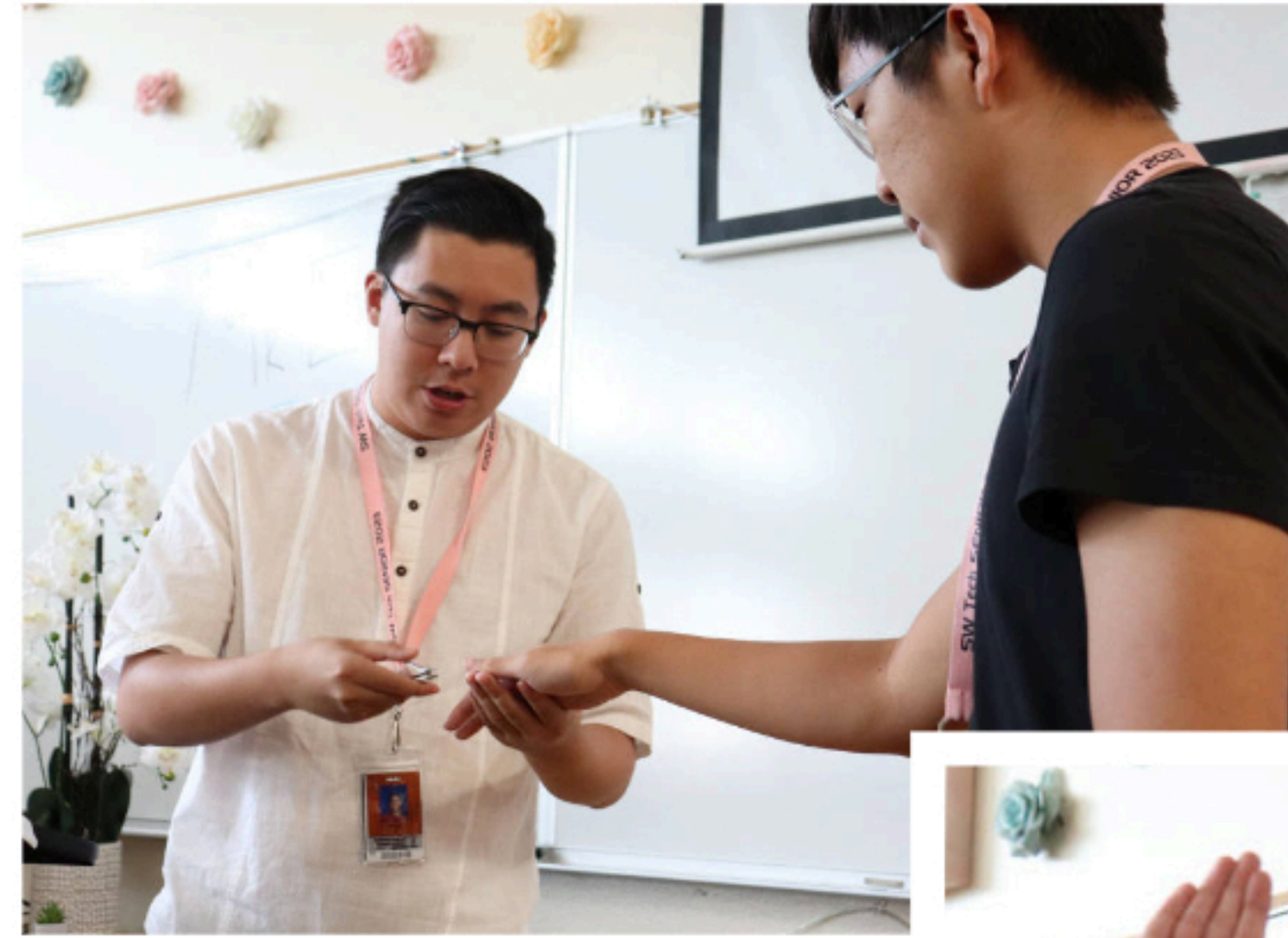


# LET ME DEMONSTRATE

Speech presenters share personal skills and talents



**FRESH NEW SET.** To teach the class, Brian Le ('23) explains the tedious and timely work needed for manicures. Students in COM 101 were required to present demonstrative acts that would teach listeners various lifehacks, morals, and skills. "This was what my parents did for a living, so I wanted to show people the efforts and abilities that are needed to do these activities," Le said.

**ACTIONS OVER WORDS.** Presenting a letter in sign language, Hunter Gisi ('23) teaches his audience the American Sign Language alphabet. Students were able to present different topics based on their importance, current talents, and their impact on the world. "Learning sign is one of the skills almost no one knows," Gisi said. "So it pushed me to educate myself on it and give a voice to those that are deaf." Photo Credits: Keayn Yuen



# STIR IT UP

Foods II students learn baking procedures in small groups



**FLOUR POWER.** In collaboration, Natnahel Tadesse, Nathan Tran, Ryder Concepcion and Angel Sanchez ('25) try baking some new pastry recipes. Students were split into groups with evenly distributed roles and tasks. "Having our teams split into different roles made it so no one would feel left out," Concepcion said.

**FOOD CHEMISTRY.** Vanilla extract in hand, Triana Nguyen ('24) and Zoey Henson ('25) mix their bread batter. For the two, taking on the role of cook was new territory. "I'm personally not the greatest when it comes to actually cooking," Henson said. "So instead I take on leadership roles that ensure everyone is in check."

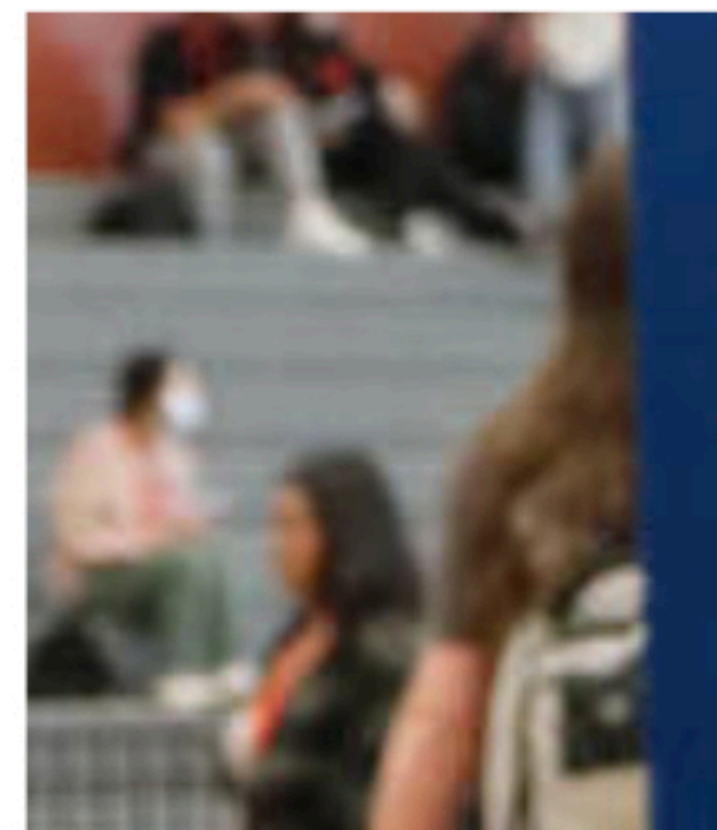


**READY TO BAKE.** To prepare a pancake mixture, Anndre'a Morales ('25) sifts through a batch of flour. This activity was an introduction to baking and gave the opportunity for students to work together. "My favorite part was getting to actually bond with the people over this activity instead of us just cooking our own dishes," Morales said. Photo Credits: Jaydon Tran

**A HELPING HAND.** Accompanying Carl the Coyote, STUCO member Alyssa Ramirez ('25) helps manage the event. The club spent a month making plans. "As STUCO members, our job was to make sure everyone felt included," Ramirez said. "So we did our best to hype the crowds up with Carl." Photo Credit: Keayn Yuen



**YOUR MOVE.** Slow and steady, Matthew Pamaran ('26) plays a game of Jenga. All freshmen were invited to the after school event to spend time with new and old friends. "When I was playing Jenga, I definitely felt pressured," Pamaran said. "But I knew that my opponent was feeling the pressure much more." Photo Credit: Kylie Chelise Daque



# SAFETY FIRST

Nursing III students practice PPE guidelines



**SETTING UP.** Preparing each other's gowns, Lyssette Matos and Ellie Eckersley ('24) practice their personal protective equipment protocol. Students were tested on their skill of putting medical equipment on correctly without cross contamination. "We learned how to prevent the spread of bacteria and pathogens by correctly doing these," Matos said. "As for those that want to pursue the medical field, safety is the number one priority." Photo Credits: Jaydon Tran

"I can count on Nathan to always be an honest friend whenever it is necessary. He never holds back the truth because one time, he blatantly told me that my haircut was bad and that I needed to change it up."



Ashton Yim ('26)

Nathan Ly ('24)

"I can always rely on Ashton when I need extra help with things like school and general advice. He is younger than me, but can still be pretty wise at many times."

"I count on Bri because she keeps all of us in check. She listens to our feelings and takes our suggestions into consideration. She's reliable because of these things and that's why I can always count on her."



Mya Brown ('25)

Brianna Scherschel ('25)

"I've known Mya since elementary school so I've had so many years to build that trust. She has always been there when I needed a ride home or a little extra support."

**COUNT ON ME**  
Q. What makes your friend reliable and someone you can always count on?

# JUST GETTING STARTED

Student Council hosts the first quarterly 'Freshmen Thursday'

**IT'S** not easy making friends. Ask anyone. But for the Class of 2026, a "Freshmen First Thursday's" event was held to help solve this ongoing problem.

"I originally came from a charter school, so high school has been difficult getting used to the new environment and people here," Tsz Ching Situ ('26) said. "And I frequently see other students that are by themselves at places like lunch and in class."

But despite the nervousness that numerous freshmen had, students played games, danced, and laughed which made it difficult to believe that they had come to the event with feelings of being awkward or shy.

"I personally am pretty sociable and outgoing, but I was still able to meet and become closer to many other students that were looking to have a fun time as well," Jacob Walczak ('26) said. "I also really enjoyed playing basketball with people I never fully met before that I've been able to connect with after the event." As for freshman Jonathan O'Connor ('26), leaving the event with stronger bonds with previous friends was a solid conclusion to the event.

"Games like the ring toss, Jenga, and Cornhole gave me and my friend Gevorg a chance to finally do more activities together," O'Connor said. "I'm sure many other freshmen were able to become closer with each other like the way that we did."