

CENTURION SPOTLIGHT

VOLUME XXIII, ISSUE 7 // CYPRESS HIGH SCHOOL // MARCH 2023 // 9801 VALLEY VIEW ST, CYPRESS, CA 90630

Medieval Times Raises Cyp Hype!

By Anelina Alegre, Editor-in-Chief



The crowd of seniors went crazy cheering for their own knight, filling the atmosphere with school spirit. (Photo by Anelina Alegre)

One of the highly anticipated senior events of the year is Medieval Times, which takes place this year on Monday, March 6th. The event is a district-wide senior event, meaning all high schools in the district will be attending. With so many students in one arena, it creates a chaotic and competitive atmosphere. Tickets were sold for \$45, and the event included a catered dinner and a competitive jousting show.



The Black and White Knight fought with honor, spurred on by the cheers of the Cypress crowd. (Photo by Alex McDevitt)

The doors of the event opened around 6:15, letting students gather with their friends and explore the lobby. There were options to buy an abundance of souvenirs, from tall

cups to toy weapons that light up. At 7:30, students were led by servers in medieval clothing to the seating area, a huge arena surrounded by rows of seating. The noise in the arena was deafening since every high school in the district was showing their school spirit. Each section and school was represented by different colors: red, green, black and yellow, blue, and finally black and white, which represented Cypress High. Each color had their own trained knight who competed with other knights in friendly rivalry.

The food was served throughout the show in three courses: the first was garlic bread with tomato soup, the second was a roasted chicken entree with corn and a baked potato, and lastly, the meal finished off with a chocolate eclair.

As the students ate, the medieval show consisted of trained horses dancing to music, and a hawk flying above the heads of the crowd.

The knights threw out flowers into the crowd, with students waving their arms scrambling to catch one. At the end of the show, each knight bestowed a ribbon to a chosen lady in the crowd. In the Cypress section, the



Students had to eat the meal with their hands, like the medieval age. (photo by Alex McDevitt)

ribbon was given to senior Alex McDevitt. "I've been to Medieval Times before and caught a flower, but this was the first time I got the ribbon," she said. "I was really surprised to get it and felt really lucky."

The part of the show with the most hype was the jousting and hand-to-hand combat. Each school was screaming for their own knight to win, yelling encouragements as they fought and booing when their knight lost. The energy in the arena was crazily unhinged, creating a chaotic and competitive atmosphere. Some seniors even lost their voices from yelling, and everyone left the arena in high spirits.

Senior Francheska Banzil's favorite part of the show was the jousting knights. "You could really feel the school spirit and Cyp hype," she said. "I kind of lost my voice, but I have no regrets. I was able to enjoy a great show and have a fun time with my friends and other seniors."



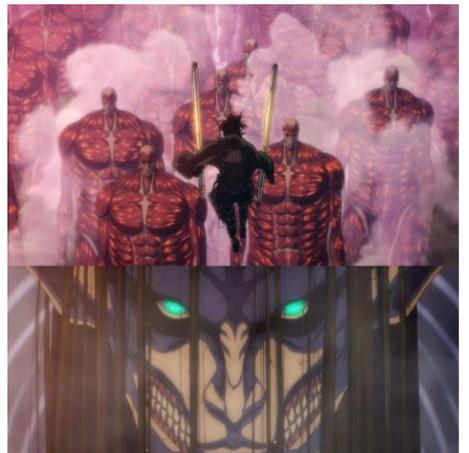
Senior Sawsan Imreish smiles with Francheska Banzil after being one of the lucky few to catch the knight's flying flower. (photo by Francheska Banzil)



Quinceañeras
Features, page 3



Centurion Games
Features, page 3



Attack on Titan
Entertainment, page 5



Boy's Volleyball
Sports, page 6

Cypress Choir Gives Show Stopping Performance

By Juliana Dubois

On March 3rd The Cypress High School Choir presented The Show Choir Showcase featuring High Voltage, Pink Thunder, and The Sparks! Cypress Choir worked extremely hard over the course of four months to be able to put together an amazing performance. A classic mix of Today's Hits, 50s Beach Vibes, 80s Glitz and Glam, and even Gru's Min-

ions, this showcase highlights each category in its own special way, with each act featuring dancing, musicals, acting, and comedy.

Opening up the showcase is a bright and beachy number with life-guards and pinups, singing popular songs from "Teen Beach Movie" and "Lilo and Stich."

... read more on page 4



Cypress Choir gave an electrifying performance, dazzling under the stage lights. (Photo by Juiliana Dubois)

Should High School Students Work During School?



Elijah Gomez works as a waiter at Matter of Craft Gastropub. (photo courtesy of Elijah Gomez)

Students SHOULD Work

By Carly Pedroza

Should teenagers start working at a young age? Yes! According to college and career readiness specialist Mrs. Hurtado, "It gives them that responsibility from a young age." Working as a teen helps with their social skills, and being independent helps teens determine what they want to do in the future.

Many teens tend to rush into getting a job because they want to have money to be able to go out with friends. But the benefits that really come with getting a job to help them financially independently, give them learning opportunities and give them

the opportunity to not have to have as much support financially from their parents. It definitely is recommended to wait until junior or senior year due to the fact that at that age you have more responsibilities like phone bills and car payments.

If you have gotten hired somewhere or are going in for an interview anytime soon and you need a workers permit, see Miss. Hurtado in our school's college and career center. If you have any questions about anything further her email is hurtado_je@auhsd.us.

Students SHOULD NOT Work

By Deborah Son

The most controversial topic, "Should students have a job?" has been debated by teens and parents for years.

While working may be beneficial for some students, it can cause disruptions in their studies. Being in high school means focusing on studies and thinking about money later. One of the disadvantages of working students is that it may become an inconvenience.

Research shows that jobs cause a reduced amount of time to study and participate in extracurriculars. According to www.fairborndigital, "Students who work more than 20 hours a week have lower GPAs than students who don't." Not only it can working affect

students' studies, but it also can cause overconfidence among students with the minimum wage job.

Even though having a job may potentially teach them how to manage income, it can backfire and cause a possible dropout from school.

Dheeraj Koppu, a sophomore at Cypress High School agrees, "I have a lot of homework in my classes to prioritize, and I don't think having a job will benefit me."

Students should remember that you can work any time but not study any time.

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 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

ABOUT THE CENTURION SPOTLIGHT



@CYPRESSJOURNALISM



@CYPRESSCENTURI-
ONSPOTLIGHT



@CYPHYPE

FOLLOW FOR MORE

FEATURES

Centurion Games Setting School Spirit on Fire

By Brianna Naranjo & Alex McDevitt



Orange and Blue team going at each other in Spike ball. (Photo By: Alex McDevitt)

The Centurion Games are back and better than ever. They are bringing many students and teachers together to compete against each other in a series of matches to raise money for CHOC.

We have had some amazing games for the first three weeks such as spike ball, cornhole, and e-sports. Seeing the teachers and students having fun brings a lot of joy to the

school. Mr. Cobleigh said that the Centurion Games were created to inspire more spirit and unity for the students. The Centurion Games allow bonds to be made with new friends and new teachers. Everyone came together to raise money for a good cause and showed their competitive spirit while doing it. Even if they lost, most teachers were happy about having raised the money needed for the CHOC Ball. One of these teachers was Mr. Mosier, who partnered up with Mr. Boardwine and participated in the

cornhole tournament. Even though they lost, Mr. Mosier was quite content about the money having gone towards the Oncology department at CHOC and commented that it gives students an opportunity to “donate” and how it’s “awesome because it’s a great foundation.”

Cobleigh commented that when we give the money to the people at the CHOC hospital they are very grateful. The proceeds will go towards the CHOC Ball, which is a prom designed for patients at CHOC who can’t attend their real prom. This is a great opportunity for the patients and they always have a blast. The patients aren’t the only ones that get to assist, though. The parents, friends, and/or families could also join their loved one in a day filled with fun. It is a day to forget about everything happening to them, and it is thanks to the money raised by the Centurion Games.

The Centurion Games this year have been a success so far and will continue to be an epic part of Cypress High School.



ASB members Nat Stark (left) and Anthony Safo (right) compete in Just Dance. (Photo by: Alex McDevitt)



Dean Roussell played Corn Hole to win points for the Orange Team. (Photo by: Alex McDevitt)

Quinceañeras: Long Cultural Tradition Continues

By Emily Galvan



A quincenera is an important event in Hispanic culture. (Photo by Juliana Dubois)

Quinceañeras are very important in Latino culture. A quince is a grand coming of age party to

celebrate the girls becoming women. Originally, it was used as a birthday celebration for fathers to marry off their daughters. The suitors would come offering gifts for their daughter’s hand in marriage, and the gift that the father most favored, would be chosen. There would usually be a Mass, a doll given to the quinceañera, plenty of alcohol, a father-daughter dance, a dance with a court including the quinceañera, and other things. A

quinceañera could be interpreted as a sweet 16th, but on a grander scale. For example, the girl would wear an extravagant ball gown which the color scheme of the party would revolve around. Tiaras, fancy necklaces and makeup are commonplace in this setting.

Beforehand, usually there are plenty of photoshoots with the quinceañera and her court, and sometimes close loved ones. There is a segment of the dances called the baile sorpresa, which translates to the surprise dance. It comes after the first batch of dances with the backup dancers, called vals. After all of the dances are over, the floor is opened for the party to go dancing after eating, like a wedding. The planning of

the parties takes up to two years in advance, and is very tedious. There would usually be a mariachi band playing in between dances while the party goers eat and chat amongst themselves.

Cypress Spanish teacher, Ms. Reyes, remembers her own quinceañera. “Mine was not big, it was small.” She also said that she remembers having all the people she loves together in the same place.

A quinceañera is a very fond memory, a major milestone in our lives, comparable to that of a wedding. It showcases the girl’s purity, and preparedness for marriage in the earlier times, and continues today.

Vandalism Closes Vending Machines Temporarily

By Nicolas Vega

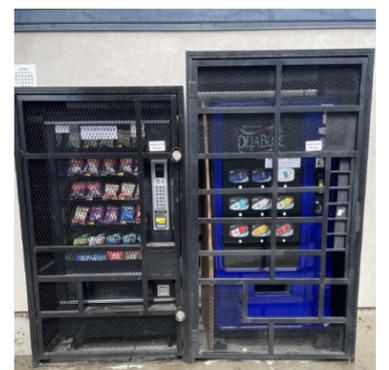
As many Cypress students know, the vending machines near the locker rooms and 400 building were broken and replaced this week. But many wonder how did all this happen? The machines were removed temporarily because there was a trespasser who broke into the school on Saturday, using a blowtorch to

break the vending machines apart and steal the money. The tall male was not believed to be a student. The estimated damages are over \$2,000.

According to Principal Jennifer Brown, this trespasser was believed to have come through the 200 building gate to enter the campus and the district filed a police report

on the trespasser.

The company replaced the vending machines with some that only take credit cards but this does not apply to Apple Pay, limiting the chances of this happening again.



Vending machines are card only now, after they were vandalized. (Photo By Nicolas Vega)

Sharpen Your Skills With Chess Club

By Jonathon Rice



Chess club member Minh Nguyen (9th) strategizes on which chess piece to move next. (Photo by: Jonathan Rice)

Chess club is hosted during lunch by Mr. Gonzalez and they are active on Tuesdays and Thursdays in room 202. Everyone is welcome to have chess matches during the times the chess club is active.

Chess is a game that is based on strategy. Each chess piece has a

different purpose in this game. Every chess piece varies in the way it moves and the way it kills. The objective of chess is to take out the king chess piece. The way you win is when you have the opponent's king piece stuck in a position so that no matter where they go, you will get the king. If this scenario happens, you say, "checkmate" and you win. Something else important to know is that when the king piece can move still, but you have the chance to kill it, you say, "check" and your opponent is forced to move their king piece. If they don't then they lose.

Cypress High's chess club is a place where kids can sharpen their minds and chess skills. Chess club is "a place where people who like chess can find a place to play together," says chess club member and freshman Cooper Acton. "It's a place where you can find people to play with you in person that are a similar skill level to you."

Cypress Choir (cont.)

By Juliana Dubois

Diving deep into the number, The use of surfboards as a prop during the beginning makes the scene really pop alongside to help visualize the effect of a beach suburb setting. John Carlos Delgado, who portrayed a lifeguard says, "I feel like the beach vibe was something new and the song choice gave off like a real 70s vibe."

Next up was Pink Thunder with an electrifying 80s rock number, telling the story of a teenage heartbreak. Songs like "Heartbreaker" by Pat Benatar, "Elastic Heart" by Sia (sung Acapella), and "Bye Bye Love" by the Everly Brothers were featured throughout the number. Lizzy Burke states, "This show really captures how hard we have worked vocally as well as dancing wise this season."

Unlike the Winter Concert piece in December which included dinner and a show, Cypress Choir decided to treat the audience to both a visual show and a visual dinner. The participants are dressed as minions and their back up dancers are bananas. Using the popular minion language and songs, Cypress Choir created a "Despicable Me" number in honor of the previous "Despicable Me" number released in June of 2022. Lizzy Burke, who played a banana, also states that "It was interesting to

see how the minions can harmonize so well and overall it is just very fun and entertaining to watch."

Closing off the showcase, High Voltage hits shocking notes with their hard hitting rock number. With the storyline of "How Fame Can Change a Person," Megan Na—a High Voltage member—states that Her favorite number was "Dont Back Down" and that they have definitely came a long way since they first learned it. She adds on to say, "This showcase is meant to display our competition sets which includes combinations of our performance abilities and our singing abilities."

Overall, all of the students who were a part of the showcase had many great things to say about how much they feel they've grown as a whole throughout their choir season with each other. Pink Thunder member Abigail Garcia, goes onto explain say "I think the showcase captured a good perspective of both our concert and competition work." Garcia adds on, "the intensity of their performance has significantly increased since the holiday set." Salvador Cervantes from High Voltage feels that "This performance is different than the rest as it is not just a performance but is it a competition performance which gives us more of a purpose."

ENTERTAINMENT

Outer Banks Season Three Goes for the Gold

By Zoe Chung



"Outer Banks" excites viewers with the iconic Pogues. (photo by Zoe Chung)

Outer Banks, the popular show, returned to the screen with a third season on February 23, 2023. As the story begins, the camera pans in on Poguelandia, where the Pogues, the teenage friend group of the working class, established their

new lives on an unknown island. The group is seen living harmoniously with nature and having fun, free of responsibility. However, it was clear they'd grown to grieve their homeland. When a plane was sighted, the six teens—John B. Routledge, Sarah Cameron, JJ Maybanks, Kiara Carrera, Pope Heyward, and Cleo—rushed to light their signal and were discovered. Unfortunately, the teens discover that the pilot did not find them by a miracle and had been sent by someone, who they later learn is Carlos Singh. After the plane crashes in Barbados, Kiara is

kidnapped by Singh.

Meanwhile, Rafe Cameron—Sarah's brother—discovers a mysterious buyer who is interested in purchasing the cross. He is given an address and sees Kiara at the residence of the buyer, who also turns out to be Singh. The pair is told by Singh that he is in search of a diary. They escape from Singh's clutches and Kiara finds herself reunited with the rest of the group. Unfortunately, John B. has been separated from his friends due to a lingering feeling that his father was calling for him with church bells. He realizes that this feeling was correct and Big John, his father, has been alive and in hiding this entire time.

The group continues their search for the treasure and get caught up in an even larger-scale treasure hunt for the El Dorado gold. The plot

twists and turns and the crew finds disaster at every turn. The newly introduced villain, Carlos Singh, turns out to be far more dangerous and influential than any of the Pogues could've possibly imagined. His character lacks the moral complexity displayed by the prior villain, Ward Cameron, but the sappy and angsty lives of the teenagers makes up for it. The Pogues and Cooks continue to have a rivalry and the fourth season is rumored to be a final showdown of the rivalry between the two groups. Many critics enjoyed "Outer Banks" and fans were thrilled over the romance subplot that developed amid the treasure hunt. Overall, "Outer Banks" stays on track with its theme and plot throughout each season and keeps their loyal watchers on their toes.

One Hour Special *Attack on Titan: The Final Chapters*

By Reid Hulst



(Top) Eren's founding Titan leading the army of colossal titans. (Bottom) Eren finally achieving freedom, at a terrible cost. (Collage By Reid Hulst)

March 3 marked the return of one of the most popular and critically acclaimed anime series of the last decade, *Attack on Titan*. The manga the anime is based on began in 2009 by Japanese mangaka author Hajime Isayama. A few years later WIT studios picked up the license and broadcast the first season of the show from April to September of 2013. It quickly grew in popularity in Japan as well as America as the dark and gritty story

was appealing to audiences at the time with the show being compared to the *Walking Dead*. The seemingly simplistic story of the remnants of humanity surviving against giants called titans would grow into a complex web of plot and intrigue.

Following season 3 part 2, WIT studios dropped the license due to time limitations and it was picked up by Studio MAPPA who would go on to release *Attack on Titan: The*

Final Season Part 1 in December 2020, which would air until March. With a decent chunk of the manga left to adapt, Final Season Part 2 was announced for Winter 2022.

In simple terms, Final Season Part 2 saw the show's titular main character Eren Jaeger betray his half brother Zeke and activates the Rumbling, an apocalyptic event where the walls of Paradis are undone, allowing the millions of colossal titans within to trample the entire world outside of Paradis island. Eren's friends join forces with their enemies to stop him from committing this reprehensible act. At the end of Final Season Part 2, the Rumbling arrived on Marley, destroying the world's strongest warships in the blink of an eye. Things were quite hopeless.

On March 3rd 2023 Studio MAPPA released a one hour special debuting *Attack on Titan the Final Season Part 3*. Picking up after we left off, we are given a heartbreaking scene of Eren apologizing for what he's going to do in the future to a boy he barely knows. In present day scenes that can only be described as pure horror are shown, showcasing the absolute tragedy and horrifying reality of the Rumbling. Fans of the manga were concerned with potential censorship by MAPPA, as Chapter 131, the chapter adapted, is among the manga's most highly regarded chapters. To state it plainly, MAPPA didn't hold back in showing the gruesomeness and horror, making it one

of if not the darkest moment in the entire series.

This one hour special also saw the sendoff of beloved character Hange Zoe as they sacrificed themselves in a dazzling display of amazing animation so the alliance could escape and head for Eren in order to stop him. The hour-long special also saw the alliances come to terms with their sins but accept that despite their wrongdoing, they must try their best to save the rest of the world if they can.

The special faithfully adapted chapters 131 to 134 as well as adding many anime-original scenes to strengthen the impact. However some fans had concern for crucial scenes being omitted from chapter 134; I hold to the personal opinion that they were rearranged and will be in cour 2. The omitted scenes showcased the effects of The Rumbling across the world and it included one of the most iconic panels in the entire manga. It wouldn't be the first time MAPPA rearranged manga scenes for better effect.

Although an official release date for cour 2 of *The Final Season Part 3* hasn't been announced quite yet, MAPPA revealed that the series will come to an end some time in September 2023. The manga has been completed since 2021, but discourse within the fandom speculates possibilities of an Anime Original Ending or AOE as it is colloquially known. Only time will tell.

Bear Movie Based On True Story

By Benjamin Viveros

"Cocaine Bear" is a movie about a black bear who eats not only cocaine but also people. The movie follows the main characters who each have their reasons to be in the Chattahoochee-Oconee National Forest. From serving justice to finding family, each character brings their background and life to the table. It was directed by Elizabeth Banks, written by Jimmy Warden, and released by Universal Pictures. The film had a 30-35 million dollar budget, but according to the-numbers.com it has already grossed 57 million dollars worldwide.

"Cocaine Bear" is loosely based on a true story. Andrew Thornton II had just dumped duffel bags of cocaine off his plane. He jumped out of the plane and because of a faulty parachute, he fell to his death. The

bear came across one of these duffel bags and consumed the contents. The bear's stomach was "packed to the brim" with cocaine. It was estimated that the bear ate up to 15 million dollars worth of cocaine. A taxidermist preserved the bear. The newly-stuffed bear has been lost, bought, gifted, auctioned, and traded. The bear, nicknamed Pablo Escobear or Cokey the Bear, now resides in the Kentucky Fun Mall. Unlike in the movie, the bear did not come across any people and likely died within minutes of consuming the illegal drugs.

The reviews of this movie are very mixed. Some critics are saying that this movie is amazing and others are saying that the movie is terrible. "Cocaine Bear" isn't meant to be taken seriously. It is a silly movie that looks incredibly realistic. The CGI

was done by Wētā FX who also worked on films like "Avatar: The Way of Water" and "The Last of Us." They also animated certain characters like Gollum from "The Lord of the Rings" and Thanos from the MCU.

Junior Aidan Pham enjoyed watching it in theaters. "I thought the movie was great," he says. "It was funny and I found out it was based on a true story which made it even better."

"Cocaine Bear" is a very interesting movie, and its fluctuating reviews and opinions make this crazy film worth the watch.



Director Elizabeth Banks also presented the award for Best Visual Effects at the Oscars on March 12th (Collage By Benjamin Viveros)

Let's Go Forehand with Boy's Tennis!

By Lauren Kim

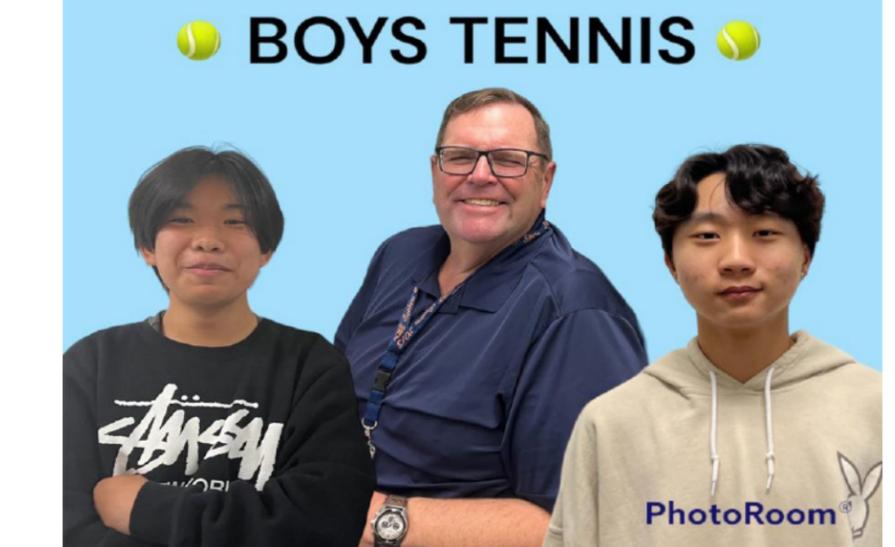
As the girl's tennis season comes to an end, it's time for the boys to swoop in with their skills for the spring season. Tennis is a fun, thrilling, powerful sport, and here is what Coach Paul, John Uhm, and Kyle Hsu have to say about their experiences in tennis.

Coach Joseph Paul is the head coach of both girl's and boy's tennis teams. Paul started playing tennis in college for fun, but got serious about the sport in 2006. He joined Cypress to be a coach in 2007. He enjoys playing tennis because he says it is a social experience with the other players. "I sometimes go to the park to play with my friends for fun, and I think it's a great way to exercise and have fun at the same time." Paul decided to teach tennis because the principal asked him to take over. He said the difference between the girl's and boy's tennis team is that the boys rely on their power more than

consistency, but the girls try to make contact with the ball, while taking their time. His most memorable moment throughout his tennis career was when the 2016 boys tennis team won the CIF championships. "My team goal for this year is to win the league and just like every other sport, is to win CIF championships."

Josh Uhm is the captain of this year's 2022-2023 boy's tennis team. Uhm likes to play tennis because it not only teaches him to be better on the court, but also off the court such as having patience and discipline. Being captain of the boys tennis team, works for Uhm, "I never thought I'd like being a leader, but I do enjoy it." In order to play well, Uhm likes to clear his head, and do his best while playing on court. Not only does he play tennis, but he also plays football from time to time.

JV player, Kyle Hsu, plays tennis, simply because it is a "fun"



JV member Kyle Hsu and Captain Josh Uhm both play for Coach Joe Paul. (Photo by Lauren Kim)

sport. He likes the adrenaline rush while hitting the balls across the court. Hsu plays doubles on court, but he prefers playing singles because he doesn't have to rely on someone else, and can focus on his own part.

As the boys start their new season, challenges, injuries, and hardships may come along the way. But it won't keep them from doing their best.

Boy's Volleyball Team Has a Strong Bond

By Jayden Kay Linayao



Junior Varsity Boy's Volleyball team listen carefully to their coach during a timeout. (Photo By Jayden Kay Linayao)

Cypress High School's Boys Volleyball team is a Division 2 team practicing hard early in the morning and staying late after school. The season started on March 2 against Saint Anthony with a hard-earned win by both Varsity and Junior Varsity of (2-1) and (3-0.) Each player is working hard to add another CIF win to Cypress history this year. Every position is tediously training every chance that they get putting in reps on reps and drills on drills. But, no matter how hard you train, the sport nearly entirely relies on communication. Who are the players this year? What is so important about bonding with your teammates? Senior Mick-

ey Kadowaki III, outside hitter on the Varsity Boys Volleyball team, finds that his fourth and final year playing for Cypress High is "sad because it's my last year playing with all of these guys and the bond that I've built with a lot of the guys, it's hard to let go. But, it's exciting because it's a new start, and a new season to go further than last year." Though the feeling of the end of the year is bittersweet, the team must focus on bonding and communicating to make a push for the California Interscholastic Federation (CIF) finals. Well, what is really so great about the CIF's? "I really want to win CIF's." says Jaiden Ramos, Freshman libero on the JV

team. "Getting a really good achievement like that would really boost my motivation even more." Freshman Leon Kim, outside hitter on the Frosh team, is entering his first year playing for Cypress with confidence and lots of motivation. "Something that motivates me is knowing that the people who want to see me fail is already below me."

What is an outside hitter? Hence the name outside hitter, this position is one of the many that hit the ball into the other team's court. These players are essentially placed on the front left side of the court. Outside hitters such as Joshua Nguyen, sophomore on the JV volleyball team, and Trace Oswald, Senior on the varsity volleyball team enjoy everything about hitting. Nguyen and Oswald agree that hitting is "really fun." Oswald also finds that "hitting people in the face" is entertaining because it "brings him joy." What is a libero? A libero is the position that wears a different colored jersey on the court because they have a few different rules than other positions. "The libero's job is to talk to everyone on defense, and make sure that everyone knows what they're doing." Ramos explains. "They're

like a team captain, but back row. Also, I get to boss people around."

The boys volleyball team are hard workers and enjoy working with one another to bring home another win. The players are doing great so far and we will continue to cheer them on to victory.



Varsity outside hitter Trace Oswald serving the ball into the opponent's court (photo by Jayden Kay Linayao)

Cypress Badminton Soars for the Heights

By Grace Kim

Cypress Badminton started off the season by crushing Kennedy with an outstanding score of 20-1. With the new spring season, badminton is training hard to make their hard work shine on the court.

Before going to games, players usually start with dynamic stretches. Then they move to warm-up stretches, such as jumping jacks, mountain climbers, butter kicks, and ski jumpers. For footwork, players train their legs to get faster and move around the court. With stronger legs, it is important to practice hitting, which is the crucial part of badminton. In the end, everyone spars and plays games, using everything they learned that day to gain better technique. Hardcore training affects players not only physically, but mentally. Building resilience in oneself is significant for the mentality of a badminton player. Receiving support from teammates motivates

players to do their best.

Izzy Cai, a senior from the Varsity team, feels great having a group to build up together. "I feel like the best part of being in the badminton team is not actually about hitting or doing footwork or exercising—I think the best part of the team is making new connections because you get to socialize with people from all grades."

With hardcore training, not only muscles and strength grow, but long-lasting friendships grow inside the team.

Soo Hyun Song, the captain of the JV and Varsity team is grateful for the time she gets to spend with her teammates. "I think that our badminton team is not only big on sportsmanship but also has a big sense of family, being so close together. We go out on outings and bondings, being able to grow closer together which many schools don't."

Badminton coach, Daniel Byun hopes for the best for the team this season. Byun was also once a badminton player at Cypress and is now back on the courts for his second year of coaching. He said, "After graduating, I wanted to come back, and help out because I really enjoyed badminton as a sport throughout high school, and I just wanted to share something that I have. By helping out, I hope more of our students can go to the Empire League and then make it into CIF by the end of the season."



Varsity players prepare for their game against Gahr. (Photo By Grace Kim)

With an advantageous start, Cypress badminton players hope to form great bonds, and aspire to be strong throughout their practices and games for their next game with Westminster High School.

Girl's Softball Starts Season Strong

By Kylie Madrid



Cypress Softball after Laughlin 2023, where they were 4-1 with six home runs. (Photo courtesy of CHS Softball)

The Cypress softball team is off to a great start, kicking off the season with a victory at Sunny Hills and continuing to hone their skills as the season progresses. A shared goal among the team members is to get revenge on Cypress rival Kennedy, who defeated them twice in the League last year. However, the Centurions are hitting back just as hard, Taylor Monteleone (Junior, 1st Base) has high hopes for the team, "I think we will mercy Kennedy three times, and possible beat Pacifica!" So far, the Centurions have proven that they can walk the talk, decisively winning 8/11 games thus far (one tie, two losses). The season is still young, but it's safe to say that with compe-

tent leadership and continued support, Cypress softball will continue to flourish. Chloe Shuff (Senior, Outfield) thinks a comeback is on the horizon, "I feel great about this season, after having a tough year we're coming back stronger and better." The girls grew closer while traveling, and recall growing closer in hotel rooms and restaurants. The camaraderie of the team has motivated

its members to keep playing, "I love being able to play a sport I love alongside some girls that I love. My family motivates me to try my hardest." said Monteleone. Citing an individual memory as their favorite, Madeline Granados (Junior, Pitcher & 2nd Base) and Daryn Stampers (Senior, Right Field) recall when Coach Terry was reviewing a softball drill, ran backwards, slipped, and hit the bottom of a mud pit harder than Cypress hit Rio Rancho— and that was pretty hard.

Most of the girls have their family and teammates to thank for their success, but enjoy the sport

itself because of how it drives them to improve. "I enjoy the competitiveness and lessons I learn to make me a better and smarter player," said Granados, and Breana Townsend (Junior, 1st Base & 3rd Base) says that her favorite memories on the team were related to her success. "Winning League my freshman year and getting rookie of the year as a sophomore was very humbling, since I playing with such a great team."

With Head Coach Terry Thompson and Assistant Coaches Cristen Baker and Kevin Dull, no doubt those Centurions will go on to have an amazing season.

Comic by Mia McMurray



F | T FRIAR TUX

PROM '23



BYC PHOTOGRAPHY

Best dressed
Looks for prom

GOWNS BY
WINDSOR
windsorstore.com

SAVE
20%
ON ALL FRIAR TUX
RENTALS +
PURCHASES



SCAN FOR
LOOKBOOK

SEE
FRIARTUXDANCE.COM
FOR DETAILS

Comic by Mia McMurray

