

April 3, 2020

## Hello Again!



### Thoughts on Spring Sports

By: Giulianna Garcia

Unfortunately, many of our athletes have had to sacrifice their sport's seasons as a result of the Covid-19 outbreak. Boys' Volleyball, Track and Field, Golf, Baseball, and Softball are all waiting on the state of California to tell them whether or not their seasons will continue or just be canceled all-together. We decided to interview some of Paraclete's athletes who have been affected by these unforeseen circumstances to gauge how they are feeling about the postponement of their season. Senior Varsity runners Shane Fernando and Ariel Wilson as well as Senior discus thrower Trinity Hill were interviewed in regards to track and field. Senior Varsity player Sharon Sanders and Junior Samuel Green were interviewed about Golf. Senior Varsity players Madelyn Cruz and Amber Kersanty were interviewed for Softball. Senior Varsity player Andrew Dusablon and Junior Varsity player Trevor Shepherd were interviewed for baseball. Finally, Senior Varsity Players Parker Barnes and David Ewart were interviewed for Boys' Volleyball.

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### Track and Field

Shane Fernando: "I'm saddened at the possibility of not being able to finish out my final track season. I feel horrible for those who will never have the opportunity to engage in competitive sports again. But I am still extremely optimistic that the season will just be reduced and I will have the opportunity to compete and to leave it all on the track!"

Trinity Hill: "I am sad that I can't play my senior year of Track and Field. I have no control over this situation, but now I have more time to work on myself and get stronger before college. I've been working out and getting reps in."

Ariel Wilson: "Track was just starting, and we as a team were just getting to know each other and become friends. As we came to a stop in our season, not being able to practice as a team became pretty sad. I'm just trying to stay hopeful because this is nearly all of the seniors' final year running track and enjoying their time with the team and wonderful coaches."

### Golf

Sharon Sanders: "It's so sad that I won't be able to play golf this season. I've been waiting so many months to get back on the course and play and also bond with my teammates."

Samuel Green: "I feel very disappointed with the current circumstances because of all the hard work my teammates and I were putting in and it was ripped away from us. This season was already turning out to be one of our best seasons yet and possibly a CIF season, either way we are not going to let this affect us and the hard work we are going to continue to put in."

### Softball

Madelyn Cruz: "It's definitely unfortunate that our season got cut short, but I'm glad that my team got to spend at least the beginning together! It was a fun start and I think this is a good time for players to focus on other things and pursue other interests! We will get through it together."

Amber Kersanty: "I'm pretty sad about it because this was my last high school season and it's basically over now. I was really looking forward to my senior night because it was always such a nice thing to be a part of in the past years."

### Baseball

Andrew Dusablon: "It really sucks but there's nothing we can do about it. We just have to keep working and hoping that we can take the field with the boys one last time. For prep we're just throwing and staying in shape."

Trevor Shepherd: "I know that CIF is postponing our season to keep people safe, and I'm totally for that. However, I wish they could find a way for us to play, even if it meant playing in empty stadiums in front of no fans or something in that sense. I'm pretty sure I speak for all of us when I say we just want to do what we love."

### Volleyball

Parker Barnes: "It sucks you know, my senior season just gone like that. I can't do anything about it but just hope they let us play during summer."

David Ewart: "I feel disappointed about spring sports being canceled, especially because we had only played one game in our league. I'm not too upset though, we're technically the undefeated champions now."

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## AP Test Student Concerns

By: Michael Garcia

Most students, regardless of if they are taking an AP test this May, have heard of the recent and drastic changes to the AP tests done in lieu of the COVID-19 outbreak. Although the changes are different depending on which exam you are taking, the universal change enacted upon all of them is that they are now formatted to be taken online. They also cut the duration of these tests by a significant amount; most of the tests are only 45 minutes long! When compared to the tests of the past which have been almost 3 and a half hours long, many students have been talking about these changes. A common theme which appeared when I spoke with a variety of AP students is concern; most students do not think a 45 minute online test can effectively gauge their knowledge on the subject at hand. A great deal of them believe that a smaller test means smaller room for simple errors that almost all students are bound to make. The College Board insists that these changes will be approved in the same way as the old tests by colleges across the nation. Most teachers agree that students should continue to study as they were before these changes were put into place.

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## Staying Happy and Healthy

By: Giuliana Garcia

Most of us probably want to stay in pajamas all day and lounge around the house during this quarantine. While this can be relaxing for some, it can make others feel as if they are wasting the day. There are so many ways to feel productive during this interesting time for those of us that would rather stick to a nice schedule.



An example of a schedule that I have been trying to follow includes: Wake up, go to my first class, get a snack, go to my second class, eat lunch, go to my last class, get up and walk around for a bit, do an exercise circuit, relax, do a chore or two, shower, eat dinner, do homework, watch Netflix or FaceTime with friends, sleep. While this is a rough example, it's a simple way for me to feel productive and less lethargic during the day.

Exercising and eating healthy are also fun and easy ways to feel more productive and happy. Exercise routines have recently become incredibly popular all over social media in an attempt to keep people motivated in achieving their fitness goals despite gym closures. I know I've been attempting small workout circuits, alternating each so I'm not solely focusing on one muscle group. I have also been trying different healthy recipes since they help me feel good inside and out. The image to the left is actually a healthier version of Fettuccine Alfredo from Food Network's 50 Most-Popular Healthy Recipes! Link:

<https://www.foodnetwork.com/healthy/packages/healthy-every-week/healthy-mains/foodnetwork-most-saved-healthy-recipes>.

Overall. Staying healthy, productive, and happy can mean different routines for different people, but hopefully in sharing my ideas, I have inspired you to try something new!

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## Little Women (2019)

By: Rachel Guzzetti



Source: Fort Worth Weekly

The 2019 historical period drama *Little Women*, directed by Greta Gerwig, based on the book of the same title, is about the life of four sisters in the years after the Civil War. It was nominated for six academy awards and won for Best Costume Design. It also won Critics' Choice Movie Award for Best Adapted Screenplay, National Society of Film Critics Award for Best Supporting Actress, New York Film Critics Circle Award for Best Supporting Actress, BAFTA Award for Best Costume Design, AACTA International Award for Best Actress, and National Society of Film Critics Award for Best Director. The film stars Saoirse Ronan, Emma Watson, Florence Pugh, Eliza Scanlen, Laura Dern, Timothée Chalamet, Tracy Letts, Bob Odenkirk, James Norton, Louis Garrel, Chris Cooper, and Meryl Streep.

### CAUTION - SPOILERS TO COME

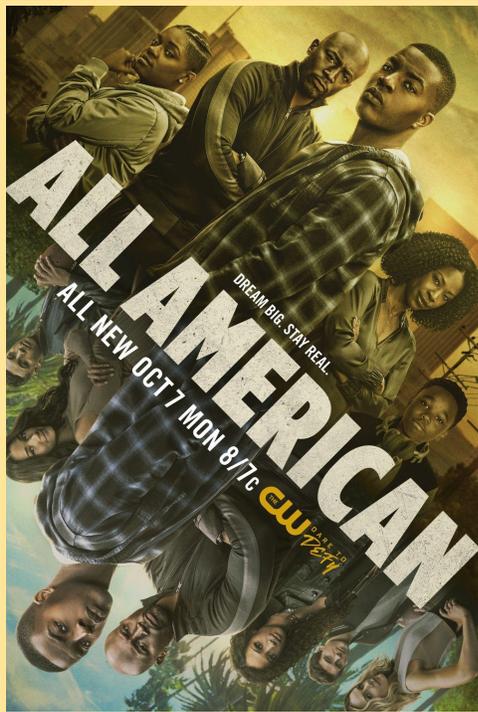
It was a beautiful movie and the general structure of it kept the pacing fast and the story interesting. During the holiday scenes, I really felt the heart in the movie and the tonal shift was so apparent. The narration throughout the movie structured the plot around the book and the sisters and was helpful for the audience's understanding and generally captivating. Switching between past and present tenses, the movie casts a special kind of light on the adaption of the sisters and each of their trades. Despite the many pluses, I have only one criticism, of which the film addresses and passes quickly and that is of the main character Jo ending up with a man. The entire plot she talks of not needing one and the quick change to her excitement of a relationship felt really out of character; however, because the characters address this inconsistency, the film can be forgiven, I guess. Through the chemistry and love of all the sisters, the audiences connect with the quiet film and feel immersed in the love. The actors truthfully show the love and strength of sisterhood, and despite its time period, translate these themes well into the modern world. Their connection over their sister Beth's befalling of illness is heartwarming and just the right amount of sad. The morning of Beth's death, juxtaposed with the scene of what Jo really truly wants, hurts even more because of the aforementioned scene. Overall, it is a wonderfully quiet movie, which often turns off the more masculine crowd. It is not an action packed film. But I would urge all to watch it, because anyone can learn something about love, family, and passions despite backgrounds or gender.

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## All American

By: Carly Hooten

*All American* is a rising television show on Netflix that has many fans captivated in the life of Spencer James, a rising football player who transfers to Beverly High School from the rough neighborhood of South Crenshaw. Convinced by his mom and best friend Coop, he takes the opportunity of a lifetime. to save himself and save his community. James wants to give back to his community so he takes a chance even though it comes with rough transitions into a new team and a new home in Beverly Hills.



This show captivates its teenage audience by focusing on real life situations that many teenagers can relate to including hazing, struggling with relationships, and popularity. In addition, *All American* brings out more serious issues like gang violence and drug abuse, but in a way that is not dramatized by Hollywood. As a whole, the show speaks many truths which is the reason why it's #3 on the Netflix watchlist. The authenticity of the show connects with all groups of people, sports fans or not.

Many Paraclete students have watched the show and have expressed their great love for the show's demonstration of the struggles of high school and life. Parker Barnes, varsity volleyball player and lead drama performer, stated that he has recently binged watched the show due to the recent quarantine. Barnes stated that he loves "the authenticity of the show and how it's based on a true story." He also expressed that "*All American* [brings up] real current events in the show including the death of rapper Nipsey Hussle in 2019." Emily Fricke, Vice President of Key Club, loves how "it's not all drama, *All American* is real." Ivan Hernandez,

varsity soccer player at Paraclete, expressed how he likes the plot because "it's relatable as an athlete and always keeps you wanting to know what will happen next."

*All American* is a show that is real and keeps the audience on their toes. It's a show that presents real world situations and is highly recommended by many Paraclete students. So, If you're looking for something new, be sure to watch *All American* on Netflix.

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## Quarantine Cuts

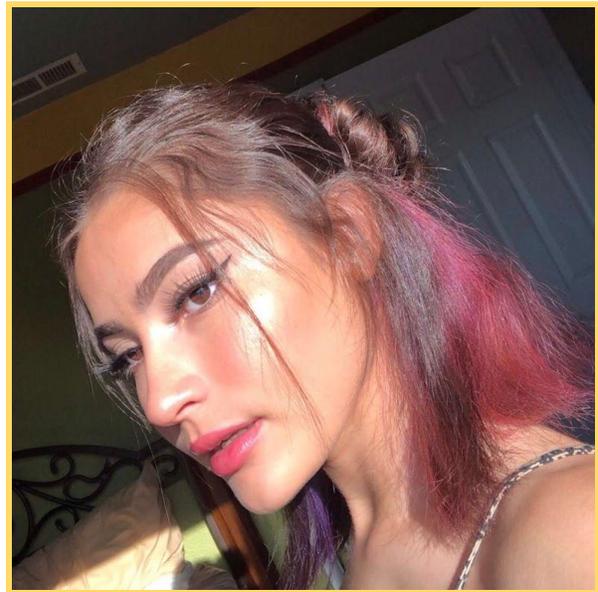
By: Maria Tagarino

It seems that due to being stuck in the house people found another way to entertain themselves. Recently, many have been changing their hair and trying different styles. Perhaps one reason we are all doing this is because if we don't like the hair we try, no one has to see it for a while. The change is a fun activity to keep away from boredom or even use as a coping mechanism.

Many boys have been shaving off their longer hair into buzz cuts. Since they are unable to go to barbers and hairstylists any time soon, some are forced to grow it out. However, during this time some have also been learning to cut and trim their own hair; they may also resort to having a family member or friend cut it for them. Many girls have been cutting their own bangs as well.

Dyeing hair can be done with a cheap box of hair dye that you can buy in any color, the cheapest costing about \$3. In my personal experience, dyeing my hair was lots of fun, especially with someone at 3 in the morning. Because I forgot to buy bleach for my dark brown hair, the color didn't show up very well, but the process was still very entertaining.

While changing your look is pretty exciting and fun in the process, hair color and style are also prominent ways to show a person's style and personality.



Sophomore Landon Reisinger with a new buzz cut.

Sophomore Kendra Peck with colored hair that she dyed herself.

## Quarantine's Effect on Friendships

By: Kiiana Hilario

Being in quarantine has brought many changes to our lives, but the most impactful change is social distancing from our friends. Social distancing is the reduction of human social interaction in an effort to prevent the spread of infectious diseases. Separation from the people who make school memorable has had its effects on us, especially since physical interaction is different from online. Even though we can't see our friends at school anymore, it doesn't mean that we should hang out with them just because we miss them. The probability of spreading or catching Coronavirus is high, and you may not even know if you have it until it is too late. It isn't worth the risk, and it isn't rebellious or funny, because there are people that are actually being put in danger because of not following the social distancing orders. Although it is difficult not seeing the people we love on a regular basis right now, there are many alternatives to staying in touch with them. Luckily we have technology like Facetime that we can use to check up on our friends.

Many Paraclete students have found creative ways to keep in touch with their friends without seeing them in person. For example, Leo Garcia and his friends have found a safe alternative to watching movies together without actually gathering at the movie theater or at someone's house. They used a video call and shared a screen to watch a movie together. Leo says, "I love my friends to death so it is really hard not to be with them most of the time. Watching the movie just felt like normal. Even if one person wasn't paying attention or didn't like the movie, it just felt like a genuine hangout with my favorite group of people."

Other students have even gone the extra mile to show their love for their friends. Aleni Rogers and her mom went around the Antelope Valley chalk bombing their friends' houses, writing sweet surprise messages on their driveways to let their friends know the Rogers were thinking of them. When asked about her friends, Aleni says, "I miss my friends so much! It's so hard to have gone from seeing them every single day and hanging out every weekend to not knowing when I'll see them in person especially because this was supposed to be our last chance at making memories."

Ultimately, this quarantine has made us more appreciative of our friends, helping us realize the little blessings in life. When asked if quarantine has had an effect on his friendships, sophomore Nick Barrios said, "Currently I feel more distant from my friends. But I know as soon as we get back to school we will get closer because we will appreciate the time we spend together more." We don't always take into account how blessed we are to see our friends every day, whether it's eating with them during lunch or even just saying hello to them during passing period. This quarantine has definitely taken its toll on us with social distancing, but in the end it's all worth it if it means that we're flattening the curve, one less social gathering at a time.



The Rogers leave a sweet simple message for the Gamboas! Sophomores Carlos Morales, Maria Tagarino, Nick Barrios, and Kiiana Hilario FaceTime to catch up with each other “face-to-face.”



Leo and his friends watch *Booksmart* together on Zoom.

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## Why You Should Go Outside

By: Samantha Hottya

Do you have cabin fever? Take a break and go outside! There are plenty of things you can do outside, and it has many benefits. If you've been stuck inside your house then you most likely need to go get some vitamin D. Some of the benefits of going outside in the sun are lowered blood pressure, improved sleep, improved brain function, and enhancing your immune system. Other health benefits of going outside in general are improved vision, stress relief, improved concentration, and a boost to mental health. You can enjoy a bike ride, play with siblings, workout, go on a hike or a run, or even just sit outside. If you go on a 30 minute walk everyday, it can improve your digestion, mood, and creativity. It also strengthens your heart, boosts your energy, and helps with the reduction of health risks. Just remember to practice social distancing.

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## Recipes to Make During Quarantine

By: Hannah Vento

During quarantine you might be looking for something easy to make for a snack, or maybe a treat for a sibling or parent, or maybe you're just bored and want something to do. Whatever the case I've got a couple easy recipes to make at home.



First recipe: oreo cake in a mug. First fill a mug with about 6 oreos and add  $\frac{1}{3}$  cup of milk or heavy cream, crush the oreos to make a mixture. Put the mug with the mixture in the microwave for about 2:30 to 3 minutes. Once finished add whatever topping you like; I prefer whipped cream and chocolate sauce.

Second recipe: edible cookie dough. Get a mixing bowl, put  $\frac{1}{3}$  cup of melted butter, add  $\frac{1}{3}$  cup of brown sugar, 3 tablespoons of white sugar, and mix together. To the mixture add 1 teaspoon of vanilla extract, a pinch of salt, and a tablespoon of milk. Mix together, put  $\frac{3}{4}$  cup of flour in a separate bowl, and put in the oven heat to 350 for 5 minutes to get rid of bacteria. Once done

mix into the cookie mixture. Add chocolate chips and you've got yourself edible chocolate chip cookie dough.

For the third and final recipe: fluffy coffee (also known as dalgona coffee). Put 2 tablespoons of instant coffee in a bowl with 2 tablespoons of sugar, and 2 tablespoons of hot water. Whisk this until it looks creamy, add ice cubes to a separate cup and fill the cup about  $\frac{3}{4}$  with milk. Add as many scoops of the creamy coffee in the cup as you like, and that's it. You can mix the creamy coffee with the milk to make a full glass of creamy coffee. Enjoy these 3 recipes; I hope they quarantine is a little less boring.

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## Movies, Shows, and Music

By: Kimberly Rodríguez

Are you bored in the house? Don't have anything to do? Here are some recommendations of music and movies to watch that are new and trending.

### Netflix Shows:

*All American*  
*On my Block*  
*Gentefied*  
*Tiger King*  
*Love is Blind*  
*Ozark*  
*I Am Not Ok With This*  
*Elite*  
*Raising Dion*  
*Self Made*

### Disney Shows:

*Wizards of Waverly Place*  
*Shake It Up*  
*The Simpsons*  
*Marvel Runaways*  
*The Suite Life of Zack and Cody*  
*That's So Raven*  
*Diary of a Future President*  
*High School Musical: The Musical*  
*Hannah Montana*  
*The Proud Family*  
*Avatar*

### Artists:

Bad Bunny  
Ozuna  
Tyler the Creator  
Megan Thee Stallion  
Drake

### Netflix Movies:

*The Platform*  
*Bethany Hamilton Unstoppable*  
*All the Bright Places*  
*Uncorked*  
*Roma*  
*Spenser Confidential*  
*The Decline*  
*Miracle in Cell NO.7*  
*Badland*  
*Blood Father*

### Disney + Movies:

*Frozen II*  
*Avengers Endgame*  
*The Lion King*  
*StarGirl*  
*Dumbo*  
*COCO*  
*A Wrinkle In Time*  
*Free SOLO*  
*The Finest Hours*

Ariana Grande  
The Weeknd  
Harry Styles  
Labrinth  
Roddy Ricch

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## Billie Eilish

By: Erika Aceves



In 2016, 14 year old Billie Eilish uploaded her first song, “Ocean Eyes” to Soundcloud. She had only intended for one person to listen to it: her dance teacher. When she woke up the next day, the song had gone viral on the streaming platform. The teen who had recorded a song for fun in her bedroom had suddenly signed with Darkroom and Interscope Records. In spring of 2017, her song “Bored” was featured in the first season of *13 Reasons Why* on Netflix. Pop artists signed to a major label usually work with teams of songwriters and producers. Billie Eilish instead co-writes and produces with her 21 year old brother, Finneas, who was homeschooled with his sister throughout childhood. They think their brother and sister connection helps their music stand out. Her music is known for being different and something new; part of her appeal is that she speaks to the common anxieties of people from all over.