

The Vasquez Post

Veritas, Aequitas, Spiritus

Homecoming

Happy homecoming everyone! Congratulations to our team on their phenomenal win versus St. Jeanne de Lestonnac! 41-12! I'm sure we'll have plenty more successful games this season.

Hopefully everybody is getting ready for the homecoming dance to celebrate our team's big win! The theme for this year's dance is Old Hollywood, so we hope to see everybody in their red lipstick and bow ties for this unforgettable night!

Homecoming is always a big event for any school, but at Vasquez we make it extra special! The game and the dance gives the school a chance to feel united, to feel like we're all a part of something unique and special! Can't wait to see all the proud Mustangs at the dance on Oct. 5th! It's always a good way to let loose after the stressful school week and to party with your friends and classmates! Homecoming is a time that makes sure every student and facilitator feels the school spirit, with the spirit week days leading up to the game, and the semi-formal dance afterwards, it's definitely a time for celebration and loyalty to our school!

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Advice Column

High School is the time to really focus on your work! Yes, it might seem hard at first, but once you know what you are doing you are sure to feel much better. Make sure to always do your work on the day it is assigned or before it is due. If you miss assignments then you are only making issues for your future self!

Need help? Visit the school counselor!

Another important thing that all students should know is to get to class on time. You don't want to have to spend your lunch walking around with trash bags and asking for trash do you? If not then get to class!

The last piece of advice we have for you is to ask your teacher for help. Even if you are shy it's always better to gather enough courage and get the help you need.

Article by Alexandria Van Blarcom

SNHS Zoo Field Trip

Going to the zoo is a special occasion that is fun and captivating for all those involved. It is an experience that everyone should be able to take part in at some point in their lives. To have the privilege to see such exotic animals up close is very different from seeing them on the news, in videos, or in books. It is these types of excursions that are very important and will stay with you for a long time.

On September 19, the Vasquez SNHS (*Science National Honors Society*) and the AP Biology class went on a field trip to the Los Angeles Zoo led and organized by Dr. Shadi. Here at the Zoo, was where our students got the opportunity to observe many different species of animals, getting to learn about each one. From the large elephants, to the small frogs, each one left a sense of awe and curiosity.

The selected students had arrived at around 10:30 am and were paired up into groups. Each group was allowed to walk where they pleased (*Under the condition that they stayed in contact with the lead chaperon, Dr. Shadi*). This ended up being highly beneficial as it allowed each student-led group to walk around and explore at their own pace, taking the time to truly read about and watch the animals in a much more engaging way. The zoo was split up into sections for the different habitats each animal lives in. If you went to the aviary section, which is the birds area, you would get to see all the different types of birds. You would also have the opportunity to identify each bird species with the help of a chart showing the birds and their names. Going forward you see the animals of South America. Being in this area is awesome because all the animals look so different. You got to see tortoises, vultures, monkeys of all sorts, and more. Moving on you get to the animals of Asia. There you would see monkeys, rhinos, and lots of snakes like vipers. The Elephants of Asia have their own section. If you advance to the next area you will find yourself in Africa. Here you will see animals like lemurs, cheetahs, and giraffes. In this part of the zoo there are many sitting areas along with a cafe for watching the animals while taking a small rest from walking. After your short rest you'll get to the orangutan and gorilla enclosures. Going on to the last part of the zoo you'll be in Australia. Koalas, snakes, and kangaroos all reside in this location.

After your long walk through the breathtaking exhibits, you can have a nice meal at one of the many restaurants. Without the larger crowds, as well as it being relatively early, many of the animals were out and about doing their own things. Some animals were much more interactive than others, such as the monkeys, due to the quieter environment. Overall it was an incredible and unique experience that was very important for our students to have.

Article by Sofia Hernandez and Elijah Hernandez



Photos provided by Sofia Hernandez

Get To Know Your Staff, Mrs. Linnea!

What kind of job(s) did you have before?

Before I started working as a Records Clerk here at Vasquez, I was a one-on-one aide at High Desert and Meadowlark. Before that, I was just an Aide at High Desert. I supervised during lunch time, during passing periods and I assisted in classrooms with students.

Why did you choose to work at Vasquez?

I have been a part of the district for nine years and I just love it. I always wanted the opportunity to work at Vasquez when I was working at High Desert. It's like the dream place. And I'm just glad I'm here.

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Fun Facts

- *Venus is the only planet that spins clockwise.
- *Human teeth are the only part of the body that can't heal themselves.
- *Scotland chose the unicorn as its national animal.
- *Drinking a cold glass of water in the morning will make you wake up faster than a cup of coffee.
- *Grasshoppers existed before Dinosaurs.
- *Butterflies can taste with their feet

Information by Gerardo Pelayo and Khloe Roque

Weather

The weather has been quite crazy these past few days. Just a week ago, the highest temperature we saw was around 70 and now we are expected to see a high of 80 to 90 degrees this upcoming week. Looks like we are expecting to see two more weeks of the low 90s. Due to our upcoming heat, I recommend you Mustangs bring a refillable water bottle to help protect you from dehydration and eat some healthy, refreshing food to keep you cool. One thing we are now starting to see pick up around campus is the wind. The wind is no joke and usually can pick up to around ten MPH or more. Make sure to not lose your weaves and hang on tight to your hats!

Information provided by Adam Hernandez

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Homecoming continued from the front page

At the dance, students will show off different dance moves that they have in store for that night, take photos and create fun memories at this year's homecoming dance. The dance is going to be a very exciting event because students have voted for different homecoming princesses and princes. For the freshman the prince and princess are Liam Bryne and Addison Walker. For the sophomores students have voted for Cambria McCormick and Mario Martinez as homecoming princess and prince. For the juniors we have Josselyn Ochoa and Zach Van Ornum. The seniors are a bit different and have a court instead of a prince and princess. Students included in the court are Audrey Miller, Emily Hounanian, Kristina Finley, Mellisa Sanchez, Angel Gomez, Colten Prosser, Jessy Ruelas and finally Angel Rios. For homecoming king and queen, seniors will be selected and announced at the dance. The homecoming game and dance are great events to participate in to show school spirit.

Article by Cailin Perdomo

Inspirational Quotes

"If you can't do anything about it then let it go. Don't be a prisoner to things you can't change."
-Tony Gaskins

"There are two paths you can go by, but in the long run, there's still time to change the road you're on."
-Led Zeppelin

"If you believe it'll work out, you'll see opportunities. If you don't believe it'll work out, you'll see obstacles."
-Wayne Dyer

"Success is liking yourself, liking what you do, and liking how you do it."
-Maya Angelou

Quotes provided by Shoned Carr and Abby Garcia



Get To Know Your Staff continued on the front page

What college or professional advice do you have for seniors?

My advice would be you should always have options. Don't settle on something thinking that "this is what I have to do or there isn't another option for me." Research and look into what it is that you want to do. Whether it's a four year college, a trade school, or going straight into a profession. You know you're young and you are still able to explore your options, don't settle for anything less.

What are your hobbies and interests outside of work?

I love to hike, go for walks. I love spending time with my family. Love going to the beach, and I love going to support our students at their sporting events.

How do you feel about how tardies are being enforced this year?

I think it's great because it teaches our kids responsibility, punctuality, you know, being punctual to your job, wherever you need to go to appointments. And being on time is important and even if you are running late, at least try to get there quicker. Instead of just rolling around when you're already late.

Are there any sports or activities you think more students should be aware of?

I would just love to see more students participating in afterschool activities even if they're not a part of the team, come support your team, your peers, support your school. It's kind of sad to look in the stands at soccer games and volleyball games and there's no one there. And when other teams are coming in, with bigger crowds and louder crowds, and it's our gym, we should be there, we should own that. I'd love to see more kids coming together.

What was your own high school experience like?

I was in ASB. I was a class officer all four years. So I loved being a part of planning, planning the events, planning activities, whether that was at lunch or, you know, for football games, pep rallies, making posters. Just all of that, the excitement of school spirit and the excitement of the events that we got to do. I loved being a part of that.

Do you have any advice for students in the real world/ outside of school?

I would say, make the best of your four years in high school. Join everything. Be a part of everything. Go participate. Do it all, because these days will go by really fast, and you will enter the real world sooner than you plan, and then, you know, there's no looking back. You can't go back to being a student, going back to those Friday Night Lights or going with your friends to baseball games. Just enjoy it as much as you can now.

Do you have any time management tips for students?

I would say my best advice would be to utilize your class time as much as possible. Work on the assignments as they're assigned. Don't fall behind, because once you're behind, you're trying to keep up on current assignments as well as those past due assignments. The same with credit recovery, you fail your classes and have to then, you know, build it.

What is the biggest challenge you faced in your job?

Working through covid was definitely a challenge. That was, that was a crazy time in our lives, and I'm thankful that our district and families, everyone was so supportive through that time.

What's a fun fact about you?

I have two earlobes on one ear and Linnea is a flower in Sweden.

What do you think our school could improve on?

School spirit. It's really sad to go to some of our events, our sports games, things like that and to see that we don't have we don't have much support from ASB and the rest of the student body. We have visitors come from other schools, and they fill up more of the bleachers than our students and families. So I think we need more involvement, and more school spirit.

What has your experience been like working at Vasquez?

I love working at Vasquez and at the school district. We have a fantastic team of teachers and our kids are just the best.

Interview conducted by Lina Rodriguez and Charlotte Hernandez

School Events

10/2 3:00 PM flag football has a home game against Valor Academy.

10/4 4:30 PM flag football has a home game against Kennedy.

10/4 7:00 PM football has a home game against CMI

10/5 7:00 PM Homecoming Dance

10/11 End of the first quarter/ grades are due

10/26 PTSO Fall Festival

Information provided by Mikayden Matson

Victory for the Mustangs

On 9/20 our Mustangs won a victory against Saint Jeanne 41-12. The team broke its negative streak to get the win! This game brought out the best in the Mustangs even though they had a rough start with two touchdowns being reversed. Despite this, they kept their spirits high. Going into the second half, the score was 7-6 with the first offensive push; running back Blake Mascon gained 50 yards despite Saint Jeanne's best efforts to stop him. With two more plays Blake was able to secure his first touchdown. With one more point gained by a kick from Zack Van Ornum, during kickoff Ryan Hurtado was able to recover the ball allowing the VHS Mustangs another opportunity to get a touchdown. With a scary close final offensive push, Blake Mascon was able to get his 2nd touchdown of the game. With the ball being back in our hands, Jake Caplinger was able to secure his 2nd touchdown of the game. Yet again, Zack Van Ornum was able to score us an extra point. With another carry Blake Mascon gets a touchdown. And to add a cherry on top, Zack Van Ornum gets a field goal, ending the game 42-12. Outstanding work football team! Looking forward to more wins! Ride on Mustangs!

Article by Mikayden Matson

All Art by Sofia Hernandez

