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Otan Echo



Opinion Volume 5, Issue 3 Page 2

Avoid Being A Follower; Cultivate Self-Awareness

By Angie Sanchez (2018), Editor-in-Chief

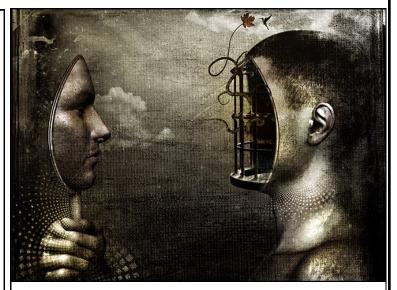
As another year of high school comes to an end, a new wave of freshmen will enter to what some call the "best four years of your life." Although high school is a mere four years, they are imperative to the mental and emotional development of adolescents. It is a string of first experiences which, to an extent, form a person. It is especially interesting to see the social behaviors of students that have aroused from the past few years. A prevailing theme seems to be how easily students are influenced due to the dire need to "fit in." The majority of high schoolers hop on the seemingly never-ending bandwagons which range from comedic to dangerous to insensitivity, such as the Try Not to Laugh Challenge, Cinnamon Challenge, Eraser Challenge, and the use of the N-word. Some of these result in injuries, but remain incomparable to the more dangerous trends students follow like hazing, group objectification, and the abuse of drugs.

High school is a confusing time for the entire student body; it is simultaneously new, intimidating, and exciting.



We are presented with numerous opportunities from choosing classes to friend groups to personal choices. There are the "good" and "bad" paths a person can take, though they do not seem so black and white in high school for the fear of being a pariah plays an important role in our decision making. The consequences now are minor, but if the pattern of being a "follower" continues through adulthood, they can be detrimental to a person's well-being. There is no clear solution to "fix" this but there is a start, and it is called self awareness.

Self awareness is essentially "knowing thyself." This means knowing yourself on many levels which have to do with one's continuous inner struggles, feelings, thoughts, and so forth, according to the Huffington Post. It is significant to be self aware for an individual to flourish through conscious choices. There are benefits, external and internal ones. The internal prove to surpass the external, but first, we must be reassured of where our priorities lie and who we are. Once we are secure, the walls of conformity created by our society will be easier to evade as the need to "fit in" will no longer be one of great desire. Authenticity is more rewarding than "following the crowd."



So how do we become "self aware?" Introspection. It is the foundation for figuring out where priorities lie. Introspection leads to the understanding of our individual spirit and there is usually a newfound excitement for it. For example, Oprah Winfrey recently delivered an insightful speech to students on her success. She stated that to feel fulfilled, a "spiritual practice" usually takes place. "... Not necessarily religion. Maybe it's music, or dancing or just time for yourself to feed and nurture your own spirit," Winfrey elucidated. It is indeed true that we are multidimensional, and in order to become the best version of ourselves, we need to discover our innermost workings and though it's never too late, it is beneficial to begin now.

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GT is the Filthiest School in the District

By Isabel Zaragoza (2020), Campus Writer

TITANTOWN- America is blind to its poor recycling percentage, which is 34.3 percent. It has been on the decrease for

years. Schools like GTHS struggle to prevent the large amount of garbage lying about on campus.

And, the talk is that GTHS is currently the filthiest school in the district. This is causing a complication that could turn into something bigger.

Earth is becoming more and more polluted every day. It's time we do something about it.

Assistant Principal, Mr.

MarLan Parker, has considered this problem, stating that he is looking forward to the addition of recycling bins next year.

Mr. Parker has also been discussing a subject of interest with staff that should interest students: warnings and citations to those students who litter because after all, "It takes all of our campus to maintain cleanliness."



A Typical Scene: A lunch bench in the Quad is left filthy by students with food and trash after first lunch. Photo by Isabel Zaragoza

Campus clubs have also been trying to improve the campus through recycling. Best Buddies collects bottles and cans from teachers and around campus. They mostly do it "to help with money," says president of Best

> Buddies, Kylee Sanchez (2017). With about \$20 monthly, they gather recyclables in large containers. Teachers are also taking action in trying to fix this situation. Mr. David Huerta (Science) collects the bottles and gives them to custodians for their benefit. On average, he receives about 15 bottles a day, he said. In the upcoming year, he hopes to "use the bottles to get money for supplies." Mrs. Karla Huesca (Foreign Language) also col-

lects bottles and cans, for two reasons: recycling and Best Buddies: "It shows how something so simple can make someone so happy."

American Social Movement History

pus Editor

a sharp rise in protests covering almost every issue. People of varying ages, ethnicities, and genders have been taking it to the streets to make their voice heard. This timeline shows some of the most famous and impact- LGBT Movement 1969-Present ful social movements.

Labor Movement 1900-1960: This movement organized unions to fight for better wages, reasonable hours, The labor strikes also led efforts to stop child labor and LGBT people and liberating get health benefits for in-



By Jillian Deuel (2019), Cam- The Civil Rights Movement 1954-1968: This movement This year, it seems there's consisted of campaigns of civil resistance, nonviolent protests and civil disobedience. Demonstrators fought for an end of racial segregation against African Americans and the protection of their Constitutional Rights.

The LGBT movement is composed of political activism and cultural activity such as lobbying, street marches, social groups, media, art and reand safer working conditions. search. The goals of the movement are social equality for society from homophobia and transphobia.

> Anti War Movement (Vietnam War) 1965-1973: This movement exploded during the Vietnam War, which questioned the government's decision to fight what many felt was an unnecessary war.

The demonstrations gathered young people, mostly on college campuses led by the Students for a Democratic Society.



Environmental Movement 1950s-Present: Conserving and preserving Earth and its natural resources against pollution, industrial, and man made impacts, especially climate change, are some goals of this movement. Protests, organizations, and conferences are organized.

Women's March 2017:

The Women's March on Washington occurred on Jan. 21 and drew 500,000 protesters in DC and an estimated 5 million across the world, making it the largest singleday protest in US History. The march was held to advocate women's' rights, immigration and healthcare reform, racial equality, LGBTQ and workers' rights, and the environment. The movement was aimed at Donald Trump's statements and policies.

Black Lives Matter Movement 2013-Present: The Black Lives Matter Movement is described as an ideological and political intervention against discrimination and injustices against African Americans, while also recognizing their achievements and contributions to society. The movement is prominent in social media.

Explorers Club Gives Exposure to Public Safety Careers

By Isabel Zaragoza (2020), Campus Writer
TITAN TOWN- Have you heard of the Explorers
Club?

GTHS Explorers Club is an organization that helps students learn more about firefighting, EMS, police and all branches of military. They do hands-on training and also have guest speakers during club meetings.

Club members also do community services around the city such as the Grand Terrace 5K run. They were even able to be in an emergency situation that took place during the run.

Mrs. **Lisa Comnick**, the club advisor, is a firefighter and paramedic. Additionally, she has worked for EMS for 17 years and is the founder of Fire/EMS Bootcamp.

Students really enjoy this club due to the information in the medical field. **Chelsea Heard** (2020) said, "I knew I wanted to pursue in the medical career." **Jeannie Nguyen** (2019) added, "I want to be a pediatrician," when asked why they are a part of the club.



Explorers Club Members are exposed to all public safety careers and the military. *Photo by Isabel Zaragoza*

The meetings are from 2:30 to 3:30 after school every second and fourth Friday in room A120. Mrs Comnick welcomes anyone that wants to learn more about the military, EMS and firefighting.

EXHIBIT: "When We Make Monsters" Creeps the PortablesPhotos by Angle Sanchez and Jillian Deuel

















Sports May 2017 Page 5

Artificial Turf is Ecofriendly But Alters Play

By Rodri Smith (2019) Sports Editor TITANTOWN-

Most outdoor sports are going eco friendly and one of the big things right now is artificial grass. Artificial turf is manufactured from synthetic fibers to produce a surface that resembles real turf.

Throughout the years, sports have changed due

Artificial turf was installed at the GTHS Stadium . Photo by Rodri Smith

to new inventions and trying to make the sports better, safer and more eco-friendly. The world of sports construction was transformed with artificial grass. In the beginning of the usage of artificial grass, baseball, field hockey, football, and soccer were the main sports that invested in it. They liked it due to the low maintenance costs, ability to play in subzero temperatures without the ground freezing, and savings in water.

Shantee Martin (2017), a varsity soccer player and Corey Fields (2020), a freshman football player, say that they prefer natural grass over artificial. Shanatee Martin also said, "Most of her teammates prefer artificial over natural grass because the way the ball goes, it's a faster pace."

Both turfs have disadvantages. "The ball moves more (on artificial grass). It moves faster. On natural grass, its more bumpy," said **Serena Contreras** (2017), a veteran softball player.

Though artificial turf has advantages over natural grass in terms of cost and maintenance, the effect that the surface has on game play must be considered to adjust player strategy and reduce the likelihood of injuries. Contreras who has played softball since 6 years

old on both turfs, does not have personal experience with serious injuries due to artificial turf. "The only thing I remember were bad turf burns," she said.

Artificial turf fields allow ground keepers more control over the field consistency. Every fiber of an artificial turf field is manufactured to be a replica of the one next to it, so no areas are uneven or differently textured to alter the speed of a ball or the ability of a player to find footing. Natural grass is more varied, creates more friction than artificial turf. In a game such as baseball, reduced friction means ground-based plays that may be easy catches on natural grass are more difficult on artificial turf.

Track Proves Elite in League

By Rodri Smith (2019), Sports Editor

TITANTOWN- Track lived up to their reputation this year. Track is one of the latest GTHS teams that has proven to be contenders and threats, having beating every team in league meets.

The GTHS track team scored more overall points in each of their league meets, according to members on the team. They dominated every race and field event, from the 3200m to the 100m, throws to jumps and distance to sprint runs.

"I'm proud of the track team. I am honored that I was able to be a part of it," said Senior **Emily Reynolds,** who runs 100m, 300m hurdles, and long jump. This is the track team's third consecutive year to go undefeated. Their record this year was 7-0, according to Coach **Ryan Smalls**.

Jacob Alfonso (2017) says,

"Track is amazing and so much fun."
Many of the runners do more
than one event. Four is the maximum. For instance, Alfonso runs the

400m, 4x100m, and 100m hurdles. Although runners mostly compete individually, team members provide support. "We cheered each other on all the time." Poynalds said.

all the time," Reynolds said.

Coach Smalls said, "The team did

good. Again, we are undefeated. Even though we are good, there is always room for improvement. Without a doubt we will be league champions again next year."



Senior Elijah Smith runs the 4X4. Courtesy of Elijah Smith

Are Festivals Worth the Environmental Damage They Cause?

By Lillyana Rodriguez (2019), A&E Writer

Having a picture of yourself at a festival on your instagram feed can be aesthetically pleasing and make you look chic.

However, festivals can cause a lot of environmental issues making it harder for us to enjoy them. Music festivals such as Coachella, Ultra Music Festival, and Stagecoach have created large amounts of garbage, causing environmental issues such as air and water pollution, environmentalists say.

Also many carbon footprints are created merely by driving to a concert. Most of the trash is accumulated by fans or venders at big events like these. When some people go to music festivals they sometimes take tents to sleep in, but sometimes they end up leaving them behind which causes more waste, environmentalists say.

Considering the environmental impacts music festivals have on the Earth, concert organizers should make everyone more weary and make their events environmentally friendly. People should be more concerned about what they do and how it impacts the Earth that we live on.



The Call To Switch to Animal-Free Tested Products

By Kylee Sanchez (2017), Fashion Writer

Makeup has been a growing industry since the time of the ancient Egyptians. With old products, and many improvements, makeup is known as one of the most vibrant and lucrative industries today.

The question is, what circumstances were taken into consideration when making makeup back then. Was it as ideal and safe as it is today? In the era of 3150 BC, Egyptians created their makeup from natural resources. Their most popular product was eyeliner.

Egyptians weren't aware of the hazardous amounts of lead in this product; however, and they were only concerned with the "god-like" healing powers it held and preventing pink eye.

Now, in the 21st Century, makeup has been stripped from the lead ingredients of course. Today there are many methods to ensure makeup is safe to wear, but the practices used to get to that point have been harmful to potentially thousands of animals.

Lab rats, mice, bunnies, birds, monkeys- even dogs have been tested on by many cosmetic companies such as Estee Lauder, L'Oréal, and Clinique.

These companies usually only test because it is required by law to do so, but they follow the law by detaining and torturing animals when many other companies have used alternatives to test makeup's safety.

The amount of makeup companies that do not test on animals largely outweigh the companies that do test, but even though there is a small amount of companies that test on animals, it is still an issue because of suffering animals being confined and mistreated until death.

The most popular makeup companies that do not test on animals are: E.L.F. Cosmetics, Lush, Too Faced, Kat Von D, Anastasia, Nars, Colourpop, and many others. So, if you want the goddess-like lure, consider going with a no testing on animal product. You'll look and feel

better about yourself.



A&E May 2017 Page 7

Summer Movie Watchlist By Jack Garrison (2018), A& E Writer

Now that the school year is almost at its end, people will have much more free time. And, of course, Hollywood has lined up a plethora of movies to take your mind off of current political and school-related stress. Here are some of the featured films lined up for the summer:

Spiderman: Homecoming

Marvel has finally grabbed back the rights for a Spiderman movie from Sony, and they are wasting no time in reinventing the web-slinging hero. Rather than being an origin story, the movie follows Peter Parker after his role in Captain America: Civil War, when he asks Tony Stark if he can join the Avengers. After he is denied, a new villain terrorizes New York by the name of Vulture, setting up the movie for climax. Plot details are still scarce. Spiderman: Homecoming releases July 7.

Alien: Covenant

The second prequel film and sixth overall film in the Alien franchise, this movie follows the events of Prometheus, the fifth Alien installment. It has a new colony ship, landing on the xenomorph planet. It is part of a three movie series that precede the Alien films, made to explain the origins of the titular aliens of the franchise. Alien: Covenant is currently out in theaters.

Pirates of the Caribbean: Dead Men Tell No Tales

This is the fifth film in the Pirates of the Caribbean series by Disney. The film seems to take a slightly darker tone than previous entries. The series has always had a somber yet satirical tone, however, this one seems to direct its focus from its comic relief character of Jack Sparrow and instead bring former characters such as William Turner and introducing strong new characters such as astronomer Carina Smyth and villain Armando Salazar. The film releases May 26.











Dunkirk

From the director of the Dark Knight series and Interstellar, Christopher Nolan brings a new film about the Dunkirk evacuation during World War 2. Nolan stated that the movie is more of a survival movie focused on suspense than it is on the action. Dunkirk releases July 21.

King Arthur: Legend of the Sword

Directed by Guy Ritchie, King Arthur is based off the original legend of King Arthur, and is the first of a planned six film series. It is currently released in most theaters.

3 GO-TO Movie Theaters in the IE

By Jack Garrison (2018), A&E Writer

While there are plenty of movies to watch this summer, there are also plenty of theaters to watch them in. These are the top three theaters, judged by ticket and food prices, location, and movie experience.

#1 Krikorian Redlands Cinema

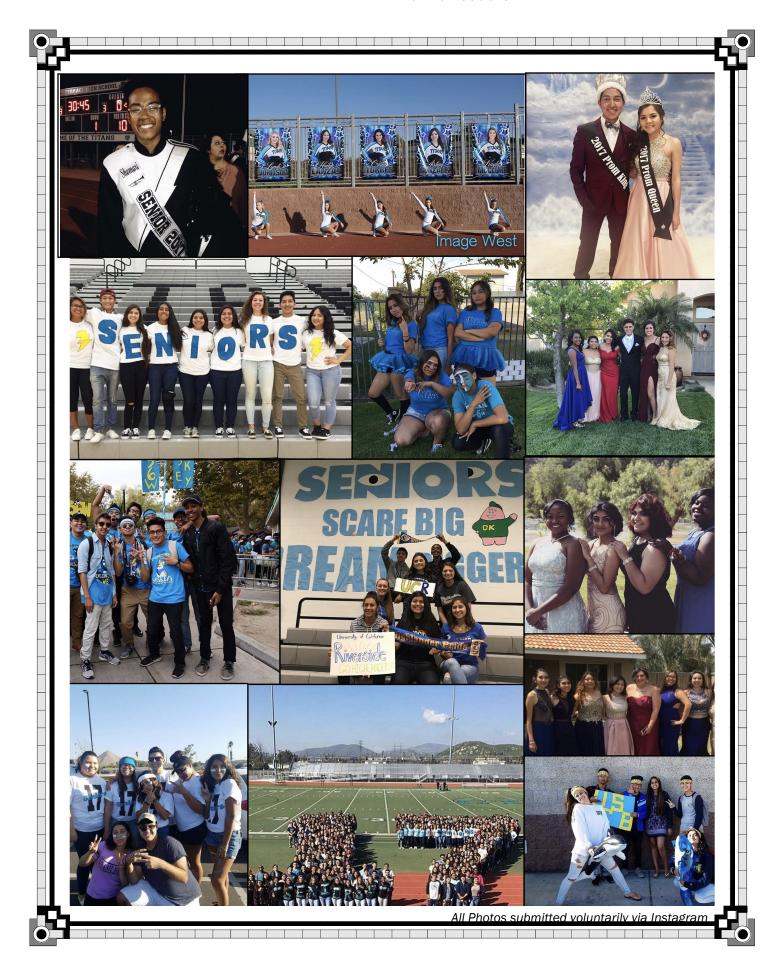
While the Krikorian is further away than Regency, it has the widest variety of snacks, and the most reasonable price for its experience. Its the largest of the three, having two arcades and over fifteen theaters. While it's more expensive than Regency, if you have the money, it's a considerably better experience.

#2 Regency University Village

This theater is located near plenty of shops and restaurants, but is much cheaper than Regal. It is also located much closer to Grand Terrace than other theaters, being only 15 minutes away . While the theater itself isn't as high quality as most others, the price of admission is reasonable.

#3 Regal Riverside Plaza

This theater is located near plenty of restaurants, which makes for a good place to stay while waiting or leaving a movie. While the ticket price is slightly high, the seats are very comfortable, and even recline backwards.



Forgo the Stilettos for the Walk

By Kylee Sanchez (2017), Fashion Writer

Graduation is just around the corner, and walking up to the stage to receive your diploma is a moment worth remembering, but you don't want to be remembered as that one person who tripped in front of a thousand people.

And, you also don't want to wake up the next morning and regret wearing those brand new shoes because now you're left with blisters on your feet.

Although your attire is mainly covered up by your robe at graduation, it is important to be comfortable and to avoid any outfit inconveniences, especially with your footwear. And, if you want to leave your class of 2017 with a good impression of yourself, add a bit of style while you walk "the walk."

For both girls and guys, shoes are what stand out when walking across the field to get your diploma. Some girls usually gravitate to wearing stilettos or any type of tall, skinny heel to be stylish and to add height, but it may not be the best choice.

As **Hailye Lanzas** (2017) suggests, "wearing wedges are easier to walk in and are cute." So, try opting for wedges or boots with a thicker heel. This way you can still get the height with a less chance of falling or twisting your ankle in front of your peers and their families.

If you aren't much of a heel girl, flats, sandals, and even sneakers are also stylish and comfortable.

For boys, it's a bit easier staying comfortable yet stylish in shoes for graduation-just make sure you break in any new shoes beforehand to avoid possible blisters.

Adrian Uvillado (2017) is aiming to wear suede loafers or Oxford shoes because "loafers are easy shoes to slip on and walk in, and Oxfords have a more exotic style with the comfortable feel."

Flip-flops may not be the best choice of shoes because you may trip over them, so if you aren't going to wear loafers or oxfords, try wearing nice sneakers or even low cut boots.

Whatever style of shoe you decide on for Graduation Day, make sure you are not twisting your ankle in them, and make sure you break them in. Graduation will last a couple hours, so you want to be comfortable during that time. Shoes are what shows the most when walking up to the podium so possibly add a bit of style to your attire!



Your best bet for the walk: Wedges for girls and Oxfords or loafers for boys



Advice to Seniors from Some of Our Esteemed Teachers

"It is better for an individual to have tried, and failed, than it is for them to have never tried at all...One should instead embrace, and recognize the beauty of failure and see it as an opportunity to improve upon your own character, craft, and skillset." -Boutwell, Social Sciences

"In general, you will come across obstacles and things you don't have control over and instead of dwelling on those, and feeling defeated, focus on what you can control and find solutions to overcome those obstacles. Attitude is everything." -Ransdell, Band

"Do Jiu-Jitsu. It's an analogy of life and a manual for fear, ego, and self-awareness. You'll know what I mean if you do it." -Morales, English

"Do what you want to do in life because you only have one life. You don't want to look back and have regrets and say 'I wish I had...'" "Life is about happiness and not materialistic things." "Make wise choices because ultimately you are responsible for your actions and your choices." "Be kind to others." -Huesca, Spanish

"Study the past to understand the present so you can direct your future." "Put down the phones and talk to each other" - Chovan, Social Sciences

A&E Vol. 5 Issue 3 Page 10

What's the Deal with the "how bout dat Girl?"

By Lillyana Rodriguez (2019), A&E Writer

TITANTOWN-Many people

Many people know Danielle Bregoli as the "Cash me outside, how bout dat" girl and who gained massive popularity from being on the Dr. Phil show.

In the episode, her mother explained how much of a nuisance her daughter was getting to be. Being so out of control, Danielle was sent to a three-month program to help improve her atti-



Dannielle Bregoli on the Dr. Phil Show on Sept. 14, 2016. Google Images

tude, but ended up staying for six. While she was attending the program, her catch phrase "Cash me outside" went viral and got 36 million views- without her knowing.

Ever since being on the show, Danielle has received a

lot of attention; she currently has 9.2 million followers on Instagram, is sponsored by a brand called Fashion Nova, starred in rapper Kodak Black's music video, and is rumored to be getting her own reality TV show.

When you think of Danielle you either support her or you don't. Considering some people think that she does not deserve the following she has, Danielle still takes all the opportunities she can to continue her fame. When interviewed about her opinion on Danielle

Bregoli, **Esmeralda Nunez** (2019) said, "It doesn't seem like she earned that "fame" it was just given to her."

Photo of the Year: "Senior Liam Clark Swims Hard to Place First" by Rodri Smith (2019)



Medical and Sports Adapt to Disabled Athletes

By Raeleene Wilbur, (2019), Campus & Sports Writer

In the world of sports your health and body are seen as huge assets. For the medically disabled or challenged this has been extremely hard to cope with

People with physical disabilities do not meet the usual competitive standards and they usually give up on their dreams of becoming athletes. Over the recent years, however, the sports and medical fields have adapted to their conditions.

Medical technology has become more adapt, allowing paraplegics and amputees to walk and or run marathons. Just recently a paralyzed man named Adam Gorlitsky competed in the Surf City Marathon in Huntington Beach, using a Re-Walk Robotic Exoskeleton. On Feb. 5 his story was documented on CBS Los Angeles where people were able to view his accomplishment.

These advancements have made it a little more possible for those with disabilities to participate in athletics and defy the odds.

The sports fields have also emerged, with sports that are slightly modified for the disabled, such as basketball, skiing, and track and field.

These advancements are greatly important and they allow people with physical and mental disabilities to fulfill their dream of becoming athletes. These sports and technology improvements have given disabled people a way to relate to peers. They are able to tip the odds a little more in their favor.

The Special Olympics is also a great example. The Special Olympics has many of the same sports as the Olympics, only with slight modifications, and their athletes are highly esteemed for their physical attributes.



Above: Paraplegic Adam Gorlitsky competes at the Surf City Marathon with the help of the a robotic exoskeleton. Below: A paraplegic athlete competes in skiing at the 2017 Winter Olympics in Austria. Google Images



First Person: Innovations for Disabled in Sport and Team Tech Gives Us Hope By Raeleene Wilbur, (2019), Campus & Sports Writer

When you are born with a physical or mental disability you grow up knowing what you can and are suppose to do, but wishing you could do more. Playing sports is a huge thing many kids and people with disabilities wish they could do. With modifications in sports and technology they may just have a better chance of those wishes coming true. Growing up as a person with spina bifida I was lucky because I was not paralyzed but I was still limited to what I could do. I think these modifications in both technology and sports are amazing. Kids and people that are wishing and hoping like me to feel a little more dare I say, normal.

I remember that when I was around five or six. I signed up for soccer but quit because I physically could not play. The nerves in my legs were not strong enough to handle the running. After growing up trying and failing at sports due to medical reasons that could not and would not change, was very challenging and heart breaking. So when I hear stuff like how just recently a paralyzed man was able to use a re-walk to walk a marathon I can't help but be amazed and grateful that people care enough to invent and innovate on behalf of the disabled. Not only is it amazing and helpful but it is giving hope to many people with the same condition.

As a person with a disability and knowing people with their own, I find the modifications in not only technology but sports, refreshing. Events like the Special Olympics and sports like wheelchair basketball, tennis, hockey, and others give people with disabilities the chance to finally become athletes.

Real Music Club Hosts Titan Fest IV

By Jack Garrison (2018), A&E Writer

TITANTOWN- On April 23, the Real Music Club hosted the fourth Titan Fest- an annual music concert that features student and teacher bands playing covers of popular rock, punk, and jazz music. Some bands are made up of members of the Real Music Club, while others, such as Common Hard Core are filled by teachers from Grand Terrace and Colton high schools. There were a total of seven bands, the largest amount in Titan Fest history.

The Real Music Club is a club that celebrates and teaches music theory and different genres of music. While the name includes "real music," what real music is boils down to your own belief of what real music is.

According to club member **Guillermo Ochoa** (2017), "real" music is "Anything that is experimental or different. For example, Gorillaz. Even though they've become mainstream, they're experimental. Real music is created when you try to do something that is unique and yours."

The Real Music Club exists as a haven for amateur musical artists to jam with fellow artists, build musical proficiency, and make music with friends. "When I was at Colton High, I would have students make music videos for their projects," said Mr. Wray Finks (English), advisor of the club and guitar player in one of the bands. "I would always play music for my kids, and when I moved to Grand Terrace, a student approached me about making a music appreciation club. Eventually, that led to students wanting to create a battle of the bands and put on a show every year. Eventually, that evolved into people just wanting to have fun and play, and we got rid of the competition part and just let students play whatever they wanted." The Real Music Club meets every Thursday after school in A108.



Julian Hernandez (2017) plays for "Jagged Valance."



Nicholas Gomez (2019), Liam Clark (2017), Mr. Adrian Merendon (English) and Mr. John Bunce (English) jam.



Daniel Rosales (2017) sings "Dark Necessities" by the Red Hot Chili Peppers.



The band, "March on Rome" include juniors Jordyn Cox, Ivan Callejas, and Alexi Avalar.