

The Plaid Apple ~The apple of your eye ~

April 1, 2022



“April fools!”

BY MARCH INTERSESSION JOURNALISM CLASS

The dominoes fall

BY KALVERY WELCH

Russia invaded Ukraine on February 24, 2022. The Kremlin's invasion continues to impact the United States.

Rising gas prices, inflation, and uncertainty about the future have affected people in the US.

Highland High School students have probably noticed the high gas prices that they are experiencing because of the war. Currently, the average price for a gallon of gas in Yakima is \$4.73 per gallon. Before the invasion, the average price was \$4.00.

Russia has the most oil and natural gas production in the world. The sanctions imposed on the country by the United States has increased the price of gas.

Students here at Highland High school have already felt this blow. The boys' soccer team started riding their bikes to practice to save gas.

With no end in sight, who knows what's going to happen to these students as they try to go to college.

The previous highest recorded average was \$4.14 per gallon in 2008.



The exact origin of April Fool's Day is unknown. The day is celebrated with tricks and pranks across the globe.

Some people believe the Roman Festival, Hilaria, began the tradition. Others give the Hindu spring festival, Holi, credit for the holiday. Some believe that France's Edict of Roussillon in 1564 started the practice of mocking people. On this day, the new year was changed from April 1 to January 1 when the switch from the Julian to Gregorian calendar occurred, but those who did not get the news of the change continued to celebrate the new year on April 1 and were teased.

News programs often use the day to fool their viewers. In 1989, King-TV had a special report that announced the collapse of the Space Needle. The viewers called 911, rushed to the scene, and rescuer workers from around the country contacted authorities to aid in the rescue work. The news report can be viewed on YouTube: <https://youtu.be/Xeio-CJ0qZ8>.

Other famous pranks include Taco Bell announcing the purchase of Philadelphia's Liberty Bell in 1996 and the plan to change the name to Taco Liberty Bell. In 2008, an English news program on BBC, showed a documentary of penguins flying to South America for the winter. View the documentary on <https://youtu.be/9dfWzp7rYR4>.

Sophomore Alondra Bahena's sister pranked her by bringing her a glass of water full of salt on April 1, 2021. According to Bahena, pranks had been banned in her house because her older sister “goes too far,” so she was not expecting it from her younger sister.



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ASB in the spotlight

BY JAZMINE SARGENT

Highland High School's ASB of 2021-2022 was awarded the Spotlight Award by the Association of Washington Student Leaders (AWSL) for their work to make Highland more equitable. The ASB leaders were represented by President Gwen Rydberg, Vice President, Jazmine Sargent, Secretary, Ellie Pierce, and Treasurer, Marcial Romero. They were awarded during a special ceremony and an announcement to all the AWSL schools during a conference in November.

The HHS ASB was the first to be awarded the Spotlight Award. A representative from AWSL said, "You are doing an amazing job to make your school a more equitable place. The work around equity is not always easy! AWSL sees you and you're awesome!! Keep up the great work."

The Highland leadership and Student Council all attend AWSL conferences to learn how to make positive impacts on the school and community. Attending the AWSL conference, where the theme was "A Step toward Equity" was when their idea to be more inclusive started.

The ASB has been working to make traditions at HHS more equitable for all students. They made Homecoming royalty and Top Scot gender neutral. They have also made sure to include Highland students with special needs in activities and celebrations.



ASB earns recognition

Powering to graduation

BY ADAMARIS SANCHEZ

For the class of 2022, the senior exit presentations will be different from past years. This year the seniors will present to the freshmen, sophomore, and junior advisory groups during SCOTS.

The senior exit presentations will reflect the senior's high school experience through the showing of a PowerPoint. The seniors will talk about their future plans, while inspiring the younger students to reach their goals of graduating from Highland.

The seniors were given a template for the PowerPoint with the instructions to modify to showcase their information. Some items that will be included beyond future plans will be memorable moments of high school, extracurricular involvement, and advice for the students.

Each advisor will be responsible for evaluating the senior based on a rubric. The SCOTS students will be able to give their input and feedback for the advisor to add to the comment section on the rubric.

Senior exit presentations were first made a graduation requirement in 1997. When the expectation began, students presented to a panel of community members. Rather than a PowerPoint, the panel looked at the students' portfolios prior to the presentations.

Mrs. St. George's job description changed, and she was no longer able to coordinate the senior exit presentations which led to the new format.

8th in state

BY VANESSA WILLIAMS

The Knowledge Bowl team placed 8th in the State Tournament. Members include captain, Exary Valles, Naomi Jensen (seniors), Bryan Tereza, Isaac Jensen, Joseph Callaghan (sophomores), and Alastor Smith (freshman). They are led by advisor Chloe Way.

In order to earn the state berth, the Knowledge Bowl team competed at Regionals where they took home the first-place trophy. Mrs. Way commented, "At state, we faced some incredibly tough teams but still managed to place 8th. Go Scots!" Eighteen teams competed at state.

Knowledge Bowl is a trivia quiz-type competition. It is popular among high schools across the country. It usually involves teams of up to six people. The first round is a timed multiple choice written exam taken by the team working together. The second round is an oral round. Three teams compete against each other using an electronic device. The team member that buzzes in first needs to answer the question. If the question is missed, the other teams may try to answer.

Students who are interested in joining Knowledge Bowl next year need to attend the club/intervention time with Mrs. Way at the beginning of the year to make it on to a team.



Knowledge Bowl on their way to compete in Richland

A club dedicated to student safety

BY MARIAH HUNOT

Our school's Prevention Club is lesser known and often times not taken seriously, but they are trying their best to help our student body with their drug, alcohol, and suicide dilemmas. Did you know 8.7% of 8th graders have used illicit drugs in the last month? 21.3% of 8th graders have tried illicit drugs at least once. By the time they're in 12th grade, 46.6% of teens have tried illicit drugs according to: <https://drugabusestatistics.org>.

Illicit drugs are substances that either stimulate (such as cocaine or amphetamines) or inhibit (such as heroin or sedative-hypnotics) the central nervous system or cause hallucinogenic effects (such as marijuana or LSD) to the effect that their use has been prohibited globally.

The overall prevalence of current drinking among U.S. high school students declined significantly from 50.8% in 1991 to 44.7% in 2007, then further declined to 32.8% in 2015 according to: <https://www.cdc.gov/>. The most recent statistics from the National Institute on Alcohol Abuse and Alcoholism (NIAAA) estimate that about 1,519 college students ages 18 to 24 die from alcohol-related unintentional injuries, including motor vehicle crashes.

Nearly 10,000 people are killed annually on U.S. roadways due to alcohol-related accidents. Thousands more suffer from injuries due to intoxicated drivers. Close to 70% of alcohol-related violent acts occur in the home. Roughly 20% of these incidents involve the use of a weapon other than hands, fists, or feet. An estimated 1.4 million incidents of alcohol-related violence are committed against strangers each year according to: <https://www.alcoholrehabguide.org/alcohol/crimes/>.

Suicide is the second-leading cause of death among teenagers in the United States, along with the percentage of high school students who report seriously considering suicide has increased since 2009. The rate of females seriously considering suicide has increased significantly since 2009, when it was just 17.4 percent—a 27 percent increase. The rate among males did not significantly change (10.3 percent in 2009 to 11.9 percent in 2017) according to: <https://www.childtrends.org>.

Drugs and alcohol are a big problem in schools around the country, do your part to make our community clean and our roads safe. If you notice a friend struggling with depression talk to them and see how you can help, if a friend or relative is talking about suicide call or text the suicide hotline (800-273-8255) which is available 24/7 to get them the help they need and deserve and remember to be safe and responsible.

Writers become actors

BY MARIAH HUNOT

On April 18th, our school's drama class will be performing three plays: *Jack and the Beanstalk*, *Cinderella*, and *The Three Little Dogs*, which took up most of first semester and some of second to plan and practice, although there was a twist none of us were expecting...

On September 22, we were assigned to write the scripts to our plays ourselves and the plays were based off of our favorite childhood fairy tales. For example, our play *The Three little Dogs* is based on the well-known fairy tale *The Three little Pigs* although our version is based in the forest where the three dogs (Chloe, Shasta, and Rex) are attempting to find a dragon and slay it, while the protagonist, Marshall, attempts to capture and scare the trio. Although *The Three Little Dogs* is a stretch from the original, it still gives the same excitement.

The main purpose of drama is to communicate a message to the audience, for example In *Cinderella* the main message is: "I have all the magic I need in me; I can do anything" stating no matter what gets in your way you can power through and succeed in your dreams.

Our Highland High School drama teacher Aimee Hostetler did an amazing job at helping her actors understand and get a grip on the concepts of acting and the rules of drama itself. The most important rule is "never break the fourth wall." Breaking the fourth wall is looking at and/or acknowledging the audience. It is important not to break this rule because "if you do it wrong, you will destroy the suspension of disbelief and pull the viewer out of the story," according to: <https://www.studiobinder.com>.

The following actors/writers are in drama this year: Victor Luna, Tyler Oberrender, Meriem Bami, Jessica Padilla, Miguel Carrillo, Ethan Gamboa, Anahi Silva, and Mariah Hunot,

The performing arts have been scientifically proven to help kids overcome anxiety, depression, and offer emotional release stated by: <https://www.resetbrainandbody.com>. It can help people escape from the world around them and encapsulate themselves in a whole different environment. So, if you are looking for a safe place to be you and laugh so much your face hurts drama might be for you.

Student of the month revealed

BY KALVERY WELCH

Each month, a student is chosen as student of the month. The student is chosen by meeting the criteria such as: Scottie Spirit, Scottie Pride, Leadership, and Involvement.

There is a nominating/voting process each month. All staff members such as teachers vote on the nominees, but the nominator remains anonymous.

For November, the student of the month is Tiffany Barragan. Tiffany Barragan is a shining example of a Scottie with pride in her school. She is thoughtful to fellow students and first to offer help to the new kids. She has been part of Leadership class for 2 years and will be serving as lead coordinator for our Children's Village pageant this year. She is quietly involved in many activities to support our school community and is our assembly music queen.

Our January student of the month is Marcial Romero. Marcial is the ASB Vice President and the NHS President. He also was one of the Mr. Highland candidates back when he had stuff like that pre-Covid. He has a great attitude and is friends with EVERYONE. He is one of those students that both teachers and peers can count on if help is needed.

The February student of the month is Maria Jacobson. She's involved in Sports, band, and National Honor Society and she writes and draws for *Unleashed* as the only HHS representative. She is an amazing young lady. She's courageous and kind. Respected by her peers and teachers.

And finally, our March student of the month is Naomi Jimenez. Naomi is involved in Leadership, NHS and DECA. She is the Senior Class President and works with the Upward Bound—Women in STEM program. Naomi does a great job helping produce Scottie Hype. She is one of those people that is so welcoming and thoughtful that people just gravitate towards her.

Words matter

BY SALMA TORRES

At Highland High School we have a Gender and Sexuality Alliance club (GSA) which is run by our school counselor Mrs. Westfall. This club is for people who are interested in learning more about gender and sexuality and for those who want to be allies. This club aims to inform and celebrate the different forms of genders and sexualities. This club currently meets on Tuesday's during Scottie time. This is a safe place for students to talk about their sexuality and gender and or questions they have. Sophomore club member Alondra Bahena states that "GSA really helps you find out who you are."

Words that Matter!

- **Identity:** The qualities, characteristics, or beliefs that make a person who they are
- **Privilege:** A special benefit or advantage that can be earned or unearned
- **Intersectionality:** The complex way our identity groups overlap as it pertains to privilege and power
- **Ally:** A commitment to support, help, or stand with a group you don't belong to but share common values/beliefs with, especially during conflict
- **Social Justice Advocates:** Allies who work to dismantle systems of oppression that limit privilege or power for those in minority or oppressed social groups

- **Biological Sex:** Our physical sex characteristics, including internal and external reproductive organs and sex chromosomes
- **Gender Identity:** A deeply held sense of where you fall on the societal gender norm spectrum of being female or male
- **Gender Expression:** The ways you present your gender identity through your actions, dress, and demeanor
- **Sexual Orientation:** Our physical, emotional, or romantic attraction to others

Words that Matter!

- **Cisgender:** A person who identifies with the gender expression that is aligned with their biological sex
- **Transgender:** A person who identifies with the gender expression that is opposite or different from the sex they were born as
- **Gender Neutral/Nonbinary:** Not aligning with the stereotyped roles or associations of societal gender norms, referring to people as people
- **Transition:** The act of changing their gender expression and/or biological makeup through medication and/or surgery to align with their gender identity

- **Questioning:** Someone who is recognizing cues that they may not fit into the societal norm for their gender, sex, or orientation, and is working to identify where they fit along an identity spectrum
- **Queer*** - An umbrella term sometimes used for LGBTQ+ community, also used as a fluid sexual orientation identity similar to pansexual
- ***Be careful** - this is a reclaimed term that has historically been used as a slur, not all LGBTQ + people embrace this term



Points for pizza!

BY VANESSA WILLIAMS

The SCOTS groups of Mr. Gillespie and Mrs. Hill have been the beneficiaries of our new PBIS school-wide rewards celebrations.

The rewards committee wanted to have a way to choose a winner that would allow the entire SCOTS group to share in the celebration, so the concept of a specialty made t-shirt (designed by Ms. Hostetler) and 10 pizzas to the winning team was adopted.

Senior Saul Silva won for his group in the February drawing and sophomore Alejandra Gutierrez won in March. The next drawing is scheduled to be held on April 27th.

SCOTS advisors provide the authentication codes the Wednesday prior to the drawing. Students usually have 8 hours to buy tickets, but if the window closes, they can ask any teacher for a new authorization code.



February winners



March winners



Scottie Life



Ms. Way shows the way

BY SALMA TORRES

The upcoming freshmen are excited about joining high school but mostly excited about our sports teams, clubs, and the new classes they didn't get to experience in Junior High.

Being the youngest students in our high school can be overwhelming. The almost-freshman attending the March Intersession "Introduction to 9th grade," are most afraid of their new responsibilities and if they are going to be able to pass their classes.

Entering high school, students must know how to earn credits to graduate. They need to know what classes to take based on their pathway, and they need to understand the pathway choices.

Other things covered in the intersession included a tour of the school and questions answered about teachers. They had the opportunity to set SMART goals for their academics, careers, and social emotional wellbeing.

Mrs. Way explained that she told students the importance of credits and being involved in school activities to build their resumes. "It is now their responsibility to check Skyward to keep on their missing work," is one of the important lessons Mrs. Way taught them. The responsibility that high school students have is making sure their work is turned in on time and correct. Unlike junior high, the high school teachers will not be giving daily reminders about the work they need to be turning in.

Three 8th graders gave us an idea on how they feel about becoming freshman. "I feel good about it, kind of scared because there are more people in high school than in Junior high, and I don't really like being around a lot of people." Daniel Lopez gave us some information on how he feels about the change he is going to experience. "I feel nervous but very excited, I feel this way because I'm excited of what I can achieve but nervous that it will be complicated for me" -Ruben Trinidad. Brittany Mannin also gave us information on how she feels about moving up from Junior High "I feel nervous and excited, I feel nervous because I'm not used to being with other grades, but I'm excited for my new classes." As you can see, the 8th graders are very nervous to start their high school experience.



Ms. Way takes the 8th graders on a tour

Romero claims first in Top Scot

BY JAZMINE SARGENT

Marcial Romero won the Top Scot Pageant on March 17, 2022. As the Top Scot he received a \$1,000 scholarship from the Geza Credit Union to help with his tuition at the University of Washington next year.

The six contestants in the pageant included: Jayline Valencia, Marcel Romero, Jennifer Meneses, Janet Zepeda, Jazmine Sargent, and Carlos Santos. The coordinators were Paola Anguiano, Geraldine Tavira, Priscilla Bramvilla, Tiffany Barragan, and April Lopez.

In addition to earning the Top Scot honors, Marcial was awarded the Geniality Award. This award was given based on a vote from the coordinators and participants. The Geniality Award criteria were those who always brought a smile to dance practice and gave off the best spirit.

The big Top Scot award was judged based on four criteria. These criteria included: how many donation letters were sent out, how much money raised from the coin cans that were placed in stores, how much overall money raised, and the pageant performance score given by the judges.

The six participants had fun and worked hard during the months that they worked on the philanthropic project. The participants were able to raise \$5,767.69 for Children's Village in Yakima.

The previous year they attempted this in 2021. They didn't get to have their pageant due to Covid-19. That year it was called Mr. Highland where the girls were the coordinators, and the boys were the participants. Naming the event Top Scot allowed it to be gender neutral. Highland High School was the first school in the valley to make the pageant gender neutral.

Other schools have participated in the Mr. Pageants such as Mr. East Valley or Mr. Ike. These pageants are led by the Memorial Foundation, the Children's Miracle Network, and Yakima Valley Memorial.



Highland's first Top Scot

Allergic to touch

BY ALONDRA BAHENA

My entire life changed when I developed dermatographia, a disease that makes my skin my worst enemy.

Dermatographia, or Skin Writing Disease makes the skin allergic to pressure. So, when someone or something puts pressure on my skin it begins to turn red and hive up and swell and starts to itch and feels super-hot like something is burning me. The discomfort can last for 30 minutes before it starts to go ease.

The first time this happened was on July 31, 2021. I was on my couch and felt itchy on my arm, so I scratched my arm. After it started, I felt the burning; my arm felt like it was on fire. I rubbed my arm and felt bumps. then I looked down and saw my arm covered in hives. I panicked and yelled for my older sister showed her what was happening to me. She called my parents, and I took a picture of my arm and sent it to my dad.

At first, parents thought my dog was the reason I was having the reaction, so my parents told me not to touch the dog. For a whole week I didn't touch the dog but still every time I leaned on something or scratched myself, I kept hiving up. After the week my parents made an appointment with my doctor, and I got diagnosed with dermatographia and was given antihistamines.

The doctors said that there is not identifiable cause. They hope that it will go away within two years. If not, I will probably live with it for live

I have been taking those antihistamines ever since. It helps with hiving and swelling and only leave red marks on my skin making my life a little more livable.



Alondra shares her pain

Welcome to Highland!

BY JESSICA MORFIN

At Highland High School, we have welcomed a new teacher. This teacher is meant for greatness. Ms. Peterson one of our new Life Skills teachers started the new school year with so much positivity.

As the teacher starts her first school year at Highland, she has had many great experiences. Ms. Peterson's experiences at Highland High school have been wonderful. People have been very helpful and friendly towards her. Her paras are awesome, and students are great.

Before she started teaching at Highland, she taught resources online students from fifth to eighth at the West Valley School District. However, before teaching at West Valley she taught fourth graders at Harrah Elementary.

Why did this teacher decide to teach at Highland High School? The Life Skills teacher decided she wanted to teach at Highland because she was attracted to the smaller district, smaller atmosphere, and the new exciting opportunity to teach special education.

Nevertheless, she has high exciting goals for her new teaching career and for her students. Her goals for this school year are to become more effective in teaching and helping her students reach their goals/potential and to learn more about how to prepare them for life after high school.

Having a great personality when being a teacher is key. Other people as well as herself, would describe her personality as being a very funny, positive and a very real person that when it comes to worrying about what others think of her, she does exactly the opposite she doesn't worry about what people think of her silly things, she also likes showing people/students her singing talent during class. She is also described as a very sociable person and a big perfectionistic that she tends to want everything at its best. We are very happy that Ms. Peterson has joined our family!



Mrs. Peterson's smile demonstrates her positivity

Personality written in lead

BY ALONDRA BAHENA

Have you ever looked at you're writing closely and noticed how you write every letter and why you write those letters that way?

Your handwriting can be determined by your childhood. More of what you did as a child when you were learning how to write. When you are learning how to write a whole combination of sensory, neurological, and physiological are happening inside of your brain as it tries to figure out how to write. Most at first will copy the teachers when they write, as you continue to grow, you'll start to copy others, your parents, friends, siblings, anyone who is close to you.

Now you won't even realize you're doing this since it's your brain trying to figure out what it likes and what it doesn't. Even twins who grow up the same and might copy the same people still end up with different handwriting. Through this isn't to say that they are not similar, because they are. Now you would be able to dramatically change your handwriting once you're of age, but you can improve to a certain extent.

Everyone's handwriting will be different even if you copy forensic scientists can still tell you because your handwriting is so unique to you.

When will it be over?

BY JAZMINE SARGENT and CHLOE WAY

Pandemic! How many times have you heard this word over the past three years? A word that used to imply the end of time for us has now become our new normal. The COVID-19 pandemic was announced in January of 2020, and we are still dealing with it today. Ultimately, this changed the world's technique in handling everyday life. Changes that occurred affected teachers, students, healthcare workers, and about everyone in the world. The pandemic affected the physical, mental, social, and emotional health of people all around the world. The struggles were very real, but our nation and world were able to adapt and overcome them.

More so than overcoming these struggles, we learned new things and developed coping mechanisms to tackle our new world. Some of the physical coping skills during the pandemic included people working out and binge-watching TV shows. You were one of two people: the one who was always working out, or the other one that was always playing video games and watching TV. Your technology addiction likely worsened as well!

Social/emotional impacts affected students and teachers in many ways. K-12 students have been affected by the loss of social/emotional learning during the pandemic. Overall, there are many immature students who are behind academically and in maturity due to their loss of in person time with teachers and a lack of social emotional learning. Additionally, many students faced an increase in depression and anxiety, which is why we are using the Character Strong curriculum in advisory, and our amazing counselor, Mrs. Westfall, has been sending both students and teachers mental health check-ins.

Freshmen Julian Ramos and Dominic Anzures had this to say about the beginning of our return to school: "we did not like Science because they did not have a teacher for half of the year."

Highland High School Principal, Brandon Jensen, stated "kids have had a tough time adapting to regular school because online and hybrid learning did not require as much work for them."

Incoming Freshmen Frida Paniagua and Angel Gutierrez stated, "we hated online learning! It was frustrating having bad internet, bad speakers, lagging Wi-Fi, and rude interruptions by other students. It made it really frustrating to try to learn."

Although there were many negatives, there were also some positive aspects. English teacher Ms. Way stated that "she was proud of all the teachers and students for learning new ways to use technology. Many of us have never used Zoom before, and it was incredible to see how teachers, both new and experienced, were able to adapt to a new way of teaching. We are also so proud of our students for hanging in there and trying their best."



Mrs. Way's Freshman attend class



Opinions



A school threat or a rumor?

BY JASMINE GALVAN

How would you feel if you heard your children's school got a shooting threat? On March 15 Highland High School received an alleged "shooting threat".

As a student Highland I saw how all parents believed the internet and how they bashed teachers and said, "they do not do anything about it." People usually believe what is posted on Facebook, Instagram, Snapchat, etc.

However, it turned out, everything was a rumor spread by the students. Parents took it seriously and expressed. Mr. Borland the athletics director sent out an email explaining the issue occurred to the students and what the current process was. Even though the problem was addressed parents were still concerned and kept kids home from school. About 90 students missed school on March 16.

As of right now everybody who was alarmed is now calmed. Parents got a phone call from school and were told it was all a rumor.

Rather than believing social media, contact the school instead to find out about the situation. Highland High School Dean of students Josh Borland, stated that "students like to play the phone game." He said that students like to listen to what is going on and like to spread it around through the phone and add to it as it is getting passed around, and at the end it is something completely different to what is originally was.

The worst thing students can do is talk about things before knowing the whole story!

Putting for personal gain

BY ALONDRA BAHENA

Do you have a lot of free time? You want to do exercise without realizing it? Then try joining the Highland golf team.

Golf is one of the most calming games to play in my opinion. Golf is really about hitting the ball and watching it fly. Yes, you may miss a bunch but just one good hit can make your whole day even week if it was really good that's all you need. You get up swing and hit and sometimes you don't even have to hit. Golf is really all about you, how you play relies on you.

Golf is a lot of walking, but you won't even realize it until after an hour. That's also something we start practice by hitting golf balls that's it you just hit trying to hit different clubs and seeing what you like and what you don't. Then we putt, you hit the ball gently to make it in the hole like Mr. Richardson said, "One good putt that's all you need just one." After we either play different holes and time passes by without realizing it, practice is over.

Golf is just about you. Everything you do affects how you play; you will have bad days and good days, but you still want to hit that ball.