of time since teachers must approve the request on their computers or mobile devices. This could take upwards of two minutes per student or more. Compared to normal hall passes, where a teacher simply has

to say "Yes" or "No," a student takes the pass with them out of the classroom without having to waste or interrupt class time.

The app also requires fees to use, as it is stated on the official Eduspire website that it costs around \$3.25 per student to use the product. As BVH has a population around 2,000 students, this equates to nearly \$7,000 in fees to use the app. These absurd costs could be completely avoided if E-Hall Pass wasn't being paid for, as \$7,000 in unnecessary fees is a huge loss in money for the BVH and the Sweetwater Union High School District. This money could be put to use on other parts of the campus, such as for restroom renovations.

Furthermore, privacy concerns arise as an issue for both students and parents. The data that the E-Hall pass tracks is unknown to the public.

Heather Kelly, technology reporter from *The Washington Post* writes, "dis-

tricts are not required to inform parents of every type of software students use. And the apps, as well as the schools deploying them, have different rules for how they use, share and store data."

The app can be used for anything related to a student leaving the classroom, so not knowing what data is being collected is a cause for concern.

The implementation of E-Hall Pass will continue to face opposition from students. The extra work required from both students and teachers, the fees to use the app as well as privacy concerns are all parts of why E-Hall Pass is inefficient. It is simply impractical and unnecessary to impose a system that replaces one widely known and accepted by students when considering the drawbacks that it creates.

Under time, under pressure

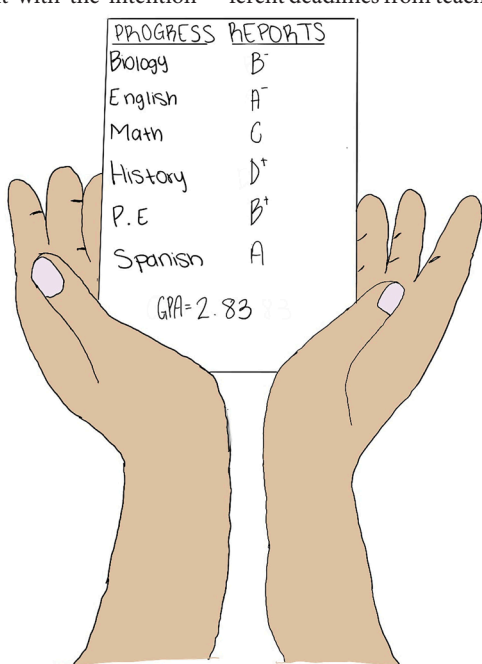
Amanda Cortes
STAFF WRITER
@amandacruser

As the class settles in their seats, a lecture that students know all too well is performed by the teacher: a reminder of the annual six week progress report. The familiar lecture is recited again at the end of the period, only to be retold in each class to follow for the remainder of the week until the Friday of the report's release. While the progress report itself is stressful, the days, sometimes weeks, leading up to the report can induce even greater anxiety upon students. The mentally damaging nature of progress reports is ultimately counterproductive in producing academic success.

Throughout a student's academic career at Bonita Vista High (BVH) every six weeks they will be badgered with the news of progress report grades. These reports reflect the student's grades thus

far in the semester. While this quarterly report is sent with the intention of academic accountability, the report is also a prime source of academic stress.

The way the progress reports operate, teachers are tasked to send in grades as far as a week before the actual report is sent out, with the timing varying from teacher to teacher. To ensure that their grade is depicted at its best, students work to get all missing and current assignments turned in by their teacher's set due date. While completing these assignments is a challenge



GRAPHIC BY CIELO MUNIZ-SIGALA

in itself, dealing with the numerous different deadlines from teacher to teacher only adds to the anxiety students face with six week progress reports.

Due dates are a standard part of being a student, with good time management and responsible skills being a true archetype of what it means to be academically successful. However, overstressing students with

the additional due dates on the brink of every six week report is detrimental to the well-being of students. As the academic pressure continues to regularly build on students, their mental health begins to decline.

The pressure that six-week progress reports generate can be so detrimental to students' mental health that it produces serious mental health disorders. According to *What are the Effects of Academic Pressure* by Pacific Teen Treatment, "Excessive levels of academic stress can result in increased prevalence of psychological and physical problems like depression, anxiety, nervousness, and stress-related disorders, which in turn can adversely affect academic results."

Not only does this demonstrate how the stress of progress reports can be extremely destructive to the well-being of students, but how progress reports can create issues that ultimately affect a student's success in school.

When students are overwhelmed with stress, that weakens their ability to achieve academic success in a variety of

International welcoming

Madison Knudson
FEATURES EDITOR
@madicruser

Recently, Bonita Vista High (BVH) welcomed Japanese delegates to the school just as they did in the 2020-2021 school year. The delegates were paired with BVH students and followed them to their classes during their stay in America. These international students learned about the culture and customs of BVH as their host students helped them navigate around campus. This is why BVH should be open to inviting different students from different countries around the world to explore the American culture just like the Japanese delegates did.

"Bringing together people from multiple cultures into one classroom can make for a very lively and productive learning experience – one that reflects the world students will graduate into," Russell Ford said in *4 Benefits of Bringing Foreign Students to Study at American Universities*. When everyone in one place has had the same experience, they cannot learn or grow from each other's experience. With different perspectives from around the world, people can create a way to learn from different experiences and backgrounds.

When students with different cultural backgrounds come together, it can

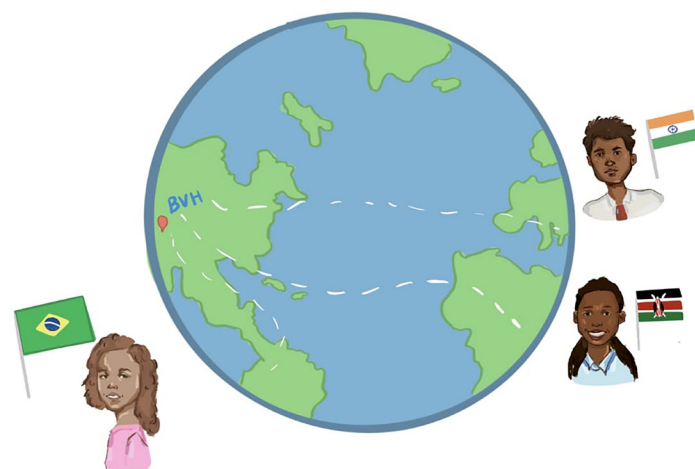
change the atmosphere in a classroom. BVH students exposed to different cultures and backgrounds can widen their perspectives on people around the world, cultivating an inclusive environment within the classroom. According to *The Educational Benefits of Model UN* written by Ryan, "in this era of globalization, learning about the world is more important than ever. No matter what field or profession students enter, they will interact with people from different countries and diverse backgrounds. Problems taking place half-way around the globe impact our lives, our country, and our communities."

Diverse communities in classrooms and workplaces have improved the overall environment by creating open-mindedness—which educates students. Ford mentions that "As a diverse campus prepares all individuals for life in the 21st century and careers in a global economy. In many cases, college will be the first chance students have to live next to, work next to and study with people who aren't from their town and cultural background." When students from foreign places come to study at schools and universities they are given authentic opportunities to learn more about the different places in the world and more about themselves.

After high school, students are put into a world of people from diverse backgrounds that they may not have interacted with before. The diversity of different people and places has an

important influence at BVH. The involvement of international students on campus will make students accustomed to the different perspectives of people

international Students' Guide to Studying in the U.S. Over the years more foreign students have enrolled into American high schools and colleges. It has nearly



GRAPHIC BY CHERISE MAGTOTO

tripled between 2004 and 2016, totaling 82,000 international students. International students visiting U.S. high schools like BVH, allows them to learn things about our school culture but also improve academically. For example, communicating with students on campus can help the international students improve their verbal English skills and writing. This was seen when the Japanese delegates visited BVH when the delegates would commu-

nicate and involve themselves in the classroom and with other students. Also mentions that teenagers are encouraged to attend U.S. high schools "to broaden their horizons and prepare them for the rigors of higher education." Along with a higher education students will have the opportunity to "navigate a different culture."

Students may have difficulty understanding a new culture and perspective. However, hosting international students in a school setting can help students understand the cultural and customary differences within people around the world.

According to *How U.S. High School Can Prepare International Students for College* by Anayat Durrani, "Attending a U.S. high school gives international students lots of opportunities to practice their English as they interact with classmates and teachers." Although the international students who are visiting may have had different experiences while attending a foreign school, there are similarities between international students and students here at BVH. They both have different experiences that they and others, can share and learn from one another. "Students enjoy exploring new places, sharing common experiences with teammates and friends, and making new friends with smart and interesting students from other schools – which includes the best and the brightest from other countries," Ryan said.

Twenty-four hours 'til showtime

A look inside BVTV's new daily upload schedule

Valerie Torres
OPINION EDITOR
@valerie.crusader

Bonita Vista Television (BVTV) is the student-run news broadcast that delivers relevant and upcoming information to all students within the Bonita Vista High (BVH) community. As of the start of the 2022-2023 school year, the broadcast has transitioned into a new upload schedule, ranging from weekly to now daily uploads. This takes place every Monday through Thursday, of students' second class period of the day.

The broadcast highlights various clubs, upcoming sporting events and includes student and staff features at BVH. With these daily uploads, the staff holds the intention of creating new segments and different topics for each day.

"On Monday's, it is a normal news report. On Tuesday's it is a Barons Variety show that I know everyone loves and craves. Wednesday's are a normal day and Thursday's are our sports broadcasts. Every once in a while we [do] a Friday special," Main Editor and senior Naomi Preciado said.

The sudden shift of these uploads was motivated by BVH Principal Ed.D Roman Del Rosario. Multimedia teacher and advisor of BVTV Hugo Martinez describes the goals he hopes to pursue in this year's broadcast with a daily theme each day to set an image for those to experience the opportunities that come with being a baron.

"After many years of working with [Del Rosario] and listening to his narrative of what Bonita looks like, anyone at Bonita has heard him say that Bonita has a soul, has a spirit [and] has a body," Martinez said. "He breaks this down on academic mindset and breaks us in different areas which are sports, academics and ASB."

Although primarily produced in periods three and four, BVTV is rooted by the T.V. and Film class taught by Martinez, which allows students to have a very unique experience among the

program. The T.V. and Film class also provides various hands-on projects, including student-produced movies.

"We have a pathway. First [is] introduction to multimedia. Then, the year after that we have T.V. and Film production, [where] we do the BVTV broadcast because it is a hands-on project. It is not limited to BVTV. You can livestream," Martinez said.

Through these broadcasts, the staff hopes to focus on different groups on campus that students may or may not have had the opportunity to learn about. BVTV allows a platform for these groups to gain exposure outside and within the BVH community because of the public website.

On August 19, their broadcast followed up after Club fair with numerous clips of club leaders to interested audience members.

"At the end of the day, we want to be that one place where people can learn about our school and we can celebrate the different groups that work very hard and indelibly [on] their own, and sometimes not everyone knows about them," Martinez said. "That's my personal goal. To be [a] place [that] facilitates service to our community in general."

The 24-hour run-around schedule poses a challenge for staff members. Journalists and reporters on staff spend one day creating an idea of who and what they want to interview about. Then, they film and edit their own content. After finishing edits, they upload the videos to their team Google drive, where a set of main editors put the broadcast together and upload it to the BVTV Wix Webpage.

"It is a lot depending on the day because some days, we might be recording on the spot and I might have to record late at night with it or sometimes I do it during class. If we are a week ahead, it's kind of in between everything's alright kind of days and chaotic type of days," Preciado said.

With students behind the scenes creating their own concepts and running the production on a 24-hour basis, Martinez emphasizes the hard work and recognition the staff deserves as



Daily BVTV broadcast uses industry standard equipment. On September 12, 2022, BVTV variety show anchors and seniors Mikial Hodges and Vivian Schupp interviews BVH principal Roman Del Rosario. PHOTO BY URIEL LOPEZ

they manage their personal schedules, academics and BVTV.

"It is, from start to finish, run by students. They are the ones who are making this amazing," Martinez said.

Martinez describes his own experience with the BVTV community. After working at BVH for five years as an advisor for Multimedia and T.V. and Film, describes the challenges and responsibilities his own role entails.

if people want me to change anything. Then after that we add it to a prompter and have them record," Zepeda said.

BVH has been asked by the district to help other schools in the Sweetwater Union High School District to advance their own multimedia. Martinez has recently been working with the district's Grants and Communications department through Career Technical Education to create a model and mobile

"At the end of the day, we want to be that one place where people can learn about our school and we can celebrate the different groups that work very hard and indelibly [on] their own and sometimes not everyone knows about them."

- Multimedia teacher and BVTV advisor Hugo Martinez



(Left to right) BVH principal Roman Del Rosario, senior Mikial Hodges and senior Vivian Schupp. Del Rosario recollects memories of the previous years in education while Hodges asks questions. Schupp provides emotional feedback to Del Rosario on Monday September 12th 2022. PHOTO BY URIEL LOPEZ

"My involvement as an advisor is kind of interesting. In the real world, I am kind of the executive producer because I have to train them on what to do. After I train them, especially the main roles like a producer [or] director. My main role after that is to provide support," Martinez said.

With Martinez as a technological advisor, students are the ones creating segments and what the planning schedule is. If there is not a special segment for Friday, time is spent on creating scripts and assigning them to main anchors. Head Script writer of period three and junior Emily Zepeda is someone who creates the scripts for the broadcasts and is heavily involved in the off-screen planning.

"Since we know what days our broadcasts are on, we know what to plan for and try to share ideas on that specific day. Then, after we share ideas of what we want the episode to be like; I start writing it down and [see] people

custom cart to purchase supplies and distribute to other schools to be able to livestream events.

"We are going to put it together for them and train them, so our program is expanding more and it is not limited to Bonita. [It is] going district wide so we are very proud because it is all about the kids," Martinez said.

Other than BVTV, Martinez advises the new club Digital Media Club, which focuses on allowing students to have hands-on experience in the world of multimedia. They will teach students new things that are not offered at BVH such as live streaming, editing and how to produce short films and animations.

"This is new territory, which has never been done as far as I know. For example, we are the only school that I am aware of from our district that has an advanced program when it comes to live streaming. For example, a multi camera production, [which is] run completely by students," Martinez said.

Wizard of BVH runs the show

Administrative assistant aids and connects staff at BVH

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In order for a school system to function properly, there is always a center of communication between all staff members present. For Bonita Vista High (BVH), School Administrative Assistant Libia DiBenedetto is the "go-to" person for nearly every single staff member.

Within Sweetwater Union High School District's website under Classified Job Descriptions, DiBenedetto's role and responsibilities are further described in detail. Her job description broadly includes, but is not limited to, managing Title I funds, managing payroll for teachers and assigning covers for classes whose teachers are absent.

"I get a lot of emails and I try to stay on top of it. My job is to redirect or make sure [the email] goes to the right person to take care of. It'll start with me and sometimes I know who can help or assist," DiBenedetto says.

DiBenedetto has been working at BVH for the past eight years. Her interest in education started from working as a substitute teacher. However, she soon realized that she wanted

tally count on her for helping me and understanding me. I couldn't put this in as a bereavement because it wasn't a family member, but she's a go-to person. If we need anything, she's gonna know all the answers," Bruce said.

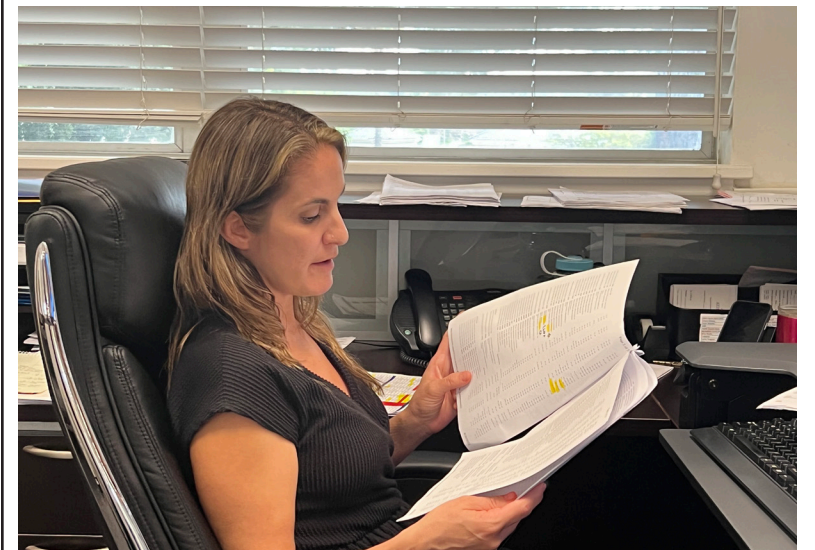
Bruce states that DiBenedetto's role as the principal's assistant "is too hard" and that she would "never be able to do it" herself. Especially since DiBenedetto does so much for the staff, Bruce acknowledges that she does not go under-appreciated.

"We [teachers] appreciate Libia. I mean, that's from my own perspective. I don't think that there'll be one teacher on campus who wouldn't completely shower her with adoration because she helps us so much," Bruce said.

From DiBenedetto's perspective, she feels that she and the other Assistant Principal secretaries are more than appreciated on campus.

"We have admin assistant appreciation days, too and our bosses every year go above and beyond. They do special luncheons, elaborate gifts and baskets. They always make us feel very special and I think everyone feels that way here, so everyone's a pretty good team," DiBenedetto said.

Other than close friendships with people on staff, DiBenedetto's family



School Administrative Assistant Libia DiBenedetto checks the teacher and staff payroll list regularly. This significant list includes the number of hours and absences of Bonita Vista High's staff. PHOTO BY URIEL LOPEZ

something that offered a "permanency and long-term" position at a school.

"The best part of my job is working with our office staff; everyone is very customer service oriented. Anything that I've asked for help here at our site, everyone's willing and always has a 'yes' attitude. We have really good staff here and it makes it awesome," DiBenedetto said.

During her time at BVH, working alongside staff has allowed DiBenedetto to build strong relationships and gain close friends. Health teacher Shannon Bruce has known DiBenedetto since her arrival at BVH eight years ago. Bruce shared an experience that demonstrated DiBenedetto's character, even while in a work setting.

"I don't really call in sick very often, never actually. But when I did one time I called in for bereavement. I could to-

notices her important work and what she does for the BVH community. Senior Zalia Jacob describes her mom working at her high school as "different from what the stereotypes are like."

"I honestly really enjoy that she works at my high school. It's made me really close with all the staff at Bonita and my friends closer with my mom. However, I would feel differently about this if she was a teacher," Jacob laughed.

Without DiBenedetto's presence, paychecks would go unenrolled, classes would go uncovered and BVH would lose a crucial bit of functionality. The role of School Administrative Assistant provides a lot of the staff and students as a whole.

"She's such a light because she runs the show; she basically runs our whole school in a nutshell. She is the Wizard of Oz," Bruce said.

Teacher's Say

Do you think E-hall Passes benefit or hold back the school?



Health Science teacher Shannon Bruce

"I like them; at first I didn't know how it was going to go over, but I have no problem with it. I like that it holds students accountable for how many times they're leaving during the day."



US History, AP US History and AP Art History teacher James Goodwin

"I think it benefits, I've definitely seen a significant reduction in the traffic in the halls, I think that was the main priority of the program. I'm anxious to hear from our administrators as to the effectiveness of it but from my end it seems to be working."



Accelerated Biology, AP Biology, IB Biology and Regular Biology teacher Michelle Mardahl

"It's glitchy for me, I've had trouble signing-in so I just let students use the regular hall pass because I can't get on. I got an email saying how to get on but I haven't followed up to make it work."



Forensics and Biology teacher Joseph Szakovits

"There's definitely the potential for benefit to curtail the use of [regular] passes and things going on in hallways that shouldn't be happening. It has that potential, I am still awaiting solid evidence that is actually being used that way."

NEW FIELD, NO YIELD

Expectations for new Bonita Vista High track and field stadium

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By Sept. 22, this is the current progress of the front side of the stadium entrance in front of the schools parking lot. There are construction workers building more over Fall Break. PHOTO TAKEN BY NICO GATTEN

INITIAL PLAN

In fall of 2021, Bonita Vista High (BVH) started construction of their new track and field. As of the 2022-2023 school year, the expected completion date is this December. However, questions have arisen about the stadium's construction and its ability to support BVH's varsity football games.

The funds for the stadium come from Proposition O. Proposition O funds are approved by the Sweetwater Union High School District (SUHSD) taxpayers, allowing BVH to upgrade their facilities. According to SUHSD Superintendent Moises Aguirre, physical limitations played a larger role than funding in determining seating capacity.

"Another requirement [project planners] have in place is the division of the state architect. When you reach a certain size threshold, it triggers a lot of other requirements. Because of that, this was about as large as the project could go without triggering some of those other requirements," Aguirre said.

Aguirre, who previously worked with BVH's principal Roman Del Rosario Ed.D, participated in the planning of the field. His previous position of Assistant Superintendent for Facilities and Operations allowed him to strategically divide the budgets for the project from Proposition O.

"Going back several years, before COVID-19, part of the work I did was in oversight and supervision of the planning and construction office. Before you do any type of construction, you need to plan it, so that was mostly

the work around that," Aguirre said.

The funds received from Proposition O for the track and field are decided based on resources, such as "bond funds, maintenance and mello-roos," according to Chief Facilities and Operations Officer Janae Quirk. The funding allowed architects to conduct an Environmental Impact Plan (EIR), which was required under the California Environmental Quality Act (CEQA).

"For the BVH stadium, due to the site not having lights at the stadium, a full EIR was required. The district hires an environmental consultant to review lighting, sound and traffic impacts and identify parameters within the design process to ensure [size] thresholds are not exceeded as identified by CEQA," Quirk said.

During the construction of the EIR, reports found that the construction of BVH's new field could affect areas surrounding the school. This is especially true for nearby neighborhoods.

"As projects develop, we inevitably have to change orders within a project, which are covered with project budgets. That said, COVID-19 continues to create unprecedented impacts on costs, delay and access to materials," Quirk said.

Quirk had taken on Aguirre's previous position of District Facilities and Operations Officer. He then was ultimately in charge of outreach to the communities and people who would be affected by the project. However, the EIR itself did not affect the funding of the project.

"When projects are developed, there

are multiple layers of cost forecasting and estimates developed by the architect and engineering professionals, the estimates have line-item values based on elements included within the scope of work," Quirk said.

Aguirre worked with design professionals and architects during the planning phase to determine soft costs, which identified a budget for the field design, to submit for review. Soft costs then lead to actual construction costs, better known as hard costs. Both costs impact how the field would be designed and how the funding would be spent.

"Once the budget is identified, you take the recommendation to the [SUHSD] board, [who recommends the project] and then the board approves; there is a check and a balance," Aguirre said.

However, concerns remain prominent on whether BVH would be able to use the field. BVH Athletic Director Tyler Arciaga's role in the construction centered around communication with the stadium itself and its use.

"Because of the size of the stadium, about 1900 capacity, there are certain [football] games that are still up in the air because [the stadium is] limited," Arciaga said.

It's important to note funding was not a deciding factor for the construction of the field. Instead, these concerns lay around the planning process and whether the capacity would allow the school to hold varsity football games.

"Going forward, [BVH is] exploring different options based on the capacity limits that we have. So whether it's

playing at Southwestern or not, we're in the hands-on exploratory phase on it," Arciaga said.

Although there were many obstacles the project dealt with, as the time gets closer, Aguirre has overall hopes that the turn-out and struggle for the field will be worthwhile for BVH.

"We definitely believe this can be a great add-on to the Bonita campus, not just to the school, but the community at large as well," Aguirre said. "I hope it brings a lot of pride into the community. Every campus needs a project like this and it'll be great for the community, that's my hope."

IMPACT ON SURROUNDING NEIGHBORHOODS

Since the construction of the new football field at Bonita Vista High (BVH) has started, much of the BVH community has been impacted. This includes the students, teachers, staff, but also the neighborhoods that live alongside the school. Once construction started, many neighbors had to adapt to the casualties that came with it.

Many neighbors have different opinions on how the construction affects them based on each of their own personal lives. While some are in support of the construction, like BVH neighbor and JV baseball coach Mark Tighe who has lived near BVH's football field for 13 years, others have less concerns, like BVH neighbor Tim Carter who has lived near BVH for around seven years. Additionally, some BVH neighbors, such as Hector Ramirez who has lived there for almost 25 years, are completely unhappy with the mess construction has caused.

"It was good living next to the school but it was very ugly looking over the fence," Tighe said. "Both my kids play sports there so it was kind of an embarrassment watching our kids and students play football and track on that field."

Tighe talks about how the construction will be a "good implementation" for the students and athletes. He noticed that the fields have been worn down for a long time because the school was made a long time ago and hasn't been remodeled since.

"It's nice looking over the fence and knowing that my kid and other kids going to that school are going to finally have a nice field to play on," Tighe said.

Carter explains how he is excited to see that the school is getting a new field. His son is a BVH alumni and he emphasizes that the new stadium will be "good for the students that currently go there now and continue to." However, his main concern was that he and his fellow neighbors had no idea what the construction was for because they weren't given a notice about it.

"My biggest complaint is that there



On September 15, this was the current state of the new football field at Bonita Vista High. This is the view from one of the neighbors backyard, JV baseball coach Mark Tighe, who lives on the east side next to the school. PHOTO BY ANGELINA RUCKMAN

was no notification to the homeowners [that live] next to the school [about the construction]. We didn't even know when it was going to start. It just started and we had to deal with it," Carter said. Ramirez agrees with Carter and explains that he too was never told when the construction was going to happen. He believes this was "not right" to those living near the school and is upset that he had to figure out for himself the purpose of construction.

"[The construction company and school officials] didn't call me, I had to call them. 'Hey what's going on? When are they going to start building?' They told me that since they had already started building the field, there was nothing they could do to accommodate the neighbors homes," Ramirez said. "Now I am probably going to have to make my wall alongside my backyard a little bit higher, like seven feet to block

out the noise so I don't go crazy."

Another common complaint between three neighbors is that the construction has caused mass amounts of dirt to land on their property. The dirt has made its way into their cars, plants, roofs and even inside their homes.

"Probably the other complaint would be the dust because as they dug the field up. It was dirt flying around for a long time. You could see that the dirt would settle on everything out here like the trucks and cars and stuff," Carter said.

One concern Ramirez has are the floodlights that were built for the field. Along the sides of the field there are two floodlights, meaning that there are two floodlights right next to the neighbors' backyards. Each floodlight has a pole with about 16 individual lights pointing in different directions to make sure it lights up the whole field.

"There are two floodlights near my house. One of them over there has an angle on one of the individual lights that directly shines on the left side of my yard and it is very bright and distracting," Ramirez said.



View of one of the floodlights that is directly behind the neighbors backyard that live next to the field. Some neighbors have complained that it shines on their property and is very bright. PHOTO TAKEN BY ANGELINA RUCKMAN

INTERRELATION ACROSS THE STREET

From the beginning of the 2022-2023 school year, Bonita Vista High's (BVH) staff advisory and students have been building up excitement for the new field that is under construction. However, as the months pass, questions arise on whether or not BVH will still be using the DeVore Stadium—Southwestern College's (SWC) football stadium.

Throughout the years, BVH has not been able to host varsity football games, considering the small field. This resulted in the school's sports teams like football holding their games across the street at SWC. Historically, these games have been considered "home" games because they are still close to the school's campus. Director Campus of

Enterprise Services Marquise Jackson reveals more, explaining BVH's long-term contract with SWC.

"Our relationship starts back to the original Joint Powers Authority established between the Sweetwater Union High School District [SUHSD] and Southwestern College in 1970. That agreement was amended in 1976 upon the opening of DeVore Stadium. That amendment allowed Bonita Vista High to play its football games in DeVore Stadium," Jackson said.

BVH has been building the football stadium since the 2021-2022 school year, continuing into the 2022-2023 school year and is projected to be open and in use by early October. Students and staff have been yearning for a new football stadium and the wait is almost over. Athletic Director and varsity football coach Tyler Arciaga mentions when the first game will be played in the new stadium.

"As of right now we're looking in October and early mid October, to be able to utilize it. We are plan-

ning October 10th as the first game on the field which will be a field hockey game against Southwest High school," Arciaga said.

Now with the new field in progress, the BVH community has been wondering whether or not the school's athletic teams will continue using the DeVore stadium to host varsity football games. Even with this pressing concern, Arciaga explains that question is yet to be discussed.

"I don't really have a definitive answer for you. Like 'Hey, this is what we're doing,' or whatever else. Quite frankly, we're trying to get through this year and then I know that we're sitting down and really trying to hammer this [project] out. So that we can try to create a win-win situation for all in this scenario," Arciaga said.

The DeVore stadium is not exclusive to BVH; it also hosts other high school and middle schools ranging from those in SUHSD to a completely different district. There are different requirements in order to rent out the SWC stadium, though circumstances mostly depend on the school's need for rental. Public Information officer and the Director of Marketing Lillian Leopold goes into detail about the contract pertaining to the requirements of being able to rent out the stadium.

"The contract is based on whatever you enter as an agreement. The Barons will always be welcome to our facilities for as long as desired," Jackson said.

"Bonita Vista High School has been a valued partner with Southwestern College since its inception. The Barons will always be welcome to our facilities for as long as desired."

- Director Campus of Enterprise Services Marquise Jackson

pressed its support as a partner that BVH can rely on in the future.

"Bonita Vista High School has been a valued partner with Southwestern College since its inception. The Barons will always be welcome to our facilities for as long as desired," Jackson said.



PHOTO PROVIDED BY BVH PRINCIPAL ROMAN DEL ROSARIO ED.D

The Afterschool Rush | The busy state of the Bonita Point Plaza center

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For years, students that attend Bonita Vista High (BVH) have been crossing the street to Bonita Point Plaza before and after school. Majority of students go to the shopping centers next to the school either to hang out with friends or be picked up or dropped off and avoid traffic. It ranges from Starbucks, Tapioca Express, Little Caesars, Ralphs, Taco Bell, and much more. The close access of students to these businesses have led to both negative and positive impacts on the area and employees.

"I think anybody that works in customer service would know that it does get chaotic, but overall, it's a really good experience and you get to meet new people all the time. I like seeing a bunch of the kids and getting to know them better," Starbucks barista, Olivia Saunders said.

At the shopping center, students play an important role as visitors, affecting the overall atmosphere. There are various positive benefits students can provide to the variety of businesses at the shopping center. High school and middle school students have had multiple positive impacts on many of the family owned small businesses such as Crispy's Donuts and iWok [a Chinese restaurant] as they bring diverse age ranges and new customers daily to stop by for something quick to eat.

"I believe [BVH] drives a lot of attraction towards the businesses. For local businesses like the donut shop here, [students are] very beneficial to them.

As long as the students come here and behave, it should be a pretty safe environment," junior Haydn Lopez said.

Students from BVH have also supported businesses financially. Since many stores sell items that students want right after school such as a refreshing drink or quick snack, there has been an increase of students who cross over to the shopping center to try more popularized businesses that sell boba or smoothies. The high attendance of students increases sales, and provides more financial growth for the businesses.

Although the shopping center provides students with a place to relax and enjoy time outside of school, there have been many instances of students disrupting the area. With the high amount and high demand for BVH students coming to the shopping center daily, stores such as Ralph's have tried to make an effort to create protocols and policies that remind students how they should behave in a public area.

"I've heard that they used to have students take their backpacks off and leave them at the door, so [students] would not [try to steal] anything," junior Luna Rosas said.

There had been several occurrences reported of students fighting in the public mall in front of stores. iWok employee Hannah Noyes recalls when a group of students had erupted into a fight in front of their store.

"There was a weird instance one or two months ago where a couple students were getting into a fight with one of the students' moms trying to stop it, then the other kid started hitting the mom. I [thought] that was wild," Noyes said.

Aside from multiple fights, there had been another occurrence violating the safety of visitors and employees. There were instances where it had created an uncomfortable and unsafe setting for employees and visitors of the plaza.

"Someone brought a BB gun a few



BVH students gathering at local Tapioca Express after school along with other guests in the community. It is most popularly known for variety of drinks which include "boba" as well as other snacks that can be purchased. PHOTO BY VALERIE TORRES

weeks ago and these guys were chasing each other. This one guy who I think goes to the school got arrested in front of Rite Aid," junior Renata Carrillo said. "A lot of people think it's unsafe, and I'd say so because it is an open [and very big area]."

Aside from the issues, some students understand their role in respecting the property and boundaries of local businesses, creating a welcoming atmosphere. Even when there are many orders needed to be taken and long lines full of high schoolers, workers know what to do to ensure every customer is satisfied.

"The workers seem overwhelmed or stressed but I say they handle it pretty well, but there are a large number of people which usually wouldn't happen at any other place. It is just because we are near a high school," Lopez said.

Employees who work at the popular stores in shopping centers have different opinions and ideas of how students behave and act in the public space. They believe that the shopping center is a safe place but can be a little chaotic when there are many students, and they don't respect or contribute their

own part to the plaza in a peaceful way.

"It does get a little tedious when things are kind of left around the stores [and] when we have to go pick up the item because it takes away from what we're supposed to be doing when we have to go and manage what's going on in the lobbies," Saunders said. "It just gets too rowdy. Sometimes it's kind of hard to ask them to settle down or ask them to leave. There's a lot of defiance."

Regardless, students play a huge role in contributing to the growing economy of the shopping center. Students can respect the atmosphere of the shopping center by acknowledging that it is a public area where people want to be respected and acknowledged by those around them.

"The only thing is to keep coming. But also, just remember to respect the spaces that you guys are coming into, because these are all businesses that everybody works hard on," Saunders said. "Keep enjoying the spaces that we're providing for you guys, but just as long as you're remaining respectful of the rules that we have. That's all any of us can ask [for]."

Robotics Club "spins up" the competition

BVH Robotics club has the first competition of the 2022-2023 season

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On September 10, Bonita Vista High (BVH) Robotics club participated in their first competition of the season at Otay Ranch High (ORH). The club consists of four teams, A, B, C, and recently added D. The first four competitions are qualifiers, with the first competition being for ranking purposes.

The competition at ORH was the first of four qualifiers-BVH included—and will participate to solidify their rank in the district and against other schools. Teams A through D competed in seven matches throughout the day, paving the way for their first ranking of the season. IB English HL1 teacher and Robotics advisor Jason Good has been in charge of the Robotics Club for over four years. Good helped in clarifying the inner workings of the competition on Friday Sept. 9, the day before the match.

"They're likely to have about seven official matches tomorrow and it just creates a ranking system. So if there are 50 teams in the league, then [we will] be ranked," Good said.

At Saturday's competition there were 21 schools participating, though not all schools were required to be there. Each school or team gets one 'bye' which is a free pass to skip participating in a competition and just watch. The qualifying matches help the team gain experience, understand how other teams work and give them a chance to brainstorm changes to their bots.

"You can earn a certain number of points [in the competition]. It develops a ranking system, and that ranking system applies to the leagues qualifications," Good said.

Starting preparation as early as August, the season lasts for just over six months, and can go as long as eight or 10 months total. After the first four qualifying competitions, robotics has league championships, invitationals, and can go to the state tournament. If they move on from all levels, they are able to advance and go to world competitions.

"The season is effectively September to January. Then after that there are world competitions, but those are the playoffs. Those are extended seasons," Good said.

Every season each team builds their robots to be able to participate in one game. Announced at last year's VEX Worlds competition in April, this year's game is called "Spin Up", making a huge part of their functions based on flywheels, which are notoriously hard to use. Last year, BVH's Robotics Club took their 'bye' for the first competi-

tion, leaving them with less competition experience and understanding of the game. Senior Vice President and Team A Captain, Noah Caballero was nervously excited for the first match.

"It's like the first competition of the year is always a really nerve wracking one. It feels better knowing that everybody's had the same amount of experience," Caballero said. "Last year we went in, our first competition was the second of the year. So we were going against teams that had a lot of time to prepare to actually experience the game."

At the same time last year, there were only three teams that made up the Robotics club. Though, due to the growth in membership, a fourth team was added to accommodate the larger amounts of students participating in the program. This benefited the growth of the club, however this meant less preparation and adjustment time for the new team. Senior Dorien Geske-Wilson was notified that he was to be the captain of the new team "D".

"By the time I was alerted that there was gonna be a new team and I was gonna be the captain, we were already two weeks into our building schedule. Everybody had already designed their bots and had most of their structures and metal in place," Geske-Wilson said.

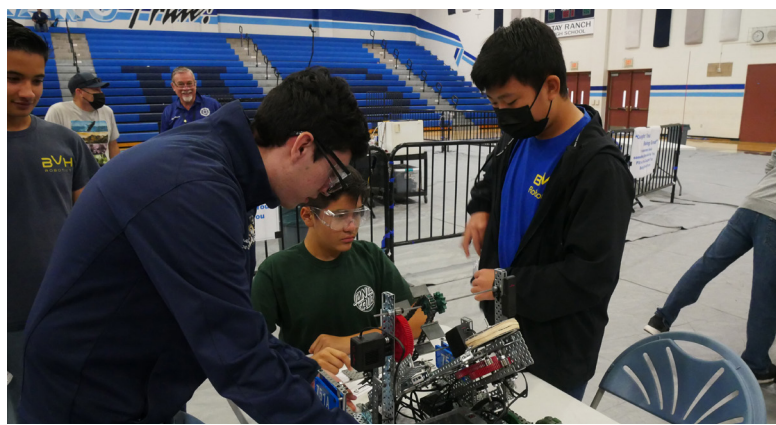
In order for the bot to be as nice as possible, they use metal almost exclusively, with gears and other add-ons being exceptions. Due to the selective nature of their material needs, obtaining their supplies proves to be a challenge. Another barrier they face is that each team builds their own bot, needing several of the same pieces.

"So there's [a website] called the VEX website and they basically have all the materials and electronics that you can order directly off their site. We have seven cortex motors, a battery and spare battery that's over a grand," Geske-Wilson said.

A big problem the club faces is budgeting. They have had to fundraise for most of their supplies, but they also have connections with other schools in the district which helps them to get most of their metal secondhand, saving them lots of money.

"[Metal supplies] was given to us by some other teams in the district. I know Mr. Good has had other teams support him and give him the materials," Geske-Wilson said. "That's part of what we have now. And then a lot of it comes down to our fundraising cause we don't get funding from the district. A lot of it comes down to us fundraising for metal screws [and] the actual motor sometimes."

This year the assigned game is one that focuses on spinning mechanics. Using objects like flywheels to shoot discs and conveyor belts to pick up the discs. The game itself consists of four possible point collecting components. The highest number of points earned at one time is 10 by changing the color of



Minutes before a match Team "A" from Bonita Vista High repair their robot at Olympian High School in Chula Vista. On the far left, Sebastian Higuera oversees on his left Noah Caballero, Gabriel Jimenez worries for time deadlines shortening as Alvin Lim works on the robot on the right. PHOTO BY URIEL LOPEZ

the rollers surrounding the edge of the fields. The next is at the end of the game however many tiles are covered by the bot and each square is three points. The other opportunities are the disc goals. The high goal, in which the disc needs to be shot in order to reach it, is worth five points and if it misses and lands in the marked off goal underneath, it is one point for the other team.

"There's these yellow discs that are on the field and you have to try to pick those up with your bot and shoot them into this Frisbee golf-looking net," Geske-Wilson said.

Even though this competition was the first of four qualifying, the teams were more focused on getting competition experience rather than ranking high. Though practicing two days a week for at least two hours can aid in progress, it cannot compare to the real competition.

"Today is more so practicing and getting a feel for everything. It's always nice to win, but really it's more so for the experience this time around," Caballero said.

The competition starts with field one's control mechanism failing, leaving only the second field until they are able to reset and fix it. Thankfully it didn't impede too much, only setting the schedule back about 10 minutes. For team D, the first three matches of the day did not go their way, losing 32-36, then 35-50, and lastly 40-114.

"After those first three matches we just kept getting screwed over. We made mistakes and we just got paired up against bots that were so much better," Geske-Wilson said.

Although the day started rough, team D made a comeback in their fourth match winning with a staggering score of 67-21. The team seemed to have a new pep in their step, as well as a new found confidence in their abilities. Using this newly invigorated confidence, team D goes on to win their last four matches. Winning their fifth match with a score of 63-53 and facing BVH's very own team A and winning with a score of 61-50. Their last match of the day was won with an astonishing score of 79-31. Geske-Wilson shares

pride in himself, his teammates and their improvisation skills.

"One of the matches our wheel fell off but we still won. [I'm] happy about that. It fell off at the beginning and we had to just somehow find a way to drive it during that match. Then after that match, we had maybe three minutes before we got thrown into another, which is a really short time and we were just really doing as much as we could just to make sure we had a bot on the floor," Geske-Wilson said.

Although team D won the last four of their matches and ranked eighth out of the 21 schools there, they are looking forward to improving their bot. Due to the late addition of team D, they were deprived of very important planning and building time, leaving them with some unresolved issues.

"I think we could just work overall [the] structural integrity of the bot. Our bot is pretty structurally sound. It definitely could be a lot more stable and there's a flywheel that we're working on the bots," Geske-Wilson said.

As stated previously, each team is required to take one of the qualifying matches off. The club will be taking their bye for the next qualifier, in October, which gives them more time to make any changes and prepare more.

"We get a bye for this October one, which is very nice, cause we get to experience everybody else's bots. See what works, see what doesn't, see possible issues and gain more insight on what the 'meta' will be," Geske-Wilson said.

Out of 21 schools, each with three to four teams, team D ranked eighth. Team C, captained by senior and Robotics club President Stephanie Ling ranked 11. Team A, captained by Caballero ranked 15. Lastly, Team B, captained by senior Valeria Valencia ranked 16. These rankings will change as they compete in the next three qualifiers.

"That's the thing I like about robotics. It's all improvisation and just coming up with solutions on the fly or finding a creative way to work around a problem," Geske-Wilson said.

Stranger Things Review

Spoiler Alert!!!

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After three long years, Netflix finally released a fourth season of Stranger Things, a series produced by Matt and Ross Duffer. This season was released in a two part collection which is new to the franchise. Netflix released part one of season four on May 27, 2022, then released part two of the season on July 1, 2022. With this new season it includes new plot twists as well as new characters.

The series takes place during the 1980s and the fourth season specifically takes place in March 1986. The season follows the abnormal lives of the protagonists during spring break with characters Eleven (played by Millie Bobby Brown), Mike Wheeler (played by Finn Wolfhard), Will Byers (played by Noah Schnapp), as well as other cast members. Stranger Things originally takes place in Hawkins, Indiana. However, in the new season the producers infused different storylines in various settings such as Russia, California and of course including Hawkins. Some members of the main cast who moved to the fictional town of Lenora Hills, California coincides with the storyline happening in Russia.

The change in scenery from drab old Hawkins to sunny California has meaning carrying over from the season prior. In season three, there was the death of a monumental character who made a difference in many of the supporting character's lives—or so fans were led to believe. This character is Jim Hopper (played by David Harbour) who is an integral part of the storyline, dealing with threatening forces that have come to Russia towards the end of season three. To get Eleven, as well as her family to a safe environment, Joyce Byers (played by Winona Ryder), moved them to California.

This has been perceived as the most spine-chilling plot of the show, as well as the saddest and most dramatic season to be released so far. The show contains scenes depicting death as well as deceit that create overwhelming emotions for Stranger Things fans that are often lacking in other shows.

A new season comes with many new characters, a number of which have so much personality and depth that it

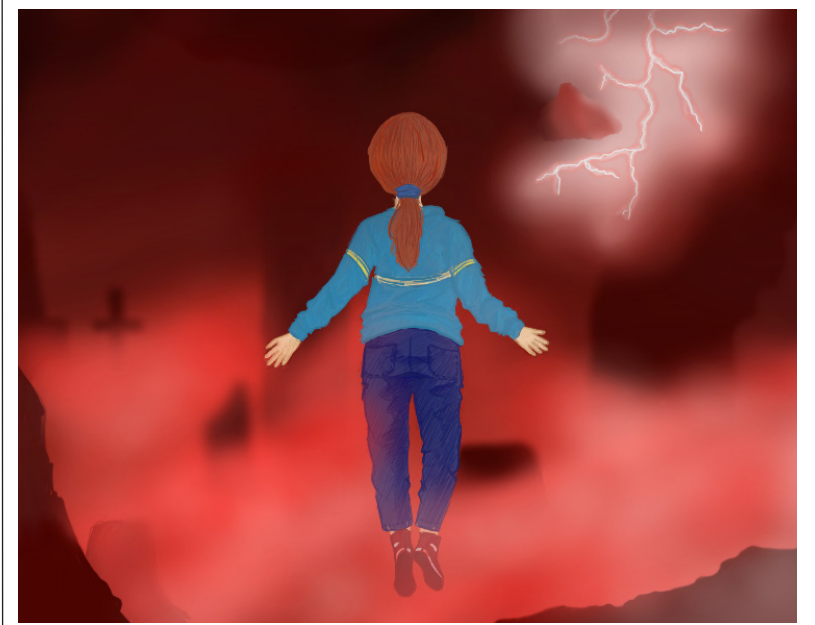
death. Rest in peace to a true hero and awesome rockstar, Eddie Munson.

Stranger Things has been one of the most popular shows on Netflix since its release in 2016, but with the release of season four, a large amount of attention had been garnered through social media. Social media is a big part of any show's rise in popularity, but with Stranger Things a lot of the popularity came from music based posts on social media. These posts were especially prevalent on the social media platform known as TikTok because of all the unique videos that came out of the sounds available to fans of the series.

This season had a scene where character Max Mayfield (played by Sadie Sink) was being controlled by Vecna (played by Jamie Campbell Bower) and the only way to defeat him was to listen to the individual's favorite song. As the music builds, the viewers get emotional flashbacks from Max, and get the reactions from her desperate friends who watch her limp body float into the air. As Running Up That Hill escalates, Max makes her escape in a slow motion run towards her friends. The producers' use of Bush's song in this scene had fans feeling an adrenaline rush from start to finish. The song that saved Max was Running Up That Hill (A Deal With God) by Kate Bush. Because of this, the song, even though being made in 1985, charted number one on many music charts for weeks.

Eleven on the other hand is going through a crisis of her own, especially with all that is happening to her in school, has no friends there for her, no one to really confide in and on top of that she is being bullied. This less than fortunate string of events really gets to Eleven and the buildup shows later when Eleven has a breakdown and severely assaults her bully. Eleven was trying her best to turn over a new leaf to create a well spoken image for herself, as well as to make new friends to try not to be violent but the peers around her are making it very difficult for Eleven she releases it on those who are "regular".

While all the characters are going through their own personal developments a new villain is added to the series who is recognized under the name of Vecna. His abilities appear to be very similar to Eleven but he has a lot of range and knowledge along with these abilities. Using his abilities from the alternate version of Hawkins known as the upside down (alternate version of Hawkins) Vecna starts killing people like the aforementioned Chrissy to open portals to the upside down and wreak havoc across Hawkins.



GRAPHIC BY LAURALAI GILBERT

can be easy for fans to fall in love with them in a matter of episodes. However, as fans of the series may know, the Duffer brothers often create tension to popular fan biases that elicit a reaction from audiences. Whether it be relationships that never work out (poor Steve) or the killing off of popular characters, fans often have mixed emotions surrounding the outcome of scenarios in the series.

This season of Stranger Things centers around the rockstar and eccentric character Eddie Munson (played by Joseph Quinn) a wild teen that does not conform to the usual societal normalities of Hawkins. Right away, Eddie had an unfortunate opening and was framed for the death of Chrissy Cunningham (played by Grace Van Dien). He was also chased for a while by jocks on the Hawkins High basketball team that convinced a town full of people that he was associated with the devil.

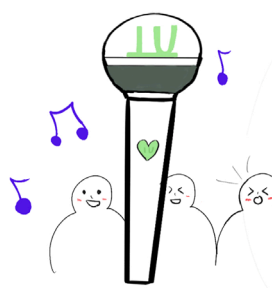
He was the leader of the Hellfire club which was believed to be a cult when it was just a group of nerds who liked to play a popular game—Dungeons and Dragons. Eddie was known for being more on the cautious side and used to just hiding away from his problems. But once he had the chance to stick up for his friends who had helped him survive during this time, he took advantage of it. Thus this led to his heroic and tragic

The most jaw-dropping discovery of the new season is that Vecna was actually created by Eleven when she was a kid. One—which was the first child, created by Dr. Brenner (played by Matthew Modine), with special abilities makes a friend in Eleven under the guise of a worker in the facility in which Eleven was kept her whole childhood. He tries to help Eleven escape from the lab and in doing so, he gains the trust of Eleven while she is naive and little. In the process, he convinces Eleven to take out the chip in his neck that restricts his powers, allowing him to reveal his true self. He reveals to Eleven that he has powers and is the same as her, however, he starts to use them for bad things and killing off all the other children that are kept in the facility. Eleven disapproves and because of this she tries to stop him, but instead sends him into the Upside Down, transforming him into the powerful and dangerous Vecna.

This new season is filled to the brim with so many different elements that make it enjoyable for a wide range of viewers. Anyone should be able to find something that they enjoy amidst this season of Stranger Things from a sci-fi aspect to a very dramatic cast of characters. It's a show that has diversity and variety and is a 5 out of 5 in my opinion.

New K-pop Club at BVH

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GRAPHIC BY GRACE NA

“I have new friends. I dance a lot more and I feel so happy when I’m dancing. I know that there’s other people like me who enjoy this. The K-pop club makes me happier,” K-pop club co-president and sophomore Mariana Aguirre said.

The Bonita Vista High (BVH) K-pop club brings together students with a similar interest in Korean pop music, or K-pop. This year they intend to put together performances based on K-pop groups’ choreography. The K-pop Club has been in the works for over four months. However, on Friday, Sept. 2 the group held their first meeting in room 902.

“We wanted to bring something different into BVH. We’re really interested in music and dancing, so we wanted to bring [that.]” K-pop club co-president and sophomore Yessica Marquez explained.

Coming from Mt. Miguel High School (MMHS), Aguirre noticed a significant difference between the clubs offered by MMHS and BVH. This along with an interest in K-pop, inspired her to jumpstart the K-pop club.

“When I came to [BVH], there was no pop culture [on campus]. [MMHS] dances are a lot about pop culture and mostly about K-pop, so I was trying to bring some of that over,” Aguirre said.

K-pop club vice president and sophomore Toya Luna (they/them) explains how the club is an opportunity for fans to interact with others, instead of enjoying the culture of K-pop alone. They find that having face to face interactions with other K-pop fans is more enjoyable than how they traditionally connect with other K-pop fans, through social media.

“Fans can come together and just enjoy K-pop together instead of alone in [their] room watching videos. It’s just a healthier outlet for anyone who likes K-pop and doesn’t want to be isolated with their enjoyment of K-pop,” Luna explained.

One of the K-pop club’s goals of the year is to make their club more known to the BVH community. For example, they participated in the club “Food Fair” and sold cake-pops along with photo cards of K-pop idols.

“Oh my god. We were setting up [our booth] and so many people were already there. We sold out fast—we were selling cake pops. We had like 60 of

them and everyone there was so chaotic,” Aguirre exclaimed.

The club made over one hundred dollars from the fundraiser which they intend to use for props, costumes, and renting out venues for dance performances. They also intend to spread word of their club by posting fliers around the school and organizing performances at assemblies. With this anticipated rise in popularity, Luna foresees that the club will face judgment for promoting K-pop.

“Since we’re so new, I haven’t had any direct criticism yet, but I’m expecting it for sure. I know the stigma [against K-pop] is everywhere. I know someone is going to probably be talking about us behind our backs,” Luna said.

Though Luna has not personally observed this, Aguirre has faced judgment about her interest in K-pop even before the club officially began. She explains that those around her were not supportive in her pursuit to start the K-pop club.

“I told one of my friends I wanted to [start the K-pop club] and she thought it was weird. She said that we shouldn’t do it. [She said] we should let the school be and not make something weird because there won’t be people to join us and they’ll make fun of us even more,” Aguirre said.

When faced with criticism, Luna turns to the music to empower themselves. They find that the messages in K-pop songs often mention how to deal with those who dislike the musical genre. Having a community of K-pop fans also helps them overlook the judgment.

“Personally, I just ignore people. There’s a lot of K-pop songs that are like ‘ignore the haters.’ So, listening to that makes it easier,” Luna said. “And having so many fans around us in the K-pop club makes it much easier to deal with any criticism we could receive as K-pop [fans].”

Marquez found the disdainful attitude toward K-pop fans to be a motivator to start the club. She recognized that BVH K-pop fans needed a safe place to freely express their interest in the culture of the music without the disparaging eyes of others. Going forward, Marquez, Aguirre and Luna aim to maintain that quality of the club.

“I know not many people can express that they like a certain type of music, especially K-pop,” Marquez said. “A lot of people make fun of others for it, but I wanted to make a safe space, a community over the music.”



GRAPHIC BY GRACE NA

Peer Counselors plan Health Fair

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Mental and physical pain naturally make a big impact on everyone and their daily lives. The two pains have a neurological pathway; which is harmful towards the mind and the body. At Bonita Vista High (BVH) the Peer Counseling program has taken part in helping with this physical and mental pain by bringing back Health Fair which will occur after spring break in 2023.

“Peer counseling is becoming a big school wide program in which we train students for hours to become peer counselors,” BVH Peer Counselor and senior Miles Tobitt said. “These students lead large support groups and meet with struggling students one-on-one [in order to] help them work through emotions and create a comforting and supportive environment.”

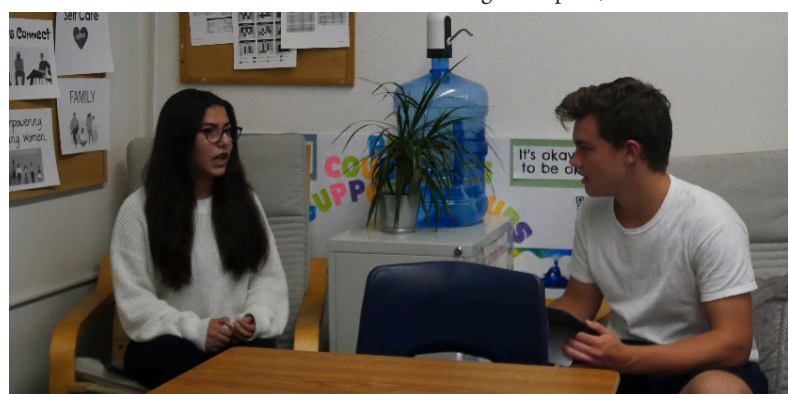
Currently BVH Peer Counselor and junior Aaliyah Victoria and Tobitt are in charge of the preparations for this Health Fair. This event is held to show both students and parents about the importance of properly managing mental and physical pain and in order to help us have a better understanding of healing.

“When we think about Health Fair we have to think about wellness and that includes what we eat, the amount of exercise we get and our social and emotional health,” BVH Principal Roman Del Rosario said.

Over the years, society shifts and people change based on what they’re dealing with and it eventually manifests itself in unhealthy ways. This is why the preparations for Health Fair are beneficial and are important for students at BVH.

“The planning of Health fair will go into effect soon. Preparations for the Health Fair will probably start within this month and we have lots of plans we want to put into action,” Tobitt said.

Tobitt and Victoria recently had a meeting on Sept. 6, with the ASB Ad-



On September 8, a peer counselor meeting held by junior Aaliyah Victoria and senior Miles Tobitt can be seen taking place in room 916. They are preparing for the Health Fair that will be held at Bonita Vista High after spring break. PHOTO BY SARA SALGADO-GARCIA

Speech & Debate kick-off their first tournament of 2022-23 season

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On Sept. 2, the Speech and Debate team held their first tournament on Bonita Vista High (BVH) campus. The students debated against one another on the topic of high-speed rail transportation. This helps the students, especially novices, who have just joined the Speech and Debate team and have no prior experience with debate, get warmed up for the season as they experience getting judged for the first time.

“Sometimes we have other schools come in [for the tournament]. This year we had so many novices that we really just wanted to keep it our school. We have 47 kids that are here right now,” International Baccalaureate English Literature Higher Level 2, Speech and Debate advisor and Newspaper advisor Eric Helle said. “We want them to have a first experience with judges in the room to help them figure out the process of debate.”

During the tournament, each student is partnered up and debates against another pair, which takes place in separate classrooms. On occasion, these students prepare arguments that either support the debate topic or don’t support it. The rounds of the tournament ultimately allow students to test out both their cases during each round and later reflect on what they can improve on.

“They’re going in the 12 rooms that we’re using for the competition, [and] they’re going to come into contact with a teammate that they likely haven’t spoken to,” Helle said. “It’s early in the year and now they’re going to be debating with each other. They’re going to come out talking about that debate and talking about what went well and what they want to improve on.”

After each round, students spend a period of time revising and preparing



Sophomore Vivian Pruitt, sophomore Kirsten Tibi, debate sophomore Daniel Patrick Mcelwain and junior Brianna Magtoto regarding proposed legislature regarding investment in high speed rail which was monitored by Joseph Szakovits. PHOTO BY WILLIAM MAYWOOD

for the next round. During this time, students are able to discuss with their teammates, which helps build relationships amongst students.

“That relaxation part before the next round is really important too,” Helle said. “So not only is it for competition, it’s there for students to bond with their teammates.”

Senior and Speech and Debate President Giselle Geering describes the tournament as a sort of introduction to the debate portion of Speech and Debate for the novices, as well as a way to ensure that all members are on track to being successful in future tournaments.

“The purpose of this tournament is really just to get the students’ feet wet and debate because we don’t expect anyone to debate for the first time and be amazing,” Geering said. “We have this tournament before our first league tournament in order to make sure that everyone is on track to succeed so that the first time they go into a debate tournament isn’t against other schools.”

Geering also describes Speech and Debate as a way to improve social and communicative skills, not only within the tournaments themselves, but also within an individual’s personal life. Speech and Debate has allowed her to gain more confidence, allowing her to

be more transparent and less judgmental when it comes to listening to others’ perspectives.

“I’ve definitely become a more confident person because of Speech and Debate. I’ve learned so much about the world and about myself,” Geering said. “I feel like I’m more open minded to other people’s opinions because I’m exposed to them so much because I have to argue the other side a lot.”

Junior and Speech and Debate Treasurer Tai Cassel Engen shares similar views with Geering, stating that Speech and Debate is a way for him to get involved within his community and to meet new people, especially those from other schools.

“I really love the tournaments [and] I really love the team. It’s really been an environment for me to get to know more people, get involved in high school and get to compete in a lot of debates to put myself out there,” Cassel Engen said. “I think it’s a great opportunity to be able to do that, especially against other schools in our county.”

This tournament also serves as a way for students to be introduced to various political and social topics which may be obscure to them, such as “Resolved: the United States Federal government should increase its investments in high

speed rail.” This helps students broaden their understanding of the world and gives them a sense on how to approach different topics when debating. Junior and Speech and Debate member William Fowler finds learning these topics a very enjoyable part of the class.

“It’s been pretty fun, though it is a lot of work. I think it does ultimately pay off,” Fowler said. “I’ve had a lot of fun at tournaments and just learning about various topics across the world that I wouldn’t have learned about without being a part of Speech and Debate.”

For many students in Speech and Debate, this tournament will help root out problems or things they need to improve on. The tournament will give them first-hand experience with debate and these skills that students learn during their time in Speech and Debate will also translate to other parts of their lives, including college and beyond.

“It’s essentially the work that you put into something that leads to success and that’s a hard lesson to learn sometimes,” Helle said. “So I think that allowing students that mindset, it’s okay to fail as long as you reflect on it—[that] you know what you’ve done and established a measurable [and] achievable goal. That’s the place that we want [Speech and Debate students] to be.”

“Just carry the scientific torch”

Hooke’s club works to keep STEM alive at BVH

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In room 910 at Bonita Vista High (BVH) on Tuesdays, students can be seen putting their heads together in collaboration for the Hooke’s club. The members of Hooke’s club work to show others the importance of science, technology, engineering and mathematics (STEM) for BVH students and younger generations.

Hooke’s Club President and senior Stephanie Ling founded the club on May 25 2022, with a group of her friends who all share interests in STEM. The main objective of creating the club was to promote STEM amongst students at BVH because Ling and her friends felt that the school didn’t focus too much on it.

“I wanted to make sure that students know we provide as many opportunities for them here as well as just bringing STEM to the younger generations,” Ling said.

The club targets a younger audience to expose them to STEM activities so that they can pursue a career revolving around STEM in the future. The members want to motivate the younger generation so that they can have passion for being on campus and be excited to learn new things involved with science.

“But we are hoping our target audience is middle schoolers, as well as elementary school kids, because those are the kids that need to be exposed as much as possible in order to cultivate their passion for going on campus and having a strong support system,” Vice president and senior Vivian Ngyuen said.

Ling talks about how the younger generation does not have as much support with STEM based classes due to those previous classes being dropped in the past. She adds that Hooke’s club is trying to make a change on campus so that STEM is available for everyone, even if those classes are dropped.

“We’re trying to make a positive change on our campus especially with our recent AP [Advanced Placement] STEM classes being dropped. Statistics, biology and physics are all classes that might seem more difficult because people don’t necessarily have the background support, possibly in their previous school [environments],” Ling said.

As of right now, the members of Hooke’s club have made videos for the Bonita Museum where they perform



Hooke’s Club officers (left to right) senior and Treasurer Justin Bonilla, senior and Secretary Dorian Geske-Wilson, senior and Vice President Vivian Ngyuen and senior as well as President Stephanie Ling can be seen having a club meeting. Hooke’s club meeting are primarily to go over how the club can spread science, technology, engineering and mathematics (STEM) across the school. PHOTO BY ANTOINETTE GILBERT

experiments and show exhibits that the museum offers. Not only does this promote STEM to younger people, but it also shows others that STEM can be a fun experience for everyone.

“I wanted to make sure that [students] know that it’s fun to learn these types of things. I want to make sure to promote their curiosity and to make sure that they know there is a place for them to ask questions and learn more things about whatever they’re interested in,” Ling said.

A part of Hooke’s club’s plan is to raise money for STEM-based classes at BVH while still promoting STEM. As of right now, the club is coming up with various ideas to raise money not only for their club but for the school’s science department because it is underfunded.

“We want to help provide money to teachers [so they can] afford equipment to do experiments and carry the scientific torch,” Ngyuen said.

Hooke’s club advisor and math

teacher Christina Hernandez, explains that Hooke’s club started off small but over time it became big. She encourages students to start clubs in high school to become more involved. Hernandez recommends starting a club if you are passionate about a topic.

“I would just say to go for it [starting a club] because you never know [how it will work out]. This club started out very small and in a short amount of time, the club has grown tremendously,” Hernandez said.

Hooke’s club continues to give younger students’ the passion and confidence to move forward with STEM. The club continues to carry on their journey of not only promoting STEM but also spark curiosity among all students. This club provides the proper guidance and support to many people interested in the STEM field.

“All these younger students, they are the future. So I just want to make sure they have a chance to grow when they want to,” Ling said.

“I want to make sure to promote [students] curiosity and to make sure that they know there is a place for them to ask questions

- Hooke’s Club President and senior Stephanie Ling

BVH varsity football kicks off their first home game of the season

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On Sept. 9, Bonita Vista High's (BVH) varsity football team played against Hilltop High School (HHS) on a rainy day at Southwestern college. This match marked the first home game of the season. The outcome of the game leaves everyone in the crowd excited on what will happen next. It left not only Dog Pound, the BVH's student section, but also the crowd ecstatic for what will happen next. Starting the game off, kicker and senior Dante Ugarte kicked it to HHS and BVH began the game on defense. At kickoff, linebacker and senior Bryan Burt suffered an injury. He walked off the field limping on his left leg. BVH played efficient defense keeping

the ball within 20 yards off the initial touchback. HHS proceeds to punt the ball, leaving it a dead ball. Despite the bad play, wide receiver and senior Dante Herrero made a move that led to BVH's first touchdown, with Ugarte making the PAT. The crowd goes wild, as the score changes to 7-0. "Coming into today's game I was locked in. I was focusing on what I had to do and then when the game started I just had to remember my assignments and just perform," wide receiver, defensive back and senior Isaiah Chappell said.

With nine minutes left in the first quarter HHS fumbles on the play and BVH receives it. The crowd's energy is through the roof as BVH is on roll. BVH stops after losing 10 yards and settles for a field goal with HHS making an impressive stop. On the third down, HHS is starting to catch up. They play well on defense, but BVH decides to go in for a pre-kick field goal advanc-

ing Bonita two more points, the score is now 10-0. With little time left in the first quarter, HHS has a penalty offense favoring BVH. As the rest of the quarter goes on, BVH plays great defense, not allowing HHS to score. Offensive and defensive line and senior Samuel Sandoval 76 talks about his mentality coming into the game. "I felt very excited coming off 0 and 2 you know we had to get this [win] any way possible, so I was ready to do whatever I could," Sandoval said.

Going into the second quarter, HHS ties the game by missing the PAT, nonetheless they begin to pick up steam. HHS picks up an offense which helps Bonita. Herero bulldozes through the HHS offense and replaces tackles with impressive runs and offense with defense. HHS manages to score a touchdown making the score 10-6. Offsides is called again by HHS, but starts to pick up the energy once again. Herrero on the field does not let the ball get out of his sight, tackling any opponent that comes his way. Second down, BVH makes some mental lapses with drops and bad routes. With only a minute left in the second quarter, the crowd from BVH starts to get rowdy and begins to boo at the other team. Athletic director and coach Tyler Arciaga shares how he feels on the team's progress.

"I felt really proud of the kids. Coming back after a tough loss coming from the bay area, I felt like they showed a lot of perseverance that they weren't going to quit and that they were going to fight and so it was really good to see that inside of them," Arciaga said.

The second quarter ends in 17-6, as Chappell scores a touchdown. During halftime, Get to The Pointe (GTP) performs a dance routine gaining support from the audience. While Dog Pound sings to the lyrics of the songs, former BVH Principal Roman Del Rosario and ASB advisor Patricia Perez are seen around showing their support to BVH.

Third quarter starts off with HHS putting the ball. Going back and forth with tackles, BVH pushes forward to

their first down and is able to make great passes, making it to the 30 yard line. After a while of inching closer and closer to the end zone, BVH earns another touchdown, with an outcome of 24-6. Supporters of BVH are going crazy, yelling, air horns going off, and celebrating with them. Continuing into the third quarter, Chappell suffers from an injury, limping off of the field. BVH plays aggressive as they are on point with their tackles, preventing HHS from moving further. HHS eventually fumbles the ball, being at the 28 yard line.

"I think it teaches patience you know also team work, leadership, especially as a senior I step up as a leader to show the underclassmen what they have to do," Chappell said. "It's just really working as a team and that's a skill I'm going [to] need for the rest of my life"

In the last quarter, 10 minutes are left, BVH calls for a timeout as HHS gets close to the endzone. A flag is then thrown as there is a false start, making BVH lose five yards. BVH proceeds to push HHS further from their end zone and closer to BVH's zone. But immediately, BVH is given back their five yards back from the referees on the field. Ultimately, BVH is able to pick up the energy to move closer to the endzone, scoring another touchdown. With five minutes left, BVH is at their first down, but soon gets another flag again. Burt gets injured on the field again at the 2:55 mark on the time. After three hours, BVH plays off a win with the score of 24-6. Besides winning games, Mr. Arciaga wants his team to come away with valuable memories of their football career at Bonita.

"I want the kids to come away with great experience and a memorable high school experience to come away with some life lessons they can carry on into adulthood and with that you know the wins will come," Arciaga said. "If they learn things they can use in adulthood, whether its discipline, perseverance, hard work, characteristics that'll help them in the future."



Celebrating their home victory on Friday September 9th at Southwestern's football field. Bonita Vista High's football team cheers for their first win of the season. Pure essence of satisfaction is emitted by the team, Wide Receiver #11 Xavier Bravence lets out a cry of victory heard across the field. PHOTO BY URIEL LOPEZ

Early bird gets the worm

BVH basketball team starts practice at 5:15 a.m.

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The sound of sneakers squeaking against the basketball court, echoing across the gym. The potential basketball players wake up between 4 a.m. to 5 a.m. to get ready for their basketball training, with a full day of classes after practice. This differs from previous years, when the athletes practiced after school. Don Dumas, the boys basketball head coach, thinks the change is a positive change as it has added benefits for the players that extend outside their athletic world and into other aspects of their lives.

"The first few weeks are tough. Once [the] players get used to it, their bodies adjust to being active early. It's a good thing because now that school ends at 3:40 [p.m.], they can go to tutoring, they can help out more at home [and have] time for their homework," boys' basketball Head Coach Don Dumas said.

The initial change was a difficult transition for the potential players because the student athletes have to balance their athletics, academics and personal life while maintaining a good state. Waking up early in the morning also requires responsibility and commitment from everyone on the team.

"The initial change was hard at first because I have to wake up at four in the morning to get everything ready for school and I have to be at practice by 5:15 [a.m.]. But after you do it for

so many times, you get used to it. It becomes a second nature to have it and get the work in," potential player and junior Diego Figueroa said.

The change was primarily caused not by the change of block schedule, but by the gym availability. The team gathered and decided to train earlier, rather than wait for another sports team like volleyball to finish their training, which would have kept the athletes on campus late. This would result in wasting time the students could use for schoolwork, extracurriculars and personal responsibilities.

"It's really hard to practice in the afternoon because all the spots are filled up. The only spot available was in the morning and we took it because we have to get [to] work earlier and it's better for everybody," Figueroa said.

Besides that it is important for the team to get as much practice in the offseason, and with the later start time there was more time available in the gym than any time slot in the afternoon, so the team decided to take the one before school as it was the best option.

"Because our offseason is very important to us. With there being less gym time available after school because school gets out later, that opened it up a little bit in the morning. So we decided to start practicing then," Dumas said.

The change in the schedule not only helps the potential players with managing their schoolwork, but also with their play on the court. Practicing at an earlier time allowed them to practice



On Sept. 9 varsity boys basketball practices in the Bonita Vista High gymnasium before zero period. Towards the end of practice the team is running interteam scrimmages. PHOTO BY EIFFEL SUNGA

more or work on physical conditioning during the afternoons.

"[The morning practice] gives me more time during the day and after school to finish my schoolwork and maybe get another workout in. I feel like if we practice in the morning before school, we already got our workout in," Figueroa said.

Additionally, managing time for both practice and school is crucial for the potential players. As many high school students can attest, completing schoolwork takes a long time. While athletes in sports like football and tennis go home after practice, these potential players head to their class and thus have a responsibility to get enough sleep to perform athletically and academically but also wake up early enough to go to practice.

"I had to go to bed earlier and do work earlier than I would at night. I didn't like waking up in the morning but as you get used to it, it's actually a

lot better," potential player and sophomore Aaron Owens said.

While the schedule of the practice has changed, the intensity of the practice has remained the same to ensure the potential players are in peak condition for when the season starts. According to Figueroa, the athletes warm up, run through plays they practice before which they then use in-game, and stretch afterwards.

"We really focus on executing the plays because they correlate directly to the game," Figueroa said.

The basketball team looks to improve their results from last year going 8-20 overall in wins and losses. They hope that their dedication and hard work will take them to a successful season and that they make some noise.

"We got big things coming. We're gonna shock everybody because everybody thinks Bonita is this, Bonita is that. Nah, we're coming as underdogs," Figueroa said.

Chappell.

Also, speaking on the weaknesses of the game, the team stressed the importance of shoring up some of the weaknesses as the season goes on. In particular the mental side of the game is what could improve.

"This week [the team is] really hoping to improve on the defense. We can't give up 38 points like we did, [we need to] fix the mental mistakes on offense and overall play a good game with as little mistakes as possible," Chapelle added.

After the game Mr. Arciaga spoke about the importance of learning from this difficult defeat and using it as a way to improve week to week. After a defeat he spoke to the importance of focusing on the next thing.

"But how do you react when things don't go the way that you want? [The] true test of being a really good teammate is, can you weather the storm and pick up your teammates when things are down?" said Arciaga.

BVH girls' volleyball serves their way into victory

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As the crowd gets louder and louder, fans feel the bleachers shaking from side to side. Loud screams and barking from Dog Pound, the school's new spirit club, and all students sitting in the student section can be heard from the parking lot outside. The opposing teams' fans chanting and booing at the other teams' fans as sweat drips down from each player as they make sure not to blink so they can see where the ball goes next.

Ultimately on Aug 23, Bonita Vista High's (BVH) girls' varsity volleyball played against University City High (UCH). A home game at the BVH gym, where BVH students wore cowboy gear to show their school spirit. The Lady Barons, who won each set, successfully left with a score of 3-0.

To start off the game, the first point was scored by UCH. Then BVH scored their



On Aug. 23, in the Bonita Vista High gym, outside hitter and freshman Lea Letuli serves the ball over to the opposing team, University City. BVH is in the lead during the second round. PHOTO BY JECHAENNA VELAZCO

first point, and set the tone for the rest of the game. After a while of points going back and forth, BVH got a lead of 13-8 in the first set, prompting the opposing team to call a timeout and recollect. UCH had made a comeback and scored 10 points, tying up the first set 24-24, making it a close call by scoring and almost winning. BVH ended up winning the first set 26-24 with Setter, Hitter and senior Jaiden Mojica (3) scoring the last point.

"We started with some pre-game hype. We had music playing and did our cheer [to prepare] before the game. [It is a] thing we do every time," Mojica said.

New players, new era

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On a warm and humid Thursday, Bonita Vista High (BVH) girls' varsity tennis team warms up as they prepare to play against Olympian High School (OHS) on Sept. 9. Although girls' tennis is in its early states, this game shows the progress made since the beginning of the season. Girls' tennis coach Joe Sheffield was impressed at the results of the game.

"I have a lot of new girls [that] never played before, but they're learning fast. At first, I wasn't very comfortable [of] how we were going to play. But the more they're improving, the more it's giving light at the end of the tunnel," Sheffield said.

Over the past few weeks, Sheffield tried to practice new techniques for the team to improve their performance and consistency, as most of the members are relatively new. The techniques are suited around the team's strengths in order to put themselves in the best position possible to win points and have successful games and tournaments.

"Coach really wants to go to a California Interscholastic Federation (CIF) tournament for doubles," doubles player and sophomore Jamie Cheikka said. "We practice with everyone to play each position [and] we do [different] hitting drills to practice our hits."

The new players have not played tennis as a team for a long time. Therefore, with the doubles tournament such as the CIF, the new practices and drills allow members to understand on the team and learn more of how their opponents play.

"There are a lot of new girls and they're learning a lot, especially myself. I feel like this game could be a close one. I don't know if we're gonna win or lose," Cheikka said.

Other technique to develop the team involves individual performances. Each person who is proficient in a skill set, practices and sets their game around their proficiency in one area for example, surveying or volleying. The team puts effort into individual's strategies for every match, as well as balancing the team based on strengths and weaknesses of each player.

"Coach mainly likes working with

BVH was the first team to score in the second set, giving them a lead of 6-2. After a long battle, Opposite Hitter and senior Alina Inzunza (1) strikes the ball down towards the opposing team scoring a point, causing the crowd to go wild. UCH ends up making a timeout at 14-10 to regather due to this play. Another long round goes and UCH catches up to BVH at 24-22.

During the next play, the ball hits the roof on the opposing team's side, helping them recover and scoring 24-23. The crowd becomes angry and starts yelling in frustration at them for catching up. Then BVH pulls it off in the second set with a score of 25-23.

"I was worried just a little bit [after the opposing team had caught up], but I knew in the end we were able to pull it together and we would end up winning the second set," Mojica said.

Going into the last and final set, BVH started with a lead of 10-14. The crowd got louder and louder, motivating the team to a lead of 19-11. Outside Hitter and freshman, Leah Letuli (2) helped make plays and perfect sets for her teammates.

"It feels great. It definitely has been a



The game ended 3-0, marking the Bonita Vista High girls' varsity volleyball team's first win of the 2022-23 season. The team huddles up and celebrates their success as the crowds roar. PHOTO BY JECHAENNA VELAZCO

scary but fun process. I was struggling at the start but I can't wait to see how much I improve," Letuli said.

The clock was ticking and BVH was only a few hits away from winning their first game. The crowd screams and chants to motivate their team, keeping the spirit high. Outside hitter and senior, Maria Coronado (11), closed the last set, winning the third and final set, 25-11.

"Great job to the girls, and huge thanks to the crowd. I am happy with their performance tonight and the idea is to get better each time we touch the court," varsity volleyball coach Ahmad Rice said.

BVH varsity football's rocky start to the season

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On Aug. 19, a cold and brisk Friday night, Bonita Vista High's (BVH) varsity football team played their first game of the season at Morse High School (MHS). BVH played a difficult season opener with a lopsided loss of 38-0 to MHS.

Head Football Coach and Athletics Director Tyler Arciaga shared how he wanted players to play the best they could during the game. In turn, he encouraged a positive mentality and stressed the importance of working towards one goal.

"I addressed the team about this;

which guys play hard every play? When the chips are down and you have a team that's just beating you, what do you do?" Arciaga said. "I think that will be a big take away, an eye opener and that's why we film [the game to study and improve on]"

While the score ended up lopsided, there were some noticeable improvement in the defense as the game went on. To respond to their opponents offense they changed their defensive scheme.

"Around the first and second quarter, we played a lot of zone coverage which wasn't working because they [MHS] were running underneath us. So we played man to man, pressed the coverage [and] we changed the defensive scheme a lot," Cornerback and senior Daniel Kabongo

Although the varsity football season found itself on an unexpected start, Arciaga hopes this early bi-week comes as a fresh start to the season. He also believes the game served as a valuable

learning experience for the team. Arciaga mentions that the game will ultimately help players with mental fortitude as they continue throughout the season.

"Everybody in our own program—myself, our coaches, all the players—can do a better job of preparing for our next opponent. We have bi-week [one week in the season where the team doesn't play a game] and then we go and play in San Francisco at Sequoia High School. That'll be a good test for us to see if we can rebound and get back on track," Arciaga said.

Unfortunately the team suffered some injuries in the game but regardless the team has a game to play and must continue the fight.

"It's always sad to see a teammate go down. But, we always have to play hard regardless of who we lose. We [have to] get the best man up next and play through that. [We] just come together as a team to overcome them," said Slot Receiver, Cornerback and senior Isaiah

claimed.

Photo of the month



On Sept. 8 varsity boys' basketball practices off season in the Bonita Vista High gymnasium. A player throws from the free throw line after a foul play. PHOTO BY EIFFEL SUNGA

Stick! Golf loses, but aims to be in CIF

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On Sep. 8, Bonita Vista High (BVH) girls' varsity golf lost against Academy of Our Lady of Peace (OLP) at the Chula Vista golf course. The match focuses on the two teams striving to get the ball in the hole in the fewest amount of swings. BVH girls' varsity golf captain and sophomore Victoria Takaki and freshman Leilani Mena take on OLP juniors Ava Kuhn and Sienna Duggan. It was a close match with BVH losing by 257 to OLP's 237.

Starting off the first hole, OLP tees off first and ends with Mena. This hole goes by fast as it does not take the players long to get the ball into the hole. Mena starts off with a birdie at par four taking one stroke to score, while OLP's player Duggan tags behind her with four strokes. Takiki and Kuhn end the hole in a bogey.

"Before we started playing I felt more confident than I have ever been since I'm on my home course, so I felt confident enough," said Mena.

In hole two, Mena and Kuhn both take eighth strokes in a par four and Takiki ends with a bogey. Coming into hole three, Mena finishes with four strokes making it a par on a par four. As Kuhn tries to recover from getting her ball out of the rough, she ends in nine strokes.

"Golf teaches you patience and perseverance and just dedication because golf is not an easy sport," Takiki said. The tension increases as Takaki,

Duggan and Mena all score a par on par three in hole four. The BVH duo plays two strokes to stick their ball into the hole. Halfway through the game at hole five, Takiki scores another bogey on a par five. Mena tries to get her ball out of the rough, making it challenging for her in this round. Once the ball is out of the rough, it takes her five tedious hits to get her ball into the green, but finished the course with three strokes, 11 strokes in total.

"We go for week to week improvement. If it's [the improvement is] by 1 stroke, I'm happy as an individual. If our team scores by one stroke, I'm happy as long as we are improving week to week," Coach Tony Valdez said.

In hole six, par four, Kuhn, Takaki and Mena finish in a par, Duggan closing it with a bogey.

Hole seven par five, the BVH players and Duhn are able to get a par—both BVH players exceed using one stroke to get the ball into the hole. In par four, hole eight goes by smoothly as all players besides Duhn—who got a par—scoring a bogey. Takiki shares her outlook on the team and her current thoughts on the state of them.

"Everyone's been

working pretty hard. We actually beat last year's record, so that's

amazing and we've only played a few games. I know we are going to do better," Takaki said.

To end the game, in a par three, hole nine, Takaki and Duhn score a par and Mena and Kuhn score a triple bogey. BVH ended the game with an overall score of 257 and OLP with 237. Although BVH is defeated, Valdez holds optimism for California Interscholastic Federation (CIF), an end of the year game played with different schools in the Sweetwater Union High School District.

"This is our 5th match out of 16. [BVH has] 3 quarters of the season left to play and I wanna qualify at least 2 people for CIF. Last year we had 0, so hopefully I can double that this year," Valdez said.



Freshman Leilani Mena swings and aims to the put while going against Academy of Our Lady of Peace. Leilani is part of the first pair of golfers in the match. PHOTO BY STEPHANIE LOMELI

The effect of the change to block schedule on BVH athletes

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Bonita Vista High (BVH) has undergone numerous physical transformations over the past few years. The obvious changes include a new track and field stadium and new projector screens in every classroom. Other changes are invisible, such as the new block schedule. Some sports greatly benefit from this new schedule, giving them ample time to do other tasks. Other sports are having difficulties adapting to this new schedule.

While their reason for moving practices to the morning was not solely driven by the new schedule, the Bonita Vista High boys' basketball team greatly benefits from their new schedule. The team has access to the gym before school, they are able to have efficient practices and are able to finish practice earlier. Basketball coach Don Dumas notes this efficiency.

"They [the Basketball Offseason Team] weren't going to get up at 5 am to do homework. But getting up at 5am to play basketball is something they are more likely to do so I think it just gives them more time to do things other than sports," Dumas said.

The early practice also allows the team to practice throughout the off-season without having to worry about other sports using the court. The new block schedule pushed the school start time later to 8:30 which gives sports teams more time to practice before school.

"Volleyball and girls' basketball want to practice in the evening. We usually want to be consistent with our practices so [practicing before school is] the only way we can during the off-season," said sophomore and potential basketball player Aaron Owens.

Likewise, other teams that use the gym for practice such as volleyball, are not concerned with the change in schedule and its effect on their practices. As they have lights and have the ability to control the temperature in the gym, they only need the space to practice. This gives the volleyball team

an advantage in choosing when to hold practice.

"We practiced relatively late last year which worked considering we prac-

ticed in an enclosed space, not like the football team. We weren't really concerned with the sun being out as it wasn't really a disadvantage. So I don't



The football team gets ready to practice after school. The athletes fill up their water jugs to make sure they stay cool in the heat. PHOTO BY WILLIAM MAYWOOD

BVH sports teams persevere through intense heat wave

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From Aug. 29 to Sept. 9, Bonita Vista High (BVH) has endured the historic recent heat wave that impacted the West Coast, with temperatures reaching the high 90's and high humidity these past few weeks. Although the heat appeared to pose some risk to the health of student-athletes, they continued to hold practices and play games.

Most fall sports at BVH endured the heat during their games and practices in the previous weeks with little to no change. Football players continued to maintain the same intensity in their practices, tennis practices continued with more water breaks as well as cross country enduring the same amount of running.

"Coach [Aricaga] had a set time for practices so we had to try and fit everything in. Practice didn't get shorter, it didn't get longer; it was the same," varsity football running back and senior Bryan Burt said.

While the football team maintained the same intensity in practice, they also took precautions to ensure the health and safety of the players. Particularly in a sport as draining and physical as football is, they moved some practice dates to ensure optimal conditions when practicing and avoiding extreme heat. They also attempted to maintain hydration with the football members.

"Our team managers hand out water and make sure to fill the jugs right and have water available for the players. As well as moving some practices, we changed the time. Some days we practiced before school in the morning

from 6 a.m. to 8:30 a.m., some in the later evening from 6:30 p.m. to 9 p.m.," varsity football linebacker and senior Alex Iniguez said.

Another team that was also playing during the heatwave was the girls' tennis team, led by coach Joe Sheffield. Similarly to the football team, they made sure to get the same practice and performance as they usually would, except with similar precautions.

"Their performances haven't really changed. As long as we have plenty of water and they rest several times. I reminded them everyday especially, on a hot day. They're good at [preparing for heat], the majority of my players are multisports so this is like nothing new to them," Joe Sheffield said.

In contrast, Olympian High School (OHS) girls' tennis team took the intensity of their practice down a notch, given the temperature of the past week. Their practices had relatively simple drills and exercises along with a less intense practice and game prep compared to BVH.

"This week has been hot like last week. We have done more volleys because I didn't want them [OHS girls tennis team] to get too tired for the match. Yesterday, we did some volleys to focus on technique and not get tired for today," OHS girls' varsity tennis coach Diego Lainez said.

OHS implemented a shorter game for tennis using no-advantages, which in tennis after a single game within a set, each player has 3 points to win the game. This differs from the usual, where to win a game, a team has to either win 10 out of the 18 or more sets, if there is a 9 set to 9 set tie the total number of games of which there are 6 per set is declared the winner. However, without advantages, it's simply whoever wins the next point takes the game. As a result, no-advantages significantly shorten the games as much as they can.



On Sep. 12, before embarking on their daily routine, Bonita Vista High's cross country team takes a water break to hydrate after a warm-up. Other teams like football and tennis take precautions against the excessive heat but as usual, practices continue. PHOTO BY WILLIAM MAYWOOD

"Right now, we are playing no-ads with the heat. I personally prefer no-ads during the league, we play with ads in the finals in CIF. It's better for me and the [team] to hear two and a half hours instead of four," Lainez said.

In the end, player safety is the most important aspect in athletics, especially in high school athletics. With that in mind, BVH's athletics these past two weeks displayed very impressive commitments to their teams as they all practiced and played through the difficult conditions. Going the extra mile is tough but in the tough times it is the team spirit and camaraderie that pushes one to the finish line.

"Everyone is so welcoming, it's a great feeling to join a team. This team brings the idea of family and working together and helping each other get through the challenges," Cross Country member and senior Eduardo Angel said.

Welcome to San Francisco!

BVH's Football team travels to San Francisco for game experience

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On Wednesday August 31, Bonita Vista High's (BVH) Varsity football team hopped on the team bus and headed to the golden city of San Francisco. The trip lasted a few days and was planned around their game against Sequoia High School (SHS) on Friday Sept. 2.

The game started off with BVH making a touchdown in the first quarter, leading 7-0. The second quarter started off strong: SHS made their first touchdown and tied the game 7-7. Both teams continued to fight hard coming into the second half; neither team scored in the third quarter. However, the fourth quarter came around and unfortunately for the Barons, SHS scored during the last few minutes and ended the game 14-7.

"We fought pretty hard but we lost towards the end by a touchdown that the other team made in the fourth quarter," BVH senior and Varsity cornerback David Kabongo said.

To prepare for the game, the football team did their normal practice routine and worked throughout the beginning week. It was explained by players and BVH Head football coach Tyler Arciaga that they all pushed each other and

watched film from SHS' first season games to strategize.

"Our team was practicing hard the whole week just making sure we left it all out on the field every chance we got. We just wanted to push one another to make sure we could be satisfied with the best possible outcome for the team," BVH senior and Varsity running back/outside linebacker Bryan Burt said.

Traveling to a different city approximately seven hours away requires prior planning and scheduling for a bus, a hotel, food expenses and leisurely plac-

Besides the game itself, the football team explored different places around San Francisco including Alcatraz and the Golden Gate Bridge. They also watched the Stanford vs Colgate college football game and much more. Through these adventures, the team was able to do some team bonding and get closer to each other.

"During the trip we went to a lot of places so we could get to know each other a little better. We went to Alcatraz which was my and some of my teammates' favorite place that we visited," Kabongo said.

Despite the trip being an expensive process and requiring a lot of effort in preparing for it, Arciaga explains that there is a big benefit to having the players travel with each other. The players got to experience what it is like going against a team that they aren't familiar with from a non-local place.

"Having the ability to play in a different city creates a cultural awareness—being able to work with other people and everything else.

Solely, the trip is to give the players an experience other than just playing local football games," Arciaga said.

Regardless of the team's loss, Burt explains how he wants to use this experience playing different teams to grow and improve based on BVH's earlier mistakes.

"Although it was a fun trip, we need to push each other harder. I want to pass the limits expected of us to make sure we come back and become a better team," Burt said.



Bonita Vista High's varsity football team prepares to board the bus to reach their destination—San Francisco. The team will play against Sequoia High School. PHOTO PROVIDED BY @bvhs_baronsfootball

es to travel in their free time. Arciaga explains how this process was and how he was able to coordinate the trip for the team.

"When you try to plan events and food for 65 people, there is a lot of planning to make sure that things are accommodated," Arciaga said. "It includes how you eat, travel, how you go on to Alcatraz, how you go to Stanford football games, etc. I think the whole trip had to be tightly coordinated in order for it to run as smoothly as it did."