



Ashlee Williams, 10

She fought her way to the top / "One of my accomplishments is winning regional with my volleyball team. It was good because the weekend before we struggled, so we struggled as a team and worked on it and it was good to come back the next weekend especially at regional and play well."

THE FAST AND THE CURIOUS

Chemists use various materials to self-propel makeshift vehicles in Ms. Sutliff's chemistry class

GOGGLES AND GEARS

Tightening their goggles and revving up their engines, chemistry class calls for a race. Junior Ikroop Jheeta and her partner junior Edward Jeong gathered supplies like water bottles, baking soda and vinegar to create a fast vehicle. "It was kind of challenging to put it together at first but it worked out. As a result, we made the car go across the number of tile squares that was required and got a good grade on the summative," said Jheeta. Photo by Jocelynn Avelar

BOOSTING BOTTLES

Setting up his handcrafted car on the ground to test for the chemistry car lab is junior Leveron Lindsay. Photo by Jocelynn Avelar



STOICH-ED FOR CHEM

Away from the classroom environment, students prepare to put their self-propelled chemistry cars to the test. Juniors Angelina Le and Emmalee Connors figured out how to use baking soda and vinegar to pass their assignment. "I thought it helped me understand stoichiometry calculations and understand why we did it because before they were just equations but now I know why they're used. It helps me understand the topics more because I have to apply it to what I'm doing physically rather than just memorizing stuff," said Le. Photo by Jocelynn Avelar



DOWNPOUR OF

DOMINANCE

The second round of football playoff hosted at home, came with a shower of celebration and rain

A MEMORY FOR THE BOOKS

Making their mark in school history the varsity football team celebrate their win against Vanden High School 46-13, on Nov. 17, to move on into section championships. For junior Brody Krupp, the hard days of conditioning and long practices paid off for the excitement he felt after the win. But Krupp wasn't alone in his journey; he had his coach, his side to support him along the way. "When do something wrong, he [Coach Hunkins] tell me what I do wrong and there's no disappointment in each other when we mess up. We just know what to do and know that we did something wrong and improve on it," said Krupp. Photo by Hailey Gullicksen



PONCHO PRIDE

Pictured are dance team members seniors Julia Holbert and Danika Kiszinger and freshman Addison Vandenhoeck. Photo by Parker Van Dyke

SOAKED SALUTE
Pictured during a rain soaked National Anthem are the members of the cheer team. Photo by Parker Van Dyke

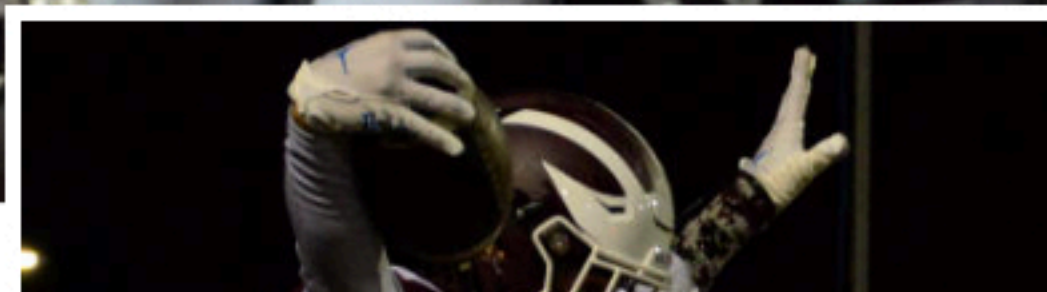


SUCCESSFUL STRATS

Executing a double team block are seniors Brady Spencer and Joey Nielsen. This play resulted with the opposing player on the ground and Spencer thought it was successful. Spencer played offensive tackle and liked it because it allowed his teammates to score and is one of the most important positions. "I feel energized and excited for each play and to see what happens next when we execute correctly," said Spencer. Photo by Hermione Huang

RAISED WITH PRAISE

Senior Jackson Phipps lifts up junior Brody Krupp after he scored a touchdown. Phipps continued this tradition after his past teammate did it last year. "We were all pretty hyped, it was a playoff game at home. We were dominating in that game and it was just a good time," said Phipps. Photo by Parker Van Dyke



CHEERS FOR PEERS

CONNECTING CULTURES

On Nov. 15, senior Hadia Zia attends the ProjectGET Friendsgiving and pins the turkey feather on the turkey. Zia liked the games, the food and learning about the different cultures that PGET brings. "[PGET] brings people together. I think it's really important that people explore different cultures and food and games and activities," said Zia. Photo by Dhenys Malacas

MEALS OF MEMORIES

Serving herself and others during the Thanksgiving cafe is senior Sandhya Bc. Bc joined ProjectGET her sophomore year and loved the events and getting to learn about all the cultures. Also pictured are senior Amira Hanna and junior Julia Vu. Photo by Dhenys Malacas



IT'S NO BIGGY...



TED TOGETHER

Members of Key Club attend an event that included a speech given by junior Sana Qorbanzadeh. The event was hosted by the TEDx club at West Park High School on Nov. 16. Photo provided by Hermione Huang

TAKING TIME TOGETHER

Celebrating his second student gov. Thanksgiving amongst his friends is junior Ayden Bastek. Bastek looked forward to showcasing his culinary skills, as he had the opportunity to prepare the turkey for this the feast. But more than food is served at these events, as classmates got to enjoy being gifted notes of gratitude to one another and shared in socializing before everyone bid goodbye to another for break. Photo by Evan Agnone

GRATEFUL GATHERINGS



TURKEY TIME

Feasting with his friends for one of his favorite classes is sophomore Pierson Lee. Along with the food, drinks were also supplied and Lee found it cool that everyone cheered and said what they were grateful for at the beginning of the night. Although only his second time participating in this tradition, Lee said, "I think it was really cool because you can reflect on it every year because it gets better, because then you know you're growing up with all the people you love and you can see that together." Photo by Evan Agnone



MUSICALLY MINDED

HAPPINESS FROM HARD WORK

Sophomore Andre Jaucian plays the guitar in jazz band. Jaucian practiced for 1 to 2 hours everyday since playing jazz on the guitar is generally difficult. When he played the guitar, Jaucian liked being able to change the mood of the song based on how he played. "It's as if you play Happy Birthday fast, making it a happier feeling rather than when it is played slow, giving it a more grand feeling," said Jaucian. Photo by Kate Weidkamp



MALLET MASTERY

During an early morning jazz band rehearsal on Nov. 14, junior Angelina Le plays the vibes. Le started playing piano and chose to play the mallets because of their similarities. Le hoped to continue playing music throughout all of college and the rest of her life. Le said, "Since I started band sophomore year, I wanted to try to do as many music classes as I can to improve my skills on mallets." Photo by Kate Weidkamp



CHALLENGED TO CONFIDENT

Junior Aykan Kalafat plays 'Tai Cha' on the piano in room 202. Kalafat played this piece at Sacramento State. While working on this piece the band had many challenges such as dynamics and tuning issues, but they worked hard to fix them. "I'm feeling confident because everybody's been rehearsing well and 'Tai Cha' is our probably best piece," said Kalafat. Photo by Kate Weidkamp