



# STANDLEY Spectrum



Thanks to Educate and Standley PTSA for their sponsorship of the school newspaper.

Standley California Distinguished School News from the district via Principal Pearson



Standley Middle was just announced as one of 293 secondary schools in the state to be recognized as a California Distinguished School. Schools are recognized based on data that demonstrates successful efforts to provide exemplary public education to all students. We thank the staff, students, and families for helping us to receive this honor.

## Teacher of the Year

For Standley & District Middle Schools!  
**Cait McKellar**  
Senior editor



We would want to congratulate Ms. Clifner, our outstanding teacher of the year, on accomplishing this incredible professional milestone as a math teacher for sixth graders. It is not surprising that she was named teacher of the year as she is a teacher who people look up to. We hope you have a fantastic career ahead of you. Here are the responses to the questions we posed to her.

Q- How did it feel to be named Teacher of the Year?

A- "Being named Teacher of the Year makes me feel humbled, and it is such an honor, and I'm anxious about what comes next."

Q- What aspect of teaching is your favorite?  
A- "I would say that teaching children that math is about looking for patterns and connections is my favorite thing about teaching."

Q- What inspired you to become a teacher?  
A- "After having kids, I thought volunteering at their school would be fun. I had fun doing that and realized I wanted to make teaching my career."

## Office Staffer of the Year

**Mason Williams**  
Staff



Q: How does it feel to win office staffer of the year?

A: "Great."

Q: How do you like this school?

A: "I love the school and everybody here."

Q: How long have you been working at Standley?

A: "Forever!" -Ms. Sonya

## Standley Middle School PTSA Farm Fresh Fundraiser



in partnership with  
**Yasukochi Family Farms**

Order @ <https://standleyptsa.org/fundraising/>

Items include assorted produce farm boxes (regular or jumbo), fruit boxes, eggs, berries, honey, jam, flowers, etc.

Place your order by...  
the first Monday of every month

For delivery on...  
the second Tuesday of every month  
at the Standley Pool parking lot



## Disco Mania Dance was a flashback success

**Alex Grande**  
Staff

The Disco Mania Dance was held in the activity room right after the last bell rang. Not only was there so much music, there was so many snacks and food including: m&m's, snow cones, chips, lollipops, candy, cotton candy, soda, pizza and nachos. Not only was there food and music, there were games too such as limbo. Here is what you missed out on!

More picture on page 7



## Marine Challenge

**Isaac Luhrs**  
Staff

On Friday, January 26, over 40 members of the United States Marine Corps came from Marine Corps Air Station Miramar for the annual Standley Middle School Marine Challenge. They arrived in the morning, and stayed all day to run drills and exercises for students in their P.E. class. The exercises were more challenging and intense than what is usually done in P.E., but it was an overall fun and exciting challenge. The Marines also ate lunch with students and played basketball with them.

Marines continued page 6



## Skateworld: Rolling

**Alexander Grande**  
Staff

Standley rented out Skate World. On the field trip, everyone was skating and buying food like candy pizza and drinks and while we skated, they played music!. They also had arcade games you could play. Don't miss out on the next school fieldtrip. They actually are lots of fun.



### Debate Team Debates AI

**Staff**  
It was a great debate between the benefits and drawbacks of artificial intelligence. Both sides had strong evidence and impressive points. The audience cheered and clapped, sometimes even sighed with concern.



### The Spelling Bee

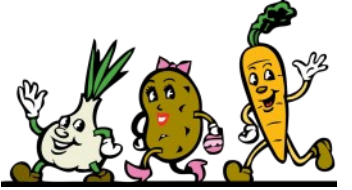
**Reece Park Staff**



The Spelling Bee happens annually at Standley Middle School. This year, Lydia was the winner of the Spelling bee. My first question for her was if this was her first time in a Spelling Bee contest. Lydia responded "No, I participated last year but I didn't win that time." When I asked how she prepared, she responded, "I study as much as possible by looking for difficult words and memorizing them." The runner-up was Aaron. I then also asked him if this was his first time in a Spelling Bee contest and he responded, "No, I participated last year but didn't do very well." I asked Aaron how he prepared and he responded, "I looked at the list multiple times and my friends quizzed me." The bronze medalist was Kanna. I asked her if it was her first time in a Spelling Bee contest and she responded, "Yes." When I asked her how she prepared she answered, "I studied the words by using repetition and with my dad." All the contestants did well but Lydia, Aaron, and Kanna came out on top.

### Green Team's First Harvest Festival with their very own crops!

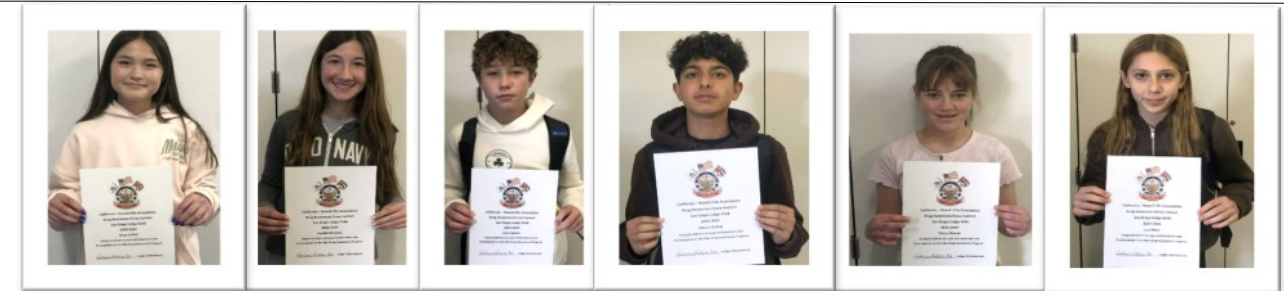
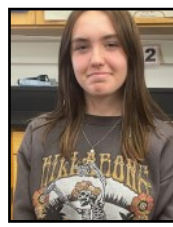
**Staff**



"We go out to the garden and plant. Some of what we grow, we eat. The idea came from 'you are what you eat' so we ate salad." -Pepsi (President)



"Some people made food and brought it. We mainly used lettuce from the garden. It tasted go. Everyone devoured it." -Eve



### Standley Students get recognition from Elk's Lodge Drug Awareness

**Ms. Wilson Standley Counselor**

These students have been recognized from the Elk's Lodge for their Drug Awareness Program. Their essays on "Be Kind to your mind Don't do drugs" will be sent on to judging in San Diego County and the State of California. Congrats to all. They will be given special prizes at the dinner in the spring. Standley is proud of them! Anya Lather, Darcy Munak, Leon Speter, Aaran Chahal, Lua Short, and Sophia Malabary,

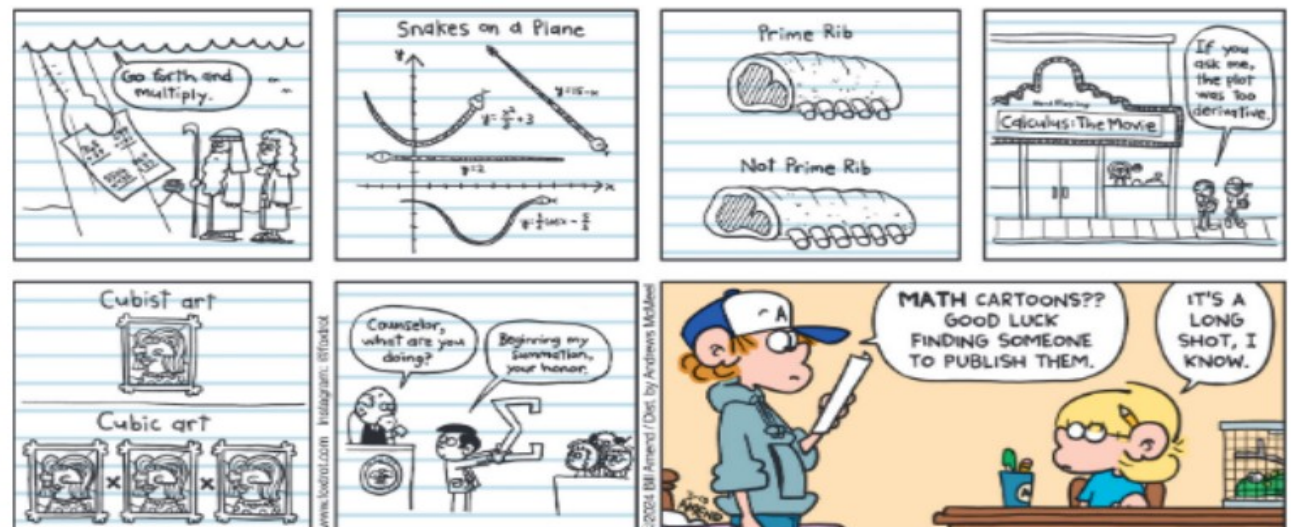
### Spanish Skits: Take a Virtual Fieldtrip

**Stav Genchel Staff**



Mrs. Juergens' Spanish 3-4 class presented skits about travel. Each group of students presented a four to five minute scene in which they showed the process of going to their vacation destination. They passed through the travel agency, took a taxi, boarded and boarded an airplane to reach their final destination.

### FOXTROT: By Bill Amend



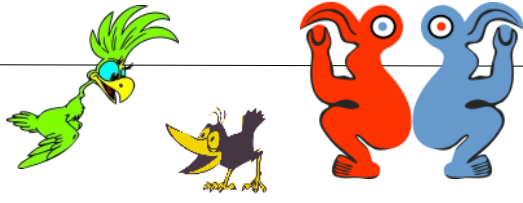
### Elk Award

**Ms. Dale**



Benjamin Swain, Grade 7, has won the Elk's Lodge essay contest, "What the Bill of Rights Means to Me." He'll be accepting his cash prize of \$200 May 8.

ASB Bird Games...Wild!  
Mila Golynski  
ASB correspondent



**Game 1: Red Light, Green Light**

On this day, the game ran during both 1st and 2nd lunch. During 1st lunch, only 4 people survived, while in 2nd lunch there were a lot more who made it through. The game consisted of a light switching from red to green, red meaning stop and green meaning go. They had to reach the end within the time limit

**Game 2: Usan**

In this game, both groups combined into 1st lunch. They had to cut out the shape of an umbrella on the line within the time limit. If they failed to do that and messed up while cutting, they would be eliminated. Most people didn't lose, however.

**Game 3: Pull-Cart Rally**

For this game, we had the remaining contestants sort themselves into teams of 3. The only problem was that we didn't have an even amount of people, and one person moved on automatically. The premise of the game was that the teams had to choose one person to pull the cart towards them with a rope, and the other two people had to sit on the cart and hold the rope. The teams with the top 4 highest times moved forward, and 6 people were eliminated.

**Game 4: Stand Your Ground**

In this game, the contestants were once again asked to sort themselves into teams, but this time, it was teams of 2 rather than 3. This made them think of the last game, and caused some of them to team up with friends once more. When the game was revealed, they realized that they would be pitted against each other rather than working together. The game was tug-of-war, best of three. There were some surprising outcomes, and we were left with 6 players still in the game.

**Game 5: Obstacle Course**

This game was an obstacle course that was mixed with physical activity and aspects of luck. The participants first had to run in a zig zag form, then jump over some hurdles. Next, they had to make a basket, run underneath some bars, and lastly roll a die until they got a six. The people with the top 3 highest times got to move onto the semi-finals, while the other three were eliminated. The winners of this game were Tucker Fitch, Pepsi Chaiyakhun, and Zachary Clauss.

**Game 6: Steak Dinner**

For this game, the competitors were presented with three signs, each with a different symbol on them; square, circle, triangle. It was then explained that each symbol was secretly associated with a color, and each color had an effect on their future in the game. Pulling the one that is red would cause immediate elimination, choosing the one associated with yellow meant that nothing would happen, and pulling the one correlated with green meant moving on as well as choosing who your opponent would be. Then, they were asked to choose an order for who was going to select a sign first. They came to the conclusion that Zachary would go first, and if needed, Pepsi would go second. With a dramatic drumroll, Zachary chose the triangle, and luckily for him, it was linked to green, meaning he got to move into the finals. In a moment of tension, he chose his opponent to be Pepsi Chaiyakhun, meaning Tucker Fitch was eliminated.

**Game 7: Lockbox**

In the final game, the rules were simple. The two finalists would play rock paper scissors until one of them won, and the winner would get to go up to a locked box and choose a key to try to open it. In a surprising turn of events, Zachary kept winning rock paper scissors, but choosing the wrong key. Even though Pepsi only won twice, he had a strategy in finding the right key. Unfortunately for him however, he did not have enough luck in rock paper scissors and Zachary eventually picked the correct key, opening the box after many unsuccessful attempts. Even though he had little cheering for him, Zachary Clauss won the 1st ever Bird Game at Standley Middle School.



**Is Daylight Savings Worth the Work?**

Lydia Shenvi  
Staff

On Sunday, March 10, 2024, families all over America will reset their clocks--officially at 2:00 AM. Suddenly, the sun will seem to set an hour later. 2:00 AM will become 3:00 AM during daylight savings. And in November, everyone will reset their clocks again. 3:00 AM will again become 2:00 AM. But why? Why do we engage in this mass clock-changing twice a year, and what is its purpose?

Business owners may profit from the clock change. If adults return from work and find that the sun is still fairly high in the sky, chances are higher that they'd go out and buy things or entertain themselves. Crime rates also decrease, as the likelihood of getting caught breaking the law when the sun is still up is much greater than when it's dark. Electric lighting does not have this effect. Some people even argue that it reduces energy consumption, because one's schedule more closely matches that of the sun.

On the other hand, studies have also shown that daylight savings disrupts a person's circadian rhythm--AKA their sleep schedule--which can result in sleep deprivation. It also imposes unnecessary challenges for farmers, since dew, livestock behavior, and other common elements of an agricultural job are generally determined by the sun.

Variants of changing schedules date back to almost 300 years ago. In 1784, Benjamin Franklin observed that many people in Paris stayed up late, past sundown, and slept in past sunup. He suggested that Parisians adapt their summer schedules to that of the sun, thereby conserving fuel.

However, Franklin would not live to see his idea bear fruit. Official times hadn't even been established in his day. Only 100 years later would railroad companies connect their extreme confusion to the lack of standard time. During the 19th century, schedules really were set according to the sun, but they were decided locally and varied from town to town. At 12:00 in one city, it might be 12:30 in another. Difficulties arose for punctual deliveries in the railroad business due to this inconsistency. In the 1840s, the British implemented standard time for railroad companies, and America soon followed.

Built on the foundation of standard time, Benjamin Franklin's idea reemerged through a British man named William Willett in the 1900s. He noticed that many of London's citizens squandered much of their summer mornings lounging in bed. A passionate golfer, Willett also disliked terminating his rounds at sundown. Therefore, he proposed to the British Parliament in 1909 to "spring forward" during the summer. Supportive, parliament member Robert Pearce introduced the Daylight Savings Bill and other similar bills in subsequent years, each failing.

Less than a decade later, in the heat of World War I, Germany established "Sommerzeit," a schedule better adapted to solar hours in order to conserve energy. Through the Standard Time Act of 1918, America followed suit for seven months. A year-round schedule called "War Time" was reestablished during World War II. After the war, local governments could choose when to observe daylight savings until the 1966 Uniform Time Act, reinstating standardized time.

In the winter of 1974, permanent daylight savings was introduced, but parents shared concern for children walking to school in the dark. The act was repealed.

Countless times, there have been instances of revoking and reimplementing daylight savings; in the US; for instance, extension of daylight savings to seven months in 1986; extension to eight months in 2005; in 2007, when American shifting dates were established; repeated bills to make daylight savings permanent since 2018, and three others to abolish it in 2020, 2022, and 2023.

The greatest controversy over daylight savings is whether it actually conserves energy. A study in 2017 claimed that it results in electricity savings of 0.3 percent. Others suggested that it increased the use of motor oil, but the US Department of Energy reported that daylight savings did not increase motor fuel usage, and in fact conserved electricity by 0.5% per day. The same year, a study by the National Bureau of Economic Research claimed it increased electricity demand by 1%, also increasing average electricity bills in Indiana by as much as \$9 million.

2021-2022 studies by the National Sleep Foundation, CBS, and Monmouth University shows that more Americans would prefer permanent daylight savings, but a 2019 study by the National Opinion Research Center and a 2021 study by the Associated Press state that more Americans would prefer standard time.

So does daylight savings really fulfill its intended purpose? Or does it harm the economy and the environment? And with contradictory evidence and complex history, who can tell?





### Standley Girls' Soccer Team

Cammie Pearce

Staff

The Standley Girls' Team did well finishing 7th out of 23 teams. Our coach was amazing, he has been a soccer player and coach and is very experienced. He gave every-one opportunities, helped us to believe in ourselves, and taught us new skills.

Q: "Why did you try out for the girls soccer team?"  
A: "I wanted to represent our school with a sport that is fun to play."  
Q: "What is your favorite position to play and why?"  
A: "Right winger because I like to help score goals."  
Q: "What advice would you give someone who tries out next year?"  
A: "Try your best and don't be afraid of the ball."

-Natalia Gutierrez 6th grade

Q: What's your favorite part about being on this soccer team?  
A: "I get to meet new people while enjoying something I love to do."

Q: "What's your position?"

A: "Center- Mid."

Q: "Who is your soccer Idol or Inspiration?"

A: "Pele." -Rafaela Baletto 7th grade

Q: "What is your favorite position to play on the field?"

A: "Middle Midfield or Striker (Mid forward)."

Q: "What is the most memorable goal you scored this season?"

A: "The first one, when I scored from the half way mark."

Q: "How do you think our team did this season?"

A: "We did good, we worked hard at games and practices." - Sophia Pelletier 8th grade



Team includes: Arlette Balderas, Rafaela Baletto, Anna Chumakova, Reese Conklin, Autumn Denso, Leena El Haoubi, Madison Galeana, Eliana Gonzalez, Natalia Gutierrez, Khloe Guzman, Jasmine Herrera, Jaylene Larios Leyva, Taylor McAloney, Darcy Munak, Cameron Pearce, Sophia Pelletier, Hadley Phin, Makaylin Trinh, and Simone Woodward.

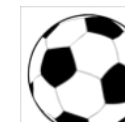


### Standley Boys' Soccer Team

Lorik Kadriu

Staff

I say, "Hey Casey."  
He says, "Hey Lorik."  
I ask, "What is your favorite part about being on the soccer team?"  
He says, "Just playing and learning how to do better."  
Then I ask, "In your opinion, what's the hardest part about soccer."  
He says, "Dribbling."  
I ask, "What's so hard about dribbling?"  
He says, "Staying coordinated."  
I ask, "What's the funnest part about soccer."  
He says, "Scoring goals."  
I ask, "What's your least favorite part about soccer?"  
He says, "Getting hurt."  
I say, "Ok thanks for letting me interview you, anything you'd like to add."  
He says, "Nothing else really, just hopefully lets win the Championship!"



Team includes: Rafael Wandere, Novak Orlic, Nicholas Germanos, Fletcher Tellez, Kairo Serrats, Mateo Ladesma, Alexander Innamorato, Pepsi Chaiyakhun, Adi Zhampeisso, Hamza, Yaseen Khoundiel, Adrian C., Dane, Marcus Weinfield, Sahil Kibria, Seth, Casey Thibodedo



Both Standley soccer and volleyball came in second in the district. Bravo!

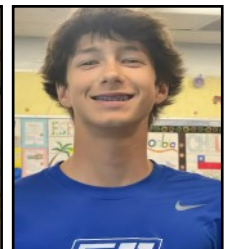


### Standley Boys' Volleyball Team

Maximus Anderson

Staff

With the Standley boys volleyball team going undefeated to end the regular season. Having the record 9-1 and placing as the #2 team in the district. Here are interviews from the boys' team. "What motivates you to play?"



"The Baddies motivate me" -Levi Ericson

"The Japanese show Haikyu" -Xander Slankard

"My friends, my teammates." - Thomas Dietrich



Team includes: Mohammed Abumettleg, Maximus Anderson, Garrett Conway, Lorenzo Dewey, Thomas Dietrich, Levi Ericson, Kaelan Gonzalez, Vidal (Aaron) Herrera, Keahi Lee, Axel Magnuson, Martin Ojalill, Jaisen Pham, Alexander Slankard, Mason Williams



### Standley Girls' Volleyball Team

Maximus Anderson

Staff

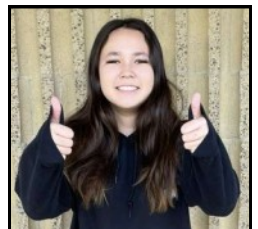
With the Standley girls volleyball team going undefeated to end the regular season. Having the record 10-0 and placing as the #1 team in the district. How do you inspire and motivate your teammates?  
"I yell words of motivation."-Reagan Rowe.

"I enjoyed playing because it was fun to play against other teams and the coach was awesome."

-Karis Mandani

"I liked getting better with my teammates and they were also my friends. Our coach was amazing and great."

-Danya Ray



Team includes: Aileen Ojini, Danya Ray, Ella Jorissen, Emily Cheng, Isabella Jarrett, Karis Mandani, Keyla O'Sullivan, Lezlie Lopez, Olivia Good, Reagan Rowe, Sarah Mohsenian, Sydney Berryhill, Valentina Murallo, Victoria Forsythe, Zoe Zucker



# Fashion Page

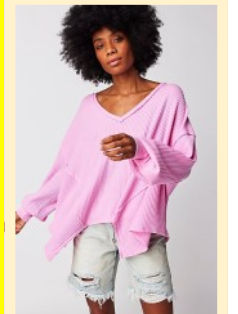


**Spring Style**  
This Season's Latest Trends  
**Alice Laur**  
Staff

This incoming spring, light sweaters and long sleeves are comfy and cute! During the weeks, the weather is mostly in between; it isn't cold (except for rainy days) but isn't hot. For girls, it is popular to wear relaxed t-shirts, crop-tops with jackets, hoodies, sweaters, long sleeves, and off the shoulder shirts and crewnecks. A few trendy colors to wear for both guys and girls are the neutrals; blue, white, gray, brown, or black. While some like to wear more colorful options such as green, blue, pink, or red! With Valentine's Day coming up, some students might want to be festive by wearing pink or red clothing. Popular pants that have been worn recently consist of jeans, cargo pants, leggings (flared or regular), sweatpants, or jean shorts on warmer days. Nike socks have been popular to wear over certain clothing like leggings as it keeps you warm while looking stylish! Boys enjoy wearing crewnecks, layered long sleeves, and hoodies. As for guy's pants, it is in style to wear baggy jeans, distressed pants, or sweatpants. In addition guys and girls wear accessories (whether silver or gold) and pull their outfit together by adding different belts. The jewelry can include rings, necklaces, earrings, or even bracelets. Stacking accessories has been liked a lot by



**Fashion Editors:** Eliana Gonzalez, Alena Achacoso, Garrett Conway, Levi Ericson, Ana Addeo, Alice Laur



teens this season! Some popular hairstyles for girls are slick-back buns, braids (one or two), ponytails, curled hair, and straightened hair. A new trend has been adding bows to hair as well!



## New Year- New You Fashion

**Alena Achacoso**  
Staff

The February-March issue is about trying different styles you've never tried before. This *New Year- New You fashion is about getting out of your comfort zone and trying new things/styles. This fashion is about glittery and sparkly clothes and tops. I like this fashion because since it is the new year we get to try new things. You can mix and match and throw your old clothes and get your new style up with new clothing.*



## February/ March Fashion

**Ana Addeo**  
Staff

The clothes that we see often see for girls February/March outfits are sweaters, zip ups, baggy jeans, and sweatpants. Since it is getting very cold, people have been wearing jean with hoodies a lot. Some colors for clothes are navy blue, black, and colors similar to that.

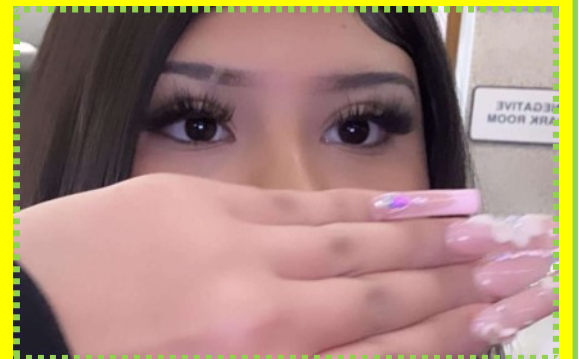


## MAKEUP

**Ilynn , Belen , Sara, & Dulce**  
Staff

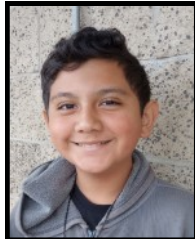
*Makeup makes people more confident about how they look. Makeup is used to look good when people go to parties or it's used for a hobby like Cheer or Dance or also a holiday like Halloween or just in general. Some people like different brands of makeup but some brands also depend on the skin type.*

*There are different looks of makeup. There is Natural makeup, Matte makeup, Airbrush makeup, etc. All makeup looks are really pretty if you know how to do it 'cause if you don't know, it might look a little weird looking but still good. Most people really do enjoy doing their makeup just for fun.*



marines continued

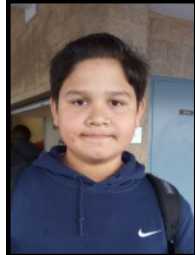
Q: What are your thoughts on the Marine Challenge?  
 A: "It was tiring, but it was a good workout." -Jerry Lin  
 "It was fun and I liked it, and I might want to become a Marine one day." -Andrew Padilla



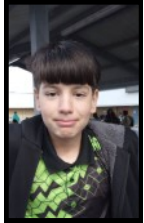
Q: What was your favorite Marine Challenge drill?  
 A: "My favorite one was the suicides." -Eliana Lee



Q: What was your favorite Marine Challenge drill?  
 A: "My favorite one was the suicides." -Eliana Lee  
 "My favorite was sit-ups." -Josue Velasquez



Q: Was Marine Day challenging?  
 A: "Yes, it was painful and I never want to do it again." -Matthew Rumley  
 "Yes, but it was also super challenging." -Jessica Stallings



**What are Standley Middle School students doing over Spring Break?**  
 Tim Linossier & Leon Speter  
 Staff



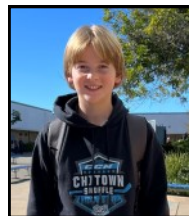
"I am going to stay at home to rest and go camping." -Connor



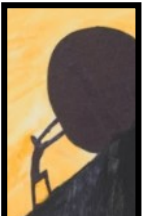
"Play Fortnite, play basketball, and stay up late." - Anish



"I will celebrate my birthday. I'm going to spend time with my family and rest." - Miles



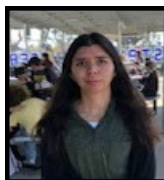
"I want to travel, see new places, and have fun." - Sebastian



"One must imagine Sisyphus happy" - Albert Camus



**Welcome Our New Staff Member**  
 Welcome Elizabeth Alvarado  
 Emely Gomez  
 Staff

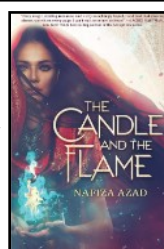


Q: What inspired you to teach?  
 A: "I like helping kids."

Q: What made you want to teach at this school?  
 A: "Where I used to work, their hours were late so this school has earlier hours."

**Book Club**

Standley's Book Club chose The Candle and the Flame because they were interested in reading Fantasy and Adventure.



"I like how the book is in a different world but draws things from the real world. There's also great description." -Evelyn Billingslea



**Read! Imagine! Create!**

**Ms. Rennick**  
 Read! Imagine! Create! is funded through the San Diego Chapter of Write Out Loud. This program provides free-to-keep copies of the book to students participating in the art contest. They also provide free visual and literary arts workshops! Students entered the following categories: literary, visual, performance, and media arts. This year, we read Edith Hamilton's anthology titled *Mythology: Timeless Tales of Gods and Heroes* and explored themes of pride, faith, community, and how things were explained before the scientific process was established. This year, the English Classes of Ms. Leezy, Mrs. Rennick, and Ms. Dale all participated! We are very eager to find out how our students placed in the art contest, which will be announced in April.

The showcase we held recently put as many projects on display as possible. We invited families to come and view the artwork, too! It was an awesome experience and the students enjoyed talking about and viewing each other's art.

**OVZON 3 SpaceX Mission**

New satellites are always exciting, but when will it be too much?  
**Ken Tachibana**  
 Staff



SpaceX begins the year strong with seven missions at the time of writing. Of these is the OVZON 3 mission to geosynchronous transfer orbit above the Earth. This mission utilizes a reusable first-stage booster, previously hosting ten other missions, CRS-26, OneWeb Launch 16, Intelsat IS-40e, O3b mPOWER, and five Starlink missions. The company behind the satellite being transported is OVZON. OVZON is a relatively new player in the satellite market, being founded in 2006. The company offers services to Defense, Emergency Services, NGOs, Media, and Commercial organizations. OVZON 3 is going very well, spacecraft separation from the second stage of the Falcon 9 rocket was followed by deployments of both solar arrays and thrusters. The all-electric propulsion system is working as expected and Ovzon 3 is heading towards geostationary orbit. You can track the current location and status of OVZON 3 by searching for it at [satellitetracker3d.com](http://satellitetracker3d.com)

Although new satellites and launches are exciting, there are currently 8,377 satellites currently orbiting Earth. Experts have been worried for years that Earth's orbit is getting too crowded. They claim that in ten to twenty years, around 100,000 satellites\* will be orbiting Earth. The number of space junk encounters has risen by massive amounts, SpaceX Auto Avoidance Systems have recorded over 26,000 maneuvers in less than a year.\*\* Will Earth's orbit become as polluted as our land? What measures can be taken to avoid this? \*at maximum, highly unlikely \*\*11 months  
 Sources: [spacex.com](http://spacex.com) / [ovzon.com](http://ovzon.com) / [space.com/how-many-satellites-fit-safely-earth-orbit](http://space.com/how-many-satellites-fit-safely-earth-orbit)

Disco Dance continued



Should We Continue Climbing Everest?  
Evan Lopez  
Staff

On May 29, 1953, four days before Queen Elizabeth II's Coronation, Edmund Hillary and Tenzing Norgay summited Mt. Everest or, its native name, Mt. Sagarmatha, becoming the first in the world to do so. They probably thought nothing lived on the mountain, but they were wrong. Several types of life live on the side of the mountain. Himalayan Black Bears live on the mountain up to altitudes of about 14,000 ft. Several animals live in Sagarmāthā national park, which is named after the mountain. We humans are polluting this beautiful park, just so we can climb a mountain. Some people say that humans should stop climbing Everest because they are polluting the area with trash and disease, but, contrary to popular belief, experts on the topic say humans do not pollute as much as believed, and think that people who can stop these bad habits should be able to continue climbing Mt. Everest. However, this should only continue if changes are made such as better conditions for the climbers and the requirement to be a skilled climber. Some people have practiced their climbing skill to reach the summit by climbing smaller mountains. If people want to climb Mt. Everest, they should not put other people's lives in danger.

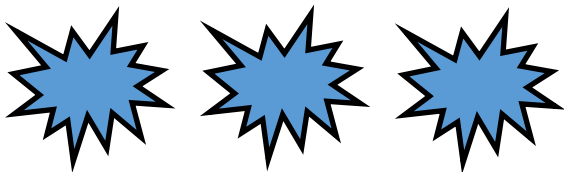
Mt Everest has extremely dangerous conditions, especially to inexperienced climbers. According to weforum.org, Everest has approximately a 14.1% fatality rate. One deadly phenomenon that occurs on the mountain is Avalanches. Avalanches could get climbers and sherpas injured or lead them to die. Another, is the lack of O2. At the top of the mountain, it is known as the death zone. O2 levels are extremely low there due to the altitude. Climbers might get altitude sickness, making them weak and confused. However, climbers can bring oxygen tanks to breathe. Along with this, if they stay up in the cold for too long, they can get frostbite, a disease where the skin and flesh on fingers and toes turn black and freeze, and sometimes have to be amputated. The freezing wind can reach up to 50 mph and blizzards are common. The article: "Mt Everest's Death Zone" says, "Too much time in these conditions can be lethal". Inexperienced climbers might not know how to deal with these conditions or how to avoid them. Along with the previous natural conditions, there are man-made conditions that are also hazardous such as the littering on the mountain and the corpses on the mountain still.

Large crowds of people rush to the top, leaving large piles of trash behind. Humans can also carry disease on the mountain. When people die on Everest, they don't decompose, or get picked up due to the freezing temperatures. This leads to disease becoming frozen in time, waiting to wake up, and a grim reminder to those who take the challenge. People have to take care of the mountain if they are using it. If they can clean their house, they can clean their own trash.

Some people want to climb Everest however. Summiting Mt. Everest is an amazing accomplishment that some have dreamed of, or practiced for by climbing smaller mountains. According to Mt Everest's Death Zone, "plenty of other places are just as exciting and much less dangerous." One such example could be the tallest mountain in North America, Denali, formerly Mt McKinley. Along with the fact that people wish to climb Everest, the economy of Nepal heavily relies heavily on tourists.

The average national wage in Nepal is less than \$900 compared to \$50,000 in the USA. There are approximately 35,000 visitors each year and each summit costs up to \$100,000. The money tourists spend on tours and guides is crucial to the smaller economy of Nepal, which has a GDP (gross domestic product) of 33 Billion USD, and a GDP per capita of around \$1,000. Even Singapore, a microstate, has a GDP of \$340,000,000, 10x as much, and a GDP per capita of \$60,000, 60x as much! In the economy of a large first world country, like the USA, the money climbers spend wouldn't put a dent in the economy, but in Nepal, they are dependent on it.

Mt. Everest is an exceptional mountain, and people should continue climbing it, but only if they make, and keep, the mountain clean. People should also be extremely skilled climbers, in order to prevent all the injuries. But if we stop climbing completely, Nepal's economy could, and likely will implode and collapse. If people wish to climb Everest, they should be able to, but not by putting other climbers and sherpas at risk. What should be done?



Opening Day

Major League Baseball starts up again in April  
Evan Luhrs  
Staff

Baseball is back and a lot has changed since last year. The Dodgers signed Japanese superstar Shohei Ohtani, for 700 million dollars over 10 years. However, the contract was structured so that he'd get 20 million dollars for 10 years and 680 million dollars at the end of the ten years. This ridiculous contract allowed the Dodgers to spend even more money by signing star Japanese pitcher Yoshinobu Yamamoto to pair with Ohtani. The Dodgers currently have the best odds to win the World Series. With all these expectations, will they be able to? Or will they fall short once again? The Texas Rangers will try to repeat their success after winning the World Series last year. The hometown San Diego Padres also made a couple of moves, most notably trading Outfielder Juan Soto to the Yankees and letting go of close Josh Hader. It is a big season for the Padres and their new manager Mike Schildt.



Shohei Ohtani signed the largest contract in MLB history with the Los Angeles Dodgers at 10 years, 700 million dollars.

UCHS Boys Basketball team advances to top 8 with two buzzer beaters in a row

University City advanced to the Division II California tournament for the second time  
Evan Luhrs  
Staff

The University City High School basketball team pulled off two upsets to win the Division II San Diego Section for just the second time ever and the first time in 13 years. The 3 seed in the tournament, the Centurions defeated 14 seeded Canyon Crest Academy in their first game, 74-63, 6 seeded Eastlake, 57-51, and pulled off two big wins against 2 seeded Victory Christian Academy, 66-63, and #1 seeded Rancho Buena Vista in the Championship game, 72-57. The Centurions best player, Dylan Griffin, led UC High to all of their victories as their best scorer. Senior Point Guard Ash Aka also helped them out in the championship game. The 7 seeded University City High School team then in their first game of the California state tournament played 10 seed Cerritos in an absolute thriller. UC led almost the entire game, but blew it late and trailed 63 - 62. They then, through a series of free throws, proceeded to take a 65 - 63 lead with 14 seconds to go. Needing a stop, UC couldn't get one. They gave up a layup to Cerritos with just 5.1 seconds left. Just like that, the game was tied, 65-65. The Centurions, after taking a timeout, drove down the court. They passed it to Ben Gavani, a center with #20 on the back of his jersey, who hadn't taken a three all game. He looked for someone to pass to, but no one was open. He fired a 3pt shot at the buzzer for the win, and made it! Everyone stormed the court in celebration of the huge thrilling victory. But UC wasn't done. Against one of the best teams in division II, Hesperia, on the road, the Centurions pulled off another wild buzzer beater. UC High's best player Dylan Griffin, hit a mid-range jumper with about 3 seconds left to win 52-51. University City boys basketball has never gone this far in the playoffs. The Centurions next game against Alemany, a three seed, unfortunately ended in a 68-55 loss. However, it was a remarkable run for the best team in UC High Basketball history!

UC star Dylan Griffin hit the game-winner against #2 Hesperia as the game clock expired.



Try A New Recipe !

Cashew Chicken With Noodles  
Emely Gomez  
Staff

Ingredients:

- 8 Ounces uncooked thick rice noodles
- ¼ cup reduced-sodium soy sauce
- 2 tablespoons cornstarch
- 3 garlic cloves, minced
- 1 pound boneless skinless chicken breasts, cubed
- 1 tablespoon peanut oil
- 1 tablespoon sesame oil
- 6 green onions, cut into 2-inch pieces
- 1 cup unsalted cashews
- 2 tablespoons sweet chili sauce
- Toasted sesame seeds( optional)

Directions:

1. Cook rice noodles according to package directions
  2. Meanwhile, in a small bowl, combine the soy sauce, cornstarch and garlic.
  3. Add chicken.
  4. In a large cast-iron or other heavy skillet, saute chicken mixture in peanut and sesame oils until no longer pink.
  5. Add onions; cook 1 minute longer.
  6. Drain noodles; stir into skillet.
  7. Add cashews and chili sauce and heat through.
- \*If desired, top with toasted sesame seeds



# Spring Word Search

BLOSSOM  
BLOOM  
FLOWERS  
RAIN  
SHOWERS  
EASTER  
SPRING BREAK  
GRASS  
HATCH  
BIRDS  
SUNSHINE  
SEASON  
MARCH  
APRIL  
MAY

N L M O R D Y S M B M O O L B  
N I A R M E L E S E E A W O G  
U O Y E L O S E A S O N M S S  
L M L I O D N E K L A Y R P H  
H C T A H I N G Q L D B R K U  
U T P E H O O D I O O I F C L  
Y T I S R E T R M D N T R E U  
V W N A O E P J T G N E D X V  
E U G R N A D M B R A Y A T E  
S L M E U B G R T A S O U P A  
R E F G L C E B T S I R G A S  
B A L Y B A E N O S R E H R T  
Y A O I K D O O H R E H O H E  
U Y W E M S H O W E R S E D R  
C H E F A M C L Y O G D R E S  
X L R O V Z R C O J B R I N O  
F I S E A R A K S L E I O E L  
B L O S S O M C B J W B M O B

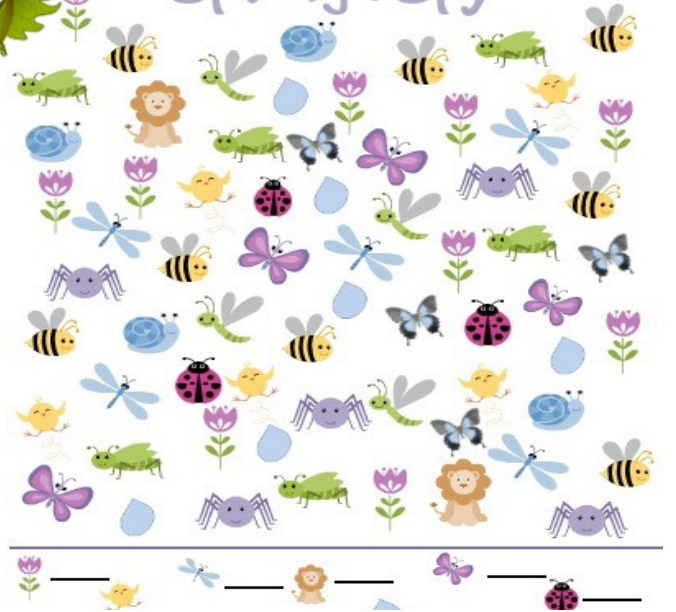
ONESTOPWORDSEARCH

# GAME PAGE

## Spring Word Scramble

WBNAOR \_\_\_\_\_  
 BLLAMURE \_\_\_\_\_  
 WFLORE \_\_\_\_\_  
 PLITU \_\_\_\_\_  
 NERGE \_\_\_\_\_  
 MLOBO \_\_\_\_\_  
 PLRIA \_\_\_\_\_  
 LFBTUTREY \_\_\_\_\_  
 NIAR \_\_\_\_\_  
 DREGNA \_\_\_\_\_  
 EBE \_\_\_\_\_  
 YMA \_\_\_\_\_  
 GNRIPS \_\_\_\_\_  
 HSSNIEUN \_\_\_\_\_  
 YBNUN \_\_\_\_\_  
 CAMHR \_\_\_\_\_  
 EDES \_\_\_\_\_

## Spring I Spy



Why couldn't the flower ride a bike?  
It lost its petals.

How do you know flowers are friendly?  
They always have new buds!

Why did the bird go to the hospital?  
It needed tweet-ment!

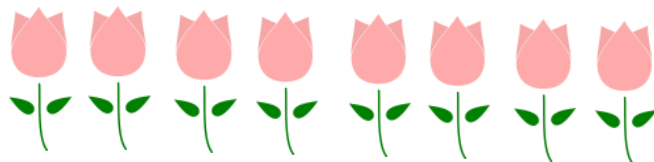
Can bees fly in the rain?  
Not without their yellow jackets.

Why is the letter A like a flower?  
A "b" comes after it.

What happens when you tell an egg a joke?  
It cracks up.

Why was the bird detained by the police?  
He was a robin.

What did the big flower have to say to the little flower?  
Hi, bud!



## Spring

C	A	T	E	R	P	I	L	L	A	R	E
R	F	B	T	Y	V	I	L	Q	B	S	B
U	R	Y	W	S	D	F	V	N	U	N	C
F	O	E	A	V	M	L	Y	L	C	A	B
R	G	U	B	E	G	G	O	A	W	I	K
N	H	T	R	C	R	F	Y	D	B	L	I
O	W	L	G	H	V	T	A	Y	I	B	Q
M	N	P	O	T	G	L	E	B	S	Q	C
H	N	J	I	O	P	A	Q	U	V	G	H
F	C	N	L	F	I	M	B	G	F	Y	U
B	E	E	C	Y	Z	B	T	H	W	P	B
Y	B	U	T	T	E	R	F	L	Y	S	M

egg  
snail  
bee  
frog  
caterpillar  
lamb  
ladybug  
butterfly  
owl  
sun



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