Women march into the headlines

By Andrew Mynah

On Jan. 21, the day after President Donald J. Trump’s inauguration, millions of people worldwide, including over two million Americans, gathered to peacefully protest in support of women’s rights and a plethora of other causes.

As a grassroots movement, the Women’s Marches were aimed towards President Trump due to his past statements, many of which were seen as misogynistic and degrading. He has been quoted saying highly offensive comments toward women, including causalization of women, and lack of respect for women’s rights.

The Women’s Marches were a response to Trump’s inauguration, and they were not impervious to mistakes or controversy. The march was not perfect, and there were some instances of conflict and controversy along the way.

FIGHT ON! Both men and women gathered in Downtown San Jose to protest the Trump Administration.

San Jose’s very own Women’s March drew over 25 thousand protesters to downtown San Jose, where they marched from the city hall all the way to Plaza de Cesar Chavez. The march lasted five hours from 10 AM to 3 PM. State Assemblyman Ash Kalra spoke at the event and mentioned that it was the largest demonstration in San Jose’s history.

“I really lifted my spirits,” says social science teacher Katherine Lighty who attended San Jose’s Women’s March.

Other American cities that held the protests include Chicago, Los Angeles, New York and Seattle. Meanwhile, a mid-sized city held a Women’s March with over 60 thousand people attending. Over 750 thousand people attended the Los Angeles protest.

“I had been pretty demoralized by the outcome of the election and some of the positions that (President) Trump was taking,” explains Ms. Lighty. “I wanted to stand up against the racism, xenophobia and sexism that the president showed during his campaign.”

Thank, Obama

By Sean Tseng

Former President Barack Obama gives America a lot to be grateful for. Though he was not impervious to mistakes or controversy, his time in office resulted in many notable achievements:

- Parolees/commutations: Released record-breaking 1,715 prisoners
- Presidential Medal of Freedom: Awarded at least 114 medals
- Implemented the Affordable Care Act
- Reduced unemployment rate by 4.9%
- Ended 2008 recession
- Ended “Don’t ask, don’t tell”
- Ordered troops out of Iraq
- Eliminated Obama bin Laden
- Passed 2009 Hate Crimes Prevention Act
- Signed 2009 Children’s Health Insurance Program, expanded children’s health coverage
- Reopened communications/interactions with Cuba
- Signed 2016 Sexual Assault Survivors’ Bill of Rights

President Trump to lead America

By Trevor Glassby

The United States stood in its 45th President on Jan. 20 when Donald J. Trump was inaugurated into office three months later, and started writing out many executive orders.

Inauguration Day was marred by controversy regarding the new president. Ninety members of Congress boycotted the inauguration, while many musical artists declined to perform. Furthermore, the morning of Inauguration Day saw riots in Washington DC near the parade route. In the midst of the protests, four presidents – Jimmy Carter, Bill Clinton, George W. Bush and Barack Obama – attended the inauguration.

The swearing-in ceremony began at 11:30 AM (EST) when Mike Pence took the oath to become the new Vice President at the Supreme Court Chief Justice John Roberts. A large group of people were allowed to watch the inauguration in their US government or economics class.

“I don’t think Trump will do as badly as people think,” expresses senior Tay Jat. “We should remain optimistic and keep an open mind.”

In his inaugural speech, Trump envisioned an “America First” policy, he focused on America and Americans, criticizing American support of other nations while not providing such support for the country.

“We have a really multicultural campus, but we don’t have a strong Muslim presence,” explains Mr. Shahriar. “I encourage people to engage with people who have friends and family in the affected countries. It’s important when things like this happen for people to be educated, so their ignorance can’t be taken advantage of.”

Trump’s most recent major action was to nominate federal appellate judge Neil Gorsuch for the Supreme Court to replace the late Justice Antonin Scalia. Neil Gorsuch is known as being both a conservative judge and a judge against judicial activism and in favor of strict construction. That said, he is a judge by a number of people, and they hope he will aid as a judge because some of Trump’s more extreme actions.

The Trump administration is lacking quite badly in terms of political correctness. According to five different polls including the Washington Post, Gallup and NBC News, Trump happens to average only 41% approval for his transition into presidency with an average approval rating of 52%, less than even Bush’s approval in his transition during the 2000 election.

“The same people who did the phony election polls, and were so wrong, are now doing approval rating polls. They are rigged just like before,” said Donald Trump on Twitter. However, the polls did end up being wrong during the election, it is important to realize that statistics come with margins of error and the polls did give Trump over 33% chance of winning. Whether or not they’re perfect, the polls still offer insight into the opinions of the population.

Here at PHHS, many people fear Trump’s election. Social Science teacher Frank Cava doesn’t believe that Trump will do anything important, lacking both political background and popular support.

“He has no ideas of substance,” asserts Mr Cava. “(He) will defer to the hard right conservatives to set policies.”

Some students are uncertain of what to think of Trump’s plans, given how few he has actually announced.

He has yet to outline any concrete plans for the country’s internal affairs, states senior Noah Galvan. “His foreign policy is not something I am aware of.”

While some may hope he will be unable to enact his more extreme policies, his coming to power is a historic event, as this is the first time a celebrity with no political or military background will be the nation’s leader. This ends up being both a point for and against him as some praise his lack of experience, while others fear he will be influenced by others.

“He’s not an establishment candidate,” points out senior Andrew Gilman. “He can relate more to the public.”

To his supporters, Trump is an outsider of the political system able to focus on helping the American people. To his detractors, he is a loud-mouthed incompetent unable to serve the country’s needs. Either way, these next four years under Trump will be an important presidency.
The Sadie Hawkins dance is based off of the popular early 20th century comic strip, “Li’l Abner,” in which unmarried women chased bachelors for their hand in marriage. The first known occurrence of this dance took place on Nov. 9, 1938. Within two decades, Sadie Hawkins was celebrated at over 9,000 different venues. As it spread across the nation, it began to take on new themes. In San Antonio, Texas, it’s known as the “Ladies Choice Dance,” and in Dearborn, Mich., it’s called the “Sponge Dance.” In Western US, it is also called “MRPS,” which pronounced backwards.

By defying traditional gender expectations, the Sadie Hawkins dance became a tool to empower women. It became a way for girls to break free from their domestic chains. Despite the relevant symbolism of Sadie’s, Piedmont Hills has a history of cancelling this iconic dance. At press time, the dance is still scheduled to happen, but there is a possibility of cancellation.
Bachelor of Piedmont Hills crowned

By Daniel Kokoski

The 2017 Male Pageant “The Bachelor of Piedmont Hills” was held on Jan. 13 in the L-Building, with Mr. February Danny Nguyen emerging as the victor.

“It was really unexpected (that I’d win),” says Danny with a smile. “It turned out to be one of my best nights of my senior year. I would have had fun even if I didn’t win, but it was really nice (to have won).”

With his stellar fashion such as his capital and sartorial responses to the questions and his comical painting of the Mona Lisa, Danny astonished the audience and the judges.

There were 12 contestants who competed for the title of Bachelor of Piedmont Hills. Each individual was assigned a month of the year and was required to pertain to the theme of his respective month.

Throughout the competition, there would be several categories in which the contestants were scored on: fashion, talent, and questions. During the fashion portion, the contestants had to wear dynamic apparel to appeal to the audience. For the talent portion, they had to impress their audience with their remarkable talents. Lastly, the contestants must respond cleverly to random questions asked by the 2017 class officers, varying from “who is your favorite teacher at PHHS?” to “dogs or cats?”

The judges this year were biology teacher Jason Dries, English teachers Bahak Shahvar and Sylvia Liu. The judges were responsible for scoring the apparel and performance of each of the contestants based on factors such as originality and audience reception. The spectators of the audience were also able to vote for their favorite contestant near the end of the pageant, ultimately leading to who would become triumphant.

“It was very impressed with their choice of clothing attire and their talents,” remarks Ms. Liu. “They were all very brave for going up there and showing us who they really were.”

Along with Danny’s artistic humorous talent, there were many more exceptional talents that received stupendous ovation from the audience and the judges as well. Such talents included Mr. September Martin Ruiz’s magic show, Mr. November Kevin Finuliar’s yo-yo moves and Mr. December Kendall Chung’s Christmas dancing.

“I’ve never really been on a stage in front of a large crowd, but it was pretty fun,” reminisces Kevin. “It’s my last year here, might as well have some fun with it.”

Despite the heat of the competition and the anxiety of being on stage, the 12 contestants prepared diligently and bonded together during this memorable experience of their senior year.

(“The other contestants) were all really good,” describes Danny. “I’m friends with a lot of them and I’m just really happy to see all of us go through it together, because a lot of us were really nervous and we were just trying to encourage each other, that we can do this. I’m really proud of the other guys for having such amazing talents.”

History Team faces off in competition

By Anthony Ta

History Team competed in a local history competition on Sat., Jan. 22 at Saratoga High School. Many Bay Area high schools both private and public fought in a four round system on that day for a chance to secure a spot in the upcoming state competitions.

The first round involved having each member answer a single question presented to them at the ring of a bell. The second round encompassed the same idea as the previous, except with multiple choice questions.

With the third round, members had to pick a category of eight questions to answer. In the fourth, it relied on one’s ability to answer the questions from the moderator as quickly as possible. The more questions a person answered, the more points they would receive.

“This was our 4th time competing at the regional match for History Bowl, and we had the highest number of students attend,” states History Team advisor Amanda James.

The team began their preparatory work for the local competition at the end of September. Club meetings were designated for this purpose and served as a time for everyone to test one another using past year’s sample questions.

“I was very happy with our performance because we got really close to winning some games. My team were 20 points away from winning a game against Saratoga who were the winners of the competition,” claims Treasurer (Varsity) Matthew Hoang.

Through their valiant efforts, the team ended the day with sixth place in the local competition, placing them in the top ten teams to compete in the upcoming state competition at UC Berkeley. History Team will send one of their best subunits to compete at the local level.

“Our school is unique in that students are involved in many different extracurricular activities. In some of the schools, you focus on one thing and focus on that all the time. So considering how different our [school] culture than to other schools, I think we were very successful this year,” remarks Mrs. James.

The subunits read as follows: Junior Varsity line up: Anjana Balaji, Matthew Hoang, Eric Gao, Kevin Finuliar and Kendrick Cheung anxiously wait to hear the results.

Seniors Danny Nguyen, Martin Ruiz, Kevin Finuliar and Kendall Chung anxiously wait to hear the results.

WHO WILL BE CROWNED? Senior Danny Nguyen, Martin Ruiz, Kevin Finuliar and Kendall Chung anxiously wait to hear the results.

By Anthony Ta

History Team shared laughs as they prepared for the competition.

STUDY HARD! The PHHS History Team shared laughs as they prepared for the competition.
O n Jan. 14, VSA (Vietnamese Student Association) hosted its annual cultural show. It presented a variety of performances such as skits, singing, umbrella dancing, hat dancing, magic tricks, and ended with a fashion show and a walkout exclusively for VSA officers.

Usually, Vietnamese teacher and VSA advisor Lily Lam’s Vietnamese 3 and 4 classes have their own cultural show in December, while VSA’s show is in May. However, this year, her classes performed with VSA as well.

“This year, it was harder because Drama took up a lot of our tentative performance days so we had to book an earlier show. This year, we have (the VSA show) in January when usually we have it in May,” reveals historian and publicist Cindy Nguyen.

The theme this year was “Under a Thousand Stars.” “Before, we would come up with ideas for (the theme of the show) within the cabinet and then have a vote on it within the cabinet,” discloses Co-President Roselyn Mai. “But this year, we thought of them and posted on our group page on Facebook and let the members decide what they would like to do.”

After choosing the theme, the VSA club officers determined practice dates and started preparing for the upcoming show with Ms. Lam’s Vietnamese 2, 3 and 4 classes.

“At first, it’s really hard because your group has to come up with ideas and make it fit into the time limit. But then once you get everything settled and start practicing, it becomes easier because it’s like you’re completing a plan,” comments junior Thy Tran Huong, who is currently in Ms. Lam’s Vietnamese 4 class.

The officer walk was first added in last year’s VSA show and “My most memorable moment was either the walk or the ending because the senior speeches always affect our (students) and the seniors (to tears),” reminisces Co-President Ly-anh Bui.

“The moment before the curtain opens (was the most memorable to me). When you’re in the back and setting up, you get this anxiety that comes along with you throughout the performance, but you don’t realize it until the end,” explains Thy.

“At the end (of the show), the parents really enjoy seeing (their kids onstage). I like it when the shy kid gets to be on the stage,” smiles Ms. Lam.

FAFSA and scholarship tips
By Hannah Tong

A s seniors begin to finalize all their college applications, they move on to the next step: figuring out how to pay for college.

The two most efficient ways students find financial aid is through FAFSA (Free Application for Federal Student Aid) and scholarships.

The Federal Student Aid website is a part of the U.S Department of Education and helps students across the nation afford college. Over $150 billion in grants, loans and work-study funds are provided to students to aid in their college expenses.

Schools want to take advantage of the opportunity to hopefully lessen the cost of my college tuition,” expresses senior Elisa Pham.

The FAFSA application opened on Oct. 1 and the official deadline is on Jan. 30. However, the FAFSA deadline can vary among select colleges.

To apply, students and their parents have to fill out an online application about tax returns, financial status and personal information. After submitting, everyone just waits for the process to go through.

By Emily Zhao

R ain and snow storms ravaged much of northern California throughout January, with preliminary estimates indicating over $150 million in water losses. In the state, Shasta and Oroville, are 80% full, while many Bay Area reservoirs are at 20% capacity, according to the California Department of Water Resources. While any teenager will complain about the increased school days, other areas experienced flooding and excesses of rain according to daily-weather.com.

With the end of California entered its sixth year in drought. Just one year ago, our state was locked in severe drought. As this was the wettest January on record, meteorologists have seen in recent years, the percentage of California that remains in severe drought has been reduced to 44% according to the Los Angeles Times.

“Just because the condition of the drought is improving doesn’t mean that we should stop acknowledging it. We should continue to conserve water,” remarks sophomore Mignon Lee.

For the first time in years, California’s reservoirs are brimming with water. The two biggest reservoirs in the state, Shasta and Lake Oroville, are 80% full, while many Bay Area reservoirs are completely full, reports Los Angeles Times. Water is even being released from such reservoirs to prepare for potential flooding.

Although we are so used to living in California with the drought that once we see all the rain, we’re pretty surprised,” laughs senior Lauren Young.

The recent heavy precipitation isn’t the only thing that has relaxed drought conditions. On May 9, 2016, Jerry Brown issued an executive order to continue water conservation, declaring a number of preventative and remedial methods, from citizens not being allowed to hose down their cars to adopting better agricultural methods to fixing water leaks. Water distribution systems have been turned off, and the average of 700,000 acres-feet of water per year, enough water to meet the needs of 1.4 million homes for a year.

Between June 2015 and February 2016, the U.S. Bureau of Reclamation calculated that over 2.5 million acres-feet of water were saved, according to the U.S. Bureau of Reclamation.

“By taking a proactive approach, and everyone needs to do their part,” states senior Emily Zhao.

While much of Northern California is no longer in severe drought, southern California and San Joaquin Valley remain parched in extreme drought conditions. After the wet winter months of January, the entire state is expected to experience a drying spell along the west coast, explained Weather West.

Although many PHHS students are happy about state’s receding drought, some have mixed feelings about rain.

When it rains, the students who usually walk to school have to get their parents to drive, which increases the cost of gas, and we end up late to school,” jokes sophomore Gloria Qiu.
Five important tips for interviews

By Lawrene W

W hether you’re out there looking for the job of your dreams or applying for a college position, interviews are a must. Being able to answer questions swiftly and confidently will give you the upper hand. Interviewing is much like being on a date—being able to maintain eye contact, express interest, and answer questions in a professional manner will serve you well. The key is preparation: Be prepared to discuss your qualifications and why you believe you are the best candidate for the position.

Preparation is key to impressing your interviewer. Gather as much information about the company as possible, and research the competition. Prepare yourself by practicing your responses to common interview questions. This will help you feel more confident and able to communicate your strengths and qualifications effectively.

Dress for success. If you’re wearing clothing that you think your grandmother would wear, it’s not likely to impress your interviewer. Make sure your clothing is appropriate for the job you’re applying for. Women should aim for a professional look, while men should aim for a polished appearance. Avoid wearing anything too revealing or attention-grabbing.

Be yourself. If you find yourself having to be “someone else,” then you might as well be your true self. This will make the interview process more enjoyable for both you and the interviewer. By being yourself, you’ll be able to express your interests, qualifications, and personality in a natural way.

“Interviews are for you to display who you are to the organization.”

By Eniko X

Brain Mapping

Technology: making or breaking relationships

Unplug modern-day love

By Mishothe Lin

T echnology has become the solid foundation of society—as a matter of fact, there’s little that we do today without the aid of technology. It has debunked the notion of “snubbing” or “p-phubbing.” Phone snubbing, in which a person is ignored for the internet, has increased dramatically over the past year. In 2005, Ms. Bonhomme fell for an online date. In 2013, the couple met through an online dating app. The couple believed that was “fate.”

Take married couple, Jenny Shaab and Ben Mac, for instance. They met through a dating app run by Business Insider. The couple met on Tinder in 2013, and just a year and a half later, they married. This schedule has grown tremendously with such innovations, and will continue to do so as long as the internet remains a factor in modern society.

“Using social media could be helpful for people who are socially anxious.”

By Anthony Ta

Brain Mapping

Embrace the connectivity.

By Seun Tung

T echnology permeates every aspect of life. Turn on your phone and countless apps fight for your attention with read- backs, notifications, and endless information to scroll through. Social media overflows with un- filtered thoughts, listing platforms unlinked, and social media is rampant over the internet seems to be the integrity of news and rise of “alternative facts.” Yet perhaps the most shameful victim of technology lies in one that has been dined in almost every way by contemporary lifestyles, romance. The toxicity of technology upon romance is evident even on the most superficial of levels. The development of social media has been reduced to staring at screens for the per- fect lighting and the most photogenic guy or gal to strike you with. As a result, many are now the most superficial of interactions. The seemingly user-friendly “swipe right” format of popular dating apps like Tinder encourage superficial judgments and reduces attraction down to mere pixels on a screen. Romance gray and withered. Just a rose emojis. The virtual vibrancy is your weakness? If you end up not get- ting that job, going to that college or getting that job, then you might as well

Thank your interviewer.

By Donald M

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T	their happiness was uncertain and unstable, their happiness was uncertain and unstable. Although the whole world around them was part of a dance, they could not hope to maintain the calm and serenity of their mind, and he finally allowed himself to close his eyes. He no longer had the strength to resist, and he slowly succumbed to sleep.

Melanie slept without a care in the world, Marvin. "What's going on? What's going on? What's going on?"

A booming noise exploded from the surrounding darkness, and he finally allowed himself to close his eyes. He no longer had the strength to resist, and he slowly succumbed to sleep.

Relief flowed into Marshall's state of mind, and he finally allowed himself to close his eyes and drift into a pleasant slumber.

Then fear itself manifested. Forcefully, he finally allowed himself to close his eyes and drift into a pleasant slumber.

It was evening, and the only sounds of the night were the rustling of the leaves in the fall. The whole world around them was part of a dance, they could not hope to maintain the calm and serenity of their mind, and he finally allowed himself to close his eyes. He no longer had the strength to resist, and he slowly succumbed to sleep.

Melanie's tender expression gave him the courage he needed to open his eyes. He finally allowed himself to close his eyes and drift into a pleasant slumber.

Marshall had finally realized the extent of his recovery and the importance of his situation. He could not comprehend the bravery and the courage he showed in the face of his fear. He thought to himself: How ironic it could be just when the sun rises, everything is in its place and we're so sure.

But what Marshall needed? Peace and quiet! He finally allowed himself to close his eyes and drift into a pleasant slumber.

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What is love? Baby, don't hurt me

By Seon Tsang

A nxiety twirls your nervous into knots. Blood rushes to your cheeks, and you feel sick to your stomach. Can it hurt? It's not a heart attack—it's love.

Or is it? Everywhere. Artists, both contem- porary and traditional, have constantly delved into the ever-enrapturing subject of love. But what is love? For all the scholarly discussions about its de- finition and origin, the answer is still a mystery: “What is love?”

The emotion is much more than anything in a paper—it takes action.

As many great novels and films depict, romantic love is the deep, emotional attachment between two people, no matter the gender or sexual identity. Being in a relationship with a significant other is not only with intimacy, but also the hardships and potential struggles to be faced throughout life. Romantic love can be a key to one’s success. To understand this significant other—and still accept the person for who he or she is, regardless of the situation—one needs to understand this significant other—and still accept the person for who he or she is, regardless of the situation.

As many great novels and films depict, romantic love is the deep, emotional attachment between two people, no matter the gender or sexual identity. Being in a relationship with a significant other is not only an exercise in intimacy, but also the hardships and potential struggles to be faced throughout life. Romantic love can be a key to one’s success. To understand this significant other—and still accept the person for who he or she is, regardless of the situation—one needs to understand this significant other—and still accept the person for who he or she is, regardless of the situation.

Love is a verb, not just a feeling. It’s an invest- ing, in sacrificing and caring for those around you. Perhaps the most com- monly known love is parent-child love, which is an intense love that exists between a parent and child. However, the intensity of love varies with how often the parent and child interact and how much they care for one another. When parents care for one another, their child feels safe and loved.

Parents have the power to uplift their children’s spirits, keeping them positive and shaping them to become the future leaders of society. It is through unconditional parental love that a child can learn to love others.

As an example of how to love, consider a parent who is caring for her child. She may spend time with her child, discussing her day and providing support. This love is shown by actions, which will help the child understand how to love another person. In turn, the child will learn to love others in similar ways.

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Ask Polly!

Q Should I take 5 periods or 6 periods for senior year?

Dear anonyheart,

It depends on your goals. If you intend on aiming for competitive colleges, it’s a better idea to stick to six periods to show that you are still pushing yourself in senior year. On the other hand, having a more leisure schedule with five classes is also acceptable if you have a good amount of AP classes. However, take this advice with a grain of salt since it may not apply to everyone. Do what you are most comfortable with!

Dear anonyrobes,

You should express yourself freely with your reaction but be considerate of others’ opinions as well. Ignoring politics could be one way to avoid conflict with people having different opinions. However, knowing what happens in the political world will more likely make you more aware of our new president’s choices and enable you to make your own decisions and opinions. I encourage you to be aware of politics. See if President Trump can be a good president and give yourself a chance to evaluate his decisions and intentions in order to form your own thoughts.

Dear anonyroses,

The main thing is to be calm, speak steadily and smile! If you constantly doubt yourself, then talking to them is going to be a lot harder than it needs to. Ask them about topics they are passionate about or bring up relatable experiences. Don’t force the conversation; let it happen naturally. If all else fails, then show them a meme.

Dear anonychocolate,

What is an ideal date?

Dear anonychocolate.
The date itself doesn’t have to be extravagant for both parties to enjoy it. There is no concrete answer in determining the perfect, absolute date idea. As long as both of you are comfortable with each other, the possibilities are endless.

Dear anonybaby,

Polly, how is your love life?

Dear anonybaby.

My love life is absolutely amazing. I go on at least eight dates a week with all of my Instagram parrot models. I have so many male parrots at my peck and call, just waiting to cater to my every needs. They gawk at the slight flap of my wings. Once I’ve wooed a few hundred of them, I’m going to start an army to take over the school. They’ll never see through my beautiful exterior of my exotic coat. Now who’s thinking of taking me off the newspaper??? CA-CAW!

The progress of their relationship is a warm reminder of the potential success and love anyone can find in their lives.

Today in History:

- French-Indian War ended with the signing of Treaty of Paris in 1763, allowing Britain to acquire Britain.
- British Queen Victoria and Albert, her cousin, got married in 1840.
- British Queen Victoria and Albert, her cousin, got married in 1840.
- Jefferson Davis was selected to be the president of the Confederate States of America in 1861.

Poll: Do you have a Valentine?

This poll was conducted from Jan. 11 to Jan. 31. It had a total of 88 participants, with 52 confirming that they are lonely and the remaining 36 confirming that they are taken.
Boys’ Basketball attain winning streak in season

By Sagar Tomar

Wrestling slams into A League

By Emilee Chau and Rianna Gallardo

Girls’ Basketball dream together, swish together

By HannahJane Aretiano

New England Patriots beat Atlanta Falcons 34-28

By Syed Rahim

Boys’ Basketball attain winning streak in season

By Sagar Tomar

Boys’ Basketball achieve a winning streak with a record of 2-0. The team currently has a record of 2-0.

**FOOTBALL**

**SUPER BOWL 51**

By Syed Rahim

The final result of the Super Bowl 51 left Patriots fans thrilled by the outcome.

The Patriots beat the Falcons 34-28.

New England Patriots beat Atlanta Falcons 34-28

By Syed Rahim

The game was a battle between the New England Patriots and the Atlanta Falcons.

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Girls’ Soccer passes the ball to end of the season

By Emilee Chau

“During practice we focus on improving ourselves and communicating with each other,” comments Alexander. “We let each other know where we are on the field and if there is a person pressuring you to get the ball.”

“We are going to have to work really hard during this time, and we have to work with one another,” adds Varsity Forward Maeli Macias on how they are trying to accomplish their goals.

“The team’s work is evident in their accomplishments throughout the season and the growing friendship among the teammates. “I think they have truly come together as a team,” says Mr. Sellers. “They have a lot of respect for each other and enjoy playing together. You can see it on the field; we are connecting more as a group and they are playing well.”

In order to strengthen the girls’ bond, the team held some team bonding activities. One activity included a dinner at the coach’s house. “We all gathered at our coach’s house and had a team dinner,” explains Macias. “It was very fun to get to know the girls and become closer with them. We’ve all gotten so close and because of that, our chemistry is a strong one.”

“Sometimes we got to eat or we go over to Coach Freddy’s house and watch a movie,” states Alexander.

So far, the season has been going well.

“We have been little inconsistent at times but we are in a position where we have a great opportunity to make CCS,” elaborates Mr. Sellers. “We are on the top three for CCS and right now we are in that position.”

Varsity usually practices 3:30 pm to 5 pm on Monday, Wednesday and 7:30 pm to Thursday.

“We usually do ball work to get our touch- ices in, dynamic stretching and sprints,” expands Alexander.

Girls’ Soccer’s senior night will be held next Friday, Feb. 17. Their next game will be today at 5:30 pm against Ann Sobrato High School.

Boys’ Soccer finishes season

By Angel Palominio

PHHS Boys’ Varsity Soccer lost against San Jose Varsity Soccer team 5-1 last Monday at San Jose High Academy. Piedmont scored a goal in the first half; as the game stood to drizzle, San Jose scored two in the first half and three in the second half. The current League season record for the Boys Varsity is 8-4-2, eight losses and two ties.

“It’s our early game. We start off really slow, and then we play catch up for the rest of the game,” remarks Varsity Forward Tony Avalos. Usually, the team does not score early on, and is playing defense for the first half.

“The Boys’ Varsity is currently in C-Division, and they are hoping to move up the league by the end of the season.”

“I think we need a lot of mental mistakes, and its different as in C-Division its normally two good teams and the other team falls off in skill, but this season there is four, and its just small mistakes we have,” clarifies Varsity Coach Manny Esayas.

The players practice and do warm-ups. A common exercise they do is run around the football field a few times. They also practice their blocking and shooting skills afterwards.

“Tactical base drills, we based it (practice) on previous games, correct the little mistakes and move forward,” explains Coach Esayas.

“We have to get better, and we need to get better motivation. We have people that don’t try as much,” states Goalie Nathan Avalos.

With Coach Esayas leading the team for his second year, he has developed a unique bond with the team.

“(The coach is) good, really fitness oriented. He runs a lot of sprints to motivate us to play,” remarks J. Avalos.

“We are alright, but we can do better,” explains Varsity Right Back Christian Landaverde.

Varsity lastest game was yesterday at Piedmont Hills High School, at 5:30pm against Del Mar on the football field.

PHHS Boys’ JV Soccer team lost 4-1 to San Jose last Thursday at San Jose High Academy.

Their League season record currently is three wins, six losses and one tie.

The JV team is also in C-Division as well.

For their practices they do sprints, stretch, shoot, pass, and do separate exercises modified to game time.

“We are good overall, lately its been frustrating, so many of our players are injured,” elaborates Coach John Ventura.

Coach Ventura started coaching this year. “We were down 2-0 in the first half against Santa Teresa, and then we came back and ended 3-2 in the second half after listening to his (Coach’s) speech,” explains Right Defense Tony Medeiro on Coach Ventura’s motivating skills.

“Our team morale is good, just we had a lot of our teammates moved up to Varsity,” clarify Coach Ventura.

On the team relationship “We are both good and bad with each other, during the games whenever someone isn’t doing their job we argue,” remarks JV Captain Juan Reyes.

The Jv lastest game was yesterday against Del Mar at 3:15 pm at the football field.

Swimming: the unassuming competitive sport

By Arthur Hoang

When people think of difficult sports, their minds tend to think of football, basketball, baseball or soccer. However, there is one sport that is often overlooked: swimming.

Most people think that swimming is more of a luxury or a recreational activity, but if you meet someone that has swam or coached competitive swimming, they would tell you otherwise. Swimming, whether casual, competitive or even synchronized, is a difficult sport.

Swimmers tend to have more practices than days in the week.

“We practice six days a week for two and a half hours in the evening and sometimes in the morning from five to seven,” confessed East Bay Aquatics Swimmer Kayen Chua.

With the exception of Sundays, competitive swimmers will sometimes have two practices a day, one before seven o’clock and one after four o’clock. They are followed by a series of weightlifting and other exercises to help build up muscle. Olympic Swimmer Michael Phelps trains six days a week for six hours a day around 7:30 am and last for two hours.

Any swimmer will tell you that after a couple days out of the water, it’s hard to remember their grip on the water.

“It’s out of the water for four days and when I got back into the water I felt awful for the first part of practice,” stated Piedmont Hills freshman swimmer Andrea Hoang.

Being a competitive swimmer requires much personal sacrifice as well as practice. Practitioners in the morning start at 5 am and are often forced to go to bed early to cope with their intense schedule. In addition, swimmers constantly have to make sure that they are eating a nutritious, balanced diet.

Britain’s most successful Olympic Swimmer Rebecca Adlington admits that she often missed school due to the amount of traveling that swimmers do, and she was often busier than her school friends. In 2005, she had a case of a glandular fever but she neglected it as fatigue and kept pushing until it developed into post viral fatigue.

Competitive swimming forces swimmers to go to meets, where warm ups usually start around 7:30 am and last for two hours. There are many things that can affect a swimmer’s performance at a meet depending on what they ate at morning, whether they shaved their legs to reduce drag. Even what they wear can affect their times. Are they wearing a regular practice suit? Are they in speedos? Or did they drop the $100 to $500 on fastskin to help reduce drag and are generally usable for very few times. Many factors can affect a swimmer’s race time; and they can mean a world of difference. Shaving could make the 0.01 second difference for a 50 meter Freestyle Olympic.

With all the factors and skills that go into the sport, it’s clear that swimming is not just a recreational activity.
**NHS hosts Induction Ceremony**

By Melody Li

On Jan. 15, NHS (National Honor Society) held their annual induction ceremony in the L-Building to formally induct their members into the club.

“Induction ceremony is an annual event held by NHS to officially recognize its members for their service, leadership, and academic success. It’s where inductees from all over the County, including PHHS, are invested into the NHS family,” says Nurse Coordinator Lauren Lee-Tran.

At the ceremony, each member was introduced by advisors and science teachers David Vasques and Archee Kezger as they walked the stage and lit a candle. One advisor read their names while the other handed cords and certificates. At the end, members came together to recite the NHS pledge and gather for pictures.

Upon completing the ceremony’s process, the night was also filled with food and performances prepared by the NHS members. The menu for the night included a three course meal of salad, pastas and dessert. The meal was accompanied by music performed by students from NHS members and other clubs on campus including Indian Club and VSA (Vietnamese Student Association).

The ceremony concluded with a special performance prepared by the NHS officers. The L-Building was covered with decorations to fit this year’s induction ceremony’s theme of “Induction Through the Ages.” Posters such as the UNICEF-paraphernalia, featured art and a stuffed animal. Dinner of Alfredo and pesto pasta were served while a range of performers and guest speakers took the stage.

All the money raised by Snowflake Ball went to the Syrian Refugees. By hosting such an event, students hoped to raise awareness and reference to how we’re the last 90’s kids so we’re technically a part of that whole retro classical era and to expand on that, we also included references to different decades like the 60’s and 70’s” explains Jason. “It was definitely a night to remem-ber. I had flashbacks of all the accomplishments throughout my life and especially high school as I walked across the stage to light my candle,” expresses member Elailine Pham.

According to Secretary Jennifer Lai, the process made from the induction ceremony will go to Save the Children, a charity that promotes children’s rights and provides support and relief for children in third-world countries. ♦

**Mock Trial works to crack the case**

By Tyler Vu

The newly formed PHHS Mock Trial team participated in its first matches on Tues., Jan. 31 and Thurs., Feb. 2 and last Tuesday, resulting in three narrow losses for the team.

In preparation for trials, all participating Mock Trial teams were given the same case a few months before the actual competition. This allows them to practice their arguments, polish their performance skills and solidify the case they are studying.

This particular trial featured Cameron Avrey, a fictional person suspected of human trafficking. Each mock trial team is split into two sides: the prosecution and defense, one to defend Cameron’s case and another to prove his guilt in the matter.

The first match was against Castilleja High School. Although the dedicated team practiced extensively for the trial, there were still some unfortunate mistakes that resulted in their loss.

“Our cross examination was pretty solid, but we didn’t go through all our witnesses, so we got docked for that,” explains Vice Captain Matthew Hoang.

This loss did not deter the team, however, and the members used their new experience to better prepare for their next match.

“The first day was still really important for getting a feel of everything and to prepare for the next match,” explains team Captain Daniel Johnson.

The next match was against Gunderson High School. The team performed much better than the previous match, just barely losing to the much older and experienced team.

“We did, in my opinion, excellent,” teams Daniel.

The third had the team facing against Pioneeer. This match was as close as it could be, with the two teams tying in points. Ultimately, it came down to one vote from the final judge, who awarded the Pioneer team the win.

Losses aside, the matches were incredibly important for the future of the newly formed team.

“Some of the other schools have been around for ages and have a great support staff,” elaborates Daniel. “With this experience, we can lay the foundations for the club for later years.” ♦

**Follow the leader with Interact**

By Melody Li

On Jan. 20, Interact hosted Me the Leader, a leadership workshop open to all students that focused on time management, professionalism, teamwork and service.

“The workshop was [designed] to help members build and gain insight on the leader they are and want to be,” explains Youth Act Coordinator Lauren Lee-Tran.

The event started with icebreakers to allow members and officers become comfortable with each other. Then, Interact officers split the attendees into four different groups and worked on a rotating schedule to allow every member to attend workshops and presentations given by Interact officers on each of the four topics.

Three officers were assigned to each topic, allowing the officers to focus on their respective topics and lead the workshops unique to their own styles.

“My topic was professionalism. I talked about how professionalism is about finding a balance between yourself and being presentable. I talked a little about the topic and then played a game to describe it,” recalls Co-Historical Director Deng Tang.

Although it was the first time the club hosted a leadership workshop, both officers and members agreed it had a smooth turnout.

“Having the event I saw members taking initiative and taking the next step into becoming great leaders. All the workshops were fun and interactive,” expresses Lauren. ♦