

# The Vasquez Post

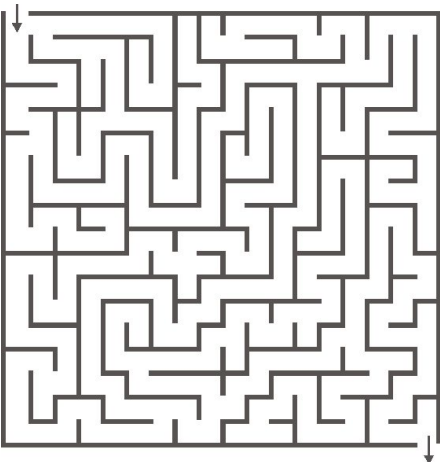
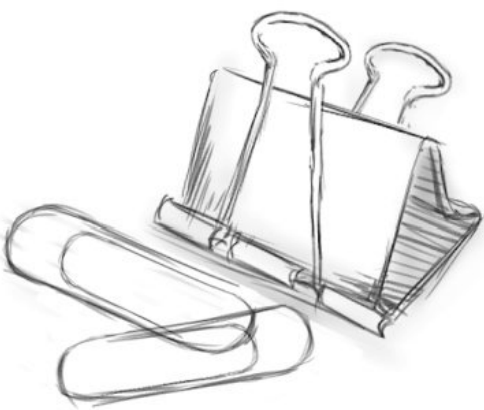
Veritas, Aequitas, Spiritus



## Things to Bring to School

It's the beginning of the school year and there are some very important things you need at school. Without them, you may have some trouble in your classes. Going into high school, there are some smaller things that you should bring that are still equally as important as the more obvious items. Highlighters are a staple for studying, and in high school, it's something you will be doing a lot of. Having some loose-leaf paper is convenient for small writing assignments. For any loose papers, a folder or a binder will do the job. Even sticky notes can be helpful for reminders on your homework. Pencils and pens are an obvious but well needed choice. Pens should mostly be black or blue ink, that also depends on your teacher and what they expect. Notebooks are a great way to take notes and do your school work. For some classes you might need a calculator as well. Don't forget you need something to carry all of your school supplies, so you might want to get a cool backpack. Don't worry if you don't have any of these items, California schools are required to supply students with everything for educational activities, free of charge.

Article by Rebekah Bullard and Elijah Hernandez



## How to Start off School Right

The weather may not have taken the hint yet, but summer has come and gone, and it's time to start focusing on school once again. Don't let yourself get careless, the first few weeks are just as important as any. It may not seem like a lot, especially if you're a freshman, but if you don't take it seriously now, you might find yourself falling behind when it matters most.

First things first, make sure you have your supplies situated. While the school is required to provide you with most materials, you do have to keep track of it all. Don't just toss your textbooks in the closet and let them sit until the end of the year, you have them for a reason. Try your best to bring everything you need everyday. Keep your notes in order before you're blindsighted at a time when you need them.

Speaking of notes, they're more important than you may think. Paying attention-while crucial to keeping up with your grades-only does so much. Simple note taking will help you in the long run; you'll never regret writing it down.

The night before a school day, you should always check your backpack and make sure you have all the supplies to help you succeed! You should bring a pencil, a composition book or notebook, your backpack, and any homework you were assigned. Set your alarm so you have enough time to wake up, brush your teeth, put on deodorant, get dressed, and do anything else you usually do. You should also save enough time to get to school before the bell. When you are at school, remember that it is okay to ask questions so you can really understand the assignment, and take good notes so you can refer back to them when needed

Studying, as well, is an extremely helpful practice. Even dedicating a few minutes a day goes a long way. There are plenty of tools at your disposal: quizlet, flashcards, textbooks, even your own notes.

Keep in mind that even if you don't care much for a certain subject, it doesn't mean you should cast it aside. You do not want to end up taking Credit Recovery or Summer School just because you couldn't see the point in putting a little effort into it. Even if you think you're stuck in a class that isn't right for you, that doesn't mean it won't be useful. Prioritize the classes you believe to be most important to your ambitions, but don't completely discard the opportunity to learn something new. You might find you're actually enjoying it.

The most important thing to remember is to listen to your teachers. They're here to help, treat them well and follow their instructions if you want to set yourself up for success.

Article by Jenna DeMatteis and Isabella Laviolette

## Upcoming Events

An upcoming football game that has a lot of people excited is taking place this Friday! Vasquez High football team will test their skills in the very first game of the new school year. Everyone who is a fan of the games or just wants to see a thrilling game of human feat can see it Friday evening.

Acton is receiving health and aid from Equine which should be very beneficial for any horse owners looking to take better care of their stallions. It's a course that will help you with accessing any of your horse's medical needs that can even save its life! This course includes the following;

- Trapped horses
- Poisoned horses
- Burns
- Bites
- Hypothermia
- Tie ups
- Fractures
- Sucking chest wounds

If you're interested, call the number 512-402-2693

Over the course of the summer we had a parade celebrating The Fourth of July as well!

Article by Shane Roque

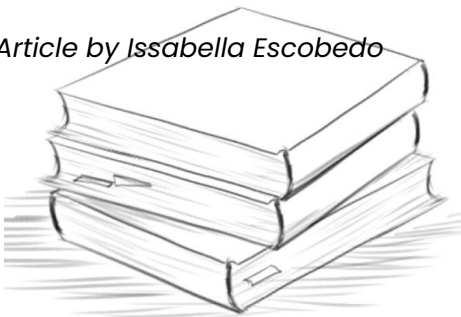
## Opening Home Game!

First ever home game of the season! This Friday, August 27th at 7 PM Vasquez, Mustangs are playing against Beverly Hills. But don't just cheer on the players – cheer on the staff too! This game is also Staff appreciation night! Our football players will be choosing one staff member to walk them out onto the field. Be sure to arrive early to reserve seating in the students section.

Tickets are ranging from 5 to 10 dollars per person. This game will also include food, drinks, and merchandise. You can get sweatshirts, shirts, and pom pom's to show your Mustang spirit!

Speaking of showing spirit – Come on theme! Our first home game wants to say goodbye to summer properly. This game's theme will be BEACH BASH. Hawaiian shirts, flower lei, sandals! Or, bright shirts, floral attire, something basic and yet still on theme! Make sure to cheer and have fun! Go Mustangs!

Article by Issabella Escobedo



## Sports Updates

All tennis players are now allowed to play together no matter the gender.

Tennis season starts on August 25th, so make sure that all your permission slips are signed and turned in. Jaiden Goudey is our new tennis coach, so treat her well!

Tennis, Flag Football, Football, Cross Country, and girls Volleyball have just started their seasons, let's hope they can bring the trophies home. The girls Volleyball team has kicked off their season 3-0 and won their first league game in 7 years.

While the cheerleaders were in cheer camp they learned some new moves! Maybe they will show some off at our upcoming games. Some of this information was provided by Mr. Sparks.



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## Advice For Those New to the Acton-Agua Dulce Area

If you're new to the Acton-Agua Dulce area or just don't get out much you could be wondering what is there to do out here? What restaurants are the best to eat at? What activities can you do to get out of the house? For your morning coffee or a sweet treat, maybe consider going to our local coffee shop, Perkin up! Located in the parking lot over is Crazy Ottos, a delicious breakfast spot where you can fulfill your cravings. We also have some fun events coming up so you can get to know your community a little bit better, such as our at home football games, and occasionally movies in the park!

Vasquez football games are all about being united and having fun, so if you can make it, we would love to have you. Additionally, here in the Acton-Agua Dulce area there's plenty of hiking and walking trails to enjoy, such as Vasquez rocks and even the Pacific Crest Trail if you're feeling ambitious, there's also ways to enjoy the wildlife besides dodging rattlesnakes in the summer and watching squirrels from a distance.

We have Animal Tracks, a non-profit wildlife sanctuary that takes in animals from pigs, to kangaroos and Servals. There's also The Gentle Barn, a much less exotic animal sanctuary for farm animals. Lastly, a very valuable fact, get to know people! Acton is a tight knit community where we are all sort of a big family, so if you can, make as many new friends as possible.

Article by Amy Wang and Ella Etheridge

### Quotes

- "I was looking for a job and then I found a job, and Heaven knows I'm miserable now."

- The Smiths
- "Our trouble gone beyond recall. and making up is best of all"

- Al Bowlly
- "Fate, up against your will, through the thick and thin."

- Echo and the Bunnymen

"Life is not a waste of time, if you have someone who walks by your side."

- Elvis Presley

Article by Charlotte Hernandez

## Advice for Incoming Ninth Graders

Do you remember your first day of school? Walking in and greeting the teacher in your tiny, meek voice? You may have even cried that first day, once or twice. Then as you go through the year, your voice starts to deepen, you start spending more time in the classroom. You start meeting new friends, befriending your teacher, getting used to everything, until you finally say goodbye to the school. You wave to your fellow peers, heartbroken, you won't get to spend time with them, only to repeat this process over and over again.

Every single properly raised minor spends 1,231 hours in school per year, so then you *must* know how important it is to start school properly, not just in preschool, but elementary to high as well.

One problem only, you don't know where to get started!? So I'm here to give you guidance on how to start your school year, whether it's preschool, elementary school, middle school, or even high school! School can vary for everyone, it doesn't matter what grade you are in, you are going to be learning different things, which is why it's important to know *what* you will be learning. If you are learning literature it's important to note what kind of literature you will be reading, whether it's books, poems, or even just the abc's, knowing what kind of literature you are reading gives you an idea of what to bring to class. If you know you are reading Tom Sawyer it would be wise to bring your own book, so you can highlight and annotate in the book, as well as some sticky notes or notepads, to take notes. This can be critical for learning since not bringing those tools can result in poor learning, and usually result in a poor grade. This doesn't only apply to literature but to mathematics and science classes as well. You would need to assess the class and its topics and find tools that help you achieve that A+ every student strives for.

Article by Nigel Bruce

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REGULATIONS, JOURNALISM, ROCKS, HOMEWORK, SCIENCE, RIGOR, WRITING, WELCOME, INSTRUCTION, ELECTIVES, MATHEMATICS, CELLPHONE, FUN, SUMMER, RULES, BACK, HISTORY, SCHOOL, FALL, READING,

## Summer Break Stories

Summer break is finally over and there are lots of stories for people to share. Personally, I have a few to share for the paper. Over break most nights I usually wouldn't go to sleep until like five in the morning playing games. This was mostly due to my family not going many places over the summer. Probably the most notable story I had was I took my jeep four wheel driving up into Backus Canyon. I drove for about three hours by myself up until it started getting dark. After that I drove home at around eight-thirty.

Another event during my summer break, we went to Kennedy Meadows. My younger sister, who is a Tik Tok fanatic, kept seeing videos on it. She was demanding we go. When we got there it turned out we went to the Southern Kennedy Meadows. The North one was considered better than the Southern one. We went to a General Store and it smelt very bad. All of the PCT hikers who were hiking through the area were stopping there. After that we went to a river which was not very good. It was dirty and the rocks were almost impossible to step on.

Article by Colton Todd

## Weather

The upcoming weather is taking a turn, and finally cooling off! After a couple rough weeks of persisting heat waves, you can expect the weather to drop down to a steady mid 80's with a light breeze. As we come back into the Autumn months, we can expect to see temperatures slowly dropping into the sweet sweater weather we all know and love.

Article by Sofia Hernandez

