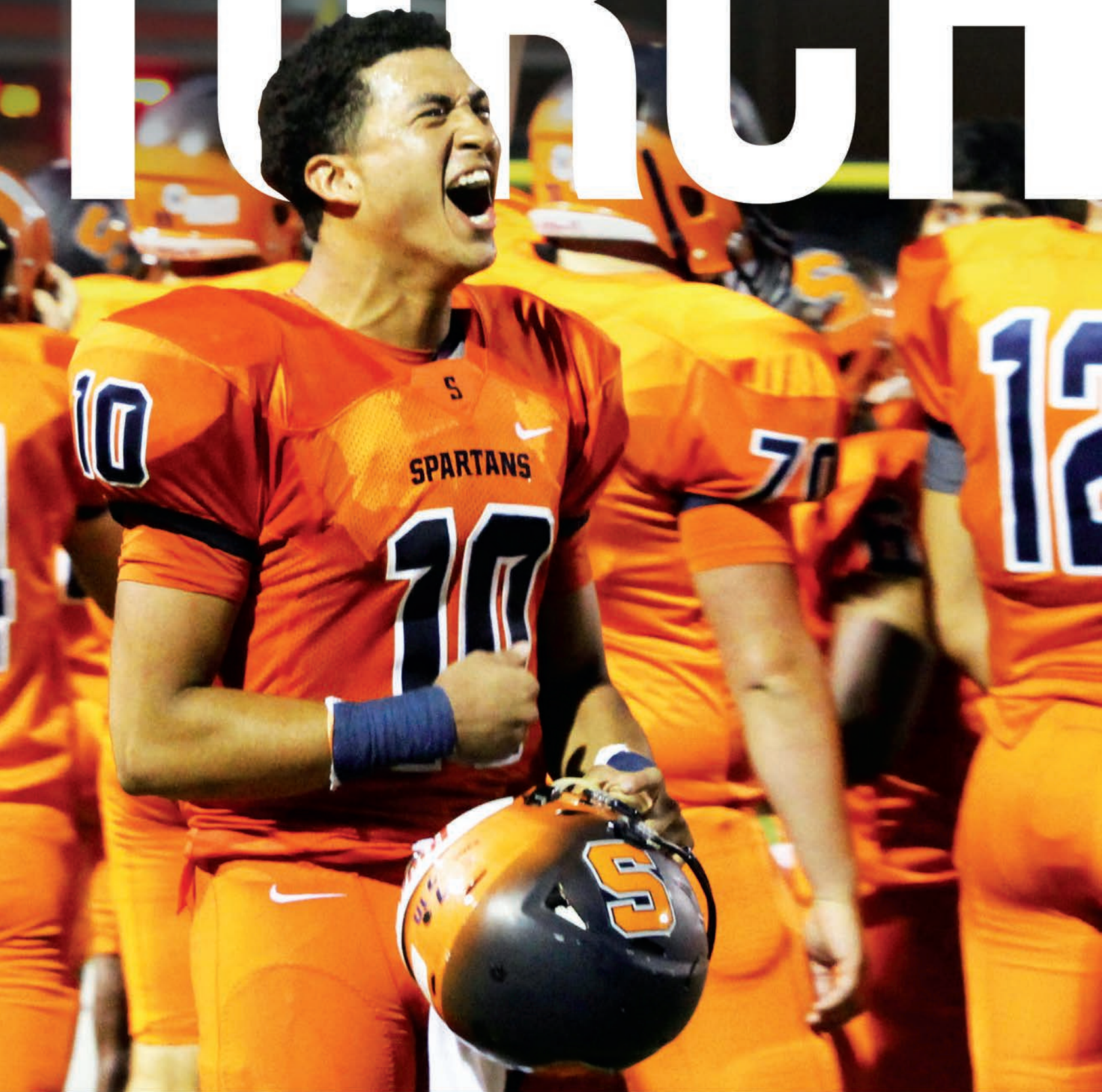


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A SPLASH OF Summer



ASHLEIGH HICKMAN // staff writer

It's the moment everyone has been waiting for since they walked through the school doors on day one: the moment it ends. Every student yearns for the bright, sunny days where they can relax as if they have nothing to worry about. Many students acquire an extremely busy schedule when they don't have school to worry about.

One of the first things people think of when they think of summer is camp. Getting the opportunity to spend time with friends without the feeling of claustrophobia from parents is as intriguing as it sounds.

"I went to church camp with my friends over the summer. I couldn't ask for a better experience; I loved growing closer to God and

my friends. It was a special experience that I will never forget," sophomore Ashton Cheatham said.

Going to camp isn't the only thing that strengthens bonds between friends; sometimes, waking up before the sun rises with teammates leads to better relationships.

Volleyball tryouts were on Aug. 4, and since the rosters were announced, the players have been practicing and playing non-stop.

"It was definitely hard in the beginning to wake up at six o'clock every morning, but I got used to it," sophomore Cora McCanlies said, "It helped me get my sleeping schedule back on track, and I love playing volleyball and

making new friends, so it wasn't too bad."

Summer is always the perfect time to go on vacation with family. While some were soaking up the sun of Katy by the pool, others were vacationing to exotic places and traveling around the world.

"I went to Colombia over the summer," sophomore Howard Alvarado said, "I didn't realize how beautiful the country was until I actually went. They had amazing food."

There is nothing better than the beautiful weather and no homework; between staying at home, doing nothing, and travelling the world, summer is the best time to bond with friends and relax.

DUMP TRUMP

STEFANO BIANCHI // staff writer

“ THE ONLY KIND OF PEOPLE I WANT COUNTING MY MONEY ARE LITTLE SHORT GUYS THAT WEAR YAMAKAS EVERY DAY. -DONALD TRUMP ”



These words were uttered by Donald Trump, the current GOP leader in the primary polls. Throughout Trump's entire presidential run he has not held back any of his outdated views and opinions.

Trump frequently demeans minorities, shows nothing but disrespect to other 'competitor' countries, and attacks all democratic candidates just on the basis that they are not Republicans.

For a man who is running for president, he shows little remorse for his words and actions against his Republican and Democratic competitors alike. Trump will constantly boost himself with something very defining

as: criticizing his opponents based on their level of success or he will flat out attack them based on their gender. On April 16th, 2015 Trump tweeted "If Hillary [Clinton] can't satisfy her husband what makes her think she can satisfy America?" further proving his disrespect towards Clinton as a candidate and as a woman.

The campaign for presidency has arguably become a giant popularity contest and is not taken as seriously as it should. Donald Trump, being a successful billionaire, uses his money and fame to boost his run for president while disregarding the opinions of those around him.

FRESHMAN TIPS

KAVYA GANESH // copy editor

"Follow your ideas to the mist of the unknown, maybe you'll find something you never knew you were passionate about. People can't tell you how to dream. Don't try super hard to fit in. In the long run, it won't matter at all."
- Senior, Fernando Palacio

BE ACTIVE

PLAN

"Don't let the workload overwhelm you, try and plan out your homework each night and finish as much as you can during the school day."
- Senior, Claire Ameen

"If you want a quiet place to study, go to the library. Study halls can be loud."
- Senior, Adesh Thapliyal

STUDY

ASK FOR HELP

"Talk to a counselor if things get too rough. Go to a tutorial if you're behind in a class. Meet with a teacher if you're unsure about something. We're preparing for college, and that might seem far away now, but you'll be a senior applying to universities before you know it."
- Senior, Millie Scott

THERE'S A CLUB FOR THAT

JACOB BINDER // staff writer

Many freshmen often end up one of two ways: they either move along smoothly with their group of friends and have a good time or they come alone without anyone to help them and may get a rough start.

Don't go through high school alone; the way to survive is simple: with company. Find others who have similar interests as you.

There are dozens of clubs at the school, so there's bound to be one that is appealing to your interests.

Interested in saving the environment? Playing Pokemon? Study Korean culture? There's a club for all of those.

The best way to find a club and join is to ask around and look for flyers and advertisements in the hallways or create one of your own!

How to Start a Club

- 1** DECIDE ON THE PURPOSE OF THE CLUB
- 2** FIND A TEACHER TO SPONSOR THE CLUB
- 3** FILL OUT FORMS IN THE FRONT OFFICE
- 4** GATHER SOME PEOPLE TO HELP YOU GET STARTED

STRUGGLES OF DEPRESSION

LAURA FOUAD // staff writer

FEATURE

Picture a person with depression. Most people are probably seeing a dark bedroom, filthy sweatpants, ragged hair, and empty eyes? However, this is not how someone with depression typically looks like. Depression can be found in anyone from an upbeat cheerleader to the quiet kid in the back of class. It is defined as being in a state of unhappiness; however, there is a difference between feeling down from time to time and having a more persistent condition with a number of feelings. But, depression is nothing to be afraid of; it's actually very normal. According to PsychCentral, approximately 20% of teens experience depression before they reach adulthood, and between 10 to 15% suffer from symptoms at any given time.

"It is not uncommon at all," Dr. Killea, Licensed Specialist in School Psychology, said. "They could be wanting to sleep a lot, not motivated to come to school or have friends, just general sadness [and] feeling very low."

Though many people know about depression, not a lot of people know the signs and symptoms of depression in teens. A few symptoms to look for are constantly feeling irritable, sad, and angry, nothing seems fun anymore, feeling bad about themselves, and helpless/hopeless. Some are even afraid of the word 'depression' because they don't understand it or they

don't want to.

But for anyone who is afraid to talk to people about depression, the best way to help himself or herself to be free of depression is to let others help them too.

"We want them to feel like they have a safe place here and where they can talk about what is ailing or bothering them," Dr. Killea said.

There are a couple of options to help fight depression. The most important thing to do is accepting and sharing feelings with someone. It's best not to be isolated because it will only make the feelings worse. Talking to a parent or adult that is trustworthy can be a great step in motivating them to get the help they need.

"We could counsel them here and work with them on an ongoing basis to build up coping strategies that are healthy," Dr. Davidson, Licensed Specialist in School Psychology, said.

With all of these facts mentioned, if someone is fighting depression, coping is the best way to treat depression.

According to teendepression.org, 80% of teens with depression can be successfully treated if they seek the right help. Teen depression doesn't have to mean a lifetime of struggle.



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STUDENTS LOVE

SATIRE

ZACH AMBROSE // staff writer

STRESS

All of the stress built up during the school week is what students look forward to more than anything else. Waking up at 5 a.m. to prepare for the work and stressful thoughts of school is every student's most profound desire. Stress seems to reach its highest potential in students when they receive more work than expected from teachers. Although, the extra work about how to survive in 800 B.C.E. ancient China is very important to know later in life. After learning to survive in ancient China, students will receive more work on the pythagorean theorem and being able to draw a two headed lizard for art class.

This type of work given at school can cause a lot of

stress, but every single student will use and thrive on this knowledge eventually. Other than the stress caused by schoolwork, stress is tripled when completing college requirements, participating in extra curricular activities, volunteering, and taking advanced classes. Being forced to take physical punishment from a contact sport, or joining a club that requires students to learn the alphabet in 47 different languages, is a very fun way to obtain stress.

In summary, containing and controlling high stress levels during the school week is every student's most prized goal, and they would love to do it forever.



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HACK THE BULLIES

Words Can Be Suffocating

GABY SALAZAR // staff writer

Most teenagers, despite being introduced to many anti-bullying campaigns, choose to harm one another online anonymously at any time and any place. It has become easier to bully others with the rise of internet use and social media.

Victims often struggle emotionally and academically.

"I got really depressed, to the point where I got pulled out of school and got home schooled," junior Mary Johnson said*.

Over the years, it becomes easier to let go of the past and move forward.

"I laugh about it now; in a few years it won't matter," Johnson said. "If you have the right mindset it will get better."

It's very simple to understand that cyberbullying is wrong, yet it

still occurs.

"It's an experience no one should go through," sophomore Maria Brigante said.

Due to the nature of the harassment being online, anything that is said is published on the Internet forever.

"Comments never leave, even if you delete them," sophomore Andrea Quaglia said.

Students find it difficult to seek help when targeted through a computer screen.

"People are embarrassed, or do not want to make things worse," Assistant Principal James Morris said.

There are always adults to go to when situations get out of control. Cyberbullying is a form of abuse and should not be tolerated.

*Name changed to protect source.

Featuring International Students

REEM SALEM // staff writer

Yusrah panicked and frantically looked around. Room 1659, English II. Where was it? She apologized as a group of giggling freshmen accidentally bumped into her. She felt alone and scared, lost in this giant maze that was her new school. Suddenly, she turned around as a young girl tapped on her shoulder.

"Are you lost?" she said.

She breathed a sigh of relief as the kind stranger helped her find her class right before the bell rang. This wasn't so bad after all.

International students are people admitted by a country other than their own, usually under special permits or visas, for the specific purpose of gaining education. But there is more to this topic than the definition stated. Foreign students are so much more than a group of people seeking education in a different country. Many of them move in hope of finding stability, opportunity, freedom, and a bright future.

In Houston, Texas, there is a large diversity in the population; one could find a huge number of international students with different backgrounds and stories.

"One pro of living in the U.S would be obtaining the American passport because you wouldn't necessarily need a visa to travel the world if you have one," junior Yusrah Saadat said.

Students are often thinking about their life and their family that they left behind to pursue a brighter future. One of the hardest things about moving away from home is the extended family that is left behind.

"The biggest and most crucial con for me would be living away from my family because no matter what services or comfort you have, family is very important," Saadat said. "For us family is very far away, so thinking that if there is an emergency, it will take up to two days to reach the other side to Bangladesh is really hard."

While some miss their home, others worry about

the language barrier they have to overcome. Not all students that come here can speak English very well.

"When I first moved here, I didn't know how to speak English at all," sophomore Aydin Nabiyevev said.

Nabiyevev was born in Azerbaijan and his first language is Russian.

"It took a full year until I was able to fluently talk with people and communicate better," Nabiyevev said.

Students often have to take ESL classes and meet with other teachers to try and improve their English. Nabiyevev added that some people think it is cool that he could speak Russian; however, not everyone has this experience. Other students are a subject to racial tension based on where they're from. These students also feel the pressure to not speak up against such actions and remain quiet instead.

"Try to look at the positive side like looking at how many different nationalities are at Seven Lakes and find someone you feel comfortable with," sophomore Laura Johansson, from Sweden, said.

Students should not surround themselves with people that have a negative effect on them and instead meet with others who make them feel like home. If someone is saying something hurtful, speak up and inform them that it is not a funny matter.

"Get involved, branch out, and don't give up," Johansson said.

One should always try to be involved in something that makes him or her happy, whether it is a club that has people from the same culture or a class that they were always interested in. Helping a student who is new to the country is highly encouraged because it will make a big difference for them. If you are an international student who is struggling with anything from the school system to making friends, do not give up and do not be afraid to ask people for help, even for the smallest things.



SEA MINUS FOR SEAWORLD

LAURYN NOBLES // staff writer

The anticipation builds as a child sits on the cold metal bleachers waiting for Tilikum the orca to explode out of the water, splattering his clothes with droplets of ice cold water. The crowd cheers with excitement as the dalmatian colored giant shoots out from below the crystal colored tank, little does the crowd know more tragedies are submerged under the water than they can imagine. Orcas should be able to live out their lives under the sea without interference from people.

Since 1991, orcas have killed three people and injured over one hundred due to stress from captivity, but there has only been one case in the wild of an orca injuring a human. The stress is caused from the small tanks they are forced to live in possibly for the rest of their lives. According to SeaWorldofHurt.com, in the wild orcas could swim up to one-hundred miles per day, but they would have to swim

up to 1,208 laps around their tanks to even begin to get their normal amount of exercise they could

achieve in the wild.

Captivity and stress also can cause the whales to gnaw at the iron bars and concrete surrounding their tank- sometimes out of pure boredom- which causes them to break their teeth resulting in pain for the whale, and a whale sized dental bill for SeaWorld. Another health affect which brings harm to the whales is the fact that being too close to the surface, and an unhealthy diet of thawed fish makes their dorsal fin (top fin) droop down due to gravity. This is usually a sign of an unhealthy or injured whale and rarely occurs in their natural habitat.

When the orcas are left alone to their natural current in the wild, the graceful beasts can live thirty to fifty years, but in captivity their average lifespan is only thirteen years. Like people, whales also have a family, who they are cruelly taken away from at a young age. They are then forced to live with whales of a completely different pod who they may not get along with, causing even more stress and fights.

Captivity is all about making money with no education received. According to savethewhales.org, for every one million dollars of SeaWorld revenue, only six-hundred dollars go to the conservation of the whales, which is about five cents per ticket. Some say SeaWorld provides vital education about the orcas; however, there are many amazing opportunities to view these bubble blowing creatures from their own habitats, instead of forcing them into a tight human dominated cage. So while Shamu impresses with her ability to touch a ball with her nose, remember SeaWorld has more tricks up their fins.



HEARTLESS HUNTING

NABA SIDDIQ // editor in chief



An immense problem in the world today that isn't talked about often is animal hunting. Animals are hunted down and killed every day and the world continues to fail to do anything about it. Without realizing, humans are driving an enormous amount of animals towards extinction.

In June 2015, Cecil, a male Southwest African lion who was being studied by Oxford University was brutally murdered. Cecil was lured out of a sanctuary where he roamed and was shot by an arrow. He was tracked, and 40 hours later he was shot again with a rifle and died. He was then skinned and his head was removed. His skeleton was found by park investigators and his head was nowhere to be found. Who was responsible for horrendous cruelty? Walter Palmer, an American dentist and recreational game hunter from Minnesota who apparently paid \$50,000 for the hunt. Cecil's murder

was inhumane and unjustified.

Although hunting is a popular hobby among many people, they must be limits. Palmer's hunts include the killings of cheetahs, bears, and even other lions. Who knows what will become of these animals if people just continue to stand by and do nothing. It's a painful thought that animals such as tigers or polar bears won't be around anymore in ten to fifteen years.

Also, almost all animal populations rely on others to survive. They are living organisms that reside on earth and complete the food chain.

People need to start taking action to stop these atrocious killings of beloved animals. Cecil isn't the only victim but maybe he can be a reminder to all people including game hunters to think more responsibly and take respectful action towards animal life.



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GOVERNMENT: HERE TO HELP! OR NOT?

SAYALI SHELKE // copy editor

The government is just like one giant high school. Republicans are the cool rich kids sporting newest brands. Democrats are the stereotypical nerds who seem to know everything. Congress is the mean bully that blackmails everyone into giving him their money. The media are the wannabes who try to make everything about them. And, most importantly, the President is the charming guy who has perfect amount of elegance and perseverance to his character and seems to have an aura of his own. Much like teenagers in high school, the government epitomizes procrastination and seems to actually get nothing done.

From the federal shutdown to gun control, stalemate is America's political norm. The creation of more than one political party was meant to ensure equal representation of different opinions and ideas about various issues. Since each party consists of organized groups and individual voters, it is necessary to

consider a broad range of interests and opinions when making political decisions. In order to receive their continued support, it is best for each party to include its supporters' interests. However, these advantages are overshadowed by the immense inability of the government to work together and pass legislations.

In a study done by Brookings Institution, Sarah Binder analyzed the productivity of Congress from 1947 to 2012 by finding the ratio of failed measures to all notable issues on Washington's agenda. Her results proved that by this measure, Lyndon Johnson's Great Society Congress holds up as the most productive post-war session—just 27% of relevant legislative issues remained unresolved. By contrast, three-quarters of the prominent issues on the current legislative agenda are going nowhere fast. Even during the Democrats' filibuster-proof majority in 2009-2010, proposals to address big issues, such as education, campaign finance,

climate change, immigration and gun control, are stalled in legislative limbo.

Something as essential as healthcare reform takes more than three years to pass, displaying the inconsistency of the government. While the economy has resurfaced and is looking better than it did two years ago, it has a long way to go to address other essential issues. Rising racial tensions, unhealthy diets, national debt, and global warming are just some of the endless problems that need to be fixed. If we are to get things done at a faster rate than what is happening today, drastic changes need to be made and they need to be made quickly. President Barack Obama put it best when he said:

"What we have seen in Washington is the worst kind of gridlock ... that has undermined public confidence and impeded our efforts to take the steps we need for our economy. It has made things worse instead of better."





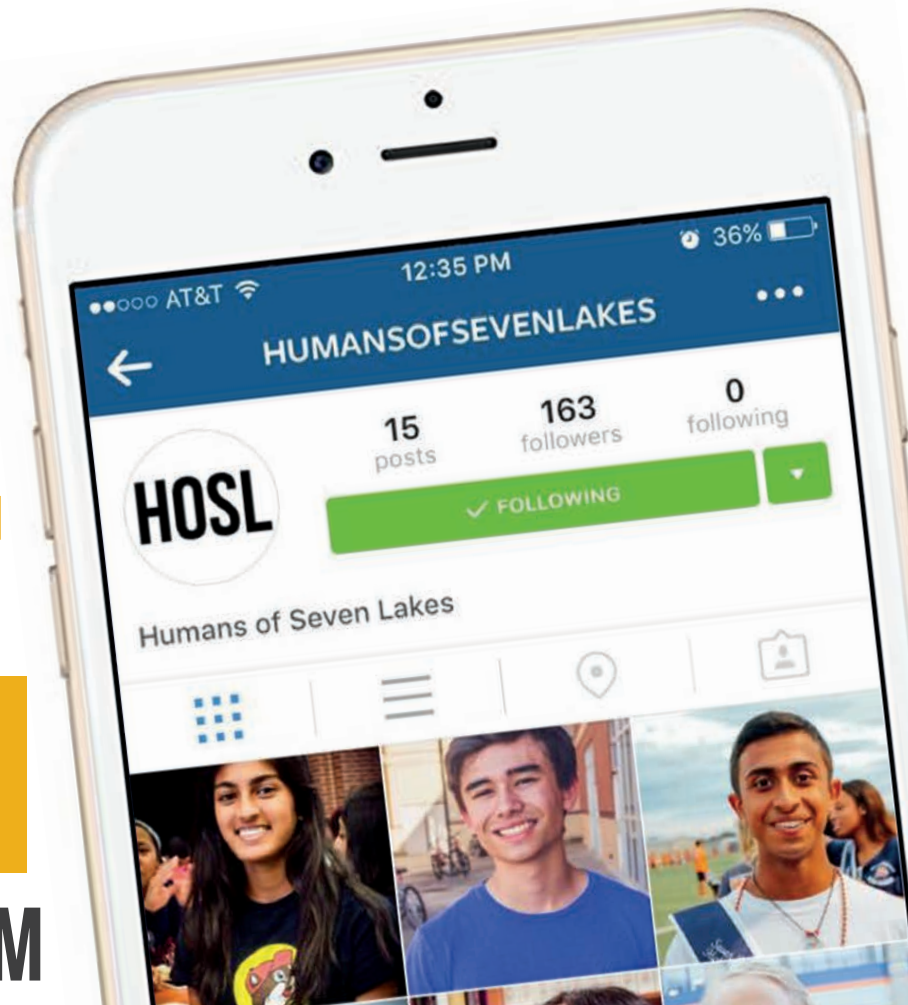
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HOMECOMING 2015

LINDSEY TOWNSEND // staff writer



Photos By Yearbook Staff
and Michelle Cottrell

ATHLETES OF

AGE: 17

HEIGHT: 5'8"

POSITION: LIBERO

THEY CALL HER: SQUID

FUN FACT: SHE CAN
TOUCH HER NOSE WITH
HER TONGUE

EXPERIENCE: PLAYED FOR
FORT BEND FIRE 2012-2014

CLAIM TO FAME: VARSITY
VOLLEYBALL TEAM MADE IT TO
REGIONAL FINALS LAST YEAR

“
ALWAYS GIVE
YOUR BEST AND
WORK HARD.”



SYDNEY NIMITZ

SEVEN LAKES

AGE: 17

HEIGHT: 5'8"

POSITION: WIDE RECEIVER

THEY CALL HIM: B.MOE

FUN FACT: HE CAN RUN 40
YARDS IN 4.34 SECS

EXPERIENCE: PLAYED
7-ON-7 SINCE 2012

CLAIM TO FAME: VARSITY FOOTBALL
TEAM MADE IT TO FIRST ROUND OF
PLAYOFFS LAST YEAR

“
BE YOU.
”

BRYAN MOORE

ASHLEY CASTRO // sports manager

TEACHERS HAVE A LIFE TOO!

ALLY TUBERQUIA // staff writer

Many of us have been able to grow a relationship with our teachers inside the school walls. But many students don't know their teacher's interests outside of school. Students see their teachers five out of seven days of the week for nine months of the year, so getting to know who they are is valuable.



MRS. HAMPSHIRE
WORLD GEOGRAPHY

WHERE DO YOU LIKE TO TRAVEL?

"I try to go somewhere different each year, I've traveled to a lot of different countries and continents."

WHAT DO YOU LIKE TO DO WITH YOUR FAMILY?

"My children are grown up but when we get together we like to spend time swimming and barbecuing."

WHAT DO YOU DO IN YOUR FREE TIME?

"I spend a tremendous amount of time at school so I don't have a lot of free time but I do enjoy going to the gym."



MRS. GARCIA
COMMERCIAL PHOTOGRAPHY

WHERE DO YOU LIKE TO TRAVEL?

"We have family in Albuquerque and Santa Fe. We really enjoy going to see the ruins of the Pueblo Indians and going hiking on trails."

WHAT DO YOU DO IN YOUR FREE TIME?

"I build my own computers, I'm self taught and have been building computers now for the last ten years. I taught myself HTML when I was sixteen. Some of my techniques are out of date but that didn't stop me from becoming the school's webmaster!"



MR. FRISHMAN
CREATIVE WRITING

WHAT DO YOU DO IN YOUR FREE TIME?

"I have a friend who is a full time wedding photographer and I second shoot, I also take a lot of children's portraits."

WHAT DO YOU LIKE TO DO WITH YOUR FAMILY?

"I'm originally from Argentina but, Costa Rica is one of my favorite places to visit. My family and I actually cook a lot together, we like to make South American food and Italian food."

TREY VONDENSTEIN // sports manager

HARD WORK PAYS OFF

The game of football is a very demanding sport that is not made for everyone, but the persistence and effort of the players is what provides a strong backbone to support a program. Whether they stay after practice to get some extra conditioning in, or go out to the field on weekends and holidays, they do what they must to put together a winning team.

"You have to put 150% into everything you do," sophomore quarterback Garret Scott said.

"No matter if it's football or school work, or anything. Always 150%."

Dedication is a huge portion of a winning team as well.

"We put in a lot of hard work,"

Christian Escamilla, the sophomore starting inside linebacker, said.

"We come out here from about 3 p.m. to sometimes 6:30 p.m., just putting in work all day to get better."

However, there are more sides of the ball than offense and defense.

"[The mental aspect is] actually the biggest part,"

Escamilla said.

"If you aren't mentally prepared for a game, you are already preparing yourself to lose."

On top of all of that, the time where the most dedication and hard work happens is over the summer break.

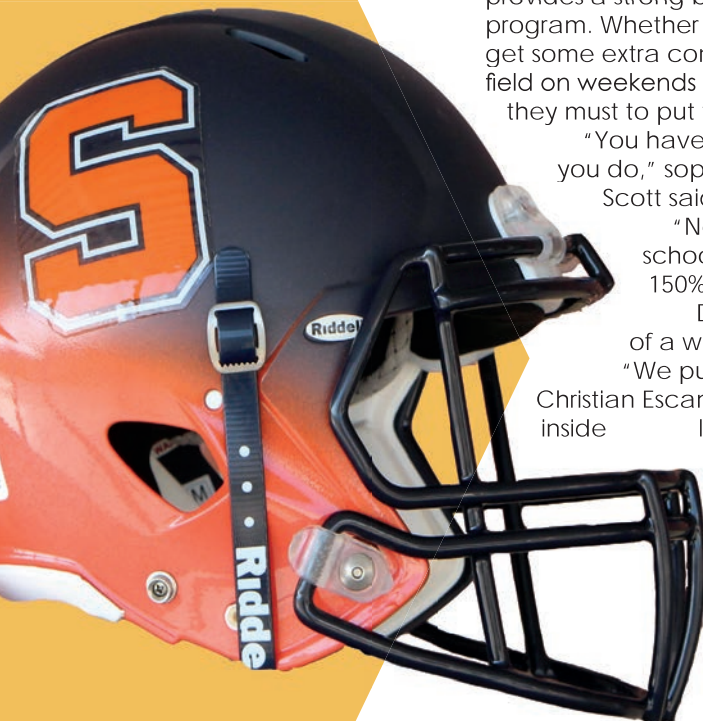
"[SAC Camp] is a very important cornerstone in being successful as a team," the starting varsity team wide receiver Klay O'Neal said.

"In the summers, we have to wake up at around 7:30 a.m. and be at the school by 8 o'clock. We lift weights until about 9:10, alternating between back and legs and chest and arms."

"From 9:10 a.m. to about 10:30 we would do drills or sprints that may include 110 yard dashes, it all depends on what kind of day it is," O'Neal said.

"We run a whole lot during practice, and it may suck, it may seem bad, but it will help us play better in the fourth quarter; and that's where it will really count."

Without teamwork, a football team can't happen, but that is just one portion. A football team is a family, a bond that can never be broken. Without the extra work, it is impossible to have a winning team; which is why all of the extra work has a significant outcome.



EVOLUTION OF HALLOWEEN COSTUMES

CHAISE TREVINO // staff writer

Halloween is a yearly celebration dedicated to honor the dead, including saints. The traditions of Halloween revolve around using humor to comfort the power of death. Unfortunately, people have lost sight of the true meaning of Halloween and use the holiday as an excuse to dress provocatively, knowing that other people cannot say anything because it's a 'costume.'

Halloween wasn't always this way. Kids' costumes sold in the 80's and the

“ I THINK THAT COSTUMES
HAVE CHANGED BECAUSE
APPARENTLY SHOWING MORE
SKIN IS COOL. ”
PAYTON VOGEL

early 90's had longer hemlines and covered more skin.

"Teenage girls lack self-confidence and seek attention for all the wrong reasons," parent Patricia Villalobos said.

Costumes for sale now show how much the meaning of Halloween has shifted. In the past, Halloween was for competing for the scariest or silliest costume on the block, but now it seems costumes are primarily used as an excuse to dress promiscuously.



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