

# COMING TO A CITY NEAR YOU



the newspaper of Cactus  
Shadows High School in  
Scottsdale, Arizona

Grace Carey  
news editor

**AS THE CORONAVIRUS**, which originated in Wuhan, China, spreads across the world, concerns about illness and possible death are causing concern. The virus comes in many forms, and in most cases it is not life threatening. It can be as mild as the common cold, however, sometimes, it is deadly.

"It's really scary because there's been a case at ASU, and that's not all that far from us," said Samantha O'Connor, a junior.

The initial spread of the disease occurred in late December. Since then, thousands have been infected and hundreds have died, according to the New York Times. In addition, there are more and more cases popping up everyday. This is partially due to the 14-day incubation period.

The virus may be spread before the carrier even knows they have it. Therefore, they could unwittingly spread it to hundreds of individuals.

"The fact that it takes so long to show up is the worst part of it, because what if somebody had it and went to a party and gave it to the people there? Then those people would spread it, too. That's probably why there was a case at ASU," said Sydney Schmidt, a junior

in Sports Medicine.

When someone is infected with this particular strain of the coronavirus, they are immediately quarantined for a minimum of 14 days. This order came from the federal government, the first mandatory one in 50 years.

"The reason for the mandate is definitely because of the severity of the virus, but it really puts it into perspective that it hasn't happened in 50 years, not even for Ebola," said Schmidt.

Overall, the United States has had 11 confirmed cases: six in California, one in Arizona, one in Washington, two in Illinois, and one in Massachusetts, as of February 2, 2020, according to NBC News.

"Coronavirus spreads so quickly that it's probably extremely difficult to control, but I think they're doing everything in their power to keep us all safe, well I hope they are at least," said O'Connor.

At the beginning of the outbreak in China, a scientist by the name of Li Wenliang mentioned that patients from his local hospital had been diagnosed with SARS symptoms, which mirror coronavirus. In 2003, similar symptoms surfaced, and hundreds of people died, according to Fox News.

When Li Wenliang reported the potential coronavirus case to authorities, the Wuhan

police accused him of rumor-mongering. In the following weeks, the police pursued legal action against those accused of spreading false rumors, causing a state of panic in the region.

With the 11 confirmed cases in the U.S., hospitals urge civilians to follow increased health practices, especially after being in a large concentration of people.

"We are in the middle of flu season, so just the standard of washing your hands, thoroughly for at least 20 seconds, not touching your mouth or your eyes with unclean hands, these are just really good practices for any of these types of respiratory viruses, which is what coronavirus is," said Jerry Gonzalez, officer of Media Relations at Arizona State University.

As the virus continues to spread, almost every region in China has been affected, and, up until recently, the government tried to suppress the issue from the public. Since

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the CSPress  
February 14, 2020  
Volume 11, Number 5

**SHOOTING FOR STATE**  
Boys Varsity Basketball  
continues winning into the  
playoffs.  
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**DANCING IT OUT**  
Students of all levels choreograph  
and perform their own dances in  
the Student Choreography show.  
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# Drama Club hosts 24 Hour Theatre

Mikki Warriner  
staff writer

**EVERY OTHER YEAR**, Drama Club holds a 24 Hour Theater event, where student writers, actors, directors and stagehands stay the night in the Fine Arts Center and create shows from scratch to perform the next day.

"The kids wanted to try it one year and they had a good time, so we started doing it every other year," said Andrew Cupo, the Drama Club advisor.

Each year, Drama Club does either the 24 Hour Theatre or a haunted house. The students switch between the two events to encourage creativity for club members.

"To audition, you just bring in one prop and base your audition off of that," said Melanie Matzen, a junior in Drama Club, "You can't really do anything to prepare yourself besides bring a prop."

There are several different playwrights resulting in five different plays. The playwrights tend to get no sleep during the 24 Hour Theatre, while the actors get around five hours.

"I did it last year and it's pretty hard to memorize lines after you have stayed up all night," said Ryan Christman, a junior in Drama Club.

Students during this event start to get delirious because they are getting little to no sleep. Cupo watches the students to make sure they are eating and drinking water throughout the process.

"I watched the show last year instead of participating and it was really funny because everyone was exhausted and it was just chaotic," said Matzen.

The biggest issue students have when performing in the show is tiredness and

**MAKING THEM LAUGH.** Vanessa Bush and Maya King, juniors, perform in a comedy. Harrison Lowe, a freshman, wrote the story in six hours.  
© Logan McDade



having a short period of time to memorize lines.

"The only thing that I'm worried about is memorizing lines because we don't have a lot of time to and we also don't have a lot of rest in us," said Christman.

The playwrights tend to start writing at about 9:30 p.m. after auditions. They then finish writing the scripts overnight while the actors sleep. In the morning, the actors get their scripts and start memorizing and rehearsing for their play that will go on that night.

"The props they bring help the playwrights come up with ideas for their plays

so they don't have to come up with it all by themselves," said Cupo.

The writers will find a prop that inspires them and use it to create the whole storyline. Writers and directors must cohesively agree on things about their show, which can create tension.

"The writers and directors do bicker about certain things but since it is the writers play, they usually over power them," said Matzen.

Even though the process of the 24 hour theatre can be stressful and tiring for the students, they still enjoy it and have a good time performing.

## Cleaning up the campus one bin at a time

As the campus struggles with student littering, Environmental Club takes a stand

Sharon Goez  
staff writer

**ENVIRONMENTAL CLUB**, LED by science teacher Danae Sprouse, dedicates their time to promoting awareness about environmental concerns that affect student lives on campus.

"We're trying to improve the environment of our school," said Sprouse

Through the first semester, they worked on getting recycling throughout the school. This is complicated because the campus is actually in Scottsdale, not Cave Creek, and there have been challenges in the past to find a company who will pick up the recycling. Many companies will charge a fee, and there is no money in the budget to cover additional expenses.

Aside from working on recycling bins, the club is planning additional events to raise awareness about environmental concerns.

"We plan to do a Cherry On Top fundraiser," said Maddie Dodd, a member of the club. "Also, the advisor, Mrs. Sprouse, is applying for a grant for so the club can raise money for recycling bins all over campus."

The main focus they've had is recycling papers in classrooms and how they can get recycling bins to classrooms.

"We've started with recycling papers in classrooms, and mainly working on putting recycling boxes in certain classrooms. Every Friday, they'll pick up the papers in the boxes and gather it all in the recycling bin in the back of our classroom," said Sprouse.

The club has also been trying to bring awareness to students about what they do, since they only started back up a year ago.

"Eventually, we'll get recycling bins in the lunch areas so they can recycle bottles and cans. It's about man power, you need

a lot of people in order to take those recyclables and get them out to the recycling bin," said Sprouse.

Another project they are working on is a water story, which is an oral history for individuals who are interested in preservation of water. The goal is that the final project will be posted on the website of the Smithsonian museum.

"We've noticed the problem with people trashing the lunch area every day after lunch, so we've been taking videos and pictures. And we'll be making a presentation to inform the students of how they can take responsibility and be stewards of their own environments. Hopefully, we as a group will start a movement through this presentation on the announcements," said Sprouse.

Environmental Club is working on bringing awareness to the campus and bettering our planet in the future.

## Trump acquitted

Paul Wernes  
staff writer

On Wednesday, December 18, President Donald Trump was impeached and on February 5, he was acquitted by the Senate. Trump is just the fourth president in history to go through an impeachment, which is the process by which a legislative body levels charges against a government official. Prior to Trump's impeachment, only two presidents were impeached - Andrew Johnson and Bill Clinton - although Richard Nixon went through an impeachment process but resigned prior to being impeached.

The reason why Trump was on trial to be impeached is because he was accused of abusing his powers and obstruction of Congress.

In order for Trump to be removed from office, the Senate must vote him out. Since there are more Republicans in the Senate, the percentage of it happening was lower—in fact, only one Republican senator, Mitt Romney, voted to impeach the President.

"I think that the process of the impeachment is unfair because there are more Republicans than Democrats, which can play a huge role in the outcome of the decision," said Ryan Berger, a freshman.

On Tuesday, February 4, the media erupted after Trump's State of the Union speech, when Trump refused to shake House Speaker Nancy Pelosi's hand, and she then tore a copy of his speech in half.

"In my opinion, this is a big deal because nothing like that has been seen before. It is very disrespectful towards our president. I did not expect anything to happen like this because Donald Trump is our current president," said Taylor Lundquist, a junior.

The entire impeachment process was historic. Impeaching a president is a serious event, and the nation continues to be divided on whether or not Trump should have been impeached.

Democrats fell far short of the two-thirds majority required to remove Trump from office. The senators voted 52 to 48 to acquit him on the abuse-of-power allegation and 53 to 47 to clear him of obstruction.

"The impeachment trial was an important part of Trump's presidency. I think that if Trump was removed from office, that our country would be fine because he would only be gone for a short amount of time since the election is soon," said Jocelyn Raught, a Spanish teacher.

Shortly after the acquittal votes, Trump tweeted that he would deliver a statement Thursday on "our Country's victory on the Impeachment Hoax!"

He also tweeted a clip featuring a mock magazine cover with signs showing him staying in office far beyond the two terms permitted under the Constitution.

“  
The impeachment trial was an important part of Trump's presidency.

Jocelyn Raught  
a spanish teacher



Gianna Lazzaro  
staff writer

Students from all levels of dance classes took to the stage to perform original pieces in the annual Student Choreography Show, which ran February 6 and 7 at the Fine Arts Center.

Choreographing is the art of making dance sequences. All levels of dance do a choreography unit in Elissa Ericson and Haley Vago's classes. In this unit, they learn about formal techniques behind choreography, what it takes to put a dance together in a way that flows and makes sense.

Students are required to make up their own dances, set to music of their choice. Some of these dances make it into the yearly show.

While the dancers have complete creative control over their routines, the concept for the dance and the music must be approved. Music, costumes, and stage lighting are all aspects the students have to put into play.

Since the majority of the dances were group pieces, the dancers had to be able to include everyone's perspective.

"I think a lot of people have different visions for what they want a dance to look like, and being able to compromise with what other people wanted could be difficult," said Arielle Nelson, a sophomore dancer.

Coming up with a routine that incorporates the creativity of each person is just a part of the choreographic process, it builds a strong team player which is a necessity in the real world.

"Concepts range from topics like falling in love, to more serious things like school shootings," said Elissa Ericson, a dance teacher of 14 years.

Advanced and Company dancers are required to audition, but Intermediates have the choice whether they want to or not. Company and Advanced dancers have experience, whereas Intermediates are newer to the dance scene.

Dance has aesthetic value, as well as symbolic value, it is typically used to tell a story, portray a feeling, or even simply for pleasure.

"Our dance symbolizes the struggles of OCD, we started choreographing it before

winter break," said Eliya Rogoff, a sophomore.

The performers have roughly a month and a half to arrange and master their performances. Choreographing can be a long process in itself, it takes creativity and lots of thought to put a story into physical movement. The choreographers work with each other to create a sequence of moves that flow together.

"We use formats in our routine to help get a message across, our dance follows ABCA format," said Rogoff.

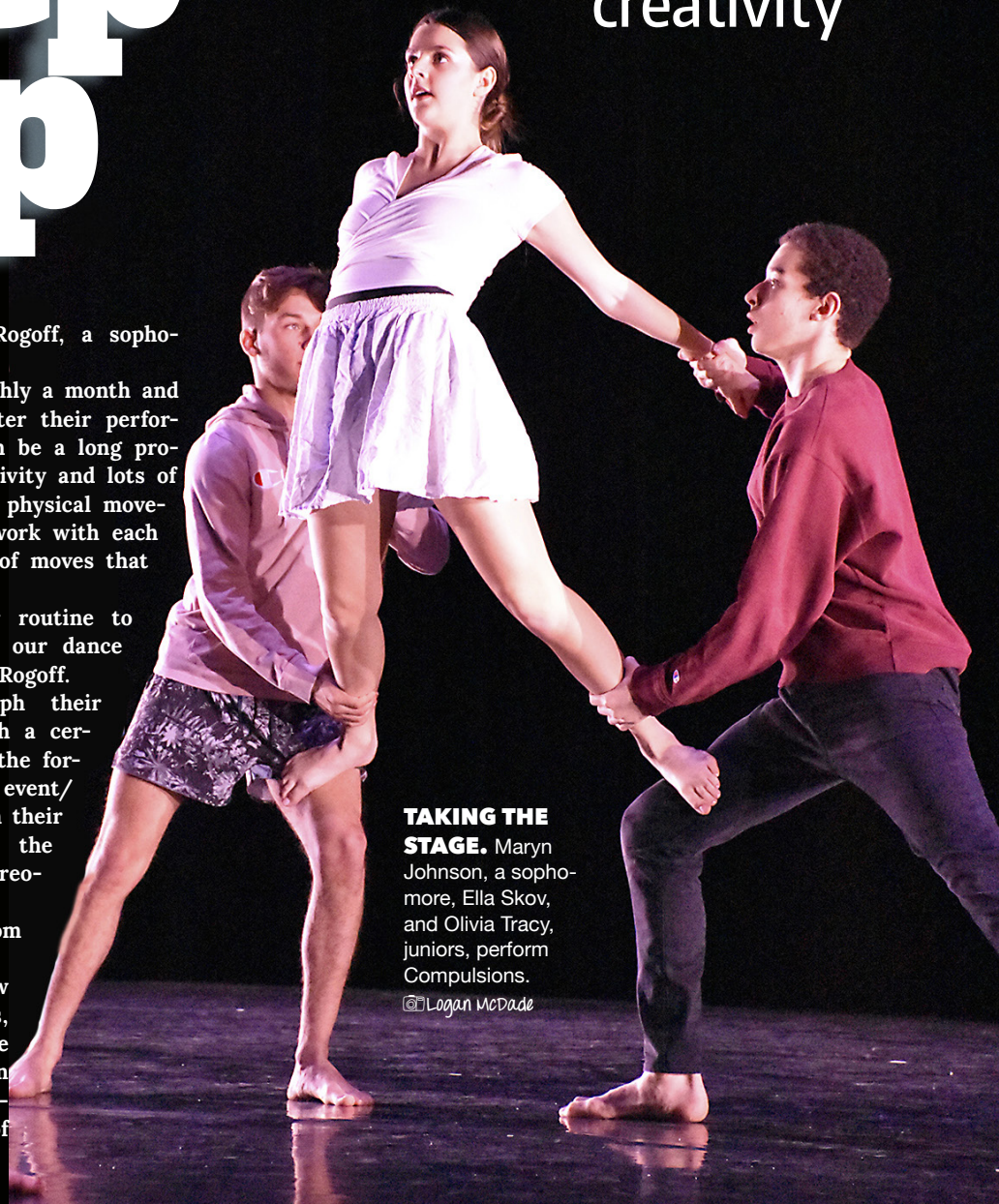
The students choreograph their numbers in accordance with a certain format. Each letter of the format stands for a certain event/idea they want to portray in their routine, it also organizes the story and makes the choreographic process easier.

"This is all derived from student work," said Ericson.

Every aspect of the show is fabricated by students, from the uniforms to the stage lights. The production allows the dancers to showcase the finished product of their hard work.

# a step up

## Dance show spotlights student creativity



**TAKING THE STAGE.** Maryn Johnson, a sophomore, Ella Skov, and Olivia Tracy, juniors, perform Compulsions.  
@LoganMcDade

## Counselors to require Education and Career Plan for half-day

Hayley Smith  
staff writer

**ECAP IS A** requirement for all high schools, however, not all high schools will restrict an early release if it is not completed.

"The no half day consequence was introduced a couple years ago because we had many students choosing not to finish their ECAP on time. We have about 1900 students and only five counselors, so the consequence was a good way to manage the students who didn't complete their ECAP on time," said Corrie Klinefelter, a guidance counselor on campus.

The Education and Career Plan

has been in place for students for several years. Throughout their years of high school, students are given a number of required tasks to complete prior to graduation.

TCCI Naviance is the website that the school goes through for students to complete ECAP tasks.

"I did some surveys about career choices, a worksheet about colleges, and my four-year plan for my classes in high school," said Keeli Putnam, a senior.

Tasks for ECAP are spread out throughout each student's high school career. These tasks are given in the students' English class. Typically, a school counselor will spend a class period or

two assisting students with their work, to ensure that everyone is up to date.

"We know that it benefits students, especially if they're doing when the task is assigned. For instance, our four year plan is a freshman task, so it's very helpful for students if they do it freshman year," said Klinefelter.

This is not only a requirement at Cactus Shadows, but a graduation requirement in the state of Arizona. In order to motivate students to complete their ECAP, the staff decided to take away a students' senior half-day if their ECAP is not completed.

"ECAP stands for Education and

Career Plan and it was designed by the state to help students plan for after high school," said Klinefelter.

While the policy does encourage the completion of the program, it has created some backlash from students. However, they understand that in the end it is beneficial to them.

"If there was no punishment for incomplete ECAP, then students wouldn't get it done," said Kayla Witzig, a junior.

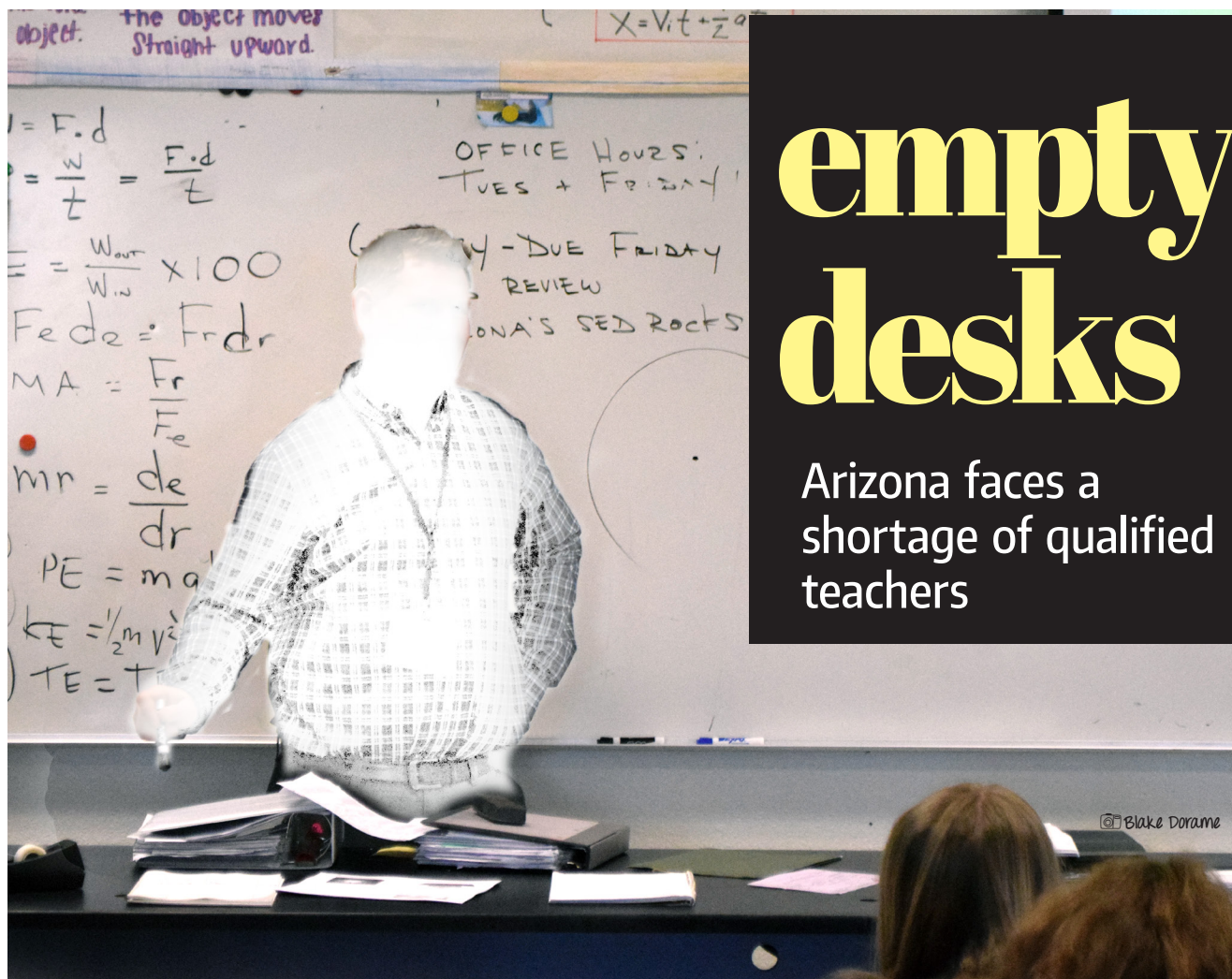
As the year is coming to an end, students who neglected to complete tasks throughout their first three years are scrambling to finish in time, so they are able to have a half day schedule.

“

We know that it benefits students, especially if they're doing when the task is assigned. For instance, our four year plan is a freshman task, so it's very helpful for students if they do it freshman year."

Corrie Klinefelter  
counselor





Colin Mesenbrink  
staff writer

**T**HE TEACHER SHORTAGE in Arizona continues to worsen, with nearly one in four classrooms in Arizona without a permanent teacher, and almost sixty percent of classrooms without a qualified teacher. Hoping to keep new teachers from leaving at the end - or middle - of the year, the District hired an instructional coach, Tony Loewer, to support the new teachers.

Some of the main reasons teachers quit early in the year is because they do not have the proper feedback or basic needs in order to teach. Many of them can get easily stressed from not having the basic materials to instruct the entire class. Administration needed somebody to fill those needs and provide support to younger teachers.

### 600 quit

"600 teachers quit teaching at the beginning of the school year, state-wide. We want to create as much stability in the classrooms as possible, giving young teachers as much support as possible," said James Swetter, the principal.

An instructional coach is able to spend time with new teachers, providing support and help with the many issues that come up. According to the Instructional Coaches national website, "Instructional coaches partner with teachers to help them improve teaching and learning so students are more successful. To do this, ICs collaborate with teachers to get a clear picture of current reality, identify goals, pick teaching strategies to meet the goals, monitor progress, and problem solve until the goals are met."

"My job is to help relieve some of the issues that the teachers are experiencing and try to make teaching a better experience so that they find the job more rewarding and they want to be part of it," said Loewer.

Around 21 percent of teaching job open-

ings remain unfulfilled this year, and about half of the vacant jobs are filled with teachers who do not meet the state's teaching requirements. Arizona is currently ranked 45th in education across the nation. Losing teachers, or having unqualified teachers in the classroom, has a ripple effect on student success.

### Big classes

"The classes are bigger, so it makes the class more distracting so I don't learn as much as I used to," said Violet Sibold, a junior.

Students have a harder time focusing on retaining information when teachers are constantly being replaced and adapting to the new teacher's way of teaching. In many cases, students have to be re-taught topics, due to them not being properly taught by the previous teacher.

"When teachers leave, students grades tend to go down because it is hard to adapt to a new teacher," said James Ruberg, a junior.

### Weary and stressed

Younger teachers tend to get tired or stressed early in the first years because they are figuring out successful ways of teaching. Most of the time, teachers do not see that teaching is worth the salaries they are being paid. This happens especially in Arizona because of the annual salary they earn, causing many young teachers to pursue other careers just after a few months.

"One of the things I've always noticed is that there is not necessarily the support. I talked to staff members and they say there's a lot of young teachers who get burned out quickly. Teaching the first year was probably the most tired I've been in my life," said Swetter.

Loewer's main goal is to alleviate the stress that younger teachers experience. Stress can be easily caused by the simple things that teachers do not have, like extra paper or desks. Loewer will go get these materials and do the simple tasks for teachers, in effort to make more young teachers stick around.

“One of the things I’ve always noticed is that there is not necessarily the support. I talked to staff members and they say there’s a lot of young teachers who get burned out quickly. Teaching the first year was probably the most tired I’ve been in my life.”

James Swetter  
principal.

## Virus threatens

continued from Virus on page 1

media, internet, and civil societies, to try and limit the “rumors,” according to the New York Times.

In Arizona, the only region that has been affected by the virus is Maricopa County, and, while there has only been one case, it still looms in people's minds.

“It's something we all have in the back of our minds, but we have no documented cases in this area, however, there has been one in Arizona. It's hard to diagnose, because from an X-Ray it would present like pneumonia, if at all and if that person went to see their doctor face-to-face, it could present like the flu. The CDC is working on a test for this specific type of coronavirus. Out of the seven types, only three have proven to be transferable to humans,” said John Carey, a doctor at Summit Healthcare.

The virus spreads in a liquid form, making it possible to be transferred from a simple hand shake.

## Spanish Honors Society offers tutoring opportunities

Kolton O'Connor  
staff writer

Spanish Honors Society is a club on campus for students who excel in their Spanish class, and want to have the opportunity to use the language while contributing to the community.

“Most of the activities we do involve tutoring kids who need help or doing other volunteer work,” said Billy Mullenmeister, the senior president of the club.

Many of the kids in this club come from the Spanish immersion program and have known each other for most of their lives. Students must be a sophomore, have a 3.5 GPA, and have passed Spanish 5/6.

The main service the club provides is tutoring for kids struggling with Spanish, or kids who need a little extra help. Honors Society students are required to tutor students for a certain number of hours each year.

“There are a lot of kids from the Spanish Immersion Program, but not all of them, because you need a certain GPA,” said Hannah Dicksion, a senior member of the club.

Club members are also required to have a certain number of community service hours every year. The club sets up a group activity every year and, for the remaining hours, they choose from various activities. For example, last year they did a Feed My Starving Children activity.

“It was just an opportunity to get the students together and give students an opportunity for scholarships and to be part of a national organization,” said Jocelyn Raught, advisor.

The Spanish Honors Society was founded in 1953 and is a national organization with the purpose of promoting Spanish in the United States.







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The opinions and views expressed do not necessarily represent the views of the administration, the adviser, or all CSPress staff members.

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# Celebrities need to step up

The Editorial: As We See It

**I**N THE WAKE of the recent wildfires in Australia, many celebrities took to social media to show their support for those affected by the fires. Most notably, Kylie Jenner and Kim Kardashian tweeted out their own thoughts of support; however, they were met with major backlash—as fans claimed they should be doing more to help the situation. There is absolutely nothing wrong with someone who wants to voice their support, especially when they are a celebrity who has a large following, but they should then do something about it after telling others to do the same.

**When a celebrity posts about a cause and asks their fans to donate, they should be one of the first to do it.**

It is very hypocritical of a rich celebrity to publicly tell fans to donate money to a cause but not actually donate the money themselves. In the case of Kylie Jenner, many people pointed out the hypocrisy of the situation. She tweeted out her support of the wild animals being affected by the fires (claiming she wants to save the animals), but then the next day, she was posting about her new, non-faux, fur slippers. She should not be obligated to donate to every single disaster, but there is definitely a problem with her telling her fans to donate (without donating herself) and then promoting the exact opposite of what she said the day before. Kylie Jenner is just one of many examples of this hypocrisy in the world of celebrities.

Celebrities should be the first ones to donate, especially since they are the ones with all the money. Many fans have no problem pointing out the irony of the situation when a celebrity pretends to care by sending out a tweet in honor of the wild-fires but does not actually donate money or use their platform.

There are celebrities and professional athletes who not only donate, but have started their own charities—and good for them, but there are also many famous people who do it for the image. Certain celebrities, such as the Kardashians, have been known to make their charity work very public because it makes them seem like a good person. It has to do more with helping their public image instead of helping for a good cause. The Kardashians, like many other celebrities who are just as guilty, have plenty of money. Instead of telling their followers to donate money, they should actually donate the money themselves. The issue is that the celebrities who do donate or do charity work make it very public. People in the public eye care more about their image and reputation than they do about actually helping people.

Overall, celebrities should not be required or feel obligated to donate money every time a disaster happens. It is unrealistic to think every single famous person would donate to every single charity. However, when they send out a GoFundMe link, they should be the first ones to donate. Since they have stature, they need to lead by example. In times of crisis, celebrities should use their platform and large following in a positive way that helps the community and creates change, instead of using that platform to promote their new makeup line.

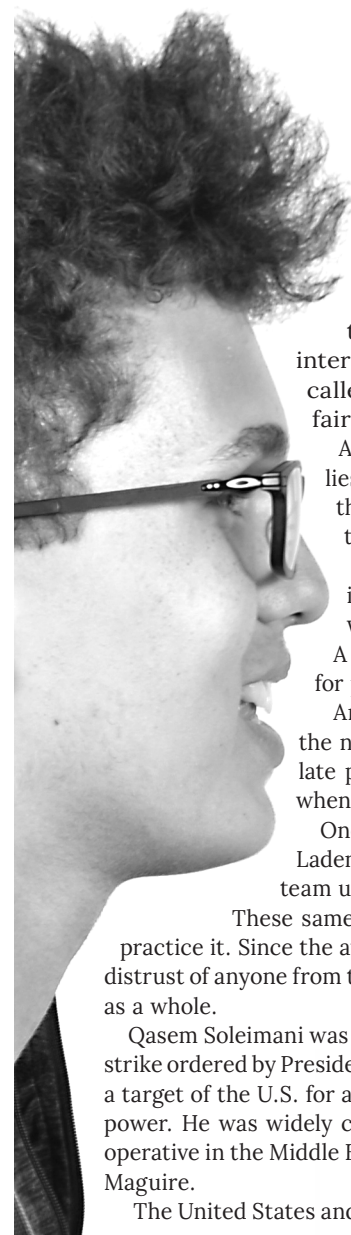
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# Is assassinating leaders ever the right thing to do?



**Ryan Bartholomew**

# YES

A drone strike ordered and carried out by the U.S. was exactly what the conflict needed to escalate even further. While still not what many are calling "World War III," the threat of a full war with Iran is imminent.

In the case of Soleimani, I can not see a reason why he absolutely needed to die, although leaving him alive was probably a bad idea in the long term.

It is a very fine line to walk, taking someone else's life. Of course, the one that everyone will bring up would be Adolf Hitler. I feel confident in saying that no one, on either side of this argument, would enjoy keeping him alive, albeit his death was not by assassination.

It is very much a situational tactic, and in this case, it worked. Soleimani was, for all intents and purposes, a bad guy. The decision to kill him was made with the correct intentions, it is more that it was ordered by President Trump than anything else.

When it comes down to it, yes, assassination like this has a place. While it certainly needs to be monitored and kept in control, political power moves like this are fine given the right circumstance.

**AS FAR AS** political strategies go, assassination is not exactly unheard of. Typically, however, these political power moves happen inside the borders of a country, usually it is more of a domestic affair. With the recent events regarding Qasem Soleimani, the moral implications of one sovereign power interfering with the politics of another are being called into question once again, and it does seem fair in this case.

Assassination is a practice that dates back to the earliest governments and tribes of the world. It involves the killing of an opponent or political rival in an effort to gain power or influence.

This practice became much more common moving forward in time, becoming especially prevalent with the Cold War and moving into the present day. A likely explanation for this is the increasing ability for people to both justify and finance such killings.

An example of such acts carried out by the U.S. were the numerous attempts to assassinate Fidel Castro, the late prime minister of Cuba, back in the Cold War era when the fear of communism was at an all-time high.

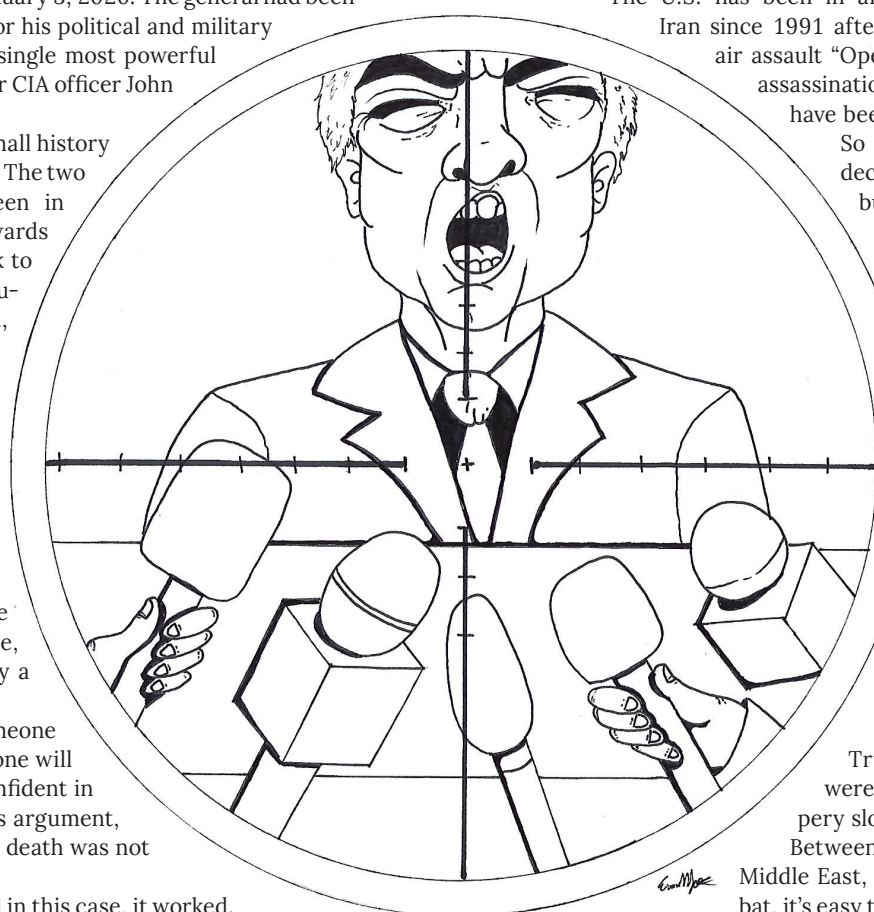
One of the more recent examples was Osama Bin-Laden, who was killed in 2011 by a United States SEAL team under Operation Neptune Spear.

These same fears now exist with Islam and the Muslims who practice it. Since the attacks on 9/11 in 2001, anti-Muslim feelings, even distrust of anyone from the Middle East, have perpetrated the United States as a whole.

Qasem Soleimani was an Iranian Major General who was killed in a drone strike ordered by President Trump on January 3, 2020. The general had been a target of the U.S. for a while, mainly for his political and military power. He was widely considered "the single most powerful operative in the Middle East," said former CIA officer John Maguire.

The United States and Iran have no small history of fighting either. The two nations have been in conflict for upwards of 40 years, back to the Iranian revolution against the Shah, essentially a monarch.

A drone strike



**Evan Myers**

**THE U.S. IS** no stranger to assassinating leaders of foreign countries that abuse their power, from Osama bin Laden, the Nuremberg Trials, to most recently, the assassination of Qasem Soleimani in Iran. The moral impact, number of soldier casualties, and the possibility of war breaking out are swirling around the White House once again.

According to the UN Charter, article 24, assassination during peacetime is against international law. Even though the U.S. military has a presence in Iran and other Middle East countries, we were not officially at war with them, and have only declared war in Iraq. However, our government also has not drafted an official Declaration of War against Iran, leading many to say that the assassination of General Qasem Soleimani is President Trump's way of declaring war.

Despite that, the assassination of leaders or political figures who choose their wellbeing at innocent people's price is definitely the particular type of person that assassination is carved out for. People tend to bring up Adolf Hitler as a prime example of the right person to assassinate. Based on the fact that Hitler killed roughly over six million people, it is understandable to have a man who started mass genocides be killed before he can do any more damage.

Taking everything into consideration, the drone strike on January 3, on Iranian General Qasem Soleimani and seven other military officers is definitely in the thin grey area of right and wrong.

The U.S. has been in an undeclared war with Iran since 1991 after the launch of the U.S. led air assault "Operation Desert Storm." Yet, the assassination of their Major General could have been the breaking point of war.

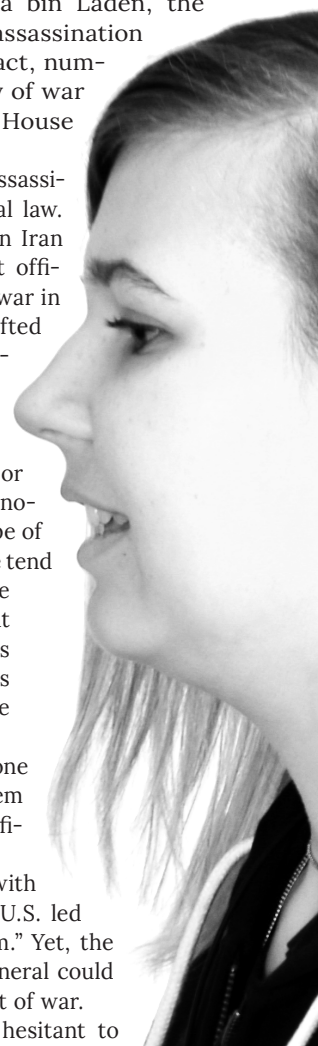
So far, Iran has been hesitant to declare war against the U.S., but they did retaliate. After Soleimani's death, Iran proceeded to launch missiles at U.S. bases and shoot down a Ukrainian plane which resulted in all the passengers dying. But, since then, it seems that the country has gone quiet.

World War III could have been a possible outcome of this assassination had Iran not decided to back down. With tensions already at an all-time high between the two countries, it is hard to see the line between right and wrong in President Trump's decision to kill Soleimani.

Even though the intentions of President Trump, and other members of his cabinet, were for the wellbeing of the U.S., it is still a slippery slope.

Between repetitive attacks on U.S. embassies in the Middle East, to thousands of soldier casualties in combat, it's easy to see why the government wants to pull out of the terror in the Middle East. But killing their Major General was probably not the smartest move on Trump's part.

Both points of view considered, Soleimani's death was a situational tactic that luckily turned out for the better. But the possibility of war breaking out should be enough for any leader to think twice before they execute their order.



**Emma Weaver**

# NO



# Re-imagining Valentine's Day

OPINION



Claire Geare  
staff writer

There's still time to break up with him.

Ahh, Valentine's Day at Cactus Shadows. I personally can't wait. Desperate teenage boys throwing gifts at their girlfriends of a mere two weeks. Freshmen still high off their fifteenth birthday complaining they'll be "forever alone." The semi-dangerous amount of balloons that will inevitably fly away by fourth period. Its poetic irony rivals that of Shakespeare.

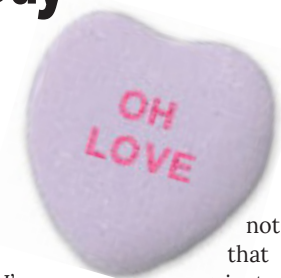
Valentine's Day is named after the Christian martyr St. Valentine, which, when you think



about it makes perfect sense because it feels that those in love crave some sort of constant suffering. Seriously, you guys couldn't get any dumber. Last year, Americans lost 143 million dollars in online relationship scams, and let me tell you right now: that prince of Nigeria that emailed you really isn't looking for anything serious.

Not to mention, Valentine's Day in high school starts to get a little bit... weird. Half-hearted valentines are flying at you from all directions—your Mom, your teachers, your friends—yet there are 16-year-old girls who just spent 63 dollars on a sweatshirt for their boyfriend, Luke or Hunter or Jake or Ryan. Doesn't matter, really. In a month and a half, that sweatshirt will be in the trash because it's "too painful" to look at. You could just as easily burn the 63 dollars, or better yet, send it to me in thanks for all the time I'm saving you.

I believe that the only people who truly enjoy Valentine's Day wear a suit and tie and made approximately 20.7 billion dollars in sales last year, and, if you discount the kids who run the student store, I guarantee that none of them go to Cactus Shadows. It's really



I'm not that against this profit margin, I'm just jealous. Last year, all I got for Valentine's day was some math homework, but honestly, and don't tell my math homework this, a cool million would've done just fine to fill the void.

This is all starting to sound a bit negative, so let me make one thing clear: I am not against Valentine's Day. I simply want to return to the true origins of this watered-down capitalist excuse for a holiday, and yes, while Valentine's cards have been popular since the 15th century, I say why not go back a little further... to the Roman holiday Lupercalia.

Hear me out: a bunch of wild Romans go into the woods for two days straight, sacrifice goats to woo over women, then have a giant party. Actually, it doesn't sound too far off from Homecoming Week. I know it sounds ludicrous, but next time you bite into one of those nasty strawberry cream-filled chocolates, look me in the eye and tell me you won't consider my offer.

# Raising minimum wage a bad idea

OPINION



Max Hancock  
staff writer

Raising minimum wage does not only hurt employees but employers, too.

Recent proposals to change the minimum wage laws at the federal level have resuscitated discussion about what minimum wage is acceptable. The Raise the Wage Act bill would amend the Fair Labor Standards Act originally created in 1938 to increase the minimum wage. This is a change that will deeply affect both employees and employers for the worse.

The bill was originally brought to the table by New York minimum wage workers who argued that they were not receiving enough income to live in their state. It was approved by the House, but stalled in the Senate and did not become law. Instead, individual states have set

their own minimum wage increased. For example, the minimum wage will increase by one dollar every year until it hits \$15 an hour in New York. Voters in Arizona approved Proposition 206, which increased the minimum wage in Arizona to \$12 in 2020.

Although it may seem like this change will only affect minimum wage employees, it will affect the workforce as a whole. Employers simply cannot afford to pay their employees that drastic of a pay increase. Employees will either lose benefits such as healthcare, or lose hours that will ultimately make them less profit in the end. This hurts both the employee and the employer.

For instance, in Settle, economists from the University of Washington found that, although low-paying jobs increased 3.1 percent last year, hours worked plummeted 9.4 percent. This comes out to be 3.5 million hours per quarter lost and \$125 a month less in paychecks for low-paid workers.

Higher wage reduces the amount of labor demanded, so higher minimum wage ultimately leads to unemployment. Employers could also be unable to provide adequate benefits to their employees. Most small scale business employers do not

have enough income to pay their employees and continue to grow as an organization.

In a recent study conducted by Kris Dunn, president of several Venture capital businesses, 72 percent of U.S.-based economists oppose a federal minimum wage of \$15 an hour. So, why the House still passed this bill is a mystery.

On the other hand, according to Congressional economists, the bill is expected to boost pay for 27 million U.S. workers, lifting 1.3 million households out of poverty. However, in the long run, employees actually lose more money annually because of the loss of hours.

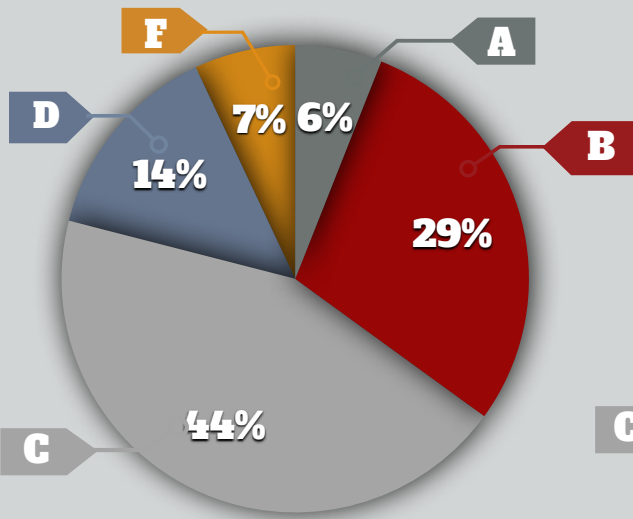
Because employees will receive fewer hours, work stress will be increased due to the lack of employees. Understaffing can be a serious issue and incredibly stressful.

Going forward, small scale businesses will begin to deteriorate as the minimum wage increases each year, affecting local communities nationwide. Meanwhile, large corporate operations, such as Amazon, will continue to thrive and will have no problem increasing their workers' paychecks.

Raising the minimum wage is not the solution to help pull workers out of poverty.

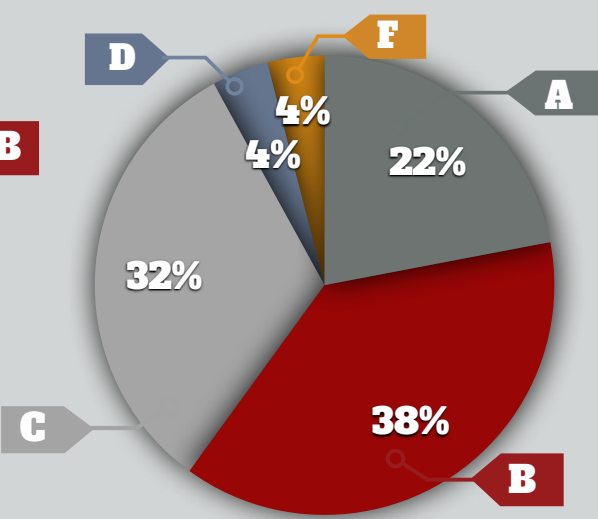
## THE REPORT CARD:

### STUDENTS GIVE AVERAGE GRADES HOW THE SCHOOL RESPONDS TO VAPING ON CAMPUS



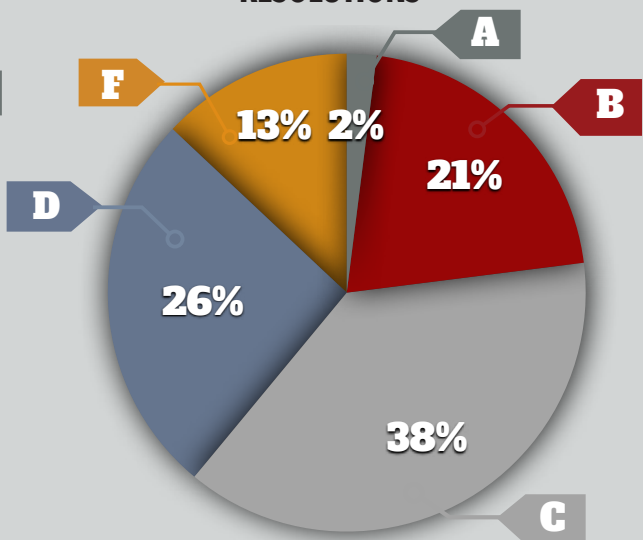
Seventy three percent of students gave a B or a C to how they feel about the school's response to vaping.

### STUDENTS ENJOY VALENTINE'S DAY



Most students gave Valentine's Day an A or a B.

### CLASSES HAVE NOT KEPT NEW YEAR'S RESOLUTIONS



Only 23 percent of students gave a B or higher to keeping their New Year's Resolutions.

from a poll of 100 students taken on February 6, 2020.



# Musical chaos in Cave Creek

Philip Tate  
staff writer

**PLAYGROUND CHAOS IS** a new local, indie-blues band with four members that started in early November. They got their name from a fight between two of the band members on the playground in elementary school.

"Ben and Reid, the drummer, and the other guitarist during elementary school, were on the playground and were arguing and Reid punched Ben in the face. Reid's dad said, during practice one day, that they should name the band *Playground Chaos*," said Logan McDade, senior, and lead guitarist and vocalist of the band.

The band formed in November when Ben Bates

tact information. Bates and Davis played with him and asked him to join the band. McDade then brought Aleksey Orlov, senior, into the group to play the bass guitar.

"I've known Aleksey since elementary school," said McDade. "He's the best bass player I've ever played with."

The band played three shows soon after coming together, and one more since then. When they first started, they practiced almost every day to prepare for their first three shows.

"We practice twice a week normally, but if we have a show we change it up and practice every day," said Bates, the rhythm guitarist.

Getting shows is very hard for them and is usually because of pure luck. Usually, they perform once or twice a month and get put on the lineup at the last minute. Most shows they do get come from asking other bands if they want to add them onto their show, or a promoter will reach out to them through direct messages, asking if they want to play a show.

"You can tell [Playground Chaos] were all very talented and they had a really fun time playing," said Bella Gabriel, a junior who has seen them perform at a house show.

Playground Chaos has their next show on February 20. They are performing at the Rebel Lounge, the tickets are ten dollars and can be purchased online on the Rebel Lounge website.

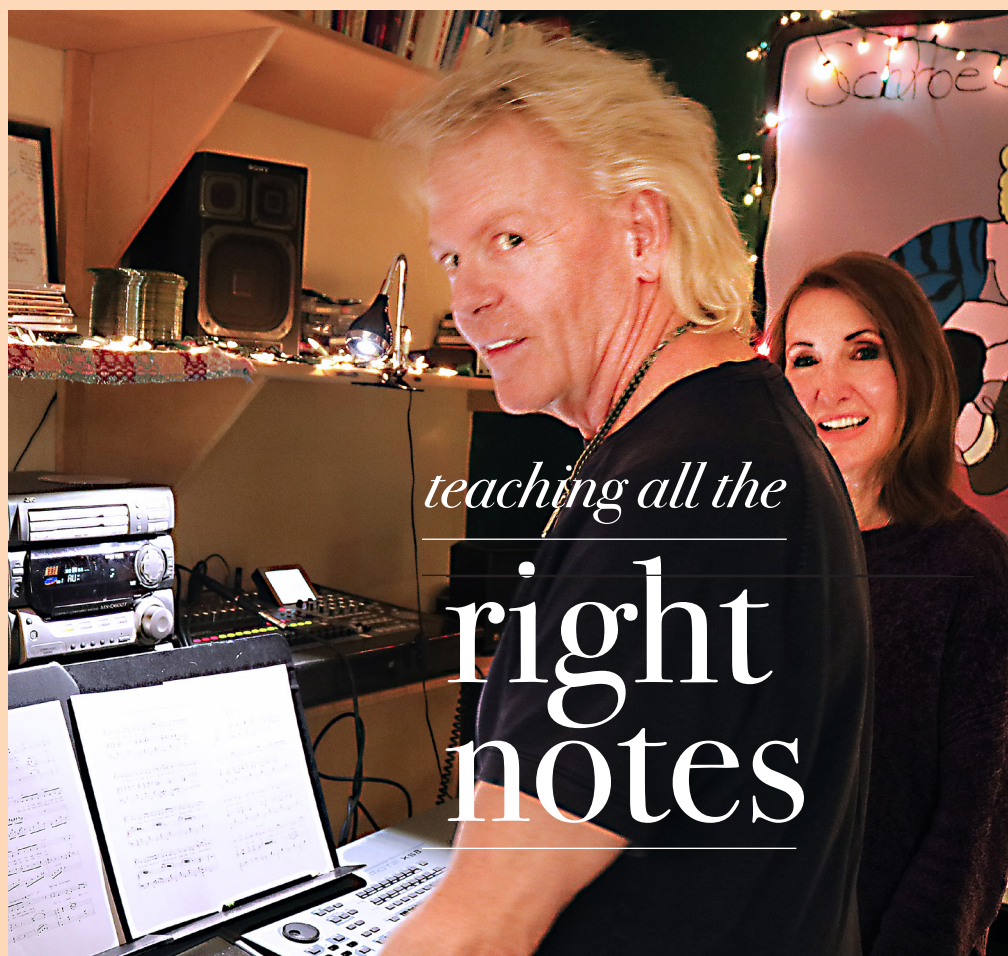


**PLAYGROUND CHAOS** practice two days a week at the drummer's, Davis, practice space. They have played four shows and are starting to record their songs. Blake Dorame

“  
I’ve known Aleksey since elementary school. He’s the best bass player I’ve ever played with.”

Logan McDade

and Reid Davis, juniors who attend Pinnacle High School, were jamming together and decided to look for another guitarist. They asked senior Devin Dorough and Walter Wilson, both from the local band *Bummer Girl*, if they could recommend anyone for the band. They gave them McDade's con-



**KEVIN AND MARTHA GLENN** play piano in the vocalist studio they built in their garage. They have been recording and teaching in this homemade studio for over 18 years. Michael Kaegi

Michael Kaegi  
travel editor

**KNOWN FOR THEIR** contributions to the community and the Cave Creek school district, Kevin and Martha Glenn have been teaching piano and voice lessons locally for 17 years, while continuing to express their passion for music. Since moving to Carefree in 2002, the Glenns have worked with Cactus Shadows, Sonoran Trails, Desert Foothills Theatre, MemoryCare, and Coolwater Christian Church on productions and live performances. It has been an outlet for them to bring their love for music and teaching to students as well as older generations.

"Before I met Martha, I toured the world singing and dancing on cruise ships, said Kevin Glenn. We decided to take a vacation to Arizona in 1999, and we stayed in a beautiful place at the boulders for two weeks, and we ended up buying a house here.

Kevin primarily focuses on voice training, while Martha teaches piano, but both intertwine between the two. On many occasions, they're helping students prepare for an upcoming show or working on a particular song they would like to perfect.

"A typical lesson has the student come in and warm-up, and then they usually have some-

thing to work on. We always ask our students to bring in new songs that they like," said Martha Glenn.

Both of them hope to see their students improve and grow as time goes on. Seeing the progression and the excitement that builds when they become stronger singers or pianists is one of their favorite parts of the job.

## Varied styles

"We don't have a cookie cutter approach to teaching; if it's a regular lesson, I will warm them up, sometimes longer than others, some people need ear training, others don't. After all that, we'll start working on the songs, whether that be new songs or songs they're perfecting for an audition," said Kevin Glenn.

While both enjoy teaching and helping others grow to become better vocalists, they believe it is important to keep performing themselves.

Performing and recording their own music creates a constant learning experience for them to pass their experience and advice to their students for upcoming shows and auditions.

"When I have auditions, they'll help me prepare for them and motivate me to do well," said Jackie Paul, a student who practices vocals with the Glenns.

One of the most important

moments for them as teachers is when students come out of their shell and find the voice they didn't know they had.

## Students excelling

"The best thing for me as a teacher is when they have a breakthrough lesson. Many students will find their voice, they'll improve for a bit, but then they'll hit a plateau, which is normal. But all of a sudden they will eventually have a breakthrough moment," said Kevin Glenn.

The Glenns hope to get more involved with the Cave Creek District and teach kids from the high school so they can start performing more shows locally for the school district.

"Personally, I think he's a great teacher, and he's taught me a lot since I've been working with him," said Maya King, a student who practices vocals with the Glenns.

They both want to continue teaching music for as long as possible and share what they love about it to students who may be new and want to learn more.

"Growth, singing, teaching, that's what it's all about. We're constantly evolving and I'll never stop," said Martha Glenn.

The Glenns hope to never stop performing, teaching and inspiring students to follow their passions for music.

## How to have V-day fun in Cave Creek

Valentine's Day in Cave Creek can be celebrated with a dinner for two, hiking, horseback riding, and more.

On Feb. 14, a few restaurants in Cave Creek and Carefree are offering a Valentine's dinner for couples. The dinners are hosted at **HAROLDS, BUFFALO CHIP, and KEELER'S NEIGHBORHOOD STEAKHOUSE.**

Included in the dinner at **Harold's**, they offer filet, sirloin, shrimp, and lobster tails.

The cost is between \$49 and \$59.

**Buffalo Chip** is offering New York Strip, roasted chicken, or a salmon filet as the main entree, and loaded baked potatoes, California Blend Medley, dinner rolls, or salad as a side, and a chocolate covered strawberry shortcake for dessert. The price is \$24.95 for a person.

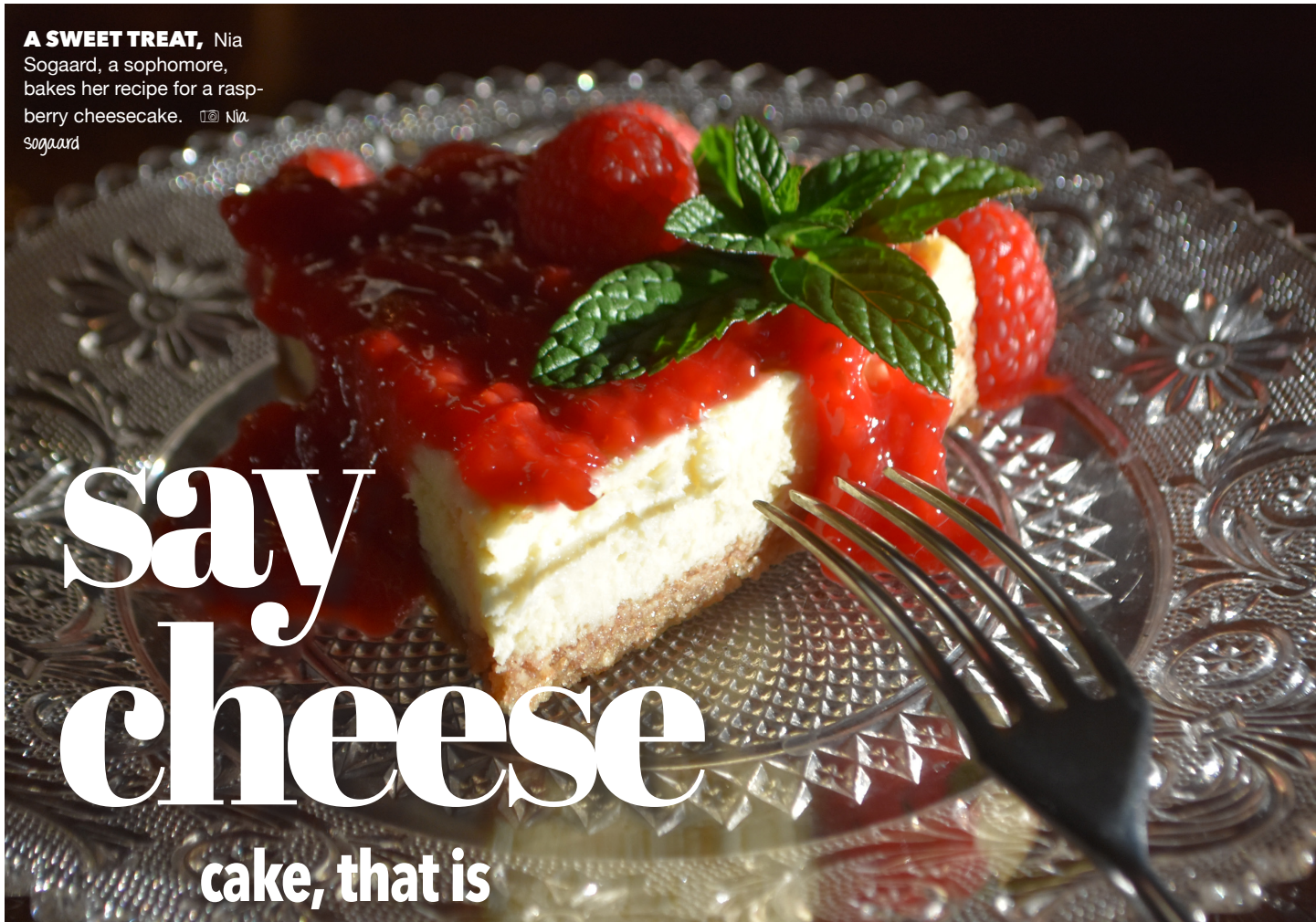
**Keeler's Steakhouses'** menu includes lobster bisque, Keeler's Chopped Salad, prime rib, Chilean Sea Bass, lobster tail, and chocolate cheesecake for dessert.

Spur Cross Ranch, home of **JEWEL OF THE CREEK**, is open every day to explore. Down by the creek is a popular spot to have a picnic.

**THE EARTH GALLERY** is a fine crystals shop where Valentine's day jewelry is available for purchase, and horseback riding options are available at Trailhead Ranch.

Hope Black





**A SWEET TREAT,** Nia Sogaard, a sophomore, bakes her recipe for a raspberry cheesecake. Nia Sogaard

# say cheese

cake, that is

## An easy cheesecake for your Valentine

A Raspberry cheesecake with a graham cracker crust for that special someone

**Nia Sogaard**  
staff writer

A step up from flowers and chocolate, this raspberry cheesecake is a thoughtful and unique gesture to make this valentine's day!

Ingredients:

**Crust:**

- 1 ½ cup graham crackers (approx. 15 graham cracker cookies)
- 3 tbsp white sugar
- 7 tbsp, salted butter

**Filling:**

- 32 oz. cream cheese
- 1 cup sugar
- Pinch of salt
- 2 tsp vanilla extract
- 4 eggs, lightly beaten
- ¾ cup sour cream
- ¾ cup heavy whipping cream

**Sauce (optional):**

- 2 ½ cups fresh raspberries

- ½ cup white sugar
- ½ cup water
- ½ tsp vanilla extract
- 2 tbsp corn starch
- 2 tbsp cold water

**Instructions for cheesecake:**

**Preheat** oven to 350F

**Add** crust ingredients to a food processor or blender. Use a fork or whisk to ensure ingredients are well mixed

**Press** the crust evenly mixture onto a 9" springform pan, including the sides of the pan. Line the pan with aluminum foil In a rotary beater or bowl with an electric hand mixer, **blend** cream cheese until smooth.

**Add** sugar, and beat again until creamy.

**Add** salt, vanilla extract, and sour cream At low speed, slowly **add** pre-beaten eggs into the bowl. **Beat** until the egg is just mixed overbeating will add too much air

to the mixture.

**Pour** mixture into the springform pan, and place it in the oven on 325 for an hour and 15 minutes. The center of the cake should have a jello-like feel when touched.

Leave to cool for about 10 minutes. Use a knife to loosen edges from the pan.

Cool for an additional hour, then let cool overnight or for 6 hours in a refrigerator Instructions for raspberry sauce (optional):

Add raspberries, sugar, water, and vanilla extract to a pot on medium heat and keep stirring until it boils.

Mix cornstarch and water into a bowl, and add to the pot. Mix until it is fully incorporated

Pour sauce into a bowl and cool in a refrigerator for at least 30 minutes

Servings: approximately 12 slices

## Dairy-free drinks now at all Starbucks locations

**Kolton O'connor**  
Staff member

Starbucks moved to include dairy free drinks on their permanent menu at all locations, made effective at the beginning of 2020. This tweak to the menu was made due to how popular dairy and lactose- free beverages have become.

"I choose dairy-free drinks because I'm trying to consume less dairy. I have heard that choosing to have a dairy -free diet can help with acne," said Gracie Kaufman, a sophomore.

Dairy- free drinks have many health benefits including problems with acne and digestion. Many people are starting to choose the non dairy versions of drinks now that they have heard the health benefits.

"I also heard that it is good for your digestive system and all around health," said Kaufman.

Starbucks originally only made the dairy free drinks for a limited time, but ultimately decided to add the drinks to the permanent menu. Because of this decision, many people are starting to switch over to dairy free drinks for a variety of different reasons including health and flavor.

"I started drinking coffee when I was in college and it really helped me wake up and give me a jolt in the morning," said Samantha Gebel, a English teacher.

Starbucks uses a variety of different dairy free substitutes to make their drinks, including almond milk, Coconut milk and soy milk.

"I tried almond milk at home and I really liked it and when I went to starbucks they had dairy free drinks, so I tried it and it was actually really good," said Elizaeth Biggs a sophomore.

Starbucks adding the drinks to their permanent menu has brought them a lot of customers that couldn't drink coffee from Starbucks before.



**DRINKS UP,** This Iced Almond milk Honey Latte is a part of the new dairy-free menu at Starbucks. Aviana Hoppes

## Chipotle's offers new 2020 menu options

Chipotle Mexican Grill has introduced new items to their updated 2020 menu. Here is a sample of what they added

**Life Style Bowls**

**3 Whole30® Salad Bowls:** Supergreens, chicken, carne asada or carnitas, fajita veggies, fresh tomato salsa and guacamole

**2 Keto Salad Bowls:** Supergreens, steak or chicken, tomatillo-red salsa, cheese and guacamole

**Paleo Salad Bowl:** Supergreens, chicken, fajita veggies, tomatillo-green salsa and guacamole

**High Protein Bowl:** White rice, black beans, chicken (full portion), steak (full portion), tomatillo-red salsa, cheese, and shredded romaine lettuce

**Vegan Bowl:** Brown rice, black beans, plant-based Sofritas, fresh tomato salsa, roasted chili-corn salsa, shredded romaine lettuce

**Vegetarian Salad Bowl:** Supergreens, brown rice, black beans, fajita veggies, fresh tomato salsa, and guacamole

**A New Meat**

Carne Asada

**Supergreens Salad Mix**

Made of hand-cut romaine, antioxidant-rich baby kale and crisp baby spinach, Supergreens will replace the existing romaine-only salad base

**Whole30**

Chipotle has also made its grilled, Adobo chicken Whole30® compliant by switching the oil in its marinade, providing guests with specific dietary goals more options

Frida Alvarado



# Fires in Australia threaten homes and wildlife

Max Hancock

Staff Writer

**A**FFECTING BOTH WILDLIFE and the unique landscape, wildfires have ravaged the Australian island. Firefighters from across the globe showed up to help prevent the fires from spreading and to preserve wildlife.

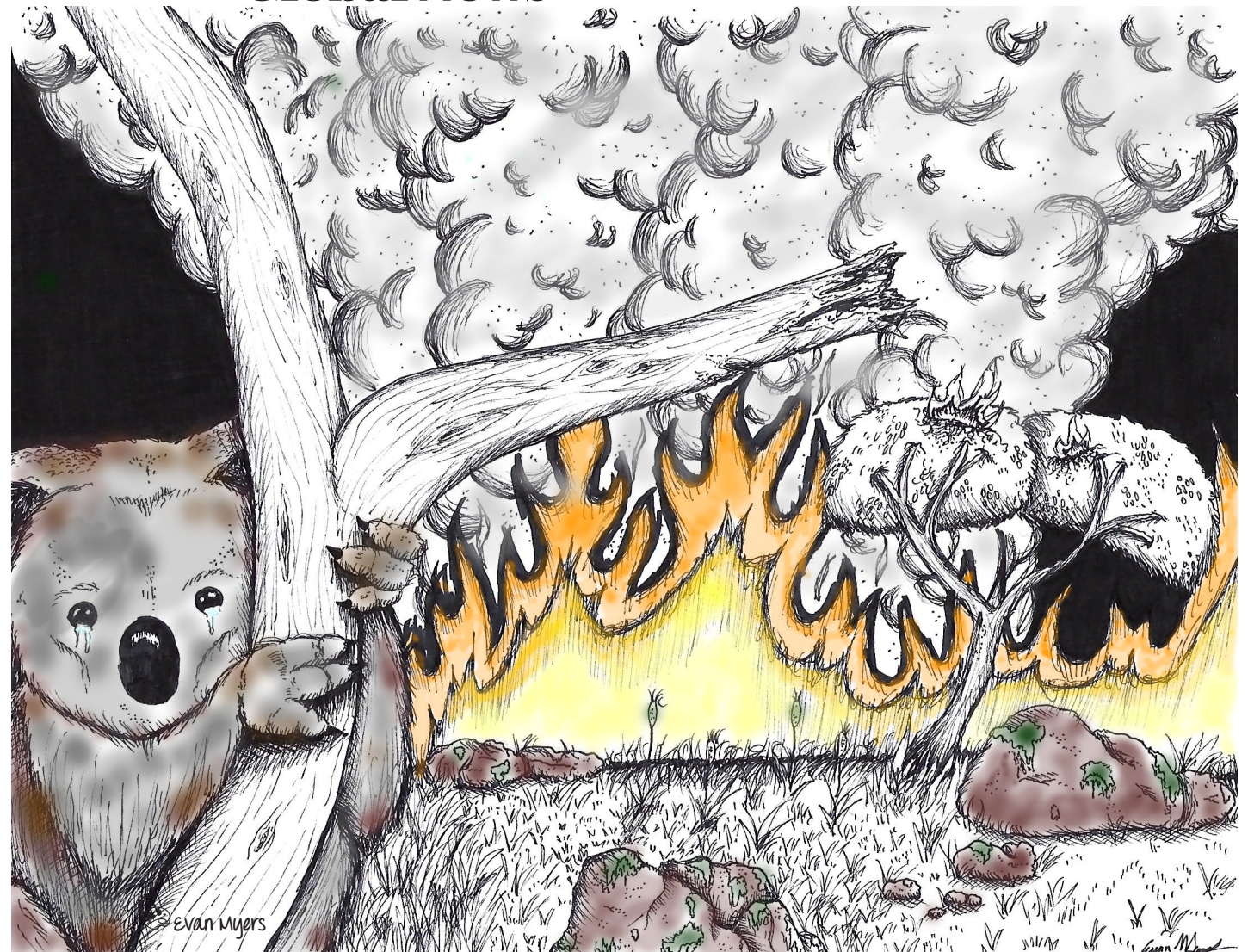
"I don't think this is something that happens over night, I think this is something that people who mitigate hazards and manage risk on a daily basis have seen coming for quite some time," said Jeff Sheps, a Phoenix firefighter and Battalion Chief.

Beginning in New South Wales, the fires have continued to travel to every state and territory within the country. New South Wales and areas around the southeast coast are currently suffering the hardest hit. Unfortunately, this is where the majority of Australia's population resides.

Australia has suffered annual wildfires for years, most of them starting from lightning strikes or accidental brush fires. Different from past years, many of this year's fires were started deliberately, with over 24 people charged with arson. Their motives are still unclear to Australian officials.

"I don't think there is much to do to help besides send as much money and aid as we can," said Taylor Rotenberg, a junior.

What the U.S. can do to help is limited. Professional firefighters are on the frontline, keeping the fire from spreading any further. Thousands of volunteer firefighters, three of which have died, have swarmed in to help, in an attempt to diminish the ever growing issue. The United States, New Zealand, and Canada have already stationed firefighters in



Australia to help the effort.

"They've always been seen as an ally, and I can only imagine the global community only wants to make things better for them," added Sheps.

So far, the havoc wreaked across Australia has been catastrophic. Sydney, the largest city in Australia, and the capital of New South Wales, has a record-high harmful air quality, over 11 times the "hazardous level" according to a recent report on Bbc.com.

In addition, more than 17.9 million acres were scorched across Australia's six states. In its wake, the fire has burned over 2,000 homes and some of New South Wales largest

employing businesses. Because of this, the country will suffer long-lasting effects, even after the fire has been extinguished.

"If I were in charge I would just put out the fire," said Kai Candelaria, a sophomore.

The New South Wales Fire Department estimates that over half a billion animals have been affected so far. The same source also added that one third of koalas in New South Wales may have been killed by the fires. However, koalas are not in imminent danger of extinction due to their geological spread across Australia.

Some species exclusive to Australia's unique landscape with smaller habitats will

be made extinct if hit by the fires. Many of the volunteer firefighters' motives in joining the effort were to protect and preserve these species and habitats.

"Their first step should be to give an honest evaluation of what their countries needs are and to start implementing ways to make sure these things don't happen again," said Sheps.

These fires are evidence of Australia's poor deforestation and extreme drought. As a U.S. Citizen, one can donate money to the multiple charities supporting this cause in an attempt to aid the fight.

## Muslim detainment camps in China spark a humanitarian crisis

Claire Geare

Travel editor

**I**N DECEMBER OF 2019, the International Consortium of Investigative Journalists (ICIJ) released The China Cables, a series of papers detailing China's detainment and re-education of Muslim groups within the country, specifically targeting the ethnic group Uighurs: a Turkish speaking ethnic group hailing from Xinjiang.

"It's a horrific violation of human rights, but that is kind of what China is notorious for. They want a uniform, communist society where there is no deviation from their idea of what is a Chinese identity," said Molly Gum, a world history teacher

After the papers' release, the United States House of Representatives overwhelmingly supported the Uyghur Human Rights Policy Act of 2019, a bill proposed "to condemn gross human rights violations of ethnic Turkic

Muslims in Xinjiang, and calling for an end to arbitrary detention, torture, and harassment of these communities inside and outside China." China denied all claims, stating that the detainment facilities were actually "vocational training camps," intended to help fight "separatism, terrorism, and extremism."

"If China is putting people in harm's way then we should stand up to it, and not hide out of fear," said Campbell Persinger, who lived in Hong Kong for two years.

However, many detainees have reported "rape, torture with electric batons, and other systematic abuses," according to TIME. Over one million Muslims have been detained. Orynbek Koksebek, 39, said in an interview with TIME that he was "forced to learn the Chinese language and fed endless propaganda about the glory of the CCP under strongman President Xi Jinping."

The China Cables also describe how many

Muslim detainees were targeted using facial recognition cameras, manual searches, and various other surveillance devices. Many were located by simply being a part of a Quran study group.

"It definitely disrespects people's privacy, and it's really scary that they can do that," said Persinger.

China's extensive efforts to censor the details of these detainment camps can be seen, peculiarly, on the social media app TikTok. Recently, Feroza Aziz, a Muslim teenage girl living in America, posted a video on the app teaching girls how to get longer eyelashes.

She begins the video stating, "Hi, guys today I am going to teach you how to get long lashes. The first thing you'll need to do is grab your lash curler and curl your lashes, obviously," but then, the video takes a turn: "then you're going to put that down and use

your phone that you're using right now to search up what's happening in China and how they are creating concentration camps and throwing innocent Muslims in there."

Quickly, Aziz's account was suspended and the video was taken down. TikTok is owned by parent company, ByteDance, a Beijing based LTD. The app denies all claims of censorship.

"I think the media can kind of influence what we see and don't see, and I think there's a trend in what TikTok censors. Recently, a lot of LGBT references got hidden on the app as well," said Russell Liberman, who has lived in Bolivia as an exchange student.

These detainment camps are a human rights violation, condemned by the United Nations, and China's censorship attempts only help create speculation into the level of cruelty enacted in these camps.



Michael Kaegi  
travel editor

**A**n unusual travel experience unique to the Southwest are hot air balloon rides, where people can view the mountains and sunny skies of Arizona from high above the ground.

Most hot air balloons fly a couple of thousand feet in the air, where it is the easiest to control wind direction. The air that is heated inside the balloon to make it rise weighs less than the cold air surrounding it. The greater the temperature difference is between the hot and cold air, the more dense the balloon will be, meaning they can carry more weight on a colder day, or if the air in the balloon is very hot, causing it to fly pretty high up.

"It was different, you were way high up in the air and it was very pretty. It was different than being in an airplane, we were in a tiny little basket, and overall it was a really cool experience," said Kristine O'Connor, who recently rode a hot air balloon.

Hot air balloon rides can cost hundreds of dollars per rider. The most popular tickets, sunrise rides, usually cost \$299 per person. The most expensive tickets can cost up to \$899 per couple.

"That is way too expensive in my opinion," said Brody Curtis, a sophomore.

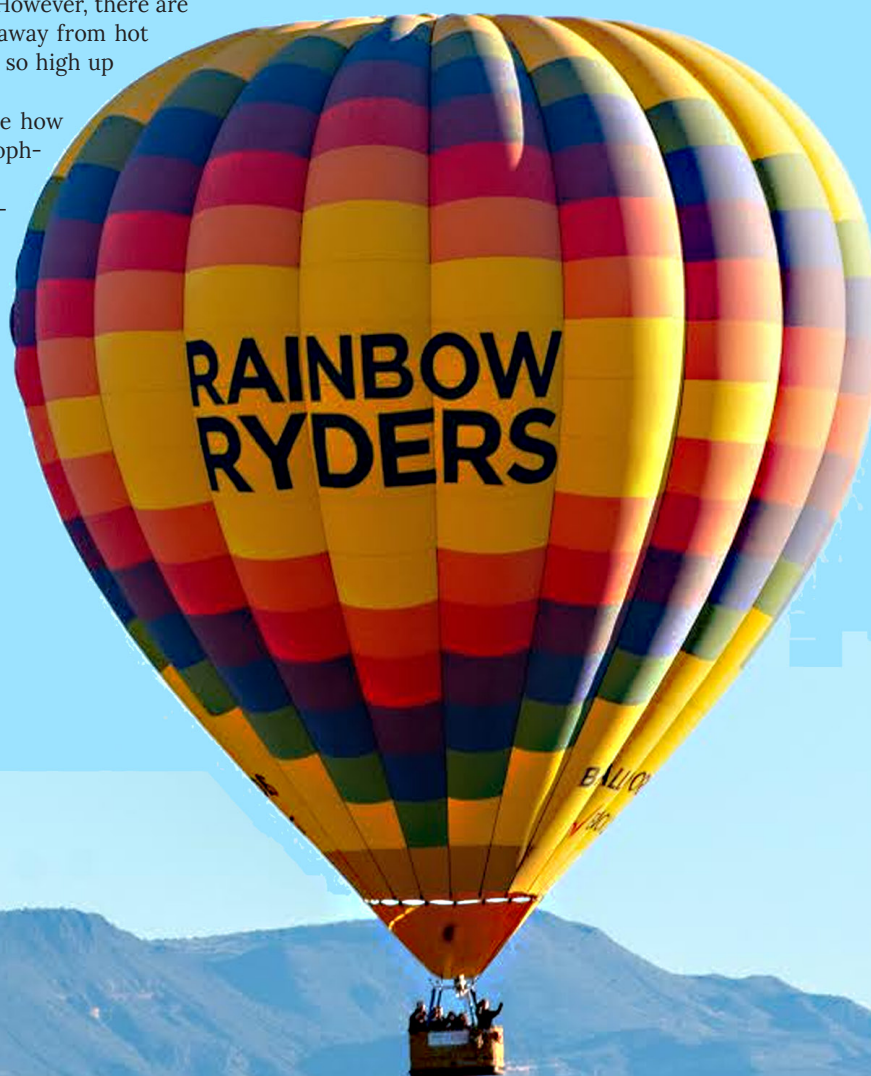
Typically, hot air balloon rides are at sunset and sunrise, the most optimal times to see the skies of the southwest. This promotes a unique opportunity to see the sun rise and set from high up, and allows for unique photos to be taken.

Since going on hot air balloon rides is something that most people have not tried before, it could possibly be an exciting, new way to experience the world from new heights. However, there are still some people who would want to stay away from hot air balloons because they're afraid of being so high up in the air.

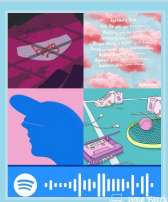
"I'm not afraid of heights, but I could see how some people might be," said Chloe Craft, a sophomore.

Hot air balloon rides provide a different way to travel and view the world from above. It captures the beauty of the world around us at a new level and provides a new perspective to air travel.

up...  
up...  
and  
away



DAY TRIP  
PLAYLIST



**FLYING HIGH.** Rainbow Ryders, a local hot air balloon ride company, flies its balloons above the mountains early in the morning.

RAINBOW RYDERS

## Places to visit on Valentine's Day

Miah Thirion  
style editor

As Valentine's Day quickly approaches, many couples start to wonder how to spend this holiday with their other half or friends. Valentine's Day plans usually consist of dinner or going on a regular date, however, something that people do not always think about doing is taking a day trip.

"My favorite day trip to take is going to **Sedona** or **Prescott**. I enjoy going upstate because it has cooler weather and the views are beautiful," said Janet Wells, English teacher.

There are many options for day trips from Scottsdale. According to an article written by Jeff Ficker in Travel and Leisure magazine, "within [a] two-hour drive, you could be hiking the red rocks of Sedona, skiing in Flagstaff, exploring the ancient Native American ruins of **Casa Grande** or wandering the old mining town of Jerome."

One of the most popular spots for day trips currently is **Humboldt Mountain**. Only an hour drive from Cactus Shadows, it offers a view and has grown very popular among students looking to take pictures.

"I really like going there because not only is it close, but it has a really pretty view. Just driving up there is really fun too. I like going with friends," said Chloe Talbert, a junior.

Another day trip spot is **Kartchner Caverns**. It is only a three hour drive from Cactus Shadows, and offers plenty of caves that are still forming, an array of mineral formations, and stalagmites.

"My favorite part is that it isn't spoiled. They are very careful about preserving it," said Wells.

If looking for a shorter day trip, Sedona is another option. Only an hour and 40 minutes from Cactus Shadows, Sedona is surrounded by red sandstone cliffs. There are many options for things to do, such as hiking or spending time exploring around shops in the town.

"I like going to Sedona. We usually go and hike, then go hot tubbing at a hotel and then we get dinner at Oregano's," said Talbert.

Going on a day trip for Valentine's Day allows for new experiences and memories.

"I think that going on a trip with friends or your significant other on Valentine's Day is a good idea because Valentine's Day is all about love and spreading love. Spending a day exploring a new place together would be really fun," said Mackenzie Zoerb, a junior.

With Arizona having plenty of places to travel to that are within a few hours, going on a day trip offers brand new experiences and an opportunity to make new memories.



# In Depth

## Heating up

### The reality of climate change

Emma Weaver  
Staff writer

The scientific definition of climate change is the long-term shift in weather patterns on a global or regional scale. According to NASA, the melting glaciers, warming oceans, and the rising temperature shows that the Earth's climate responds to changes in greenhouse gas levels.

“What we’re seeing is our average temperatures and things as we monitor over time is changing. Scientifically, there’s a lot of data that indicates that it’s changing in ways that are not beneficial to us,” said Janet Anderson, an Honors Pre-AP Biology teacher.

**The Effects**

As specified by the National Institute of Environmental Health Science (NIEHS), the environmental consequences of climate change affect directly and indirectly the physical, social, and physiological health of humans. Changes in greenhouse gas and other drivers that alter global climate change can bring a multitude of human health risks.

“Once the ozone layer starts to break down because of climate change then we

are much more exposed to the sun’s harmful UV rays. That increases our chances of skin cancer and probably more diseases that we might not know about,” said Lara Espina, a junior IB student.

**Natural Disasters**

National Geographic reports that climate change also leads to more frequent and intense hurricanes, floods, downpours, and winter storms. For instance in 2019 the Atlantic Hurricane Season was hyperactive with 30 named storms, 24 hurricanes, and 16 major hurricanes.

“For us in Phoenix, it’s easy to see that each year, our number of days that we’re spending in 110 degrees is going up. So with the temperature rising, it’s making huge adjustments to our whole globe,” said Anderson.

**Changes in the Southwest**

In the southwest, heat waves have become longer and hotter. AZCentral states that on June 19, 2016 Phoenix reached a record breaking 118 degrees, Tucson 115 degrees, and Yuma reached 120 degrees, the city’s fourth-hottest day on record. While in Central and Eastren

coasts have had terrible winter storms. USA Today reports that nearly 100 million people were under winter weather alert due to the hazardous snow storms.

“Our air can be polluted. A lot of our natural resources like forests are probably going to die out and those plants give us oxygen. If those die out, then we won’t be able to breathe and we’ll eventually die along with it,” said Dylan Dolan, a junior.

According to NASA and the National Oceanic and Atmospheric Administration (NOAA), the average temperature of Earth’s surface in 2019 was recorded as the second warmest year since 2001 with the temperature increasing by 1.9 degrees.

Evans Weavers

## Biggest contributors to climate change

Greenhouse gasses are the main culprits, with a variety of other problems

Jaden Lea  
Staff Writer

Scientists continue to study the current causes of climate change around the world by doing in-depth research and experiments

**Greenhouse Gases**

According to NASA, a big contributor to climate change are greenhouse gases, which are gases that trap heat within the Earth’s atmosphere. Greenhouse gases are a necessity for Earth because they cause the earth to heat up and it would be too cold for living conditions without them. They allow sunlight to enter through earth’s atmosphere but don’t allow it to leave, causing the earth to keep a proper temperature for living conditions.

Although the earth needs greenhouse gases, a study from the EPA says that human activities have caused an increase in them over the past 150 years, which is leading to the issues with climate change due to an excessive amount of them being released into the air.

“Greenhouse gases are caused mainly by things such as coal factories and other things that emit fossil fuels into the air,” said Kegan Neff, a junior in the Environmental Club.

A study done in 2017 shows that 29 percent of greenhouse gas emissions are caused by

transportation, 22 percent is caused by the industry, 28 percent is caused by electricity, 12 percent by commercial and residential areas, and nine percent by agriculture.

The main sources that help contribute towards greenhouse gases are water vapor, nitrous oxide, methane, and carbon dioxide. These gases are what cause the atmosphere to heat up because they are the ones that trap heat in and keep it from escaping.

“CO<sub>2</sub> is one of the main contributors and it is thought that there is 40% more CO<sub>2</sub> in the atmosphere now compared to when industrialization began,” said Danae Sprouse, a science teacher who is in charge of the Environmental Club.

NASA has stated that industrial activities that are necessary for modern civilization have caused the atmospheric carbon dioxide levels from 280 parts per million to 400 parts per million over the last 150 years.

**Other contributors**

Another cause for climate change is solar irradiance, which is caused by the sun’s output energy being inconsistent.

With this people wonder what can be done to decrease the levels of greenhouse gases and there are many things that can be done.

“The government should put restrictions on factories to help keep the levels of

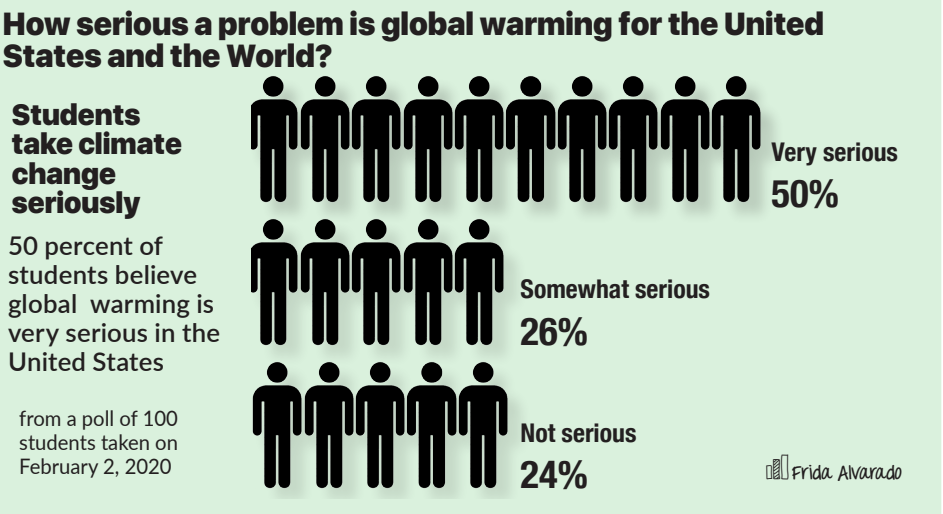
greenhouse gases down,” said Alicia Rifkin, a junior who is also in the Environmental club.

**Cows Contribute too!**

Another thing that is thought to affect climate change is the gas that is released into the air from cows, causing a lot of air pollution and heat. A study done by Frank Mitloehner and a group of other students who attend the University of California states that cows are the number one cause of greenhouse gases around the world and that they each let out 220 pounds of methane per year.

**Gas levels**

A professor of animal science and the director of the UC Davis World Food Center, Ermlas Kebreab, and Mitloehner found out the in order to keep the gas levels of the cows down, they would need to make the food eaten by the cows easier to digest, due to it consisting of high amounts of fiber. They thought that seaweed would be easier for the cows and did an experiment, coming to the conclusion that feeding cows 1 percent of seaweed in their diet reduced the level of methane produced by 60 percent.



## How people can make a difference

Julia Knies  
opinion editor

With climate change and global warming becoming more and more of a concern, people want to do whatever they can to contribute less. There are ways to reduce one’s carbon footprint and just be more aware in general.

“I think [that climate change] is a very severe issue that we are not doing enough about... We definitely need to be doing more to combat it because things are changing very quickly,” said Tianna Raught, a science teacher.

Calculating each person’s individual or household carbon footprint is a good first step to see what can be done to help. There are many online calculators available, and the EPA offers one. According to the Guardian, each person in the United States releases 19.78 million metric tons of carbon emissions per year.

“Food is a really big source of climate change, so I try to only buy what I know I’m going to use in that week. I try not to throw anything away or waste it,” said Raught.

As far as food, one way to stop contributing as much is by eating less meat. According to the Food and Agriculture Organization of

the United Nations, livestock contributes to 14.5 percent of global, human-caused greenhouse gas emissions.

“Something that everyone can do [to reduce their carbon footprint] is eat less meat, even if it’s just for one night during the week. Meat is a major contributor because we mass-breed trillions of animals. Cows release so much methane, and we burn down forests because of them,” said Sophia Smith, a junior.

**Sensible food**

The transportation of food also contributes a lot, so eating locally and in season is the best for the planet. For example, it costs less and takes fewer resources to transport citrus fruit that was grown in Arizona to the local market than it would take to transport citrus from South America. Composting food scraps instead of throwing them in the trash reduces one’s carbon footprint as well.

“On the individual level, it’s not going to make as big of a difference. The big problems are within big corporations and companies. They need to be making a change,” said Raught.

Clothing is another big contributor to global carbon emissions. With the rise of disposable and fast fashion, clothing does not last very long, which means it is very wasteful. According to the University of Queensland, humans consume about 400 percent more clothing per year than two decades ago, which works out to be about 80 billion new pieces

of clothing globally. Thrifting and buying higher quality clothing are ways to avoid fast fashion.

“I don’t know if I actively try to be conscious, but I do carpool so that reduces my carbon footprint. I should try to take more steps [to reduce it],” said Brooke Kilgore, a vegetarian.

**Lighting up**

Other simple ways to help reduce waste and carbon emissions include switching to LED lights, bringing reusable bags to the grocery store, using a reusable water bottle, carpooling or taking public transportation, and avoiding air travel when possible.

“I do see a lot of content on YouTube about how to reduce your carbon footprint, so those [videos] impact everyone,” said Kilgore.

During the past few years, the zero-waste movement has come to life on social media platforms such as YouTube. This movement focuses on reducing waste as much as possible, but not by recycling after the fact. Those who partake in a zero-waste lifestyle try their best to avoid using any plastic or disposable products and are conscious of what materials they use.

“Recycling is a great place to start, but it’s a terrible place to stop. The first thing I would do is refuse,” said Smith.

Being more conscious and making an effort is a start to reducing one’s carbon footprint.

## Social media plays role in activism

Zach Valentine  
Staff writer

After every major climate event—floods, earthquakes, fires—celebrities take to Twitter, asking people to get involved. Whether or not these tweets actually help create awareness about climate change is up for debate.

A lot of celebrities, like Kim Kardashian, and Kylie Jenner, have been promoting advertisements to try and help this cause. Shawn Mendez posted a picture of a woman who was holding up a sign protesting against climate change, captioning it “together we can and will change the future of our planet.”

According to the Climate Reality Project, “the growth of positive social media commentary on climate action and economic growth has skyrocketed 700% over the last three years.” The Project believes this has helped because many fans then talk about climate change with other people, spreading awareness.

Leonardo Dicaprio is one of the celebrities who has helped a lot.

According to RTE.com, he set up his own foundation in 1998. It is dedicated to the protection and wellbeing of all Earth’s inhabitants. He also promoted change during the 2016 Oscars after receiving a reward for his performance in *The Revenant*. He also has shown some support to activist Greta Thunberg by sharing photos of them on Instagram and other social media apps.

“I think that as long as someone does something to promote change in something than that is okay,” said Campbell Honing, a sophomore.

Not everyone is convinced that celebrity tweets are enough, and that many of these famous people would do more good by putting their money where their mouth is.

“I believe that if you have the money and the power to help a cause, then you should do it,” said Payton Sterba, a sophomore.

The Climate Reality Project recently released a list of nine celebrities who are actually changing the conversation about climate change: Mark Ruffalo, Emma

## What are things you do to reduce your carbon footprint?

“I recycle aluminum cans, and plastic, my family has our own recycling bin. I don’t use plastic water bottles or straws.”

Emily Knaze  
a senior



“I’m saving up for a Tesla since it has less effects on the environment but mostly for the gas mileage,”

Gavin Leone  
a sophomore

“I use bar soaps, and shampoo bars. Sometimes I thrift clothes and I try not to use as much gas. I make my parents use reusable produce bags,”

Sammy O'Connor  
a junior



“I try to recycle when I can but honestly I am not that good about it,”

Natalie Persohn  
a junior

“I always throw my trash away and I’ll throw trash away if I see it on the floor,”

Joey Mack  
a junior



Emma Bauer and Frida Alvarado





# Wead no joking

## New dean brings a new outlook to school

Dr. Jeff Wead joins Cactus Shadows administration

**Devin Dorrough**  
food editor

The new Dean of Students is Dr. Jeff Wead and yes, he has heard all of the jokes. Or, at least most of them.

"If you want to tell me a joke about my last name, you are allowed to. But if I have heard the joke, you have to do push ups, and if I haven't heard the joke, I'll do push ups," said Wead. "But there

are three rules. It needs to be high school appropriate, it needs to make sense, and it does have to be funny."

Wead is excited to start working with Cactus Shadows and making it a better and safer place for students and teachers.

"I don't know exactly what was done in years past, but I know we have a lot of good students and staff here. We'll just try to do what we can to make it easier for everybody," said Wead.

Many students have already met Wead. The first few days of this semester, he was on campus before school started, standing outside greeting kids at the front gate, and went into classrooms to meet students.

"He came and introduced himself to my class and he seemed very nice. He also has a good sense of humor," said Queenie Goff, a senior.

One of the things Wead likes about his job is the opportunity to get to know the students around school. Even

if they've made mistakes and ended up in his office, he's happy to get to talk with them.

Wead is definitely not the type of administrator who sits in his office behind a desk. He is very easy to spot around the school, often walking around campus; students might even be doing pushups with him.

Before coming to Cactus Shadows, Wead was a P.E. and Health teacher, and then a Vice Principal for fifteen years.

"I was a vice principal in Missouri at Willard Highschool," said Wead. "That was a little bit smaller than Cactus Shadows, we ran about thirteen hundred kids."

At Wead's first school there was no Dean of Students, so he worked as the Vice Principal and focused on freshmen and sophomores at the school.

"Procedures are different in every high school, so you learn more working with kids from other places," said Wead.

Wead plans to spend the rest of this semester watching and learning more about the school. This will help him come up with new ideas for next year. He has been taking notes on what we could do for everyone to be safer.

In his time off, Wead likes to spend time with his family, which includes five daughters, one of whom attends Cactus Shadows.

"Kids hesitate to be my friend because my dad is the dean and they think of me as a Goody Two-Shoes, but I'm just like every other kid," said Elizabeth Wead, freshman and daughter of the new dean.

He also loves to work out, and he is a man of faith. Wead welcomes anyone to his office that has any questions or just wants to introduce themselves.

“  
.. but I know we have a lot of good students and staff here. We'll just try to do what we can to make it easier for everybody.”

Jeff Wead  
new dean of students

**STARTING STRONG.** Jeff Wead gets to know students around campus. Wead joined the staff after holding an administrative position at Willard Highschool in Missouri. *—Wah Thirion*

## Exit, Pursued by a Bear pursues a story of recovery

### BOOK REVIEW

**Cait Bunkers**  
Staff Writer

*Exit, Pursued by a Bear*, by E.K. Johnston, is a book about triumph in the face of adversity and superior friendship despite trauma.

The main character, Hermione Winters, is a cheerleader at her school in Palermo Heights. While at cheer camp, she goes to a dance where her drink is spiked. She is assaulted and found unconscious in the lake.

The following school year for

her entails fighting the social stigma around her assault, bringing her rapist to justice, and, of course, working harder than ever to make it to cheerleading nationals.

Johnston's book covers the struggles of high school and then some. She writes candidly and realistically.

Hermione, grows a lot throughout the book, starting as a naive teenager and ending as a mature, sophisticated young adult. Her assault shapes who she is and provides context for the rest of the book.

All of the supporting characters are well crafted by Johnston.

*Exit, Pursued by a Bear* is a young adult book, but it is important for everybody to read because it covers topics prevalent in today's society. However, it can be emotionally challenging to read due to its heartbreaking accuracy.

Johnston writes in an easy to comprehend manner. She explains everything clearly and does not leave any key parts to the story out.

Also, she adds emphasis to friendship in the book.

Hermione's best friend Polly is a large part of her support system and helps her in the whole book. Johnston makes their friendship one of the most important parts of the book. It is also a friendship that is consistent before and during the aftermath of the assault.

The book is slightly unrealistic as well. Hermione's teammates, family, and coach form an excellent support system. However, many sexual assault victims in real life do not have support systems as strong as Hermione's is in the book.

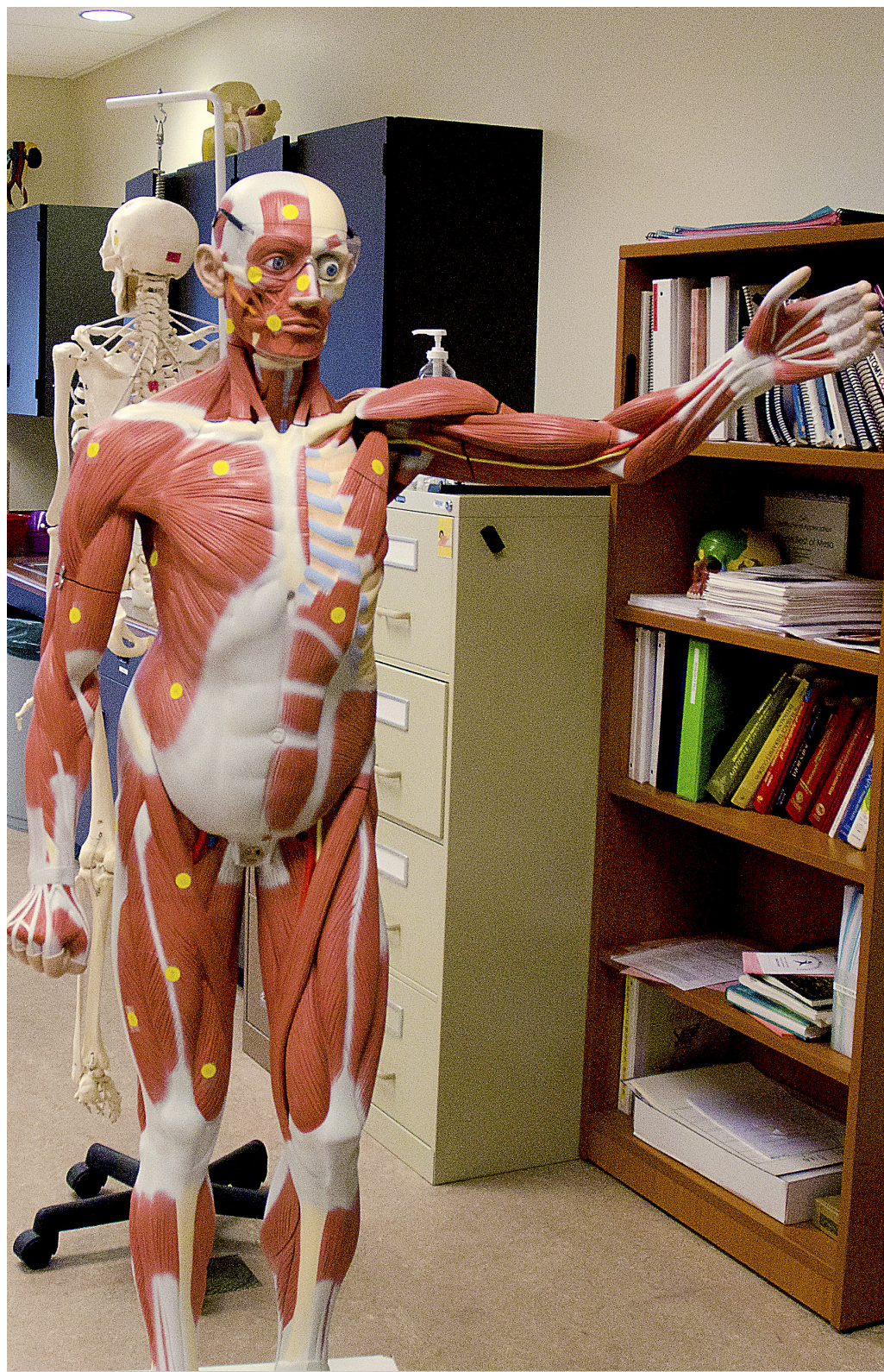
The book also has creative references to Shakespeare's *The Winter's Tale*. 'Exit, pursued by a bear' is a famous stage direction in Act III. Also, Hermione's last name is Winters.

*Exit, Pursued by a Bear* is available on Amazon, at Barnes & Noble, and many other bookstores.

Johnston's other books include *A Thousand Nights*, *Star Wars: Ahsoka*, *The Garden of Three Hundred Flowers*, and *Star Wars: Queen's Shadow*.

★★★★★





# Day in the life: EVIT edition

Max Sotelo  
trending now editor

**S**TUDENTS WHO HAVE elected to take classes at the East Valley Institute of Technology have schedules which differ from the average student at Cactus Shadows.

"I wake up at five o'clock in the morning. My 'zero' hour English class starts at 6:20," said Shara Karlin, an EVIT student.

“

It's probably about a 40-45 minute drive to get to the Main campus, and probably about 60 minutes to get to the East campus"

CASSI PEREZ  
a recruiter from EVIT.

Regular juniors take four core classes: math, English, AM/AZ history, and science. With the addition of two electives, this adds up to fill six periods in a day, but students who attend classes at EVIT must leave at

The way

**BODY-BUILDER.** The anatomic model at EVIT helps medical students understand the inner workings of the human body. EVIT offers a range of medical classes from nursing to pharmacy technicians.

12 Logan McDade

EVIT students can take their four core classes and still arrive in time to beat the hour commute is by taking a "zero" hour class, which for most of the juniors in the EVIT program, is English.

## Bussing to EVIT

While everyone else gets to go off to fourth period at 10:21, EVIT students board the bus which will take them to the campus in downtown Mesa. Students can also opt to take their own transportation, but since it is 31 miles away, most choose to take the bus.

"It's probably about a 40-45 minute drive to get to the Main campus, and probably about 60 minutes to get to the East campus," said Cassi Perez, a recruiter from EVIT.

Right now, transportation from Cactus Shadows is only provided to the Main campus.

"My class at EVIT starts at 12:05. I study commercial baking and pastry," said Karlin.

EVIT offers both AM and PM classes. However, only the PM classes are available to Cactus Shadows students due to schedule and credit requirements.

"PM tends to allow students

to have more time at their home high school to where they can fit in more of their core classes. So for instance, students at Cactus Shadows, they normally are able to get a zero hour in, for normally their English, and then they get first, second, and third hour. So they're able to get all of their core classes they need before they head over to EVIT. And also due to that really long drive, I think that's why it's easier for our students at Cactus Shadows to be able to fill in to our PM slots," said Perez.

In her commercial baking and pastry arts class, Karlin makes sweets like oreo chocolate chip brownies. In the interior design class, students learn design and merchandising skills.

## Back to Cave Creek

When class gets out at 2:35, students get back on the bus to come back to Cave Creek. It typically leaves at about 2:50 and they don't get back until 3:45.

"It would be hard to do any clubs or sports, just because of time management. I basically get home at 4," said Karlin.

Since they return such a long time after school gets out, EVIT students miss the opportunity to participate in some clubs.

"I'm in Drama Club. I don't go to the drama club meetings but I get all of the information from people in Drama Club," said Mackenzie Schmid, an EVIT student.

Also common among juniors is having a job, which can also leave less time to spend at home or do homework.

"I work at Safeway. It's kind of hard to balance but I make it work. I just make sure I tell them I can't work before four. Usually I just have math homework and maybe some English homework. I don't really get homework from my EVIT class, unless it's like a project," said Schmid.

While EVIT will certainly keep kids busy throughout the school year, it serves as a great opportunity to learn about subjects that standard high schools might not offer.

**BAKE OFF.** Culinary students bake cookies during class. EVIT offers a path for those who wish to pursue a career cooking, baking, or food service.

12 Logan McDade



# Teachers don't fall far from the cactus

"I loved growing up in this community, I knew it was familiar and I did my student teaching here and a position opened up and everything fell in place."

*Tolly Giam*  
Government and Psychology Teacher

"I didn't think I'd be a teacher but life circumstances threw me into the education field and I requested an internship at my highschool, and during my first fall semester a position opened up."

*Cameron Bender*  
Geometry Teacher

"Having people to support you is important and I knew a lot of the admin and it's an environment I'm used to."

*Amanda Daly*  
English Teacher

"When I went to school at Cactus Shadows, there wasn't a dance program. I majored in Dance education, and Mrs. Hart called me and told me that there was a dance position open at Cactus Shadows."

*Elissa Erickson*  
Dance Teacher

"We've grown as a huge population, I'd say overall the atmosphere goes through cycles and kids are excited and more school spirit."

*Andrew Cugo*  
Drama Teacher

"I came back to teach here because my mom is the head of the Special Ed program and I always enjoyed working with connecting with students who have certain troubles and I love connecting with students."

*Trevor Persone*  
Special Education

"I wanted to come back and make it feel like how when I was a student."

*Navdeep Singh*  
Geometry Teacher

"I grew up in Cave Creek and I live it up here, the opportunity presented itself to work with people I knew and I wanted to coach."

*Kyle Ledezma*  
Special Education

Sharon Goez and Cait Bunkers

# CES shows off new technologies

## Consumer Electronics Show unveils the latest in technological advancements

Colin Mesinbrink  
staff writer

A great amount of new technology was introduced at the CES 2020 convention, giving people excitement for new inventions coming out this year. CES is a convention where the world's most pristine new technology and ideas are introduced every year.

“In my opinion, I like the Tesla Cybertruck the best. I think it will be an interesting piece of technology that will push electric cars to the next level. Certain things like the Tesla truck will allow us to be more clean and efficient and will lower emissions”

—Gavin Griffin  
a junior.

new high tech foods, computers, watches and even futuristic cities. First of all, the Impossible Pork is gaining more and more excitement throughout CES. Impossible Foods has produced a plant based meat, called the Impossible Pork

in order to help human health and the environment. It received high ratings at the show and is expected to gain more attention this year. Aside from food, Intel introduced the Horseshoe Bend, a computer designed to bend into a phone shape. Horseshoe Bend is essentially a 17-inch tablet or all in one computer, depending on which way it is folded. When folded into a laptop, the top half is a 12.5-inch screen that has touch abilities and the bottom half is a touch keyboard. There is also a hardware keyboard that is able to slide onto the bottom half for people who prefer real keyboards. Intel wants to push PCs in a new direction with the production of the Horseshoe Bend. Lastly, Toyota's new futuristic city was introduced, blowing the audience away with its unique ideas. The "Woven City" is a prototype community that is scheduled to be built near Mount Fuji, in Japan. Toyota is expected to create a laboratory within the city in order to test new technologies related to self-driving vehicles. Normal citizens will be able to live in the Woven City if it is actually constructed. However, if the plan for this new city falls through, other companies are expected to replicate the idea. "In my opinion, I like the Tesla Cybertruck the best. I think it will be an interesting piece of technology that will push electric cars to the next level. Certain things like the Tesla truck will allow us to be more clean and efficient and will lower emissions," said Gavin Griffin, a junior. More popular inventions include the Tesla Cybertruck, and by extension the Cyberquad, which were previously introduced by Elon Musk at his own show. The Cybertruck is gaining more ground at CES, showing off all of its features. The Cybertruck has many cool features, including its steering. Instead of a wheel, the truck has a yoke design to steer it. The truck has butterfly doors and a ramp able to be lowered down from the bed.



**CHARGING UP,** The Tesla Cyberquad is an all-terrain, electric quadbike, originally unveiled alongside the Cybertruck. The quad is supposed to be able to charge in the bed of a Tesla Cybertruck with room to spare. courtesy of Wikimedia Commons



# Memes shaping Gen Z reactions to events

Teenagers in the digital age are learning about serious topics from social media

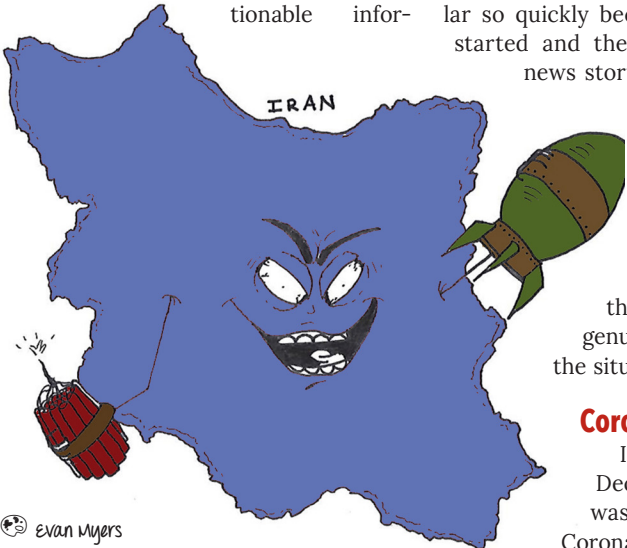
Paul Wernes  
staff writer

A large part of teen and young adult culture is the creation of memes. Two recent world events have been reacted to in a much different way than they would have been in the past.

The first memes that have gotten big are the WWII memes.

## “World War III”

On January 3, 2020, Iranian general Qasem Soleimani was killed. In the days following the death of Iran’s general, “World War III” became the number one trending topic on Twitter. Not only was media coverage and questionable infor-



mation passed around under the hashtag, but there was a large amount of tweets putting a humorous spin on the situation.

“Because the draft is no longer a thing anymore, I think it is very amusing that people think they will be drafted when they are 18. I know that the chance of a war to breakout is very low so I am not scared about it” said Jacob Ong, a sophomore.

People across the United States are worried about World War Three actually occurring. Meme accounts, in a way, are making fun of those people by posting memes about the potential war.

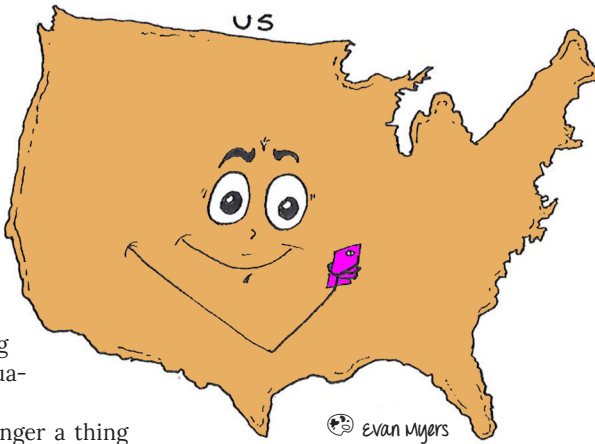
“I think that the meme became popular so quickly because the year had just started and there was already a huge news story on something serious.

The meme community had to act on the situation so they did,” said Ava Brooks, a freshman.

While a lot of people are laughing at these memes, some are genuinely concerned about the situation.

## Coronavirus

In the middle of December last year, there was an outbreak of the Novel Coronavirus in Wuhan, China.



People with the disease started to develop pneumonia without a clear cause and for which existing vaccines or treatments were not effective.

The world was concerned about the disease spreading into different countries. When the virus spread to more countries, such as France, the United Kingdom, and the U.S., Meme accounts realized this was another thing they could use for content.

“I think that this virus is important to pay close attention to. It is nothing to joke about considering how fast it can spread,” said Jed Pederson, a meme account owner.

Some people argue that the Coronavirus is nothing to joke about but others think otherwise.

Many meme accounts have seen increased follower counts and engagement because of the timely and notorious nature of the disease, a pattern also seen with the popularity of WWII memes.

Back in 2014, the Ebola virus began infecting areas of Africa and then spread to other countries of the world.

It seems like with every virus or world event that gains attention in American media, panic follows along with memes and jokes.

# Byte: new app set to rival TikTok

Jaden Lea  
staff writer

Byte is a new form of the old social media app widely known as Vine that is in the same marketplace as TikTok, leaving it with a lot of competitors.

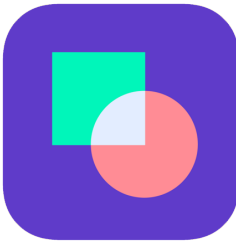
Don Hofmann started Vine in 2012 with Colin Kroll and Rus Rusapov, which was then sold to Twitter and shut down by them five years later. Hofmann has decided to create a new version of this app called Byte, with a new layout and enhanced features.

Videos on the app are six seconds long and loop after each watch, just how it was on Vine.

Since Vine “died” in 2017, TikTok, dubbed it’s replacement, has emerged and gained many downloads over the past months. A surge of old Vine users and new entertainers have joined the app and began creating their own videos.

Content creators on the app will soon have an opportunity to make money from viewership on their videos.

Hofmann states that Byte is still in its beta stage. This new app is available on IOS and Android and has a similar layout to TikTok’s endless scroll known as the “For You” page.



## Shows to watch on Netflix

### American Factory

A documentary about a defunct General Motors plant in Dayton, Ohio which is given a new lease on life when a Chinese billionaire invests in it as a new American glass making facility for his own company.

### The Pharmacist

This documentary series is about a pharmacist who after losing his son in a drug related shooting, goes on a mission to fight the opioid epidemic in his town.

### Cheer

This intense documentary follows the Navarro College cheerleaders as they prepare to compete for an important national title. This show has received praise from critics and talk show hosts such as Ellen Degeneres and Stephen Colbert.

### Sex Education

The already acclaimed show has come out with it’s second season. It follows Otis through relationship troubles while the school is going through a Chlamydia epidemic.

Zach Valentine

# Female rapper rises to fame

Doja Cat is a rapper, singer, and songwriter who rose to fame in 2018 after her song “MOOO!” went viral. The video gained over 58 million views on Youtube.

Despite controversy surrounding past homophobic tweets, “MOOO!” skyrocketed her into worldwide fame.

Since then, she dropped her second album “Hot Pink” in November 2019, which peaked at no. 19 on the Billboard 200. Singles from this album include “Say So,” “Juicy,” and “Cyber Sex,” which have all gone viral on the app TikTok.

Thanks to the viral success of her songs on the video sharing app, “Say So” and “Juicy” made their way onto the Billboard Hot 100 peaking at no. 77 and 45, respectively.

Over nine million TikToks have been uploaded by users dancing to her songs. Cat’s songs have been used by popular creators like Charli D’Amelio and Chase Hudson.

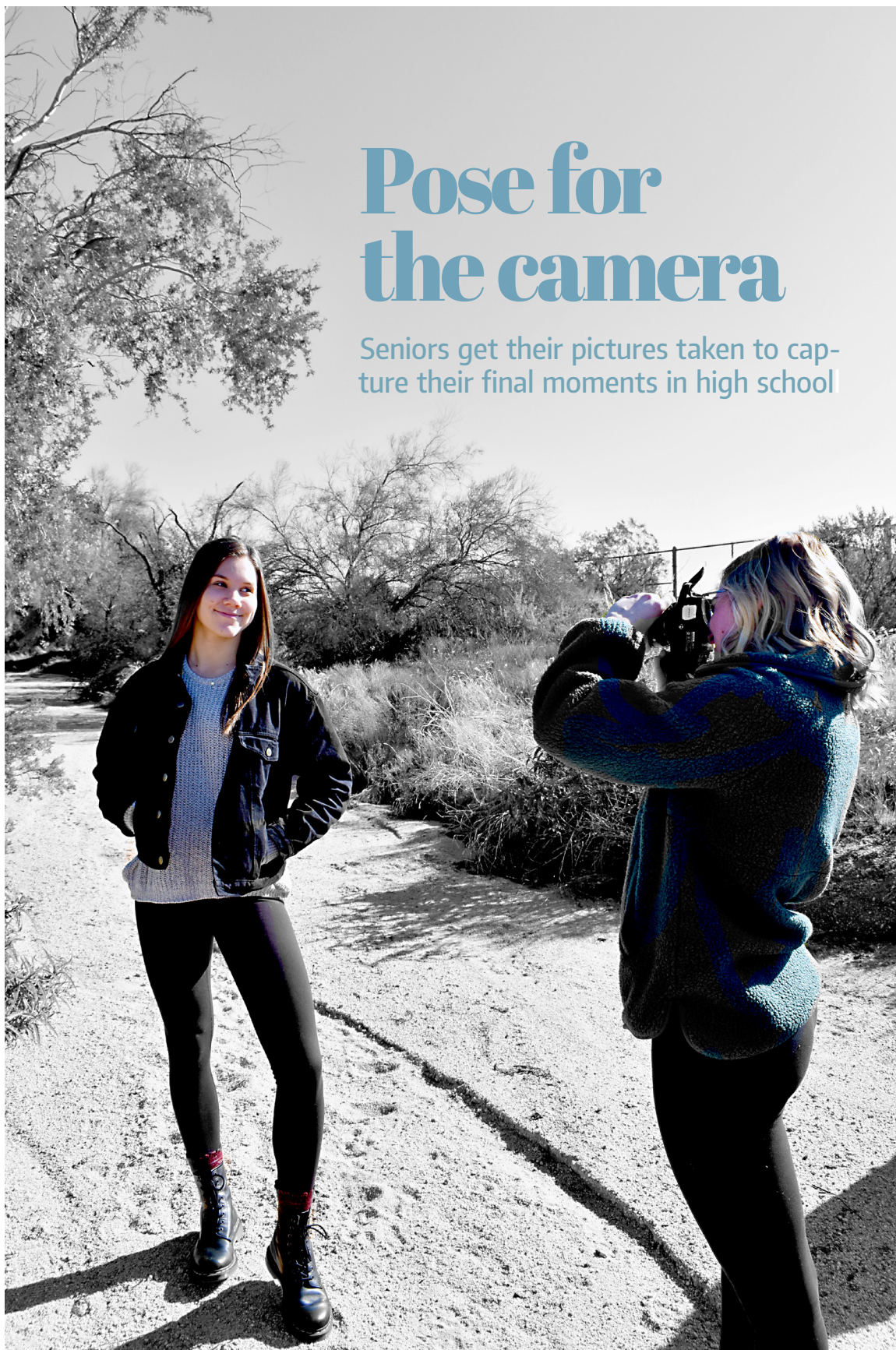
Hope Black





# Pose for the camera

Seniors get their pictures taken to capture their final moments in high school



Hayley Smith  
staff writer

**W**ITH GRADUATION RIGHT around the corner, seniors can have a lot on their plates, one of these things being senior pictures.

"We take senior photos to really show how we have all grown and changed from kindergarten all the way to the end of high school. Also, they celebrate the very end of our childhood and ourselves branching off from our parents and entering true adulthood," said Brooke Harris, a senior.

Senior pictures are photoshoots taken by professional photographers. There are plenty of photographers in the valley who specialize in senior pictures. One of these photographers happens to be a Cactus Shadows senior herself.

"I've always loved to take pictures my whole life. On vacation, I had my mom take pictures of me, but she never was able to capture exactly what I wanted, so I started taking the pictures myself," said Emilie Leazier, a senior.

Leazier is a senior who owns her own photography business. She takes senior pictures for lots of students at Cactus Shadows, and has enjoyed turning her passion for photography into a business.

"After I got my new camera, I really started to get into it. I started taking pictures of my friends, and then I took their senior pictures, and that's when I decided to start charging. Now, I have my own little business which is so cool," said Leazier.

Leazier has her own website called [emilieleazier.com](http://emilieleazier.com) where details about her senior pictures and pricing can be found.

"When taking senior pictures, I love the desert theme, so like Papago Park. In Cave Creek, there's a trail called Jewel of the Creek which is really pretty," said Leazier.

The prime focus of senior pictures is, of course, the graduating senior, however scenery in the background of the photos is also an important factor. There are locations all over the valley with ideal scenery for senior pictures, such as The Farm at South Mountain. Other senior picture favorites include Gateway Trailhead, DC Ranch, and Tempe Town Lake.

"I chose to wear my cheerleading uniform as one of my outfits because it's my passion. Then I varied my other two. I had two very simple shirts but completely different colors. One was a white loosely-fitted tank top and the other was a rusty orange fitted long sleeve shirt. I paired the white top with black jeans and light pink heels. Then I paired the orange top with a short jean skirt and heeled boots," said Brooke Harris, a senior.

As far as clothing choices go, seniors tend to choose outfits that represent them as a person. These outfits usually range from sports uniforms, to dressy-casual outfits, to future-college t-shirts.

"I would try to find something that represents you as a person, but something that's more formal than everyday casual," said Harris.

Senior pictures are also used for other purposes, such as the senior slideshow before the graduation ceremony.

"The ones we do on our own are meaningful because it's a chance to have pictures that show your child's personality and probably the last time that they will sit for a photo shoot for you before they are off living their life," said Kristen Rotenberg, a social studies teacher and mom of a senior.

Senior pictures allow parents to look back at a time where their child was growing into adulthood.

**GETTING THE SNAPSHOT.** Seniors Gabby Marchica and Emilie Leazier take their senior pictures. Leazier's passion for photography has led to her starting her own photography business. [Hayley Smith](#)

## Celebrities' status influences success of their own brands

Alex Grove  
staff writer

**A GROWING TREND** among teenagers is wearing brands that are created by celebrities. Many students enjoy wearing them because of the name associated with the product, while others buy them just because of the actual quality and personal preference.

"I personally really like the way celebrity clothing looks. Normally, the celebrities that make them are celebrities I look up to. I wear the clothes because I like the way

the celebrities dress," said Bryce Lamont, a freshman who owns over thirty items from various artists.

Many celebrities create their own brands to not only make more money, but also to gain more of a following. Well-known personalities like Kylie Jenner, Rihanna, and Travis Scott have their own brands to further promote their companies. Some of those brands vary from makeup to clothing and even books. In a high school, you can find a lot of different brands

and styles. Most popular celebrity brands for teenagers are by Kylie Jenner, Travis Scott, and Rihanna.

A very popular brand amongst teenage boys is Travis Scott's merch, Astroworld. His prices range from ten dollars to \$1,300. In addition, he has taken part in several shoe collaborations with Nike, Jordan, and other big shoe brands.

"Probably the most expensive item I have just from Travis would be the Jordan 4 Cactus Jacks. They go from about 500 to 1000," said Lamont.

Another celebrity brand item popular among students is makeup. Many girls buy makeup because of the name that is associated with it, and many see it as an art as well. Some of the brands that are popular are brands by Kylie Jenner and Rihanna.

"I only buy Fenty makeup because Rihanna made it. It has pretty packaging, too, but I mainly got it just because of Rihanna," said Karina Schuster, a freshman who collects makeup.

Something else that people

enjoy about these brands is collecting them and selling them later when the items are sold out, as a way to make money.

"When students wear expensive brands, I don't really think much of it. Clothes are clothes to me. I don't need expensive brands for me, personally," said Adam Hillier, a math teacher.

Makeup and clothing is just one of many ways students express themselves. For some, the freedom of expression is worth the cost.



# How to style a hair scarf

Alex Grove, staff writer models three different ways to change up hairstyles.



1

Simply gather hair into a low ponytail and use the scarf to tie the hair. Twist so the tie faces the back

Claire Gearo Miah Thirion



2

Tie hair into a loose bun on top of the head. Wrap ribbon around the bottom of the bun, and ensure the ends of the ribbon hang in the back of the head. Pull out face-framing pieces in the front.



3

Fold the hair scarf into a triangle. Position the scarf so the pointed fabric is on the back of the head, then flip hair over head. Finally, tie the scarf in the back of the head, use bobby pins to secure.

## What do you do to stay warm?



"I wear leggings and the comfiest hoodie I know."

Taylor Nugoff  
a junior

"I like to wear a hoodie with a jersey over it to stay fashionable."

Idogan Riddle  
a junior



"I like to layer clothes with flannels or hoodies and wear jeans."

Kelben Ehmann  
a senior

"You can never go wrong with a pair of sweatpants and a long sleeve."

Cedric Brachet  
a senior



"I just wear leggings and a sweater."

Chloe Johnson  
a senior

Callahan Schwartz

Mikki Warriner

## Layering clothes becomes popular among teens

Cait Bunkers  
staff Writer

Layering clothing is a trend growing in popularity among students because it is stylish yet functional. It is also a fashion trend that hit the runways in 2019, and, according to Vogue magazine, has continued into 2020.

And fashion blogger Sirin Kale, writing for the Guardian, said that "Well-chosen layers give tired outfits a new lease of life – you can shop your own wardrobe, and get ready for the new season. A long-sleeved T-shirt under a slip dress lets you wear your summer wardrobe well into the winter months – and you can channel your inner Courtney Love."

Clothes can be layered in many different ways. Long sleeves can be worn under short sleeves, denim jackets can be worn over sweatshirts, or cardigans can be worn over shirts.

Not just tops can be layered. Celebrities have been seen wearing dresses over leggings, too. Gabrielle Union and Gigi Hadid have both been seen layering their clothes.

"My favorite combination is a jean jacket over a sweatshirt," said Kyah Wynn, a freshman.

It is important to match the layered clothing with other clothes and accessories. For

example, a short sleeved shirt over long sleeves can be the same color as shoes.

"I just put on... whatever t-shirts will match my shoes that day," said Landon Gray, a freshman.

To look good, don't wear the bulkier item under a smaller piece of clothing. Instead, whatever item of clothing is bigger should be worn as the outer layer. For example, if wearing a sweatshirt under a short sleeved t-shirt, make sure the sweatshirt is not bigger than the t-shirt.

If one feels good in their clothes, then they look good. Fashion is about personal style, not conforming to the standards of others.

"I think clothes are all about how you feel in them... if you feel good in what you're wearing, that's the first thing... you want to be confident in what you're wearing," said Andrew Cupo, a

drama teacher.

The layered clothing trend started as more functional than stylish. It can be useful for staying warm in cold weather, but it is useful when traveling to colder places.

"I first started layering clothing because I was cold one day," Gray said.

This is a trend that is both stylish and functional.

“

My favorite combination is a jean jacket over a sweatshirt.”

Kyah Wynn  
a freshman.



# Accutane attacks acne

Popular skin care pills may be the solution to bad acne

Mikki Warriner  
Staff Writer

**M**ANY TEENS AND ADULTS struggle to find an accurate remedy that works for their skin type. Accutane, also known as Isotretinoin, is a popular drug used to cure accutane and it is highly recommended by dermatologists, but it has many side effects that could make users hesitant to trying the medication.

“The worst side effects for me were definitely the back pain and dryness with my lips and skin,” said Jenna Shea, a past user of accutane.

One of the top listed side effects, according to ‘Accutane’ by the AOCD (American Osteopathic College of Dermatology), is chapped lips with a 90% common rate among users. Other common side effects linked with accutane are: nose bleeds, joint/muscle pain, rashes, hair thinning, increased sensitivity to sunlight, and depression.

“

When I was on accutane, I had a lot of bloody noses and my lips were so chapped.”

Wyatt Eide  
a previous accutane user

“When I was on accutane, I had a lot of bloody noses and my lips were so chapped,” said Wyatt Eide, a previous accutane user, “I was also really sensitive to the sun; I would go outside sometimes and my hands and face would just start to sting”

According to a Healthline article called ‘Accutane: What Are the Side Effects on the Body?’ Isotretinoin makes users skin more sensitive to the sun and any type of hair removal techniques such as waxing. Since accutane can make skin sensitive and frag-

ile, it is recommended that users do not go into the sun for long periods of time, especially without sun protection, and that users do not do any type of waxing or laser treatments during or at least six months after the last dosage because the drug stays in the system for 30 days.

“I would say there are no real reasons I would not prescribe accutane,” said Andy Hicks, a certified dermatologist, “I feel it is a very good drug and very safe if you prepare people well enough and monitor closely.”

A major side effect for female patients is birth defects. So, while on the drug, female patients have to submit monthly pregnancy tests. Patients have to take monthly blood tests to check on liver function and triglyceride levels, so females can use the blood test, or a urine test, to show that they are not pregnant.

“I had to be on two forms of contraceptives while on birth control because it can create really bad birth defects and it actually says all over the packaging of the pills: do not get pregnant,” said Shea.

In a March of Dimes article on taking Isotretinoin during pregnancy, they list off many birth defects the drug can cause such as: cleft palate, heart defects, ear and eye problems, and microcephaly. If a female user of accutane finds out they are pregnant, they have to stop taking the pill right away and go to the doctor.

“Ultimately, I truly believe accutane is a very safe and very valuable drug due to the fact that not only it clears some of the most resistant acne but also gives teenagers a whole different perspective on life, it gives them confidence and a positive attitude and truly allows them to be themselves and let their personalities come out, which they may have kept sheltered all these years they had acne,” said Hicks.

Accutane does have it's cons, but in the end, it does clear up tough acne and the effects are short term.



# rich pores

## GETTING

**AHEAD,** Lukha Thirion keeps her skin healthy by applying face masks on a regular basis. “I have been using this deep cleaning mask from Neutrogena twice a week and my skin has become a lot clearer,” said Thirion. Miah Thirion

## Skin care: the secret to a long life of healthy habits

Sharon Goez  
staff writer

The skin is the largest organ in the body, it is also the biggest barrier one has from various infections.

Focusing on keeping skin healthy and hydrated keeps skin stronger against sun damage, as well as viruses. In the long run, the overall longevity of ones skin can be improved by the simple implmentation of a skin care routine.

According to Unity Point Health, skin cancer is the most common form of cancer in the

U.S.: one in five Americans will be diagnosed with skin cancer. The sun's rays can be quite damaging to skin which is why sunscreen is so recommended.

According to The Center of Disease Control and Prevention, the sun can cause damage in as little as 15 minutes.

Exposure to the sun can lead to an uneven skin tone, and blotchy areas.

“I personally get a moisturizer with SPF in it, but especially living in Arizona with sun and the UV index,” said Jenna Shea, a junior. “I also do a face mask about three

times a week and take off my makeup every night.”

Having a consistent routine can improve the overall health of ones skin.

“I think it's important to have to keep your skin healthy. I have my own routine that I do, but I know each person kind of has their own thing that they do as well,” said Corrie Klinefelter, a counselor.

The regimen should be personalized, yet still follow the basic steps: cleansing, exfoliating, toning to even skin tone, moisturizing and adding an SPF in the morning.





# KICKING

the competition

Girls varsity soccer prepares for State

The team has talented players from all grade levels

**KICKING IT,** Amelia Brown, a sophomore, passes the ball to her teammate through the Paradise valley defenders. The falcons would go on to win that game 6-0. Logan Mcdade

**Cait Bunkers**  
staff writer

**THE GIRLS SOCCER** team is preparing for their state tournament, with play-offs beginning Saturday, February 15.

The team is currently ranked 17th in Arizona. They have played 13 games and won 10 of them. To achieve this ranking, the team practices Mondays through Thursdays 2:30 to 4:00 p.m. Practices vary between conditioning and technical work, and shoot drills to prepare if there is a game the next day.

"We work on technical and tactical skills to use in the game," said Riley Glasco, the only junior captain on the team. "Coming back from failure is hard, but a good thing. It helps you become more mentally tough, and helps fuel you for your next game."

In games, the players must be really fast, which contributes to their success. Speed is incredibly important for

defending players in order to prevent offending players from making runs and scoring.

At State, there is a seeded bracket. If the team wins more games, they will advance further.

First is playoffs, then semifinals, then State. The team hopes to rank within the top eight this season.

"They are a team that is doing a great job talking to one another. They do a good job of taking advantage of each other's strengths," said Tandehl Collentine, athletic director, "I do see them doing very well in the playoffs."

The team has faced setbacks, such as losing big games and injuries. This season, two players have come back from ACL injuries, which are common in soccer. Other players have gotten concussions this season.

They lost their game on February 7. A win would have placed them 1st in the region, but they have high morale and

are looking forward to the rest of the season.

"I stay motivated by playing the best I can," said Queenie Goff, a senior. "When I know that I have put my hardest work in, I am happy because that's all I can do to play my part."

The team has a tight bond and spend time together outside of school and practice. They attribute their team's success to how close they are.

"We do a great job of playing to the side players and switching the field," said Goff. "We also are always talking to each other on and off the field."

Getting ready to play big games is a main challenge that the team faces, but win or lose, they always support each other.

"Nobody likes to fail. Being on a team helps you deal with failure because you are all going through it together," said Glasco. Coming back stronger from a loss is something the team focuses on.

## Teacher coaches multiple sports

**Kaitlyn Cross**  
staff writer

Kyle Ledesma graduated from Cactus Shadows and returned this year to work in the Special Education Department. He also coaches the football and track teams.

"I think he's a really good coach, not only does he push us to be our best but he also makes close relationships with people. He cares about you and wants to see you do your best and he makes good friends with all of us," said Alicia Frampton, a senior on the track and field team.

Ledesma enjoys working with students both in the classroom and on the field or track.

"Working with the athletes, and just being involved in the different sports, you get to see the different kind of work they put in," said Ledesma. "It's definitely fun to see the excitement they get out of the sport."

Being a multi-sport coach can be time consuming.

"It can be stressful just because of the different practices and styles you have to coach going about it. For football, it's more like practicing for games where in track it's like, 'Are they going to have a good start off the block?' It definitely can be stressful but at the same time, good things happen and it's worth it," said Ledesma.

For practices in general, Ledesma has a basic routine for his athletes.

"I would say that my routine would be more looking over what the plan is for today, making sure having something just in case so something doesn't fall through, or who's not going to be there."

Ledesma pushes his athletes to be their best, but also allows for time to have fun.

"He's a really chill coach, I like him a lot. I like his personality because he wants us to be more serious which I agree with, but he also wants to have fun at the same time, so that's why I like him," said Tyler Neff, a junior on the football team.

Ledesma did not become a teacher and coach directly out of high school.

"I went to the military, went to community college for a bit, and the military and came back here," said Ledesma.

Coaching more than one sport means a lot of extra time outside of the regular school day, but also provides the opportunity for Ledesma to get to know his students in a different way.

## Student athletes gearing up for spring sports season

**Philip Tate**  
staff writer

Spring is in the air, which means students are getting ready to suit up for baseball, softball, tennis, and track. Practices started in early February and will end in April or May, depending on how well each team does.

### Baseball

"I coach because I love it," said Gaetano Gianni, the varsity baseball coach. "I like working with kids. I like seeing them move on and get

ready for the next level. I love competing and winning and always striving to be the best we can be."

Baseball has three teams, freshman, junior varsity, and varsity. Varsity's first game will be in the Scottsdale Invitational Tournament on February 26 against Saguaro High School. Their first home game, part of the Scottsdale Invitational, will be against Chaparral High School.

"I've been playing baseball since I was five, and I'm playing again this year because I love the sport,"

said James Williams, a sophomore on varsity baseball. "I love being around all my friends. To prepare, I'm working out pretty often."

### Tennis

Tennis practices began on February 10 and they have their first match on February 27. They are playing McClintock High School and the boys are home and girls are away. Both boys and girls tennis is no cut, meaning anyone can join and everyone is guaranteed a spot on the team. Practices

are Monday through Thursday, 2:45 p.m. through 3:45 p.m.

"I have been playing tennis for 10 years and I am still playing tennis because I love the sport" said Nathan Miyata, a sophomore on boys tennis. "I like the solo competition, and the spirit."

The team practices twice a week and focuses on specific skills as well as the overall player.

"I am eating well, and staying hydrated" said Miyata. "Last year I could not play for a good bit of the season because of grades so

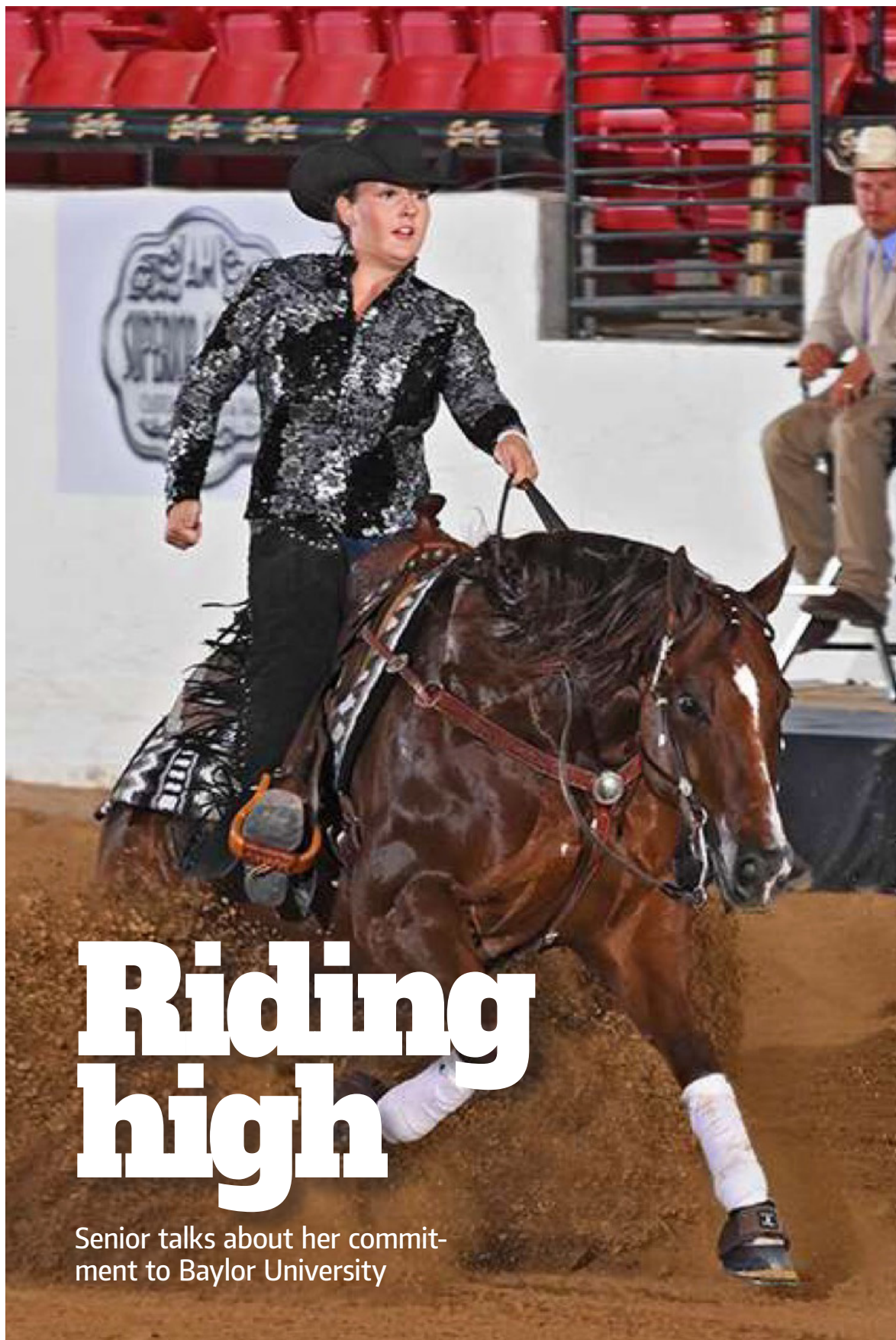
this year I am trying to have better grades so I can get more playing time than last year."

### Track

Track also began in early February and, like tennis, is a no cut sport. Their first meet is on March 4th against Arcadia High School.

Track has two teams, junior varsity and varsity. Practices are scheduled every day of the week from 3:00 to 5:00 p.m. The track season will rack end on Wednesday, May 13.





# Riding high

Senior talks about her commitment to Baylor University

Hayley Smith  
staff writer

**S**HELBY CLAUSEN IS a senior who competes at an advanced level in the sport of reining. Her accomplishments have led her to commit to Baylor University's Equestrian team.

"The sport I do is called reining, and it's compared to figure skating because you do a pattern, you get judged on it, and it's based off of precision and speed," said Clausen.

Reining is a Western sport involving guiding a horse in specific patterns. These patterns involve circles, maneuvers, spins, and stops. Contestants and their horses often travel to competitions to compete with one another in the Western region of the United States.

## Reining contests

"Competitions are most-frequently in Oklahoma City, but sometimes in California, Las Vegas, Texas, and here," said Clausen.

Competitions play a big role in reining. Contestants from all over the West come together with their trainers and horses to compete for a prize, usually money. The preparation for these competitions can be very time-consuming.

"Before a competition, I obviously practice a lot. As far as outfits go, I have a friend that owns a clothing company called Hobby Horse and she's super great about giving me outfits to show in," said Clausen.

Attire for reining competitions is very standard, however competitors like to add their own flair to their look. A basic outfit includes a long-sleeve shirt, jeans, cowboy boots, and a Western hat. Clausen likes to add her own flair to her outfit by wearing a nice top and doing her

makeup. However, when reining is in-season, competitions happen frequently, so Clausen misses many days of school.

"I miss a lot of school, so it's hard to manage both. I try to get work beforehand and do as much as I can when I'm gone," said Clausen.

Clausen practices as often as six times a week and travels to competitions at least once a month during season.

## Committed in junior year

"I verbally committed to Baylor in January of my junior year and then I signed my National Letter of Intent of November," said Clausen.

Because of her accomplishments in her sport and academics, Clausen earned a scholarship to Baylor University for Equestrian. After a stressful application process, she applied to eight different schools. Her commitment to Baylor was a relief.

"I'm really happy for my Shelby because Baylor seemed like a great fit after she toured the campus, however, I'm sad she's leaving because she's like my best friend," said Anna Clausen, Shelby's sister.

Clausen's family and friends were very supportive of her accomplishments and are excited for her future. Her coach who's been training her for years is excited for her as well.

"Shelby is very good at reining and I am extremely proud of all her hard work throughout our year together. I will miss her dearly, but I'm excited for her feature at Baylor," said Patrick Flaherty, Shelby's trainer.

As her senior year comes to a close, Clausen wraps up her time in high school, and prepares for her future on the Equestrian team at Baylor University.

**RIDING HIGH,** Shelby Clausen, a senior, rides her horse during a competition. Clausen competes in reining. "I have to make it to the best of my ability so that [the horse] can perform his or her best," said Clausen. courtesy of Waittburry

## Cheer heads into competition season looking to win state

Sarah Love  
staff writer

**CHEERLEADERS WORK TO** compete in State by performing at local and national competitions from November through February. The top ranked cheer teams in the state compete against each other in the State finals.

"In eight practices, we have State coming up, which is the biggest competition of the year," said Sofia Candallraw, a freshman. "We were

11 times State champions, so we are hoping to go for 12."

The cheer team has been working every day to hone their routines for the State championship. This is a time of intense pressure for the team, yet it is also a time filled with huge reward. The team gathers before the sun rises and stays late into the evening to methodically perfect their craft. In hopes to make it to Nationals.

"Something I am going to do this

season that I did not do last season to improve would probably be having a better overall attitude towards cheer," said Eliya Rogoff, sophomore.

The Cheer team has been training to place in the finals. Balancing the stresses of school, friends, and cheer has been proven to be challenging, but these girls have shown to themselves and others that they can handle the pressure.

"Cheer is my whole life, I wake

up at four in the morning, I'm texting my coaches all the time, being a captain you have to put even more into it," said Candallraw.

The girls are determined to win and to do so they are dedicated to practicing until they perfect their routines. Team bonding is also important, so they are able to really show the strong connection when performing and staying safe while doing so. The team finds time to have fun, too. They are often found

socializing together at lunch and around school.

"I am looking forward to really just watching the team come together, competition season brings out the best in the girls and they really step it up," said Kristen Rotenberg, World History teacher and parent of a cheerleader.

On February 8th, the Arizona State Cheer and Pom Tournament was held, and the cheer team placed first.



## Opinion

# Body shaming in sports has gone too far

Avianna Hoppes  
sports editor

Athletes are known for being in shape - often praised for their six packs and perfectly toned bodies. Yet, whenever they have a little extra fat or they don't have as perfect of a body as some of their teammates do, they are often publicly criticized by coaches and fans.

Body shaming in sports is an underrated issue that is not talked about enough. This problem affects athletes of all levels, whether they are amateur or professional.

Many athletes (especially college athletes) struggle with mental health as it is, so adding another layer of stress from coaches and fans about their body can be extremely unhealthy.

Not only does it make them more self-conscious, but can also lead them to lose a bunch of weight in an unhealthy way. People tend to underestimate the toll that body shaming can have on someone's physical and mental health.

Ironically, most of the time, weight or physical appearance does not have much of an effect on an athlete, especially college and professional athletes. There is a difference between being athletic and being in shape. Someone can be in shape, but if they are not athletic, it does not matter much.

There are many professional athletes who do not have stereotypical pro-athlete bodies. For example, NBA player, Zion Williamson and tennis legend Serena Williams have both been publicly fat-shamed, while Olympic gymnast Simone Biles has lived with the double standard of being called "too muscular."

If their bodies were truly an issue, then none of them would be performing at this high level. All three of them are clearly doing just fine without meeting society's "fit" body standards.

Body shaming in sports is unnecessary and ineffective. It does nothing good for the person and, at the end of the day, fans should care more about how their favorite athlete performs rather than their appearance.



## Shooting for state

Boys basketball carries their winning momentum into the state tournament

**BALLING OUT,** Connor Benson, a junior, scores against the defender from North Canyon. The falcons won this game 65-38. Blake Dorame

Zach Valentine  
staff member

**VARSITY BOYS BASKETBALL** has been on a roll, with a record of 22-3 and the playoffs up ahead. They have been strong in scoring, with junior Cole Caruso and senior Peyton Richardson leading the team points.

Head Coach Zach Washut has been with the team for two years. He has been coaching high school basketball for nine years. Over his first two seasons, their record was 103-22.

"The varsity team is doing really good, and they improve every week," said Mabahi Baker, a sophomore on JV. The team practices 5-6 days a week, depending on their schedules. If the team does not play well

at a game, they will have extra practices to work on what they did wrong. At practice, they will work on whatever they struggled with in their previous game. For instance, if their ball movement was not up to expectations, then they will work on it for most of practice. If they struggled with shooting, then the practice will be set up with many different shooting drills. Lately, their shooting has not been a problem, with their shooting percentage slowly increasing as a team.

"Their efficiency on offense has increased, shooting percentages have slowly increased, and they are comfortable playing in close games," said Washut.

The team entered the Cactus Cobra Classic Basketball

Tournament on December 27 and ended up winning the whole thing. This tournament included teams from all over the valley.

The year began with the team being down nine star senior players who graduated. Last year's team had a 23-4 State quarterfinal finish, which meant there were a lot of expectations for this year's team to succeed. So far, the team is at the end of their regular season with senior night on the 11th.

"Our team is good this year and have dominated on offense," said Joey Liberio, a sophomore.

The team is very conditioned, which has shown on the court.

They had a close call against Paradise Valley. Their first game against them was at home and they won by a short margin, but their

second game against them was not as close. They lost their second game to Paradise Valley and their third game against Desert Mountain.



**HIGH HOOPS.** Nolan Hokanson, a senior, looks to score against his opponent from North Canyon. Blake Dorame



Photo Essay

# Students spend 24 hours at the theater making magic

On February 1, Drama Club presented 24 hour Theatre. Students stayed up all night writing, directing and rehearsing for the following night.



**❶ PASSING TIME.** Sophomores Brooke Kilgore and Audrey Phipps pass the time by playing games as they wait to be picked by directors to star in their student-directed shows. “Waiting to get picked was a little scary because you want a good director and you only have a limited time to learn your lines,” said Kilgore. Blake Dorame

**❷ MAKING DECISIONS.** Senior, Paige Rinkes picks out her cast for *Manhattan*, a play she wrote about geology. “I know we started writing at ten and finished at three but everything in between is a blur,” said Rinkes. Blake Dorame



**❸ BUG’S LIFE.** Sophomore Lailie Eckman and junior Melanie Matzen, perform in the play *Manhattan* as bathroom cockroaches. It was directed by senior Juliana Troyanos. Logan McDade

**❹ EXPERIMENT.** Sophomore, Annie Bugbee and freshman Jackson Rinkes act as evil geologists in the play *Manhattan*. In this scene they captured bathroom cockroaches and attempted to perform harmful experiments on them. Logan McDade

**❺ SAVING THE WORLD.** Senior, Megumi Uchiyama, junior Campbell Persinger and sophomore Kelsey Casas star in *Who’s The Real Hero* written by Uchiyama and directed by senior Chloe Otstot. “Directing was fun because you get to collaborate with the playwright and it was nice not having to perform after staying up for 24 hours,” said Otstot. Logan McDade

**❻ REACHING FOR THE STARS.** Juniors Maya King and Vanessa Bush and sophomore Emma Dean act in the *Neighbor* directed by junior Ryan Christman and written by freshman Harrison Lowe. Logan McDade

