



The Vasquez Post

Veritas, Aequitas, Spiritus

Remembering our Fallen Heroes

Next week will be the 24th anniversary of the attacks on our country in which the Twin Towers and a large portion of the Pentagon were destroyed by terrorists. The saying goes, Never Forget. I won't, and neither should you. Our country lost 2,977 people, excluding the 19 terrorists that took over the planes. This loss of life, and in a large way, the innocence of our nation and how we perceived our immunity to terrorism, changed our way of life permanently.

This being said, I want to focus on our heroes that day. I want to thank the firefighters that ran towards the Twin Towers, instead of away from them. I want to thank the law enforcement officers who helped evacuate the towers and the surrounding areas. 343 firefighters died that day saving others lives. 71 law enforcement officers died doing the same. And... 40 passengers and crew of flight 93 were killed after they overtook their plane from the terrorists and then realized they could not land the plane, and instead chose to crash the plane into a field in Pennsylvania to ensure no one else on the ground would die.

We should never forget these people and the sacrifices they made for our country. These folks are true heroes.

Article by Mr. Mangel

Cell Phone Policy

VHS cell phone policy is the new school policy, mandated by Law on September 23rd 2024. While it says phone policy it also applies to other electronics such as ipads, ipods, Mp3 players, smart watches, video games, and any & all listening devices that were not listed. Devices cannot be used during classes, from advisory to 6th period. No exceptions. Devices cannot be turned on during class periods, they are required to be TURNED OFF, even if they are muted. Checking notifications, messaging, answering phone calls, and using social media, or even adding someone on anything (tiktok, instagram, regular messaging) is prohibited. Teachers and staff have the authority of taking said device, if it's for the rest of class or until after school. *"You can't take my phone!"* They can. By law, teachers can confiscate your phone if you violated the policy, regardless of who you are

During the start of each period you must turn your phone off and turn it in to the teacher. However, you are allowed to use your phone between passing periods, break, and lunch. No other times within school hours. Failure to comply will result in progressive disciplinary actions. The only exception of not giving your phone up is if you did not bring it to school. If that is the case, some teachers will have small papers in the shape of phones that will require you to fill out why your phone is not put up. "I didn't bring my phone", "My parents took it", or "I don't have a phone" are examples of what you will write down. It all depends on why you do NOT have your phone. However, if you do have a phone but do not give it up, the teacher will usually have different disciplinary results

Some teachers will mark you absent if you don't have anything in your designated pocket chart slot. If you try using it or pulling it out during class, then they can take it and hold it for the remainder of class. If it happens again, then they can keep it for the rest of the school day and have your parents get it back, along with an email or conversation with your parents about the lack of cooperation. No one wants that, so PLEASE cooperate.

Article by Issabella Escobedo

Interview with Mr. Ciufu

If you could have lunch with any historical figure, who would it be and what would you say?

Isaac Newton; ask him about what he did to keep himself motivated.

What made you want to work at Vasquez?

I'm a big fan of a small community, so teaching at a smaller school is preferable for me.

Is there a superpower you have always dreamed of having? What would you do with it?

Teleportation, a vacation with the snap of a finger haha.

Where did you grow up and what high school did you attend?

I grew up in Palmdale and went to Paraclete High School.

What fictional character do you think you are most like and why?

Jiraiya from Naruto, wandering teacher. A man of a wide range of skills who has a passion for teaching the new generation.

Do you enjoy teaching, and why?

I enjoy teaching because I want to give students fundamentals that I wasn't given the opportunity to have.

If you won the lottery, what would you do with your winnings first?

Buy my mother a giant house with land for horses, dogs, and goats.

What's your plan for this school year?

My plan for this school year is to build a good relationship with students and prepare for next year.

What three words would you use to describe yourself?

Adaptive, creative, and focused.

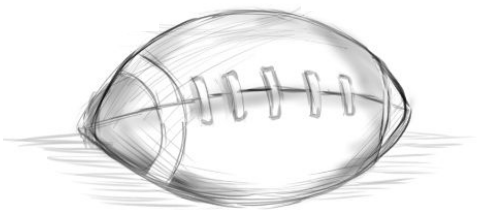
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Weather

The weather lately has been various, from extremely hot all week to a sudden thunderstorm, so you may be asking yourself, what is the weather for this week? For this week, it seems to be a little cooler than it has been but still pretty warm! This Tuesday, it will be a high of 92 and a low of 67 and the same for Wednesday and Thursday. Lastly, for Friday, it will be a high of 90 degrees and a low of 65.

About 10-20 mph winds are expected with humidity at about 20-26%. All of these days, it will be sunny with a UV of about 9-10, so dress accordingly and wear sunscreen! Make sure to drink plenty of water if you are practicing after school outside.

Article by Ella Etheridge and Rylie Wagner



Football Win!

First win of the season! On Friday, August 22nd at 7pm, our Mustangs demolished Beverly Hills with our astonishing score being 49 and theirs being 21. Number 62, Jayden Gennuso, states, "Our mustangs have been training very hard, with drills like hitting drills, and heavy conditioning. I believe the reason we won is because of the aggressiveness of the other team, it led to our determination and we put our all into it." Number 30, Aiden Bailey, says, "Well the energy was very determined and I believe the win came from our coaches, they prepared us all summer for Beverly and we dominated the defensive side as well as our offense, the energy was hyped up as well as some resentment for Beverly based on the way they treated us last year when they won." I must say it was quite the game, although Beverly was playing dirty, we remained acclimated and calm. Make sure to go to our football team's next game, August 28th, they are playing against Roybal in LA.

Article by Leeah Wilson



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Quotes

“I want to try to let people who might be lost for hope tap into my sometimes, maybe, quite over-optimistic outlook on the future.” – Tobias Forge

“Our prime purpose in this life is to help others. And if you can’t help them, at least don’t hurt them.” – Dalai Lama

“Start where you are. Use what you have. Do what you can.” – Arthur Ashe

“Positive thinking will let you do everything better than negative thinking will.” – Zig Ziglar

“When you have a fruitful relationship with someone, and you’ve both chosen to work together, then it can spawn really good things.” – Tobias Forge

Article by Amy Wang

Upcoming Events

Vasquez has a lot of events that are up and coming! Some of these events are:

- Girls Basketball tryouts are Tuesday/Wednesday the 16th and 17th at 3-5pm on Tuesday and 6-8pm on Wednesday.
- MORP is on the 6th of September!
- September 18th will be the picture retake day!
- There will be a college fair field trip on September 9th. Interest sheets must be filled out by the 1st of September.
- Back to school night is Wednesday, September 3rd at 6:00-7:30 pm, and remember that Wednesday is an early release day and you get out at 1:35.

Article by Isabella Laviolette

Interview continued from front page

How do you feel about phones in the classroom?

They are a huge distraction.

Where did you graduate from?

My high school was Paraclete, for college transferred between AVC, SNHU, and CSU.

Are you from Acton or elsewhere?

I was born and raised in Palmdale.

What sport(s) do you excel at?

The sports I excel at are Chess and Basketball. (Yes, chess is a sport of the mind haha).

What is your favorite movie and why do you like it so much?

Nausicaa of the Valley of the Wind is the greatest movie of all time, beautiful art and even better message.

So far, are you liking the classes you teach?

I love them, seeing those “ah hah” moments when my students understand makes my day.

What are your goals as a teacher this year?

Building a safe learning environment while refining a well rounded and easy to understand course plan.

Interview conducted by Rebekah Bullard and Elijah Hernandez

H	L	S	P	L	L	A	B	Y	E	L	L	O	V
N	T	B	P	R	H	T	A	P	C	L	L	L	P
A	S	E	S	N	I	L	O	T	R	A	C	K	P
R	T	T	T	R	I	N	K	R	S	B	T	L	N
E	P	A	R	R	N	N	T	T	I	T	E	S	H
S	C	F	I	E	L	D	E	E	L	E	N	W	O
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W	H	F	S	O	R	E	T	U	P	M	O	C	N
E	P	E	N	C	I	L	F	O	R	W	A	R	D

PRINTER, HUMID, TRACK
STRENGTH, WORKSHEETS, ROLLING,
PAPER, HOT, SOCCER, BASKETBALL,
COMPUTER, FIELD, TENNIS, FORWARD,
SWIMMING, PENCIL, VOLLEYBALL,
FOOTBALL

Fun Interesting Facts

- A group of owls is called a parliament.
- Lobsters have blue blood.
- There are more stars in the universe than there are grains of sand on earth.
- The liver is the only human organ that can regenerate.
- It takes about 540 peanuts to make a jar of peanut butter.
- The oldest living animal is a tortoise that’s about 192 years old.
- A silverback gorilla can lift over 1,763 pounds.

Article by Sofia Gonzalez

Culinary

Culinary is an elective taught by Mrs. Waggoner, where you learn basic culinary skills like dicing and mincing vegetables, baking pastries, and cooking many other delicious meals. Since it's the beginning of the year, it'll be expected that you will be learning about the importance of safety and sanitation, such as cross-contamination, preventing injuries like cuts and burns, and many other safety tips that you might've already learned from previous science classes. Afterwards, you will be sautéing, frying, and even baking many dishes that could help you in the future. However, the class can also help you develop organizational skills, such as knowing where to store knives properly.

Culinary is truly an amazing class where you can learn so many helpful skills, especially for those who aren't exactly confident in their cooking and or cooking skills. As well as learning about the origin of many foods, you may find yourself seeing the grocery store, such as cheese, bread, and many other bland foods, and how they were originally made, used, and even how to make them. Including so many other amazing things you can learn from both the class and Mrs. Waggoner.

Article by Lina Rodriguez