

#Trashed

Large quantities of trash are gathered in the Pacific Ocean, but does anyone care?

By Shannon Daehnke, Staff Writer

According to SMCHS Surf Rider Club President Alexis Troung, there are five major areas in our oceans where the currents undergo circular rotations so massive that they create vortexes, or gyres. The biggest of these gyres, the one that has accumulated the most trash, is known as the Pacific Ocean Trash Vortex, or the Great Pacific Garbage Patch.

Some scientists have measured the patch to be about the size of Texas, while others have estimated that it is more than twice the size of the United States.

"People need to understand

that when they talk about it being twice the size of Texas, the reference in your mind comes up like you can walk across the trash, but that's not the case," said Oceanography teacher Scott Sedlick. "It's not a solid mass of trash, it's more of a vertical mass in the water column."

Sedlick points out that because this garbage patch hides vertically in the middle of the ocean, and often cannot be seen from the surface, people seem to not be concerned about it.

In real-

ity, a lot of our daily actions have led to the creation of the garbage patch, and the issues surrounding it are also negatively impacting our lives.

amount of marine mammal deaths and are disrupting the food chain. Since the fish eat it, the trash gets stuck in their digestive tract, killing the fish."

Not only does this affect the food chain and marine animal population, this also directly affects people because of their role in the food chain.

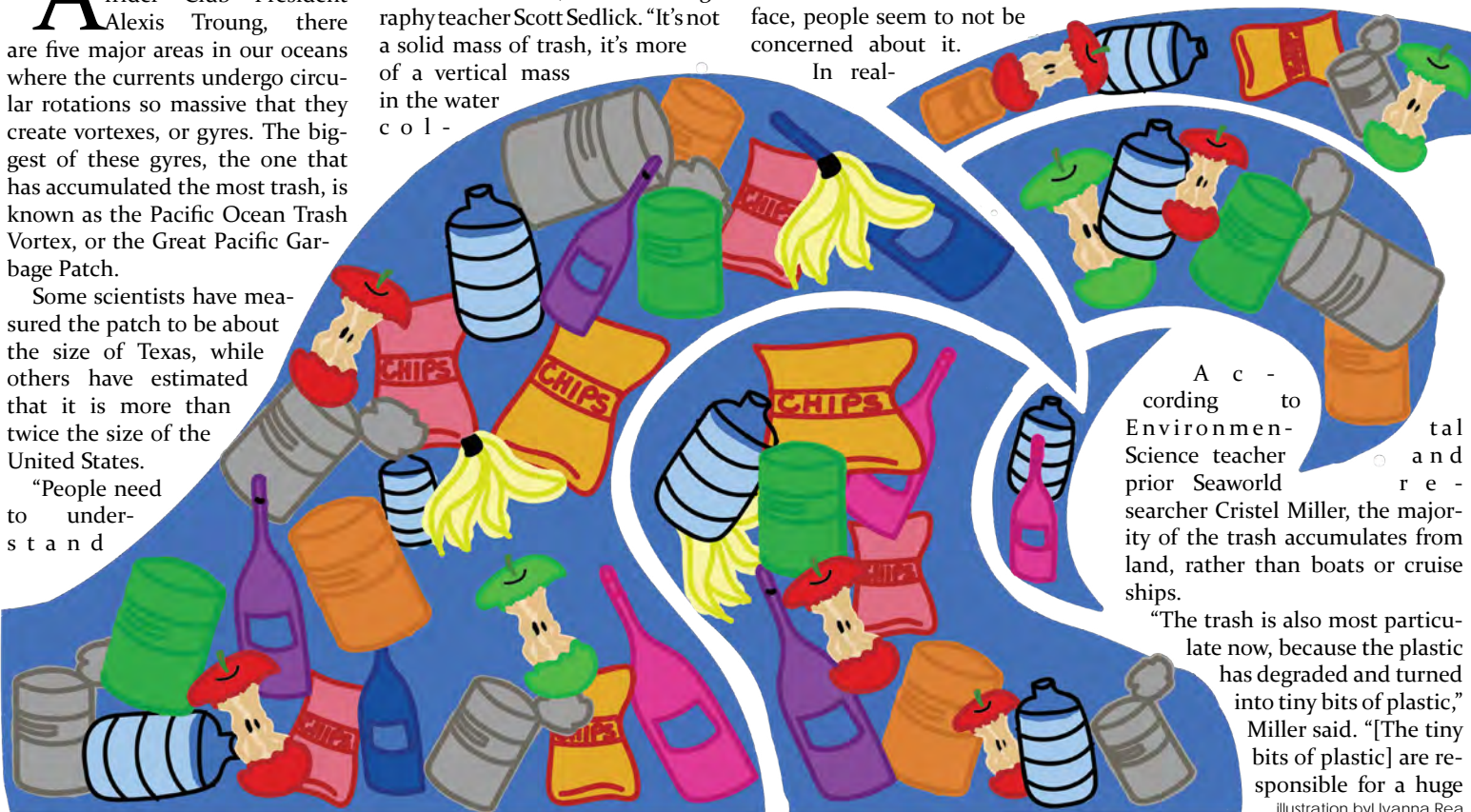
One concept that some scientists believe, however, is the possibility of a new type of ecosystem evolving from this Pacific garbage patch.

"It's a structure in the middle of nowhere that allows for things to congregate, so little animals have started to live there amongst the trash, like an artificial reef," Sedlick said.

On the contrary, Miller points out that this formation of a new ecosystem would only be positive if the plastic doesn't fall to pieces first, which is what it's doing right now.

"And regardless, it is still responsible for a lot of horrible, major things," Miller said. "Ocean

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According to Environmental Science teacher and prior Seaworld researcher Cristel Miller, the majority of the trash accumulates from land, rather than boats or cruise ships.

"The trash is also most particulate now, because the plastic has degraded and turned into tiny bits of plastic," Miller said. "[The tiny bits of plastic] are responsible for a huge

Illustration by Ivanna Rea

Price tag on life

Some lives are now worth \$600.

By Ivanna Rea, Managing Editor

Since 2007, the price of the life-saving EpiPen has risen from 100 to 600 dollars.

The EpiPen is an injection that uses epinephrine to control serious allergic reactions. According to Bloomberg.com, epinephrine used in the EpiPen is worth about \$1, but over the past nine years the pharmaceutical company Mylan has increased its price to 600 dollars. The national issue now at hand is how economically unat-

tainable the crucial medicine is for anaphylactic (those with a severe, potentially life-threatening allergy) people.

Many people like senior Sarah Holland need the EpiPen for life or death situations. Allergies range from mild to severe, and in Holland's case, her allergy to tree nuts began at a young age.

"When I was one and a half I had an almond and stopped breathing," Holland said. "Today, I can't eat

anything that comes from a bakery, because if anything has nuts in it and it touches my food, it would be an issue."

Parents have to pay the price of 600 dollars every year because the EpiPen expires after 12 months. This new price tag has triggered an outburst among parents because some now have to decide between paying the mortgage on their house or buying the EpiPen.

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SOCOMUN calls for change with the reconstruction of committee topics.

By Claire Robidoux, Feature Editor

The Model United Nations Program (MUN) began 25 years ago. Now, as it completes another year of change, Southern Orange County Model United Nations looks back with pride as their attendance

grows with 1000 more delegates. In 1990, SMCHS's campus opened its doors to the first delegates participating in Model United Nations at the school.

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Trash vortex

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pollution, disruption of the food chain, loss of life. So, integral systems that are supposed to be there are now getting a bite taken out of them because of all the trash that's there."

The majority of the trash that is found in the ocean is plastic, which is the worst ocean pollutant. As Miller stated, the plastic doesn't degrade correctly and instead turns into tiny pieces of microplastics which does great damage to animals, the food chain and to human beings. Unfortunately, we are the ones who are allowing all of this trash to enter into the ocean.

"It's important for [SMCHS students] to know the issue exists, and how the trash got there," Sedlick said.

Almost all of the plastic and other litter that you see on the beach, near a gutter, or elsewhere, will end up in our oceans eventually, in places like the Pacific Ocean Garbage Patch.

"So, don't litter," Miller said. "Recycle as much as humanly possible."

Within the last few years, a few laws have passed in certain states and towns that have begun to greatly reduce ocean pollution and promote recycling. For example, a



photo by Shannon Daehnke

Bottle it up - Even just a simple piece of plastic left unattended, such as a water bottle, creates an even greater impact on our oceans in the long run. A prohibition against the use of plastic bags is current on the ballot in November.

majority of the states up north ban the use of plastic bags in grocery stores, in favor of purchasable reusable ones or paper options. Also, at certain colleges such as University of Oregon and University of Washington, they have banned plastic water bottles and provide refillable ones instead.

Along with Oregon and Washington, this plastic bag law has moved its way down to some parts of Los Angeles and Santa Monica, and is moving towards Orange County.

"Coming up in the next election there is going to be a proposition, Prop 67, that if you vote yes on it, you can say no to plastic bags being

used in stores," Truong said.

SMCHS students can make an effort to reduce ocean pollution and plastic content in the ocean by voting on this issue.

"This issue is really important because people might not realize that it effects all of us, on a day to day basis," Truong said.

People go down to the trash-covered beaches and swim in the murky, now heavily-polluted, water. Many leave the beach missing how clean it used to be. That's why it's important for people to be aware of the environmental issues and how they can better take care the Earth.

The rise of the EPIPRICE

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Seeing as how important the medicine is to some children, the EpiPen is often the priority.

The price increase is a result of a new marketing plan. Mylan isn't at a disadvantage producing so many EpiPens. In fact, according to The LA Times, the medicine has brought the company a profitable income of one billion dollars.

"Looking at it from an outside perspective, it does sound unreasonable," said AP Economics teacher Rich Blanc. "The fact that they feel they need six times as much money for marketing or promotion does sound out of line. I'd put it on them and say if it's really that much of an increase, show [us] your costs of marketing, the numbers and that you actually have additional costs that you have to cover."

The decision to raise the price has left underprivileged people with no option but to use expired EpiPens or manually inject epinephrine in times of need which is a dangerous process if one is not a trained professional. The CEO of Mylan Heather Bresch is well aware of the medicine's inflation, but in order to regain the money used for marketing and raising awareness of the EpiPen, the company decided to up the price.

"I am running a business," Bresch said in an interview with The New York Times. "I am a for-profit business. I am not hiding that."

Nurses at SMCHS have been dealing with allergy situations for

around five years; they have sent three people to the emergency room over that time period. According to SMCHS statistics, there are 106 students reported to have an allergy at SMCHS, and approximately 4 percent of the student body use EpiPens.

"It's really disappointing that a company as big as Mylan is charging this much for something that can save a life," said nurse Lisa Volpo. "I'm hoping that since there has been such a public outcry that it will come down. Price is a big issue. We have a lot of parents coming in and saying they can't afford it and that's scary."

Similar to Holland, senior Ali Murdy suffers with a severe allergy to shellfish. She's never used an EpiPen because she watches her food carefully. But eventually, she will have to repurchase the EpiPen for precautionary purposes unless another manufacturer comes out with a model that is less expensive.

According to the Center for Disease Control and Prevention, data shows that hospitalizations with diagnoses related to food allergies have increased among children. The increased incidence of allergic reaction reveals a major problem for those with allergies because currently, Mylan has no FDA approved competitors that sell EpiPens. The issue is so significant that EpiPen users have no choice but to purchase the medicine from Mylan—who has a monopoly on the product.

Some consumers would rather drive to Canada and purchase the

EpiPen for less than half the current US price, but there is gas fare and expenses associated with the trip. Some people with allergies just don't own EpiPens. However, SMCHS encourages allergy sufferers

to carry the medicine all times. "If there are any students who have an allergy we would love for them to make sure that we know about it," Volpo said. "It's always a good idea to have an EpiPen on

hand in case of any emergency." Even though the medicine is essential to some people, the new price might make it a lower priority considering some students' lives are now worth 600 dollars.

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The balance shifts

Presidential candidate Donald Trump proposes increase in military budget.

By Jillian Baldwin,
Staff Writer

With the November presidential election fast approaching, the two main party candidates, Hillary Clinton and Donald Trump seem to be scrambling to secure votes by any means possible. As of Sept. 7, Republican nominee Donald Trump has changed his policy regarding military spending to be more in-line with the GOP's traditional values. The Presidential candidate previously clashed with Congress for not cutting back on defensive military spending, but now is aligning more with the Republican Party's traditional policy of increased spending in foreign defense.

During a speech at the Union League in Philadelphia, Trump proposed the employment of 90,000 more soldiers in the active-duty Army, an increase from 280 ships to a 350 ship Navy, and an increase to 1,200 fighter aircrafts in the Air Force. This elevation in spending towards military bolstering stems from blueprints given by the conservative Heritage Foundation, which was also the "think

tank" behind the 1980's arms build-up under President Ronald Reagan. Trump, whose policy on military defensive spending was in favor of military budget sequester cuts in 2013, appears to be changing his tone to match a more traditional Republican plan.

"Our adversaries are chomping at the bit," Trump said in his speech regarding his reasons behind an arms build-up, making references to recent attacks in San Bernardino, Orlando, Linden NJ and St. Cloud Minnesota. Trump views a military build-up as necessary due to our current situation in the middle east.

This brings into question Trump's plan for funding this mass expansion and how it will effect taxpayers if implemented.

"As soon as I take office, I will ask Congress to fully eliminate the defense sequester and will submit a new budget to rebuild our military," Trump said in his speech in Philadelphia.

According to Trump's proposition of increasing the military, it would require an estimated 90 billion dollars a year in additional spending to cover the costs. Todd Harrison, a military budget expert

with the Center for Strategic and International Studies, said most people who have tried to eliminate wasteful government spending have "largely not been successful." However, Trump claims that it will not affect taxpayers because other cuts will be made in unspecified "wasteful" government spending.

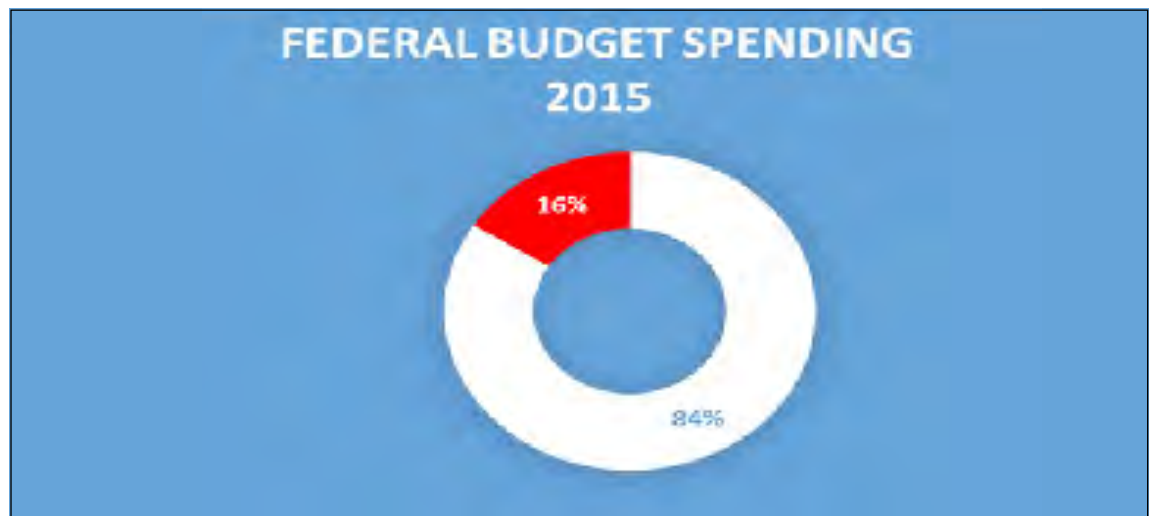
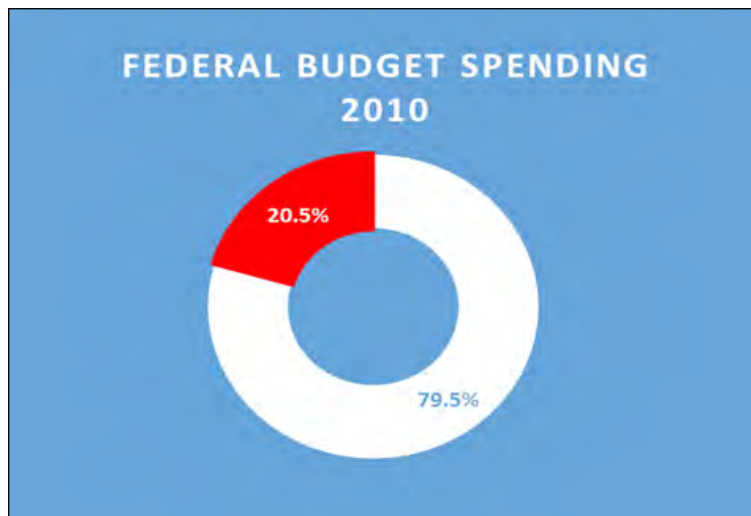
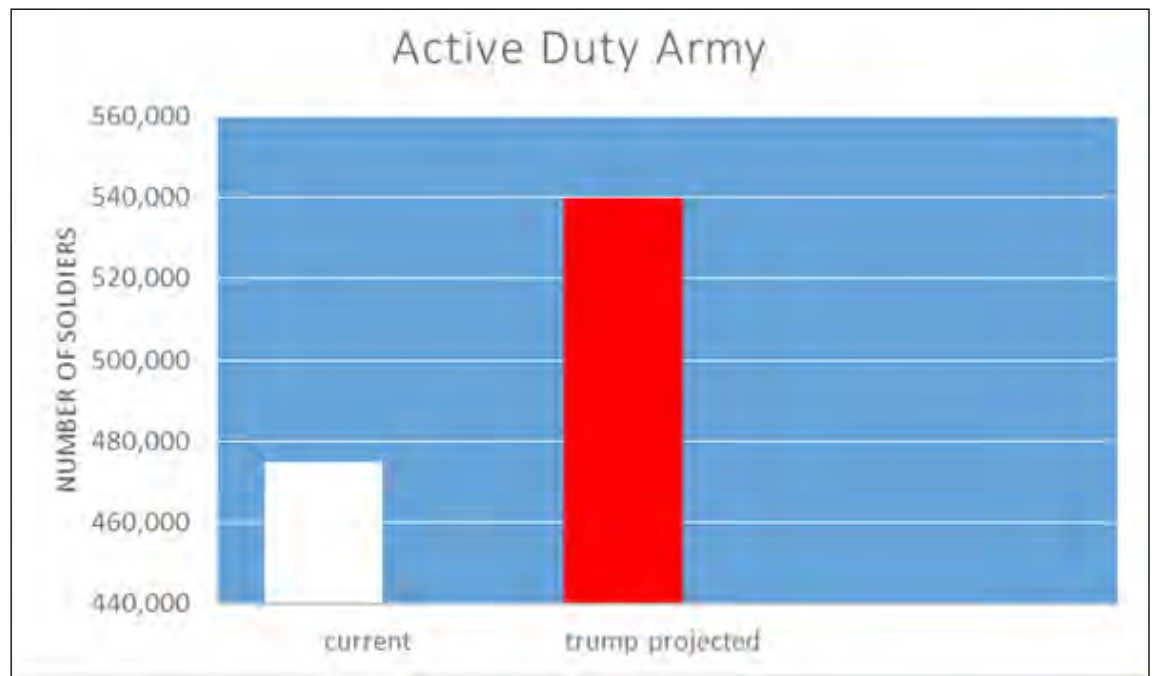
Trump also highlighted the

support from veterans for a Strong America, a non-partisan grassroots action organization.

"We want to deter, avoid, and prevent conflict through our unquestioned military strength," Trump said.

This change in policy could be an attempt by Mr. Trump to secure more bedrock conservative votes

as the November 8 approaches. With a recent endorsement by Texas senator and previous Republican presidential candidate Ted Cruz, Trump's re-alignment of his military policy may prove to be the tipping point for conservative Republican votes while it may alienate some moderately swayed Democrats.



The red area indicates the percentage of the federal budget that was spent on military expenditures. Notice the decrease that occurred between 2010 and 2015.

Infographic by Jillian Baldwin

SOCO-FUN

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However when the conference was made it had no acronym at all. 400 delegates attended the conference, which is miniscule to the current day turnout of 1400 students. Due to the larger presence, the school has expanded from using just the B building class rooms to the entire campus. Opening ceremonies for the conference were even held on the lawn in front of the B building where as now, both sides of the gym are used

"It's grown to the point where we can't even let everyone participate," said John Rimmell, MUN director.

As the man in charge of the first MUN experience for most freshman, Rimmell wants delegates to understand the depth of our world's problems and seeks to get that idea across through SOCO-MUN.

"I hope [the conference] also leads people to find how we can make a change not only in the world but at home," Rimmell said.



photos by Bridgette Singer
Decorum delegates - The dias listens to a delegate speak.

"I believe that making changes locally we can impact the world globally. If we start with that then it will begin solving the problem."

For the first time in SOCOMUN history the topic of each committee has shifted from UN topics to target each of the UN's 17 Sustainable Development Goals. These goals, sometimes called Global Goals, have the intent to end poverty, protecting the planet and ensuring that all people enjoy peace and prosperity. It's a universal call with the intention of laying out

what the global community must be continuously working towards and completed by 2030.

"I think the idea of having 17 goals is to avoid having one goal," Rimmell said. "They tried to limit [the number] as much as they could so we wouldn't have 1,000. I don't think there's one that is above and beyond or more necessary than all the others. When I think about the goals I think of simple ones like Zero Poverty and Zero Hunger. If we could get those done all the other ones would almost take care of themselves. Developing Business Infrastructure, clean water would be easier to achieve if we had zero poverty and zero hunger."



Motion to open debate- Freshman Committee 15 discusses life on land.

The story behind SOCOMUN is simple: teach students about what MUN is really about.

"I think we are very successful at getting [students] comfortable and prepared to participate in the future," Rimmell said.

The MUN program strives to teach kids more than just what the United Nations does and expand their mind outside of Orange County.

"A lot of times in Rancho Santa Margarita and Orange County we kind of grow up in a bubble," Rimmell said. "We don't realize what's going on outside of our communities. [MUN] opens people's eyes to the world to say, 'look what else is going on there. Look at the problems we face as a world and united community.'"

The hope for SOCOMUN and the result of MUN is to make leaders out of all the delegates. In doing so, these leaders will impact our world.

"I don't believe any one person is ever going to change the world," Rimmell said. "I think we certainly should have leaders that are leading the movement to change the world. We already have plenty of graduates who are changing the world."

Earth to Earth

The human race needs to wake up and smell the toxic roses.

By Devin Walsh, Staff Writer & Allison De La Bastida, Opinion Editor

You're not allowed to look at the picture to the right and tell us it doesn't make you sad.

The way humans are living is incredibly detrimental to the earth. Almost everything humans do on Earth is unsustainable -- from the way we make our clothing to the way we create and use our technology.

It's easier to understand Earth if you think of it as one of your friends. Say you need to stay over at one of your friends' house because your parents will be gone for a while. Once you get there, you eat most of their food and drink most of their water. You spill soda all over their carpets (which stain, even though you get most of it out). Never getting a chance to clean up your messes, the house is now full of trash everywhere, causing the air quality to substantially decrease, no matter how many windows you open. The only place you have to live has been completely trashed, what are you going to do now?

We know the earth is rotting away; we've all had a science teacher tell us this every day. But it goes further than that.

Fossil fuels have to be burned in order to produce fertilizers for crops to feed animals. These crops emit around 41 million metric tons of CO₂ per year. CO₂ isn't necessarily bad, however, humans have made the concentration of it on Earth increasingly unbalanced.

The presence of CO₂ began to rise following the Industrial Revolution. This unbalanced increase has been happening since the time of telegraphs, and considering we've moved on to the much more fashionable iPhone since then, you can image the immense impact it has created. Since CO₂ traps heat in the atmosphere and continues warming the planet, it's brought CO₂ to an extremely unstable level, and we don't know about you but that certainly gives us a nudge to be a bit more cautious about how we treat our friend, Earth.



Illustration by Devin Walsh

Reality check- If we could see the impact of our behavior on the planet, we would be far more concerned by our actions.

Around 20 to 40 percent of all oil spills don't end up getting cleaned. Just like when you spilled soda on the carpet of your friend's house. Oil spills often get into surrounding wetlands and affect local industries such as tourism,

water supply and fishing. And we like our water, don't we?

As a community we need to try and move away from using petroleum based products. This includes plastic containers, polyester clothing items and even certain kinds of lotion, nail polish or lipstick.

The average American generates around 4.6 pounds of trash disposal per day (just like how you left trash all over your friend's house). And not to sound spoiled, but compared to our current status, living in trash sounds pretty uncomfortable. Just the thought of actually living in a Wall-E-esque way seems totally terrifying.

Instead of bringing those paper lunch bags or plastic bags to school every day, we ask for environmental reasons to please be basic and use a Lululemon bag (or any kind of reusable bag). Even small things like your lunch bag can have an impact on our environment, so using recycable

ones may save us from living in a trash dump.

We must help the earth because there is no way anyone would treat their friends the way we humans treat the earth. The last thing we need is to come into conflict with Earth, just to be kicked out of its house. Unlike a friend kicking you out of their house and then going home, when Earth kicks us out, we have no other home to go to.

The only way to get involved in helping Earth is to create an individual incentive that would force people to help out on a more regular basis.

Clubs like CO₂OL Kids Club or the SM Surf Rider Club are constantly looking for people to help volunteer in their Earth caring projects. There are plenty of ways to help or get involved even if it is just adjusting your daily routine slightly.

If we all rely on someone else to do the work for us, then that someone becomes no one helping the earth out. You could be that someone!

Even if it is just for a day, you could make a difference in the world, and trust us, the earth will thank you in many ways.

Sit down for your rights

Football star Colin Kaepernick has the right to protest injustice in America.

By Ian Gutierrez, Staff Writer

Fans of the NFL have supported players who have committed serious offenses such as homicide, domestic violence, rape, drug use and DUIs. But according to the same fans, something a player cannot do is express his opinion.

San Francisco 49ers quarterback Colin Kaepernick has a constitutional right to express his opinion by kneeling during the National Anthem. Through his bold move he calls for reform in the police system and for an end to police aggression. By sitting during the anthem he hopes to bring awareness to the violence going on in the country. Since his first protest, Kaepernick has continued his actions and said he will not stop until he feels there has been change.

"I am not going to stand up to show pride in a flag for a country that oppresses black people and people of color," Kaepernick told NFL Media.

Kaepernick's actions are validated through the constitutional right of freedom of speech. One

cannot argue that he does not have the right to speak his mind.

These nonviolent protests of his have been extremely successful at bringing awareness to his cause. Many others have joined his protest including players from the NFL teams of the Dolphins, Rams, Chiefs and Patriots. Kaepernick has even received support from President Barack Obama.

"He's exercising his constitutional right," Obama said during a news conference in China.

Kaepernick's protests have even affected high schools. At Doherty Memorial High in Worcester, Mass., junior Michael Oppong decided to sit while the National Anthem played during his football game. After his game, Oppong was temporarily suspended for one game but his suspension was quickly lifted as the school realized the suspension was an infringement on Oppong's right.

Another high schooler, Rodney Axson of Brunswick High School in Brunswick, Ohio, also took a knee. Following the game, Axson was met with racial slurs from

teammates and friends, and this incident is currently under investigation by the school district.

Kaepernick's motives for protest could not be more humane: he desires equal treatment for all citizens in America. It is 2016 and police violence is still a prevalent problem, and people still do not feel like they are being given equal treatment.

Those outraged by Kaepernick's actions argue that sitting during the anthem disrespects our country and flag, thus disrespecting our soldiers. However, current soldiers and vets took to social media to share their agreement with Kaepernick, displayed by the trending hashtag #Veteransfor-Kaepernick.

"I have great respect for the men and women that have fought for this country," Kaepernick said in a press conference with NFL Media. "This country isn't holding up their end of the bargain. Men and women that have been in the military have come back and been treated unjustly, and have been murdered by the country they

fought for, on our land. That's not right."

According to an ESPN report, since Kaepernick's first protest, his jersey sales have gone from twentieth to first.

"I wasn't expecting my jersey sales to jump to number one because of [my protest], but it shows the people's belief that we can achieve justice and equality for all," Kaepernick wrote via an Instagram post. "The only way I can repay you for the support is to return the favor by donating all the proceeds I receive from my jersey sales back into the communities!"

As the 2016 presidential election approaches, Kaepernick has brought attention to a serious issue in the United States. I believe Kaepernick's actions are justified, and through his nonviolent protest he brings awareness to the current situation of mistrust between citizens and police in the United States. Change is only possible if everybody gets off the sidelines, expresses their opinion and starts to respect one another.



courtesy photo

Silent protest- Kaepernick sparks controversy as he kneels during the National Anthem to protest against systemic racism in American society.

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Latin pride

Coming home from work to find your parents hosting a dinner party with the priest #justlatinthings.

By Allison De La Bastida,
Opinion Editor

I find any excuse to celebrate my Venezuelan ethnicity, and with September 15 to October 15 being national Hispanic Heritage Month, it's just one more reason to annoy my neighbors with my loud Latin music.

Over the years, I've seen so many of my peers struggle with their ethnic identities. Being Latin is not just a check I cross off in standardized testing or college applications. It's something that's been embedded into my character.

It means I get hot-headed when I hear remarks from ignorant politicians and defend my people when racial slurs are thrown my way. It makes me want to dramatically slap the loudmouth as if we were in a telenovela.

There is more to being Latin than the stereotypes the media

portray (but yes, we are better dancers than you).

It's about New Year's Eve traditions that have me running to the grocery store for ingredients that get me strange looks from the check-out ladies. It's about having to wake up (at an unearthly hour each Saturday morning) to blasting Latin music that indicates it's time to clean--unless I want to get a pow-pow from the chancla.

As I've gotten older, the quirky traditions have become a regular household thing that I don't even question.

Being Latin means believing in crazy superstitions where sweeping over someone's feet will keep them from finding love, itchy palms means money coming your way and unwanted guests (or undesired, uninvited guests) can be warded off by the magic of an upside down broom behind the entryway door.

And if you ever see an ambu-

lance, that earns an automatic sign of the cross (although we do that for everything).

Sadly, being Latin also has its downfalls. As a little girl, I would always get stuck being Pocahontas or Jasmine around Halloween time because that was the closest costume that most closely resembled someone of my skin color.

Being Latin means there's a lack of role models. Dealing with the dictators from our parents' countries still haunts us--and the derogatory comments that get aimed our way.

But all of these things we Latinos identify with create our thick Latin skin. It gives we Latinos motivation to succeed when they think we'll fail, to be the hard workers our race proves to be and to represent our ethnicity through each of our actions. We pave our own path, without having other people lay the groundwork for us.

I stand loud and proud of being

Latina and of knowing a second language that's expanded not just the knowledge in my brain, but introduced me to millions of new people. Because as soon as someone hears you speak Spanish, wherever you may be, a sisterhood/brotherhood is instantly created through the language of the native tongue.

No matter what difficulties we may face within the upcoming elections and the racism that may be directed toward Latinos, this is a month dedicated to celebrating our background. Even though the Latin community always has an excuse for celebration, this month we have a real reason for it.

So to my "extended" Latin family, carry on the blessings and burdens we have, because even though we've come a long way, there are still plenty of fences to jump. (I'm allowed to say this because it comes from a place of love, not hate or judgment).

History with Hamilton

Alexander Hamilton's legacy reaches far beyond the ten-dollar bill.

By Cristina Zapata,
Print Editor-in-Chief

It's hard to believe that only a year ago I realized my dream to become a professional historian -- PSYCH! I was just another SMCHS junior who willingly welcomed AP US History into my schedule, though history was never my strength. Countless late nights and 30 long chapters later, I no longer think of history as my enemy -- all thanks to a rap musical about America's Founding Fathers.

"Hamilton," Broadway's most recent groundbreaking phenomenon, has won over dozens of awards and recognitions for its modern novelty. But most importantly, it has changed the way thousands of people view history in general, including me. Every time I sing along to the soundtrack, I love knowing that the characters were real people -- full of feelings, struggles and relationships -- who shaped history. Have you ever read a more obvious yet dumbfounding sentence?

I remember the first time I paid attention to the lyrics of "One Last Time" and wondering why I was crying over Alexander Hamilton's friendship with George Washington. Little did I know that wouldn't be the first time I let my feelings carry me away.

Songs like "Satisfied" and "Dear Theodosia" prove that even our Founding Fathers knew what love was -- shocking, I know! And who knew Alexander Hamilton caught beef with every other Founding Father? You can almost taste the salt between Hamilton, Thomas Jefferson and James Madison in

the songs "Washington On Your Side" and "The Reynolds Pamphlet." I've also learned that rap battles are the best ways to reenact 240-year-old cabinet meetings. The two songs called "Cabinet Battles" have the power to get you excited about the founding of the National Bank and the conflict between Hamilton's Federalists and Jefferson's Democratic Republicans. But there is so much more; you're bound to fall in love

with the other 39 songs on the soundtrack.

In hindsight, the long nights I spent reading endless pages of 11-point font would have been very different if I had absorbed the information with a different set of lenses. The key to really getting history is to push away the mentality that doesn't see beyond the long paragraphs and fact-packed sentences, and embrace the idea that history is just one, never-end-

ing, true story about human beings similar to you.

That being said, current and future APUSH-ers, I believe it would be in your best interest to give Hamilton a shot -- not just because it could help you ace a test or two, but because it will prove to you that history is so much more than dusty paintings and heavy textbooks. Who knows, you may end up emotionally attached to the first Secretary of the Treasury.

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Aim high

Senior Ceci Nepple strives to earn a place at the Air Force Academy.

By Cristina Zapata,
Print Editor-in-Chief

The American flag: a long-standing symbol of our nation's unity and pride. And in senior Ceci Nepple's case, strength.

When Nepple spent five days at the Air Force Academy for a summer seminar, cadres and professors showed her a glimpse of what her four years at the academy would look like -- strenuous physical training as well as a vigorous academic schedule.

Air Force Academy students are pushed to new limits when they are isolated from their families

and personal belongings, with only three letters to write during the first seven weeks.

"The first weeks are a psychological game," Nepple said. "I've been told that yes it will be physically demanding, but the worst part is the mind tricks being played on you. They'll strip you of everything. It's a challenge and I want to rise to it to prove myself."

The words to live by at the academy are: "Integrity first, service before self, excellence in all we do." So when Nepple had the opportunity to pick between pursuing Navy or Air Force, she found that the Air Force offers exactly what she's looking for.

"At the Navy, they put way too

much emphasis on the physical aspect," Nepple said. "I guess I'm athletic, but I don't want to put my entire experience to be athletic, so I liked how at the Air Force they had a much better balance between the military, the academic and the athletic aspects."

With six AP classes and a valuable role as the Secretary General of SMCHS' Model United Nations program, Nepple's academic talents have her torn between two of her favorite subjects.

"I'm leaning towards both chemistry and political science," Nepple

said. "They say never to double major at the Air Force Academy, especially two different fields like that because it's so academically vigorous. But I like both subjects so much so I'm just trying to debate between those two."

Either route will prepare her for a career as an intelligence officer or cybersecurity analyst, both responsible for protecting our online information as well as collecting data from external threats.

"In this day and age it's all about intelligence," Nepple said. "China, for example, is hacking us almost every day. It's about being able to understand all of that -- how can we plan the next move and prepare to defend our country?"

With over 250 service hours, Nepple's passion for helping her community and the emphasis the Air Force Academy places on it adds to her desire to represent her country in the most selfless way.

"I just want to be honest with others and help them understand their strengths and raise them up through community service," Nepple said. "I never thought I'd really like it but I've just fallen in love with it. That's what really makes me happy -- serving others."

Ultimately, Nepple just wants to give back. The Air Force Academy offers her the chance to do so while using the research, teamwork and public speaking skills she acquired

during her three years in MUN.

"I have just always had a passion for international affairs, this world and being able to help others," Nepple said. "I think that's my life aspiration. Because I was bullied in middle school, I really feel a calling to go out -- and even put my life on the line -- to ensure the safety of others because at one point someone did that for me. At one point, I was the victim and someone stood up for me. So now I want to return the favor."

While the first weeks of extreme physical demands and isolation may be enough to scare many away, Nepple found a piece of motivation that will continue to push her along.

From the few days she spent at the Academy, she recalls a memorial wall with the names of 188 Air Force Academy graduates who died serving their country. The students were told to lay on their backs and do four-count flutter kicks in honor of each name on the wall.

"We weren't even halfway done," Nepple said. "All of a sudden, one of the cadre screamed at me, 'If you lose motivation, look at that flag, think about it. You are so lucky to be born in the richest country, at the richest time, surrounded by all these people who have done so much for you. Just give a little bit back.' So I finished. And that's what motivates me -- that moment, that feeling."

Just like that, the American flag rekindles Nepple's desire to protect the freedom of our country. All it takes is the strength she needs to make it to the Air Force Academy.



Up in the air- Senior Ceci Nepple proudly sports her Air Force Academy shirt.

photo by Cristina Zapata

One hundred miles

Cross country coach Theresa Apodaca inspires athletes through races.

By Rachel Tetrault, Staff Writer

With ten feet to go, her body and mind are exhausted and low on energy. Her throat feels dry from the lack of hydration. Her stomach cries and rumbles for food. Her feet ache as if they are going to detach from her ankles. As the finish line inches closer, her final burst of adrenaline kicks in. Finally after 26 hours and 42 minutes, Theresa Apodaca crosses the finish line after a long 100 mile race.

It's safe to say Apodaca has earned admiration as an SMCHS cross country coach since 1997. Every day, Apodaca trains, eats healthy and inspires many students to accomplish successful cross country races.

To compete and finish in any race, training is essential. According to Apodaca, preparation and confidence are the keys to a successful race. Apodaca runs an aver-

age of five miles a day or a 40-minute workout with the cross country athletes.

"Training is very important to any race you run in," Apodaca said. "I would train really hard, running with the cross country kids everyday."

On top of training daily, Apodaca ate frequently and rested to refuel her the energy her body would need for the 100 mile race.

"[The race was] mentally tiring because I was very hungry and my feet got beat up and tired," Apodaca said. "At that point I just wanted to be done."

Apodaca is no stranger to obstacles during such races.

"I've had issues where sometimes I feel like I couldn't [complete the races] because it was a mental [issue] I was having," Apo-

daca said. "I knew I could get to 50 [miles], but I didn't know if I would be able to get to 100"

Apodaca competed in her most recent 100 mile race in May 2016 and managed to complete the race in 24 hours and 22 minutes. This particular race was a fundraiser for a remote village in Copper Canyon, Mexico.

"[Participating in the run] was the coolest thing I have ever done because I felt good, I was on pace, I didn't get tired until mile 95 and the proceeds went to [the remote areas]," Apodaca said.

Apodaca's love for running inspires many athletes including cross country athlete junior Natalie Matteson. Coach Apodaca inspires Matteson's achievements through her participation in the 100 mile race.

"Every day at practice, Coach

Apodaca inspires the team and I to push harder [in training] and [to] achieve our goals as a whole," Matteson said.

Matteson recently participated in the Disneyland Half Marathon (13.6 miles) under Apodaca's influence and guidance. She finished the half marathon in one hour and 59 minutes, achieving her goal of completing the race under two hours and 30 minutes. Apodaca has completed five out of her goal of seven 100 mile races and plans to continue to push her limits.

"I have to run," Apodaca said. "I love it, it's what I do, it's who I am, and it's a part of my DNA."

Apodaca's coaching and inspiration continue to help cross country athletes to push harder in their training and to keep running through the pain to become stronger.



courtesy photo

Take your marks- Coach Apodaca maintains endurance and speed during a race.

Star on the rise

Senior Lauren McNair makes a difference both on and off the stage.

By Lauren Kesic,
Copy Editor

Senior Lauren McNair readsies Talon Theatre for one of its best years yet. McNair has dreamed of being President of the Thespian Board since freshman year; now that members

the theatre program. As the theatre program continues to grow, so does the number of students attending its shows. It's crucial that tickets are successfully advertised in advance to keep the attendance high.

McNair is also trying to put into effect what she calls a big buddy-little buddy system in hopes to make everyone in Talon Theatre feel like they belong. Talon Theatre is a family and McNair believes she can establish this idea throughout the year through her new system.

"It can become really stressful for people interested in Talon Theatre to get involved in the program, especially at the beginning of the year," McNair said. "In order to help with this process, I implemented a system in order to pair a new member of Talon Theatre with someone that has been involved for a long time so that they have someone to turn to if they have any questions."

McNair emphasizes the importance of being a friend to all. Senior Faith Quigley, another Talon Theatre member, admires McNair for her energy and loyalty as a friend. According to Quigley, McNair is very humble and always puts everyone else first which makes McNair a great leader.

"She has an amazing work ethic and an ability to handle pressure with grace," Quigley said. "She also makes it her priority to reach out to new members and make them feel welcome. It's crazy because it's only September and you can tell her legacy is going to be a great one."

A role model and a friend, McNair reminds her friends and peers of the importance of smiles, laughter and the value of friendship.

"[McNair] has taught me how to

be selfless and kind to everyone," said senior Emma Polonsky. "She's taught me to believe in myself and have more confidence in my abilities."

McNair not only shines on the stage, but she also stands out on the screen. This past summer, McNair and senior Dylan Field spent three weeks in Atlanta, GA as extras for Spider-Man: Homecoming, which comes out July 2017.

McNair's time spent on set opened her eyes to the pursuit of theatre and film in the future. She also had the opportunity to observe how people in the industry work together.

"All of the actors in the movie treated everyone with so much respect," McNair said. "This made me realize to never take anybody's job for granted. Every job is extremely important, no matter how small it might be, and because of this I want to continually show my appreciation to everyone that I work with and make sure they know how appreciated they are."

The way in which McNair associates herself with her peers does not go unnoticed by her supervisors. Director of Theatre Arts Amy Barth has taught and observed McNair since her freshmen year.

"Lauren is a motivator who leads by example," Barth said. "She is well respected by her peers and teachers because she is conscientious, always following through on her commitments."

McNair's effect on the Talon Theatre and on her peers, friends and teachers reinforce Barth's assessment that she is a bright, talented and intelligent young woman. The positive reputation McNair has developed will carry her to success.

"I don't know what God has in store for her, but I know that she is well equipped, centered and confident," Barth said. "She has great character and integrity. These are all qualities that will serve her well wherever her life journey takes her."

Star of the show- Senior Lauren McNair shines bright in all things from her smile to her role as president of the Thespian Board.

Dolls n' dolls- Senior Lauren McNair shares a laugh with SMCHS alumna Sam Drust (left).

We are family- Behind the curtain Talon Theatre's freindships are as strong as they can be.

of Talon Theatre have elected her, she hopes to bring her goals for Talon Theatre to life.

"Ever since my freshman year I have always looked up to the President of the Thespian Board because they truly encompass everything that Talon Theatre stands for," McNair said. "Knowing that there is a possibility that I could have the same effect on a new theatre member is something that I take extremely serious."

One change McNair is trying to implement is to better advertise

all courtesy photos

Fun with Farmer- There's never a dull moment in the dynamic duo of senior Lauren McNair and senior Cameron Farmer.

Mission Viejo reader
Victoria Chen
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BIRDS-EYE VIEW

Students by day; Nun, Pope, Drummer and Spirit Team by night.

By Dani Segovia, Sports Editor

Senior Tori Anderson is...

The Nun

The Nun is a new aspect and tradition of the Eagle's Nest. Senior Tori Anderson came to the first football game at Mission Viejo High School dressed in a nun costume. Her intentions were to add some more character to the Nest and to have another costume

passed down each year to one of the most spirited students. "It brings something different to whatever theme the nest is dressed as that game," Anderson said. "I also like seeing people laugh because they weren't expecting to see a nun that night."



Sister sister-The nun stands holy in the center of the Eagle's Nest.

photo by Chloe Le

The Spirit Team has...

The Spirit Stick

The spirit stick, a symbol of our Nest, is brought to each game by Senior Spirit Commissioners Maggie Jennison, Lauren Bauer and Paige Iwamoto. This powerful tradition brings the Eagle's Nest together as one. The stick is used for chants and gets the student section loud. The spirit commissioners start off holding the spirit stick but eventually the stick gets passed around the Nest.

"It's cool how it holds so much tradition and that it has been a part of the Eagle's Nest for so long," Jen-

nison said. "I love the way it makes noise and pumps people up such as hitting the stick on the bleacher floor to start cheers."

The stick has spirit all around it. With the Eagle on top, the Nest is able to soar and cheer on the team.

"It's special because it's something that has been passed on throughout the years in ASB," Iwamoto said. "I think it holds a lot of significance because win or lose, we always have it with us and it has always been a part of our student section."



Spirit gals - The spirit stick soars over The Nest throughout the entire game.

photo by Amanda Zou

It's Friday night and the football stands are filled with noisy fans. The Pope is on one side while the Nun is on the other. The Drummer stands front and center and the spirit stick floats from person to person. The Pope and Nun are in attire while the drum and spirit stick are held with pride. The nest is complete and ready to soar as it cheers on the football team.

The Pope, the Nun, the Drummer and the spirit stick are important parts of the Eagles' Nest -- each one bringing its own creativity to the game. Although different in appearance, these spirited students and symbolic objects come together to lead the chants, the cheers and to energize the Nest.

It's Friday night and the game is over. The Pope and Nun have lost their voices, the Drummer can no longer hear and the spirit stick has lost a few streamers. The Eagle's Nest never fails to impress.

Senior Andrew Calcaterra is...

The Pope

Senior Andrew Calcaterra comes to the Eagle's Nest dressed as the Pope. His dedication to the Nest shines through his constant attendance and cheerful energy. The costume of the Pope is a tradition that has been passed down for many years.

The Pope arrives at each game ready to lead the Nest in chants such as the classic halftime chant, "Parting

of the Red Sea." The Nest elected Calcaterra as Pope because of the spirit he brings.

"Only one senior gets to be the Pope and it's exciting to know that I am that one senior," Calcaterra said. "I always thought it was a unique tradition and I'm so glad I get to be a part of it. I feel like it will be a very special memory when I look back at my senior year."



photo by Chloe Le

#Blessed - Senior Andrew Calcaterra contributes to the Nest by leading chants and hyping the students.

Senior Anton Poujade is...

The Drummer

Senior Anton Poujade comes to the Eagle's Nest with a drum and is another lively part of the Nest who pumps up the crowd. This loud instrument gets the nest hyped to become the best student section for our sports teams. The drum also helps in quieting the Nest to begin a new cheer. Listen for Poujade at the next game as he beats down on the drum.

"It's important to cheer at games because when the crowd is hyped the players are hyped which makes them play better," Poujade said. "It's always nice knowing that your fellow students are cheering you on, no matter the score."

"I like the way the drum gets the people going and I'm happy that I can bring some enthusiasm for the guys out on the field," Poujade said. "I have to say it's



photo by Amanda Zou

Rythm of the Nest - Senior Anton Poujade adds rythm to the Nest by beating his drum loud and proud.



Best in the field

Senior Taylor Sullivan trades her soccer cleats for a crown.

By Taylor Gather,
Staff Writer

Staying in her comfort zone was not an option for senior Taylor Sullivan.

On July 17, 2016, Sullivan was crowned Miss Young Philippines USA out of approximately 40 Filipino-American women. As an athlete, Sullivan never expected to compete outside of the soccer field.

"It was something my mom brought up randomly one day," Sullivan said. "At first, I didn't want to do it, but eventually figured I might as well try it."

All pageant participants were required to be of Filipino descent, 14 to 25 years of age, at least 5'2 in height and of good moral character.

"Our mission is to develop the finest ambassadors of goodwill and role models for the Filipino-American community, to promote the beauty and cultures of the Filipino-American woman, to raise scholarship funds and to donate proceeds to charities that promote education," said Miss Philippines USA coordinators.

From early January to mid-July, Sullivan devoted countless hours every week in order to prepare for the pageant. Because of the extensive training, Sullivan was forced to sacrifice her free time and any outings with friends.



And the winner is... - Senior Taylor Sullivan (third from right) stands alongside her fellow contestants of the Miss Young Philippines pageant.

Two one-hour sessions per week were dedicated to pageant practice, while another day was devoted to an hour of gym time. Sullivan also had to undergo question-and-answer training as well as learn how to walk properly for the pageant.

"When I first joined I didn't expect it to be as much work as it was," Sullivan said. "I did think about quitting towards the beginning, but figured I just had to go with it and give it a chance."

Sullivan was able to set herself

apart from her competitors by incorporating aspects of soccer into her pageant approach.

"I stood out with my personality," Sullivan said. "I was really connected with the judges; I wasn't cocky, and I just had fun with it. Since I'm an athlete and I'm competitive, I wanted to win, but I didn't expect to win at all."

Although Sullivan did the pageant out of curiosity, she surprised the judges with her answer to one specific question: What would you

change about the world?

"I said that I would change discrimination, that everyone should have equal opportunity in this world, that we should live in a world free of hate, war and violence," Sullivan said. "People should just love each other and accept each other's differences."

Both anxious and uncertain, Sullivan could not prepare for what came next.

"I was in shock when I won," Sullivan said. "I didn't expect to win

at all. I didn't know how to feel. I had actually won and I was so surprised."

Although Sullivan took home the crown, she won more than the pageant title.

"I definitely became friends with a lot of the girls there," Sullivan said. "They were proud of me when I won, and I know I would feel the same if they had won. The friendships I made are something that will stay with me forever."

Sullivan put into practice the attributes that she portrayed on stage, and uses her image to be a role model to others.

"Now, I have a lot more things to do and events to attend," Sullivan said. "I have to watch everything I do and make sure I'm setting a good example. Winning has greatly affected the decisions that I make, and I haven't been able to go out as much since I'm so busy."

Although it was her first and last pageant, Sullivan will continue to push her boundaries and try new things in the future.

"I loved that the pageant was so different from soccer," Sullivan said. "It was something unlike anything I've ever done before. This experience has changed my outlook on things that I had no interest in before, and I will continue to try new things. I think people should also push themselves outside of their comfort zone. They might even win a crown like I did."

mis-kid-ceptions

Growing up without much knowledge of the world can lead to misunderstanding.

By Riley Davies, Staff Writer

As kids, our minds are not fully developed. It's not our fault we thought the moon and sun followed us everywhere we went or that babies came from the Stork. It's a child's human nature to misunderstand.

"When I was little I thought college was literally a place where people just walk around asking each other if they want to get married," said junior Audrie Miller.

"I thought chocolate came from brown cows," said freshman Henry O'Neill.

"I used to think that the other cars on the street didn't have drivers, that they drove themselves and that they could talk to each other like the movie 'Cars,'" said sophomore Ellie Shahriary.

"I thought every time you watched a movie the actors had to do it live," said junior Olivia Young.

"I thought that whenever I swallowed gum, a gum tree would grow in my stomach," said junior Alyssa Hepworth.



A new home

SMCHS welcomes a new chaplain from the Philippines.

By Sarah Turner, News Editor

In August, campus ministry welcomed a new chaplain, Father Fredrick, to SMCHS. Although many people know his name, how he got here remains a mystery.

Father Frederick is originally from the Philippines. Although he was referred to as Father Dodik both in the seminary and the Philippines, he uses his real name, Frederick, because it's easier to pronounce.

During Father Frederick's high school years, his heart was set on becoming a computer engineer. That drastically changed when he met the Disciples of Mary Religious Community, and was recruited as a leader for their youth organization.

"I'm a very introverted person and when somebody talks to me it's very uncomfortable for me," Father Frederick said. "But when I became a youth leader, I felt something change within me and I wanted to serve more."

Once he pursued his newfound desire to serve, he was recruited into the seminary by the same

group our old chaplain, Father Randy, was a part of. Further along his journey, Father Frederick was appointed to New York City to be an Associate Pastor at a parish and run the youth ministry.

"I had difficulty dealing with youth ministry because I was confused with my religious identity at the time as a young priest in an international country," Father Frederick said.

After New York, he was appointed to Newport Beach, CA and then to SMCHS. Father Frederick's anxiety was manageable at first, but as his interview at SMCHS drew closer, it increased. He received a bit of advice from a fellow priest in Newport Beach before his job interview.

"There's a retired Irish priest there, Father Sean, and he is full of wisdom," Father Frederick said. "He told me 'you'll be fine, they can relate to you and you can relate to them, just be genuine.' And it struck me. Why should I pretend to be who I am not? That's my constant reminder every day."

An identifiable trait about Fa-

ther Frederick is his faith. He says that although about 90 percent of people in the Philippines are Catholic, his approach to acting as a Catholic is very simple.

"[My family] is Catholic, but growing up, my parents told me that it's okay to simply practice goodness and God will be pleased," Father Frederick said.

Overall, Father Frederick's passion for serving the youth is what led him to priesthood and ultimately to SMCHS.

"Imagine me as a 15 year old, already catechizing people my age and younger," Father said. "That was what struck me the most throughout the religious process. My intention became very clear. God uses the youth so I can be closer to him. It's a personal relationship with Jesus along with our Blessed Mother Mary."

If you ever see Father Frederick walking around campus, make sure you say hello. And if you're lucky, he might just sing you a verse of "Love Yourself" by Justin Bieber or "Stitches" by Shawn Mendes.



photo by Sarah Turner

Prayin' with the Pope - Father Fredrick poses with Campus Ministry's cutout of Pope Francis.

Psych yourself out

SMCHS psychologist hopes to inspire and assist students.

By Megan Forsythe, Staff Writer

One of SMCHS's unintentionally best kept secrets is that we do have a school psychologist, at least as of last year. However, despite only recently becoming the school psychologist, Blake Oldfield is no stranger to SMCHS. Not only is Oldfield an alumnus from the class of '99, but he also has been surrounded by blue and gold since he was 10-years-old when his older brother attended SMCHS.

With no intention to fly away from the Nest that had become like a second home to him, Oldfield returned to SMCHS the year after his graduation in 2000, but this time as a staff member.

While he was coaching basketball at SMCHS, Oldfield was also attending California State University, Fullerton and trying to find a major that interested him and would allow him to continue working with students. Although he had always been fascinated in psychology, he had never really considered it as a major, let alone a career. After taking an introductory course, his mind changed.

Once he decided to major in psychology, Oldfield started working for SMCHS's Auxiliaries Study Program (ASP). Through his job he assessed students for learning disabilities, attention problems and for any emotional issues which furthered his interest in psychology, specifically in children and young adults.

"I majored in psychology with



photo by Megan Forsythe

Talk it out - Senior Jacquie Dunworth and Blake Oldfield demonstrate a one-on-one appointment.

no real emphasis on where I was going to go when I finished," Oldfield said. "It wasn't until I started working with students that had disabilities that I realized I wanted to go the school psychology route."

After earning his bachelor's and master's degree in school psychology, he wanted to work as a full-time psychologist without leaving SMCHS completely. In 2015, Oldfield became SMCHS's first official on-campus psychologist.

"I was doing all of the [psychology] stuff without actually being a school psychologist," Oldfield said. "Why not make it official?"

As the official school psychologist he continues to assess students' learning, attention and emotional issues as well as student's post-concussion recovery.

Oldfield works to help students achieve their goals, both academic and emotional.

"The gist of a my sessions with

students is [asking] what is [their] goal," Oldfield said. "Whatever [their] goal is I want to help [them] attain that goal and work around whatever barrier is getting in the way."

As a self-described cognitive behavior therapist, Oldfield typically works with students short-term. Ultimately, however, it depends on the individual student.

"The hope is that if you are making progress it should never

be more than five to ten times of meeting," Oldfield said. "If it becomes too severe then I have no problem referring [the student] to a clinical psychologist."

Since he works with many students who struggle with anxiety, Oldfield understands the stress all SMCHS students have had put on them. With his long-time affiliation with SMCHS, Oldfield offers students a unique perspective in order to help them.

"What happens [in high school] is really only a blip in time," Oldfield said. "At [this] age, it's so hard to look past the next test, to look past the next midterm, but this is only four years of your life, you should enjoy it as much as you can."

After being a part of the SMCHS community for so long, Oldfield hopes students will love their four years at SMCHS like he did.

He wants to assist as many students as possible, but hidden in the back of the S Building many students are unaware of his presence.

During his time as the school psychologist, Oldfield plans to make the psychology department more visible to the student body. This way, when a student needs help they will know they can get it.

"You'll get where you want to be as long as you have the perseverance to keep doing it," Oldfield said. "I want them to know that I'm here and my door is always open if they need to come to me for anything at all."



Band together

Senior George Tajonera unites the Eagle Regiment as brass captain and drum major.

By Dessi Gomez, Arts & Entertainment Editor

Eagle Eye top 25 movies

The Eagle Eye presents the 25 best, must see movies of all time.

By Eagle Eye Staff

The Eagle Eye staff presents a spinoff of IMDb's top 250 movies. The next time you need to eat that popcorn stuffed in the back of the pantry, just pull it out, stick it in the microwave, pick a movie off this list and let the magic happen.

1. Jillian Baldwin...
A River Runs Through It
2. Debra Barbre...
Educating Rita
3. Shannon Daenhke...
Chasing Mavericks
4. Riley Davies...
The Great Gatsby
5. Allison De La Bastida...
10 Things I Hate About You
6. Margaret Driscoll...
Now You See Me
7. Megan Forsythe...
The Usual Suspects
8. Taylor Gather...
Lilo and Stitch
9. Dessi Gomez...
A League of Their Own
10. Ian Gutierrez...
Star Wars Empire Strikes Back
11. Lauren Kesic...
The Polar Express
12. Chloe Le...
Princess Bride
13. Cambria Miller...
Nerve
14. Amanda Moussiaux...
LOL
15. Hannah Prince...
The Breakfast Club
16. Ivanna Rea...
Good Will Hunting
17. Claire Robidoux...
Pulp Fiction
18. Briana Ryan...
Inception
19. Dani Segovia...
Tangled
20. Bridgette Singer...
The Parent Trap
21. Rachel Tetreault...
Now You See Me
22. Sarah Turner...
Princess Diaries 2
23. Devin Walsh...
The Sand Lot
24. Cristi Zapata...
Les Miserables
25. Amanda Zou...
The Great Gatsby

Cheers erupt from the Eagle's Nest as an SMCHS football player enters the end zone for a touchdown. The Eagle Regiment matches the screams and shouts with its own musical medley. One man is responsible for adding to the celebration of the nest. One man is responsible for guiding a seamless halftime show from band and color guard -- and that man is senior and drum major George Tajonera.

"He has a lot of positive energy and he really understands the dynamic of what it is to lead the group," said orchestra teacher Michael Whang. "He's always had an energy about him that gets people involved on the spirit side of things."

Tajonera has participated in band all four years at SMCHS. It helped him connect to the school as an incoming freshman.

"I came from a public middle school, so I didn't have a lot of friends coming into SM," Tajonera said. "I was really into music and into being a part of a team. I found out about the marching band and it was two things combined that I loved, so I joined."

After three years under different drum majors (the main student leaders of band), Tajonera went through an interview process with the Eagle Regiment staff to apply for the position of drum major. What happened after came as a bit of a surprise to him.

"I wasn't expecting to get drum major because I'm also the brass captain and usually a person doesn't serve as two roles," Tajonera said. "It was shocking and rare that I got two, I was happy and nervous."

Tajonera received the news at the band banquet in May of his junior year. He is the single drum major for the 2016-2017 season, as opposed to the pair of co-drum major who came before him.

"He's never had to be the vocal person to command the group," Whang said. "He's always been able to do it by setting the example for younger students. He's a true leader in the sense that he doesn't have to say anything to be able to lead."

As brass captain, Tajonera is responsible for warming up the brass section which consists of tubas, trumpets, mellows, etc., as well as making sure they are equipped properly. He displays flexibility in transitioning from brass captain to drum major.

"He's really become a lot more comfortable with himself and confident in his abilities," said senior Sabrina Torres, front ensemble captain. "He is very good at going with the flow and adjusting."

Duties of the drum major include scheduling practice and rehearsals. Tajonera also has to keep in contact with the different parts of the band, front ensemble, brass, woodwind and drumline so that every band member knows what they have to do.

"He makes sure everyone's comfortable," Torres said. "With George you don't really feel like you're being alienated."

Tajonera wants to put a unique twist on the drum major position. He seeks to improve both leadership and the whole band. One way he does this is by making everyone feel welcome.

"I want to bring a little more hype and fun to it," Tajonera said. "I want to lighten it up a little so that's why the leaders and I tried to push for the pep rally thing to happen. We're trying to find more songs that connect with the stu-

dent section to get more involved in it and make it more fun for everyone."

By providing constant and positive encouragement, a fun work environment and strong work ethic, Tajonera plans to make the most of his job.

"It's empowering because you control the band but it also comes with responsibility," Tajonera said. "It's enjoyable to hear your peers blaring their instruments right in

your face."

Another reward for Tajonera is being able to help and witness the growth of his bandmates. He finds great pride in this process and pays close attention to their growth after going through it himself.

"Seeing the progress of how people can go from nothing and through hard work and time and positive feedback, they can grow," Tajonera said. "It's nice seeing that final product."



Photo by Dessi Gomez

One man one band - George Tajonera energizes the Eagle Regiment as he leads them in a rally for the SMCHS football team.



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Rhythm through time

Music has gradually transformed from records to iPods all the way to current day apps, like Spotify.

By Claire Robidoux, Feature Editor

Beats are constant -- they continue on a single rhythm and carry the song through its entirety. Through history, the way we use music has changed from the age of disco and rock n' roll to today's rap, indie and electronic dance music.

However, we credit our music experience not only to the artist but to the devices that provide us with the songs which shape our lives.

I was nine the first time I heard Boston's "More Than a Feeling." My dad had just bought a record player from a garage sale along with all of the seller's records. My brother and I played that album every day after school for months. It wasn't just the songs that made us listen to it on repeat, it was the history. Using the record player was like transcending back to the 70s; it was time travel through rhythm.

The first music player dates back

to 1877. Thanks to thunderstorms and our kite flying friend Benjamin Franklin, all you lovely people are able to listen to recorded music. Technological advances have given us even more portable means of hearing the music we love, initially with the iPod.

Whenever I think of iPods I am immediately reminded of the Black Eyed Peas and the Jonas Brothers. I remember being 10 and having a flip phone that couldn't actually call people. I remember waiting after school for my mom to pick me up from Serra Catholic and hiding my headphones because we weren't allowed to use electronic devices. That didn't stop me from secretly jamming out to "Nobody's Perfect" by Hannah Montana on my iPod.

Far before iWatches, iPads and iPhones, we all used iPods. However, when the first iPod shuffle was released in 2001, it started a technological revolution. Records, CDs

and boom boxes all became outdated or labeled as "vintage." But similar to the bands we loved when we were kids, the iPod has become a thing of the past. As music players advanced, so did the music -- and computer generated Electronic Dance Music arose in the midst of this evolution.

This summer I experienced the effect of EDM at Outsidelands, a music festival located in San Francisco, California. Many of the artists I wanted to see had been discovered through the apps SoundCloud and Spotify. I listened to the songs for months in my car prior to the concert, so finally seeing these artists at a concert was surreal. Once I heard Zed and Snakehips live, I was done for. Weird to believe I credit the best experience this summer to a couple of apps.

In 2001, iTunes suddenly provided a mass industry that gave instant access to artists' recordings. Yet,

it wasn't long before this became outdated too. Now, apps such as Spotify and SoundCloud are used to listen to thousands of songs by only paying a monthly cost for the platform contrasting iTunes' individual song by song payment.

After Frank Ocean fell off the face of the Earth and was then reincarnated through his new album "Blonde," I desperately purchased Apple Music. Ocean had only distributed the album through Apple, and I had waited long enough to hear that man's beautiful voice -- I had to buy it.

Apple has thus adapted for its survival. Due to loss of customers from other methods of accessing music, iTunes has developed its platform to that of the popular apps. Apple Music provides a similar program where the customer pays nine dollars and ninety-nine cents a month for an endless amount of song choices.

My elementary school days were influenced by the record player, middle school by the iPod, high school by iTunes and I now begin the end of my high school years with apps. As the music has changed, so have I. Music players have given me the most memorable experiences of my time as a kid. Next year when I graduate high school and move into my dorm, all those experiences will be memories.

But on move-in day I won't be sad, instead I'll set up my turntable and play Boston's "More Than a Feeling."

Beats are constant, they carry a song continually. Even when the music players have stopped and the music has gone the beats continue. The music and the memories are always there.

For more info check out <http://smchseagleeye.com/4163/arts-entertainment/the-music-effect/>

One last amplify

After 35 seasons of music, it's time to bid farewell to the beloved Irvine Verizon Wireless Amphitheater.

By Margaret Driscoll, Staff Writer

The Verizon Wireless Amphitheater will go down in history for its hundreds of concerts ranging from Michael Jackson all the way to Luke Bryan. The amphitheater that everyone loved was created in 1981 with a 35-year land lease deal. 2016 marks the time to say goodbye.

"I'm going to miss the mellow summer nights full of memories," said senior Lauren Bauer. "It never had to be a well thought out night; it could be spontaneous and still so fun because of the venue."

Bauer has attended countless concerts at the Verizon Wireless Amphitheater, but two of her favorite were the Lumineers this past June and Lady Antebellum last year at the largest outdoor music venue in Orange County with its 16,000 seats. This concert venue is appealing for its easy parking and seat-

ing options including auditorium seats and a lawn area at the top.

"I'll miss the convenient location and the overall venue itself," said junior Jill Ridens.

Whether someone sits in the top on the lawn or stands in the bottom of the amphitheater, memories that will last a lifetime have been made at this amphitheater.

"At the Weenie Roast my soph-

omore year I was in the front for the 1975 and I fainted so they had to lift me over the barrier and take me to the medical

center but it was still really cool," Bauer said.

Many people have signed a petition to save the Verizon Amphitheater from being taken away.

With a white wall full of written memories that were created at the venue, the decision has still been

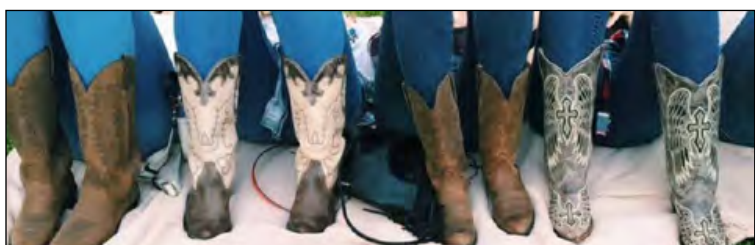
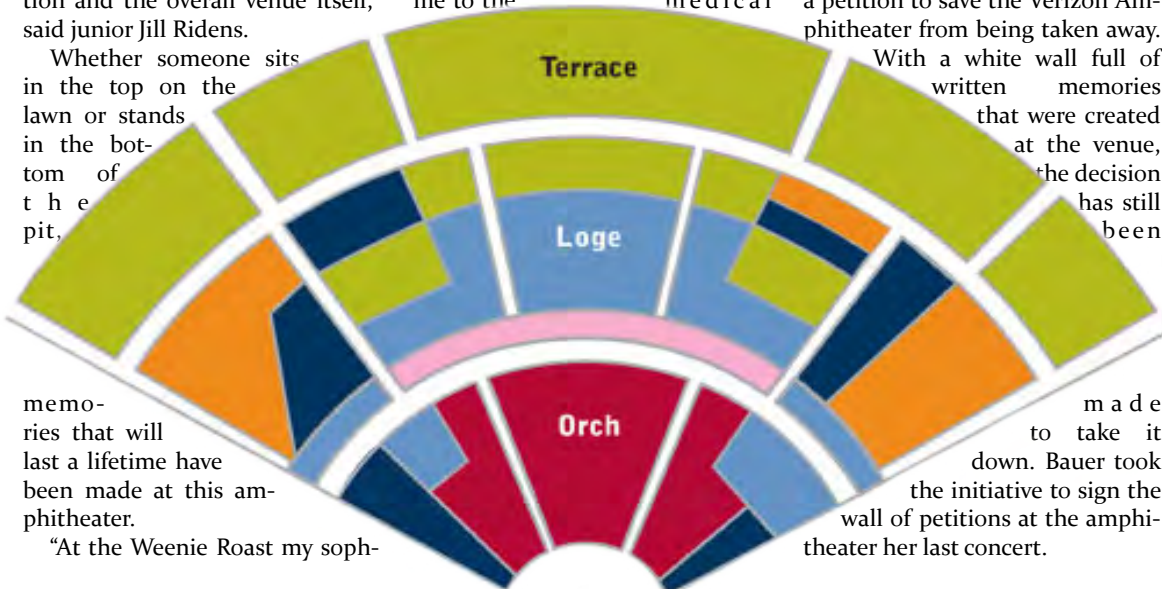
made to take it down. Bauer took the initiative to sign the wall of petitions at the amphitheater her last concert.

While rumors have flown all over as to why the amphitheater is closing down, the real reason is simple. Irvine Co. stated in the LA Times that "this parcel of land was always meant to transition to a more permanent use."

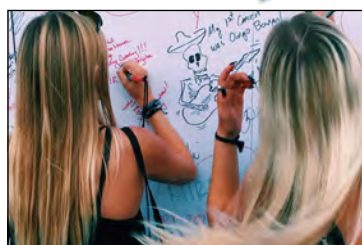
The Verizon Wireless Amphitheater was always expected to become something else one day. That day has come, and the land will now be used for a continuation of the Los Olivos apartment homes.

"Honestly one of my favorite parts was making new friends," Bauer said. "You could meet someone at one concert and then recognize them at the next one and become friends."

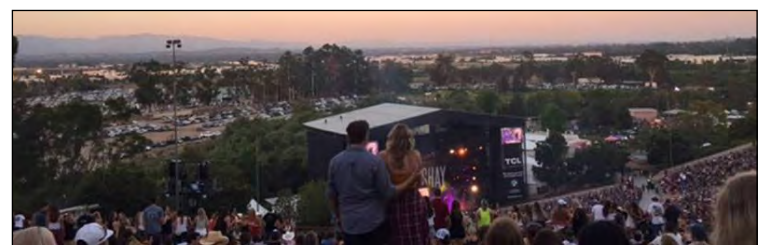
Some call it Wild Rivers part 2 and some call it a Los Olivos takeover. Regardless, all will miss the Verizon Wireless Amphitheater.



Boots Up- The Verizon Amphitheatre plays a variety of music including country with Thomas Rhett and Jason Aldean.



The wall- Dana Simmons and Lauren Bauer sign the petition wall.



Casual nights- The sun goes down at the Verizon Amphitheater for one of its many concerts.

courtesy photos

On pointe

A dancer's journey from injury towards recovery to fulfill her passion.

By Hannah Prince,
Staff Writer

Tap, tap, tap. Her toes were pointed. Plie, plie, now on pointe. It was like any other routine; the stage lights shone bright, the music flowed and the audience watched intently until it was unlike any other performance. Her feet buckled underneath her and excruciating pain shot through her body.

Two years ago, junior Jordan Jennison injured herself in a ballet performance at OCSA, the Orange County School of the Arts.

OCSA is a public charter school in Santa Ana, Orange County with talented middle and high school students in the performing, visual, literary and culinary arts. Students are prepared for higher education institutions or employment in the professional arts industry.

After attending OCSA for four years, Jennison transferred to SMCHS for this school year.

"In the middle of 9th grade, I got injured while I was on pointe," Jennison said. "Now I have to plan my life around the injury. I can't dance, it hurts to walk and I always use an elevator."

Jennison continued her performance, but she tore all the ligaments in her right foot and a couple in the left, which caused them to stretch out. But unlike tendons, they cannot revert back without surgery.

Because of her inability to dance, Jennison couldn't stay at OCSA. The school didn't have an injury policy and even though she tried to create one, admissions asked her to take a leave of absence.

The recovery process is long. After the first surgery, Jennison was on bed rest for about three weeks with setbacks including a metal rod in her foot and high-grade pain meds, like oxycodone. She is currently waiting for the second surgery.

"The first couple weeks after the incident, I was depressed," Jenni-

son said. "Ballet was something I have done every day for 13 years, and now it is gone. Dance is the way I express my emotions, especially choreography, so it was a weird change."

Another ballet dancer, senior Jacqueline LeCourt, briefly had a back injury from overuse of certain muscles. LeCourt's passion for the sport helped her rehabilitation process.

"I like dancing because it is an individual sport and type of art," LeCourt said. "You are on your own. On stage, no one else affects you; you purely have to think and move for yourself."

The art of ballet is competitive. As dance has progressed throughout history, the requirements and skill set for a professional dancer have become demanding.

LeCourt and Jennison have a strong dedication to perfect this disciplined style of dance. The strict body movements require practice up to over 20 hours per week. Jennison's hours would

range from 2 p.m. until 9 p.m., with occasional late sessions until midnight in preparation for shows at OCSA.

Along with the stress of competition and desire to succeed, dancers have to be cautious with their health. Dancers, like any other athlete, are prone to injuries, such as broken bones, torn ligaments and stretched tendons.

"Ballet is a big part of my life, and I am looking forward to going back to it," Jennison said.

The lights shine, the music plays and she performs her routine flawlessly - that is Jennison's goal. Her passion and love for ballet continue to encourage her rehabilitation process.

Tap, tap, tap; she is able to go on pointe again after three years.

Dancing queen- Junior Jordan Jennison poses for the camera in her graceful ballet attire.



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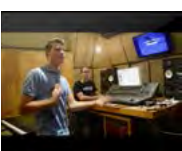
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To the Nest

The varsity football team appreciates the energizing impact of the Nest.

By Bridgette Singer, Staff Writer

The football team bolts through the tunnel as the cheers of the Eagles' Nest rise to a deafening roar. There is no stopping either the team or the Nest.

"If we are down in a game and the Eagles' Nest is pumped up, it rubs off on us," said senior varsity football player Grant Calcaterra. "When we are pumped up and the Eagles' Nest is behind us, we kind of feed off of each other as examples of enthusiasm and getting hyped for the game."

The Eagles' Nest's energy has the power to change the attitude of the game. According to football players, the Nest serves as the encouragement that they need.

"It gives our team energy for sure when we hear you guys cheering," said senior varsity football player Brett Neilon. "It amps us up and gets us pumped up so the Eagles' Nest is definitely a boost of energy."

It doesn't matter if the Friday night football games are at Saddleback or a couple hours away, the Nest will always show up with the same amount of zeal and passion.

"The Eagles' Nest is a big staple for the Eagle sports community," Neilon said. "The opponent that is playing us in the Trinity League always know that we will bring students to our games. I think that's pretty cool knowing that other

teams know that they will play in a louder environment than they are used to."

The Nest's willingness to travel and follow the football team wherever they play is highly regarded by the team.

"It's definitely special knowing that we as a team have a special bond with the students and we bring them joy, as much as they bring us joy," said senior varsity football player David Chen. "It's kind of a win-win and is definitely

Rumble through the tunnel- The varsity football players take the field filled with Eagles' Nest cheers.

Photo by Amanda Moussiaux



think that they would really have any motivation to go out and do the stuff they do on the field.

"I think having a big body of huge supporters constantly in our ear and yelling on the field is really motivating," Calcaterra said.

The support of the Nest has big impacts than just pumping up the team.

"As players, we live for the Friday nights," Chen said. "Having the support of the Nest and our families really motivates us to play better. I get nervous during games, but it also helps me perform better when knowing about all the support that's behind me."

The players believe they wouldn't be the team they are now without the help of the Nest. This body of students that comes together every Friday night to support the boys helps the team power through the battle on the field.

The varsity football team couldn't be more grateful for the support and energy that the Nest brings to the games.

exciting seeing the Nest travel."

Home or away, the Nest always shows up dressed in a coordinated theme for the game—sometimes it's a blue out or maybe an Aloha themed night. The football team notices the fun outfits that students wear to the game.

"The outfits the kids wear is my favorite part, such as the pope costume," Neilon said. "I find that going all out is pretty cool."

On top of the outfits and loud chants of the students from the

Nest, the size of the Nest is what makes them stand out the most.

"Some schools have big student sections, but ours is probably the biggest and the loudest," Calcaterra said. "Having a big presence like this at the football games is truly amazing."

According to senior varsity football player Richard Wagner, the Nest brings the team to good spirits. The Nest's support and hype for the team is contagious. Without support in the stands, players don't

2 fast 2 catch

Junior Malone Mataele sums up his transfer and football experiences.

By Amanda Moussiaux, Staff Writer



photo by Amanda Moussiaux

Eyes on the prize - Mataele focuses on the upcoming kickoff.

Junior transfer Malone Mataele, from Orange Lutheran High School, plays defensive back, wide receiver and kick returner on special teams, the transition from defense to offense.

Q: Do you have any football mentors you look up to? How have they inspired you?

A: My dad because he has so much experience. He's played the game for a long time.

Q: Have you suffered any serious injuries?

A: Luckily, I have not had any big injuries, just little dings and bruises so fortunately--no.

Q: What is a typical day in the

football world like? What are your routines?

A: A typical day consists of four hours of practice, three hours of homework, two hours of eating, and sleeping from six to eight hours. So there is not much I can do during the day.

Q: What is the best advice you have ever been given?

A: Adversity can either break you, or adversity can give you the power to break records.

Q: Any advice you would give an aspiring football player?

A: If you are trying to achieve a goal just be persistent. Don't give up after the first try, because usually after you keep trying some-

thing, you'll eventually get there.

Q: What goes through your mind when you step on the field?

A: Making sure I know what I'm supposed to do technically, and after that everything just kind of comes out in my play.

Q: What is your favorite football memory?

A: My favorite football memory would be last year driving up to De La Salle High School and playing against their football team. The best part was getting to bond with the team. The hotel was also a really fun time because I got to spend time with my teammates off in another city.

Saddle up for season

Illustration by Claire Robidoux

Equestrian Eagles are dedicated to their sport as well as to their team.

By Dessi Gomez, Arts and Entertainment Editor

Boots? Check. Clothes? Check. Tack? Check. Oh, and massive, living, breathing animal that makes up a crucial half of the athletic duo? Check!

Alongside a new year of school comes a new season for the SMCHS Equestrian Team. With the first shows on Oct. 29 and 30, Eagle riders are hard at work as they prep for their debut for the 2016-2017 school year. Led by three team captains and one advisor, 20 girls are training individually for four shows that will take place once every month between Oct. and Jan.

"These girls work so hard at their sport and they aren't just doing it with their own bodies, but they are also guiding a huge animal," said advisor Carolyn Bien. "It's a great thing to watch."

Having a background in horseback riding, Bien has been advisor to the equestrian team for four years. Her responsibilities include organizing team dinners, keeping the athletes on track and maintaining team cohesion.

"I feel like I have the best team on campus," Bien said. "I have had no drama because they are the nicest bunch of girls."

Senior Haley Miller has made the most of her equestrian experience at SMCHS. Her passion for the sport drives her to improve her English style performance with her horse, Iggy.

"I wanted to go to SMCHS for the equestrian team and I was hoping that I made the right decision," Miller said. "Obviously I did, no question."

Junior Sophie Nickell enjoys the dynamics and camaraderie that characterize the team. She rides English style at Dana Smith barn with her horse, Cosmo Remington.

"The team has a very social and outgoing atmosphere," Nickell said. "Everyone wants to be posi-

tive, show their commitment value and bring their team together at school in order to get our name out there."

Miller and Nickell lead the team as co-captains along with senior Jillian Baldwin. They earned their positions after displaying certain criteria that Bien looks for in a leader.

"I look for someone with a natural leadership talent, someone that is very dedicated and someone that is very selfless," Bien said. "I look for someone that really wants to be a team player and who wants the team to be a big cohesive unit."

Each team member has her own training regimen and practice schedule. Even when practice can last from one hour to three hours and range from four to five days a week, the riders must also take care of their horses which includes feeding them, washing them and cleaning the tack that they wear.

"Everyone's relationships with their horses are really cool to observe because the rider's personality matches their horse when they ride," Nickell said. "So each rider has a really deep connection with their horse."

Horses are not provided; Riders either lease or buy them in order to join the team. In addition, riders must have membership at a barn in order to ride. They must also have previous riding experience prior to joining the team. But this pays off once your name falls under the SMCHS umbrella.

"I love being able to represent the school in a way that's very unique and make my mark through this representation," Miller said.

Outside of school, each girl trains in her own way. All of the different riding styles, practice schedules and various local barns have the potential to divide the team. The different styles of horseback riding include English, Western

and Dressage.

"Since this sport is really individual, it's tough to truly come together as a team," Bien said. "I strive very hard to make sure that they do team events, team sports and that they come together and support each other, which they do even if they aren't racing that day."

Strong bonds, both between teammates and between a rider and her horse, are the solid foundation to the success of the equestrian team. The unique trust forged between human and horse is crucial to competing at the elite level of equestrian.

"I have such a strong relationship with my horse because I have to trust him to protect me and he has to trust me to be able to lead him," Miller said. "We have to be able to work together, and I feel like if we don't have that trust or companionship we're not as successful."

With these strong relationships, all equestrian team members, human and animal, have embraced the coming competition season with stride.



courtesy photo

Making the jump - Haley Miller rises up and takes initiative to be a leader for this year's equestrian team.



courtesy photo

Setting the bar high - Haley Miller nails a jump, embracing the talent and grace as team captain.

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