

## Class of '23 Will Graduate With New Regalia Design

By Anelina Alegre, Editor-in-Chief

A recent change coming to the Class of '23 and all upcoming classes is a switch in graduation regalia. Traditional graduation regalia includes colored stoles and cords for different academic achievements, like honorable clubs or academic distinctions.

However, the stoles were quite costly, ranging from around \$30 per stole. While many students at Cypress don't see a problem with these prices, the cost prohibited students of low income from receiving the regalia they earned with their hard work. In order to include students who can't afford the traditional stoles and cords, the solution was to create a cheaper and more inclusive graduation regalia design.

In place of the traditional cords and stoles, every graduate will get one stole decorated by customized pins that represent the award. The pins are designed to identify and display what each award is, compared

to the old stoles and cords which are usually one solid color.

The regalia change was originally implemented by Western High School, and since the district advocates for student unity, the goal is to celebrate everything equally across the district.

Student Representative **Omkar Katre** explained that there are multiple benefits to the regalia change. The top reason for the switch is that there is currently a lack of standardization in regalia across the district, and the switch to pins would create unison with other AUHSD schools. For example, in one school, CSF graduates get a ribbon. In another, they get a cord, and in another, they get nothing. Standardizing the regalia would ensure that students of the same achievement will get the same recognition. Another benefit is the significantly lower price. A pin would only cost \$4 compared

to a \$30 stole. The district is even considering buying every graduate's regalia for them if it's within the budget.

The district also understands that there are many students unhappy with the change. On December 6th, there was a forum that gave AUHSD students the opportunity to ask questions and input their opinions. However, the change has to happen in one year or another, and if it keeps getting pushed back, the change will never happen. So, the district is working to make the transition easier for everyone.

Katre asks students to "try and be okay with the change," because in the end, graduation stoles do not define your entire high school experience. He says, "I know the change is hard, and I know it's sad. For those that are not happy about this, I do



Western High School was the first to implement the regalia change, and now other schools in the district are following suit. (Photo Credit: Anelina Alegre)

apologize. The district is trying the best we can to make this a happier process. . . the end goal is to make a lot of people happy for the years to come."

## Cypress Got Talent Shows Off Amazing Centurion Skills!

By Mia McMurray, Staff Writer



Award winners of Cypress Got Talent included students and faculty, singers, comedians, and dancers. (Photo Credit: Cypress Journalism)

Cypress High School ASB hosted Cypress Got Talent on December 7, 2022, to give Cypress students and faculty a chance to showcase their diverse talents.

The talent show had been in planning since September. Senior and ASB Assemblies Commissioner **Kailani Amuro** helped coordinate the talent show, along with ASB Service Commissioner **Madeline Mejia**. As exciting as the auditions were, it was also challenging for the two to choose the final contestants. "We had about 22 people try out but we had to

narrow it down to 14. All in all, I'm glad we picked who we picked, but I also wish we were able to include everyone," said Amuro.

**Nicole Thach**, 10th grader and People's Choice Award winner of the talent show, performed a comedy act and has been writing comedy since she was young. "I like doing comedy because I noticed that growing up, during class presentations, I would subconsciously do stand-up. My coping mechanism was to make jokes when I got nervous." Thach added that one

part she was most excited about for the talent show was watching her talented peers perform, as well as performing, herself.

**Emily Galvan**, a saxophone-playing 9th grader, said she was excited to see the other participants' routines and also see everyone's hard work pay off. Galvan signed up on a whim, but eventually got accepted into the show. She said, "My friends were going to sign up so I thought, 'Why not?'" On the other hand, 9th grader **Parsmi Rajput** has had experiences with talent shows and even carnival events in the past. Rajput stated that she has always enjoyed dancing and has done so since she was young. When asked what inspired her to participate in the show, she answered, "I thought, 'it's the first talent show after a long time and it's just my first year here, too. It would just be fun to participate in one of the school performances.'"

English teacher **Kristy Takacs** had never participated in a talent show before but she had participated in other school performances such as Cypress' Dancing with the Stars. In her performance, Takacs sang a song Broadway-style from a musical called *Once Upon A Mattress*. Since Takacs sings all the time, preparing for the show did not take long. She stated that she decided to

participate in the show because she "wanted to support Cypress and Cypress ASB." ASL teacher **Tanya Winterton** had also never participated in a talent show before. Winterton also chose to sing a song, *Ironic* by Alanis Morissette, but signed it as she sang in her performance. She chose to sing in the performance because she said she loves karaoke. Other staff appearances included the staff winner **Mrs. Seana Brief**, who won People's Choice as teacher, as well as **Mrs. Fenton**, **Ms. Mauldin**, and **Mr. Pfeiffer** as judges.

The talent show was an entertaining and energetic event. All the performers brought their own unique talents to the stage, and their performances did not disappoint.



The crowd laughs as People's Choice winner **Nicole Thach** performs her original stand-up comedy act. (Photo Credit: Becca Choe)

## Cheap Christmas Gift Ideas For Your Family, Friends, and Loved Ones!

By Emily Galvan & Juliana Dubois, Staff Writers

Christmas is right around the corner, and so is the nearest store to get a nice thoughtful gift! Here is a list of gift ideas to give to your family, friends and loved ones at a cheap cost.

-Candy Basket Gift: A colorful and sweet arrangement of chocolates and candies put in a bag sealed with a bow is a sweet gift to give your friend who has a sweet tooth. Any and all candies you wish to use can be found at a gas station, dollar tree, or even the drug store.

-Hot Coco Bombs: A container with a few hot chocolate packets, and a nice mug would go perfect for the holiday season as a gift, family members would greatly appreciate it.

-Hand Baked Goods: A tasty hand-made treat sealed with a ribbon would be a tasty gift to give to any friend on the go. Cake mixture and cookie dough can be found in any store near you as well as miniature ribbons. You can make dozens at a time and store them in a bag.

-Box of Chocolates: A simple gift that can be given to anyone is an arrangement or sorted box of chocolates, any brand of chocolate can be used for this gift. Ferrero Rocher,

Nestle, Godiva, and Hersheys.

A few knick-knacks that you can give to your friends are squish-mallows, bracelets, teddy bears, elf on the shelf, spin-tops, magnifying glasses, cute little porcelain cups, staplers, pendants, keychains, pouches, scented candles, teacup saucers, etc.

Here are some Christmas gift ideas regarding clothing your friends or family members would enjoy wearing.

-Matching Christmas Sweaters: A matching garment for you and your friend would be a perfect gift and to get into the holiday spirit with your friend! You can find holiday sweater attire at your nearest Walmart or Costco, for as low as 10 to 15 dollars.

-Christmas Socks: Gifting socks as a Christmas gift is a holiday tradition, but gifting matching or personalized socks to a friend or family member is a fresh twist on an old gift. Shopping at 5 Below, or even Walgreens, the fun and crazy colored socks are abundant.

Good items to give to your artistic friends would be a marker kit for coloring, or any creative activity. A drawing pad with a nice cover would be good too. Covers for note-

books aligning with your friend's preferred style with a button to snap it open and shut with a tassel is sure to be appreciated. Add some stickers along with the gift and you're good to go! For the people that are more into creating things, try:

-String/Yarn/Twine/Tags, for the people who like making decorations.

-Fabric & clothing patterns, for those who like sewing and designing.

-Beads/Decorative jars/Wax

-Fountain pens/Washi tape/Cute sticky notes/Stamps/Stickers/Origami paper, for the scrapbookers and the writers.

-Paints/Canvas/Paint brushes



Gifts don't have to be extravagant! Here's a collage of some thoughtful Christmas gifts to give. (Collage Credit: Emily Galvan)

## What Joining An Activity Can Do For You

By Alex McDevitt, Distribution Chief

Do you feel like you don't belong and that it's hard to make friends at school? Then, join one of Cypress High's many activities. Some available choices include song, dance, arts, sports, and clubs.

You may be surprised by what you learn and what joining can do for you. ASB president **Natalie Stark** said the best part of joining an activity is to see how it grows and "making a family." That it helps "give a sense of belonging" to be happy and doing something new.

You may even learn something about yourself that you thought you couldn't do. When Stark joined ASB she "fell in love with it immediately," and liked being involved with everything going on campus. Having a place to shine with the "family" she made brought so much happiness in her life.

Finding new things that make the students happy and help them in the future is what these activities are here for. Stark said, "try everything that you can and join a club." Trying

something new is better than not trying at all.

Activities give students a family to be with on campus. Joining helps you to be involved with something you love doing. Photography teacher **Mr. Johnson** said he "wanted to join sports to hang out with his friends and to stay in shape and not to be lazy" when he was a Cypress High student.

In a school activity, you can also learn the ropes in order to help the new people that will join your activity next year. **Riley Cousimano** said she "wanted to join Gold to meet new people and help mentor the younger Gold girls coming into the program, helping them with mental and physical health.

Activities can also help you with your academics skills for school. Cousimano joined the French club and French honor society to learn more about the culture of France.

Being involved in activities also help students to be more con-

nected with Centurion school spirit. When **Samantha Jump** joined cheer, it helped her make friends and helped her get more involved with school spirit. Being involved with the school's activities can help you out in many ways to make you feel like you belong at Cypress to have an amazing time and year.



Club rush helped students find groups to join. (Photo Credit: Brianna Park)



Wrestling is one sport that is a good activity to join and make some friends. (Photo Credit: Cypress Journalism)



Cypress cheer bring joy and spirit to the students of Cypress. (Photo Credit: Anelina Alegre)

# FEATURES

## Gas Prices Continue To Fluctuate During the Holiday Season

By Deborah Son, Student Activities Editor

Gas prices in Southern California and just about everywhere have been skyrocketing ever since the beginning of 2021, adding extra expenses for drivers.

After the recent COVID-19 pandemic and Russia and Ukraine's war, there has been an increasing demand. The cheapest gas station is 76, with \$5.00 a gallon. Inflation has been shown to increase the costs of goods and gasoline in gas stations. After Russia cut its oil to Europe, one response was the increase in gas and electricity prices.

According to [www.whitehouse.gov](http://www.whitehouse.gov), on October 19, 2022, President Joe Biden released a statement saying, "Earlier this year, because of Putin's invasion of Ukraine, the price of oil and gas increased dramatically, and I acted decisively at the time. And thanks in part to those actions, the price of our gas has fallen 30 percent from the summer highs. Gas prices are coming down.

We're going to do everything we can to make sure they continue to come down and companies act responsibly so it's reflected at the pump." While many Americans argue that President Biden is to blame, there are other factors that come into play because the private companies are not controlled by him.

**Nathan Krampach**, a junior at Cypress High School says, "It's really hard for young people who have a license to be able to drive because of how expensive the gas is. When I get gas, it takes up my whole paycheck, because my work is far from where I live." Since gas prices are high, some people are not able to afford anything else because it can cost \$100 for a full tank.

Hopefully, the gas prices drop next year because the drivers in Cypress are having a hard time providing for both gas and their necessities.



The gas station, Arco is the most visited gas station next to Cypress High School and their gas prices are around \$4.79. (Photo Credit: Deborah Son)

## What Are Cypress Centurions Doing For The Holidays?

By: Nicolas Vega, Staff Writer (Photo Credit: Nicolas Vega)

With Winter Break on its way we have people planning to go to a nice place for a peaceful holiday or to visit family. While you're getting ready to go on your vacation for the holidays, do you ever wonder what others are doing for their break? Here are the plans of some Centurions this season:

**Ibrahim Alharbi** plans on staying at home and spending Christmas here. He also plans on having a big dinner with his family on Christmas Eve. He thinks that this Christmas is going to be a lot more joyful, because he can actually hang out with his friends and family now that Covid infection rates have dropped.

**Ahmed Elghazaly** plans on going to Las Vegas with his cousins to spend time with his family. He said that when he gets there, he's going to visit all of the monuments. He also says that last year, Covid made Christmas boring, because you couldn't go outside. But now he'll be able to go out with his family/cousins.



**Campus Safety Aide Lisa**

**Martinez's** family is going to come from Palm Springs, CA. She plans to have a big dinner with her family on Christmas Eve, and will be eating tamales, pozole, and champurrado with sweet bread. Now that we aren't in the Covid era, she says, we can socialize.

**Joy Haj** plans on staying in town for a little while to spend time with his family, go out with his girlfriend, and play basketball with his friends. He plans to go to Disneyland in Orlando, FL with his family. He is thrilled that we can now go out, travel, and actually socialize.

**Campus Safety Aide Carlos Garcia** doesn't plan on going out of town, but used to go to Mexico for Christmas every year. This year he plans to stay home and have some quality time with his family. He says that without Covid he can be with his family again without a worry of getting sick.



**Ezra Martinez** is going to



New York with his family. One thing he's looking forward to is visiting Times Square. Without Covid he won't have to wear a mask, which makes it easier to socialize and more places will be open to visit.



**Brooklyn Burton** is going to visit her family in Arizona after Christmas, and will be there for New Year's. One thing she always looks forward to is going to the desert and shooting targets. She says now that Covid is harmless, she is able to see family and socialize more.

## Christmas Family Traditions

By: Millie Damasceno, Entertainment Writer

This time of year is meant to be spent with your family and to cherish all the things you were blessed with. Every family has different traditions when it comes to Christmas, depending on religion or culture. For example, most countries in South America celebrate Christmas on the 24th instead of the 25th, and they eat a special dinner that usually consists of roasted turkey with similar Thanksgiving sides, along with only opening presents once the clock hits midnight. The usual American Christmas tradition is to leave out cookies for Santa on Christmas Eve, then open presents in the morning, along with a Christmas dinner at night. If you are not sure of what to do for Christmas this year, here are some fun activities:

Go ice skating

Make gingerbread houses

Go Christmas caroling

Decorate tree ornaments

Bake cookies

Have a Christmas movie night

Make hot chocolate

Kiss someone under the mistletoe (consensually of course)

Drink Egnog

Traditions always have to start somewhere, so feel free to start your own and have fun this Christmas. Most importantly; enjoy quality time with your family and loved ones. Have a holly jolly Christmas!



Enjoy Christmas with your family! (Photo Credit: Millie Damasceno)

## APES Students Take A Field Trip to MACC

By Jayden Kay Linayao, Video Editor

On November 30, students in **Mrs. Doherty's** AP Environmental Science (APES) class attended a field trip to Magnolia Agriscience Community Center (MACC) to conduct various lab experiments regarding what they are learning about in class. They visited different stations and did hands-on experiments to demonstrate what they have been learning, including ecological footprint, plant pigment, photosynthesis, sustainability, and agriculture.

Student **Andy Nguyen**, from Mrs. Doherty's third period said, "We saw chickens. That was cool, but I don't really like going outside.

I like how we got to see stuff in our curriculum and stuff that we learned in real life."

Another student, **Andi Babista** said, "I liked the fact that we weren't just being toured by a bunch of old people, but the people that actually go to the high school. I would definitely do it again if I had the chance."

Doherty is hoping to take her Living Earth students to the MACC during the second semester this school year. The students enjoyed the chance to take a breath of fresh air outside of the classroom and explore the information from their unit in real time.



AP Environmental Science Students at the Magnolia Agriscience Community Center. (Photo Credit: Jayden Kay Linayao)

## Ready for the Holidays with ASL's Christmas Spirit!

By Grace Kim, Staff Writer

**Ms. Llewellyn** and **Ms. Winterton's** ASL students will perform Christmas carols with ASL around campus for their final project before heading into winter break.

ASL, which stands for American Sign Language, is a signed language spoken by hand and used in the United States and Canada. Using gestures, facial expressions, and space, ASL is a visual language with grammar and syntax and is the 4th most used language in the United States.

Ms. Randi Llewellyn, one of the ASL teachers at Cypress, explained the charm of the language. "It is a beautiful, wonderful language. It is picturesque; it allows you to convey meaning that you don't always have in English. We're able to translate and share it differently—it's not equivalent to other languages; I would actually say it's superior."

With the wonderful language making our lives much more convenient, **Mrs. Christine Ruby** first launched the ASL program at Cypress High School. She decided to start the ASL caroling as a final that was cumulative of all the skills the students learned, as well as to have a fun holiday tradition.

Students listen to the music and produce a different language by decoding and placing it in a separate word order. After memorizing, stu-

dents make the words pretty, making it visually easier to understand.

Llewellyn said, "Finessing and memorizing is just as important as learning. It has to look nice. If it's choppy, it doesn't make sense. Our hands are paint brushes; the air is a canvas. You can paint a picture—everything becomes a picture."

The Christmas tradition brings fun and joy not only to the students but also to the teachers.

Ms. Tanya Winterton, another ASL teacher at Cypress, talked about the good memories during a performance that lasted a long time.

"Last year, my ASL 2 really stepped up. They mime-played all the instruments of a Michael Bublé Christmas song, and it was hilarious but really entertaining."

A couple of days before finals, ASL will present their songs for students and staff on Tuesday or Wednesday during Finals week.



Ms. Llewellyn explains the the process of interpreting music into ASL for her students. (Photo Credit: Grace Kim)

## Best Buddies Hosts Holiday Viewing Party

By: Kylie Madrid, Staff Writer



Best Buddies meets on the field on Thursdays. (Photo Credit: Ms. Leo)

Best Buddies's December 8th holiday party in the Media Center breathed some holiday spirit into an overworked Cypress High.

This year's holiday party isn't the club's first, and they hold events around the holidays to promote the club and meet new people. Pizza, hot chocolate, and cookies were provided free of charge to all guests. Best Buddies events generally have a movie playing in the background, but viewing is optional and some attendants will talk quietly through it, giving students an opportunity to socialize. This year, the club voted for a movie to watch and decided on Polar Express.

Best Buddies kids were responsible for a large chunk of the party organization, and there were

approximately 35 kids in attendance. Everything was free, and ugly sweaters were encouraged.

When asked what their favorite part of the party was, **David Chun**, the club's president, and Ms.

Whiting, the club's adviser, had similar responses: "My favorite part of the

party was seeing everyone working

together, decorating cookies, being creative, and then hanging out with each

other." Chun said that his favorite part of the holiday was making hot chocolate with **Justin**, one of the buddies. "He was the best part of the party, making everyone laugh and have an amazing time!"

Best Buddies holds meetings every Thursday on the field (behind the 100 building). If you'd like to become a member or stop by from time to time you are free to do it at any point in the year.

The president confirmed that there will be more parties in the future, so be on the look out for future Best Buddies events!

# A TO Z Driving School

Since 1996

**One on One Behind the Wheel**  
\$360 for 6 hours of training.  
Pick up & Drop off  
Insured and Bonded

2612 W. Lincoln Ave #106  
Anaheim, CA 92801

714-828-6147  
www.a2zdriving.com

**Online  
Driver's Ed &  
Behind the  
Wheel**

6 hours of behind the  
wheel training &  
Online Driver's  
Education for **\$360**

**Online Driver's  
Education**

Only \$28 Work at your own pace  
START TODAY!!!



## Holiday Movie Favorites Return For Wintertime

By Zoe Chung, Staff Writer



Beloved holiday movies make their comeback  
(Photo Credit: Zoe Chung)

Christmas films have long been a tradition of the holidays. From the beloved *Home Alone*, to *How The Grinch Stole Christmas* directed by Ron Howard, watching movies shares the spirit with friends and family.

*Home Alone*, a film detailing 8-year-old Kevin McCallister's experience at home, all by his lonesome, after being forgotten by his family as they leave for the airport for a trip to Paris during the Christmas season. He initially believes that his wish-to have no family-has been fulfilled once he awakens to an empty house, after having quarreled with his family in the night prior to his dilemma. His joy wears off once he realizes that two burglars are plotting

to break into the McCallister residence. He must come up with a plan to counter their attempts and protect his home all by himself. Kevin sets elaborate traps to throw the burglars off their tracks. He later realizes that

happiness does not stem from being separated from those you love, and grows to appreciate his family. This film is a favorite worldwide for the holiday season and one that can be recommended to an audience of any age.

The movie *The Polar Express* is another fan favorite that brings nostalgia to a wide range of people. It starts off with a boy who catches a train ride to the North Pole, doubtful of Christmas magic. As the film progresses, his imagination sustains his faith and goes through extraordinary experiences throughout the train ride. He navigates through his life and eventually reaches self-discovery. This classic film features the magical world that fades as individuals grow into adulthood, and is beloved by many.

How *The Grinch Stole Christmas*, originally written by Dr. Seuss in 1957 and later developed into a movie by Ron Howard is the epitome of Christmas spirit. This movie stars the Grinch, a social

recluse who resides at the top of Mount Crumpit, on the outskirts of Whoville. He decides to destroy Christmas for the jolly residents of Whoville. The Grinch sneaks into the town on Christmas Eve and steals the presents from each household, hoping to ruin the perfect image of Christmas. However, he discovers a hiccup in his plan, when he hears the citizens of Whoville continue to sing with Christmas spirit. He learns that Christmas is not based on receiving gifts. His bitter and cold heart grows in size as he becomes the bearer of Christmas spirit.

There are many more holiday films that are cherished by families and individuals globally. Holiday films are extremely enjoyable and bring the warmth of the Christmas spirit to many hearts. Holiday movies will continue to be a major factor throughout the holidays.

## Holiday Music Brings in Tons Of Christmas Joy!

By Carly Pedroza, Staff Writer

Holiday Music is in! The radio stations are playing tons of Christmas music and music platforms are overflowing with lots of new songs.

On Apple Music today the top five holiday songs are:  
You Don't Have To Be Alone by Alicia Keys  
All I Want For Christmas Is You by Mariah Carey  
Santa Tell Me by Ariana Grande  
December Back 2 June by Alicia Keys  
Like It's Christmas by Jonas Brothers

On Spotify today the top five holiday songs are:  
Christmas Tree by V  
It's Beginning To Look A Lot Like Christmas by Michael Bublé  
Last Christmas by Wham  
Sweet Night by V  
Underneath The Tree by Kelly Clarkson  
Here are some of Cypress High Schools students favorite songs:  
Sebastian Gonzales (Grade 11) - Jingle Bell Rock by Bobby Helms  
Sierra Meraz (Grade 10) - Blue Christmas by Elvis  
Jonathan Na (Grade 9) - All I Want For Christmas by Mariah Carey

Emily Jordan (Grade 10) - Santa Tell Me by Ariana Grande  
Hayden Frazier (Grade 11) Wonderful Christmas Time by Paul McCartney  
Salvador Cervantes (Grade 11) Carol Of The Bells by Pentatonix  
Lucia Castillo (Grade 9) It's Beginning To Look A Lot Like Christmas by Michael Bublé  
Elijah Gomez (Grade 12) Jingle Bells Rock by Bobby Helms  
Ava Pangbora (Grade 12) Last



Top Holiday Music Of 2022!  
(Collage Credit: Carly Pedroza)

## ABOUT THE STAFF

**EDITOR-IN-CHIEF:**  
ANELINA ALEGRE  
**LAYOUT EDITORS:**  
ANISH ASHOKKUMAR  
ANELINA ALEGRE  
**PAGE EDITORS:**  
**NEWS**  
ZOE CHUNG  
**OPINION**  
REID HULST  
**SPORTS**  
LAUREN KIM  
**STUDENT ACTIVITIES**  
GRACE KIM  
**FEATURES**  
BRIANNA PARK  
BRIANNA NARANJO  
**ENTERTAINMENT**  
DEBORAH SON  
**PHOTO EDITOR:**  
MIA MCMURRAY  
**VIDEO EDITOR:**  
JAYDEN KAY LINAYAO  
**BUSINESS**  
**MANAGER:**  
MIA MCMURRAY  
**DISTRIBUTORS:**  
ALEX MCDEVITT  
BENJAMIN VIVEROS  
**SOCIAL MEDIA:**  
KYLIE MADRID  
ALEX MCDEVITT  
**STAFF WRITERS:**  
JAMILLIE DAMASCENO  
JULIANA DUBOIS  
EMILY GALVAN  
DAMIAN KRUGER  
CARLY PEDROZA  
JONATHON RICE  
NICOLAS VEGA

SPOTLIGHT STAFF 2022-23



@CYPHYPE



@ CYPRESSJOURNALISM



@ CYPRESSCENTURION-SPOTLIGHT



FOLLOW FOR MORE

## Wrestling Into The Winter

By Benjamin Viveros, Staff Writer



The Cypress Boy's Wrestling Team is ready for the Mann Classic. (Photo Credit: Benjamin Viveros)

Winter has arrived, which means the boy's wrestling team's season is also starting. Even though the season has just begun, the team has been conditioning and working out since the summer. The team is working on new moves while solidifying old ones.

They will be trying their hardest for the upcoming season. The duals and tournaments will be a nice challenge. The closest tournament was the Mann Classic on December 9, 2022. Three people were in the top eight of their weight class. Those three people were

**Jimmy Romero, Vince Partington, and Andy Perez.**

The person who makes this all happen is wrestling **Coach Jon Lundberg**. He helps the wrestling team with everything, not just the moves. He says, "It's great seeing guys and gals develop into wrestlers and people."

Everyone in wrestling is a family. They stick together and help each other improve and grow. Wrestling may seem daunting at first, but Captain Andy Perez says "Give it a shot. It's not too hard, but be ready for a long journey."

## Time To Shoot Hoops

By: Lauren Kim, Staff Writer



The team plans during a timeout (Photo Credit: @CypressBoysBasketball)

Boys' Basketball is getting ready to shoot, jump, and defend on the Centurion courts. Right now the team is

1-2 in the pre-season with their rank at Varsity, JV, and frosh/soph boys are working hard to bring Cypress to victory.

**Jonah Kim**, number 44 on the basketball court, puts his mindset into getting ready for the new season. Some drills that happen during their practices are ball handling drills, and shooting team offense/defense. During these practices, his favorite drill to do is the shooting offense team, and likes using this drill to prepare for games. Kim said he enjoys basketball because "It's a fun sport, and it revolves around teamwork." While playing on the courts, Kim had a few injuries. One of the biggest injuries was a dislocated elbow. With this injury, he felt discouraged and demoralized but was able to go through it, and persevere. While dribbling on

the courts his mind is focused on the ball and the team around him. With his love for basketball, he still wants to play in college and even after his high school years. However, he wouldn't want to pursue basketball as a career, but more for fun.

JV player, **Isaac Vergara**, is ready for this season too. Vergara's favorite drills to do during practice are scrimmages and defense drills. He likes basketball because "It is a very intense sport with lots of teamwork and is overall just a fun sport to play." His only thought while playing is to try his hardest.

**Ethan Lee**, another Varsity player on this year's basketball team is also very excited. While being on the JV team in the previous year, which was his first year, he said "Our team did decently last year. I thought it was a pretty good season but we are definitely better this year and made a lot of improvements. There is no official MVP on the team, but we all have our own opinions."

Thanks to all coaches of the team, **Coach Mitchell**, **JV Coach Benny**, **Frosh Coaches Cam**, and **Coach Russ** this team will be able to dominate the courts.

## Will Boy's Varsity Soccer Improve?

By Damian Kruger, Staff Writer

After struggling last year with a 8-12-1 record, Cypress was hoping for a new start. This season, Cypress boy's varsity soccer team opened the season with a 0-5 record. On November 28, they lost their first game to Long Beach Millikan 0-1, followed by another loss, on November 30, to Katella 1-3.

Next, on December 5, the boys lost to Buena Park 0-1. The Centurions started out great by trying to break through Buena Park's defensive play. But as time passed, it seemed like the Centurions started to lean towards less-aggressive plays, ironically playing defensively. This continued for thirty minutes, before Buena Park's Luis F. Salas tripped

because of the Centurion's defensive play. With this, Buena Park scored a penalty shot giving them the upper hand.

Leading up to the most recent game, on Friday December 9, Varsity's defensive play was on point. However when it came to scoring, Varsity seemed to struggle, losing 0-7 to Servite. Varsity's next match up is against the Marina Vikings on Thursday, December 15.

Despite an unstable start, first year coach, **Michael Mora**, (Last years JV Boys Soccer Coach), along with their team captains, **Jaden Roberts**, **Euseph Abuebeid**, and **Nathan Veloz** still have time to improve.



Boy's Varsity Soccer is off to a slow start. (Photo Credit: Courtesy of YouTube)

## Wrestling Forms Friendships

By: Brianna Naranjo, Staff Writer

Girl's wrestling continues to stay strong even after their defeat at the Western Dual Tournament on Wednesday, December 7, 2022.

Only Senior **Vida Beckel** achieved first place. Beckel wishes to leave her mark on the team as a valuable member. She loves to wrestle and is thinking about continuing with the sport when she enters college. There are certain aspects about wrestling that she prefers, though. Beckel said, "Right before the match you get nervous, get anxious, but once you get out there, put on the anklet, shake the girl's hand, and the ref's hand and he blows the whistle, there is nothing more exciting than that. That is my favorite part because all the adrenaline rushes through me and there is nothing stopping me, because it is only her and I on the mat."

Although the other co-captain, **Satira Sohal**, did not place in the tournament, she has some powerful advice for upcoming members in wrestling, "No matter how repetitive something seems, you need it to become the best wrestler you can be."

Senior **Daisy Ruiz** placed second place in the Western Dual Tournament. Ruiz has been in wrestling since freshman year and is ready to move on to other things in life. She will miss her team terribly and all of the friendships she has made throughout the years. Getting into wrestling was one of the best things in her life. Ruiz said, "It felt exhilarating and it kept me out of of trouble." trouble."

The Girl's Wrestling team is working hard to perfect their pinning skills and takedowns. They will continue to persevere and will not disappoint us this season.



The Girl's Wrestling team is united as a family. (Photo Credit: Courtesy of Girls Wrestling Instagram)

# FOOTBALL CIF CHAMPIONSHIP

## CYPRESS FOOTBALL PLAYS IN FINALS

### REMARKABLE SEASON ENDS CYPRESS 7- DOWNEY 44

By Reid Hulst, Opinion Editor Photos by: Jayden Kay Linayao

On November 27, CHS football competed in the CIF championship game, losing to Downey High 7-40. After advancing through the grueling matchups of the CIF play-offs, including a defeat of Newport Harbor in the semi-final, the Centurions succeeded in reaching the championship game. Led by Head Coach **Rick Feldman**, the team tied the best record in school history at 13-1.

Since 2007, Cypress has made it to the CIF finals a total of three times, including this year. Against the fierce opposition, Cypress was still able to make some notable plays. Quarterback **Aidan Houston** executed a touchdown pass to **Matthew Morrell** putting the Centurions on the scoreboard. Morrell finished with 78 yds. receiving and Houston finished with 123 passing yds.

Running back **Nathan Schneider** added yardage, finishing



CHS was in the Championship game after appearances in 2007 and 2019 as well. We are 40-5 in our last 45 games. (Photo Credits: Jayden Kay Linayao)

with 63 rushing yards total. Following the game itself, the younger players gave a heartfelt thanks and send-off to the seniors. In the days following the game, Morrell won

offensive player of the year, **Trevor Monteleone** won defensive player of the year, and Jake Wilkie won defensive back of the year.

The season was filled with

exciting and memorable moments throughout and the undefeated streak will be remembered for years to come.

## Senior Golfer Cristen Legaspi Finishes 32nd in State

By: Brianna Park, Features Editor



Senior Captain, Cristen Legaspi, will continue her golf career at Hawaii Pacific. (Photo Credit: Coach Metry)

Senior golfer, **Cristen Legaspi**, reached 32nd in the CIF State High School Girl's Championship. Legaspi started her golf journey at six years old after the influence of her older brother and started competing at nine years old. Watching her older brother's golfing tournaments inspired her to follow in his footsteps and start golfing. Other than her brother, her golfing role model was Tiger Woods and she even took some lessons in the Tiger Woods Learning Center.

Legaspi said her last competition was a very nerve-racking ex-

perience and the pressure was overwhelming, because so many other talented golfers were there. Still she wanted it to be a fun memory. Knowing this was her last golf competition in high school had a sentimental value. Though she believed she could've done better, she was impressed with herself for going as high as 32nd in the state.

Legaspi will continue to pursue her golf career by playing in college. She has managed to get several offers, but chose to go with a college in Hawaii. Legaspi explained

how her decision was based on the beautiful location and her wishes to study out of state. She is very satisfied with Hawaii Pacific University.

The majority of Legaspi's life was filled with golf and she believes the most important aspect of golfing has to be mindset. When she first started, she focused on winning, however as she played more tournaments, she realized that with that competitive mindset, it is hard to enjoy the sport. She said the art of the sport is the fun of it, and she thinks she was able to make it

this far because she did it for fun.

With her busy senior schedule, she manages to input golf into her regular routine. She expressed how it is difficult to balance school life with her golfing career, but somehow, she manages. She tries to finish all her schoolwork and homework at school, then after school she practices golf. On average she golfs with her friends for four hours, but currently, she is resting because she has golfer's elbow tendonitis, and it comes back once in a while. However, over her prime

golfing time during quarantine, she would practice for eight hours.

Legaspi is the captain of the golf team at Cypress High and says taking care of the team adds a lot of responsibility. However, despite the hardships golf is something she can't give up on. Legaspi ends off with saying, "Even though it is a lot of responsibility to be a captain, it's also brought me a lot of joy because of how great the people were on the team... to have better connection with each of them, including our Coach and make so many memories."

CHECK OUT THE  
CENTURION  
SPOTLIGHT AT  
CYPHYPE.COM!

