By Vy Pham

Pinecrest Hills’ Drama Dept. presented “Southern Hospitality” at the matinee show this Wednesday.

Instead of having a main cast and an understudy cast, this comedy is double-casted; students in the Ham and Salua casts alternate roles for every show.

“There weren’t that many roles—about eight big parts and there are so many students in this school so Ms. Woods made this show double-casted; students in the Ham and Salua casts alternate roles for every show.”

The fall play takes place in the small southern town of Fayro, Texas. In an effort to save their hometown from disappearing, the Futrelle sisters hatch a plan to convince Senora Caliente, the owner of a salsa manufacturing company to relocate her business to Fayro.

Honey Baye Futrelle invites Senora Caliente to “Fayro Days,” the town’s biggest weekend filled with different events and attractions. However, this presents an issue: “Fayro Days” doesn’t exist.

The Futrelle sisters, with their boyfriends, husbands and other citizens work together to pull off this miracle in four days and impress Senora Caliente. The characters have their own problems to add to the chaos, thus completing the recipe for total hilarity.

Members of Tech Crew have worked hard to build the set and student actors have also done their parts to prepare for their roles.

“I have to get a background for my character and set up his history so that whenever my character says a line, he knows what he’s talking about,” says veteran actor Jeffrey Bui who plays Dub Dubberly, a father going through a midlife crisis.

“We watched some Southern movies to get the Southern accent down,” adds Jeffrey.

Gurparsad highly recommends that students come to watch the show.

“The Drama Dept. has been doing a lot of dramatic plays in the past,” says Gurparsad. “We’ve done ‘Flowers for Algernon,’ ‘Night of January 16th’ and ‘Act Up Against Bullying’ which were very dramatic. This is the first time we’re doing a comedy and we want people to laugh and have fun with this; it’s going to be really funny.”

There will be three more shows for those who are curious to see if this small town manages to make it through the weekend and save their small town from being wiped out.

“There will be tickets available at PHHS tonight and tomorrow, Sun., Nov. 16. Tickets are $10 for student admission and $12 for adults and can be bought at the bank or online.”

“It’s fantastic to see high-schoolers put on such an amazing play,” comments Student Director Rayna Hocson-Ventura. “You really understand the meaning of ‘Southern Hospitality.’”

Mission College mentors offer chocolate, advice

By Winston Lee

Last Thursday at 1pm, Mission College faculty members Howard Peters and Jessica Shillings and students of Mission College came to the PHHS library to host a mentorship program dedicated to encouraging students to pursue college in the fields of STEM (Science, Technology, Engineering, Medicine).

This new seminar included a lecture on the chemistry of chocolate, as well as a Q&A session on community colleges and Universities of California. Although the mentorship aimed to reach out to all students, fewer than 15 students attended the program.

“It’s open to all and they’re mentoring to all students, not just those who want to go to a community college or Mission specifically. But I don’t know if the name itself is the hold up for a lot of students or it if needs to be advertised in a different way,” missions student counselor Jill Shoopman prior to the program.

“Obviously they would love if students would then choose to go to Mission, but that’s not their primary goal. Their primary goal is to get (students) interested in college, and more specifically in the STEM careers,” says Ms. Shoopman.

Mr. Peters, who also works with Stanford’s SPLASH program, describes the mentorship as providing guidance for students who are making decisions about their future.

“The thing is you can’t make decisions in a vacuum,” explains Mr. Howard. “You have to have your information, and the way you get information about what’s going on in career choices is by talking with people who are there now.”

“I’ve never considered community college as a choice,” says senior Jessica Fong, who wants to major in chemistry. “I was always thinking about CSUs, UCs or private schools. But now after hearing this (seminar), I’m now considering it.”

According to Ms. Shoopman, Mission College is considering working with the PHHS AVID (Advancement Via Individual Determination) class, which aims to provide college-bound students the skills and tools needed for them to attend four-year universities, and hosting college fairs on the PHHS campus. These programs’ birth would depend on the mentorship’s reception from students.

“It’s hard to say much about the program because it’s brand new… so it’s kind of a trial for us to see if it works well for our students or not,” explains Ms. Shoopman.

Familiar staff becomes new principal secretary

By Faith Escalera

A ttendance Secretary Rosa Williams was recently given the additional position as the principal’s secretary after Ms. Rebeca Dominguez received another job opportunity.

“I have mixed emotions. It’s bittersweet. Overall, I’m a little nervous about it somewhat but it’s going to be a good move. It’s time,” says Ms. Williams. “Three to four months from now, I’ll probably feel differently—better, because once you’ve been there for a while, you become more familiar with it, even though I’ve done part of that job before.”

Ms. Williams has prior experience, though not officially since the attendance secretary is the backup person for the principal’s secretary. Whenever the principal’s secretary is not present, the attendance office covers part of that person’s duties. Along with her current responsibilities, Ms. Williams’ new ones include doing time sheets for the teachers and staff, reporting directly to the principal, keeping her calendar, requesting RPOs (Request for Purchase Orders) and providing coverage for teachers that are out.

“The most important part of the job is to help support the principal in whatever she needs,” expresses Ms. Williams. “Her calendar is key because everyone wants to meet with the principal for whatever reason it might be.”

As the new principal’s secretary, Ms. Williams will do whatever she can to support the teachers as well, to do whatever they need to help perform their job.

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UNICEF trick-or-treats for change in the world

By Theresa Huynh

While others were out trick-or-treating for candy on Halloween night, UNICEF club members were busy collecting spare change with their Trick-or-Treat for UNICEF boxes to help kids in need.

“Our organization, UNICEF, distributes these little cardboard boxes to anyone who wants to help,” says Secretary Lana Dan. “Basically when you go trick-or-treating, instead of asking adults for candy at every house, you ask if they would like to trick-or-treat for UNICEF and donate some spare change so that it all goes to a good cause.”

The UNICEF officers collect the boxes a week after Halloween and count all the money raised. It doesn’t take much from each person for the spare change to add up.

“I think the (members) will learn how easy it is to make a difference in the world because all you really are doing is asking for spare change... and all this money goes to such a good cause,” expresses Treasurer Annie Martin. “Just five cents at a time, maybe, but it all adds up.”

All of the money raised will go towards UNICEF’s cause.

“Some of the things that the money will go to is getting clean water for villages that don’t have clean water, making sure that they have basic necessities like food, aids prevention and treatment and education,” says Lana.

According to Annie, the club raised over $2,500 last year and hopes to raise $3 this year. PHHS’s UNICEF club sends the money to the organization’s national fund after counting it.

“We don’t keep any of it,” says Annie. “Our organization, UNICEF, distributes the money to all the provinces in need.”

UNICEF trick-or-treats for UNICEF and donate some spare change instead of candy.

TRICK-OR-TREAT! UNICEF members trick-or-treat for cash donations instead of candy.

PHHS first spirit week starts strong

By Vinh Vu

From Oct. 28 to Nov. 1, PHHS celebrated its first spirit week of the year. Spirit week is the time of the school year when students get to express their spirit towards school.

“Spirit week is a great opportunity for all the other freshmen to see that the whole school participate in this and then they would want to participate also and then our school will be a big ball of spirit,” states Sophomore Class Dedicated Pirate Nathaniel Yeh.

The school started off spirit week with Pajama Day in which students and staff had a choice to come to school in their pajamas. The next day was Banana Day. Students brought their own banana to show spirit.

The following day was Pink Day to support breast cancer by wearing pink.

Halloween was Costume Day, where the entire school could dress up. Finally, the last day was Class Color Zombie Day. Students dressed up as zombies in their class color.

“I like how there was more participation compared to other years,” says Binh Do. “I also like how it was more unique this year with Banana Day and Class Color Zombie Day.”

To decide what day the events are on, ASB gathers and comes up with ideas. Then they pick the best five ideas of their entire list for the spirit week.

“We know the students would be lazy on Monday, so we scheduled Pajama Day for that day,” comments Activities Coordinator Mitchell Pam-hammarvong.

For upperclassmen, Spirit Week was just like any other, however for freshmen, it was their first spirit week in high school.

“It was great, everyone was spooked!” exclaims freshman Tina Tran.

Record typhoon devastates central Philippines

By Christopher Pham

The Philippines continues to recover after Typhoon Haiyan devastated the strongest typhoon in recorded history to ever hit landfall, having a record wind speed of over 150 mph. The storm impacted 41 out of 80 provinces in the Philippines. Costs are predicted to reach $14 billion.

Tacloban, an eastern Filipino city hit by the storm, suffered the loss of its homes, schools and airport. The city is experiencing a lack of clean water, electricity and food and is filled with mass looting and even rotting bodies.

Authorities estimate the storm killed 10,000 or more people. The government is struggling to open up roads while relief workers attempt to reach the isolated communities hit by the storm with increasingly low supplies.

Various organizations, such as the European Commission and the UK Rapid Response Facility, released millions of dollars to assist in relief efforts. The US military is also providing assistance, sending an aircraft carrier and various ships into the region, which will provide humanitarian assistance, supplies and medical care. The UN is providing aid by supplying tents, food and medical supplies.

Still, citizens struggle to obtain essential materials like food and water while trying to inform relatives of their survival.

The Philippines has a population of 96 million people, with 7,000 islands located in the north-west Pacific, where meteorologists consider a “hot spot” for typhoons.

Nevertheless, Haiyan is considered to be far greater than the last “big” typhoon, Thelma, which killed 5,100 people in the central Philippines in 1991.

This Monday, Haiyan reached Vietnam, with winds weakened to about 74 mph. Authorities there evacuated thousands of people, but there were no reports of significant damage or injuries. The storm later passed into southern China on the same day, where authorities expect large rainfall.

Noshember: A festival for the hairy ones

By Vivian Pham

The beginning of November ushered in a global celebration of all things hairy with the traditions of No-Shave-November, or more commonly coined by its observers, Noshember.

Popular amongst those who have the ability to grow facial hair correctly and yearned for by those who cannot, Noshember plays a big part in the pop culture of today. In this event, girls and guys alike unite to celebrate hairiness by shaving away their razors on the first day of the month and forgo shorts in favor of the busy work tied to this time of year such as college apps, projects, work, school and PHHS have now begun the annual ritual of hiding their shaving stumps.

Noshember has evolved into a unique way to show support for cancer patients, with the participants embracing hair that most cancer patients lose and donating the money that would have been used for hair removal to cancer research.

“I support them! Especially if they’re doing it for a cause,” says senior Kady Le.

However, some have expressed doubt within this event, saying that there really isn’t a point and that the look is, overall, too scruffy for high schoolers to handle. There has also been conflicting opinions on the validation for both sexes to observe
Discomfort justifies laughing
By Samuel Nguyen

During the second period showing of “The Cycle,” the audience roared as a female actress pulled a prop blade from her belly. They laughed and continued to cheer until the act ended. What fell wasn’t the red liquid stains of her blood, but the faith many held in humanity, the faith they held in the true meaning of the American Dream.

But was the laughter entirely uncalled for? Through our eyes, a simple norm has been stretched, like mistaking the blade for a piece of gum that led to a wave of giggles and chuckles, a domino effect of the many.

If you were on the verge of tears and saw the people sitting next to you crying, you would find yourself determining their sadness by scanning your checks, because socially it’s acceptable.

The same goes for the corner of people that laughed. It would be pretty hard to stay quiet while everyone else around you was in outburst. Teenagers especially are prone to reacting towards the social environment.

So you can’t possibly blame someone for laughing when the mass of people around him or her deemed it to be appropriate.

Most of the blame was focused on second period, but they’re not the only ones who laugh. How can we be so麻木 about everything that ticks chuckles and giggles in other periods as well. And this wasn’t just on that one particular scene either.

Near the beginning of each showing, it was a lot easier to chuckle at side remarks or spiteful comments because the atmosphere hadn’t taken a turn for the worse yet. That’s what the Facebook feeds of drudgery- tory comments scrolled through the projector screen, we laughed. We don’t perceive this as bullying, because it doesn’t occur frequently or in such an outright manner.

Racial and sexual slurs easily roll off the tips of our tongues.

“That’s hell’s girl,” or “It’s because you’re black.”

In a way, we’ve become desensitized to verbal bullying. These comments are the norm, especially in the Bay Area where minority groups show their pride loud and proud.

Was the laughing inappropriate? Yes. Was it unjust? No. Not really. The goal of the Drama Department was to open people up to this topic. Bullying itself is an uncomfortable topic and if showing a reaction to being uncomfortable, then the Drama Department had succeeded in that sense.

That’s why the audience the impending feeling of fear.

I’m not saying that laughter over bullying should be applauded, just that it was something we as humans couldn’t help. Everyone has a different reaction, a different interpretation, a different experience. To laugh, to cry, to laugh, or to shudder in disgust. If we categorize these people and segregate them for something that was natural, then we have become the bullies ourselves.

This is about anti-bullying, let’s not turn it into reverse bullying.

National Security Agency Spies
It doesn’t matter if you have nothing to hide
By Minh-Hieu Vu

The once long-held conspiracy theory is no longer a figment of the paranoid’s imagination but a reality. The NSA’s (National Security Agency) spying tactics have led many Americans to question the “necessity” of the initiative and the responsibilities of the government to protect the rights of American computer specialist and former CIA employee/NSA contractor Edward Snowden is responsible for the release of the scandal to the public.

According to a recent Gallup poll, “more Americans disapprove (53%) than approve (45%) of the NSA’s methods as a means to avert terrorism attacks. Why? Because the Snowden initiative and the responsibilities of the government to protect the rights of the American population are in question.”

According to Georgetown University law professor Julie E. Cohen, quoted by The Daily Lancer, “(Pri- vacy) is better understood as an important buffer that gives us space to develop an identity that is somewhat separate from the surveil- lance, judg- ment and values of our society and culture. Privacy is crucial for helping us manage all of these modern pressures that shape the type of person we are—and for “creating spaces for play and the work of self-development.”

Do you think privacy helps us maintain our individuality? If so, then we should appreciate our privacy as an effort to combat the potential terror attack. For this purpose, I say “go for it.”

But an issue arises when Americans out- rightly approve of the NSA spying scandal because they have “nothing to hide.” While this might make it easier for them to like this public policy, it would be unfair for them to like to keep private. This is an issue of privacy and our clear disregard for it.

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Homeless youth abundant in California

By Shannon Sanchez

C ongress declared November National Homeless Youth Awareness Month in 2007 as a study prepared for HHS (US Department of Health and Human Services) and HUD (US Department of Housing and Urban Development) indicated that an estimated 1.6 mil-

lion American children experience homelessness during their lifetimes. California ranks as the 11th state with the most homeless youth, with 200 thousand ages 12-17 and numer-

ous ages 18-24 estimated to become homeless over the course of one year.

The definition of “homeless” used by these health centers funded by HHS is any individual who lacks housing, including one who spends the night on the street, in a supervised facility (homeless shel-

ter), in an abandoned car or building, constantly moving from home to house of family or friends (known as being “doubled up”) or in any other

unstable or non-permanent situation. “Youth” refers to the individual’s be-

ing less than 21 years of age.”

As of 2009, California counties are required to provide counsel-

ing services to homeless and at-risk youth under 26 years of age, includ-

ing advice and information on shel-

tering services to homeless and at-risk youth in any given year.

The homeless population across America

By Mint-Hieu Vu

A ccording to the 2013 San Jose Homeless Census and Survey, on any given night there are 4,770 homeless persons liv-

ing in San Jose, which is 63% of the total Santa Clara County homeless population of 7,611. Furthermore, an estimate of 54,055 people are home-

less in San Jose throughout 2013. Besides gangs and other crimes, homelessness is in the city’s most per-

sistent issue.

Nationally, close to two million people experience homelessness each year.

Why?

“My parents tell me that home-

lessness is caused by people not stay-

ing in school,” says Natalie Kerr. In fact, there are multiple causes of homelessness.

Think it’s a combination of the economy, drugs and addiction, excommunication from family and friends and “bad luck,” says Nat-

orial Kerr. For the most part Natalie is right. According to the city, the pri-

mary reasons San Jose residents be-

come homeless are lack of affordable housing, insufficient income and per-

sonal vulnerabilities, such as a mental illness, lack of a support system and substance abuse.

There are no easy solutions for eliminating homelessness in our current society.

• Contribute by donating money to your favorite homeless service provider or by conducting a de-

nition drive for homeless people moving into permanent housing.

• Volunteer at a local homeless service agency or survey for the Housing 1000 campaign.

• Rent a room to a homeless per-

son.

• Advocate. Learn the facts, edu-

cate, involve the media and regis-

ter homeless people to vote.

• Treat homeless people as you

would any other neighbors by

smiling and acknowledging their

presence.

The majority of homeless youth are 13 years or older.

Many homeless youth come from low-income communities and a history of family disruption, such as single parent or “blended”- family. For example, with a stepparent house-

holds. These youth have consistently reported conflict with parents as the primary reason for having left home, including physical and sexual abuse. Many experience more residential moves than housed youth, suggesting a pattern between homelessness and residential instability beforehand.

Homeless youth identifying as LGBT (lesbian, gay, bisexual or transgen-

der) range between 20%-40%, comp-

ared to only 5%-10% of the overall youth population.

Homeless youth often have aca-

demic or school behavior issues, per-

haps having been suspended or ex-

pelled or having dropped out. Some of these problems may be attributed to attention deficit disorder or learn-

ing disabilities. Homeless youth often report having been in special education or remedi-

cation classes, and 25%-35% report having to repeat a grade.

Homeless youth are more likely to be exposed to violence, domestic and communal, with an average 13 dying each day because of physical assault, illness or suicide. A study of 372 homeless youth in Seattle found that females experience more sexual abuse than males over an average time period of five years, and LGBT youth experience more physical or sexual abuse than heterosexual youth over an average time period of two years. The number of perpetrators for both types was four to six, respectively, with biological parents being the most common per-

petrators of physical abuse and non-

family members of sexual abuse.

Myths about homelessness

By Faith Escalona

Homeless people are dangerous. While living on the streets, homeless people are often perceived as very dangerous and crimes are committed by homeless people. The NCH (National Coalition for the Homeless) reports that people are more likely to be victims of crimes rather than become crimi-

nals. Between 2003 and 2007, there were 1,074 reported acts of violence against the homeless population, re-

sulting in 291 deaths.

Everyone who is home-

less is mentally ill.

As stated by the National Coalition for the Homeless, 44% of homeless people have a mental illness.

Most homeless people are middle-aged men. Most people tend to picture a stereo-

typical middle-aged man standing on a street corner when the word “home-

less” comes up, but children make up about 15% of the homeless popula-

tion. According to a study done by the National Law Center on Home-

lessness and Poverty in 2007, 1.35 million children are likely to experi-

ence homelessness in any given year.

The homeless are under-

educated and unemploy-

able. The NCH states that 44% of homeless people have jobs and still can’t escape homelessness. In a na-

tional survey, 25% of homeless fami-

lies cited a lack of affordable hous-

ing—not lack of employment—as the primary cause of their homelessness.

Homelessness is mostly a lifestyle choice. No one’s goal in life is to become homeless. The NCH reports that the top five reasons for homelessness are lack of affordable housing, not being able to pay their wage, domestic violence, medical bankruptcy and mental illness.

Homelessness will never end. In 2010, the Obama Admin-

istration created Plan 2.0, Opening Doors, a campaign to end chronic and veterans’ homelessness in five years (by 2015) and family homelessness in ten years (by 2020). While there’s no saying that homelessness will end for sure within these deadlines, help-

ing one person or one family at a time will eventually get us there.

Why people are homeless

By Vy Pham

H omeliness is one of the many issues that our soci-

ey face on a regular basis. There are many different reasons why people can’t find stable housing, including poverty, illness, unemployment, family issues, and mental illness. The National Alliance to End Homelessness reports that four popu-

lations face a particular challenge: Homeless youth; those living “doubled up,” discharged from prison, leaving fos-

ter care and lacking health insurance.

Those who are uninsured suffer heavily financially in cases of unfore-

seen emergencies and may lose their homes because they cannot afford to pay for medical bills and housing.

Many youth are struggling to experience homelessness is the men-

tally ill.

It is estimated that over several years, as a result of a (federal court ruling), many hos-

titals had to release many mentally ill patients who didn’t have jobs or whose families did not want them, and

they became homeless,” explains Mr. Delcy.
## Happy Thanksgiving!

### Thanksgiving Recipes

#### Roasted red potatoes with rosemary and garlic

**By Hoang Nguyen via Food Network**

**Ingredients:**
- 8 small red potatoes (washed and dried)
- 1 tbsp olive oil
- 1 tbsp chopped fresh rosemary
- ½ tsp salt
- ½ tsp black pepper
- 1 clove of fresh garlic, crushed and chopped

**Directions:**
1. Preheat your oven to 400°F.
2. Cut potatoes in half, or quarters for larger ones. Leave the skin on.
3. In a large bowl, combine potatoes and olive oil. Mix until all the potatoes are fully coated.
4. Sprinkle on the salt, pepper, garlic, and rosemary. Mix well.
5. Spoon the potato mixture onto a large baking dish with Pam. Pour potatoes into the dish. By hand, turn each potato so that the cut end is facing down on the bottom of the pan. You do not want the skin to touch the bottom of the pan because they will burn and stick.
6. Place into the oven uncovered. Set your timer so that you do not overcook or forget about them.
7. Check after about 20 minutes to see if they are done. You can turn over a potato and see if the flesh part is a nice golden brown, then poke the middle of the potato to see if it is fully cooked. The potato should flake easily and that is how you know it is done.
8. Remove from the oven and immediately scoop the potatoes from the pan with a spatula. Some may stick a little so be gentle; you don’t want to turn them into mashed potatoes. Now you are ready to serve!

#### Molten chocolate cake

**Ingredients:**
- 4 tbsp unsalted butter (room temperature)
- ½ cup granulated sugar
- 1 large egg
- ½ cup all-purpose flour
- ½ tsp salt
- 8 oz bittersweet chocolate, melted
- Confectioners’ sugar, for dusting
- Whipped cream

**Directions:**
1. Preheat oven to 400°F.
3. In the bowl of an electric mixer fitted with the paddle attachment, cream the butter and granulated sugar until fluffy.
4. Add eggs one at a time, beating well after each addition.
5. With the mixer on low speed, beat in flour and salt until just combined.
6. Heat the chocolate until just combined.
7. Divide batter evenly among prepared muffin cups.
8. Place muffin tin on a baking sheet; bake just until tops of the cakes no longer jiggle when the pan is lightly shaken, eight to ten minutes.
9. Remove from oven; let stand ten minutes
10. To serve, turn out cakes and place on serving plates, bottoms sides up. Dust with confectioners’ sugar and serve with whipped cream, if desired.

### Tips on how to have a healthier Thanksgiving dinner

**By Casey Nares**

1. When making your Thanksgiving dinner, try reducing the amount of oil and butter that the recipe calls for.
2. Use fat-free chicken broth to baste the turkey.
3. During the meal, choose the white meat of the turkey rather than dark meat and the skin to reduce the amount of calories intake. White meat from the turkey leg has about a third less calories.
4. Don’t try to skip any of your other meals to “save your calories for dinner.” Remember to eat breakfast and lunch.
5. Include a variety of fresh fruits and vegetables at the table.
6. Avoid adding creamy sauces like butter over the vegetables. You can flavor them with ingredients like olive oil, lemon or herbs. This will save about 150 calories per serving.
7. Have healthy dishes at the table that are Thanksgiving-based like roasted turkey, mashed potatoes, corn on a cob and pumpkin pie.
8. Resist the temptation to request seconds unless you’re still hungry. Also, be aware of portion sizes. Try focusing on the dishes only seen during the holidays.
9. Using a smaller plate will lessen the amount of food you will have to eat.
10. Drink plenty of water during dinner. Drinking water before your meal will restrain your appetite by lessening the chances of overindulging.

### What are you thankful for?

- “I’m thankful for my family and that they support me joining the Marines.”
  — senior Tyler Nueiris

- “I’m thankful for my family, my kids, my husband and our dog.”
  — Mrs. Gavino

- “I’m thankful for having all my family members, like my mom, dad and grandparents.”
  — sophomore Alekia Chavez

- “There are many things to be thankful for, but for me, I’m most thankful for my family, friends and good health.”
  — Mr. Sellers

- “I’m thankful for my family, including my dog Toki. Also, the opportunity to chase my dreams.”
  — senior Jamie Ma

- “I’m thankful for my supportive, healthy and loving family. Also for all the opportunities I’ve been given and all the love and support I get from my friends. (I) wouldn’t be who I am today without them.”
  — junior Kiana Boyette
Ask Polly

Q

Dear Wits’ End,

It’s true that sometimes we become apathetic about our lives—even our existences—but it’s also true that we each only get one. It’s not a crime to take some time for yourself, even if it’s only to be still. You don’t always have to be “accomplishing” something; sometimes, it’s okay to just hunker down, hold your ground and let life’s storm rage around you. Hang on to this life—because seasons change, and things get better. There will always be a tomorrow.

Try to remember that time when you were happy, when you weren’t “this way.” What prompted that happiness? Can you immerse yourself in the same, or a similar, situation? Search yourself and the world around you for what makes you happy, and when you find it, stick to it.

As for a constant “Can Do Better,” remember that the opinions of those around are ultimately meaningless if we do not buy into them. We feel that which we choose to feel and are affected by that which we allow to affect us. You define “you,” and if you’re happy with your accomplishments, judgment from others cannot bring you down. Accept and love yourself for who you are. Seize your power as an individual. Most importantly, do what makes you happy, and have impenetrable pride for what makes you proud.

Q

Dear Anonymous,

Unfortunately for our purposes, there is no simple “yes” or “no” answer to this question. It is completely situational and dependent upon the individuals involved. However, we can address a few universally applicable questions that might help you decide which path you will take.

Consider your own tendencies. Do you often regret decisions? Is it difficult for you to open up to others? Think of your potential boyfriend or girlfriend. Can you see a future for the two of you? If distance wasn’t an issue, would you hesitate to begin the relationship?

We learn from all relationships, whether they are short lived or extensive. We learn about ourselves, and we learn about life via new experiences and feelings. Once the immediate pain of a break-up fades (which can take years), we are left only with the positive contributions that our others made in our lives.

Think about your friends and family. Would you throw away your time with them simply to avoid the pain that you associate with them? Can you immerse yourself in the same, or a similar, situation? Search yourself and the world around you for what makes you happy, and when you find it, stick to it. Sometimes I don’t really care if I keep on living or not. I can’t remember the last time I was happy, and everything I accomplish is stamped with a “Can Do Better.” I want to always try this way, and I don’t want to feel like this forever, but I don’t know how to climb out of this ditch. Help! - Wits’ end.

Is getting in a relationship during senior year worth it even though there’s a 99.99999% chance you guys will be going to different colleges?

Sunday’s Necessary Reminder
Never get so busy making the grades that you forget to make a life.

Monday’s Depressing Fact
Every year, about 500 thousand people are murdered worldwide.

Tuesday’s Ponderous Time
3
“Under a Bridge”
The Red Hot Chili Peppers
Sometimes I feel like I’m only friend / In the city I live in / The city so ugly / Lonely is all I am, together we cry.

Wednesday’s Windy Advice
Always be prepared for the future, but never forget the wisdom of the past.

Thursday’s Magical Herb
Basil - love, exorcism, wealth, flying, protection

Friday’s Feel-Good Joke
What did the finger say to the thumb? I’m in glove with you.

Saturday’s Sunny Prospect
Otters hold hands when they sleep so that they don’t drift away from each other.

Ask Polly

Q

Is getting in a relationship during senior year worth it even though there’s a 99.99999% chance you guys will be going to different colleges?

Dear Anonymous,

Diabetes has increased by 50% since 1985. Now, it affects at least 15 million people.

Q

How do you answer the question of whether it’s worth getting into a relationship during senior year even though there’s a 99.99999% chance you guys will be going to different colleges?

Remember to relax and take care of your body in preparation for FINALS. It’s time for all the hard studying to pay off!

Over 90% of diseases are caused or complicated by stress.

You’re Gonna Go Far Kid”
The Offspring
How are you doing as long as you dream your dreams? I say my own weight can never be carried / I’ll agree to disagree / I can’t believe that you are that naive.

Life is a play. It’s not the length, but the performance that counts.

Mint - money, love, luck, healing, exercise, travel, protection

What did the one ocean say to the other ocean? Nothing. It just waved.

When playing, male puppies will intentionally make female puppies win.

Christmas Day
Kwanzaa

Want to submit your own comic or have a question you want to ask? Send your idea to phlegyl@gmail.com or ask.fm/phleglygend

8
“STUDY for FINALS. It is officially dead week (and a half)!

9
Diabetes has increased by 50% since 1985. Now, it affects at least 15 million people.

10
“Product of My Own Design”
Trapt
Fare to choose as long as it fits your dreams. I say my own weight can never be carried / I’ll agree to disagree / I can’t believe that you are that naive.

11
Don’t follow your fears; lead by your passions.

12
Jasmine - love, money, prophetic dreams

13
What do you give a sick bird? Tweetmeme.

14
Cuddling releases oxytocin, a hormone that speeds healing of physical wounds.

22
No matter how many times you revisit the past, there will never be something new to see.

23
Over 300 thousand American teenagers become afflicted with some form of venereal disease every year.

24
“Jumper”
Third Eye Blind
I wish you would step back from that ledge my friend / You could cut ties with all the lies that we’ve been living in / And if you do not want to see me again / I understand.

25
Great friends with open arms, and happiness will come to you.

26
Vanilla - love, lust, mental powers.

27
What do you call an empty jar of cheese whiz? Cheese was.

28
It takes an entire 43 potatoes to frown but only 17 to smile.

29
Sometimes, it’s okay to do nothing but breathe.

30
The average cell phone carries ten times more bacteria than a toilet seat.

31
“Maps”
Let’s Get It

Grave sometimes you get too tight for what you really believe / I get sometimes / you just let go / But don’t forget to see your faint heart.

= No school
Cross Country races towards finals

By Joyce Lin

Varsity and JV Cross Country teams competed at league finals on Fri., Nov. 4 at Crystal Springs. They faced multiple schools in hopes of bringing a win home. Both Girls Varsity and Boys Varsity teams made it to CCS (Central Coast Section) Championship.

Students have been training very hard just to prepare for this day, where over 20 schools will be competing. Our coach, Tanna, has been conditioning over the summer and practicing every day after school.

“We have daily workouts. Some days we have really hard days where we run anywhere from six to 12 miles. We also have easy recovery days where we run shorter distances, which allows us to recover a bit so that we can train again,” states team captain Runi Tanna.

However, during their constant training, runners have faced many difficulties and challenges.

“A lot of our team members have been getting sick this week. Also, throughout the season, there’s been a lot of injuries,” explains Girls Varsity runner Tiffany Pham.

Junior Varsity runner Alina Doan feels that Cross Country faces other challenges too.

“Running together, for sure. We don’t run near each other as we run. That’s one of our problems,” says Doan.

Also, with Cross Country entering a League tournament, runners are experiencing more competitive runners, but that also brings new confidence. Pham realizes that although the team may face difficulties, they will still be able to overcome and achieve more.

“Mr. Tippett’s going to give us a lot. So far, we haven’t had any, but I think it’s because it’s our first year and that we are getting used to this new competition. I think we will do okay,” shares Pham.

Many runners anticipated good results.

Varsity Football battles old rival

By Hoy Nguyen

On Nov. 1, the PHHS Varsity Football team played against rival Independence with a close score ending in 20-17.

“We knew that we had to come out strong and play to our highest abilities. Everyone knew it was not going to be an easy game,” states receiver Joseph Romero.

During the first quarter of the game, the Pirates scored six points leaving the Independence Sixers with nothing. Although the Pirates were confident at this point, the Sixers decided to bring all they have in the battlefield.

“This was one intense game,” comments receiver and defensive end Howard Butler.

There were people we liked on (Independence) the team, but there were also individual rivalries.”

During the second quarter, both teams tied with a score of 14-14. In the third quarter, the Sixers scored another three points on the Pirates, with a score of 17-14.

At the last quarter, the Pirates needed to make one more touchdown for the win. With less than two minutes remaining, Romero caught a game winning ball thrown by quarterback Anthony McBride.

The final score ended up at 20-17.

“They fought hard, but our defense held them until the very end, which led to the offensive scoring at the last couple of minutes,” states Romero.

Due to the intensity of the game, running back and defensive-back Tony Laflun faced injuries that include a broken ankle and a tendon tear in his leg. Also, during the year, other injuries have taken place such as special team Chris Lucero tearing his Achilles tendon along with linebacker David Maestres tearing a calf muscle.

Another mention is that Maestro is no longer playing for Piedmont Hills due to transferring schools.

“The team truly feels like a family this year. We are working towards our goal to go to CCS (Central Coast Section) this year and it is looking good as our overall score being 4-1, states left-tackle and line-backer Brandon Bui.

When asked what their team is looking forward to playing this year, Bui and Romero both responded with the same team, Pioneer School. The entire team has plans to bring all they have on game day.

Girls Tennis makes CCS

By Theresa Huynh

Piedmont Hills’ Girls Tennis team won its game against Santa Teresa on Fri., Nov. 4 with a score of 6-1, securing Piedmont Hills a place in this year’s CCS (Central Coast Section) Championships.

“The game (went pretty well),” comments singles player Katherine Lin.

“In order to qualify for CCS, the team had to go up to the top two spots of the Mt. Hamilton division. Since PHHS placed third overall, the girls had to play in other schools in the BVAL (Blossom Valley Athletic League) Team Tournament to qualify for CCS.”

The Girls Tennis team had previously won its home game against Pioneer with a score of 6-0 on Wed., Oct. 28, and lost an away game against Evergreen Valley on Mon., Oct. 19 of 5-2 on Wed., Oct. 30. The game against Santa Teresa brought the team third overall, thus securing Piedmont Hills a spot in CCS.

“I’m most excited for getting that win against our opponents and the matches we will have to try our hardest to win,” shares singles player Jasmine Te.

Both the JV and Varsity Tennis team members continue to work on their skills, hoping to improve with each game they play.

“We’ll be working a lot on our doubles play,” says doubles player Allison Mac. “Our doubles team have done well so far, but there’s a lot of room for improvement.”

All qualifying places have been confirmed for the CCS Team Playoffs, which began this Monday. The game dates and opponents for Piedmont Hills were finalized over the weekend.

The team had their first CCS game against Aptos High at Seaside Sports Club in Aptos, Calif. this Tuesday, winning with a team score of 4-3.

Girls Volleyball

Girls Volleyball team honors senior players

By Cindy Nguyen

The volleyball season officially ended with its last game against Lincoln High School last Thursday, losing with a close score of 3-2. The PHHS Varsity Volleyball team held its Senior Night in the Gym on Fri., Nov. 4 against Andrew Hill to honor the senior players.

One of the highlights of Senior Night was definitely having my friends and family support me at my very last home game,” says Bui.

Aside from that, Senior Night was definitely having my friends and family support me at my very last home game,” says Bui.

Senior Night consisted of speeches made by the coach on each individual senior, showing casts of their senior individual skills, dedication to the team and love for the game. Each player received a present from both the team, family, and friends.

“I was very emotional and to hear how highly they thought of me brought me to tears,” says middle hitter Nia Arranga.

The seniors on the opposing team were also given a small goodie bag and a rose as a way of celebrating with the Piedmont Hills Pi-

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ARK gives thanks to teachers and students
By Cindy Nguyen

ARK (Act of Random Kindness) Club held a Give Thanks event, surprising both students and teachers yesterday by showing how much they are appreciated.

“ARK wants to give thanks to teachers and brighten up students’ days. Members were assigned a teacher, and they had to write a little note and we would give a teacher a little cupcake, cake pop or some sort of sweet treat with the note,” shares Treasurer Rose Hoang.

“We wanted teachers to give us a list of their students. After we got the names, we had our members help write an encouraging note for the students.”

With Thanksgiving coming up, ARK officers wanted to find a way of showing their gratitude towards both the students and teachers through small yet thoughtful gestures.

“Physically or emotionally, it’s not the same... they’re doing a great job and they should remember that no matter what students have to say, ARK thinks they’re wonderful, and they’re doing a great job for teaching us the stuff we need to learn,” says Fairy.

PHHS holds the Social Science Challenge
By Casey Nares

P paddent Hills’s Social Science Challenge will be hosted from Oct. 22 to Nov. 25 to help Science Department raise money through online donations from students, family and friends. Donations will go directly towards things such as school supplies, teacher workshops, field trips and student scholarships.

The goal is to raise over $20 thousand by the end of the challenge.

According to social science teacher Maria Orban, the Social Science Challenge will allow the school to develop a basis of funds to overall help out the teachers and students.

“It is a fundraiser for our department... to work towards AP workshop training, so that the teachers are the Smartly being read and trained for whatever classes,” explains Ms. Orban.

“It will hopefully update our textbooks, and help get technology that is associated in the classroom.”

Ms. Orban says that if some expenditure were to come up, there would be Social Science Department meetings to discuss and agree on whatever to use the funds for. She said that in the past, the funds were used to provide most of the social science teachers with smart boards.

According to social science teacher Steve Martin, direct donations can be placed through the K12 website.

“ARK is on the high school webpage, K12wards, and you can identify the micro project that is associated with the Social Science Challenge,” Mr. Martin says.

Mr. Martin also says that there are different incentives to convince people to participate in the Social Science Challenge.

“If we don’t get participating, we don’t raise any money,” explains Mr. Martin. “So what works best for high school students: cash and pizza. Classes that raise the most have an opportunity to get a pizza party.”

Adelante Mujeres gives hope to children around the world
By Winston Lee

Adelante Mujeres dubs November “Child Safety and Protection Month,” and dedicates the club’s activities for the month to raising funds for the Somaly Mam Foundation, a non-profit organization based in Cambodia dedicated to sheltering victims of human trafficking and spreading awareness of the realities of child labor, trafficking, and sexual and domestic abuse around the world.

In the previous club meeting last Thursday, club publicist LeAnne Do announced to the club their milestone of raising $2,500. According to LeAnne, who developed the club’s theme for the month, the activities will mainly consist of informing club members and visitors of the need for children around the world to be protected from human trafficking and domestic or sexual abuse, as well as fund-raising for the Somaly Mam Foundation.

The first activity took place yesterday in F-12 during one of Adelente Mujeres’ meetings, which encouraged club members to write short notes with inspirational quotes or words of compassion such as “we care for you,” and placed the notes in a care package to send to sheltered victims in Cambodia.

“We’re going to send them that care package so that they know that here in America, we are aware of what’s happening in their country and we want to help,” says LeAnne. “It shows them that other people care for them.”

“Because they get trafficked into the system at a young age, they feel insecure, like they don’t trust anyone and no one cares for them because they’ve been so sexually abused.”

Activities will take place during Adelente Mujeres’ club meetings every Thursday in F-12 during one of Adelente Mujeres’ meetings.

By Robert De Leon

GSA encourages students and staff to be allies

Last month from Oct. 21 to Oct. 25, the GSA (Gay Straight Alliancy) Club hosted Ally Week on campus to help encourage students to treat everyone equally.

GSA had a booth in the front of Miss Quandt-Winter’s room in the Senior Hall. At GSA’s table, they sold ribbon ribbons pins to help spread the word and show support of GSA’s effort. After people bought a rainbow ribbon pin, they would sign a petition banner agreeing to be an ally. The petition stated that by buying the ribbon and wearing it, students understand to agree to respect all people no matter their race, religion or sexual orientation and also to take a stand for gay rights.

The club raised about $42 selling their ally ribbons at 50 cents apiece. “The event went better than expected,” says GSA President Katherine Nguyen. “Although we didn’t raise a lot of money, it’s nice to know that some people understood our cause and signed the petition.”

ASA also had a booth in the front of Ms. Winter’s room in the Senior Hall. At ASA’s table, they sold pink and blue ribbons pins to show support for women and children who are victims of domestic violence.

The club raised about $21 selling their pink and blue ribbons pins at 25 cents apiece. “We sent the money through small yet thoughtful gestures.

“We wanted to show everyone that they are doing a great job and that they should remember that no matter what students have to say, ARK thinks they’re wonderful, and they’re doing a great job for teaching us the stuff we need to learn,” says Fairy. •

"It is a fundraiser for our department... to work towards AP workshop training, so that the teachers are the Smartly being read and trained for whatever classes,” explains Ms. Orban.

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AGENDA Adelante Mujeres publicist LeAnne Do presents the theme for the club’s Child Safety and Protection Month.
F-12. Next week’s activity will be a seminar dedicated to teaching club members about children gun safety and other topics on staying safe around dangerous situations for children.

“My main goal for this month is to inform people about child protection,” states LeAnne. “Because we’re children ourselves, we’re under age so that they know that here in America, we have it a lot better than kids in third world countries.”

LeAnne explains that because most victims of human trafficking are women, these activities will “get women to not depend or think they should depend on someone else, that they can be independent.”

According to LeAnne, the other club officers will be responsible for the next few months’ themes. •

ARK (Act of Random Kindness) Club held a Give Thanks event, surprising both students and teachers yesterday by showing how much they are appreciated.

“ARK wants to give thanks to teachers and brighten up students’ days. Members were assigned a teacher, and they had to write a little note and we would give a teacher a little cupcake, cake pop or some sort of sweet treat with the note,” shares Treasurer Rose Hoang.

“We wanted teachers to give us a list of their students. After we got the names, we had our members help write an encouraging note for the students.”

With Thanksgiving coming up, ARK officers wanted to find a way of showing their gratitude towards both the students and teachers through small yet thoughtful gestures.

“Physically or emotionally, it’s not the same... they’re doing a great job and they should remember that no matter what students have to say, ARK thinks they’re wonderful, and they’re doing a great job for teaching us the stuff we need to learn,” says Fairy. •

"It is a fundraiser for our department... to work towards AP workshop training, so that the teachers are the Smartly being read and trained for whatever classes,” explains Ms. Orban.

“It will hopefully update our textbooks, and help get technology that is associated in the classroom.”

Ms. Orban says that if some expenditure were to come up, there would be Social Science Department meetings to discuss and agree on whatever to use the funds for. She said that in the past, the funds were used to provide most of the social science teachers with smart boards.

According to social science teacher Steve Martin, direct donations can be placed through the K12 website.

“ARK is on the high school webpage, K12wards, and you can identify the micro project that is associated with the Social Science Challenge,” Mr. Martin says.

Mr. Martin also says that there are different incentives to convince people to participate in the Social Science Challenge.

“If we don’t get participating, we don’t raise any money,” explains Mr. Martin. “So what works best for high school students: cash and pizza. Classes that raise the most have an opportunity to get a pizza party.” •

AGENDA Adelante Mujeres publicist LeAnne Do presents the theme for the club’s Child Safety and Protection Month.
F-12. Next week’s activity will be a seminar dedicated to teaching club members about children gun safety and other topics on staying safe around dangerous situations for children.

“My main goal for this month is to inform people about child protection,” states LeAnne. “Because we’re children ourselves, we’re under age so that they know that here in America, we have it a lot better than kids in third world countries.”

LeAnne explains that because most victims of human trafficking are women, these activities will “get women to not depend or think they should depend on someone else, that they can be independent.”

According to LeAnne, the other club officers will be responsible for the next few months’ themes. •

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