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 is 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
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 stage-hands 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 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 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 do 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 through 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 Dodf, 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 trash ing 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 ‘decisions,’” 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.

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.
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. This 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 Keili 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 the task when it 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 their future," 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 the task 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."
The 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 Instruction 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 openings remain unfilled 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 Rubinberg, 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.

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 Mullerneisteiner, 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 Dickson, 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.

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, 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.

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THE CACTUS SHADOWS PRESS

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600 Teacher Shortage - continued from 1

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Celebrities need to step up

In 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.

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 wildfires 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.
Is assassinating leaders ever the right thing to do?

**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 permeated 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 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.

**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.
Re-imagining Valentine’s Day

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 can’t wait. Desperate Cactus Shadows. I person

Claire Geare
staff writer

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

Students give average grades how the school responds to vaping on campus.

76% of students gave Valentine’s Day an A or a B.

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

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

THE REPORT CARD:

Students enjoy Valentine’s day.

Classes have not kept New Year’s resolutions.

Raising minimum wage a bad idea

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.

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 wouldn’t have 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 chocolate, look me in the eye and tell me you won’t consider my offer.

Raising the minimum wage is not the solution to help pull workers 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.
Musical chaos in Cave Creek

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,” said Logan McDATE, senior, and lead guitarist and vocalist of the band. “The last name was Reid. Reid’s cousin, said during practice one day, that they should name the band Playground Chaos,” said Logan McDATE, senior, and lead guitarist and vocalist of the band.

The band formed in November when Ben Bates 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 McDATE’s contact information. Bates and Davis played with him and asked him to join the band. McDATE then brought Aleksey Orlov, senior, into the group to play the bass guitar.

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

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

Michael Kaigi

NOW 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 Glens 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 something 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 alot 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.

Creeker

How to have V-day fun in Cave Creek

Valentine’s Day in Cave Creek can be celebrated with a dinner, 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 HAROLD’S, 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 entrée, and loaded baked potato, California Blend Medley, dinner rolls, or salad as a side dish, and a chocolate covered strawberry 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.
An easy cheesecake for your Valentine

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

Nia Sogaard

say cheese cake, that is

2 ½ cups fresh raspberries
¾ cup heavy whipping cream
¾ cup sour cream
4 eggs, lightly beaten
2 tsp vanilla extract
Pinch of salt
1 cup sugar
32 oz. cream cheese

Filling:
7 tbsp, salted butter
3 tbsp white sugar
2 tbsp cold water

Ingredients:

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

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

Pour sauce into a bowl and cool in a refrigerator overnight or for 6 hours in a refrigerator

Instructions for raspberry sauce:

Mix cornstarch and water into a bowl, keep stirring until it boils.
Pour sauce into a bowl and cool in a refrigerator overnight or for 6 hours in a refrigerator

Raspberry sauce:
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

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 chilil 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

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 Elizabeth Biggs, a sophomore.

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 Elizabeth 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.
Global News

Fires in Australia threaten homes and wildlife

Max Hancock

AFFECTING BOTH WILDLIFE and the unique landscape, wildfires have ravaged the Australian island. Thousands of professional 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.

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“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 detention camps in China spark a humanitarian crisis

Claire Geare

ON DECEMBER 12, 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 “separationism, 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 Qur'an 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 teen- age 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 longer 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 you 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.
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.
**The reality of climate change**

### Natural Disasters
National Geographic reports that climate change also leads to more frequent and severe hurricanes, floods, droughts, and winter storms. For instance in 2018, Hurricane Florence was hyperactive with 30 named storms, 24 hurricanes, and 16 major hurricanes. "This is for sure, it's a way to see that every year, no matter what days that we're experiencing in our climate and the temperature rising, it's making such adjustments to our whole globe," said Anderson.

### Changes in the Southwest
In the southwest, heat waves have become longer and hotter. At Central States that on June 16, 2018 Phoenix, Arizona reached a record 118 degrees, 115 degrees and Tucson reached 120 degrees, the city's fourth-hottest day on record. While in Central and Eastern coasts have had terrible fires. Today reports, the average of 17 million people were under winter weather alert due to the hazardous snow storms.

The air can be polluted. A lot of our natural resources like forests are being cut down, and these plants give us oxygen. If these die out, we can't breathe, and we'll eventually die. So, it's all about our environment," said Dylan Dahn, a junior.

### livestock
After every major climate event, livestock, especially cows, emit a lot of methane gas. Methane is a very potent greenhouse gas, with a global warming potential of 84 times that of carbon dioxide. This gas is a major contributor to climate change, as it is released from livestock through enteric fermentation and manure management.

A lot of celebrities, like Emma Watson, have been promoting environmental awareness. Watson advocated for the use of reusable bags, and she posted a picture of a woman who was carrying reusable bags while shopping in Paris. The project's goal is to reduce plastic pollution and help combat climate change.

### Natural Disasters
Natural disasters are a major concern for modern civilization. Natural disasters such as hurricanes, floods, and wildfires cause billions of dollars in damage. In 2020, the United States experienced a record 30 named storms, 13 hurricanes, and 7 major hurricanes.

### Greenhouse Gas Emissions
According to NASA, the main source of climate change is the gas that is released into the atmosphere by human activities. The main contributors to climate change are greenhouse gases, which are gases that trap heat in the Earth's atmosphere.

### Greenhouse Gases
Greenhouse gases are the main culprit of climate change. In order to reduce the levels of greenhouse gases, governments and individuals must take action to reduce their carbon footprint. This can be done by reducing energy consumption, using renewable energy sources, and implementing policies to reduce emissions.

### Other contributions
Other contributors to climate change include changes in the global temperature, which is caused by the sun's energy being reflected back to space. This energy is known as the solar constant.

### Other contributors
Other contributors to climate change include the burning of fossil fuels, which releases carbon dioxide into the atmosphere. This increase in carbon dioxide concentration is known as the greenhouse effect. The greenhouse effect leads to an increase in the Earth's temperature, which is known as global warming.

### Greenhouse gases
Greenhouse gases are a group of gases that trap heat in the Earth's atmosphere. The main greenhouse gases include carbon dioxide, methane, and nitrous oxide. These gases are known as greenhouse gases because they cause the Earth's temperature to increase, which is known as the greenhouse effect.

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Wead no joking

Dr. Jeff Wead joins Cactus Shadows administration

Devin Dorough

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.

New dean brings a new outlook to school

BOOK REVIEW

Cait Bunkers

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.

Exit, Pursued by a Bear pursues a story of recovery

STARING STRONG. Jeff Wead gets to know students around campus. Wead joined the staff after holding an administrative position at Willard Highschool in Missouri. Photo by Devin Dorough
STUDENTS 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. 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

"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.

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. 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.

Body-Builders. 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.

"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.
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.”

— Willy Guo, 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 high school, 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 students and it’s an environment I’m used to.”

— Camilla Cady, 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.”

— Kindra Ali, 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.”

— Aiden Gang, 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.”

— Prash Parikh, Special Education

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

— Shining Maryjohn, 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

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.

“Recognizing the trends that develop and will impact the future is one of the most valuable things about the show. And since technology now touches more aspects of our lives than ever before, there were several key trends on display at CES 2020,” said Jason Hiner, writer for CNET and CES enthusiast.

CES is a convention put on to showcase all the new technology coming out. Most of the popular inventions or new technology in the world today was first introduced in the CES convention. The types of technology can vary from cars to different food inventions.

“The CES show is so popular because it shows the technological future to our world,” said James Ruberg, a junior.

Some of the bigger takeaways from this year’s show include 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 TesKal 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 TesKal 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 WWIII 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 information passed around under the hashtag, but there was a large amount of tweets putting a humorous spin on the situation.

“I think that this 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 WWIII 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.

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.

Female rapper rises to fame

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

Despite controversy surrounding past homophobic tweets, “MOO!” 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 reaching 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.

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.

**Trending Now**

![Map of Iran and the United States](image)

Evan Vargas

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Celebrities’ status influences success of their own brands

Alex Grove

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.

“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.

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.

“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.

Some other things 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.

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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.

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.

Layering clothes becomes popular among teens

Call Bunkers  

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. 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 first started layering clothing because I was cold one 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.

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

“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 wear leggings and the comfiest hoodie I know.”

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

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

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

“I just wear leggings and a sweater.”

What do you do to stay warm?
Accutane attacks acne

Popular skin care pills may be the solution to bad acne

Mikki Warriner
Staff Writer

Recommended by dermatologists, but it has many side effects

"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 fragile, 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.

"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."

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"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.

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 implementation 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.
**Girls varsity soccer prepares for State**

Girls varsity soccer prepares for their state tournament, with playoffs 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 and playing with your friends is a great way to express yourself and be someone you can be." said Thomas Williams, a sophomore.

"I love being a part of this team," 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 McCintock 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 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.

"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.
**Riding high**

Senior talks about her commitment to Baylor University

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**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 Elya 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 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 waltenbury

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**Good sports**

**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 in 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 waltenbury

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**Sarah Love**

**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 Elya 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.
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 performing at this high level, whether they are amateurs or professional.

This issue is not talked about enough. Many athletes, especially college and professional athletes, struggle with mental health. 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.

Zach Valentine
staff writer

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.

“Our team is good this year and things are looking up,” said Mabahi. 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 Classic Basketball Tournament on December 27 and ended up winning the whole thing. The team included teams from all over the valley. The year began with the team being down nine star senior play- ers who graduated. Last year’s team was the only team to succeed. So far, the team has been doing just fine without meeting society’s “fit” body standards.

Shooting for state

Boys basketball carries their winning momentum into the state tournament
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.

1. **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)

2. **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)

3. **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)

4. **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)

5. **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)

6. **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)